

ИЖТИМОЙ ТАДҚИҚОТЛАР ЖУРНАЛИ

1-МАХСУС СОН

ЖУРНАЛ СОЦИАЛЬНЫХ ИССЛЕДОВАНИЙ
СПЕЦИАЛЬНЫЙ НОМЕР-1

JOURNAL OF SOCIAL STUDIES
SPECIAL ISSUE-1



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ЖУРНАЛ СОЦИАЛЬНЫХ ИССЛЕДОВАНИЙ | JOURNAL OF SOCIAL STUDIES
№SI-1 (2025) DOI <http://dx.doi.org/10.26739/2181-9556-2025-SI-1>

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Theory, methodology and history of sociology. Methods of sociological research.

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Sociology of social consciousness and social process

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Аликариева Аълохон Нуриддиновна

доктор социологических наук, доцент (Узбекистан)
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доктор философии по социологическим наукам,
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доктор философии по социологическим наукам (Узбекистан)

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Сеитова Зухрагон Пиржановна

доктор социологических наук, доцент (Узбекистан)
Махкамов Қодиржон Одилжонович
доктор философии по социологическим наукам,
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Контакт редакций журналов. www.tadqiqot.uz
ООО Tadqiqot город Ташкент,
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Web: <http://www.tadqiqot.uz/>; Email: info@tadqiqot.uz
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Editorial staff of the journals of www.tadqiqot.uz
Tadqiqot LLC the city of Tashkent,
Amir Temur Street pr.1, House 2.
Web: <http://www.tadqiqot.uz/>; Email: info@tadqiqot.uz
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ЖУРНАЛ СОЦИАЛЬНЫХ ИССЛЕДОВАНИЙ | JOURNAL OF SOCIAL STUDIES

Eshmanova Iroda,

Translator and interpreter at the
Jinan Wenda Language, Culture, and Arts Co., Ltd.
Iroda_irow@mail.ru

TRENDS IN CHANGES IN THE NATIONAL MENTAL CHARACTERISTICS OF UZBEK YOUTH IN MIGRATION CONDITIONS

 <http://dx.doi.org/10.5281/zenodo.16423472>

ABSTRACT

This study examines the evolving mental characteristics of Uzbek youth under migration conditions, analyzing the psychological, social, and economic impacts of migration on their well-being and identity formation. Since Uzbekistan's independence in 1991, economic instability, political unrest, and aspirations for better opportunities have driven youth to migrate primarily to Russia, Kazakhstan, and Turkey. The research highlights key challenges, including heightened mental health issues such as PTSD, exacerbated by familial separation, cultural adaptation barriers, and limited access to care due to stigma. Migration also reshapes identity, as youth negotiate cultural heritage with acculturation pressures in host countries.

Keywords: uzbek youth, migration, mental health, identity, acculturation, PTSD, policy reform.

Эшамова Ирода,

Jinan Wenda Language, Culture,
and Arts Co., Ltd компанияси таржимони
Iroda_irow@mail.ru

MIGRATSIYA JARAYONIDA O'ZBEK YOSHLARINING MILLIY MENTAL XUSUSIYATLARINING O'ZGARISH TENDENSIYALARI

ANNOTATSIYA

Mazkur maqolada migratsiya jarayonida o'zbek yoshlarining mental xususiyatlaridagi o'zgarishlarni o'rganishga qaratilgan bo'lib, mental xususiyatlariga, milliy o'zliklarini o'zgarishi psixologik, sotsiologik hamda iqtisodiy ta'sirlarni tahlil etishga harakat qilingan. O'zbekiston mustaqillikka erishganidan keyingi iqtisodiy beqarorlik, siyosiy tartibsizliklar va ijtimoiy ahvol yoshlarni asosan Rossiya, Qozog'iston, Turkiya va boshqa mamlakatlarga migratsiya qilishlariga olib kelgan.

