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**ALMATY  
UNIVERSITY OF POWER  
ENGINEERING AND  
TELECOMMUNICATIONS  
NAMED AFTER  
GUMARBEK DAUKEEV**

Department of Social  
disciplines

**MODULE OF SOCIAL AND POLITICAL KNOWLEDGE:  
SOCIOLOGY, POLITICAL SCIENCE**

Recommendations for seminars

Almaty 2021

Authors: Baidildina S.H., Apashev S.B. Module of social and political knowledge: sociology, political science. Recommendations for seminars – Almaty: AUPET, 2021. – P. 27.

The proposed recommendations contain the plans of seminars, methodical instructions and the list of recommended literature.

Reviewer: senior teacher

Zh. Erzhanova

Published according to the plan of publications of noncommercial JSC «Almaty University of Power Engineering and Telecommunications named after Gumarbek Daukeev», 2021.

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## **Foreword**

Seminars are one of the essential elements in the learning process while training highly qualified specialists. The most important themes of the course are studied on seminars, the acquired knowledge is checked during self-study, also the studied material is analyzed and deepened. The seminar educates a creative approach to understanding problems of a particular discipline, improves the culture of speech, analyze and learn to argue, think and prove the own opinions.

Seminars should involve independent preliminary work on the theme. The success of training depends entirely on how deeply the corresponding material is studied. It is important to remember that necessary training requirements for the seminar are to make systematic notes of sources and other recommended literature. The forms of notes can be different: writing out, annotations, abstracts, synopsis. The student depending on skills, studying literature and others may use any of these forms of notes. The content of notes is checked on seminars.

15 seminars are required for the course of Module of social and political knowledge: sociology, political science. Students must make notes for all 15 classes. Students can be admitted to the exam on the subject, if they have positive marks on all 15 seminars and are presented full synopsis before exam at the request of the teacher, also if they have prepared 3 term papers in time.

The instructor has the right of choosing the form of seminars depending on the level of training, knowledge, students' activity (debates, method of "Round Table", "Aquarium" method, "Small groups" method, Case - method, Business game, "Brainstorm" activity, yes-no as well as free answer questions).

The present recommendations contain seminars plans, lists of recommended literature.

## **Theme 1. Organization and the conduct of sociological researches**

1. Types of sociological researches.
2. Methods of sociological information collecting.
3. Analysis and processing of sociological information.

### **Literature**

- 1 Әбсаттаров Р. Дәкенов М. Әлеуметтану өзекті мәселелер. Оқу құралы. Т1, 2 - А.: «Қарасай», 2013. – 408 б.
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- 9 Department of Sociology, University of Alabama. N.d. *Is Sociology Right for You?*. Huntsville: University of Alabama. Retrieved January 19, 2012 (<http://www.uah.edu/la/departments/sociology/about-sociology/why-sociology> (<http://www.uah.edu/la/departments/sociology/about-sociology/why-sociology>))
- 10 Johnson, Bethany. 2003. “Harriet Martineau: Theories and Contributions to Sociology.” *Education Portal*. Retrieved October 14, 2014. (<http://education-portal.com/academy/lesson/harriet-martineau-theories-and-contributions-tosociology.html#lesson>).

### **Recommendations**

The preparation must be started with an understanding of that sociological researches are socially driven and focused on solving the practical problems.

The sociological research is a system of logically consistent methodological, and organizational-technical procedures, interconnected by a common goal: to obtain reliable data about the studied phenomenon or process, about the trends and contradictions of their development, so that these data can be used in the practice of managing public life.

What is the subject of analysis of the sociological research? Define the types of the sociological research and describe them. What do the social and the sociological researches mean. Indicate the characteristics of these studies.

Why does any case study on the sociological research start with the developing of a program? What is the sociological research program? Indicate the sections of the sociological research program.

The main feature of any sociological research is the use of specific methods of collecting information, that make it possible to conduct a qualitative analysis of the social problems under study. The results of the sociological study largely depend on the choice of methods for collecting empirical data, the reliability of which is a determining factor in the sociological research. Describe the following methods: the document analysis (content analysis), observation, experiment, survey, sociometry.

## **Theme 2. The phenomenon of religion: the cultural and sociological perspective**

1. Religion as an element of social life.
2. Basic sociological theories of religion.
3. Social functions of religion.

### **Literature**

- 1 Эбсаттаров Р., Дәкенов М. Әлеуметтану өзекті мәселелер. Оқу құралы. Т1, 2 - А.: «Қарасай», 2013. - 408 б.
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10 Митрохин Л.Н. Религия и культура. – М., 2008.

