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Abdukirimova G. B.
Senior Teacher, Tashkent State Transport University

ABSTRACT	KEY WORDS
In the article, today's gerontology, that is, the science of aging, the ways of preventing old age and human aging, and the problems related to it, the development of science and technology, scientific discoveries, the use of various methods by people and its consequences, and the main causes of aging are analyzed based on a wide range of sources.	Gerontology, science and technology, development, scientific, discovery, plastic, surgery, transplantation, aging, death, life.

Introduction

Today, gerontology, that is, the science of aging, studies problems related to aging and the search for ways to prevent human aging. However, human resistance cannot be prevented. For example, even in today's market where money can buy everything, giants, high-ranking officials and celebrities with millions or even billions of dollars cannot buy their life with the money they have accumulated. According to modern science, after the age of forty, the cells in the human body, called stem cells, stop dividing. This seems to be the cause of aging.

Another natural sign of aging is an increase in wrinkles, first on the face, then on the neck and other organs. And the whiteness of the hair and beard deprives a man of his charm and alienates him from the vigor and fire of youth. In other words, old age does not bring any good or joy to a person, it destroys his natural structure, loses his energy, makes his body sick, and causes one after another different levels of hardships.

Nowadays, scientific and technical progress and scientific discoveries show that people are struggling with the prevention of aging and death through various methods, for example, plastic surgery, organ transplantation. However, no matter how hard a person tries, he cannot overcome death and old age. If we look into our past, we see that some kings and scholars, even prophets and saints have passed away. Great scholars and representatives of science have thought a lot in the hope of fully understanding the mysterious phenomenon called aging and death, which has been perplexing mankind since time immemorial. For example, the great poet Omar Khayyam asks himself the following question:

They made me exist in the world,
What I found in life is surprise, hesitation.
I couldn't figure out if I passed this way,

What is the purpose of coming and going [3 Omar Khayyam. Rubaiyat. - Tashkent: Literary and Art Publishing House named after Gafur Ghulam, 1992. - B. 82.]3.

In this Rubaiyat, the scholar raises a number of questions that encourage the understanding of death and life. These are as follows: "People and creatures come into the world and then they go back. So, do they come and go? The Ruler of the Absolute creates and regulates nature, and then why does he cause harm to it? If the reason lies in the unfitness of nature, who is to blame for this? If nature is good, then what is the reason to destroy it?"[Scenes of Truth. 96 classical philosophers. Destinies. Proverbs. Aphorisms. - Tashkent: New age generation, 2007. - B. 198 -199.]. It can be seen that Omar Khayyam answered these questions in his poetic verses. The phenomenon of aging and social problems in the lives of elderly people According to the United Nations, in 1950 there were 200 million people in the world. By 1975, their number reached 550 million. According to forecasts, the number of people over 60 will reach 1 billion in 2025. Per 100 million people, the population of our planet will increase by 3 times. One of the trends observed in the developed countries of the world in the next 10 years is the increase in the number of elderly people in the total population and its weight. The population is general there is every reason to say that the share of children and adolescents in the population is decreasing, and the fundamental process of increasing the share of the elderly continues at a very high pace.

The main causes of aging are declining birth rates, increased life expectancy due to medical advances, and increased life expectancy due to improved living standards. In countries of economic cooperation and development, the average life expectancy has increased by 6 years for men and 6.5 years for women in the last 30 years. In the last 10 years, a steady growth trend of these indicators has been observed in our country. Social work specialists are defined from different points of view according to the socio-demographic categories of the elderly. These are chronological, social, biological, psychological, functional and others. According to the World Health Organization, people aged 60 and over are considered elderly. Today, this information is used in practice. However, in many countries the retirement age is 60. Demographic aging in our country is associated with a decrease in the number of births. In the last 10 years, the share of the young generation has decreased by 24-44 percent. As a result, the share of people of pensionable age exceeds the share of children under 15 years of age. In the future, this situation will become more complicated and the number of elderly people will increase. According to the international classification, the composition of the country's population in 2018 corresponds to the period of demographic aging. Children and teenagers may have slightly higher rates than seniors 65 and older. 28.3 percent of the temporary population was seventy and older. This is much higher than the working age. Much depends on the sustainable growth of the industry. The responsibility of the state is increasing, especially for the elderly. Analysis of the socio-demographic category of the elderly and their problems is determined by theorists and practitioners of social work from different points of view - chronological, sociological, biological, psychological, functional, etc. Elderly people differ significantly in their natural aspects and include people from 60 to 100 years old. Therefore, the age of crossing the border from the "third" and "fourth" is considered to be 75-80 years. "Younger" seniors are more susceptible to problems than "older" seniors. Older people include healthy, active seniors, people from different social backgrounds, with different levels of education and training, and with different skills and interests. Many of them do not work when they retire in old age. Thus, there are more women in the older age groups. This big difference is due to men dying earlier

and women living longer. One of the trends observed in developed countries in the last decade is the absolute increase in the number of elderly people in society. In the total number of settlements, the weight of children and young people is decreasing, and the weight of the elderly is increasing. The social conditions of the elderly are primarily determined by their health. Self-assessment is widely used as an indicator of health status.

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