



INFLUENCE OF ENVIRONMENTAL FACTORS ON YOUTH HEALTH

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Abidova Gulshanoy Abdurashidovna

Therapy Department Teachers

Abu Ali ibn Sina Public Health College

Andijan, Uzbekistan

ABSTRACT. This article examines the health of modern youth under environmental conditions, the relationship between the state of ecology and the state of human health. It has been established that the negative impact of ecology on the health of young people is manifested in the fact that any disease also comes from the environment. The "ozone hole" effect affects the formation of malignant tumors, atmospheric pollution affects the condition of respiratory tracts, and water pollution affects digestion, worsening the overall health of humanity. Noise level - decreases people's lifespan.

KEY WORDS: ecology; environmental impact on health; youth diseases; quality of life; urbanization; environmental pollution.

ВЛИЯНИЕ ЭКОЛОГИЧЕСКИХ ФАКТОРОВ НА ЗДОРОВЬЕ МОЛОДЕЖИ

Абидова Гулшаной Абдурашидовна

Преподаватели кафедры терапии

Колледж общественного здравоохранения имени Абу Али ибн Сины

Г. Андижан, Узбекистан

АННОТАЦИЯ: В данной статье рассматривается здоровье современной молодежи в условиях экологической обстановки, связь между состоянием экологии и состоянием здоровья человека. Установлено, что отрицательное влияние экологии на здоровье молодежи проявляется в том, что любая болезнь также приходит из окружающей среды. Эффект «озоновой дыры» влияет на образование злокачественных опухолей, загрязнение атмосферы – на состояние дыхательных путей, а загрязнение вод – на пищеварение, ухудшает общее состояние здоровья человечества. Уровень шума – снижает продолжительность жизни людей.

КЛЮЧЕВЫЕ СЛОВА: экология; влияние экологии на здоровье, заболевания молодежи; качество жизни; урбанизация; загрязнение окружающей среды.



INTRODUCTION

The quality of human health depends on the state of the ecological situation both in Uzbekistan and in the world. Harm to human health is caused by the influence of physical, chemical, and biological environmental factors, which include: air temperature, noise, electric and magnetic fields, air ionization, environmental reaction, substances of various nature, petroleum products, genetic engineering products, etc.¹ With the excessive use of the indicated environmental factors, the potential danger of environmental pollution and harm to human health increases [3,4,8].

The problems of human ecology, the impact of the environment on human health, are among the pressing issues that have attracted the attention of the public. With the growth of technological progress, significant changes in the properties of the environment in which we live have occurred and continue to occur. In connection with the deterioration of the environment, the emergence of new diseases, the increase in the incidence of diseases among the population, it is more important than ever to pay attention to our health. Every person's health is not only an individual value but also represents a social and societal value. The health of young people determines the quality of our future [3,4,6].

Purpose of the research. Determine the impact of environmental factors on the health status of young people.

Research methods. Literature analysis; systematic analysis. The term "human ecology" began to be used about 100 years ago. Since then, it has firmly established itself in scientific works, articles, and various discussions, gaining the status of an interdisciplinary science on people's interaction with living and non-living components of the environment [1,3].

The state of the environment is deteriorating every year. This is due to the constant growth of industry, urbanization, and the increase in the number of cars. Phenol, carbon monoxide, sulfur dioxide, and other toxic substances enter the atmosphere through factory pipes and with car exhaust gases. Modern ecology identifies several main environmental problems caused by the active development of industry:

- pollution of the environment by industrial waste;
- global warming and rising water levels in the World Ocean;
- mutations of viral strains, epidemics, cancer;
- extinction of animal species, deforestation;
- destruction of the ozone layer in the atmosphere;

- depletion of mineral resources [2].

Environmental problems today are considered as problems of human consciousness and its close connection with nature. It becomes clear that preventing and overcoming an ecological



disaster is impossible without changing the conscious attitude of man and youth, in particular, towards the environment, which, in turn, is the core of ecological consciousness. Considering ecological consciousness as a part of a holistic worldview, it is necessary to form its key attitudes, foundations, and orientations in the individual from an early age. Ecological consciousness will serve as a holistic system of young people's ideas about the world, about their place in the "human-nature" system.

Ecology plays a big role in the life of young people, it affects all spheres of life: nutrition, health, life, mood. It should be understood that with the deterioration of the environment, the quality of life decreases.

Let's consider the positive impact of ecology on human health. Places on the planet where the ecological situation is not subject to the destructive influence of industry are carefully preserved. Reserves, sanatoriums, and boarding houses are being built, where air baths and walks, beneficial for young people with respiratory diseases, are among the most in-demand health improvement measures, and the use of clean water is used in the prevention of internal organ diseases. Many years of observations show that the quality of life in ecologically clean areas is higher than in cities and near industrial enterprises.

