



Socio-Ecological Problems Of Human Health And The Environment

Khatira Sabirovna Kamalova

Associate Professor, Candidate Of Sociological Sciences, Karakalpak State University Named After Berdakh, Nukus, Uzbekistan

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ABSTRACT

This article examines socio-ecological issues and environmental problems, on the basis of which it will be necessary in the future to form a conceptual vision of the issues of organizing social monitoring, both in terms of this direction, and in general. The author also offers his own vision of the health problem from the point of view of the science of sociology.

KEYWORDS

Environmental problems, habitat, human-nature interaction, technosphere, sociosphere, historical development, progress, civilization.

INTRODUCTION

Humanity has entered the third millennium with a great burden of problems accumulated in previous centuries. The socio-economic contradictions of our time are closely

intertwined with problems affecting the very foundations of the existence of civilization. In this regard, the problems of the environment,

the air basin and oceans, and the depletion of natural resources stand out very sharply.

The problem of pollution of the human environment has been known since ancient times. For example, the edict (decree) of Charles VI of 1382 forbade the release of "smoke, nauseous and smelling bad." [4, P. 23] The philosophers of antiquity in a certain way touched the problem of interaction between man and nature, and this phenomenon in social science thought manifested itself in the views of Empedocles, Democritus, the Sophists, Socrates, Plato, Aristotle, Epicurus and others, many of whom were not only philosophers, but also doctors. [3]

According to the researchers, "harmony between man and nature prevailed in the agrarian-feudal society and began to break with the development of industrial society, scientific and technological culture. It is characterized by a gap between the technosphere and the sphere of human life - the sociosphere, between "community" and "society", "colonization of the system of the life sphere". The industrial system has become an independent part of society in which the world of industrial labor opposed the world of life as a whole". [10, P. 13-14]

Since the biological evolution of man gave rise to the social form of his life, man as an object of history and a member of the work collective has ceased to be a purely biological being. From that historical moment, he as an individual began to develop under the general influence of biological factors that arose in the process of evolution of man and his ancestors, and social factors that formed in the course of the historical development of society. As a result of human metabolism with nature, the individual has become a product of not only biological, but also social life, i.e. acquired a sociobiological nature.

MAIN PART

Human participation in the mutual exchange between animate and inanimate nature is qualitatively and quantitatively completely different from that of other animal species. There are three characteristic features inherent only in man and humanity in general in relation to the environment: scale, complexity and awareness of the actions performed. The ability of a person to change the environment so that it only serves to satisfy his needs is enormous. "In retrospect of biological evolution, it is interaction with the environment that has become the most significant aspect of human activity. Man made his habitat unrecognizable. For this he invented the most advanced tools and mechanisms. Technological progress has accelerated and has reached the form that we see now, when it can be stated that this process in some cases (like the bureaucracy) turns against its inventor with innumerable negative consequences". [12, P. 32]

The "man-nature" opposition is the result of the historical development and progress of civilization. But here it is necessary to say about the real reasons that explain the emergence of ecology as an interdisciplinary scientific discipline that synthesizes into a global picture individual information about the mutual connections of living and nonliving systems on the globe. As a result of scientific and technological progress, growing exponentially, mankind began not only to intensively exploit nature, but ultimately to transform it into an almost artificial environment, i.e. into an environment created by human hands. The most obvious example of this process is the large city. The next example is industrial complexes in places where previously there were only fields and rare villages. Another example is the intensive introduction of technology in agriculture, mainly in animal

husbandry. In places of rest, a person leaves such traces of his stay that sometimes these places very remotely resemble pristine nature. Thus, a person leaves in nature an irreplaceable imprint of his rationalistic activity, guided by the idea of mastering nature.

The current state of the considered socio-ecological problems is based on the achievements of scientific research in the field of ecology. Ecology is very different from other sciences, here we do not find a single basis, which in other sciences, like a powerful tree trunk, gives rise to more specialized areas of research, quite the opposite, many sciences: botany, zoology, climatology, physical geography, soil science, biochemistry, microbiology, applied mathematics, sociology, population geography, economics, which, as it were, form a mass of its roots, merging together, form a powerful foundation.

