

## HUMAN AND NATURE

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**Annotation.:** In this article, the interconnection between nature and humans, the impact of humans on nature, and the necessity of protecting the environment are discussed. The article examines environmental problems and the influence of human activity on the environment, emphasizing the importance of sustainable development and environmental conservation. In addition, the article expresses thoughts on living in harmony with nature and its role in improving the quality of human life.

**Аннотация:** В данной статье рассматриваются взаимосвязь между природой и человеком, влияние человека на природу и необходимость её охраны. В статье анализируются экологические проблемы и воздействие человеческой деятельности на окружающую среду, подчёркивается важность устойчивого развития и охраны природы. Также изложены мысли о гармоничном сосуществовании человека с природой и его роли в улучшении качества жизни.

**Keywords:** humans and nature, ecological danger, Aral Sea tragedy, ozone layer depletion, air pollution.

**Ключевые слова:** человек и природа, экологическая опасность, трагедия Арала, разрушение озонового слоя, загрязнение атмосферного воздуха.



## Introduction

Nature is a sacred place for all living beings on Earth. It feeds them, clothes them, and protects them from heat and cold. In turn, living beings also develop affection for nature. This affection can only be considered genuine when it harmonizes with the feeling of protecting and enhancing nature's resources. In the recent past, we shouted "We love nature," but forgot that we are responsible for protecting and preserving it.



## Literature Review and Methodology

Since the beginning of time, humans have grown up and developed in close connection with nature. Nature and humans are deeply interconnected and complement each other. It is not without reason that we liken nature to a mother, as nature nurtures, feeds, clothes, and shelters us like a mother. Just as nature plays a crucial role in shaping humans, human influence on nature is equally important. Nowadays, it is no secret that the ecological safety of both nature and human life is increasingly under threat. One of the main reasons for the instability and damage to the balance of nature is the lack of environmental awareness and knowledge about the protection of the environment among people. Therefore, environmental issues are increasing year by year. The depletion of the ozone layer in the atmosphere, the pollution of river waters, the destruction of forests and bushes, the extinction of plant and animal species are all ongoing problems. Such treatment of Mother Nature indicates the urgent need to provide ecological education to future generations. In order to prevent environmental problems, individuals must cultivate ecological education and culture. Environmental upbringing begins in the family. Developing the habit of keeping the home and yard clean is the first step toward creating a livable environment.



Later, environmental education should be conducted in kindergartens, schools, and higher education institutions. In essence, ecological culture begins with sensing and loving the beauty of nature. A person's triumph over natural forces such as cold and heat, droughts, fires, and various disasters transforms their attitude toward nature. This process gradually evolves from blind treatment to conscious interaction. A love for nature becomes an inseparable part of one's personal culture. Every individual benefits from nature, but this does not necessarily mean they love it. True love for nature starts from understanding it, appreciating its beauty, and establishing a connection with it. In turn, nature nurtures traits such as observation, sensitivity, and delicacy in humans. These traits manifest in two forms: in one's attitude toward nature and toward oneself. Nature instills a sense of homeland, encourages labor and bravery, enhances many feelings, and demands a lot. A cultured person maintains the balance between nature and society, encourages others to act appropriately, avoids littering, prevents air and water pollution, uses nature's gifts wisely, and strives not to harm the environment.

Ecological culture includes the culture of protecting nature, using natural resources wisely, and restoring ecological systems. These are not the responsibilities of a single individual or region alone. Environmental problems can only be solved if all of humanity joins together in addressing them. The Aral Sea issue is a vivid example of this. More than half a century has passed since the first warnings about the shrinking of the Aral Sea were voiced. In the years before Uzbekistan's independence, the drastic decrease in the sea's level was openly discussed, drawing the attention of the world's nations and water experts. The drying of the Aral Sea has caused significant harm to the local population and damaged their health. The Aral tragedy affects not only Uzbekistan, Kazakhstan, and Turkmenistan but also the global climate. Therefore, saving the Aral Sea has become an issue of international importance. As a result of the sea's drying, the once-thriving fishing industry that yielded 45,000 tons of fish per year, along with traditional hunting and fur production, has collapsed. Other environmental problems such as ozone layer depletion, global warming, and atmospheric pollution remain unresolved. The world continues to struggle with these issues and seeks solutions. Air pollution is particularly severe in densely populated and industrialized countries. In fact, the root cause of all environmental issues and damage to nature is technological advancement and humans. As human needs grow, so does production, which in turn increases the workload of factories and plants. Consequently, the emission of toxic gases and waste also rises. Environmental



degradation negatively affects public health, leading to an increase in various diseases and weaker newborns. The steady growth of the world's population and intensified industrial competition among developed countries further highlight the necessity of environmental protection. The essence of this issue is that in recent years, the increase of carbon dioxide and radiation in the atmosphere and the sharp reduction of green plant areas have altered the biosphere and disrupted life on Earth, even threatening its complete extinction. Therefore, protecting nature and preventing environmental pollution is not only a scientific issue but also a major social and political problem. The pollution of the biosphere is a byproduct of technical processes. The reckless exploitation of natural resources for profit is polluting the human environment. The unparalleled beauty and resources of nature are a national asset. Therefore, protecting them is a national duty. While enjoying nature's blessings, we must avoid abusing them and causing harm — this is our duty. We pass on not only spiritual and material wealth to future generations but also the nature we inherited and our attitude toward it — that is, our ecological culture. Ecological culture is not only about avoiding harm to nature but also about contributing to its restoration, flourishing, and fighting against those who devastate the environment.



### Conclusion

The relationship between nature and humans is extremely complex and important. Humans rely on nature's resources to survive, yet at the same time can cause it harm. Today's ecological problems such as air pollution, deforestation, and water scarcity have all emerged as consequences of human activity. Therefore, humans must view nature not merely as a resource to exploit, but as a living system that requires care and respect. Protecting and sustainably developing nature is one of humanity's most urgent tasks. By living in harmony with nature, we secure not only our own future but also leave a healthy and clean environment for future generations. That is why every person must treat nature with love and contribute to its protection. If the balance between humans and nature is preserved, the world can become a more beautiful, peaceful, and sustainable place.

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