Maqolada shuningdek, migratsiya jarayonidagi yux berishi mumkin bo'lgan muammolar, xususan, oilaviy kelishmovchiliklar, madaniy moslashuv, tibbiy yordam olishdagi qiyinchiliklar, migratsiya jarayonidagi post travmatik stresslar (PTSR) kabi mental o'zgarishlar ham o'rganilgan.

Shuningdek, yoshlarning migratsiya jarayonida yangi madaniyatiga moslashuvdagi (akkulturatsiya) o'zligini yoqotish muammosi ham atroflicha yoritilgan.

Kalit so'zlar: o'zbek yoshlari, migratsiya, mental salomatlik, indentifikatsiya, akkulturatsiya, PTSR, siyosiy islohotlar.

Эшманова Ирода,
Переводчик вJinan Wenda Language,
Culture, and Arts Co., Ltd.
Iroda_irow@mail.ru

ТЕНДЕНЦИИ ИЗМЕНЕНИЯ НАЦИОНАЛЬНЫХ МЕНТАЛЬНЫХ ОСОБЕННОСТЕЙ УЗБЕКСКОЙ МОЛОДЕЖИ В УСЛОВИЯХ МИГРАЦИИ

АННОТАЦИЯ

Данное исследование рассматривает изменения в ментальных характеристиках узбекской молодежи в условиях миграции, анализируя психологическое, социальное и экономическое влияние миграции на их благополучие и формирование идентичности. После обретения Узбекистаном независимости в 1991 году экономическая нестабильность, политические потрясения и стремление к лучшим возможностям стали основными причинами миграции молодежи, преимущественно в Россию, Казахстан и Турцию. В работе подчеркиваются ключевые проблемы, включая рост психических расстройств, таких как посттравматическое стрессовое расстройство (ПТСР), усугубляемых разлукой с семьей, трудностями культурной адаптации и ограниченным доступом к медицинской помощи из-за стигматизации. Миграция также трансформирует идентичность, заставляя молодых людей балансировать между сохранением культурного наследия и давлением аккультурации в новых странах.

Ключевые слова: узбекская молодежь, миграция, психическое здоровье, идентичность, аккультурация, ПТСР, политические реформы.

INTRODUCTION

The trends in changes in the national mental characteristics of Uzbek youth in migration conditions encompass a critical analysis of how migration influences the psychological well-being and identity formation of young individuals from Uzbekistan. Since the country's independence in 1991, economic instability, political unrest, and aspirations for better educational and professional opportunities have driven many young Uzbeks to migrate primarily to Russia, Kazakhstan, and Turkey, marking Uzbekistan as a significant exporter of labor in Central Asia [1,2]. This migratory phenomenon not only alters the socio-economic landscape but also profoundly impacts the mental health and identity of Uzbek youth, shaping their experience in host countries.

METHODOLOGY

Notably, the psychological effects of migration manifest through increased prevalence of mental health challenges such as post-traumatic stress disorder (PTSD) particularly among those facing familial separation and cultural adaptation difficulties [3,4]. Research indicates that these mental health issues are often compounded by barriers to accessing care, including social stigma and avoidance behaviors that deter young migrants from seeking help [3,5]. Furthermore, the complexities of their migration experiences lead to a dynamic interplay between aspirations and identity where young Uzbeks must negotiate their cultural heritage alongside the pressures of acculturation in new environments [6,3].

The notable decrease in the number of migrants returning to Uzbekistan-down to approximately 5.000 to 6.000 annually from previous highs-highlights evolving migration patterns influenced by both domestic challenges and shifting global opportunities [1]. As the Uzbek youth continue to engage with transnational communities their mental health landscape becomes a critical focus for policymakers and mental health professionals aiming to create supportive frameworks that

address their unique needs in both home and host countries [5,7]. Ongoing reforms in Uzbekistan's mental health system further underline the urgency of integrating culturally sensitive approaches to mental health care for this demographic, ensuring that their experiences and identities are recognized and supported throughout the migration process [8,9].