Ecology as a scientific discipline emerged quite recently, when the rates of scientific and technological development sharply increased, and man began to understand his closest connection with nature as a whole. The man realized that he cannot be the ruler of all living things and nature, that he is only a part of it, moreover, perhaps not even the most necessary one. [8, P. 13]

Ecology acts as a complex of information about the interconnection of everything with everything in natural science. First of all, it is an object (not only a branch) of human understanding and action and should objectively and as accurately and responsibly as possible reveal a person's attitude to the environment, show how the environment affects the formation of a person and, conversely, how a person shapes the environment. This fact is often forgotten. Ecology is the science of the processes of nature in the environment. With this understanding, nature is, as it were,

“objectified” in human thinking and detached itself from his being. But the opposite is also true, and we must characterize ecology as a social science discipline.

According to scientists, ecology is also “the science of the relationship of plant and animal organisms between themselves and with the environment. Its objects are populations of organisms, biological species, communities, ecosystems and the biosphere as a whole”. [6, P. 3]

Ecology as a science about the environment in a broad sense is often, and perhaps always, associated with the application of natural sciences in the study and solution of individual problems. But ecology is not only knowledge about the processes occurring in nature, it also has a humanitarian content, since it considers human interaction with the environment. The word "ecology" is used many times in discussions between professionals and non-professionals. Its etymology (from the Greek “oikos”) suggests that we are talking about a science that describes our home in the broadest sense of the word. This is due not only to care for our home, but also to the need for a deeper knowledge of the laws of its existence.

Sociology, as a science, considers the problems of society, social life and individuals, and cannot bypass the aforementioned issues of the surrounding reality that identify a person who develops in harmony with nature. Still, in the center of ecology is the person, the creator of this house, his positive and negative activities. In the usual sense of the word "ecology" this fact does not come to the fore. This term hides a multilayered, largely vague content, leading to the surrounding reality, existing as if without a person, to the processes taking place in nature. For example, very often it is said about the relationship between

individual ecosystems or about relationships within these ecosystems.

The rapid development of scientific and technological progress, having a significant impact on the way of life of people, has significantly intensified the relationship between society and nature. The sharp increase, both in scale and in the intensification of human actions on the biosphere, has contributed to an increase in the worldwide interest in ecology, in its methodological and applied aspects.

Under these conditions, the need for the development, research of methodological and socio-hygienic aspects of human ecology, a science that studies the relationship between people and nature, man and the biosphere in an inextricable connection with specific socio-economic and political conditions of life, increases even more. "Modern ecology is a complex interdisciplinary scientific and practical complex, affecting essentially all modern natural history sciences, all natural science and social production activities of people" [11, P. 155], and also I.T. Frolov noted: "Today it is an indisputable fact that, more and more intensively consuming natural resources with the help of colossally increasing in power technical means, mankind has immeasurably improved the conditions for the development of its civilization and its growth as a biological species *Homo sapiens*. However, it is also a fact that "by conquering nature, man to a large extent undermined the natural foundations of his own life, disrupted the interaction between society and nature, which is the essence of the ecological problem in its broad social and human meaning". [9, P. 7].

RESULTS AND DISCUSSIONS

In the process of a person's labor activity, his special socially conditioned natural and

biological qualities are clearly manifested, since a person is a part of nature socially transformed by labor, and his bodily life is largely determined by the laws of social and biological development. This implies the need for social and hygienic regulation of the sociobiological nature as an important factor in enhancing human activity in the context of the modern scientific and technological revolution. With the growth of industry, production and population of cities (urbanization), this problem boiled down to the fact that a person in the process of economic activity created waste and, due to imperfect technologies, did not put them into further circulation. The sharp increase in consumption and the increasingly widespread (in industrialized countries) habit of throwing away not only when they have served, but also for reasons of fashion, have led to a large formation of industrial waste and human activity. Among the latter, there are many mineral and organic substances that are not biodegradable - plastics, some pesticides, ceramics, stainless metals, radioactive isotopes, etc.

For the further development of human society, the vast resources of our planet are used - both renewable and non-renewable. It is impossible to imagine human activity without interaction with the environment, and therefore impact on nature without using natural resources. Getting everything necessary for life, humanity consumes energy, food, various materials.

