

Article

Educational Technologies in The Prevention of Hiv Infection: in The Context of The Uzbekistan-2030 Strategy

Shukurova Sevara Normuminova

1. Gulistan State University Lecturer, Department of Social Sciences

* Correspondence : sevara4800@gmail.com

Abstract: This article analyzes the issues of using modern educational technologies in combating HIV diseases and its prevention based on the “Uzbekistan – 2030” strategy. The scientific support of interactive educational methods, computer platforms and social information technologies in determining the medical literacy of the population, especially young people, is substantiated in statistics. Practical recommendations are given on the systematic organization of work on mobilizing forces to support the prevention strategy, updating stigma in society and transforming information campaigns. The study was conducted using a sociological questionnaire method with the participation of 312 respondents.

Keywords: HIV infection, Uzbekistan – 2030 strategy, educational technology, health care, medical culture, social behavior.

1. Introduction

One of the most pressing challenges facing the global health system today is the fight against HIV infection. In the 2nd direction of the “Uzbekistan – 2030” strategy, specific goals are set for ensuring public health, in particular, curbing the spread of infectious diseases. In accordance with the sustainable development goals, the strategy lists the main task of ending the HIV epidemic by 2030.

The “Uzbekistan – 2030” strategy sets a priority task of increasing the average life expectancy of the population to 78 years [1]. Since HIV infection is not only a medical but also a social phenomenon that threatens demographic stability, there is a need to move from “information blockade” to “educational dialogue” in its prevention. Today, the increasing rate of sexual transmission of the infection (over 70%) requires the adaptation of educational technologies specifically to young people and the population of reproductive age [2]. The “Uzbekistan-2030” strategy sets as a priority the formation of a healthy lifestyle of the population, improving the quality of medical services and introducing digital technologies into healthcare. Traditional methods of HIV prevention (booklets, dry lectures) do not fully meet the requirements of today’s information society. In particular, the younger generation, which is at risk, prefers interactivity, visual content and anonymity when receiving information. Therefore, the integration of educational technologies that is, the synthesis of education and technology into the prevention process has become a vital necessity [3]. The relevance of this article is that it analyzes the effectiveness of socio-educational technologies in the prevention of HIV infection, not limited to a medical approach, through the prism of the goals of the “Uzbekistan-2030” strategy. The main focus of the study is how to transform educational work in order to reduce HIV infection to zero by 2030 and achieve the international “95-95-95” principles in this regard [4]. The purpose of this study is to analyze the effectiveness of educational technologies in the prevention of HIV infection within the framework of the Uzbekistan-

Citation: Normuminova, S. S. Educational Technologies in The Prevention of Hiv Infection: in The Context of The Uzbekistan-2030 Strategy. Web of Synergy: International Interdisciplinary Research Journal 2026, 5(1), 181-185.

Received: 10th Feb 2026

Revised: 21th Mar 2026

Accepted: 18th Apr 2026

Published: 11th May 2026



Copyright: © 2026 by the authors. Submitted for open access publication under the terms and conditions of the Creative Commons Attribution (CC BY) license (<https://creativecommons.org/licenses/by/4.0/>)

2030 Strategy and develop scientific and practical recommendations for their improvement. Research objectives:

1. Study the role of educational technologies in HIV prevention
 2. Analyze the level of population awareness
- Develop proposals for improving prevention policies[5].

2. Materials and Methods

This study was conducted based on sociological observations and surveys carried out in Jizzakh and Syrdarya regions of Uzbekistan during 2024–2025. The aim of the research is to determine the level of awareness about HIV infection, attitudes towards it, and the possibilities of participation in prevention measures among the population. The research object includes representatives of various age and social groups living in Jizzakh and Syrdarya regions. The subject of the study is the social factors influencing the spread of HIV infection, including poverty, level of education, gender inequality, labor migration, drug addiction, stigma, and lack of information. Research methods employed are sociological surveys and document analysis. Data obtained were processed using descriptive statistics with percentages and comparisons, and presented through tables and charts.