MAIN PART

Historical Context. The historical context of migration among Uzbek youth is deeply rooted in the socio-political transformations that have occurred in Uzbekistan since gaining independence in 1991. The post-Soviet era has seen significant shifts in migration patterns influenced by economic conditions, political instability, and educational opportunities abroad. Initially, Uzbekistan emerged as the largest exporter of labor in Central Asia, with remittances playing a crucial role in the national economy, particularly in the 1990s and early 2000s [1]. The economic challenges faced by Central Asian countries, including high unemployment and inflation rates, have pushed many young Uzbeks to seek opportunities abroad, primarily in Russia, China, Kazakhstan and Turkey [2]. In the years following independence, the migration dynamics have evolved significantly. During the late 20th century, Uzbekistan experienced a high influx of migrants, with numbers reaching up to 35.000 per year in the mid-1990s. However, this figure has drastically decreased, with only about 5.000 to 6.000 arrivals annually recent years [11]. This decline reflects changing migration policies and the increasing difficulties faced by potential migrants, compounded by the militarization of borders and legal obstacles in host countries [10].

Moreover, the youth of Uzbekistan have become increasingly aware of their role as active agents in political and social processes. Large-scale initiatives aimed at empowering youth have emerged, emphasizing their importance in shaping the country's future [1]. This shift is accompanied by a growing desire among young Uzbeks to engage in transnational communities, as they navigate their identities and aspirations in the context of globalization [6]. The complexities of these migration experiences are further highlighted by the legal and social challenges faced by Uzbek immigrants in destination countries, which include familial separation and vulnerability to exploitation. This reality underscores the need for a comprehensive understanding of the effects of migration on individual and collective identities within the Uzbek youth [3,5]. As the nation continues to grapple with its post-independence identity and economic transformation, the dynamics of youth migration remain a critical area for ongoing research and policy development.

Current Trends. Migration Patterns. Recent trends indicate that external migration processes in Uzbekistan are evolving primarily aligning with historical patterns observed in the late twentieth century. Currently, the immigration and emigration trends are characterized by a declining number of arrivals to Uzbekistan, with recent figures showing only about 5,000 to 6,000 immigrants annually, a stark decrease from 30.000 to 35.000 in the mid-1990s. This reduction highlights significant shifts in migration dynamics, potentially influenced by socio-economic factors and the changing landscape of opportunities both within and outside Uzbekistan.

Mental Health Challenges. The psychological impact of migration on Uzbek youth is another pressing issue. Studies reveal that heightened symptom severity, particularly regarding post-traumatic stress disorder (PTSD), significantly affects mental health care (MHC) utilization among young migrants [4]. Elevated PTSD symptoms are often associated with avoidance behaviors that impede individuals from seeking help, leading to increased challenges in accessing mental health services [3]. Factors such as support from welfare staff can mitigate these barriers, highlighting the importance of tailored mental health interventions for young migrants

Social Integration and Identity. As Uzbek youth navigate resettlement in new environments, their experiences are marked by complex interactions with host communities. Many express feelings of welcome and optimism, embracing the "American dream" while facing challenges related to language, culture, and financial stress. The migration experience often catalyzes identity reshaping, as young Uzbeks negotiate their cultural heritage and new social realities in foreign contexts [6]. Understanding these dynamics is crucial for developing effective policies that support the integration and mental well-being of migrant youth.

Youth Migration Aspirations. The aspirations of young migrants reveal significant insights into their motivations for leaving Uzbekistan. Economic opportunities, educational aspirations, and social stability drive many to seek better futures abroad [5]. Additionally, despite emotional burdens associated with parental migration, children left behind often develop high aspirations for migration themselves, particularly as they transition into young adulthood. These patterns underscore the importance of addressing root causes of migration, such as unemployment and lack of educational opportunities, to create supportive environments for youth in both their home and host countries.

Factors Influencing Changes. The mental characteristics of Uzbek youth in migration conditions are shaped by a multitude of factors that interplay within the socio-economic and cultural landscape. These influences can be categorized into environmental, economic, social, and psychological aspects.

