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## From The History Of Formation Of Medical Ecological Culture In Young People (Based On Requests From The Population)

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**ABSTRACT:** This thesis discusses some situations from the history of the formation of medical ecological culture in youth during the Soviet era. We analyze the extent to which industrial enterprises have harmed the environment, as well as the objections expressed by the population. We will also consider the fact that the drying up of the Aral Sea has had devastating consequences for the region, and the spread of various diseases among the population. The proposals made by scientists in overcoming such tragedies are also analyzed.

**KEYWORDS:** Population health, ecological culture, "General morphology of organisms", "Ecosan - International Fund for Ecology and Health", "Support of youth and strengthening the health of the population" Aral Tragedy.

### INTRODUCTION

The issues of protection of public health and development of ecological culture have always been topical. The concept of ecology is actually derived from the Greek word "oykos" meaning space, home, which is the study of the environment and the living things in it, as well as the relationship between people and each other and nature. The concept of ecology was first introduced in 1866 by the German biologist EG Haeckel in his book "General Morphology of Organisms" [1]. One of the factors influencing human health is the environment i.e. the natural factor. First of all, everyone should have the knowledge and culture to keep the area where they live clean, to preserve and use the flora and fauna properly. People's attitude towards the environment, nature, is a testament to how developed the cultural level is.

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Today, a number of practical measures are being taken in the country to protect nature and further increase the ecological culture of the population. In particular, the Ecosan - International Fund for Ecology and Health, the establishment of the Ecological Party, the operation of schools specializing in ecology, and the fact that the President named 2021 the Year of Youth Support and Public Health. Historically, the social strata of the population have always been active in all spheres, sending letters to government agencies and the media, expressing their views on current events, social, political, economic and environmental issues. A study of archival sources shows that unjustified human exposure to the environment has been a major cause of the spread of various infectious and other diseases.

### THE MAIN FINDINGS AND RESULTS

In particular, the letters of citizens from 1976 to 1991, stored in the National Archives of Uzbekistan, have a special significance among the archival documents. The documents of this fund are on various topics, and the letters we want to cover are the letters on "Nature protection". The authors of the letter are of different nationalities, genders and ages, the youngest of whom is a 10th grade student S. Murodov, who expressed his views on the "Aral Sea tragedy" and environmental protection.

We also considered it expedient to study the letters on nature protection in groups.

The letters of the first group include the critical views of the population against environmental and water pollution and the views expressed on their elimination. Basically, these letters were sent by people living in rural areas, where environmental problems were mentioned. One of such letters was sent to the editorial office of "Soviet Uzbekistan" by Sh. Maksudov, a resident of Yakkabag district of Kashkadarya region. In his letter, he wrote: "As a result of garbage dumped into the Kyzyl-darya by the population, washing of clothes by the river, removal of household waste and discharge of sewage from public baths into the river, the river water has become very polluted. According to the author, as a result of such a situation, the sanitary-epidemiological situation has sharply deteriorated and the number of various infectious diseases among the population has increased. In Kashkadarya region for 10 months, ie in 1986-1987, a medical certificate of the Statistics Committee on the growth of various infectious diseases was attached [2].

Similar criticisms were sent by the author T. Tashpulatov, who wrote that in the villages of Nevich and Novdak in the Parkent district of Tashkent region, local canals are polluted, and infectious diseases are on the rise in the village. It was also noted that the sewage pipes of the

hospital attached to the Research Institute of Epidemiology and Microbiology of the Republic of Uzbekistan have been discharged into the Bozsuv canal for 8 years. It is stated by the author of the letter that respect for water, keeping it clean and pure is a sacred duty of every human being, and these concepts should be inculcated in the minds of young people [3].

Letters from Fergana region also state that it is the conscientious duty of people to develop penalties for violating the rules of water use, to prevent misuse, to ensure the purity of water flowing from canals, to protect nature, water, air, land [4].

Among the letters sent to the editors of "Literature and Art of Uzbekistan" is an article by Nusrat Rakhmatov, which describes the ecological situation in the Zarafshan oasis. He noted that the fact that the Zarafshan River, which reached the Karakul district 20 years ago, did not reach the Navoi district, has shrunk by 20 km in 20 years, and you are afraid to imagine what will happen in 50-60 years. Siyob, which flows through Samarkand, has a history of three thousand years. It is said that this river was praised by Z.M.Babur and Hamid Alimjan in their poems, but, unfortunately, it is impossible to approach it today. It was written that the "Hujum" silkworm and its processing plant, as well as several other organizations dump their wastewater into the canal [5].

In addition to the above, the newspaper's editorial offices have also received proposals on landscaping cities and preventing air pollution. In the area of new residential complexes under construction, it is proposed to plant fruit trees, not decorative trees. In the letter, I.A.Akhmedova, a candidate of agricultural sciences, notes: "In the 1930s, summer fruit varieties were rarely sold in Tashkent, as fruit trees were planted in almost every street and yard in the mahalla. In 1985, a bucket of cherries was sold for 12 to 15 rubles. It is a shame to talk about such prices in Uzbekistan. That is why in his letter he unhesitatingly stated that today low-growing fruit trees such as walnut, cherry, plum, peach, etc. should be planted on the streets of new neighborhoods where they are being built [6].

Among the letters, it is worth mentioning about thirty letters on the Aral Sea problem, which are among the most pressing issues from that time to the present day, as well as the views of the population on how to solve the problem. Also, the majority of the letters contain the views of our scientists, in particular, the academic scientists of the Research Institute of the Academy of Sciences of the USSR on the solution of this problem. These letters emphasize that the "Aral problem" should be considered within the framework of the Whole Union(SSSR), and that its drying up is a great threat to the health and life of all living things, especially nature. It is

noted that the level of the Aral Sea has decreased by 12 meters, its volume has decreased by 60% compared to 1960, 2 million hectares have dried up, and the sea is losing its strategic role in shaping fisheries and transport systems. It is noted that these cases directly lead to the deterioration of the sanitary-epidemiological situation in the region, the decline in drinking water quality, the increase and death of infectious diseases in the population and especially young children: hepatitis, gastrointestinal diseases, kidney and adrenal gland diseases [7].

Most of the authors tried to find the culprits, highlighting the causes and origins of the problem. While some people criticized the government for not taking adequate measures, others simply blamed the indifference of the population on the issue, the low environmental culture of the youth, while the owners of another letter tried to make their own practical recommendations.

## CONCLUSION

In summary, we analyzed letters from citizens in the media. Letters reflect a wide range of people's thoughts and opinions on a particular issue.

It should be noted that in 1980-1991, the population organized urban beautification, improvement of rural infrastructure, environmental protection, sanitary and epidemiological measures. In particular, their proposals for the elimination of the "Aral Sea tragedy" once again showed that they are not indifferent to the environmental situation, they are active in public life in general.

## REFERENCES

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5. National Archive of Uzbekistan, fund R-2806, list 1, collection 43. Pages 5-18.
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