Human interaction with nature naturally modifies it in a positive and negative way, positive anthropogenic changes in nature are necessary for human society: cities are being built, agriculture and industry are developing, landscapes are improving. However, unplanned and uncontrolled management of the economy, consumer attitude towards nature, the pursuit of super-profits, the manifestation of narrow-minded interests has

socio-economic roots inherent in this ecological crisis, based on violations of scientific principles of rational nature management.

Recently, special attention has been paid to an integrated approach to the interaction of society and nature, warning about an environmental crisis and an environmental disaster: "Environmental crisis" is a far from unambiguous concept. In biological terms, "this is the destruction of ecological systems, the extinction of living organisms, a decrease in the productivity of nature, as well as a deterioration in the living conditions of people. The direct cause of these processes is the ever-increasing pollution of the environment. The scientific and technical reason for the ecological crisis is the technology of modern production, a high degree of intensification of economic complexes". [14]

Many scientists, environmental specialists believe that negative environmental consequences are not an inevitable result of the development of society and scientific and technological progress, but are caused by errors in technical and environmental policies associated with insufficient consideration of environmental consequences and economic damage from anthropogenic impacts, insufficient level of technical development, and insufficient amount of funds allocated to address these problems.

The modern vision of environmental problems does not give grounds today to talk about a global environmental crisis, however, the presence of an extremely unfavorable environmental situation is stated, not only within individual regions, but also on a global scale. The most indicative examples in this regard are the growth in the concentration of carbon dioxide, nitrogen oxides, sulfur and other pollutants in the atmosphere.

Attempts to maximize the use of natural resources, not supported by sufficient knowledge of the capabilities of nature - the ability to reproduce resources and self-regulation - lead to serious environmental consequences of a negative nature. This reflects the specifics of the relationship between man and nature: "Man should not take on the functions of the biosphere, he should facilitate his work. Combining the efforts of man and nature can contribute to the formation of stable biogeocenoses in a human-changed environment. Stimulating the creation of biogeocenoses capable of self-regulation in human-changed conditions is the task for everyone who is interested in nature protection". [5, P. 3-8]

Today, mankind is well aware of the danger of possible negative consequences of human impact on nature, taking certain effective measures to regulate this interaction, but this requires knowledge in the field of ecology, natural laws and the possibilities of widespread application of this knowledge in all sectors of the national economy associated with interaction with nature.

The complexity, diversity and inconsistency of the environmental problem complicates the development of a common human strategy for environmental behavior, hinders the process of working out the most acceptable ways of developing modern society in the era of innovative technologies. Being a global problem, it affects the interests of the entire population of our planet, the interests of all modern states, and, finally, the interests of every person living on Earth.

Today, there are three main components of the environmental problem: a) biological; b) technical; c) socio-economic. There are, however, much more separate areas and aspects of environmental issues - these are

issues of economics, law, monitoring, environmental quality management.

Specialists emphasize the third - the socio-economic direction, since the complexity of this issue is determined by the objective ambiguity of the very process of interaction between society and nature, where the laws of the development of nature and society are intertwined, the "biological interests" of nature and the social requirements of society collide. This flexibility is associated with the nature of eco-social restructuring, with the further complication of the industrial system, as well as with greater individualization of lifestyles. For example, specialists who solve economic problems in the field of social ecology consider such important problems of our time as unemployment, payroll, modernization of enterprises, social policy, employment and others.

From the point of view of socioecology, for example, the cause of unemployment in the 1980-s is singled out in the not too fast process of modernization (old jobs are liquidated faster than new ones are created), but in the fact that modernization is too slow. Economically and environmentally obsolete production facilities are artificially maintained and innovation is delayed. This is in the interests not only of employers, but also of employees whose qualifications and careers are threatened by innovations.

An analysis of the existing literature on the program under consideration suggests the conclusion that the interaction of a person and the biosphere in modern conditions itself affects a person's capabilities in terms of the impact of changes in socio-ecological processes.