### **Recommendations**

Religion as a social institution that has its own structure. Describe religion as a social institution. Define the structure of religion as a social institution.

There are several equivalent and mutually complementary directions in the modern sociology of religion explaining of its phenomenon. Analyze each of these areas in the sociology of religion in detail.

The development of the sociological theory of religion as a factor in the integration of society belongs to E. Durkheim. Analyze the main ideas of the sociology of religion by E. Durkheim. Give the classification of religious systems by R. Bell.

Like any other social institution, religion performs a number of specific functions in society. Indicate and tell the functions of religion.

Solve the degree of influence of religion on the state, politics, interethnic, family, interpersonal relations.

### **Theme 3. Education in sociological discourse**

1. Principles and functions of education as a social institution of society.
2. Education in a global perspective. Theoretical perspectives of education.
3. The impact of globalization on education in the modern world.

### **Literature**

- 1 Эбсаттаров Р. Дәкенов М. Әлеуметтану өзекті мәселелер. Оқу құралы. Т1, 2 - А.: «Қарасай», 2013. – 408 б.
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## **Recommendations**

The growing role of education, science, technology, culture in the life of society has become a generally recognized trend in the modern world.

The humanitarian component of education is of particular importance, since the world is becoming more complex, unstable and unpredictable, as well as human behavior in this world.

Education as a set of scientific knowledge and historical social experience transferred to new generations is turning into an essential factor in the social development.

What is an institution of education, take an excursion into the history of the development of education, indicate the signs of an institution of education.

Tell the functions of education. What is the role of education in the process of the social mobility of the society and individual? Give examples.

Today the mutual influence and interpenetration of cultures, economies, social movements is an important factor in the development of education. The world space in which resources, people, ideas move freely across national borders is the dominant trend of our time. Identify the impact of globalization (Bologna process) on education in the modern world.

## **Theme 4. Digital technologies and social interaction**

1. Modern information technologies.
2. Social mechanism of interaction: structure, elements, typology.
3. Social communication and its models.

## **Literature**

1 Эбсаттаров Р. Джекенов М. Әлеуметтану өзекті мәселелер. Оқу құралы. Т1, 2 - А.: «Қарасай», 2013. – 408 б.

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15 To get a sense of the timeline of technology, check out this web site: [http://openstaxcollege.org/l/Tech\\_History](http://openstaxcollege.org/l/Tech_History) ([http://openstaxcollege.org/l/Tech\\_History](http://openstaxcollege.org/l/Tech_History))

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## **Recommendations**

The modern world is unthinkable without the latest digital technologies and the Internet, which has penetrated all areas of our life.

Tell the impact of the Internet on the public. Give examples. What is information terrorism (cyber terrorism)?

Nowadays, various types of communication play a huge role in social interactions (from Lat. Communicatio - message, transmission), т.е. communication between people and their communities, without which there can be no groups, no social organizations and institutions, or society as a whole.



In the process of studying communication processes, various models of social communication have been developed: Linear model (by G. Lasswell, American sociologist); Interactionist Model (by T. Newcomb); General theory of communications (author G. McLuhan, Canadian sociologist); Infosphere model (by O. Toffler, American sociologist and futurologist); Autopoietic Model (by Nicholas Luhmann, German sociologist).

Give in detail the above models of social communication.

### **Theme 5. The Global Economy and Division of Labor: A Sociological Analysis**

1. World economy: formation, trends and prospects.
2. International division of labor.
3. Features of the national economy of Kazakhstan.

#### **Literature**

1 Әбсаттаров Р. Дәкенов М. Әлеуметтану өзекті мәселелер. Оқу құралы. Т1, 2 - А.: «Қарасай», 2013. – 408 б.

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[factbook/rankorder/2004rank.html](http://factbook.rankorder/2004rank.html) (<https://www.cia.gov/library/publications/the-world-factbook/rankorder/2004rank.html>)

12 International Monetary Fund (<http://www.imf.org>)

13 World Bank (<http://www.worldbank.org>)

14 World Trade Organization (<http://www.wto.org>)

## **Recommendations**

The global economy is the unified system that has a multi-level structure and joins the economies of different countries of the world. The term global economy often means the foreign economic activity of various countries of the world without regard to state borders.

Explain the formation of the global economy.

The emergence of a global economy and globalization, in principle, causes a number of problems. Point out and tell these problems.

Indicate and reveal modern economic systems.

