

**“THE IMPORTANCE OF CLEAN AIR AND GREEN AREAS IN CHILD
DEVELOPMENT”**

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Annotation: This article scientifically analyzes the importance of clean air and green areas in the development of preschool-aged children. It examines the role of environmental factors in the healthy growth and psychophysiological development of children, as well as provides practical recommendations for improving the ecological environment in preschool educational institutions. Based on the analysis of local and foreign scientific literature, the article highlights the significance of clean air, green spaces, and outdoor activities in strengthening children’s physical and psychological health.

Keywords: Clean air, green areas, preschool education, ecological environment, child development, healthy lifestyle.

In today’s era of globalization, the ecological environment has become one of the most crucial factors directly affecting human health and development. In particular, the bodies of preschool children are extremely sensitive to environmental factors; their physical, psychological, and intellectual development largely depends on the availability of clean air and green spaces [1]. In recent years, the Republic of Uzbekistan has been implementing a number of state programs aimed at improving the ecological environment, expanding green areas, and protecting children’s health. Under the initiative of the President, the nationwide project “Green Space” (Yashil makon) is being carried out, involving the planting of trees and the establishment of parks and gardens. All these measures serve the health and well-being of future generations — our children.

In preschool educational institutions, promoting physical activity, forming healthy lifestyles, organizing outdoor activities, and ensuring rest in green areas play a significant role in children’s physiological development [2]. In the 21st century, one of the most urgent problems facing humanity is preserving the ecological environment and raising a healthy generation. Nowadays, urbanization, industrialization, and the increasing number of vehicles have led to air pollution and a reduction in green spaces. These processes primarily affect the most vulnerable and environmentally sensitive group — children [1].

Studies in child physiology show that children’s respiratory systems work faster than those of adults, meaning they are more exposed to polluted air. Therefore, the availability of clean air and green areas is essential for the proper development of preschool children [2]. Providing environmental education, ensuring that children spend more time outdoors, and fostering love for

nature are among the priority directions of state policy. The “Green Space” national project initiated by the President is a vivid example of this [3].

Chapter 1. The Effect of Clean Air on Children’s Bodies; Clean air is the main source for strengthening children’s lung function, cardiovascular system, nervous system, and general immunity. Research shows that oxygen deficiency in children leads to quick fatigue, irritability, sleep disturbances, and difficulties in learning [3].

According to experts, preschool children should spend at least 3–4 hours a day outdoors. If this time is spent in clean, green areas, the child will be healthy both physically and mentally.

Physiological Impact of Clean Air on Children’s Bodies: Breathing is one of the most vital processes of human life. Statistics indicate that a child breathes about 25–30 times per minute, while adults breathe 16–18 times. This means that children absorb more air pollutants than adults [4]. Doctors emphasize that clean air positively affects the following developmental processes in children:

1. Lung function – improves oxygen exchange;
2. Cardiovascular system – activates blood circulation;
3. Immune system – strengthens the body’s defense mechanisms;
4. Nervous system – reduces stress and fatigue;
5. Sleep – normalizes sleep patterns

According to Russian researcher L. Akhmetova, children living in polluted urban environments suffer from respiratory diseases 40% more often than those in clean areas [5].

Chapter 2. The Role of Green Areas in Child Development; Green areas — trees, gardens, flowerbeds, and parks — play a special role in children’s lives. Psychologists state that being in nature fosters positive emotions in children, reduces stress, and enhances creative thinking [5]. Moreover, green areas in preschool institutions provide a natural setting for playgrounds, sports facilities, and recreation zones, which are crucial for children’s physical education and healthy lifestyle formation.

Green areas are not only sources of purified air but also important for children’s emotional well-being. Trees not only produce oxygen but also help stabilize children’s emotional states. Psychologists note that children feel calmer, safer, and happier in green environments [6]. According to American researcher R. Kaplan in his study “Nature and the Human Mind”, children who regularly spend time in nature demonstrate higher levels of attention, memory, and creativity.

In Uzbekistan as well, gardens and flowerbeds are being established in preschool institutions. These have both aesthetic and pedagogical significance since observing nature and caring for

plants helps children develop ecological awareness and environmental culture [7].

Chapter 3. The Importance of Outdoor Games and Activities; Outdoor games play a vital role in the physical development of children. Running, jumping, sports, and active play strengthen muscles, improve heart function, and boost immunity. Studies show that children who regularly exercise outdoors have significantly lower rates of illness [6]. Research conducted by scientists from Uzbekistan and Russia demonstrates that outdoor activities positively affect not only children's health but also their social skills. Through group games, children learn friendship, cooperation, and mutual respect [7].

