

GEOGRAPHICAL ASPECTS OF USE OF RECREATION RESOURCES OF JIZZAK REGION

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ABSTRACT

In this article, the recreation resources of Jizzakh region are analyzed in the cross-section of districts. Recreational geography and its tasks are discussed. Detailed information is provided about health and recreation centers, shrines and temples, state reserves, national nature park. The article focuses on the analysis of research, scientific literature, articles and statistical data conducted in the field.

KEYWORDS: *Recreation, Leisure, Medical Geography, Tourism Geography, Resort Science, Tourism, Tourist, Tourism Industry, Tourist Region, Hotel, Tourist Space, Cultural Heritage Objects.*

INTRODUCTION

Actuality of the Research Topic

Today, many of us know that tourism is becoming one of the most profitable sectors of the national economy in the countries of the world. The tourism industry primarily encourages tourists to rest and sightseeing and has a significant impact not only on the economy of states, but also on the social, cultural and educational spheres [1]. In this regard, it is important to conduct scientific research aimed at identifying natural, socio-economic factors and objects underlying the development of tourism in tourist destinations, assessing the tourist potential of regions and studying the peculiarities of seasonality in tourist destinations.

A set of measures is being implemented in the republic to create favorable economic and organizational and legal conditions for the accelerated development of tourism, to ensure the competitiveness of national tourist products in the world tourism market, the effective use of tourist facilities, to improve the quality of services provided, to increase the flow of tourists visiting our country. In the new development strategy of the Republic of Uzbekistan for 2022-2026 for purposes No. 35 "... It provides for the creation of additional tourist zones and recreation areas in the Zamin, Forish, Bakhmal districts and in the "Aidar-Arnasoy" lake system,

the implementation of projects worth 300 million US dollars, the creation of 25 thousand jobs [2]. The establishment of priority goals and objectives for the accelerated development of the tourism sector in our republic, the further increase of its role and share in the economy, the improvement of tourist infrastructure indicate the relevance of this issue.

Goals and objectives: investigation of detailed information about recreational resources, therapeutic and recreational areas, shrines and places of interest, state reserves, national natural parks of the Jizzakh region is the main purpose of this work. To achieve this goal, the following tasks were set:

- Learn to create the necessary conditions for the restoration of human health;
- Identification and analysis of the natural environment, socio-economic conditions and resources necessary for recreational systems;
- Organization of recreational systems;
- Study of conditions for the creation of territorial recreational systems.

RESULTS AND THEIR DISCUSSION

As you know, the geography of recreation includes a set of activities aimed at recreation, leisure, restoring health, enjoying the beauty of nature and raising its spirit. The word recreation comes from the Polish "recreasia", which means rest, and the Latin "recreatio", which means restoration of health. Therefore, long-term recreational activity corresponds to tourism, and in this context, the geography of tourism is also part of the traditional recreational geography. Recreational tourism is also directly related to the restoration of health (sanatoriums, resorts, boarding houses, etc.).

On the other hand, spa science studies the methods necessary to restore health by physiological analysis of the body and studying the treatment conditions necessary to restore a person's physical strength [3].

Recreational Geography - defines and studies the emergence of territorial recreational systems in terms of the properties of natural recreational resources. Analyzes and develops methods of human recovery and recovery. It acts to restore the physical, natural and mental state of the body. Solves the issues of organization of resorts and medical institutions.

Scientific and methodological foundations of geographical study and development of recreation and tourism, evaluation criteria from foreign and domestic scientists: N. Leiper (1979), D. Getz (1986), S. Williams (1998, 2009), C. M. Hall, S. J. Page (2002), V. S. Preobrazhensky (1972, 1975, 1986), D. L. Armand (1975), Yu. A. Vedenin (1982), N. S. Mironenko (1981, 1998, 2006), L. I. Mukhina (1973), N. A. Danilova (1988), K. Dzhumashev (1990), A. G. Nizamiev (1998), S. R. Yerdavletova (2000), L. Yu. Mazhar (2008, 2009), V. I. Kruzhalin, N. S. Mironenko, and others. Currently, some problems of tourism in our republic have also been dealt with by such researchers as A. S. Soliev, H. Vakhobov, A. N. Nigmatov, N. Tukhliev, F. Komilova, S. B. Abbasov, A. Abulkasimov, Yu. I. Akhmadaliyev, M. R. Usmanov [4].

It is known that due to the fact that the natural and climatic conditions of the Jizzakh region are more favorable compared to other regions of the republic, settlements have long existed in the region, local residents were engaged in such industries as agriculture and crafts. The Jizzakh region is also distinguished by its clean air, climate and beautiful nature [5].

