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## DEMOGRAPHIC CHANGES IN UZBEKISTAN AND THEIR IMPACT ON SOCIAL STABILITY

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### Abstract:

This article analyzes the demographic changes observed in Uzbekistan and their impact on social stability. The impact of population growth, changes in the age structure, urbanization and migration processes on the socio-economic development of the country is scientifically and theoretically covered. During the study, the impact of demographic growth on the labor market, education system, social infrastructure, interethnic relations and civic cohesion was assessed. Also, priority areas for the effective use of demographic dividend opportunities, ensuring youth employment, managing urbanization processes and developing social infrastructure were identified. The results of the study show that effective management of demographic processes is one of the important factors for strengthening social stability and ensuring sustainable development in Uzbekistan.

**Keywords:** Demographic changes, social stability, population size, population structure, demographic dividend, urbanization, migration, youth policy, employment, interethnic relations, human capital.

### Аннотация:

В данной статье анализируются демографические изменения, наблюдаемые в Узбекистане, и их влияние на социальную стабильность. Научно и теоретически рассматривается влияние роста населения, изменений в

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возрастной структуре, урбанизации и миграционных процессов на социально-экономическое развитие страны. В ходе исследования оценивалось влияние демографического роста на рынок труда, систему образования, социальную инфраструктуру, межэтнические отношения и гражданскую сплоченность. Также были определены приоритетные направления эффективного использования возможностей демографического дивиденда, обеспечения занятости молодежи, управления процессами урбанизации и развития социальной инфраструктуры. Результаты исследования показывают, что эффективное управление демографическими процессами является одним из важных факторов укрепления социальной стабильности и обеспечения устойчивого развития в Узбекистане.

**Ключевые слова:** демографические изменения, социальная стабильность, численность населения, структура населения, демографический дивиденд, урбанизация, миграция, молодежная политика, занятость, межэтнические отношения, человеческий капитал.

### Introduction

In the 21st century, demographic processes are emerging as one of the main factors determining the socio-economic development of countries. Population growth, changes in the age structure, acceleration of urbanization and migration processes have a significant impact on the economic, political and cultural development of society. Therefore, issues of demographic development have become an important object of research not only in the field of demography, but also in the fields of sociology, ethnology, philosophy, political science, economics and public administration.

In the modern world, demographic processes are the most fundamental determinant of the economic development and social stability of any state. The

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Republic of Uzbekistan, as a leading country in the Central Asian region in terms of demographic capacity and growth dynamics, is undergoing a transformation stage.

In recent years, Uzbekistan has been experiencing a steady increase in the population. One of the main features of demographic development is high natural growth rates. A high share of young people in the age structure of the population is an important factor determining the country's demographic potential.

Another important direction of demographic changes is associated with urbanization processes. The increasing share of the urban population, along with increasing economic activity, places additional burden on the transport, housing, environmental and municipal services systems. At the same time, internal and external migration processes affect the distribution of population and labor resources across regions.

### Literature review

In today's conditions of globalization and rapid socio-economic transformations, demographic changes and their impact on social stability are increasingly increasing. Population growth, changes in its age and sex structure, migration and urbanization processes are emerging as important factors directly affecting the sustainable development of the country. These issues have been widely studied by Uzbek scientists, in particular, the scientific works of M.Q. Karaxonov, I.R. Mullajonov, E.A. Ahmedov, O.B. Otamirzayev, R.A. Ubaydullayeva, Kh. Salimov, Q.Kh. Abdurahmonov, R.Kh. Aminova, D.A. Alimova and D.B. Bobojonova serve as an important theoretical and methodological basis for studying demographic development, changes in the population structure and their impact on the development of society.

During the years of independence, socio-demographic processes in Uzbekistan have reached a new level. The steady growth of the population, the high share of young people, the acceleration of urbanization rates and the activation of

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migration processes have become one of the priority areas of the country's socio-economic policy. Therefore, the scientific study of demographic processes and the assessment of their impact on the development of society are one of the current research areas.

Systematic work is being carried out in our country to monitor and analyze demographic changes. In particular, the number, composition and demographic dynamics of the country's population are regularly covered in the reports on demographic development of the National Statistics Committee of the Republic of Uzbekistan, as well as international organizations, in particular the United Nations. This information is an important source for the scientific analysis of demographic processes and forecasting future development trends.

In addition, the “Family and Gender” Research Institute under the Committee for Family and Women of the Republic of Uzbekistan operates to develop demographic research, in-depth study of population and family issues, and support scientific and practical research in this area. The national portal “Demography” established under the Institute serves as an important information platform for collecting and disseminating statistical data, scientific research, and analytical materials on demographic processes to the general public.