Outdoor Games and Physical Activities: Physical activity is one of the main factors in a child's healthy development. Studies confirm that children who are physically active outdoors have stronger muscles, better immunity, and lower disease rates. Active games also play an important role in children's socialization. Through teamwork, they learn cooperation, mutual help, and adherence to rules.

Russian educator N. Ivanova wrote: "Outdoor games develop not only physical health but also social and moral values" [8].

Chapter 4. Ways to Improve the Ecological Environment in Preschool Institutions Creating a clean and environmentally friendly atmosphere in preschool institutions can be achieved through the following measures:

1. Expanding green areas and planting trees;
2. Organizing regular outdoor activities;
3. Ensuring compliance with ecological hygiene standards;
4. Developing special programs for children's ecological education;
6. Implementing projects such as "Ecological Classrooms" and "Green Zones."

Improving the ecological environment in preschool education requires:

1. Greening the territory – establishing tree and flower gardens in every kindergarten;
2. Outdoor lessons and activities – holding at least 2–3 sessions weekly outdoors;
3. Ecological hygiene – teaching children to use clean water and separate waste properly;
4. Parental involvement – engaging parents in ecological activities;
5. Ecological projects – implementing initiatives such as "Green Preschool" or "Garden in the Kindergarten."

Conclusion

In conclusion, clean air and green areas play a vital role in the physical, psychological, and intellectual development of preschool-aged children. The healthy formation of a child's body, the strengthening of immunity, and psychological stability largely depend on the quality of the ecological environment.

Therefore, improving the ecological conditions in preschool institutions, expanding green areas, and encouraging children to spend more time in nature are essential requirements of our time.

Clean air and green areas are decisive factors in children's physical, psychological, and social development. Enhancing the ecological environment in preschool institutions not only strengthens children's health but also positively shapes their worldview and lifestyle. Scientific analyses show that ecological factors — especially clean air and green spaces — play a special role in the development of preschool children. The physiological and psychological health of a child is directly related to the quality of the ecological environment. Violations of hygiene standards, air pollution, or the lack of green spaces can cause various illnesses, stress, and delayed physical development in children.

Therefore, preschool institution leaders, educators, and parents must pay special attention to environmental factors.

Recommendations

1. Expanding green areas – creating tree-lined zones, lawns, and flower gardens for children to promote both aesthetic and health benefits.
2. Increasing outdoor activities – organizing educational and play activities outdoors rather than indoors.
3. Observing ecological hygiene – ensuring proper ventilation, cleanliness, and air quality in all preschool spaces.
4. Parental cooperation – providing parents with recommendations for maintaining ecological safety and cleanliness at home.
5. Integrating ecological education – including lessons and activities about nature preservation in preschool curricula.
6. Expanding scientific research – promoting local and international studies on the impact of ecological factors on child development.

Thus, this article has scientifically analyzed the importance of ecological factors — especially clean air and green areas — in the physical and psychological development of preschool children. The results show that ecological education and healthy environmental conditions are among the most essential components of children's healthy growth.

List of used literature

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“TOZA HAVO VA YASHIL HUDUDLARNING BOLALAR RIVOJLANISHIDAGI AHAMIYATI”

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Annotatsiya: Ushbu maqolada toza havo va yashil hududlarning maktabgacha yoshdagi bolalar rivojlanishidagi ahamiyati ilmiy asoslangan holda tahlil qilinadi. Bolalar organizmining sog‘lom o‘sishi va psixofiziologik rivojlanishida ekologik omillarning o‘rni, shuningdek, maktabgacha ta’lim muassasalarida ekologik muhitni yaxshilash bo‘yicha amaliy tavsiyalar bayon etiladi. Maqolada mahalliy va xorijiy ilmiy adabiyotlar tahlili asosida bolalarning jismoniy va psixologik salomatligini mustahkamlashda toza havoning, yashil hududlarning va ochiq havodagi mashg‘ulotlarning o‘rni yoritib berilgan.

