



DOI: **10.5958/2249-7137.2021.00992.7**

BIOLOGICAL ASPECTS OF HUMAN ADAPTATION TO ENVIRONMENTAL CONDITIONS

Shoirahon Ruzievna Toshmatova*; **Saminjon Olimovich Usmonov****

*Associate Professor,
Department of Methods of teaching Biology,
Kokand State Pedagogical Institute,
UZBEKISTAN

**Associate Professor,
Department of Methods of teaching Biology,
Kokand State Pedagogical Institute,
UZBEKISTAN

ABSTRACT

The article is devoted to the biological aspects of human adaptation to environmental conditions. The article also discusses natural conditions and human adaptation to them, desert, desert, mountain, land, north, south, sea, hills and life around it, relations between man and nature, technological processes and their negative impact on the environment, preservation of the ecosystem, biological environment and life in it, lifestyle in cold and hot climates, biological adaptation, social adaptation, environmental hazards and methods of their prevention, healthy lifestyle and environment, natural resources and their rational use, preservation of living and inanimate nature - such questions how hands-on experience is also widely reported.

KEYWORDS: *Environment, nature, organism, ecology, biological environment, man, lifestyle, ecosystem, adaptation, biological adaptation, social adaptation, natural conditions, extreme conditions, technologies.*

REFERENCES

1. Agadzhanyan H.A., Torshin V.I. Human ecology. M., "KRUK", 1994. - 256 p.
2. Bogdanets T.P. An ecological approach and developmental possibilities of elementary natural science. - Primary school: plus, minus. 2002, No. 9, pp. 66-70.

3. Dezhnikova NS Environmental education in the context of sociocultural dynamics. - Pedagogy, 2002, No. 10, S. 51-55.
4. Moiseev N.N. Ecology and education. - М.: "UNISAM", 1996. –129 p.
5. Smirnov Yu.N. The principles of human adaptation to social and biological factors of the environment. Collection "Ecological and physiological problems of adaptation", Moscow, 1998. - pp. 346-347.
6. Baevsky R.M., Berseneva A.P., Maksimov A.L. Valeology and the problem of self-control of human health and ecology. Magadan, 1996. -- 55 p.
7. Jabbor Alisher Musirmon ugli. Psychological aspects of understanding religious information in religious psychology. *Education and Science: Topical Issues and Development Prospects*, 2020. - P. 28-30. (Жаббор Алишер Мусирмон угли. Психологические аспекты понимания религиозной информации в религиозной психологии. *Образование и наука: актуальные вопросы и перспективы развития*, 2020. – С. 28-30.)
8. Jabbor Alisher Musirmon ugli. Psychological factors in understanding religious information. *Strategic directions for the development of world science*, 2020. - P. 9-11. (Жаббор Алишер Мусирмон угли. Психологические факторы понимания религиозной информации. *Стратегические направления развития мировой науки*, 2020. – С. 9-11.)
9. Jabbor A.M. Cognitive and psychological foundations of the process of understanding. *Akademická psychologie*, 2020, 2. - P. 7-10. (Жаббор А.М. Когнитивно-психологические основы процесса понимания. *Akademická psychologie*, 2020, 2. – С. 7-10.)