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## Demographic and migration processes in the Russian Far East (2019–2022)

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**Abstract.** *The purpose of this study is to analyze demographic and migration processes in the Russian Far East (consisting of 11 regions) under the negative influence of external factors in 2019–2022. The research algorithm includes: analysis of the total number and natural movement of the Far Eastern population; assessment of the migration dynamics of the Russian Far East in 2019–2022. It is shown that the Far East exists in a difficult demographic state, since the macro-region has seen a decrease in population due to a reduction in its natural growth and a negative balance of migration. It was determined that natural decline in the population of the Far East began to be observed in 2019, which was associated with its aging and the consequences of the COVID-19 pandemic with a decrease in the birth rate. It was revealed that after the pandemic caused by COVID-19, even more people began to leave the Far East for other regions of Russia. As a result, the excess of the population leaving the macro-region over the arriving population in the Far East was more than 11%. It is shown that by 2022, migration interaction between the Far East and foreign countries was generally characterized by a negative balance. It was revealed that restrictions related to the pandemic, as well as sanctions on the Russian economy, had a negative impact on the entry of people into the Far East from the foreign countries. The author suggests that in order to attract people to the Far East, economic development of the macro-region is necessary, capable of increasing per capita incomes comparable to other more successful federal districts. All other things being equal, the main current goal is to ensure the maintenance of socio-economic system of the Far East, corresponding to the low population level of macro-region.*

**Keywords:** *population, demographic situation, fertility, mortality, migration, pandemic, macro-region, Russia, the Far East*

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