The territory of the Jizzakh region is divided into flat and mountainous parts, sharply differing from each other in the structure of the earth's surface, the relief consists of lowlands, deserts and steppes, hills and mountains, as well as natural lakes. The northern part of the region consists mainly of plains and lowlands, and the southern sides cross it through the mountains

Chumkortog, Morguzar and Nurota, which are the northern branches of the Turkestan range. Between these mountains are the swamps of the Sangzor and Gallaorol mountain ranges, which are of important economic importance. The fact that the southern part of the province consists of mountainous and foothill plains, as well as intermountain valleys, is also important for the development of tourism.

The largest rivers in the territory of the Jizzakh region are considered Sangzor, Zominsuv, Ravotsoy, these rivers are saturated by tributaries flowing down from the mountains. For irrigation of agricultural crops, the Tuyatortar Canal, the 1st and 2nd Southern Mirzachul canals, the Jizzakh, Zomin, Korovultepa reservoirs were built.

The mountainous and foothill areas of the Jizzakh region are distinguished by a wealth of various tourist sites. The mountain landscapes of Zomin, Chumkortog(Turkestan), Morguzar and Northern Nurota are of particular importance here. In these mountains, you can see, first of all, places for hot water treatment, places for outdoor recreation and sports in the mountainous region, places for short-term rest. However, in mountain landscapes, tourists are also attracted by unique natural monuments, namely the similarity in the human-shaped rock, unique mountain peaks, dense juniper thickets on the mountain slopes, unique animals and rock carvings of various animals[6].

The springs in mountain streams and the sacred places existing around them make it possible to develop religious tourism in the province. Artificial canals, reservoirs, artificial lakes in the flat landscapes of the region are currently not only used for irrigation of agricultural land, but are also widely used for recreation.

In addition, hot waters emanating from flat landscapes are distinguished by their healing properties, which allows them to be used in medical tourism. Ancient historical monuments, cisterns, remnants of reservoirs, etc., located on the territory of the region, further increase the tourist potential of the regions. The Jizzakh region is rich in recreational resources necessary for recreation, treatment, recreation, the possibilities of using them for recreational and tourist purposes are high.

The mountainous areas of the Jizzakh region include Bakhmal, Zomin, Forish, Gallaorol, Sharof Rashidov and Yangiabad districts. The total land area of these districts is 18.08 thousand square kms. Also 870,200 people (2022), which makes up most of the province's territory, i.e. 85%.) is considered a region with a population of about. 60% of the total population of the province lives in these areas[7].

Mountainous and foothill areas of the region include the high-altitude landscape of Zomin, the plain landscapes of Chumkortov (Turkestan), Morguzar, Northern Nurota, Karokchitog-Gubdintog, Sangzar Valley and Gallaoral sertepa. According to the nature of the use of tourist and recreational opportunities in these regions, it can be divided into places with regular treatment and short-term rest. In addition, it is divided into wellness, that is, those who relax by doing sports in the mountain air, and those who restore health by resting in summer camps. A recreational complex in this area can be built taking into account its potential wealth with recreational and medical institutions, boarding houses, children's camps[8]. There are polyclinics in the region specializing in the treatment of various diseases (Table 1).

TABLE 1 THERAPEUTIC AND HEALTH-IMPROVING AND RECREATION FACILITIES

№	Names of therapeutic and health-	Addresses of therapeutic and health-
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	improving facilities	improving facilities
1.	“Marjonsuvi” sanatorium	MarjonbulokRGC (rural gathering of citizens), Gallaorol district
2.	“Bakhmal” sanatorium	BakhmalRGC, Bakhmal district
3.	“Khavotog” sanatorium	Balandchakir tonship, Yangiabaddistrict
Zamin district		
4.	Therapeutic and health-improving and recreation facility “Azim Zomin Shifo”	Reserve massif
5.	“Zomin mother and child” sanatorium	Reserve massif
6.	Therapeutic and health-improving and recreation facility “Plato”	DuobaRGC
7.	Therapeutic and health-improving and recreation facility “Zomin-Urikli soy”	DuobaRGC
8.	Therapeutic and health-improving and recreation facility “NKMK”	DuobaRGC
9.	Therapeutic and health-improving and recreation facility “Archazor” (Land of junipers)	DuobaRGC
10.	“Zomin” sanatorium	DuobaRGC

The table is compiled on the basis of data from the Statistics Department of the Jizzakh region. Consequently, recreation places are allocated due to short-term visits to holy places and recreation, sightseeing of natural monuments. In particular, in the landscapes of mountainous and foothill areas of the Jizzakh region with a favorable microclimate and clean air, regularly cultivated landscapes of the Gubdin-Karokchitog district, there are great opportunities for the treatment of diseases related to the nervous system, mental changes. In the medical complex Marjobulok on the basis of hot spring water, joints, motor, supporting organs of the human body are treated.