The higher the national income per capita, the wider the opportunities for the development of the country's economic ties with other countries. Moreover, the more basic industries (energy, metallurgy) have a share in the structure of the national product, the less the country's participation in the international division of labor and, accordingly, the less openness of the national economy.

How do you assess the economy of Kazakhstan?

The country's place in the world market, its benefits from the international division of labor, is determined not only by the peculiarities of its national economy, but also by a number of world processes.

For example, scientific and technological progress (STP), which has the greatest impact on the world market, since as a result of STP, new technologies appear in old industries, new industries and new goods, primarily in the production of information.

As for the national factors of the international division of labor, they can be associated, firstly, with the socio-economic characteristics of individual countries and, secondly, with natural and geographical differences.

How do these factors affect the economy and living standards of people?

## **Theme 6. Social epidemiology of physical health**

1. Sociological approach to the study of health and medicine.
2. The health care system as a social institution.
3. Economic and social aspects of health care.

## **Literature**

1 Әбсаттаров Р. Дәкенов М. Әлеуметтану өзекті мәселелер. Оқу құралы. Т1, 2 - А.: «Қарасай», 2013. – 408 б.

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9 World Health Organization. n.d. "Definition of Health." Retrieved December 12, 2011 (<http://www.who.int/about/definition/en/print.html> (<http://www.who.int/about/definition/en/print.html>))

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11 World Health Organization. 2011. "World Health Statistics 2011." Retrieved December 12, 2011 ([http://www.who.int/gho/publications/world\\_health\\_statistics/EN\\_WHS2011\\_Part1.pdf](http://www.who.int/gho/publications/world_health_statistics/EN_WHS2011_Part1.pdf) ([http://www.who.int/gho/publications/world\\_health\\_statistics/EN\\_WHS2011\\_Part1.pdf](http://www.who.int/gho/publications/world_health_statistics/EN_WHS2011_Part1.pdf))).

## **Recommendations**

For a long time, health problems have been associated in the public consciousness mainly with medicine, so the sociological study of health and healthcare began with an understanding of the social functions of medicine.

At the same time, certain knowledge about health and its components was also obtained as a result of the sociological research of social problems of labor, lifestyle, free and non-working time, ecology, sociology of organizations, etc.

In order to ensure the sustainable socio-economic development of any country, one of the priorities of state policy should be the preservation and strengthening of the health of the population based on the formation of a healthy lifestyle and increasing the availability and quality of medical care.

Describe the health care system as a social institution.

There are the following areas in modern science: the screening studies of the impact of lifestyle on health, analysis of risk factors, study of self-preserving behavior.

How does the lifestyle affect human health? Give examples.

What measures are being taken by the Kazakh authorities to improve the public health?

The modern structure of the causes of morbidity and mortality is largely determined by the lifestyle of the population, its objective parameters and subjective attitude to life.

How is public health assessed comprehensively, in terms of qualitative and quantitative indicators?

### **Theme 7. Social movements, protest and people's thinking: current state**

1. Social movements: concept, structure, signs.
2. Micro and macro factors influencing social movements.
3. The role of social movements in modern society.

#### **Literature**

1 Әбсаттаров Р. Дәкенов М. Әлеуметтану өзекті мәселелер. Оқу құралы. Т1, 2 - А.: «Қарасай», 2013. – 408 б.

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#### **Recommendations**

The term «social movements» was introduced in 1850 by the German philosopher Lorenz von Stein in « History of french social movements» in 1789 and it is actual at Present.

The American sociologist Charles Tilly argues that the initial growth of social movements was associated with widespread economic and political changes, including

parliamentarization, market capitalization, and proletarianization. Give a definition of the social movement. Define the sources and types of social movements.

Identify micro and macro factors influencing the social movements.

Public organizations and movements act as spokesmen for the interests of individual social strata and groups, as well as subjects of the reformation process. They are able to represent the interests of the population, interact with the authorities, and in certain cases put pressure on them. What are the features of public organizations in Kazakhstan? What is the role of the social movements and organizations in the modern world and Kazakhstan.

### **Theme 8. Changes and understanding of the social world: sociological discussions**

1. Social changes: concept and types.
2. The main components of social change.
3. Sociological approaches to the study of social change.

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#### **Recommendations**

Society, as a complex system, is constantly in the process of changes. These changes are primarily due to contradictions that are characteristic of the entire social system as a whole and for its constituent elements. Constantly, overcoming dysfunctions and contradictions, society enters a new level of its development, forming new relationships, interactions and interconnections.