3. Results and Discussion

In the Republic of Uzbekistan, health policy related to HIV infection is one of the most important issues that requires a comprehensive, systematic and socially oriented approach. The main goal of this policy is not only to medically diagnose and treat the disease, but also to raise the social awareness of the population, form a healthy lifestyle, and reduce stigmatization and discrimination [6].

A total of 312 respondents participated in the study on the topic of social factors of HIV prevention, covering different regions of Uzbekistan[7].

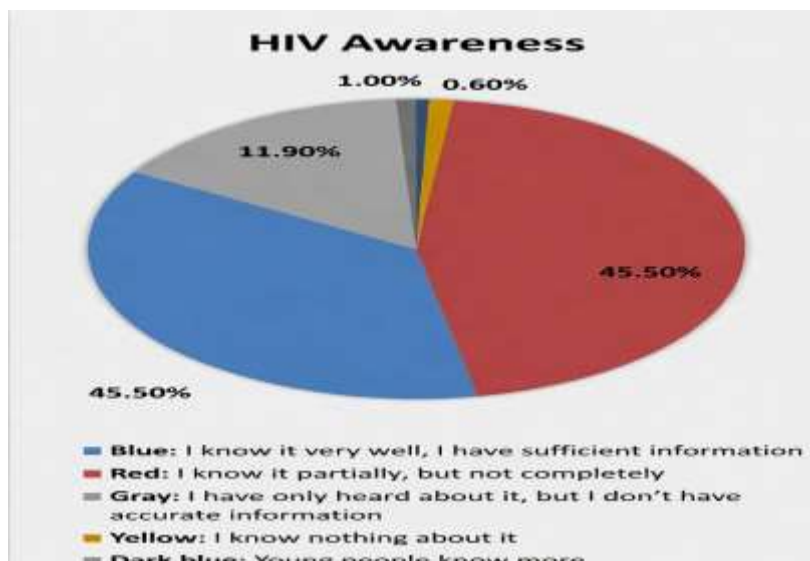


Figure 1. Awareness about HIV

The analysis shows that almost half of the respondents – 45.5 percent – stated that they have sufficient knowledge about HIV. This is a positive indicator, reflecting the effectiveness of educational work in the country in recent years, promoting a healthy lifestyle, the media and the health system. At the same time, another 45.5 percent of respondents assessed their knowledge as “partial, but not complete” [8].

Negative stereotypes and social stigma that exist in society towards people living with HIV are one of the most painful issues. Studies show that many citizens perceive such people as “morally corrupt” or “socially dangerous” [9]. Therefore, people living with HIV often hide their illness, hesitate to seek medical care, or isolate themselves from

society. Such psychological and social isolation, in turn, contributes to the continued spread of the infection in a hidden form.

The majority of respondents – 48.4 percent – stated that there is still a lack of sufficient knowledge in society regarding the topic of HIV, misconceptions and negative attitudes prevail. This indicator confirms that the social stigma surrounding the topic of HIV is still strong. 24.2 percent of respondents assessed this problem as a global and social issue that needs to be discussed openly. This indicates that a scientific, free and rational approach is being formed among a certain segment of people in Uzbek society. 17.1 percent of participants consider the topic of HIV to be among the “shameful”, “uncomfortable” or “taboo” topics. These opinions indicate that cultural stereotypes and a closed communication environment persist, especially among traditional communities and young people. Only 10 percent of respondents perceived this topic as an important issue for health and society. This indicates that a healthy social opinion about HIV is not yet widespread. 0.3 percent of respondents refrained from expressing an opinion, which indicates that this topic is still socially sensitive [10].