There are many recreational facilities and resorts in Zomin that are important for the development of tourism. Among the existing recreational facilities, the sanatorium “Zomin” has a special status. The sanatorium is located 50 km from the district center, on the northern slope of the Turkestan mountain range.

The sanatorium “Zomin” (LLC), which is considered a climatic resort, was chosen as the base object. Because the sanatorium is considered to be the most beautiful recreational facility on the territory of Zamin. This recreational facility, located on the northern slope of the Turkestan ridge, is located at an altitude of 2100 meters above sea level, on the territory of the Zaminsky National Natural Park, its area is 25 hectares. The unique mountain landscape that attracts people's attention, fresh air, sufficient abundance of sunlight and high ultraviolet illumination create favorable conditions for carrying out climatic preventive and therapeutic procedures.

The main therapeutic factor in this area is the mountain air and climate. There are 12 doctors working in the sanatorium: cardiologist, urologist, neurologist, gynecologist and dentist. People

with diseases of the respiratory tract, nervous system (functional diseases), restoration of health and allergies (bronchial), asthma come to this sanatorium for treatment.

This sanatorium is able to accommodate about 700 people at the same time. The sanatorium Zomin is equipped with modern medical and diagnostic equipment, for the treatment of patients with bronchial asthma, methods of hygrotherapy (artificial pearls, iodine-bromine, pine baths, showers, swimming pool), physiotherapy, physical therapy, wellness path, massage are widely used. The main residential building has rooms that meet the requirements, from the first to the sixth floor. The seventh floor was renovated in 2019 and put into operation. The sanatorium has a mother and child building, family rooms, a dining room and treatment rooms.

The sanatorium has established "mother-child" departments for the reception of children aged 3 to 14 years with their parents. The dormitories consist of cozy single and double rooms, the building houses a club, a library, a sports ground, game rooms with attractions for young children. The duration of sanatorium treatment is 10 days, with a 100% tariff and a preferential 45% tariff. During the summer holiday season, only those who come on a voucher are accepted. The cost of one day in this sanatorium as of 2022 is 335 thousand rubles, and suites-490 thousand rubles. Vouchers to the sanatorium are issued by trade unions every two years. There are a number of children's camps in the region (Table 2).

TABLE 2 CHILDREN'S CAMPS

№	Names of children's camps	Addresses of children's camps
1.	Kamolot	Kashkarbulok RGC, Gallaorol district
Forish district		
2.	Koinot (Universe)	Yomchi village
3.	Mirzachul	Yomchi village
4.	Zngoriolov (Blue flame)	Kattabogdonvillage
5.	Jilgacha	Kattabogdonvillage
6.	Tabassum (Smile)	Kattabogdonvillage
7.	Matlubotchi	Kattabogdonvillage
SharofRashidov district		
8.	Sh. Rashidov	Uobsoyvillage
9.	Energy	Uobsoyvillage
10.	Bobur	Uobsoyvillage
11.	Buston	Uobsoyvillage
Zamin district		
12.	Lochin	In the centre of the district
13.	"Zomin camp" LLC	Kurik village, Gallakor RGC
14.	Named after Ya. Norbekov	Kurik village, Gallakor RGC
15.	Zomin-Sunrise	Togterak village, DuobaRGC
16.	Alokachi	Yettikechuv village, DuobaRGC
17.	"OKMK"	Togterak village, DuobaRGC
18.	Gulistan	Togterak village, DuobaRGC

The table is compiled on the basis of data from the Statistics Department of the Jizzakh region.

The forest lands of the Jizzakh region, as well as the waterfalls and springs of Khushmanzar in the streams are also benefits of nature. Also, real natural museums can be called forests (almond groves, junipers, shrubs) in the Zaminsky forestry, as well as relief forms formed by streams and flowing waters in the western part of the Zaminsky mountain forest Reserve, peculiar moraine rocks and numerous caves. We consider it necessary to conduct a recreational and tourist assessment of the activities of the Research Institute located on the territory of the Zaminsky National Park, Zaminsky Sanatorium and numerous resorts.

CONCLUSION

When assessing the recreational opportunities of the Jizzakh region, the study of natural monuments, springs, caves, ancient plane trees, cisterns, recreational and health facilities in the region is of great importance. Spring waters and mud, available in the region and widely used in medicine and other industries, create favorable conditions for the restoration of public health, wellness and recreation, further increase the importance of recreation and tourism.

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