



**THE INFLUENCE OF ENVIRONMENTAL FACTORS ON THE ORGANISM  
DEPENDING ON AGE**

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ABSTRACT	KEYWORDS
<p>This paper explores the complex relationships between environmental factors and age-related health outcomes by examining how different stages of life affect susceptibility to environmental risks. Factors such as environmental pollution, climate changeability and lifestyle choices can have a significant impact on the human body, which can have different effects depending on age. By analysing the correlation between environmental exposure and age-related changes in physiology and vulnerability to disease, this study aims to fully understand how individuals at different stages of life are exposed to the environment.</p>	<p>Nature, Environment, Diseases, Environmental Factors, H Arorat.</p>

**Introduction**

The human body is constantly in contact with and interacting with the environment. These interactions can have a profound impact on health and well-being throughout a lifetime. As humans go through different stages of life, i.e., from infancy to old age, they experience unique physiological changes that can alter the response of the environment to stressors. Understanding the interaction of environmental factors with the aging process is critical to developing targeted interventions to reduce health risks and promote healthy aging.

**BASIC SECTION**

Environmental factors play a crucial role in shaping human health and well-being in all age groups. From embryonic development to old age, people are in constant contact with the environment, which can have a serious impact on their physical and mental health. In this paper, we will explore how environmental factors affect the human body at different stages of life.

During infancy and childhood, people are particularly vulnerable to environmental factors due to their developing bodies and immune systems. Air and water pollutants also affect the human body. It can lead to the occurrence or development of respiratory problems, delayed body development and other health problems. In addition, increased noise can affect young children's sleep patterns and cognitive

development. Early exposure to nature, by contrast, is associated with improved cognitive function and emotional well-being in this age group. The human body, especially during adolescence, becomes influencing environmental factors, provoking the occurrence of allergic or other diseases.

Adolescence is an important period of growth and development, during which people experience rapid physical, cognitive, and emotional changes. Environmental factors such as access to green spaces, quality nutrition, and exposure to sunlight can have a significant impact on teens' health and well-being. Lack of physical activity, negative environmental factors, social stressors contribute to a variety of health problems, including obesity, respiratory problems, and mental health disorders.

As people reach puberty, environmental factors continue to play an important role in their overall health. Conditions in the workplace, air quality, nutrition, and access to health care can all affect adult health outcomes. Continued exposure to environmental toxins and pollutants can increase the risk of chronic diseases such as cardiovascular disease, cancer, and respiratory disease. In addition, work-related stress and unhealthy work-life balance can have a negative impact on mental health in adults.

In old age, people can experience a decline in physical and cognitive function, making them more susceptible to the influence of environmental factors. Poor air quality, extreme temperatures, and social isolation can worsen the health of older people. Lack of access to health care and limited mobility can further complicate their ability to cope with environmental challenges. On the other hand, social support, physical activity, and a healthy diet can help older people maintain their health and independence despite environmental factors.

## **LITERATURE REVIEW AND METHODOLOGY**

This study takes a multidisciplinary approach that combines findings from environmental sciences, physiology, gerontology, and epidemiology. Data collection methods include literature reviews, case studies, and statistical analyses to examine the effects of environmental factors on specific age groups. By synthesizing data from a variety of sources, this study aims to elucidate the complex mechanisms underlying age-related responses to environmental stressors.

A factor that slows down the vital activity of the body is called a limiting factor. One of the factors that affect organisms can be a limiting factor. Factors such as lack or excess of moisture, multiplication in the environment of various chemical toxic i.e. toxic factors can be a limiting factor adversely affecting the organism, In nature, factors affect living organisms individually or collectively. When classifying factors, it is necessary to distinguish them according to the source of origin, not their different effects. The factor has a direct impact on the body. But historical, geographical factors do not directly affect living organisms. Such a characteristic are such factors as the absolute height of a place above sea level, the slope of the mountaineers, the depth of the angular body of water. They do not directly affect living organisms, but indirectly, but reflect the nature of the effect of other factors, such as temperature, pressure, etc.

