



## **THE OPPORTUNITIES OF STUDENTS-YOUTH TO USE THE TIME BUDGET AS A SOCIO-DEMOGRAPHIC GROUP**

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<b>Received:</b> 14 <sup>th</sup> May 2021 <b>Accepted:</b> 28 <sup>th</sup> May 2021 <b>Published:</b> 30 <sup>th</sup> June 2021	This article describes the opportunities for students –youth to use their free time as a socio-demographic group in the current situation
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The problem of socio-demographic structure of society occupies a special place in the system of socio-philosophical views. Any society is made up of different social groups, strata, national units. They are manifested in interrelated socio-economic, political, cultural, spiritually objectively required relations and relationships.

The study of the social and socio-demographic system is very complex and attracts the attention not only of the representatives of the social philosophical sciences but also of the political, social management sciences. Without studying the interests and needs of groups belonging to the social system of society, it is impossible to solve problems in the field of social, economic, political, spiritual life.

In our country, the formation of the spirituality of young people, the continuous development of their thinking and worldview in accordance with the requirements of the nation and society is rising to the level of state policy. The issue of building a highly spiritual and enlightened society is one of the most urgent tasks, and the issue of building it depends on the following factors.

First of all, the issue of direct participation of our youth in this process in building such a society, secondly, the creation by our society of the economic, legal, spiritual basis for the tasks of the concept of "from spiritual renewal to spiritual uplift", thirdly, the issues of ensuring the priority of high spiritual qualities in the upbringing of a harmoniously developed generation are of great importance.

The work carried out in the framework of the "Five important initiatives to raise the morale of youth and meaningful organization of their leisure time" put forward by our President, is due to the growing attention to youth education, primarily due to the fact that a large part of the population (64%). At this point, the question naturally arises: "Who exactly should be meant by young people?" In the encyclopedic dictionary "Philosophy" is a socio-demographic group, characterized by the characteristics of young people, the specifics of their social status. Currently, people between the ages of 14-16 and 25-30 are considered as young people. It was noted that the special socio-psychological image of young people is determined by the general state of society, the laws of socialization, educational opportunities.[2.p.121] In "Spirituality: An Explanatory Dictionary of Basic Concepts" is noted: The age limit is unstable and difficult to separate, but experts in the field study it for 15-30 years. Young people are characterized by some common characteristics: They are generally described as a socially active stratum, striving for modern and educated, new professions and new lifestyles. [3.p. 152].

These definitions of the concept of "youth" are almost consistent with the scientific theories put forward by some scientists of the Commonwealth of Independent States (CIS) and research in the field of psychology in our country. [4.p.17; 5.p.14; 6. p.257;].

In modern science, the socio-demographic group "Youth" is studied in the following age groups:

1) Early adolescence (14-18 years) includes young people who have reached a certain physical and spiritual maturity, who can work independently after graduation, who have the opportunity to test themselves in high school. The first juvenile becomes a citizen of the country at the age of 16 and the right to vote and stand for election at the age of 18.

All this is to create the necessary conditions for the first aspirin to socialize as a citizen, to find his place in life, to make his own destiny for himself and for his spiritual work.

2) Adolescence (18-23 years), during which the components of self-government, creative thinking, specific life experience, the formation of independent views, moral values, self-awareness and stable beliefs are formed on

the basis of the regulation of acquired knowledge. Students will have the opportunity to apply different levels of skills and abilities, theoretical knowledge, certain concepts in practical activities in different areas of social life.

3) Mature youth (24-30 years) - is the final stage of the process of formation of a mature person, which is a group of individuals with experience in production and family life, active participation in socio-political life.

In many European countries, as well as in the United States and Japan, the age of youth limits range from 13-14 years to 29-30 years. [See p.16].

Because of our research object consists of a group of students, we will focus on this group.

One of the most pressing issues today is to increase the effectiveness of educational work in higher education and the organization of leisure time, which is directly related to it.