Based on this, one can understand how ecology and youth health are interconnected. Next, let's consider the negative impact of ecology on the health

of young people. A young person's health and illness stem from the environment, primarily the social environment. Health cannot be considered as something independent, autonomous. It is the result of the influence of social and natural factors. The enormous pace of industrialization and urbanization, under certain conditions, can lead to a disruption of the ecological balance and the degradation of not only the environment but also the health of young people.

Urbanization, on the one hand, improves the living conditions of young people, and on the other hand, leads to the displacement of natural systems by artificial ones, environmental pollution, and an increase in chemical, physical, and mental stress that affects the human body. A large city changes almost all components of the natural environment: atmosphere, vegetation, soil, relief, hydrographic network, groundwater, and even climate. Cities change the Earth's electric, magnetic, and other physical fields. The city's impact on the ground extends to depths from 0.5 to 4 and even up to 8 thousand meters. Groundwater nutrition conditions and their chemical composition are changing. Physical conditions in large cities are worse than in small ones.

According to research conducted in England and the USA, large cities receive 15% less solar radiation, 10% more precipitation, 10% more cloudy days, 30% more fog in summer, and 100% more fog in winter [3].



The prevalence of many diseases, not just infectious ones, is noticeably higher in large cities. For example, in cities with a population of 1 million or more, lung cancer among young people is almost twice as common as in rural areas. Bronchitis is also more common in cities.

Growing cities and towns, newly constructed industrial complexes require more and more water. Modern hygiene standards and complex technological processes at industrial enterprises place increased demands on its quality.

Wastewater is traditionally discharged into rivers and reservoirs. Many natural water bodies are being polluted and depleted due to the complication of their composition and the increase in industrial wastewater. Cities pollute rivers and lakes, turning them into sewage. Atmospheric pollution, which can lead to cancer, poses a great danger to the younger generation. There is a significant increase (50 years) in the incidence of lung cancer among the urban young population. Among the male population of most countries, lung cancer is the most common neoplasm.

There is every reason to believe that the increase in the number of neoplasms largely depends on the constantly increasing pollution of the environment, which is the cause of at least 75% of all cancer cases.

It has been proven that the incidence of infectious diseases (excluding angina and influenza) among urban young people is more than twice as high as among rural youth. The concentration of

industrial enterprises in cities and the sharp increase in the number of cars on the streets, which leads to an increase in environmental pollution, pose a serious threat to the health of millions of young people.

The excessive nervousness of young people in large cities has led to an increase in the consumption of sleeping and calming agents. For example, in the United Kingdom, health authorities annually prescribe calming medications worth 25 million pounds sterling. This atmosphere is characteristic of the urban environment. On the one hand, this is a positive factor, as it contributes to the development of neurological and mental stability in the younger generation, maintaining professional and creative tone; on the other hand, when processing large volumes of information, the nervous system does not function at the level of previous adaptation. This leads to the formation of new dynamic stereotypes, which in some cases can lead to breakdown manifested in the form of neuroses and neurotic states [1-5].

Despite the growth in the pace of life of the urban population, paradoxically, there is a lack of motivation for regular motor activity, which contributes to the development of cardiovascular diseases [1,7,8].

Particular attention should be paid to the factors of the urban environment that already negatively affect the living conditions and health of young people.

Such negative factors include, first of all, the gradual increase in



environmental pollution by industrial emissions and waste, the lag in the development of sanitary and technical facilities and engineering equipment, the growth of the housing stock, and the increase in the level of urban noise. Noise in large cities reduces people's life expectancy. According to Austrian researchers, such a decrease in life expectancy ranges from 8 to 12 years. Excessive noise can lead to neurasthenia, mental depression, vegetative neurosis, stomach ulcers, endocrine and cardiovascular diseases. Noise interferes with the work and rest of young people and reduces labor productivity.

Conclusions.

1. The impact of ecology on the health of young people is undeniable. Ecology affects all spheres of life of the developing generation: nutrition, health, life, mood

2. Based on the data presented in the article and analysis of scientific literature,

it has been established that ecology can have both positive and negative impacts on health.

3. Young people are obliged to unconditionally adopt the principles of careful attitude towards the environment and to be guided by them permanently - only in this case will humanity be able to protect nature. That is why it is so important to educate young people about environmental protection from an early age. The fate of the planet largely depends on ecological culture. Over the years, the responsibility for nature conservation will fall on the shoulders of today's children.

Environmental protection organizations, in which young people are so often employed, representing public interest, actively call on society.

be more responsible, think about the possible consequences of unintentional use of resources and environmental pollution.

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