

**NEGATIVE EFFECTS OF PANDEMICS AND CRISES IN THE SOCIAL SPHERE AND
REDUCING THEM BY INFORMATION TECHNOLOGIES**

Ergashev Mirjon Yorqin ugli – International school of finance
technology and science institute

Email: mirjonergashev@mail.ru

Raxmonova Moxidil Yusuf kizi - International school of finance
technology and science institute

Email: mokhidilrakhmonova0@gmail.com

Aslonov Muhammad Tosh ugli – University of Tashkent for
applied sciences,

E-mail: aslonovmuhammad@utas.uz

Annotation: This article examines the impact of pandemics and crises on social sectors. The article analyzes the definitions and types of social sectors, their importance during pandemics and crises, emerging problems and ways to overcome them. Based on the analysis of the literature, the main trends in the impact of pandemics and crises on social sectors are identified. The article also provides recommendations for supporting social sectors, anti-crisis measures and future research.

Keywords: Pandemic, crisis, social sector, health, education, social protection, demography, employment, living standards, inequality, psychological health, anti-crisis measures.

Introduction. Pandemics and crises are one of the main global problems of the 21st century, which have a serious impact not only on the economic, but also on the social sphere. The COVID-19 pandemic has led to profound changes in social sectors around the world and exacerbated existing problems. During this period, the health care system was overloaded, the educational process was disrupted, the demand for the social protection system increased dramatically, demographic indicators worsened, employment levels decreased, and inequality increased.

The social sphere includes a variety of activities aimed at ensuring the well-being of society. It includes areas such as health, education, social protection, culture and sports. The sustainable activities of these areas are important for ensuring the socio-economic development of society, improving the standard of living of the population and establishing social justice.

Pandemics and crises pose a number of problems in the social sphere. These include a sharp increase in demand for health services, the closure of educational institutions and a decrease in the quality of Education, an increase in the number of people in need of social protection, a decrease in employment levels and an increase in inequality. These problems are particularly severe on vulnerable sections of society, including the poor, the disabled, the elderly, and migrants.

Therefore, the study of the impact of pandemics and crises on social spheres and the development of ways to eliminate them is of urgent importance. The purpose of this article is to analyze in depth the impact of pandemics and crises on social spheres, identify existing problems and develop recommendations for their solution.

Literature analysis. An analysis of literature on the impact of pandemics and crises on social spheres has shown that this topic has been studied by many researchers and experts. Key areas include: health system: pandemics place a major burden on the health system, leading to overwork of medical personnel, lack of resources, and difficulty in providing care to patients with other diseases. During the COVID-19 pandemic, many countries were faced with overloading of the health system and limited medical services (Anderson et al., 2020; Horton, 2020). Education: the

closure of educational institutions negatively affects the disruption of the educational process, the limitation of students' access to knowledge and the development of social skills. The transition to distance education has presented challenges for many students, especially in families with limited internet access and low computer literacy (Reimers & Schleicher, 2020). Social protection: in Times of pandemics and crises, problems such as unemployment, poverty and social isolation increase, which leads to an increase in demand for the social protection system. Social assistance, benefits and other social services are important to support vulnerable segments of the population (Gentilini et al., 2020). Demographics: pandemics have a negative impact on demographics, leading to an increase in mortality, a decrease in fertility, and a reduction in life expectancy. The COVID-19 pandemic has led to an increase in mortality rates in many countries, especially among older people and patients with chronic diseases (Kontis et al., 2020). Employment and living standards: pandemics and crises lead to the closure of many enterprises, an increase in unemployment and a decrease in the standard of living of the population. People who are unemployed face financial difficulties, need social assistance, and may experience psychological problems (ILO, 2020). Inequality: pandemics and crises exacerbate social inequality, weaker sections are more affected, and social justice is disrupted. Poor people, people with disabilities, elderly people, and migrants have difficulty using health, education, and Social Protection Services (UN, 2020). Psychological health: pandemics and crises negatively affect the psychological health of the population, exacerbating stress, anxiety, depression and social isolation. It is important to provide assistance to people in need of psychological assistance (Holmes et al., 2020).

Methods. This article uses the following techniques: literature analysis: through analysis of thematic scientific articles, monographs, reports and other literature, the main trends in the impact of pandemics and crises on social spheres have been identified. Comparative analysis: by comparing the impact of pandemics and crises on social spheres in different countries, common and specific characteristics were identified. Statistical analysis: statistics were analyzed to assess the impact of pandemics and crises on social spheres. Synthesis: through the synthesis of analyzed literature and data, it was achieved to create a holistic picture of the impact of pandemics and crises on social spheres.

Results. Health. Pandemics put a huge burden on the health system. The COVID-19 pandemic has caused the following problems in many countries: overwork of medical personnel: medical personnel overworked in patient care, which negatively affected their physical and psychological health. Lack of resources: lack of medical equipment, medicines, and personal protective equipment have reduced the quality of medical services. The difficulty of providing assistance to patients with other diseases: during the pandemic, attention was paid to patients with COVID-19, which led to the difficulty of providing assistance to patients with other diseases. Increased mortality: the COVID-19 pandemic has led to increased mortality rates in many countries, especially among older people and patients with chronic diseases. Education. The closure of educational institutions led to a disruption of the educational process. During the COVID-19 pandemic, many countries experienced the following problems: limitations on student access to knowledge: the closure of educational institutions limited student access to knowledge, especially in families with limited internet access and low computer literacy. Decreased quality of education: the transition to distance learning has led to a decrease in quality of education, as teachers and students have had difficulty adapting to distance learning methods. Negative impact on the development of social skills: the closure of educational institutions negatively affected the development of social skills of students, since they were deprived of the opportunity to communicate with peers. Increased inequality in education: the pandemic exacerbated inequality in education, weaker sections were more affected, and educational opportunities were limited.

