



NEW UZBEKISTAN: DEVELOPMENT OF LIFESTYLE AND THE HUMAN FACTOR

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Abstract

In the era of rapid transformation and modernization, the Republic of Uzbekistan has embarked on a bold journey toward building a new model of national development - widely recognized as the “New Uzbekistan.” This concept reflects a comprehensive vision for societal progress rooted in democratic reforms, economic liberalization, and an unwavering focus on the human factor as the cornerstone of all policy and institutional change.

At the heart of these developments lies the fundamental principle articulated by President Shavkat Mirziyoyev: “The interests of the individual must come first.” This philosophy not only redefines the role of the state but also prioritizes the well-being, dignity, and active participation of each citizen in the country’s socio-economic advancement.

As wide-ranging reforms continue to reshape the foundations of governance, education, healthcare, and civil society, Uzbekistan is witnessing significant shifts in both the material conditions and the cultural patterns of everyday life. The lifestyle of the population—its health practices, standards of living, social values, and levels of civic engagement—is undergoing a substantial transformation. These changes reflect the increasing recognition that sustainable national development is inseparable from the development of the individual, their mindset, behavior, and capacity to contribute meaningfully to society.

This paper explores the evolution of lifestyle in the context of the New Uzbekistan, emphasizing the centrality of the human factor in these ongoing reforms. It examines the interconnectedness between state-led initiatives, social policy, and individual well-being, with particular focus on how strategic



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programs such as the Five Initiatives and the Development Strategy 2022–2026 are driving improvements in human capital and quality of life across the nation.

Main part

In recent years, the large-scale reforms implemented in the Republic of Uzbekistan have shaped the concept of the “New Uzbekistan.” These political and socio-economic changes have led to fundamental transformations not only in state governance or the economic system, but also in all aspects of human life — particularly in lifestyle and standards of living.

As President Shavkat Mirziyoyev emphasized, the idea of New Uzbekistan is based on the principle of “placing the individual and their interests as the highest value.” This, in turn, identifies the human factor as the central element in the development of society.[1]

The world community recognizes that a number of reforms in our country are being successfully implemented and that revolutionary changes are being made in foreign policy, talking about “New Uzbekistan.” In Uzbekistan, “A new Uzbekistan is taking shape as a result of large-scale measures to modernize society politically, socially, and economically”. Furthermore, a legal democratic state and civil society based on a market economy are being established in which the simple and just principle “the interests of people are above all” holds priority. The economic activity of a person in society has been understood in a controversial manner during the process of social development. In renewing Uzbekistan, people’s lifestyle and standard of living are changing drastically as a result of the broad reforms being carried out. [2] In recent years, the strategy of the actions taken, the entry of the five initiatives into the lives of youth have led to noticeable positive changes in the material and spiritual way of life of society. Development of societies shows that a person, his/her human factor is increasingly being positively or negatively affected by their lifestyle and standard of living.

Lifestyle is a comprehensive concept related to human activity from birth to life itself. Standard of living is understood as the manner in which a person lives, how they conduct their daily life. Through lifestyle and standard of living a person creates their dignity; they become a member of society who either contributes or



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causes harm. From this perspective, lifestyle and standard of living provide conditions for the formation and development of human capital.

Lifestyle (condition) is characteristic of historically, socially, and economically specific relations, of the form and content of individual and collective life of a person, describing such features as behavior, communication, mentality. Lifestyle is the formation of a person's existence in the world, manifested in their activities, interests, beliefs, marital or non-marital life. [3] Lifestyle is a unified and embodied form or quality of life activity that is closely connected with the forms of social activity and with the conditions of that activity.

Standard of living refers to a person's manner of living, daily life, social character. Socially, standard of living is reflected in family, neighborhood, region, social group, customs specific to peoples, religious practices, rituals, traditions, nutrition, weddings, sports competitions, etc. Standard of living is the way of living, daily routine peculiar to individuals, nations and people.

The main parameters of standard of living are labor (education and upbringing for the younger generation), daily chores, people's socio-economic, political, religious and cultural activities; as well as various norms of behavior, habits, and external appearance. A person's standard of living is a key factor in determining their health, well-being, and life expectancy.

