

## ECO-LIFE: HOW TO SAVE ECOLOGY IN OUR DAILY LIFE?

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**Abstract:** *This article presents thoughts and opinions about eco-life, i.e. the current ecological situation and how to preserve ecology in our daily life.*

**Key words:** *Nature, ecology, society, resource, human, need, plant, ecosystem.*

When talking about nature and society, as the human mind, the ability to think logically, and thinking developed, it became possible to understand the essence of life in nature. This world is complex and mysterious, and living in this world is even more complex. It has been known for a long time that the life of every living soul and living organism is connected with the external environment. Already in antiquity, many philosophers in their works cited information about the existence of plants, animals and other living creatures, their lifestyle, soil and climatic conditions. Human needs are unlimited but our natural resources are limited, we have been ruthlessly using nature to meet our daily needs.

Nature is a unique complex system, and man and society are its derivatives. It exists and develops at the expense of nature. Man satisfies his needs at the expense of nature. It receives air, water, food, mineral and fuel raw materials from nature and exerts its influence on nature during its life activity. As a result, new objects alien to nature are created. These are: cities and villages, plants and factories, roads, mines, reservoirs, agricultural land, etc. Such anthropogenic landscapes, created by human intelligence and work, will not fail to show their influence on the surrounding natural environment. The rapid growth of the population on earth, the rapid development of science and technology, the uneven distribution of natural resources on the territory of the countries require the maximum possible use of the available natural resources and, in this way, the acceleration of the development of society. As a result, the laws of interaction between nature and man are violated. Violation of these laws will sooner or later lead to an ecological crisis.

Humanity has used natural resources throughout its history. As a result, minerals from the earth's crust are mined, water, plant, animal and land resources are actively used. In this case, harmful waste is released into the biosphere. This process causes a sharp deterioration of the environment. A strong negative change of the biosphere began to be felt only in the middle of



the 20th century. The issue of understanding the laws of the biosphere as a whole system remains relevant. The science of ecology deals with such issues. Environmental problems are becoming problems that can be solved on a universal scale in modern times. This is the result of the development of human society, the scientific and technological revolution and scientific and technological progress, industrialization, urbanization, the continuous growth of the demographic burden on nature, and the disruption of the natural world order.

Environmental protection is extremely important. In order to live, we need to preserve nature, manage natural resources wisely, and use them sparingly. In addition, today, in the situation where the reserve of many ecosystems on the globe is almost completely depleted and has reached an irreversible level, the population is growing rapidly, and the need for economic development is increasing day by day, environmental protection is considered a more urgent task than ever before. .

International environmental cooperation is of great importance in the protection of the natural environment, in which - international agreement on nature protection by all countries on earth - conclusion of agreements, conventions, development of international environmental standards and joint control of their compliance, global and a complex of large-scale measures, such as the joint solution of regional environmental problems, scientific research and holding of various international conferences is understood.

There is a measure of everything in the use of nature, even oxygen, which is necessary for humans, is good, because if it decreases, the amount of gases in the atmosphere will increase, if the amount of oxygen increases, the temperature of the earth's surface will rise to the maximum level, to put it simply so to speak, the earth turns into a microwave oven, and people suffer from climate change, many such examples can be cited. Today, the environmental problem has become a global problem. As a result of global warming, melting of Antarctic ice, increased floods, depletion of the ozone layer, many fires, depletion of drinking water supply, these problems are becoming more and more dangerous for mankind. We are still waiting for the solutions. We cannot just turn a blind eye to it. Of course, many scientists are trying to solve these problems. It is the duty of each of us to protect nature, it is the beauty that amazes people, and it is a miracle of nature that can truly amaze people.

Everything we have—electricity, the Internet, telephones, clothing, medicine, and other benefits of civilization—are all for the benefit of humanity. But there is another side of the coin - all these benefits do not appear from



nothing and do not disappear, everything leaves its mark. A huge problem for the ecology of the planet is the unimaginable waste produced by people, if you think about it, each person produces so much waste per day, urban landfills are spreading to more and more areas, waste fumes are acidic it causes rain, which harms plants and animals. Forests are the lungs of our planet - even children know this! How can you deprive yourself of the opportunity to breathe fresh air? It is necessary to plant trees and take care of them like children! Perhaps if each person realized his place in nature, if he understood that he is not the ruler of the planet Earth, but only a small part of it, then perhaps people would be more careful and try to save our common home. If possible, I told the whole world, "People! Protect the environment! Don't cut forests, save water! I would say don't pollute the air, worry about your future, take care of our common home. For thousands of years, people have drunk clean water and breathed clean air. But then the scientific and technical revolution began and the ecology began to deteriorate rapidly. The growth of cars also has a negative impact on nature. Most of them run on gasoline, which emits carbon dioxide, which is certainly the cause of global warming. All of the above anthropogenic factors have a negative impact on human health. In the city, there is a tendency of increase of ecologically related diseases, such as bronchial asthma, allergic rhinitis, diseases of the endocrine system, digestive organs, among both adults and children. Everywhere - in any part of the world, in any country, we face environmental problems, which differ from each other in terms of area, shape, and details.

There are a number of simple but effective measures we can take in our daily lives to conserve ecology and protect the environment. We can contribute to environmental sustainability by following these recommendations:

1. **Recycle and Reuse:** Focus on recycling materials such as paper, plastic, metal and glass. Also trying to repurpose used products.
2. **Energy saving:** Careful approach when using electrical appliances. For example, turning off light bulbs when you don't need them or choosing energy-efficient LED bulbs.
3. **Optimizing transportation:** Prefer using public transportation, walking, or cycling. If you need a car, plan to go with a few people on the way.
4. **Save water:** Keep faucets closed and minimize water consumption to avoid wasting water.
5. **Eat Local:** Reduce transportation costs and reduce your carbon footprint by buying food from local producers.
6. **Planting:** You can help improve air quality by planting trees and plants in your garden or around your home.



7. Avoid Chemicals: Use natural methods of food preservation and avoid chemical pesticides.

8. Education and training: Share what you know about ecology with others, try to educate children about the natural environment.

9. Choose eco-friendly products: Choose products that don't harm the environment or cause less harm to the environment — for example, products made from recycled materials or cosmetics made from natural ingredients.

10. Reduce daily waste: Avoid unnecessary packaging (such as plastic bags) and use reusable containers.

With these simple actions, each of us can do our part to maintain ecological balance!

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