Social Protection. Pandemics and crises lead to an increased demand for Social Protection. During the COVID-19 pandemic, the following problems were observed in many countries: increased unemployment: the closure of many businesses led to an increase in unemployment, which led to an increase in the number of people in need of social assistance. Increased poverty: unemployment and reduced income led to increased poverty, especially among the weaker sections. The difficulty of providing assistance to people in need of social assistance: the increase in the number of people in need of social assistance increased the burden on the social protection system and made it difficult for them to provide assistance. Demography. Pandemics have a negative impact on demographics. During the COVID-19 pandemic, the following problems were observed in many countries: increased mortality: the COVID-19 pandemic has led to increased mortality rates in many countries, especially among elderly people and patients with chronic diseases. Declining birth rates: the pandemic led to a decline in birth rates as people delayed having children due to uncertainty and economic difficulties. Reduction in life expectancy: the pandemic has led to a reduction in life expectancy, especially in countries with high mortality rates. Employment and standard of living. Pandemics and crises negatively affect employment and living standards. During the COVID-19 pandemic, the following problems were observed in many countries: increased unemployment: the closure of many businesses led to an increase in unemployment, especially in the service sector and in small businesses. Decrease in income: unemployment and a decrease in wages led to a decrease in income, which negatively affected the standard of living of the population. Increased poverty: unemployment and reduced income led to increased poverty, especially among the weaker sections.

Pandemics and crises exacerbate social inequality. During the COVID-19 pandemic, many countries experienced the following problems: inequality in the use of Health Services: the poor, disabled, elderly people and migrants faced difficulties in using health services. Inequality in access to education: Students from families with limited internet access and low computer literacy faced difficulties in obtaining distance education. Inequality in obtaining social assistance: some of the people in need of social assistance had difficulty getting help, especially migrants with incomplete documentation and people with informal employment. Psychological Health. Pandemics and crises negatively affect the psychological health of the population. During the COVID-19 pandemic, the following problems were observed in many countries: increased Stress and anxiety: the pandemic has led to increased stress and anxiety, especially among people who are concerned about their health, people who have lost loved ones and people who are unemployed. Increased depression: social isolation, loneliness and uncertainty led to an increase in depression. Increased insomnia: Stress and anxiety led to increased insomnia. Increased suicidal ideation: people with severe mental health have increased suicidal ideation.

Discussion. The above results show that pandemics and crises have a serious impact on social spheres. The health system, education, social protection, demographics, employment, standard of living, inequality, and psychological health all face challenges in times of pandemics and crises. Governments, international organizations, and civil society must work together to address these problems. The following measures can be taken: strengthening the health system: supporting medical personnel, providing medical equipment and medicines, facilitating the use of Health Services. Educational support: improving distance education methods, supporting teachers, reducing inequality in education. Strengthening social protection: increasing unemployment benefits, helping the poor, expanding social services. Improving demographic policy: reducing mortality, increasing fertility, supporting families. Employment recovery: creation of new jobs, support of small businesses, development of professional education. Reducing inequality: promoting social justice, helping vulnerable strata, and providing equal access to health, education, and social protection services. Psychological support: helping people who need psychological

help, promoting mental health, fighting stigma and discrimination. These measures will help reduce the impact of pandemics and crises on social spheres and ensure the sustainable development of society.

Conclusion. This article examined the impact of pandemics and crises on social spheres. Health, education, social protection, demographics, employment, standard of living, inequality, and psychological health face challenges in times of pandemics and crises. Governments, international organizations, and civil society must work together to address these problems. It is important to strengthen the health care system, support education, strengthen Social Protection, improve demographic policies, restore employment, reduce inequality and provide psychological assistance. For future research, the following areas are proposed: the study of the long-term impact of pandemics and crises on social spheres. Analysis of the impact of pandemics and crises on various social groups (young people, elderly people, disabled people, migrants). Assessment of the effectiveness of anti-crisis measures and social policy. Develop new strategies to prepare for and combat pandemics and crises. The results of these studies will be important to fight pandemics and crises, strengthen social spheres and ensure the sustainable development of society.

References.

1. Anderson, R. M., et al. (2020). How will country-based mitigation measures influence the course of the COVID-19 epidemic? *The Lancet*, 395(10228), 931-934.
2. Gentilini, U., et al. (2020). Social protection responses to COVID-19: A real-time review of country measures. World Bank.
3. Holmes, E. A., et al. (2020). Multidisciplinary research priorities for the COVID-19 pandemic: A call for action for mental health science. *The Lancet Psychiatry*, 7(10), 873-880.
4. Horton, R. (2020). Offline: COVID-19 is magnifying inequalities. *The Lancet*, 395(10228), 875.
5. ILO. (2020). *ILO Monitor: COVID-19 and the world of work*. Seventh edition. International Labour Organization.
6. Kontis, V., et al. (2020). Magnitude, demographics and dynamics of the effect of the first wave of the COVID-19 pandemic on all-cause mortality in Europe: A population-based study. *The Lancet Public Health*, 5(11), e635-e647.
7. Reimers, F. M., & Schleicher, A. (2020). A framework to guide an education response to the COVID-19 pandemic. OECD.
8. UN. (2020). Shared responsibility, global solidarity: Responding to the socio-economic impacts of COVID-19. United Nations.