Through the analysis and study of the specific socio-psychological characteristics of groups belonging to the concept of "youth" limited by age, the role of the individual in their peers (microenvironment) and their interaction and interpersonal relationships are considered as a separate subject.

For the same reason, students can be understood as a separate socio-demographic group, which is preparing to perform the roles of material and spiritual production, social life and future profession on the basis of certain rules and special programs. The coverage of young people in higher education today also determines the urgency of the problem under study.

The peculiarities of higher education create an important opportunity for students to interact with other social groups (formal, informal).

Students-youths become accustomed to the unfamiliar conditions of the microgroup to which they belong, begin to develop legal awareness and legal culture from the moment they know their rights and responsibilities, participates in the establishment of a new form of interpersonal relationships, begins to try to put into practice the social roles in marriage based on the experience gained. But the romantic feelings inherent in students prevent them from approaching reality from a certain vital point of view.

They had no clear idea of what the socio-psychological roots of successes and failures in marriage that's why they will not be able to consciously manage their rights and cognitive activities.

For example, at the beginning of the academic year, most students have a good mood, feeling of pleasure for entering the university, but as a result of acquaintance with the conditions, content, agenda, certain rules of education can lead to depression. Therefore, in planning the process of education and social upbringing of students, especially in the organization of leisure time, it is necessary to take into account not only the characteristics of students, but also the characteristics of the stages of the study period.

There are various socio-psychological features, peculiar contradictions, internal contradictions in the development of students. Their financial dependence on their parents, the administration of the university, leads to economic conflict. This is due to the disproportion of the available opportunity with the wishes of the students.

At the age of 18-23, emotions, attitudes, moral values, self-awareness and stable beliefs are formed on the basis of the components of self-management, creative thinking, specific life experience, regulation of acquired knowledge. The student will be able to defend his opinion, will have the opportunity to apply different levels of skills and abilities, theoretical knowledge, socio-psychological concepts in various areas of life.

According to a team of researchers led by Russian scientist B.G. Ananov, "At the age of 18-23, physiological capabilities develop at a high level. The body's response to external influences, the optimal level of blood pressure increases, the blood is saturated with oxygen. A person has a favorable opportunity for learning. Learning refers to a person's ability to receive, remember and store information. " [6. p.260]

From the above considerations, it is clear that students are a socio-demographic group that makes up the majority of people engaged in mental labor, and their activities have a certain specificity. This uniqueness is manifested in the short-term mastery of many disciplines, a certain amount of time spent in the learning process, neuro-emotional stress.

The study of the student's time budget emerges as an urgent problem, as the formation of certain skills and abilities specific to the future specialty is associated with the student period, which also affects its future employment.

To study the time budget in 2019 at the Uzbek State Institute of Arts and Culture conducted a survey among second and fourth year students majoring in "Management of culture and art institutions", "Socio-cultural activities". Because of the large gap between the curricula in the subjects studied by the students surveyed, studying how effectively they use their free time could help in solving the problem.

Students who took the questionnaire in the middle of the semester recorded their day-to-day activities in a special diary each day of the week. The study involved 54 percent of students in each course group.

It is known that students' 24-hour time budget per day is 168 hours per week.

Many researchers have found that 8 hours of sleep is enough for a person to fully relax and function during the day without feeling tired, which is about 33 percent of the budget per week. In addition, students spend another 4-6 percent of their time for sleeping. On weekends, their sleeping time consists of 11 hours.

If a 24-hour day and night budget consists of 8 hours for sleeping, 6 hours for studying, about 4 hours for eating as breakfast, lunch, dinner, and also for personal hygiene, there is 6 hours left for free time.

If we consider that nowadays in many universities there are 5 days study a week, in this case free time consists of about 6-8 hours.

This means that 6-8 hours of free time can be systematically allocated for mental, spiritual and physical development, such as independent study in science, reading fiction, working on a computer, playing sports, going to museums, theaters, cinemas.

