

Short communication

CONSIDERATION OF THE PSYCHOLOGICAL AND SOCIAL PROBLEMS OF THE ELDERLY IN DESIGNING HOMES FOR THE ELDERLY IN UZBEKISTAN

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From the day of Independence, the task of social protection of elderly citizens is one of the priorities in the state policy of the Republic of Uzbekistan. This is evidenced by the fact that the President of the Republic of Uzbekistan, I. Karimov and the Government of the Republic, even 2002 was proclaimed the Year of Protection of the Interests of the Older Generation. A striking evidence of consistent and focused care for elderly citizens is also adopted by the current President of the Republic Shavkat Miromonovich Mirziyoyev in 2017 "Action strategy in five priority areas of development of Uzbekistan in 2017 - 21", where one of the main directions is the protection of elderly people.

This care is realized by huge material resources allocated for social support and free treatment in dispensaries, boarding houses, sanatoriums and medical institutions for the elderly citizens of the republic. Real steps are being taken to place people of this age group in special houses, where they are provided with conditions for a normal life and are provided with care by service and medical personnel. In the country today there are already more than 30 homes for the elderly and disabled.

When designing homes for the elderly, the specific characteristics of people of this age should be taken into account, the main of which is to leave the family and continue living in such houses.

In this regard, the architect, when designing homes for the elderly, should take particular care of the moral and psychological state of an elderly person who, in his old age, is forced to leave and spend the rest of his years in a nursing home where no one is waiting for him and there is no would be his joy and comfort all his life. As follows from the research of psychologists, the moral and psychological impairment of this category of people is mainly caused by radical changes in the life situation related to retirement a sense of loss of the status of the head of the family, turning its active member into a certain burden for the young. This feeling does not go

out of his mind, even regardless of the friendly attitude towards him and sympathy from his relatives.

The second and rather significant negative factor firmly entrenched in his consciousness is the feeling of fear of loneliness, the inability to cope with all the signs of the feeling of being misunderstood in his own family, feeling like an outcast and in moral and psychological isolation.

The psyche of an elderly person is also significantly influenced by the gradual narrowing of meetings by sold-out co-workers and friends. On the basis of all these negative psycho-physiological manifestations, certain elderly people show reticence, suspicion, grumbling, self-care, selfishness and alienation, which often becomes the cause of family conflicts.

In general, the whole drama of an elderly person leaving the family lies in the fact that he suddenly loses what he is used to all his life - to his family, to his friends, to his beloved home, and goes into another unknown and alien situation the rest of your life - this usually leads to psychological ruin of the individual. It is noted that the breakdown is so unbearable that sometimes ends with suicidism.

In this regard, the basis of the attitude of society to such people is not only important in their placement in the nursing home, but to a greater extent in creating the environment that will help eliminate the feeling of inferiority, depressed psychological state and loneliness.

For Uzbekistan, the design and construction of homes for the elderly — homes for the elderly — is a relatively new and far from fully explored business. It is necessary to study foreign experience, create scientifically grounded design solutions, in-depth, comprehensive analysis of built and commissioned boarding houses and nursing homes, and review accumulated numerous social, psychological and climatic studies. All these measures should be aimed at identifying strategies for solving a set of tasks to improve the design and construction of homes for the elderly, taking into account the socio-psychological

characteristics of the local population, their mentality and traditions. The climatic features of Uzbekistan and its regions also require from architects a special approach to drawing up architectural and planning solutions for nursing homes.

An equally important issue is the issue of nursing homes. Their remoteness from the bustle of the city, isolation from schools and kindergartens makes it possible for older people to find themselves in some isolation from the noise, surrounded by greenery, in peace, and this pleases them. But the category of guests of such houses is different. They live active pensioners and passive, bedtime patients and burdened with their own destiny. Really older people need peace, but every person has some memories and nostalgia about the past. The lack of contact and visual communication, depressing and negative effect on the general well-being of many old people, especially the bedridden and burdened by the disease of the elderly.

Examination and observations showed that the view from the windows of the city bustle, traffic, crowds of passers-by does not cause any particular emotions in the elderly. However, seeing from the windows of playgrounds of kindergartens and schools, hearing the vocal noise of children and contemplating their games, many elderly people can get pleasure from what they saw, remembering their grandchildren and children, their past. Features of this psychological phenomenon, i.e. the presence of certain categories of residents of the nursing home should be carefully considered and taken into account by designers when searching and locations when developing planning solutions for residential premises of nursing homes.

If, in addition, the organization of mutual contacts between children and the elderly is permissible, then this relationship can have a positive effect, according to the theory of "stroking", when psychological factors come into play - obtaining positive emotions followed by single elderly people from a certain, often chronic depressed. This issue requires not only theoretical social studies, but also practical implementation in the architectural design and placement of buildings, houses and boarding houses for the elderly citizens of our country.