### Methods

The research used a systematic approach, comparative analysis, statistical analysis, generalization and scientific abstraction methods. Data from the National Statistics Committee of the Republic of Uzbekistan, regulatory and legal documents, as well as scientific research in the field of demography and sociology were analyzed.

### Results

Uzbekistan is one of the fastest growing countries in the world. According to the National Statistics Committee, as of January 1, 2025, the country's population

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exceeded 37.5 million people, with a population growth rate of 2% over the year. 51% of the population lives in urban areas, and 49% in rural areas. By October 2025, the population had approached 38 million people [1]. This indicates that demographic growth continues at a high pace. According to official statistics, as of April 2026, the permanent population of the republic reached 38.4 million people (the growth rate compared to the same period last year was 1.8%) [1]. These indicators, along with the expansion of labor resources in the economy, increase the institutional pressure on social sectors (education, healthcare, housing, and employment). The purpose of this article is to analyze the direct and indirect impact of demographic changes on the social stability of the state and to scientifically substantiate risk management mechanisms.

Demographic changes, on the one hand, increase the potential of the country's labor resources, and on the other hand, create the need to create new jobs, expand education and healthcare services, provide housing, and develop social infrastructure. These factors directly affect social stability.

Social stability reflects the level of peace, interethnic harmony, citizen solidarity, and social justice in society. As a multinational state, Uzbekistan pays special attention to managing demographic processes and harmonizing interethnic relations. In particular, the "Concept of State Policy of the Republic of Uzbekistan in the Field of Interethnic Relations" defines strengthening interethnic harmony and civil solidarity as one of the priority areas of state policy [3].

In recent years, Uzbekistan has been experiencing a steady increase in population. One of the main features of demographic development is the high rate of natural growth. The high share of youth in the age structure of the population is an important factor determining the country's demographic potential.

Another important area of demographic change is associated with urbanization processes. The increase in the share of the urban population, along with increasing economic activity, places an additional burden on the transport, housing, ecology and municipal services system. At the same time, internal and

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external migration processes affect the distribution of population and labor resources across regions.

The impact of demographic change on social stability is manifested in several areas. First of all, population growth leads to an increase in the number of young people entering the labor market. This requires the creation of new jobs, the development of entrepreneurship, and increased investment in human capital.

In addition, the high share of young people increases the need for the education system. A quality education and vocational training system ensures the socialization of young people and their active participation in the development of society. Otherwise, unemployment and increased social inequality can negatively affect social stability.

Demographic development is also closely related to interethnic relations. The population of Uzbekistan is one of the most multinational countries. Today, representatives of more than 130 nationalities and ethnic groups live in harmony in Uzbekistan, who, along with their common interests, also have their own values. In a multinational country like Uzbekistan, harmonizing the interests of different nationalities and ensuring harmony between them is one of the decisive factors for development [4].

In Uzbekistan, the government has announced a number of programs, strategies and concepts to further improve the well-being of the population and the use of housing and communal services. They set target indicators that take into account the population growth rate and some other demographic indicators, as well as the pressure on infrastructure. At the same time, these indicators are calculated taking into account the economic situation of the country and its regions, the budget and other factors. If we analyze some of these indicators, first of all, it is necessary to pay attention to the supply of drinking water and electricity. In recent years, as a result of climate change, global warming and other natural factors, the level of rivers originating in neighboring countries, which are the main water supply of

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our country, has decreased, which ultimately leads to problems with water resources.

### Conclusion

The results of the study showed that the demographic changes taking place in Uzbekistan directly affect the socio-economic development and social stability of the country. The steady growth of the population, the high proportion of young people, the acceleration of urbanization rates and the activation of migration processes, on the one hand, increase the demographic and labor potential of the country, and on the other hand, create additional requirements for the system of education, healthcare, employment, housing and communal services.

The analysis shows that in order to effectively use the positive results of demographic growth, it is important to develop human capital, ensure that young people receive quality education, prepare them for modern professions and ensure their decent employment in the labor market. Otherwise, increased demographic pressure may lead to increased unemployment, social inequality and other social problems.

It is also necessary to scientifically manage urbanization and migration processes, reduce disparities in regional development, and modernize drinking water, energy, and other important infrastructure sectors in line with population growth rates. This will not only increase the well-being of the population, but also ensure long-term social stability.

Strengthening interethnic harmony and civic unity in a multinational society is also an important component of demographic development. Therefore, harmonizing demographic policy with social policy and implementing comprehensive development strategies taking into account the interests of the population will be an important condition for ensuring sustainable development in Uzbekistan.

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In general, effective management of demographic changes, rational use of demographic dividend opportunities, and expanding investments in human capital are important factors in strengthening social stability in Uzbekistan and achieving the country's long-term development goals.

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