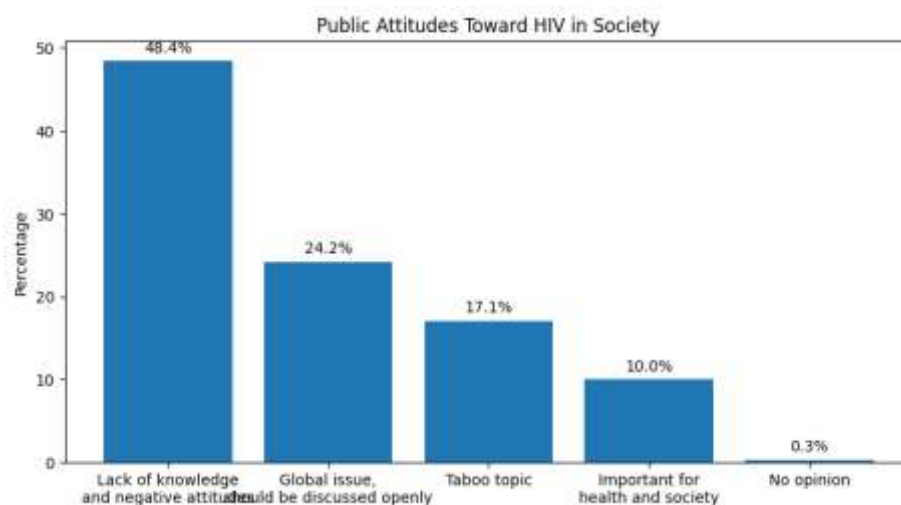


Figure 2. Public Attitudes Toward HIV in Society

The respondents' proposals for improving HIV prevention in society were studied. As a result, a large part of the respondents ($\approx 40\%$) emphasized the need to widely disseminate information about HIV and increase public awareness. In their opinion, regular propaganda and explanatory work should be carried out among the population, a healthy lifestyle and safe behavior should be promoted through the media, social networks and advertising videos, it is important to organize open lessons, seminars and trainings about HIV in schools, colleges and universities, and it is necessary to provide accurate information through social videos to eliminate stigma and misconceptions in society. The opinions of this group indicate the need to strengthen the cultural and educational direction of HIV prevention. Lack of information increases fear and discrimination in society, therefore, integrated prevention programs in the media and education sectors are of great importance [11] [12].

Among the respondents ($\approx 25\%$), proposals were made to increase the number of free and confidential testing centers, strengthen the supervision of doctors, introduce a full medical examination and regular examinations, especially for migrant workers and risk groups, in order to prevent HIV. These ideas indicate the need to strengthen the role of the medical system in prevention. Expanding the participation of the population in preventive examinations through mandatory or incentive systems will dramatically reduce the risk of HIV infection. Many respondents ($\approx 15\%$) focused on personal responsibility. That is, observing personal hygiene, cleanliness and hygiene of medical devices, forming a culture of safe sex, and expressing the opinion that “everyone should take care of themselves.” These answers indicate a tendency to view HIV not only as a

medical or state problem, but also as a lifestyle associated with personal responsibility. This is an important step for the success of prevention at the individual level [13].

Some respondents ($\approx 10\%$) suggested strengthening psychological support services for people living with HIV, providing assistance through spiritual and religious education, and strengthening humane attitudes in society. Such opinions indicate that engaging people living with HIV in social inclusion and supporting their mental health is an important direction in state policy [14][15].

4. Conclusion

The results of the study confirmed that the issue of HIV prevention within the framework of the “Uzbekistan – 2030” strategy is a complex process that requires not only medical, but also socio-educational and cultural transformation. The priority tasks set out in the Uzbekistan – 2030 strategy – strengthening the health of the population, increasing life expectancy, digitizing the healthcare system and improving prevention mechanisms – require the widespread introduction of educational technologies in the fight against HIV infection.

The results of the conducted sociological study showed that although a certain part of the population has sufficient knowledge about HIV, a significant layer of knowledge is partial or superficial, and social stigma and stereotypes persist. This indicates that prevention policies cannot be limited to a clinical approach alone, but it is necessary to strengthen systematic educational work based on interactive education, digital platforms, social networks and innovative communication technologies. The results of the study showed that a significant part of the population lacks knowledge about HIV and there is social stigma.

