

HUMAN BEING IS RESPONSIBLE FOR TRANQUILITY OF ENVIRONMENT

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Each person, his family, his life depends on environment. Biology is so complex that fulfil so vital functions without that nobody and nothing can exist. The integral part of our life is breathing. This function controls everything starting from movement to inactivity. All these functions are interconnected with our ecosystem. Ecosystem protects human being from toxic substances, fossil fuels, regulates the amount of carbon dioxide in the atmosphere through the process of carbon sequestration. All of these negative consequences of climate change such as pollution, deforestation, overfishing, green grocery effect, environmental degradation, and resource depletion lead to the oxygen deprivation that negatively influences on human health and endurance of his life.

Ecology is one of the most pressing social problems of our time. Its solution is in the interests of all nations, and the present day and future of civilization largely depends on the solution of this problem". The nation of Central Asia has an ecological spirituality and heritage since ancient times. Their ecological consciousness and knowledge about environment were extremely high and these facts are obvious from the works of great scholars Abu Nasr Farabi "Kalam fi aza al-hayvan" ("Speech about the parts of animals"), we can see it in the content of Abu Rayhan Beruni's "Saydana", "Mineralogy", Zahiriddin Muhammad Babur's "Baburnoma" and Zoroastrian religious book "Avesto" keeps the facts about ancient people's ecological tranquility.

Most of the natural disasters occurring in the world today are caused by people's actions against nature. The need for natural resources is driving people to exploit the underground resources to the maximum, this action has a negative impact on the geological structure of the earth's crust and creates voids. The reason for this is people's indifference toward nature and the slowness of ecological education. A. Tokhtayev, thinking about ecological education in the textbook "Ecology", writes: "Ecological education is an integral part of moral education. Formation of ecological consciousness and thinking, ecological outlook in people helps dialectical understanding of nature. It is necessary to train young people who are well aware of the importance and responsibility of this task in order to implement environmental education and training at the required level". Furthermore, ecological education begins with family. Family is a root of big tree that provides with water and chemical fertilizers and gives it life and prosperity. If family implements an ecological consciousness, it would be reduced the quantity of environmental issues. Parents should teach children to have a positive relationship with nature from a young age, inculcate in them the concept that "man is a part of nature, therefore any damage to nature will bring disaster to it." Environmental education organized in the family helps children develop a positive and responsible attitude towards the environment, especially nature, and also ensures the growth of aesthetic taste in them. Therefore, nature itself is the most beautiful and perfect literature. As children enjoy the beauty of nature, they deeply understand that they are a part of it, and therefore they are responsible for its preservation. They can contribute to the thrift of nature by doing even some minor activities such as sweeping the yard, arranging flower beds, transplanting and caring for seedlings, taking care to eliminate household waste in a family environment. These above given actions instill in children a sense of responsibility toward ecology.

Sometimes we think that environmental problems caused by nature but human being is responsible for natural disasters and impact on it. So, what human activities can have an impact on natural disasters? There were cases when irresponsible mining led to the permanent landscape modifications. In November 1980 the whole lake vanished because of the drilling of the salt mine beneath the lake. More than that, mining increases the occurrence of tremors. Building dams can cause earthquakes because of the huge water mass that applies pressure on

the surface beneath. Fracking for oil and natural gas. Wastewater used in the process affects the seismic activity as it cracks rocks and lubricates faults.

SOG'LOMLASHTIRISH TRENIROVKALARI ORQALI JISMONIY KAMOLOTGA ERISHISH YO'LLARI

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Jismining kamolotiga befarqlar, harakatlanishni xush ko'rmaydigan, sog'lomlashtirish trenirovkalari vositalaridan foydalanishni bilmaydigan insonlarva sust harakat sohiblari mushaklari lozim bo'lgan darajada rivojlanmaganligi tufayli impulslarning quvvati darajasi va uning ta'sir kuchi past bo'lib, eng avvalo bosh miya, so'ng boshqa ichki organlar ishiga salbiy ta'sir qilishi o'zining isbotini topgan. Sog'lomlashtirish trenirovkalaridagi tanlangan va lozim bo'lgan mashg'ulot vositalaridan foydalanishda yetakchi maqsad ham shunday ta'sirni yuzaga keltirishdir.