A healthy lifestyle is a philosophical concept that deeply expresses real life activities at the level of society, social groups, neighborhoods, family and the individual, revealing the material and aesthetic diversity, and leads people toward prosperous and flourishing life. A healthy lifestyle is a state of harmony with internal environment - physical, mental, spiritual - together with external environment and existence.

At the basis of a healthy lifestyle lies the strengthening of human aspiration toward perfection; on that basis a modern mindset must be formed regarding society as a source of prosperity and strength.

In the economy, clusters combining various sectors in a single chain are forming; these strengthen internal and external inter-sectoral integration and raise innovation thinking to a new level, rapidly becoming part of our lifestyle.

In the new stage of the country's development, by the Decree No. PF-4947 of the President of the Republic of Uzbekistan of February 7, 2017 "On the Action



Strategy for Further Development of the Republic of Uzbekistan,” priority directions for development of all spheres of state and social life were defined, leading to revolutionary changes in people’s standard of living. [4] During 2017-2021 the main directions of the Action Strategy for Uzbekistan’s further development under five priority areas consisted of:

1. Improving state and social construction;
 2. Ensuring the rule of law and further reforming the judicial-legal system;
 3. Further developing and liberalizing the economy;
 4. Developing the social sphere;
 5. Ensuring security, interethnic harmony and religious tolerance, and conducting a well-considered, mutually beneficial and practical foreign policy.
- [5]

All the directions defined in the Action Strategy consist of distinct components aimed at deepening wide-ranging reforms and fundamental renewals in our country. The Action Strategy is being implemented in five stages, and people’s standard of living is changing.

In Uzbekistan, increased attention to our youth, engaging them widely in culture, art, physical training and sport, forming their skills in information technologies, promoting reading among our youth, increasing employment among women, strengthening the spiritual immunity of our young people, organizing their free time meaningfully — the five key initiatives advanced by our President Shavkat Mirziyoyev are a big step toward making society’s way of life healthier.

The first initiative is aimed at increasing young people’s interest in music, painting, literature, theater, and other types of arts, and helping their talents to emerge.

The second initiative is directed toward the physical conditioning of youth and creating necessary opportunities for them to demonstrate their ability in sports. The third initiative is meant to organize effective use of computer technologies and the Internet among children and youth. The fourth initiative is focused on elevating morality among youth and organizing systematic efforts to promote reading among them. The fifth initiative addresses employment of women.



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These five initiatives have been widely supported by the community and have begun to make a significant contribution to the development of human capital in society.[6]

By implementing the “Prosperous Village” and “Prosperous Neighborhood” programs, in accordance with the Decree “On Additional Measures for Implementation of the Prosperous Village and Prosperous Neighborhood Programs” of the President of the Republic of Uzbekistan, by consistently continuing these programs the development of road-transport infrastructure, engineering and communication networks, and social sector facilities in regions, and thereby increasing population wellbeing and standard of living, is leading to positive changes in society’s way of life.

Today, deep reforms are being carried out in all spheres of our country. The aim of these reforms is to build a democratic state and just society in which the simple and clear principle “the interests of people are above all” is implemented as a priority.[7]

In the book “Strategy of New Uzbekistan” by our President Shavkat Mirziyoyev it is emphasized that “First of all, a person, their rights and happiness should be the goals of state policy, the most important aim of all governmental bodies’ activities. Society building and state policy must be based on this idea and be organized on the principle The state is for the person.

The Development Strategy of New Uzbekistan for 2022 - 2026, adopted for seven areas and one hundred goals, was developed, in which, in the first direction the 12 goals and 42 tasks set serve to build a people-centered state honoring human dignity, and to create prosperous living conditions for the population.[8] Therefore, conditions are being widely created in our country for filling people’s lives with positive qualities.

Conclusion

In conclusion, the revolutionary reforms being implemented in our country demonstrate that during the development of New Uzbekistan the impact of lifestyle on the development of human and human factor is increasing. The people of our country are obtaining broader opportunities to raise human development



through a healthier way of life. Such changes expand the possibilities for our progress in ensuring that our people live in prosperous lifestyles.

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