



ECOLOGICAL THINKING AS A KEY DRIVER OF SUSTAINABLE DEVELOPMENT AND ENVIRONMENTAL STEWARDSHIP

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Article history:	Abstract:
<p>Received: 8th April 2026 Accepted: 7th May 2026</p>	<p>This article examines current issues in ecology and environmental protection. It analyzes the impact of human activity on nature, global environmental problems, and the role of each person in addressing them. It also discusses small but effective steps that can be taken in everyday life to create a more environmentally friendly planet. The article substantiates the need to foster environmental awareness, rational use of natural resources, and preserve a healthy environment for future generations.</p> <p>Mazkur maqolada ekologiya va atrof-muhitni muhofaza qilishning dolzarb masalalari yoritiladi. Inson faoliyatining tabiatga ta'siri, global ekologik muammolar hamda ularni bartaraf etishda har bir shaxsning o'rnini tahlil qilinadi. Shuningdek, yashil sayyora sari intilish yo'lida kundalik hayotda amalga oshirilishi mumkin bo'lgan kichik, ammo samarali qadamlar haqida fikr yuritiladi. Maqolada ekologik ongning shakllantirish, tabiiy resurslardan oqilona foydalanish va kelajak avlod uchun sog'lom muhitni saqlash zarurati asoslab beriladi.</p> <p>В данной статье рассматриваются актуальные вопросы экологии и охраны окружающей среды. Анализируется влияние человеческой деятельности на природу, глобальные экологические проблемы и роль каждого человека в их решении. Также обсуждаются небольшие, но эффективные шаги, которые можно предпринять в повседневной жизни для создания более экологичной планеты. В статье обосновывается необходимость формирования экологического сознания, рационального использования природных ресурсов и сохранения здоровой окружающей среды для будущих поколений.</p>

Keywords: Ecology, environment, green world, environmental problems, climate change, energy and resource conservation, waste, nature conservation

Ekologiya atrof-muhit, yashil olam, ekologik muammolar, iqlim o'zgarishi, energiya va resurslarni tejash, chiqindilar, tabiatni muhofaza qilish.

Экология, окружающая среда, зеленый мир, экологические проблемы, изменение климата, энерго и ресурсосбережение, отходы, охрана природы.

INTRODUCTION

Ecology and environmental protection are the sacred duty of humanity. One of the most important issues facing humanity today is ecology and environmental protection. Nature is a whole universe that encompasses the organic (living) and inorganic (non-living) world, nature is a holistic view of the organic and inorganic worlds, plant and animal worlds surrounding humanity with their extremely diverse forms and components. The concept of nature is used in a more broad and partly narrow sense. In a broad sense, nature is the entire objective existence, real reality, the world

in various manifestations. In a narrow sense, nature is an object that science, mainly natural sciences, studies. On April 30, 2026, while analyzing the "Measures in the Field of Nature Protection" the President of the country, Sh. Mirziyoyev, outlined his vision as one of today's greatest challenges. In particular, "In recent years, large-scale work has been carried out in our country to protect the environment, the rational use of natural resources, the introduction of 'green economy' principles, and the enhancement of ecological culture." At the same time, the rapid development of industry, construction, transport, and utilities requires strict control over factors affecting nature and further



strengthening compliance with environmental requirements. In scientific literature, two levels of nature are distinguished: primary and secondary. The first of these is nature, which exists independently of humanity, in a purely natural form; the second is natural goods created with human participation - soil, water bodies and canals, forests, crops and fruit orchards, settlements - cities, villages and others. It is well known that nature is an invaluable value for humanity. Nature is the field of birth, life, growth, and activity. Man lives, grows, and develops together with nature.

Factors related to nature also determine technical, economic, and ecological relations. This situation necessitates the coordination of people's attitudes toward nature and the environment. By introducing children to the animal world from an early age, instilling love in them and protecting animate and inanimate nature is a problem that should be studied as one of the primary elements of environmental education. Today, as times change rapidly, technology develops, and industry expands, attention to nature seems to be declining. In reality, man and nature are inextricably linked, and any damage caused to nature ultimately returns to man himself. Environment is the environment in which we live, the air we breathe, the water we drink, and the food we consume. Unfortunately, today problems such as air pollution, depletion of water resources, and soil contamination are becoming increasingly acute. In particular, the problem of plastic waste has become a serious global threat. They do not decompose for years, causing great damage to nature. Humanity not only influences nature but also depends on it directly. In particular, this direction has not been systematically studied, which indicates the relevance of the increased need of the state and society for a harmoniously developed personality. This problem must be solved in a step-by-step sequence by introducing preschool children to nature.

