

EUROPEAN JOURNAL OF MODERN MEDICINE AND PRACTICE

Vol. 4 No. 12 (Dec - 2024) EJMMP ISSN: 2795-921X

. . . .

ENVIRONMENTAL PROBLEMS OF OUR TIME AND WAYS TO SOLVE THEM

Mirsagatova Movluda Rixsillayevna, Niyazova Olga Andreevna, Uzbekov Shoxjaxon Shakar o`gli, Eshnazarova Qizlarsuluv Nurmamat qizi

Tashkent Medical Academy

Abstract: This general problems of modern ecology are discussed in this paper. The measures improve the quality of the environmental problems in the field of technology, innovation and the state are outlined in this paper.

Key words: ecological problem, renewable resources, ecological catastrophe.

At the moment, modern society faces two major threats: – the threat that we can destroy ourselves in the fire of a nuclear war; - the threat of an environmental catastrophe, which is a reality today. This topic is very relevant, as the ecological system is currently a global problem. An environmental problem is a change in the natural environment, as a result of anthropogenic influences or natural disasters, which lead to a danger to the structure and functioning of nature. Man is the smartest being of nature and an integral part of it. The emergence of new technologies and an increase in the rate of population growth on Earth contributes to the significant suffering of the planet and man should pay attention to this problem. However, we destroy nonrenewable resources, namely, we destroy flora, fauna, and also disrupt natural cycles, i.e. we harm. Everything is changing around us: animals are beginning to die out, islands are going under water, entire cities are destroyed by cataclysms, but only humanity continues to treat nature (the planet) "roughly" and with great consumption "pump out" the last particles it needs [1]. Many experts believe that people are already living in a crumbling world, which is in a severe environmental crisis, and is also a crisis of the entire civilization. The ecological crisis is both a violation of the balance in ecological systems and in the relations of human society with nature. This is characterized by the fact that man, society and the state are unable to reverse the trend of environmental degradation. Children with serious pathological changes are already being born, and their number is increasing mainly with oncological diseases. This deterioration of the environmental situation is due to the fact that humanity annually extracts over 100 billion tons of various mineral resources from the bowels of the Earth. The predominant part of them – from 70 to 90% – turns into various types of industrial waste that pollute the environment, and this leads to the death of flora and fauna [2]. The current environmental situation can be called critical, because it has acquired a global character and its solution is possible only through the joint efforts of the leaders of all civilized countries of the world. Measures to improve the quality of the environmental problem: - sewage treatment plants; - fuel replacement; – development of new technologies; – reduction of traffic intensity on congested highways; – measures for greening populated areas and sanitary protection zones. Many researchers also identify solutions to environmental problems through the introduction of environmentally waste-free technologies, rational production placement, integrated processing of raw materials and the use of natural resources. One of the important ways to improve the current environmental situation is self-restraint in the use of natural resources, namely energy sources, which are required for human life [3]. Another solution to the environmental problem is environmental protection measures and the formation of environmental awareness

EUROPEAN JOURNAL OF MODERNMEDICINE AND PRACTICE Vol. 4 No. 12 (Dec - 2024) ISSN: 2795-921X



in society. Environmental protection measures include all types of economic activities aimed at reducing and eliminating anthropogenic impact on the natural environment, improving and rational use of natural resources. A large number of different types of transport, thermal power plants and enterprises of ferrous, non-ferrous metallurgy, oil and gas processing and chemical industries significantly pollute the air. A significant amount of harmful substances enters the atmosphere from car exhaust gases and their share of atmospheric pollution is constantly increasing. Unfortunately, there are no approximate statistics on the amount of waste in at least one country [4]. Currently, the state still cannot solve the problem of garbage disposal. The first stage of industries was divided between the construction and mining industries, and the cleanest branch of production was agriculture. In order to preserve nature and its resources for posterity, it is necessary now to put our relationship with nature on a strictly scientific basis. Currently, environmental problems are closely intertwined not only with issues of technology, but also economics, politics, morality, law, aesthetics, and education [5]. Therefore, the rational use of natural resources and effective environmental protection measures are possible only on the basis of knowledge of the laws of nature and their reasonable application. In other words, a person should move from a consumer attitude to nature to cooperation with it and balance his economic activities with the possibilities of nature. Unfortunately, not every citizen is aware of his responsibility towards the nature of his own country. It is possible to talk about this for a long time, since this situation is global and familiar to many. Environmentalists are most outraged by the consumer attitude towards nature of those who should protect it [6,7]. If you want to help nature, then start with yourself! What is happening around us is our own doing, and only by saying "STOP" to ourselves will we have a chance to ask forgiveness from the Earth.

Literature used:

- 1. Бобров Е. А. Социально-экологические проблемы крупных городов и пути их решения //Региональные геосистемы. $-2011.-T.\ 16.-N$ 2. 15 (110). $-C.\ 199-208.$
- 2. Ляховенко О. И., Чулков Д. И. Основные экологические проблемы российских городов и стратегия их разрешения //Русская политология. -2017. N 3 (4). C. 21-26.
- 3. Малыгина М. О. и др. Экологические проблемы урбанизированных территорий //Экология России: на пути к инновациям. 2014. №. 10. С. 133-135.
- 4. Тресков В. Д., Шарифуллина Л. Р. Экологические проблемы г. Карабаш //Современные наукоемкие технологии. -2014. -№. 5-2. -C. 108-108.
- 5. Крылов П. М. Современные транспортно-экологические проблемы городов Московской области и пути их решения //Географическая среда и живые системы. 2017. №. 4. С. 111-122.
- 6. Битюкова В. Р. Экологические проблемы малых городов России //Вестник Московского университета. Серия 5. География. 2007. №. 1. С. 13-21.
- 7. Блинов Л. Н. и др. Экологические проблемы мегаполисов //Здоровье–основа человеческого потенциала: проблемы и пути их решения. 2013. Т. 8. №. 2. С. 837-845.