Highlight the main types of the social changes. Indicate, in your opinion, the reasons for the current changes.

The social changes have different vectors of directions, different mechanisms, scales and time duration. To determine the vector of the social changes directions, the concepts of "social progress", "social regression" are used.

What is the social development and social progress, how are they related? Describe in detail the forms and directions of the social development.

The founders of the Marxist school of sociology K. Marx and F. Engels paid great attention to the social progress. Karl Marx singled out the productive forces as the main factor of the social development, which ensure the change of the socio-economic formation in the society. Give a definition of the socio-economic formation. Indicate and reveal socio-economic formations.

In the 70s of the XX century, the theory of industrial society received its further development in the theories of "post-industrial society" by scientists D. Bell, Z. Brzezinski, A. Toffler. These theories imply the passage of society through certain stages of development based on the technical and technological innovations in combination with the certain motivation of the professional activity. Indicate the characteristic features of industrial and post-industrial society.

Justify the unity and contradiction of the evolutionary and revolutionary development of society.

Define the essence of the concept the cultural and historical types, the founder of it is the Russian scientist N. Ya. Danilevsky.

### **Theme 9. The nature of politics: form, content, process**

1. Structural, normative and institutional forms of policy.
2. Development, discussion, adoption and implementation of political decisions as components of the content of the policy.
3. The political process, its composition, nature and direction.

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## **Recommendations**

Dealing with the first issue, attention should be paid to disclosing the essence of the politics as a social phenomenon, to identifying its structural, institutional and regulatory aspects as the components of political relations; Analyze the politics from the point of view of its form, try to reveal the inner essence of politics through its external manifestations.

Describe each of the forms of the politics as a social phenomenon and identify their features and differences.

On the second question, characterize the content of the politics in terms of identifying factors, conditions and reasons for making political decisions, consider the stages of political decision-making as an integral part of the policy content and describe the content of each of them. To reveal the relationship between the content of the politics and its features due to polyvariety and alternativeness in the process of making and implementing the political decisions.

Determine the mutual influence between the process and course of the political activities, the duration and speed of their course and the political culture of society. Identify the interaction between the features of the structure of spiritual values and socio-cultural traditions and the state of the political system. Substantiate the direction of the political process, the dependence of the vector of development of the political relations on the influence of various factors of the internal and external origin.

## **Theme 10. The ruling elite and political leadership as social subjects of power**

1. The structure and functions of elites, their classification by the types of activity and status positions.

2. Processes of renewal of the elites and society's demands for the transformation of socio - political systems.

3. The phenomenon of the political leadership as a set of the subjective personality traits and his status - official positions.

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## Recommendations

Consider the objective nature of the existence of the political elites, find out the relationship between the needs of the masses in the political and socio - economic development of the country and the activities of the elites in managing social processes.

Make a classification of elites according to spheres of activity, status positions, resources at their disposal and functions of managing social and political processes.

While studying the relationship between the elites and the masses, one should pay attention to the fact that they are dynamic, in which there are changes in the status positions and powers of power both within the various elite groups and between the “top” and “bottom” of society.

Identify the conditions and circumstances under which the ruling elites can concentrate in their hands the resources of power and authority to govern society and exercise legitimate control over the popular masses.

Consider the relationship between the phenomenon of elite circulation, which occurs as the result of the constant processes of including individual representatives of the masses in the ranks of the ruling class and the development of the society along the evolutionary path.

Consider the problems of interaction between a leader and society, identify his functions as an organizer of the activities of various social groups, classes and society as a whole in order to achieve specific political goals and address important issues of the country's political life.

Analyze the nature of the phenomenon of the political leadership and identify the psychological and status - official aspects of that phenomenon.



## **Theme 11. The mechanism of functioning of the political system**

1. Mechanisms of the functioning of the political system, as the interaction between the constituent parts and political processes, for the management of social relations.

2. Political institutions and constitutional - legal norms as the main mechanisms of the functioning of the political system.

3. Development of the political system and problems of ensuring the stability of social and political processes in the country.

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### **Recommendations**

Dealing with the first issue, identify the constituent parts of the political system, determine the ways and forms of relationships that exist between the economic, social, cultural and spiritual spheres of the society and political institutions.

Consider the processes of interaction occurring within political systems between its subsystem elements, as relations of competition and cooperation of political parties,

social movements, groups of influence in the struggle for control over the institutions of power.