Jismoniy kamolotga erishish uchun shug'ullanish talab darajasida bo'lsa, shug'ullanuvchining emosional holati yuqori, kayfiyati yaxshi, yuzida qizillik, muskullarida "xursandlik"ni his qilgan inson jismoniy mashq bilan shug'ullanadi, ongli ravishda muskullariga tetiklik berishni ixtiyor qiladi, oqibatda organizm jismoniy yuklamaga, tizimli mashqlarga o'rganadi. Jismoniy kamolga yetish maqsadida doimiy harakatlarga stereotip (odat)ning yuzaga kelishi insonni o'sha bajarishga odatlangan dozadagi harakatlarini mashq qilishga majbur qiladi. Bu sog'lom turmush tarzi jismoniy madaniyati sohibiga aylanishga birinchi qadamdir.

Sog'lomlashtirish trenirovkalari orqali skelet mushaklarining faoliyatini yo'lga qo'yish bilan ichki organlarimiz funksiyasining yaxshilanishi va ularning faoliyati bilan bog'liqligi haqidagi nazariyaning –"motor visserial reflekslar"ni (M.R.Mogendovich) isbotlab yuzaga kelgan mushaklardagi, paylarda, suyaklarga mushaklarni "bog'lovchi" mavjud mikroskopik ko'rinishga ega bo'lgan nerv tolalari vositasida markaziy nerv tizimi orqali ma'lum chastotadagi impulslarni (quvvatni) ichki organlarga uzatishi bilan ularning faoliyatiga ijobiy ta'sir qilishini asosladi. Agar harakat faoliyatig jalb qilingan mushaklar guruhi yetarli darajadagi tonusga, taranglikka yoki lozim bo'lgan darajadagi rivojlanganlikka, jismoniy tayyorgarlikka ega bo'lmasa yuzaga keladigan impulslarning ichki organlarimizga ta'sir kuchi sust bo'lishi va bu bilan organlarimiz ishini normal kechishiga salbiy ta'sir qilishi mumkinligi e'tiborga olsak, sog'lomlashtirish trenirovkalarining vositalaridan foydalanish jamiyat a'zolarining turmush tarziga singdirilishi yetakchi muammo sifatida mavjudligi ayon bo'ladi.

Tanlangan vositalar ta'sir kuchining pastligi natijasida nerv hujayralarining quvvati zahirasi, ularning immuniyal himoya darajasi keskin pasayib, oshqozon-ichak trakti, osteoxondroz, radikulit va boshqa qator kasalliklarga berilishi xavfining kuchayishi, moddalar almashinuvining buzilishi, yog' hujayralarining ko'payishi, tana massasining ortishi sodir bo'lishi qator tadqiqotlar orqali isbotlangan. Bu degani qo'shimcha vazn, uni ko'tarib yurish yurakka, harakat-tayanch apparati (oyoq, qo'l), bo'g'inlar, nafas va boshqa a'zolarimiz funksiyasining qiyinlashishi va organizmning hayotiy zahiralari tez va besamar sarflanishiga yetakchi vosita bo'ladi. Mashhur nemis olimi 80 yoshdan ortiq umr ko'rib, insoniyat uchun salmoqli falsafiy meros qoldirgan Emmanuil Kant, salomatlikni saqlash madaniyatini oshqozon, yurish, yugurish vositalari hamda aqliy zo'riqishga beriladigan yuklamalarning tarkibi va me'yorida ko'rgan.

Harakatlanishning vositalaridan foydalanishning ahamiyati, foydasi va uning mazasiga tushunganlardan biri mashhur matematik Gauss yoki undan ham mashhur tibbiy sinovchi German Gelm Gol faqat yurish, oddiy qadamlab, ma'lum sur'atda yurish mashqi haqida: «... yalt etgan, to'satdan paydo bo'lgan fikr» har doim kutilmaganda, albatta yozuv stolida emas, miya charchab, jismon horiganda emas, jismonan bardamlik, kayfiyat ko'tarinkiligi yuqori bo'lgan paytda yuzaga keladi. Ayniqsa, («yalt» etish, to'satdan, «chaqmoq»dek paydo bo'lish) quyosh porlab, ko'm-ko'k