



ACADEMICIA
An International
Multidisciplinary
Research Journal
 (Double Blind Refereed & Peer Reviewed Journal)



DOI: 10.5958/2249-7137.2021.01702.X

ECO-FRIENDLY ENVIRONMENT - THE FOUNDATION OF A HEALTHY GENERATION

Musurmonova Shahlo Ilhomovna*

*Doctoral student of Gulistan State University,
UZBEKISTAN

ABSTRACT

The article highlights the comprehensive formation of the child's healthy life and ecological manners, the contribution to the maintenance of water, soil, air pollution, the diversity of plant and animal life, the decision-making of the quality of care for him, the constant support of parents for the actions of the child in keeping the environment clean, as well as the negative consequences

KEYWORDS: *Environmental Environment, Healthy Generation, Environmental Etiquette, Water, Soil, Air, Plant, Animal, Environment.*

The most important issue – we need to seriously worry about increasing the ecological culture of the population. Of course, such problems can not be solved only by administrative means, this can be achieved by nurturing in the hearts of the younger generation a sense of love for Mother Nature, a sense of belonging to her.

Sh.M.Mirziyoyev

INTRODUCTION

Today, many reforms are being carried out in Uzbekistan to create a healthy environment. In particular, the introduction of educational disciplines on the basis of a healthy lifestyle, the adoption of the state program “for the healthy generation”, the list of such subjects as “Year of healthy generation”, “Year of Healthy Health”, “year of healthy mother and child” are relevant. The first president of the Republic of Uzbekistan I. Karimov " strengthening public health is one of the important tasks, caring about the health of the younger generation is also raised to the level of state policy. These are the basic omens that affect the health of the younger generation, necessitating the creation of the methodological, psychological, pedagogical, medical and hygienic basis for the formation of a healthy lifestyle in student.”

"A highly cultured, spiritually-enlightened person will not react to the environment in which he lives, from the point of view of spoilage, pollution, which leads to the loss of his life, but rather he will make it prosperous, trying to leave an ecological environment worthy of future generations."

The clean and clean preservation of the environment has been absorbed into the spirituality, spirituality of our ancestors and ancestors since ancient times. Careful care of the earth, water, air, plants and the animal world, sources of life and means of subsistence was considered a criterion of spirituality for them. It is both an obligation and a debt for us to protect universal values, to multiply them in the form of human spirituality, to leave them as a monument to the coming generations, especially the preservation of the immeasurable cultural and educational heritage of our great ancestors, which we have created over the centuries, in particular, the environment of the environment.

In the following years, various educational activities aimed at creating a healthy ecological environment are carried out in the Republic. In particular, the International Organization for Ecology and health "Ekosan" and the organization with the same name operate. A lot of scientific, scientific-methodological and public literature on ecology and nature protection issues is published, regular broadcasts and broadcasts are conducted on radio and television. At all stages of the educational system, a number of activities are carried out aimed at improving the content, organizational forms and methods of environmental education and training.

The population is fully provided with environmental information with the help of the press, radio, television. As a result, the environmental activity and responsibility of the masses are increasing. These activities lead to the formation of a spiritually harmonious person who fully understands the responsibility before the coming generations, thus a person is expected not only to be a consumer of nature, but also to the level of a person who embodies such good deeds as his care, self-sacrifice. As a result, in the near future, a healthy environment will be created for the citizens of our country, for the growing younger generation. This means that our Republic provides opportunities for moving forward along with stable people towards a great future.

The interpretation of Nature, Society and life as a material and spiritual blessing created for man, calling for its preservation constitute the great humanistic content of our ancient spiritual heritage. "Avesto" is a vivid example of this. All necessary conditions are created in our country for the birth and development of a younger generation. The formation of a healthy lifestyle can not be imagined without a clean environment, in other words an environmentally safe natural environment. A healthy lifestyle and an ecologically healthy environment are intertwined with each other.

A healthy ecological natural environment, clean and harmonious natural environment is one of the main factors in the healthy and mature adulthood of children.

Especially at present, issues of formation of a healthy lifestyle based on environmental factors and requirements are gaining importance in the family. In our opinion, the family is a small bright model of decision-making between the members of the family-the formation, observance and promotion of a healthy lifestyle, the Prevention of harmful habits, a clean harmonious natural environment.