Environmental Factors. Environmental changes, particularly those related to climate, significantly impact the experiences of migrant youth. Rising temperatures and increased natural disasters in regions such as California can disrupt the community ties that are crucial for young migrants' sense of belonging [10]. Such climatic adversities can create both vulnerabilities and opportunities for building new community relationships as immigrant youth navigate the challenges posed by an unstable environment.

Economic Push Factors. Economic conditions play a pivotal role in migration, serving as significant push factors for individuals leaving Uzbekistan. Factors such as unemployment, low GDP per capita, inflation, and inadequate access to education and health services motivate youth to seek better opportunities abroad [2], the economic burdens experienced by migrant families can also contribute to psychological stress, affecting the mental health and overall well-being of the youth.

Social Dynamics. Social factors, including the structure and function of familial relationships are critical to understanding the mental health of Uzbek migrant youth. While immigrant families often serve as protective spaces fostering belonging and integration, they can also be sites of tension due to the trauma associated with migration and the challenges of acculturation [10,11]. The presence or absence of supportive relationships can significantly influence the mental health outcomes of these youths, affecting their coping strategies and sense of identity.

Psychological Considerations. Psychological factors, particularly those linked to acculturation, play an important role in shaping mental health. Traditional measures of acculturation that do not adequately address the cultural preferences and social supports relevant to immigrant youth may overlook critical aspects that influence mental health outcomes [11]. Research indicates that negative life events, interpersonal problems, and traumatic experience are major risk factors for depression and PTSD, while protective factors include social support, coping mechanisms, and a sense of belonging [11,12].

Case Studies. Mental Health of Unaccompanied Youth Refugees. The mental health needs of unaccompanied youth refugees (UYRs) have gained attention in recent studies, highlighting the unique challenges this vulnerable population faces during resettlement. Findings suggest that UYRs experience significant personal distress, which can impede their integration into host societies and hinder successful resettlement processes [4]. Research emphasizes the importance of tailored mental health services that address both the psychological and social needs of these individuals.

Experiences of Uzbek Immigrants in the United States. A qualitative study focusing on Uzbek immigrants in the United States identified several key themes related to their migration and resettlement experiences. Many participants reported entering the U.S. as well-educated, middle-class individuals seeking better socioeconomic and employment opportunities due to declining conditions in Uzbekistan. Despite facing challenges such as language barriers and cultural adjustments, the majority expressed feelings of welcome from the host community and maintained a strong belief in the "American dream" viewing their future as brighter in the U.S. than in Uzbekistan [3]. This underscores the duality of their experiences, where initial struggles are balanced by aspirations for success.

The Impact of Environmental Factors on Belonging. Research has also highlighted how environmental factors, including urban versus rural settings, influence the sense of belonging among immigrant youth, in urban areas with protective policies immigrants might find it easier to access

community spaces and form relationships, fostering a sense of belonging. Conversely, in rural settings, challenges such as distance and restricted access to resources can lead to increased anxiety and exclusion [10]. The dynamic interplay between climate change and community engagement further complicates these experiences, as environmental shifts may create both new challenges and opportunities for belonging [10]. The Importance of Community Engagement and Mental Health Services. Studies emphasize the necessity of developing community-based mental health services tailored to the specific needs of migrant populations. Engaging with migrant groups and offering orientation to critical services upon arrival can significantly enhance access to care. It is crucial to provide a range of choices regarding the delivery of mental health services, ensuring that they are both accessible and culturally acceptable [13]. Safeguarding the human rights of all refugees and migrant remains paramount, requiring national and international policies that protect these populations from discrimination and violence [13].

Policy implications. The findings from these case studies contribute to a broader understanding of the mental health needs of Uzbek youth and other immigrant populations. Policymakers and mental health professionals are encouraged to develop evidence-based interventions that not only address mental health issues but also facilitate social integration and community engagement among young immigrants [7,4]. Addressing these interconnected factors can lead to improved outcomes for immigrant youth navigating the complexities of resettlement and belonging in a new country.