At present, the difficult problems of the economy and social development in themselves are closely intertwined with the problems of environmental pollution, climate

evolution, sustainable existence of ecosystems, depletion of natural resources, etc. In connection with environmental pollution and the increasing human impact on nature, ecology has acquired particular importance. These problems have become similar to the energy of natural origin in human life. In this regard, the issues of the general culture of a person, his environmental literacy, as the most important living conditions of a modern person and form the appropriate behavior, harmonize and heal people's lives, are actualized. It should be noted that, despite the increase in the flow of information, there is a low level of knowledge about health, about a healthy lifestyle, about methods of self-defense and self-correction. Often, knowledge about health is "contaminated" with abiological information, the search for a panacea for all diseases, an elixir of health.

Within the framework of the topic under discussion, the problem of the dependence of human health on environmental conditions is most actualized today. The consequences of pollution of the biosphere and the internal environment of the body are directly reflected in the increase in morbidity, changes in its structure and mortality. Today, every fourth inhabitant of the Earth suffers from allergies and autoimmune diseases. "Negative environmental (anthropogenic) factors act not only on ecosystems, but also contribute to a decrease in health reserves at the individual and population levels, an increase in psychophysiological and genetic stress, an increase in specific pathology and the emergence of new forms of environmental diseases, in some regions, an increase in depopulation phenomena. Various forms of peculiar nonspecific diseases have appeared, and some of them are manifested in the form of chronic over-fatigue of the human body, sheer vital apathy, or "living death". There is

reason to believe that these diseases have a common basis - a depleted nervous system and a weakened immune system of the body, which as urbanization, separation of a person from the natural world, loss of organic connection with it, loses its protective properties in the human race. [2, P. 4].

CONCLUSION

In connection with the above, we state that health, first of all, provides, maintains a certain level of vital activity (working capacity, biological and social activity) of a person in each specific period of life and creates a reserve for old age, when the nature of metabolic processes in the body changes, adaptability decreases and the perfection of regulatory mechanisms. In addition, when determining the essence of individual health, one cannot ignore the subjective sensations of a person in a particular state. "When characterizing health, they usually pay attention to its social aspects (work capacity, social activity); personal feelings (humanistic aspect) are not given due attention. In good health, a person, as a rule, feels comfortable, he does not "hear", does not feel his internal organs and other parts of the body. This is achieved with a certain harmonious functioning of the body within a specific structure. Such harmony is achieved if the organism, despite various external influences (sometimes extreme), maintains the constancy, stability of its internal environment (homeostasis). A person perceives such a state as comfort, freedom, freeing his attention from "bodily", "biological" for purely "human" affairs". [13, P. 18]

Thus, the concept of an individual's health includes, first of all, social, and not natural values. According to experts, health is not only the absence of disease, but also the body's

ability to quickly and timely adapt, adapt to the changed socio-psychological and natural-ecological environment and the performance of functions inherent in humans. Finally, health is characterized by active social and labor activities of a person, in which his physical and spiritual abilities are manifested. [7].

Even the great Ibn Sino in the "Canon of Medicine" studied in great detail the influence of climate, place of residence, food, as well as elements of the environment such as air, water, soil on human health. In his works devoted to the problem of maintaining health, there is a clear understanding that the life of the people, the existence of the state depends on the state of their health, the ability to preserve it. [1, C. 309]. And the regional specificity of health problems has always existed, because each region of the Earth has its own natural and climatic characteristics that determine the nature of health (morbidity) of the population.

In modern conditions, humanity can no longer develop without ecological orientation in all spheres of life. It becomes obvious that human health, as a biosphere, must be considered as a complex - as the health of a single organism, which depends on all its parts (exogenous and endogenous ecological environment, a complex of factors that cause environmental pollution). Therefore, health, as a condition for the freedom of activity of an individual, and freedom, as an expression of health, ultimately serve as a manifestation of the freedom of society as a whole.

Thus, the sociological aspect of the environment and health is the most relevant today. And it needs to be addressed, both at the global and local levels, since the sociological analysis of the aforementioned objects (socioecology, health, environment) makes it possible to say that they have signs of holistic systems - biosystems and social

systems, reveal a certain commonality property, its structure and functioning. This will make it possible to formulate general laws for the organization of these systems in order to develop social monitoring that monitors these processes.

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