The attitude of family members, the style of Economic Conduct, procedures and habits-determines the values of the family.

There is a good transplant in our people "the cleanliness of the environment begins from the threshold of the House". The competence, prosperity of each apartment is known on its threshold, the puddles, the yard-in keeping the place clean and tidy. As they say," he does what he sees in a bird's nest, " parents are required to constantly absorb the son about preserving the Earth and water that nature has bestowed on the children, not polluting the soil and air, keeping the plant-green world, and turning it into their life criterion. Especially important is the formation of an attitude to the use of saving and investigation of drinking water, which is becoming increasingly valuable for our children, our country.

In the books of Allah Ta'ala ilohiyy, who glorified a person and ordered him to preserve nature, to be blessed with his blessings, to use them for noble purposes without destruction, the Lord in verse 56 of Surah a'rof commands: "do not do corrupt works on a prosperous earth."First of all, in the formation of lessons of ecological culture in our children, the attitude of adults to nature, the environment plays a big role. Children who have seen and felt the constant urge of parents to keep their environment clean, they try to follow behind them, take an example and an example from them. Planting a tree together in the family circle in the yard and on the street in the early spring, carrying out its maintenance, landscaping and landscaping work, landscaping the yard will pass a good model school for each child and provide the ground for determining the noble and creative attitude to the environment.

Children, who are involved in the processes of landscaping, in turn, develop an aesthetic outlook and thinking, receive spiritual aesthetic pleasure from nature, its rich variety of colors, become friends with nature. A child who does not like flowers does not have it. The reproduction and care of cultural flowers in our house is a good means of ecological upbringing and the development of ecological consciousness of children. Flowers in the apartment, green plants, in turn, provide oxygen to the air, allowing our children to breathe fresh air. Especially girls tend to feed on flowers, and boys tend to take care of living things.

Parents identify these tendencies from the early youth of their children and work in this way will lead their children to kengays worldview and give a good result. It is necessary for parents to explain the knowledge and lessons of children about the nature they receive in school, that they adhere to them in everyday life and practice them.

In the attitude of our children, it is necessary to avoid the signs of extravagance, to prevent it, to absorb the qualities of austerity and entrepreneurship from a young age. Nature is not an inexhaustible treasure, many natural riches are not restored.

Parents should react to the negative attitude of children to the environment and understand the negative consequences of this, first of all, the purity of the natural environment, the permeability of the air should be carefully trained to ensure our health, the stability of our life. It is necessary to translate the rule" clean environment this is a healthy living environment " into the lifestyle and worldview of the family, everyday necessity, practical skills and vital need. In the formation of the first rules of a healthy lifestyle in a child, parents should diligently train, relying on vital examples that it is our legal and human duty to protect the environment, to maintain its health, to avoid contamination of water, air and soil, to use them sparingly.

How the behavior of the parents towards the environment is treated by the child, how to pour garbage and garbage into the exposed lands, how to burn it, especially in the autumn khazonrezgi period, our eyes fall into unpleasant situations that burn khazans and pollute the air. The most sad thing is that sometimes we also pull children into this process, ordering them to do similar things, eventually turning them into a direct participant of such negative actions. In turn, children take an example from the action of adults, their attitude.

One of the important tasks facing our educators is the issue of creating a clean, healthy, safe environment for the present and future generation. On the basis of sustainable development, it is permissible to say that it is in the interests of present and future generations – children, our children, not to risk them, to create a clean, healthy and safe environment and a comfortable life for them.

In conclusion, it is necessary for our children to understand that in their spare time they are directly in the bosom of nature, different regions of the world of animals and plants, as far as possible to enjoy their colorful beauties, to organize trips together to nature Bay. After all, we are responsible for parents, teachers and all of us, our children as a harmonious person, and how they are able to preserve their native land.

REFERENCES

1. I.A.Karimov "the foundation of the development of Uzbekistan of the harmonious generation". - T.: East. 1997. - 63 b.
2. I. O.Khakimov The Holy Spirit was born. Tashkent."Uzbekistan" 1999. - 25 b
3. T. Makhmudov. - Avesto, indeed. - T.: Vostok, 2002. - 5 b –
4. A'.Sobirov from the history of the formation of ecological culture. // Ecology notice. - T.: № 3. 2005. - 17-19 b.