LITERATURE REVIEW

The issues of ecology, nature, and environmental protection are widely covered in scientific literature around the world. In particular, Rachel Carson's *Silent Spring* is one of the first important scientific works that brought environmental problems to the attention of the general public. This work reveals the negative impact on nature and human health, and has made a significant contribution to the formation of environmental consciousness. Naomi Klein's *This Changes Everything* also analyzes the relationship between climate change and the economic system. The author justifies the need for systemic changes to combat the ecological crisis. When we were introduced to the work of the Russian pedagogue K. D. Shinsky, "Man as an Object of

Education," the scientist said, "I have come to the conclusion in my own life experience that beautiful nature has such a great educational effect on a young soul that even the influence of pedagogy is powerless to compete with it." We know that a child, from the moment he is born, communicates with nature from his earliest years. Our great pedagogues emphasized this in their own time, calling it a gift of nature that provides spiritual nourishment for the child's all-round growth.

At the local level, the ideas of past thinkers are relied on. In particular, this topic is very vividly analyzed in the works of A.R. Beruni, Abu.Aili Ibn Sina, Farobi, Z.M. Bobur. Also, research and programs conducted by the Ministry of Ecology, Environmental Protection and Climate Change of the Republic of Uzbekistan are aimed at eliminating environmental problems in Uzbekistan, increasing the ecological culture of the population and preserving natural resources.

This problem led to the emergence of a number of laws and by-laws, such as the Resolution of the President of the Republic of Uzbekistan No. PQ-3956 dated October 3, 2018 "On additional measures to improve the state administration system in the field of ecology and environmental protection" on approving the Regulation on the State Committee of the Republic of Uzbekistan for Ecology and Environmental Protection.

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In general, the above literature covers environmental problems from different perspectives and shows that one of the important tasks facing humanity is to preserve nature and achieve sustainable development. At the same time, they scientifically substantiate the need for each person to take small but important ecological steps in everyday life. The environment is the environment in which we live, the air we breathe, the water we drink, and the food we eat. Unfortunately, today, problems such as air pollution, depletion of water resources, and soil contamination are becoming increasingly serious. In particular, the problem of plastic waste has become a serious threat on a global scale. They do not decompose for years, causing great harm to nature. To maintain an acceptable ecological state of the environment, protect ecological systems, natural complexes, and individual objects, and improve the ecological situation.

METHODS

Scientific articles on the topic, reports of international organizations and statistical data were studied. Through



this, ecological problems and their solutions were theoretically analyzed. The ecological behavior of people in everyday life (water consumption, waste disposal, energy use) was directly observed. A survey was conducted among respondents of different ages, and their level of ecological knowledge and practical actions were studied. Differences between ecologically active and passive groups, youth and adults, urban and rural residents were analyzed.

The concept of "Green World" refers to a global idea in ecology aimed at living in balance with nature, using resources rationally, and preserving a healthy environment for future generations. This concept often describes the ecologically stable, clean, and habitable state of the Earth. "Green World" means a planet where the environment is not polluted or where natural resources are used sparingly, where forests, water, and air are protected, where biodiversity is preserved. This concept is aimed at ensuring harmony between man and nature. The idea of "Green World" is related to the concept of sustainable development. This concept was put forward by the United Nations, which implies meeting the needs of the present generation without limiting the capabilities of future generations. Today, in Uzbekistan, the preservation and expansion of the green world has risen to the level of state policy, and large-scale work is being carried out within the framework of the national project "**Green Space**". At the initiative of the President, millions of tree seedlings are planted every year, with special attention being paid to ensuring ecological sustainability, adapting to climate change, and greening the regions.

Ecological problems . Ecological problems are understood as the disruption of the natural state of the environment, the loss of biological balance, and the threat to human health as a result of human activity or natural factors. Currently, technological development and population growth are accelerating these processes.

the main global environmental problems on a global scale, it is necessary to explain them to children in a simple and easy way, and it is advisable to use interesting game tasks for this. When conducting practical training for preschool and school-age children, didactic game exercises such as conversations, lively questions and answers, and acquaintance with nature are used.

Topics may include: *Climate change and global warming* : The increase in average temperatures on Earth due to increased greenhouse gases in the atmosphere.

Air pollution : The saturation of the air with toxic gases caused by industrial enterprises, vehicles, and the combustion of waste.

Depletion and pollution of water resources: The depletion of freshwater resources and the pollution of rivers and oceans by industrial and domestic waste. Deforestation: The depletion of the "Lungs of the Earth" due to the cutting down of trees for agricultural and construction purposes.

Biodiversity loss: The extinction of animal and plant species due to habitat destruction.

Ozone depletion: The depletion of the protective layer of the sun's harmful ultraviolet rays due to chemical agents. Waste problem: Inadequate recycling system for household and industrial waste, especially plastic materials.

Regional problems (for Central Asia): Introduction to information about natural phenomena. The most pressing problem for Uzbekistan and neighboring countries is the drying up of the Aral Sea, which leads to severe dust storms, soil salinization, and climate change in this region. Also, the reduction of green spaces in cities as a result of urbanization is one of the important problems. Ways to solve the problems: Renewable energy: Expanding the use of solar and wind energy. Waste recycling: Introducing "green technologies" and converting waste into secondary raw materials. Ecological culture: Conducting explanatory work on nature conservation among the population.