Pay attention to the fact that the management of social processes is carried out through the activities of the political institutions, the effective functioning of which is ensured in the country by order and legality.

Substantiate the statement that the primary condition for the successful operation of the political system is the creation of the government bodies and provision of the effective interaction between the political organizations and institutions within the country. Reveal the need for the constitutional and legal registration of the political organizations, a clear definition of their powers and areas of activity as a condition for the effective operation of the political system.

Determine the role and importance of the adoption and observance of the general rules and norms of behavior of the policy subjects for the successful functioning of political institutions.

Pay attention to the fact that the political system is facing a solution to the dilemma of ensuring the dynamic development of the state and at the same time maintaining social stability, as well as the role of the state apparatus as the main mechanism for maintaining the stability of political processes. Consider the interactions between institutions of representative power, as an integral part of the political system, elected on the basis of the will of the citizens and government bodies formed by decision of the higher leadership.

Analyze the functioning of the third component of the political system, namely the actions of the individuals, social groups and the masses striving to realize their interests by putting forward political demands on the authorities, and the activities of the ruling government, trying to minimize the consequences of the pressure from non-institutional factors on the political system.

## **Theme 12. Political culture, political behavior and political participation**

1. Essence, functions and structure of political culture.
2. Classification of types and types of political behavior.
3. Political participation and functioning of institutions of political power.

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## **Recommendations**

While studying the concept of political culture, it must be remembered, that in relation to the political institutions it is both a dependent and independent quantity.

That is, on the one hand, it has a significant impact on the existing political institutions and on the other hand, it is itself under the influences from them. It should be firmly remembered that the political culture is a complex phenomenon characterized by the social dynamics and at the same time the sociocultural statics, including the political consciousness, traditions and patterns of behavior that make up the informal side of the political system.

On the second question, it is necessary to remember that the political cultures are subdivided into democratic, totalitarian and authoritarian types, characterized by different ideological - spiritual and political - legal content, differing both in the practice of realizing the political rights of the individual and in the procedures for the implementing political decisions.

It should be understood that there are a large number of ways in which individuals interact with the surrounding political environment, as a result of which they interact in practice with the existing political institutions, and are subdivided into such types as the political participation and absenteeism.

Analyze the features of the political culture of modern Kazakhstan, in which both traditional forms of culture and fragments of the cultural and spiritual views of the Soviet era, and values and ideals inherent in the systems of the modernization type interact closely.

The political participation should be understood as the political activity of the individuals aimed at influencing the functioning of the existing institutions of power and the processes of the developing political decisions in order to achieve their significant interests.

Consider the various types of the political participation of the citizens in the political life of the country, namely the electoral behavior of individuals during the election campaign, the activities of the political activists to support the nominated candidates for elected positions, conscious participation as a member of a political party in the activities of the organization.

**Theme 13. Development of a new model of consciousness and thinking: basic strategies and directions for their implementation in the Republic of Kazakhstan.**

1. Development of a modern model of humanitarian education as the basis for the modernization of the public consciousness in the Republic of Kazakhstan.

2. Conceptual provisions of the programs "Mangilik El", "Rukhani Zhagyru" and "Seven Facets of the Great Steppe" as an ideological platform for the formation of the historical consciousness and cultural and spiritual identity of the people of Kazakhstan.

3. Ideas and policy directions for the priority development of the human capital as the condition of transition to the innovative economy in Kazakhstan.

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## **Recommendations**

While studying the Strategic Development Plans of Kazakhstan, it is necessary to understand the political and economic modernization, based on the specific goals, tasks and methods, is not able to be fully realized without the advanced modernization of the public consciousness, which not only complements, but is also one of the conditions for its achievements.

The key situation of the public consciousness modernization in Kazakhstan is the formation of a single Nation, by the dissemination and approval of the ideas of competitiveness, pragmatism, evolutionary development of the country in the social consciousness. The preservation of the national identity, the cult of the knowledge and openness to innovations, based on it the country will be able to integrate successfully into the global development processes of the modern world.

Describe the concept of the national idea "Mangilik El", the main content of which is the use of the cultural and spiritual values created by the people of Kazakhstan to form the national identity and development of the patriotic consciousness of our people. Consider comprehensively the complex program "Rukhani Zhagyru", the ideological platform for the development of Kazakhstani society, based on the spiritual values of the national culture, moral principles, scientific status, customs and traditions of the people of Kazakhstan.