The factor is some part of the environment that directly affects living organisms. Factors can be divided into groups such as influencing and for living conditions. The body's sensitivity to various toxic substances in the air is different. Obviously, humans clean the air to a certain extent and cause damage to a certain extent. Even the slightest damage to the air as an environmental factor has a great impact on organisms.

And the gas balance of the atmosphere is very important for the geographic crust. Categories: The development of life on Earth largely depends on the specific gas content of the atmosphere. On the

other hand, the composition of atmospheric gases itself is also dependent on life. For example, the free oxygen in the air is almost entirely a product of green plants. Meanwhile, the decline in vegetation and environmental pollution significantly slows down this process.

Currently, the amount of SO<sub>2</sub> and harmful gaseous, dusty mixtures in the atmosphere is to some extent determined by human activity. While human modification of the composition of atmospheric gases is generally of a local nature, the process is becoming more and more widespread.

Maintaining the balance of CO<sub>2</sub> with oxygen, the main components of the atmosphere, at the same time is a difficult problem. It is true that the relationship of these gases in the atmosphere has not been stable in the geological past. Significant fluctuations were taking place in their balance even before man appeared. Scientists estimate that until life appeared on Earth, that is, 3-3.5 billion years ago. It is believed that a year ago, there was 100-200 times less oxygen in the air than it is now, and much more carbon dioxide.

The emergence of organic life, the emergence and intensification of the process of photosynthesis led to an increase in oxygen in the atmosphere and a decrease in carbon dioxide. In the composition of the atmosphere average for life, as Academician V.I. Vernadsky points out, a very important role was played by living organisms. However, in the last 100 years, human economic activities have caused an increase in CO<sub>2</sub> gas, O<sub>2</sub>, by making changes that are inverse to the natural process of development of the atmosphere. For example, in the process of current development, the amount of CO<sub>2</sub>, gas, and dust in the atmosphere increases much faster due to the massive burning of fuels (coal, oil, gas). By some estimates, over the next half-century, 300 billion tons of water would be released into the Earth's atmosphere as a result of the use of different fuels. t CO<sub>2</sub>, which is decomposed, that is, its amount has increased almost 124 times. Fires also greatly affect an increase in CO<sub>2</sub>.

Currently, about 14 billion barrels per year are released into the atmosphere. t CO<sub>2</sub> is being added. According to the calculations of a special commission of the American Chemical Society, the amount of CO<sub>2</sub> in the atmosphere in subsequent years is noted by 10 to 15 times compared to 20 years ago. The process of photosynthesis and the gas exchange between the atmosphere and the ocean play a major role in regulating the amount of CO<sub>2</sub> in the atmosphere, as an important natural factor. Shrinking forest area, oil pollution of cold and hot areas of the ocean create severe environmental conditions.

## Results and Discussions

The results of this study will help us understand how environmental factors regulate age-related changes in human health. By identifying vulnerable populations in different age groups and identifying the specific environmental impacts that pose the greatest risk, policymakers and health officials can develop targeted interventions to protect people at all stages of life. In addition, this study will inform future research on the interactions between environmental factors and aging, paving the way for more tailored approaches to health care and disease prevention.

## Conclusion

In conclusion, this paper attempts to illuminate the dynamic relationship between environmental factors and age-related changes in human health. By recognizing the differential effects of environmental influences on people of different ages, we can implement strategies to promote healthy aging and improve overall well-being. Ultimately, this study aims to inform public health policies and interventions that address the unique vulnerabilities of different age groups to environmental hazards.

Also, environmental factors have a significant impact on human health in all age groups. Understanding how these factors affect the body at different stages of life is critical to developing effective measures and policies to ensure health and well-being throughout life. By addressing environmental challenges and creating a supportive environment, we can ensure a healthier future for individuals of all ages.

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