Currently, the study of time budget problems is being carried out intensively. The inability to use free time properly requires a careful approach to the issue of forming a time budget of highly qualified, competitive professionals, which is very important in our time due to poor mastery of teaching materials by students.

Our main aim is to organize the learning process and determine the interdependence of students' time budgets, as well as to develop optimal recommendations for their improvement and increase the efficiency of their use.

The most important tasks of time budget research usually consist of:

1. To study the distribution of the daily (weekly, etc.) time fund allocated for different types of activities;
2. Identify opportunities to optimize the use of time in accordance with certain criteria of the main aspects of the activity, such as daily work, housework, household needs, leisure;

Identify the main structures of time use by different groups of the population.

To do this, first of all, it is necessary to define the concepts of "time budget" and "type of activity".

Time budget is the distribution of the total time fund for a day, week, month, year to different types of activities.

The type of activity is a concept that represents the satisfaction of human needs in various forms (reading, watching TV, sleeping, eating, type of work, etc.). In the system of the general time budget a special place is given to the free time necessary for the cultural, spiritual, mental, physical development and rest of a person.

Today, as a result of global changes, as well as major changes in the time structure of the population, the study of time budgets is becoming increasingly important.

Accordingly, it is very important to analyze the time budget of social, socio-demographic groups, whose lifestyle, employment, organization of leisure time. In particular, significant changes are taking place in the lives of students in this direction.

As a result of the availability of grant and fee-contract forms of education, it is becoming more common for students to combine full-time education with employment in order to earn additional funds.

On the one hand, this helps to improve the financial situation of the student, on the other hand, it has a negative impact on his attendance and mastery of subjects and due to the decline in the quality of education can impair the training of highly qualified specialists.

In the use of leisure time by students, new forms of it - in addition to receiving information and data via the Internet, there are new areas of mutual acquaintance, communication, recreation. We believe that, on the one hand, students' access to information and communication helps to expand the scope of communication, on the other hand, its long-term use prevents them from engaging in books, magazine reading, sports, public affairs, and so on. In addition, the continuous, long-term use of the Internet has a negative impact on student health.

Therefore, it is necessary to thoroughly study the changes in the leisure budget of students, to improve the quality of education on the basis of in-depth analysis of its pros and cons, to form a culture of leisure.

Based on the above analysis, the following conclusions can be drawn:

1. Students are a relatively independent socio-demographic group with an average age of 18 to 23, with a much greater potential to prepare for the roles of social life and future specialization in material and spiritual production on the basis of certain rules and special programs;
2. The analysis of the concept of student youth should not be limited to a constant description of the characteristics of this socio-demographic group, the direction of values, the type of activity, the specificity of lifestyle, educational and cultural level. The study and analysis should identify all the characteristics of students, the historical situation, the causes and consequences of the stages of development of society with the tasks of social change and renewal;
3. The objective reality of today requires a serious approach to the problem of students, one of the most active socio-demographic groups in the historical process. It is necessary to have a deep understanding of the dynamics of the process of change of student personality over a period of time. Because without a clear understanding of this, it is impossible to raise the level of social activity, ability, intellectual potential, cultural and spiritual potential of students;
4. One of the most important tasks in our country today is to bring up students who follow a healthy lifestyle and are intellectually developed, able to fully use their mental and physical capabilities and properly perform their socio-demographic duties;
5. One of the important methodological problems is to analyze the dialectic of students' leisure time in their free time, taking into account the real contradictions they face when they step into independent production;
6. In a certain part of the free time it is necessary to achieve the formation of a clear goal for each student to ensure a healthy lifestyle and continuous spiritual and moral development;
7. The rational use of the budget of time leads to the spiritual development of society through the spiritual development of each individual. In turn, the spiritual maturity of the person is a guarantee of rational and productive use of free time. Students, as future professionals, must understand their civic duty, responsibility

in front of the society and the country, and also they should know how to spend every minute of their free time wisely. They are required to spend every minute on useful activity.

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