Also, in order to achieve the internationally recognized 95-95-95 principles, along with the processes of testing, treatment and viral load control, increasing the medical literacy of the population, reducing stigma and discrimination are also important factors.

Thus, the effectiveness of educational technologies in HIV prevention is not only the process of delivering information, but also the process of forming a healthy behavioral model in the minds of society, developing a culture of open communication and strengthening social cohesion. In this sense, the transition from the traditional information delivery model to the interactive communication model is an important condition for the effective use of modern educational technologies in the prevention of HIV infection, increasing the medical literacy of the population and reducing social stigma and stereotypes existing in society.

Proposal

1. Create a single national digital platform for HIV prevention.
2. Introduce the “Healthy Life and HIV Prevention” module in educational institutions.
3. Organize a “Stigma-Free Society” communication campaign on social networks.
4. Expand anonymous testing services for risk groups.

In conclusion, the systematic implementation of educational technologies within the framework of the “Uzbekistan - 2030” strategy is of decisive importance in ending the HIV epidemic by 2030. The results of this study can serve as a methodological basis for improving state programs for HIV prevention and introducing educational technologies

REFERENCES

- [1] O‘zbekiston Respublikasi Prezidentining “O‘zbekiston – 2030 strategiyasi to‘g‘risida” gi PF-158-son Farmoni, 11-sentabr 2023. [Online]. Available: Lex.uz
- [2] UNAIDS, UNAIDS Data 2023. Geneva, Switzerland: UNAIDS, 2023.
- [3] UNAIDS, Global HIV & AIDS Statistics: Fact Sheet 2023. Geneva, Switzerland: UNAIDS, 2023.
- [4] “O‘zbekiston – 2030 strategiyasi to‘g‘risida,” Qonunchilik ma‘lumotlari milliy bazasi, 2023. [Online]. Available: Lex.uz PF-158

-
- [5] "SES: O'zbekistonda OIV infeksiyasi 74 foiz holatlarda jinsiy yo'l bilan yuqqa," Daryo.uz, Dec. 1, 2022. [Online]. Available: Daryo.uz maqola
- [6] O'zbekiston Respublikasi normativ-huquqiy hujjati, 2023. [Online]. Available: Lex.uz hujjat
- [7] S. N. Shukurova, "Sotsiologik so'rovnoma natijalari," 2025. [Online]. Available: Google Forms Responses
- [8] "Epidemiologiya va vaksinalar profilaktikasi," Ilmiy-amaliy jurnal, 2024.
- [9] S. N. Shukurova, "O'zbekistonda OIV infeksiyasi profilaktikasining tibbiy va ijtimoiy ahamiyati," Academic Research in Educational Sciences, no. 3, pp. 765–768, 2024.
- [10] U. F. Sabirova, "O formirovanii obrazovatel'no-informatsionnoy kul'tury studencheskoy molodeji v Uzbekistane."
- [11] T. G. Tuychiyevna, "Yangi davrning imkoniyatlari va xavflari: sun'iy intellekt," Zamonaviy ta'limda fan va innovatsion tadqiqotlar, vol. 3, no. 8, pp. 190–196, 2025.
- [12] World Health Organization, Global Health Observatory: HIV/AIDS, Geneva, Switzerland, 2024.
- [13] UNICEF, Adolescent HIV Prevention Report, New York, USA, 2023.
- [14] N. Karimov, "OIV infeksiyasining ijtimoiy muammolari va profilaktika choralari," Tibbiyot va jamiyat, vol. 2, no. 4, pp. 45–49, 2024.
- [15] M. A. Rasulov, "Yoshlar orasida sog'lom turmush tarzini shakllantirish masalalari," Zamonaviy pedagogika, vol. 5, no. 1, pp. 88–92, 2025.