



 Research Article

ECOLOGICAL EDUCATION FOR STUDENTS AND THE CULTURE OF ENVIRONMENTAL SAFETY AND HEALTHY LIFESTYLE IN THE EDUCATIONAL STRUCTURE

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ABSTRACT

This article aims to stabilize the ecological safety of the natural environment and prevent potential environmental hazards through environmental competence of students of higher education institutions. Also, they were told about reducing the damages that may occur as a result of expressing their opinions. From this point of view, it was also taken into consideration to enrich the knowledge related to environmental safety, knowing the importance of connecting this process with the educational process.

KEYWORDS

Environmental safety, healthy lifestyle, green economy, "clean city", eco city, environmentally friendly product.

INTRODUCTION

It is not a secret to all of us that students in higher education institutions play an important role in

spreading ecological culture among our society. Extensive work is being done in this area and

many reforms are being carried out. From this point of view, the decree of the President of the Republic of Uzbekistan "On the development strategy of New Uzbekistan for 2022-2026" has put forward many initiatives in this regard. In chapter VI of this strategy, in the section "Approaching universal problems based on national interests", attention is paid to these issues on a large scale [1. 53-b].

At the same time, we should consistently continue the adopted national programs for youth education. The ongoing work on reforming and improving youth education on a modern basis, taking into account scientific and technological requirements, requires its formation on a scientific and spiritual basis based on today's needs. A new, systematic approach to education, family, preschool education, general education, secondary special vocational and higher education institutions, social-pedagogical opportunities of neighborhoods in the formation of basic qualities in children, and among them scientific - it is necessary to raise methodical integrity to a new level. it is necessary to fully reveal and raise the scientific-methodical unity among them to a new level [2. p. 291].

Thoughts of scholars such as Imam Bukhari, Imam Termizi, Imam Ghazali, Bahauddin Naqshband, Abu Nasr Farabi, Jalaluddin Rumi, Abdurrahman Jami, Ahmad Yassavi on self-cultivation and moral perfection have closely helped in the formation of national consciousness and consciousness over the centuries. Among them are philanthropy, love and kindness, patient satisfaction, justice, honesty and purity, concepts such as not betraying one's savings and property have also been expressed.

In this, first of all, it is emphasized to change the human consciousness and worldview, to become the owner of good thoughts, good words, and good deeds. The writings of "Avesta", the science of mysticism, the teachings about "virtuous person", "perfect person" pay great attention to this issue [2. 419-b].

MAIN PART

In recent times - at a time when mankind's influence on nature, based on scientific and technical achievements, has become extremely strong, preserving nature and its ecological balance is one of the most important problems. Therefore, raising the future generation to be

ecologically literate and The content of educational work on the formation of a culture of safe life activities includes the following: teaching students to comply with safety rules, the need to acquire knowledge and skills to act in emergency situations and apply them in practice .

The tasks of forming a healthy lifestyle in students are to educate health culture and healthy lifestyle habits, to form a system of concepts aimed at understanding the human self, the capabilities of the body, and the dependence of health on actions, habits, and work. These tasks are carried out during interviews, various practical assignments in the open air, ecological holidays on a healthy lifestyle, organization of research work, project activities.

The formation of ecological culture is expressed by the fact that students have a stable understanding of the relationships existing in nature, as well as respect for nature; correctly understand the concept of "healthy lifestyle"; positive feelings from healthy eating and healthy lifestyle, emotional attitude to the animal world, perception of nature and enjoyment; It is very difficult to recognize the features of the surrounding world [4. 33-b].

The content of preparing students for environmental education in the educational process includes the following:

The environment and its influence on the spiritual world of a person;

Determining nature and its importance;

School and family cooperation in developing love for nature;

Increase interest in plant care in greening one's city, village and school yard;

Raising the position of society members in environmental protection;

Exemplary role of parents in nature protection;

Teaching to respect nature, flora and fauna in the family and at school;

To have a conscious relationship with nature;

Restoration of national traditions and traditions in ecological education of young people.

Environmental education includes learners at all levels of education. It requires education in the spirit of loving the beauties of nature and taking aesthetic pleasure from them. Providing

environmental education and training to the young generation is a complex and long-lasting process. Young people usually get their first impressions of nature at home. As young people grow up, their attitude towards nature changes in a positive direction. That's why parents should inculcate in their children the understanding of environmental issues and form a feeling of love for nature. In order to form an ecological culture among young people, it is necessary to teach the science of ecology better and more thoroughly in all higher educational institutions. Only then will it be easy to solve the problems mentioned above. Currently, the provision of knowledge about ecology is increasing year by year, and our government pays special attention to this issue. The issue of nature protection and environmental education is the most important educational part of pedagogy and psychology. If a sense of duty and responsibility towards the Motherland, people, state and the future generation is not created in people about full compliance with the laws of nature, they will not develop a full ecological awareness and thinking. A person with ecological awareness and thinking works consciously, foreseeing the possible consequences of impacting nature in his work. Ecological education is an integral part of moral education.

Creating ecological consciousness and thinking in people, ecological worldview helps to understand nature correctly and guarantees the creation of a healthy living environment in the future. Our beautiful nature will remain beautiful for future generations. mature people, and in this regard, forming an ecological concept in the minds of young people is an urgent problem of the present time.

From the moment a person is born from a mother and comes into the world, he enjoys the bounty of nature. For the first time, he breathes enough air. Food, water, sun temperature are very necessary for human growth, and he gets all these from nature. If a mother gives birth to a person and brings him up, nature brings him to adulthood. That is why it is called "Mother Nature". The health of a person depends on the surrounding environment, nature. If the nature is clean, the person will grow healthy and strong.

When a person breathes, up to half a liter of air enters his lungs. A person breathes 16-18 times in one minute, or 8-9 liters of air enter the body. This amount increases to 11 thousand liters in one night. Therefore, air is the most important and necessary gift of nature for the human body. Dirty dust, which is regularly mixed in the air, has a

negative effect on gas exchange in the lungs. It destroys human health gradually and causes various diseases [3. 413-b].

Education of environmental culture in students is interconnected with education of the culture of safe life activities, which forms the application of safe behavior rules in various life situations.

CONCLUSION

Giving students the concepts of ecological safety, ecologically healthy lifestyle will lead to an ecologically clean tomorrow. As I wrote in my previous articles, the development of the state and society is closely related to the ecological environment. The ecological environment is directly connected with the ecological education of people and the young generation.

Because if the environment in which people live is safe and healthy, it is possible to carry out a certain economic activity only if the natural environment allows it.

As I wrote in my article "The Phenomenon of Ecological Culture": "Ecological culture is a higher stage on the way to further strengthening

ecological education, prudence and responsibility, progress and well-being" [5.307-p.

I did not say these words in vain, because if the ecological culture is high, every element of nature is treated with care. He will not be dishonest with the material wealth obtained from him, on the contrary, he will try to take care of it responsibly and use it sparingly.

This process and actions in turn lead to a high economy, prosperous and attractive environment, enviable manners.

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