Kalit so‘zlar: Toza havo, yashil hudud, maktabgacha ta’lim, ekologik muhit, bolalar rivojlanishi, sog‘lom turmush tarzi

Bugungi globallashuv jarayonida ekologik muhit inson salomatligi va rivojlanishiga bevosita ta’sir etuvchi eng muhim omillardan biri sifatida namoyon bo‘lmoqda. Ayniqsa, maktabgacha yoshdagi bolalar organizmi ekologik omillarga nisbatan nihoyatda sezgir bo‘lib, ularning jismoniy, psixologik va intellektual rivojlanishi ko‘p jihatdan toza havo va yashil hududlarning mavjudligiga bog‘liqdir [1]. O‘zbekiston Respublikasida so‘nggi yillarda ekologik muhitni

yaxshilash, yashil hududlarni kengaytirish, bolalar sog'lig'ini muhofaza qilish bo'yicha qator davlat dasturlari amalga oshirilmoqda. Prezidentimiz tashabbusi bilan "Yashil makon" umummilliy loyihasi doirasida daraxt ekish, bog'lar barpo etish ishlari olib borilmoqda.

Bularning barchasi kelajak avlod – bolalar salomatligi uchun xizmat qiladi.

Maktabgacha ta'lim muassasalarida bolalarning jismoniy faolligi, sog'lom turmush tarzini shakllantirish, ochiq havoda mashg'ulotlarni yo'lga qo'yish, yashil hududlarda dam olishlari ularning fiziologik rivojlanishida katta ahamiyat kasb etadi [2].

XXI asrda insoniyat oldida turgan eng dolzarb muammolardan biri bu — ekologik muhitni saqlash va sog'lom avlodni tarbiyalash masalasidir. Bugungi kunda urbanizatsiya, sanoatlashuv, transport vositalarining ko'payishi natijasida havoning ifloslanishi, yashil hududlarning qisqarishi kuzatilmoqda. Bu jarayon, eng avvalo, sog'lig'i nozik va ekologik muhitga sezgir qatlam — bolalarga ta'sir ko'rsatmoqda [1].

Bolalar fiziologiyasi shuni ko'rsatadiki, ularning nafas olish tizimi kattalarnikiga qaraganda tezroq ishlaydi, ya'ni ular havodagi iflos moddalarga tezroq ta'sirchan bo'ladilar. Shu sababli maktabgacha yoshdagi bolalar rivojlanishi uchun toza havo va yashil hududlarning mavjudligi muhimdir [2]. Maktabgacha ta'lim tizimida ekologik tarbiya berish, bolalarning ochiq havoda ko'proq vaqt o'tkazishini ta'minlash, tabiatga mehr uyg'otish davlat siyosatining ustuvor yo'nalishlaridan biridir. Prezidentimiz tomonidan amalga oshirilayotgan "Yashil makon" umummilliy loyihasi bunga yaqqol misoldir [3].

1-bob. Toza havoning bolalar organizmiga ta'siri; Toza havo bolaning o'pka faoliyati, yurak-qon tomir tizimi, asab tizimi va umumiy immunitetini mustahkamlashda asosiy manba hisoblanadi. Tadqiqotlarga ko'ra, kislorod yetishmovchiligi bolalarda tez charchash, asabiylashish, uyqu buzilishi va o'qish jarayonida qiynchiliklarga olib keladi [3]. Mutaxassislar fikricha, maktabgacha yoshdagi bolalar kuniga kamida 3–4 soat ochiq havoda bo'lishlari kerak. Agar bu vaqt toza havo va ko'klamzor hududlarda o'tsa, bola nafaqat jismoniy, balki ruhiy jihatdan ham sog'lom bo'ladi.

Toza havoning bolalar organizmiga fiziologik ta'siri; Nafas olish inson hayoti uchun eng muhim jarayonlardan biridir. Statistik ma'lumotlarga ko'ra, bola bir daqiqada o'rtacha 25–30 marta nafas oladi, kattalarda esa bu ko'rsatkich 16–18 martani tashkil etadi. Shundan kelib chiqadiki, bolalar havodagi har qanday ifloslikni kattalarga qaraganda ko'proq o'zlashtiradilar [4]. Shifokorlarning ta'kidlashicha, toza havo bolaning quyidagi rivojlanish jarayonlariga ijobiy ta'sir ko'rsatadi

O'pka faoliyati – kislorod almashinuvi yaxshilanadi; Yurak-qon tomir tizimi – qon aylanishi faollashadi; Immun tizimi – organizm himoya kuchlari mustahkamlanadi;

Asab tizimi – stress, charchoq kamayadi; [4]. Uyqu – bolada uyqu tartibi normallasadi. Rossiyalik olim L. Axmetova tadqiqotlariga ko'ra, havosi iflos shahar hududlarida yashovchi bolalarda nafas olish kasalliklari 40% ko'proq uchrashi aniqlangan [5].