Support Systems. Access to Mental Health Services. Support systems for Uzbek youth in migration conditions play a crucial role in addressing their mental health needs. The World Health Organization (WHO) emphasizes the importance of offering choices regarding mental health service delivery including the location, service provider, referral pathways, and treatment approaches to ensure that these services are accessible and acceptable to migrants [13].

This approach is particularly relevant for youth, who may experience unique challenges in navigating mental health care in unfamiliar environments. In Uzbekistan, recent reforms in the mental health sector aim to enhance the qualified accessibility of services.

Evaluations of these reforms have followed the WHO's 2010 framework, assessing key building blocks such as service delivery and health workforce [8]. Strengthening health information systems is identified as critical for effective mental healthcare, recommending the implementation of electronic health records and robust monitoring systems to track mental health conditions and patient outcomes [9].

Community Engagement and Resources. Community-based initiatives are vital for strengthening the support networks available to Uzbek youth migrants. Efforts to engage with migrant groups and provide information about available services help enhance community capacity for mental health care [13]. The establishment of orientation programs that introduce critical services and entitlements upon arrival in the destination country can significantly aid in easing the transition for young migrants [13].

Moreover, organizations like the UNHCR prioritize partnerships with refugee communities to tailor mental health and psychosocial support services to the diverse needs of individuals, including those of varying ages, ethnicities, and abilities [9]. This community-focused approach includes integrating mental health support into existing interventions, such as sporting activities and educational programs, which not only provide coping mechanisms but also foster social connections among youth [9].

The Role of Green Spaces and Activities. Innovative projects that improve access to green spaces and communal activities have also been shown to contribute positively to the mental well-being of refugees including Uzbek youth. Such initiatives promote community resilience and awareness of mental health services, offering participants new opportunities for social engagement and collective healing [14]. For instance, access to gardens and group activities can serve as therapeutic outlets, allowing youth to build connections and support each other in navigating the challenges of migration [14].

Youth Migration Dynamics. As the dynamics of migration continue to evolve, it is crucial to understand the various factors that influence the experiences of young migrants. Economic hardship, educational aspirations, and political instability are significant drivers that shape the migration patterns. By addressing these root causes through supportive policies, stakeholders can create safer and more sustainable pathways for youth migration, ultimately enhancing their integration and well-being in host countries [5,10].

Implications for Future Research. The study of national mental characteristics among Uzbek youth in migration conditions is crucial for understanding their integration and wellbeing. Future research should expand on the themes identified in current literature, particularly focusing on the intersection of cultural competence, identity, and mental health outcomes among diverse immigrant populations. Investigating how the peer-related culture competence construct, operationalized in the Youth Culture Competence Scale (YCCS), varies across different age and immigrant groups in various host countries, such as Norway and the United States, will be vital in capturing the nuanced experiences of these youths [11].

CONCLUSION

Moreover, the exploration of accessibility to mental health care services for migrant youth should be prioritized, especially considering financial and geographical disparities that often hinder service utilization. Investigating the factors that contribute to the successful integration of mental health services into primary healthcare settings will provide valuable insights into improving care delivery for underserved populations [8]. The ongoing reforms in Uzbekistan's mental health system present a timely opportunity for research focused on the efficacy of these changes, including the implementation of electronic health records and enhanced data monitoring systems [15]. Analyzing the impact of legislative support and funding on the mental health outcomes of young migrants will shed light on the broader implications of policy changes. Furthermore, it is essential to consider the developmental trajectories of immigrant children and youth, examining how their various identities influence their ability to navigate spaces of belonging [16]. Future studies should also aim to identify strategies to prevent premature termination of mental health care among unaccompanied youth refugees (UYRs) and explore the underlying mediating factors that influence their intentions to seek help [4]. By addressing these areas, future research can contribute significantly to understanding and improving the mental health landscape for Uzbek youth in migration, fostering resilience and enhancing their integration into new communities.

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JOURNAL OF SOCIAL STUDIES
SPECIAL ISSUE-1

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