A little talk about climate change. Climate change is having an increasingly significant impact on the environment. In particular, heat waves and wildfires of various types are becoming more common in the country · Rising temperatures in the Arctic have caused the melting of permafrost . High temperatures are also causing severe storms, droughts, and other weather conditions. Rapid environmental changes in the mountains and the Arctic are forcing many species to migrate or become extinct. Even if efforts to minimize climate change are successful in the future, some of the impacts, such as ocean warming, ocean acidification, and sea level rise, will last for centuries · Climate change threatens people with extreme heat, flooding , food and water shortages, various diseases , and economic losses. Climate change is also being driven by human migration and conflict. The World Health Organization has called climate change one of the greatest threats to global health in the 21st century. Adapting to climate change through efforts such as flood control and planting drought-resistant crops can help reduce some of the risks. The poorest people are the least affected by climate change, but they are also the most affected .

Theoretical discussion on saving energy and resources short lecture. In an era where sustainability is no longer a choice but a necessity, the importance of conserving



energy and resources cannot be overstated. As the world grapples with dwindling resources and growing climate crises, conscientious efforts to protect the environment have become essential. It is in this context that the Ecological Certification Institute is gaining popularity by supporting the cause of sustainable consumption through its rigorous certification process. As we strive for a sustainable future, the role of the Ecological Certification Institute cannot be overstated. By setting high environmental performance standards, it encourages manufacturers to adopt greener production methods, thereby contributing to the conservation of precious resources. In addition, the institute's initiatives raise awareness among consumers, educating them about the environmental impact of their purchasing decisions. Conserving energy and resources is a collective effort that requires the participation of all stakeholders - individuals, corporations and institutions. The Environmental Certification Institute demonstrates this spirit of collaboration by leading our journey towards a greener planet. Through its commitment to sustainability, the institute not only inspires good business practices, but also empowers consumers to become agents of change in the global movement for environmental responsibility.

A conversation about waste and recycling. The modern world suffers from many problems. One of them is the relationship between society and nature. The environment is being severely polluted, the main cause of which is the highest being of nature - man. The number of people is increasing every year, and the amount of waste produced by industry is also increasing. England is considered the first country to approach the issue of waste recycling wisely. At the end of the 19th century, a plant was built to incinerate waste. In European countries, waste is sorted and then sent for recycling. Sweden leads the list of countries that successfully recycle waste (52% of the total). Next in line is Germany: there recycling is 48%. In Russia, this figure is not so high: only 25% of the total amount is recycled. Garbology is the science that studies waste recycling methods. Every second, more than three kilograms of "natural" waste that does not harm nature is generated on the planet. This includes eggshells, fruit peels, etc. Food waste makes up about 29% of the population's waste basket. The remaining 13% is occupied by glass, 11% by plastic, 4% by metal waste. And 18% by other types of waste.

Nature conservation. Nature protection is a set of all measures aimed at the rational use of nature and its resources, the conscious transformation of nature in the interests of man, the preservation and further enrichment of natural resources and nature in general,

its beauty and purity. The set of measures for nature protection includes measures taken by states, international organizations, public, scientific and technical, industrial, economic and administrative organizations, and each individual. Any living being interacts with the natural environment surrounding it, receives what it needs from it, adapts to this environment, and makes some changes to the composition of the environment, the circulation of matter and energy in it. The current composition and amount of gases in the Earth's atmosphere, some minerals, for example, limestone, The formation of coal , lignite , the formation and development of soil cover are the results of the vital activity of organisms. The interaction of the organic world with the natural environment changes as a result of the emergence of new species in the process of biological evolution, the increase or decrease in the number of competing species, and changes in the environment. Man uses natural conditions and resources for many purposes. This also requires appropriate protection of nature. These are: economic , health and hygiene , aesthetic (aesthetic) tourism, scientific and educational use. Purposeful use is understood as the use of natural resources for the benefit of the country or all of humanity. This implies operating in the interests of the present and future generations. Only a society that can plan its development in advance for a long time on a scientific basis and use it without changing the natural balance will achieve progress. It promotes knowledge about nature protection. Promoting knowledge about nature, its rational use and protection among the population, raising the geographical and ecological culture of the population is of great importance in nature protection. Courses on the protection of nature and its resources, geographical ecology are taught as special courses to students of natural science specialties of secondary specialized and higher educational institutions.

CONCLUSION

The concept of small steps towards a greener world is important in all aspects of continuing education. It is especially important in achieving ecological sustainability. Everyone can contribute to the preservation of nature by forming simple ecological habits and cultivating eco-consciousness. As a final conclusion about the Green World, it can be said that if we do not deeply understand the inextricable connection between man and nature, thoughts about the future will turn into a mirage. So, we define green nature not only as a source of life, but also as the basis of the human psyche and future. The article emphasized that preserving ecology, caring for trees and plants, and



protecting nature are the duties of every person. Let's all start today not to be indifferent to nature, keep the environment clean, and preserve a green world for future generations! After all, life is beautiful and sustainable only when humans live in harmony with nature.

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