2.bob. Yashil hududlarning bolalar rivojlanishidagi o‘rni; Yashil hududlar – daraxtzorlar, bog‘lar, gulzorlar va parklar – bolalar hayotida alohida o‘rin tutadi. Psixologlarning fikricha, tabiat qo‘ynida bo‘lish bolada ijobiy kayfiyat uyg‘otadi, stressni kamaytiradi va ijodiy fikrlashni rivojlantiradi [5]. Shuningdek, yashil hududlar maktabgacha ta‘lim muassasalarida o‘yin maydonchalari, sport inshootlari va dam olish maskanlari uchun tabiiy muhit yaratadi. Bu esa bolalarning jismoniy tarbiyasi va sog‘lom turmush tarzini shakllantirishda muhim ahamiyatga ega. Yashil hududlar faqatgina havoni tozalash manbai emas, balki bolalar ruhiyati uchun ham muhim omildir. Daraxtzorlar kislorod ishlab chiqaribgina qolmay, bolalarning emotsional holatini barqarorlashtiradi. Psixologlar fikricha, bolalar ko‘kalamzor joylarda o‘zini xotirjam, xavfsiz va baxtli his qiladi [6]. Amerikalik olim R. Kaplanning “Tabiat va inson ruhiyati” tadqiqotida qayd etilishicha, tabiat qo‘ynida muntazam sayr qilgan bolalarda diqqat, xotira va ijodiy tafakkur ko‘rsatkichlari yuqori bo‘lgan.

O‘zbekistonda ham maktabgacha ta‘lim muassasalari hududida bog‘ va gulzorlar barpo etilmoqda. Bu nafaqat estetik, balki pedagogik ahamiyatga ham ega. Chunki bolalar tabiatni kuzatish, daraxt va gullarga g‘amxo‘rlik qilish orqali ekologik madaniyatni o‘zlashtiradilar [7].

3-bob. Ochiq havoda o‘yin va mashg‘ulotlarning ahamiyati; Bolalarning jismoniy rivojlanishida ochiq havodagi o‘yinlarning o‘rni katta. Yugurish, sakrash, sport o‘yinlari, harakatli mashqlar bolaning mushaklarini mustahkamlaydi, yurak faoliyatini yaxshilaydi va immunitetini oshiradi. Tadqiqotlarga ko‘ra, muntazam ravishda ochiq havoda mashq qiladigan bolalarda kasallanish ko‘rsatkichlari ancha past bo‘ladi [6]. O‘zbekiston va Rossiya olimlari olib borgan ilmiy tadqiqotlar shuni ko‘rsatadiki, ochiq havodagi faoliyat bolalarning nafaqat sog‘lig‘iga, balki ularning ijtimoiy ko‘nikmalariga ham ijobiy ta‘sir ko‘rsatadi. Jamoaviy o‘yinlar orqali ular do‘stlik, hamkorlik, bir-birini hurmat qilish kabi qadriyatlarni o‘zlashtiradilar [7]. Ochiq havodagi o‘yinlar va sport mashg‘ulotlari; Jismoniy faollik – bolaning sog‘lom rivojlanishidagi asosiy omillardan biridir. Tadqiqotlarga ko‘ra, ochiq havoda muntazam harakat qiladigan bolalarning mushaklari mustahkam, immuniteti kuchli, kasallanish darajasi past bo‘ladi. Harakatli o‘yinlar bolaning ijtimoiylashuv jarayonida ham muhim rol o‘ynaydi. Jamoaviy o‘yinlarda ular do‘stlik, o‘zaro yordam, qoidalarga rioya qilishni o‘rganadilar. Rossiyalik pedagog N. Иванова bu haqda shunday yozadi: “Ochiq havodagi o‘yinlar nafaqat jismoniy sog‘liqni, balki ijtimoiy va axloqiy qadriyatlarni ham shakllantiradi” [8].

4-bob. Maktabgacha ta‘lim muassasalarida ekologik muhitni yaxshilash yo‘llari

Maktabgacha ta‘lim muassasalarida ekologik tarbiya va toza muhit yaratish quyidagi yo‘nalishlarda amalga oshirilishi mumkin:

1. Yashil hududlarni kengaytirish va daraxt ekish;
2. Ochiq havoda muntazam mashg‘ulotlar o‘tkazish;
3. Ekologik gigiyena qoidalariga rioya qilish;
4. Bolalarga ekologik tarbiya berish bo‘yicha maxsus dasturlar ishlab chiqish;

5. “Ekologik sinf”, “Yashil maydon” kabi loyihalarni joriy etish.