Analyze the article "Seven Facets of the Great Steppe", dedicated to the modernization of the historical consciousness of our people, the leitmotif of which is understanding the fundamental foundations of the cultural and spiritual heritage of our country, the need to understand its creative potential for the current situation of the state and the future of Kazakhstan.

Consider the features of an innovative economy, when the use of the new knowledge and information becomes a leading factor in ensuring its development through the widespread introduction of the innovations based on the scientific discoveries and technological innovations. Analyze the decisive importance of the human capital for the development of an innovative economy of a modern type, created through the significant investments in science and education, in health care system and

culture, which in turn provides the opportunity for the economic growth and progressive development of the country.

#### **Theme 14. Strategies and modernization programs that ensure the sustainable development of the Republic of Kazakhstan**

1. Strategic plans for the development of Kazakhstan and implementation of the program of systemic modernization of the country.

2. Implementation of institutional and regulatory reforms is a priority direction in the implementation of the modernization strategy of Kazakhstan as a modern and developed state.

3. Introduction of digital technologies and transition to a fundamentally new trajectory of socio - economic development of Kazakhstan.

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## **Recommendations**

The Development Strategies "Kazakhstan - 2030" and "Kazakhstan - 2050" should be considered as the interrelated programs of the country's development, the main principles and states of which are consonant with each other and harmoniously complement each other. The Strategic Development Plans of Kazakhstan comprehensively substantiate the goals and principles of the reforms conducted, identify the priority areas for transformations in the political-economic and socio-cultural spheres, outlined the specific ways to implement the plans.

Note that the Strategic Development Programs of Kazakhstan presuppose the creation of the necessary institutional and structural conditions for the comprehensive modernization of the country and entry into the number of the most developed states of the modern world.

Analyze the Strategic Development Programs of Kazakhstan, bearing in mind that the key factor in achieving the set goals is the creation of the appropriate institutional and regulatory mechanisms, without the effective operation of which the implementation of the program states will be problematic.

Comprehensively studying the strategic development plans of Kazakhstan, it should be understood that the adoption of programs for the systemic modernization of the country is a kind of response to the numerous existing challenges of both internal and external nature, the solution of which is of crucial importance for the state.

Identify what relationship between the active introduction of the new digital technologies and ensuring the acceleration of the growth rates of the national economy of Kazakhstan and improving the quality of life of the population. Think about the criteria based on which the digitalization of the certain sectors of the economy should be carried out and in which sectors of the economic system of Kazakhstan it would be preferable to invest funds for its implementation.

Analyze how the state program for the widespread introduction of the modern digital technologies can positively affect the development of the economy of Kazakhstan in the medium and long term, and what barriers and problems exist in this direction.

## **Theme 15. Essence, types and methods of resolving political conflicts and crises.**

1. Conceptual foundations of the essence of the political conflicts and their typology.

2. Causes of the political conflicts, their signs, conditions and functions.

3. Political mechanisms for managing the processes of the social confrontation and technologies for resolving political conflicts.

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### Recommendations

The content of a political conflict should be considered as a rivalry between the political actors, a confrontation between the various social and political forces aimed at realizing their own interests, values and views in the sphere of the power and administrative relations of a contradictory nature.

It is necessary to understand that the main object of the political conflicts is the struggle between the subjects for the influence over the institutions of the political power, having mastered which they will be able, using the resources of the state, to realize their long-term goals and the achievement of the fundamental interests.

Analyze the various reasons that contribute to the emergence of the political conflicts, namely, the collision of the economic interests of the parties, restrictions on the political rights of the citizens, ideological differences, aggravation of social problems, divergence in ethnic and religious views between the persons.

Examine the following signs of the conflicts, such as the presence of the opposing persons, the desire to realize their interests exclusively at the expense of the



other side, the actions of the participants are aimed at achieving opposite goals, which are also incompatible.

One of the most effective ways to prevent the political conflicts is their prevention that is the fact that through which the effective activity of the political institutions the prerequisites for the conflict contradictions are recognized, then the potential factors of the confrontation are reduced and eliminated.

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SOCIOLOGY, POLITICAL SCIENCE

Recommendations for seminars

Editor: Курманбекова М.Д.  
Specialist on standardization: Данько Е.Т.

Signed for printing  
Edition 50 copies.  
Volume 1,75 quiers

Format 60x84 1/16  
Typographical paper №1  
Order price 875 tg.

Copying-duplicating bureau of  
Non-Profit Joint Stock Company  
«Almaty University of Power Engineering and Telecommunications  
named after Gumarbek Daukeev»  
050013, 126/1, Baytursynov str., Almaty