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## FACTORS OF IMPROVING THE QUALITY OF LIFE OF CITIES

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**Abstract:** Along with the growth of urban population, there is a growing need to improve the quality of life in urban planning. Improving the quality of life serves the sustainable development of cities and the well-being of the population. This article examines the factors that improve the quality of life in urban planning and analyzes their impact on urban infrastructure, social services and the environment.

**Keywords:** urbanization, sustainable urban planning, quality of life, social sustainability, transport system, standard of living, green areas, smart city, infrastructure, health, environmental issues, waste management, safety.

**Relevance of the topic:** The rapid growth of the planet's population creates new problems for cities. By the 21st century, the level of urbanization has reached record levels, and most of the population lives in cities. This, in turn, gives rise to new requirements for urban planning. For example, cities must not only adapt to population growth, but also resolve the issue of improving the quality of life. Quality of life in urban planning has become an integral part of modern urban planning as the main indicator of well-being, health and social stability of people. The development of urban infrastructure, optimization of transport systems, ensuring environmental stability, quality of health care and social services are among the most pressing issues of modern urbanism. These factors have a significant impact not only on the economic development of the city, but also on the overall quality and well-being of the population.

The development of urban infrastructure is important for improving the quality of life of the population, because it creates a convenient and comfortable living environment, providing access to necessary services and satisfying the needs of residents. Here are some reasons:

- ***Improving physical health.*** The organization of sports and playgrounds, bike paths and walking areas encourages an active lifestyle, reduces pollution and creates an environmentally friendly atmosphere.
- ***Creating cozy spaces for relaxation.*** Parks, squares, embankments and other green areas with comfortable benches, picnic areas, playgrounds and sports equipment make them attractive for recreation in free time. Regular visits to such places contribute to psychological relaxation, improved mood and overall well-being.
- ***Increased safety.*** Good lighting, video surveillance, wide sidewalks and squares help reduce crime and improve overall safety for city residents.



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- **Formation of social unity and social connections.** Public spaces, designed and equipped wisely, become meeting places and places for city residents to socialize. This helps to form social unity, increase social activity and develop social connections between city residents.

- **Environmental sustainability and maintaining ecological balance.** Creation of green areas, landscaping of streets and courtyards, waste disposal and environmentally friendly technologies help to preserve nature and the health of city residents.

The principle of sustainability in urban planning is an important part of improving the quality of life. Sustainable urban planning is necessary to achieve economic, environmental and social harmony. This approach ensures the creation of a safe and sustainable environment for future generations. Factors such as transport infrastructure, green areas and waste management are important for ensuring sustainability and significantly improve the quality of life of city residents.

Smart city technologies are also relevant in modern urban development. Smart city technologies have a significant impact on the quality of life through efficient resource management, improved transport, security and public services. These technologies increase the efficiency of public services and make the lives of city residents more comfortable.

Social justice is also an important factor in ensuring the quality of life in urban planning. Creating equal opportunities, developing affordable housing programs for economically vulnerable groups, improving infrastructure in remote areas will increase the overall well-being of the city's population. Urban development based on social equality is considered an important condition for improving the quality of life.

The relationship between health and urban planning is also very important for the quality of life of the population. Green areas, public spaces and environmentally friendly transport are key factors in improving the physical and mental health of the population. Also, by reducing air pollution and creating environmentally sustainable conditions, the health of the population will improve, which will increase the quality of life.



Culture and entertainment are an integral part of urban life and provide general satisfaction to people. Cultural events, entertainment venues, sports facilities and recreational areas not only enhance the attractiveness of the city, but also improve mental health and the quality of life of people. Transport, ecology, housing, social security, education and health care systems occupy a special place among the important factors determining the quality of life in urban development. These factors have a direct impact



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not only on the well-being of the population, but also on the stability of the urbanization process. The transport system plays an important role in the quality of life. City dwellers who have efficient, environmentally friendly and affordable means of transport save time and money, contributing to the protection of health and the environment. Also, the complexity of public transport ensures social justice and creates the opportunity to provide equal services to citizens of all social strata. The development of environmentally friendly types of transport reduces air pollution and has a positive effect on overall health.