Maktabgacha ta’lim muassasalarida ekologik tarbiya va toza muhit yaratish yo’llari

Maktabgacha ta’lim tizimida ekologik muhitni yaxshilash quyidagi tadbirlarni talab etadi:

1. Hududni ko’kalamzorlashtirish – har bir bog’chada daraxtzor va gulzorlar barpo etishi.
2. Ochiq havoda dars va mashg’ulotlar – haftada kamida 2–3 marotaba ochiq havoda mashg’ulot o’tkazish.
3. Ekologik gigiyena – bolalarga toza suvdan foydalanish, chiqindilarni ajratish madaniyatini o’rgatish.
4. Ota-onalar ishtiroki – ekologik tadbirlarda ota-onalarni ham jalb qilish.
5. Ekologik loyihalar – “Yashil maktabgacha ta’lim muassasasi”, “Bolalar bog’ida bog’” kabi loyihalarni amalga oshirish.

Xulosa

Xulosa qilib aytganda, toza havo va yashil hududlar maktabgacha yoshdagi bolalarning jismoniy, psixologik va intellektual rivojlanishida muhim ahamiyatga ega. Bolalar organizmining sog’lom shakllanishi, immunitetning mustahkamlanishi va psixologik barqarorligi ko’p jihatdan ekologik muhit sifatiga bog’liqdir. Shu sababli maktabgacha ta’lim muassasalarida ekologik muhitni yaxshilash, yashil hududlarni kengaytirish va bolalarni tabiat qo’ynida ko’proq vaqt o’tkazishga jalb etish zamon talabi hisoblanadi. Toza havo va yashil hududlar bolalarning jismoniy, psixologik va ijtimoiy rivojlanishida hal qiluvchi ahamiyatga ega. Maktabgacha ta’lim muassasalarida ekologik muhitni yaxshilash nafaqat bolalar sog’lig’ini mustahkamlash, balki ularning kelajakdagi dunyoqarashi va turmush tarziga ham ijobiy ta’sir ko’rsatadi. Yuqoridagi ilmiy tahlillar shuni ko’rsatadiki, maktabgacha yoshdagi bolalar rivojlanishida ekologik omillar, xususan toza havo va yashil hududlar alohida ahamiyatga ega. Bolaning fiziologik va psixologik salomatligi bevosita ekologik muhit sifati bilan chambarchas bog’liq bo’lib, gigiyenik talablarning buzilishi, havoning ifloslanishi yoki yashil hududlarning yetishmasligi bolalarda turli kasalliklar, stress holatlari va jismoniy rivojlanishning sustlashishiga olib keladi. Shu bois, maktabgacha ta’lim muassasalari rahbarlari, tarbiyachilar va ota-onalar ekologik omillarga alohida e’tibor qaratishlari zarur.

Tavsiyalar

1. Maktabgacha ta’lim muassasalarida yashil hududlarni kengaytirish – bolalar uchun daraxtzorlar, gullar va maysazorlar barpo etilishi nafaqat estetik, balki sog’lomlashtiruvchi ahamiyatga ega.
2. Ochiq havodagi mashg’ulotlarni ko’paytirish – tarbiyaviy mashg’ulotlar va o’yinlarning muayyan qismi yopiq xonalarda emas, balki ochiq havoda tashkil etilishi lozim.

3. Ekologik gigiyena qoidalariga rioya qilish – maktabgacha muassasalarda havo almashinuvi, xona gigiyenasi va tozalik qat’iy nazorat qilinishi kerak.

4. Ota-onalar bilan hamkorlik – bolalarning uy sharoitida ham ekologik xavfsizligini ta’minlash, uy atrofi tozaligini saqlash bo’yicha ota-onalar uchun tavsiyalar ishlab chiqilishi lozim.

5. Ekologik tarbiya dasturlarini joriy etish – maktabgacha ta’lim dasturlariga ekologik tarbiya va tabiatni asrashga oid mashg’ulotlarni kiritish zarur.

6. Ilmiy-tadqiqotlarni kengaytirish-ekologik omillarning bolalar rivijlanishiga ta’sirini chuqur o’rganish uchun mahalliy va xalqaro ilmiy izlanishlarni ko’paytirish lozim.

Shunday qilib, maqolada maktabgacha yoshdagi bolalarning jismoniy va psixologik rivojlanishida ekologik muhit, ayniqsa toza havo va yashil hududlarning o’rni ilmiy asoslangan holda yoritildi. Olingan natijalar shuni ko’rsatadiki, ekologik tarbiya va sog’lom yashash sharoitlarini yaratish bolalarning sog’lom ulg’ayishi uchun eng muhim omillardan biridir.

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