
ECOLOGICAL CONDITION AND DEVELOPMENT PROBLEMS OF RECREATION ZONES OF FERGANA REGION

Akbarov Golibjon Alisherovich

Teacher of KSPI

[E.mail: akbarov.golibjon0009@gmail.com](mailto:akbarov.golibjon0009@gmail.com)

ABSTRACT

This article focuses on the ecological status of recreational areas in Fergana region and their changes, as well as the development of special measures to ensure environmental protection, reduce environmental impact, and the development of opportunities and potential of recreational areas in the future.

Keywords: *Landscape, cone spread, anthropogenic, erosion, infrastructure, arable lands.*

Introduction

Today, there are enough social and natural factors and opportunities for the development of recreation in the Fergana region. The only thing left for the development of recreation is the proper functioning of the relevant organizations and the financing of the industry.

Fergana region has a special place not only in Uzbekistan, but also in Central Asia in terms of opportunities and potential for recreation zones. The occurrence of landscape views from the plains to the mountain peaks and the formation of unique natural landscapes here represent the uniqueness of the nature of the region and always attract tourists. Examples are the Sokh and Shohimardon river valleys and the Yazyovan desert, which is a unique desert landscape. Climate and unique nature serve as a key factor in the formation of

recreation areas in the area, such as sanatoriums, recreation and health facilities.

One of the most important research topics in recreational geography is related to the ecology of recreational areas. Usually small areas have to receive a lot of tourists in a short period of time. They live here for a short time and have very active living conditions. In turn, this situation hinders the maintenance of the ecological situation in the region. At the same time, two conflicting issues are always relevant. First, the recreation, which meets today's level of demand, seeks to change nature in a realistic way on the basis of service requirements, and second, nature is protected from recreation (Zokirov A, 1997). It is important to pay attention to the consequences of using the natural environment for recreation. This is because, for some reason, the soil or vegetation of the area used may change and wildlife may become extinct.

The multiplicity of anthropogenic impact on the nature of Fergana region, along with the emergence of cultural landscapes, also causes landscape-ecological problems. These unpleasant environmental problems are specific to the climate, surface and groundwater, soil, flora and fauna, and the interaction of these natural components means that they affect all landscapes. By altering one or two components of nature during human economic activity, it affects all components, causing a disruption of its evolutionary state,

function, and balance. As a result, negative environmental processes can occur in landscapes, and the disappearance of desert vegetation leads to soil erosion. This, in turn, means that they must be properly organized in order to rationally use the "free" resources of nature (geographical location, heat, moisture, soil, flora and fauna). The fact that natural landscapes cannot be moved from one place to another indicates the need to use them only where they are located.

We can see a strong change in the ecological status of recreation areas in the region. For example, the landscapes of the conical distributions of the Shohimardon and Isfayram rivers and their ecological condition are the result of natural factors on the one hand and anthropogenic factors on the other. The natural landscapes of the area have been exposed to human economic activity for a long time. Currently, almost 70% of the area is covered by cultural landscapes.

The landscape of the hills has been widely studied scientifically and practically as an object of human economic activity, and in ancient times it was used in animal husbandry and arable farming. One of the peculiarities of the landscape of the hills is the fact that the area is located directly between the cities of Fergana, Margilan and Quvasoy. The area of Satqaq, Avval, Chimgan, Muyan, Arsif hills is characterized by a large number of zones such as treatment, seasonal recreation and sanatorium.

Along with the economic efficiency of the use of Adir landscapes, it is necessary to take into account the ecological principles of their development. This is because the hill area leads to secondary salinization due to intensive

washing of carbonate and gypsum salts and migration to the intermountain lowlands, along with washing of the soil surface layer due to irrigation (Zokirov A, 1997).

Due to the irrigation of the hills, the quality of spring water in the outflow zones of the Satkak intermountain lowlands has deteriorated (Shohimardonsay, Isfayramsay, etc.).

The impact of the ecological situation on human health in the recreation areas of the region has been increasing in recent years. Therefore, the study of the state of environmental health and its impact on the human body is an urgent problem. The role of available recreational resources in this process is invaluable. This network identifies opportunities for the restoration of human health and recreation based on the characteristics of natural factors. At a time when the ecological crisis is intensifying, in order to strengthen human health, it is planned to increase the number of sanatoriums, rest homes and boarding houses, children's camps, primarily at the expense of local recreational resources. In this regard, in the process of designing resorts, sanatoriums and camps, it is necessary to take into account not only measures to prevent environmental damage, but also the construction of sewerage networks and the impact of waste on groundwater and surface water. This is due to the fact that various household wastes and effluents from recreational facilities and recreation facilities on the slopes of the mountains fall into water bodies, which leads to the spread of various diseases.

Holidaymakers and tourists should have a basic knowledge of nature protection, not to harm nature, it is desirable to install slogans

and instructions in the spirit of ecology, to reflect the ecological law and codes in the recreation areas.

Tourists damage various medicinal plants, mountain fruits, flowering rare plants and animals on the mountain slopes under the pretext of recreation. With this, first nature suffers, then the forestry of the region suffers.

In addition, the political geography of the region also plays an important role in the number of visitors to the region. The study area borders the Kyrgyz Republic. At the same time, travelers to the Shahimardon and Sokh recreation areas must cross the Kyrgyz border in the enclave. In the border areas, there are problems with visas for local tourists or non-entry to Shohimardon and Sokh. If some of these conflicts were resolved by mutual agreements, international tourism would also develop well. Because many tourists from the Fergana Valley go to the resorts of Arslanbob, Jalal-Abad, Issyk-Kul in Kyrgyzstan for recreation (Mahmudov M, 2008).

Thus, when the natural environment is used for recreational purposes, land funds should be allocated and the number of people coming to these areas and their activities in these areas should be strictly controlled. Second, it is necessary to better protect the nature of recreational areas and organize recreation by tourism organizations. Third, local organizations and people in general need to be actively involved in the natural preservation of the landscape of recreational areas (Badalov U, 2007). Therefore, a certain part must be set aside for rest from the rarest areas. It is necessary to achieve the restoration of the natural state of the allocated area at a certain time. The study of its consequences

when natural landscapes are used for recreational purposes is a major challenge.

In order to ensure environmental protection and reduce the negative environmental impact, it is advisable to consider the following special measures:

- Widespread introduction of solar panels for water and electricity supply, sewerage, wastewater treatment and processing, heating for recreation areas, etc.;
- use of ecologically clean transport and road systems, creation of parks, beautification of territories in recreation zones;
- management and control of the flow of visitors to the places of interest, regulation of the placement of billboards and signs;
- Prohibit vacationers from cutting down trees in recreational areas and hiking trails, collecting rare plants, violating the natural behavior of wild animals, etc.;

To improve the current condition of recreation and treatment facilities, it is necessary to equip them with modern medical equipment and improve infrastructure services for vacationers.

References

1. Baratov P., Mamatqulov M., Rafiqov A. Natural geography of Central Asia. T: "Teacher" 2002
2. Ziyomukhamedov. B. Recreational geography and its problems (on the example of Uzbekistan).- T., 1983
3. .Zokirov AZ Medical resources and medical facilities of Uzbekistan.-T .: Abu Ali Ibn Sino.- 1997.-184 p.
4. Vahobov H, Yakubov O. Fundamentals of recreational geography.- Tashkent, 2008, -100 p.