Ecology also greatly affects the quality of life. Green spaces in cities serve as an important factor in maintaining the physical and mental health of the population. Parks, gardens and open spaces allow residents to play sports, relax and communicate with nature. The presence of such areas reduces stress, promotes a healthy lifestyle and increases overall life satisfaction. That is why environmental planning is an important factor in city design. Not only in new but also in existing cities, it is advisable to review planning from an environmental point of view. The relevance of the transition to such values for Uzbekistan lies in the "Measures for the implementation of national goals and objectives in the field of sustainable development until 2030". "O" and "The concept of environmental protection of the Republic of Uzbekistan until 2030" analysis of the state of the environment, global and regional environmental problems, environmental risks are considered an integral part of the socio-economic process of improving the quality of life of the population of the Republic of Uzbekistan.

This created the need to develop a concept for environmental protection of the Republic of Uzbekistan until 2030. According to the information provided in the strategy, the fact that the territories of residence of the population are considered ecologically unfavorable required an increase in the responsibility of the industry personnel. Preventing environmental problems through proper waste management, recycling and maintaining a clean environment is also important in urban life.

The quality of housing and infrastructure is one of the main factors determining the life of the city. The availability of high-quality and affordable housing provides social protection for the population and increases the well-being of the population. Also, the modernity of the city infrastructure - water supply and electricity, Internet and communications - significantly improves the quality of life. Satisfaction of basic needs, such as a constant supply of electricity and water, increases the level of well-being.

The social security and health care system is one of the other main factors of urban life. The complexity and availability of medical services will improve the general health of the population. Easy access to doctors and hospitals maintains the health of the population, which directly affects the quality of life. Also important factors in improving the quality of life are low crime and safety. Safe and peaceful cities ensure that residents are satisfied with their lives.

Education and social justice are also among the main factors ensuring the quality of life. A comprehensive and quality education system determines the well-being of the population and future opportunities. Access to good education guarantees people success in their professional and social life. Ensuring social justice, including equal opportunities



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for economically disadvantaged groups, equal access to housing programs and public services, is an important part of quality of life.

Thus, the concept of quality of life is inextricably linked with urban planning and is shaped by a number of the above-mentioned factors in the process of urbanization. All these factors must be taken into account when planning modern cities, since not only the sustainable development of cities, but also our main task - the well-being of the population, as well as the achievement of an exemplary standard of living, depend on each other.

In modern urban planning, technology and innovation play an important role in improving the quality of life. Smart city technologies, digital transformations and green innovations serve to effectively manage urban infrastructure, ensure environmental sustainability and improve social equality. Artificial intelligence, data analytics and IoT technologies improve efficiency in such industries as transport, energy, healthcare and security. Digital services and smart infrastructure open up more opportunities for city dwellers, such as digital payments, distance learning and telemedicine services.

At the same time, environmental protection and resource conservation through green technologies serve to improve the quality of life. Automation of security services and public services through digital management systems creates comfortable and safe conditions for citizens. Technology and innovation modernize urban life, improve the general well-being of the population and ensure sustainable development.

### **Conclusion**

Urban planning and quality of life are complex and multifaceted processes that are interconnected. In the modern world, ensuring the well-being of the population, supporting environmental stability and ensuring social justice should be at the center of urban development strategies. To improve the quality of life, it is necessary to develop various factors in a coordinated manner: from transport infrastructure to ecology and social services.

The introduction of technologies and innovations takes this process to a new level. Smart city technologies, digital transformations and measures to ensure environmental sustainability significantly improve the quality of life in modern cities. Smart city management systems not only effectively manage urban infrastructure, but also provide citizens with a comfortable and safe living environment. At the same time, strengthening social equality among citizens is achieved through digital services and innovative solutions.

Thus, modern trends in urbanization and technological development bring the quality of life to a new height. Innovative approaches to sustainable urban development and quality of life will serve to create a comfortable, environmentally friendly and fair environment for the cities of the future. These modern approaches to improving the quality of life provide not only urban infrastructure, but also the well-being and happiness of people, which creates a solid foundation for the future.



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