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METHODOLOGICAL JOURNAL**<http://mentaljournal-jspu.uz/index.php/mesmj/index>**ECO TOURISM IN UZBEKISTAN: NEW DIRECTIONS AND THEIR  
PROSPECTS****Turgun Xoldorov**

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*E-mail: [xoldorov7777@gmail.com](mailto:xoldorov7777@gmail.com)***ABOUT ARTICLE**

**Key words:** ecological tourism, tourists, natural balance, ecological trips, socio-educational aspects, students-young people

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**Abstract:** Demands for travel are drastically different from tourism in previous eras. These, in turn, reveal new directions and forms of tourism development in the Republic. Issues of further development of such processes are in the center of attention of the government of the Republic. The development of ecotourism is gaining special importance in further development of science, enlightenment and culture in our country, as well as in such important areas as nature protection, preservation of rare plants and animals, preservation of biodiversity. The article covers these issues in detail.

**INTRODUCTION**

Today, ecological tourism is developing widely in Uzbekistan. Many people are surprised by the uniqueness of the nature of our country. Here, at the same time, you can find endless deserts, high snow-capped mountains, valleys and oases, and unique beauty of rivers with abundant water. Geographical and natural conditions in our country are very favorable for the development of ecological tourism.

Uzbekistan has rich tourist and ecotourism opportunities. This opinion is also confirmed by the fact that more than four thousand material and spiritual monuments existing in our country have been included in the UNESCO list as unique examples of world heritage. Especially for foreign tourists, the rich historical heritage, architecture, archeological and monumental monuments of our country, tourism types such as trips to the heart of nature, including mountain climbing, agrotourism are very interesting.

Today, in our republic, preserving mother nature, natural balance has become a national and national movement. It is widely used to educate the young generation in the spirit of patriotism and love for mother nature. Ecological trips are an important part of the physical education of young people and their health.

### **MATERIALS AND METHODS**

Wider distribution of health, recreation and entertainment activities for all segments of the population, with a great emphasis on the purposeful organization of excursions. Wide use of all types and forms of travel is planned for educating the great future generations, improving their spiritual and physical maturity.

"Uzbekturism" company was established in the Republic in order to organize and organize such comprehensive socio-educational aspects (1995).

It should be noted that the following duties are assigned to him:

1. Providing cultural recreation and travel for the population.
2. Creating conditions for the population to go on trips to the cities where the ancient great silk road passed.
3. Organization of trips to visit mausoleums, memorials and places dedicated to the memory of great scholars.
4. Ensuring that students-young people can learn about historical monuments through trips, go for a walk and relax.
5. Pay special attention to the development of international tourism, traveling to foreign countries, and increasing the number of travelers from abroad.
6. To introduce wide use of travel arrangements for trade, cooperation and other purposes.
7. Expanding cultural tourism services, attracting young people to them and accelerating the training of specialist personnel, etc.

It should be noted that the requirements for travel in the conditions of independence differ sharply from tourism in previous periods. These, in turn, reveal new directions and forms of tourism development in the Republic. Issues of further development of such processes are in the center of attention of the government of the Republic. The development of ecotourism in our country is gaining special importance in the further development of science, enlightenment and culture, as well as in such important areas as nature protection, preservation of rare plants and animals, preservation of biodiversity. Creating new jobs, increasing employment, living standards and well-being of the population, and increasing the social effectiveness of economic reforms, the wide introduction of ecotourism in the regions is bound to give positive results.

It is known that in 2011, the service sector in our country developed rapidly, and its share in the gross domestic product was 50.5% instead of 37% in 2000.

However, the share of the tourism industry in this figure is still low. As one of the solutions to this problem, we can see the further development of ecological tourism in our country, where labor resources are increasing.

The majority of the working-age population in the republic lives in villages. The rapid growth of labor resources in rural areas and their abundance relative to jobs has a negative impact on the labor processes of the population in the rural labor market. This shows that rural areas have great potential for small business and private entrepreneurship, services, and tourism development. It is effective to redistribute the surplus unemployed labor force in rural areas to an attractive type of tourism such as eco-tourism.

In this sense, Uzbekistan has not only world-famous ancient cities such as Samarkand, Bukhara, Khiva, Termiz, Tashkent and Shahrisabz, which attract a large number of foreign tourists, historical monuments, but also unique beautiful nature, diverse and rare plants, animal world, there are also rare and world-important archaeological finds, paleontological remains, more than 800 natural monuments. The territory of our country is divided into XIV ecotourism region. Each ecotourism region can be considered as an ecotourism zone. They include Ustyurt, Arol and Arolboyi, Amudarya, Kyzylkum, Nurota, Zarafshan, Aydarkol, Syrdaryo, Chirchik-Ohangaron, Fergana, Turkestan, Kashkadarya, Hisar, Surkhandarya ecotourism regions.

Especially our republics such as Zomin, Bakhmal, Farish (Jizzakh region), Chortoq (Namangan region), Nurota (Navoi region), Kitab, Shahrisabz (Kashkadarya region), Urgut (Samarkand region), Boysun (Surkhandarya region), Bostanliq (Tashkent region) districts have rich ecotourism potential. In these districts of our republic, there are sufficient conditions for the development of travel to mountain areas, as well as sports, ecotourism and recreation. Another unique feature of Uzbekistan's ecotourism potential is that our country has all types of natural relief, such as mountains, plains, deserts, hills, and steppes. At this point, it is worth mentioning that it is appropriate to build ecotourism complexes based on the internal capabilities of regions with such ecotourism potential, specific socio-economic development, formed infrastructure and investment characteristics. It is worth noting that such works have been initiated in some of the districts named above. For example, in Chortoq and Zomin districts, on the basis of special programs, measures are being taken to increase the tourist potential, and enough experience has been gathered in this regard.

In addition, Uzbekistan is located in the middle of the Central Asian region, in a transport-geographic area that is favorable for the development of ecotourism. Uzbekistan is connected by various modern transport and transport-communication communication routes, and is at the forefront of the world in terms of its international tourism potential. In addition, there are 9 state reserves, 2 national parks, 1 eco-center of the Republic engaged in the breeding of rare species of animals, and 9 state order centers in the protected natural areas of our country. The total area of protected natural

areas is 20,520 km<sup>2</sup> or 5.2% of the territory of Uzbekistan. Also, 121 of the more than 300 recreationally important healing mineral waters in our republic are being used to restore public health.

In short, we believe that it is necessary to pay attention to the following in the development of areas with ecotourism potential:

- ◆ development of special local programs for the development of ecological tourism in districts considered promising in the field and continuous monitoring of the implementation of program parameters in the manner of public control;

- ◆ active attraction of foreign investments for the construction and modernization of tourist infrastructure facilities;

- ◆ wide implementation of innovative technologies in the activities of travel agencies specializing in ecological tourism; in order to ensure the quality of service in line with international standards, directing funds from additional financial sources to the same goal (including loans from international financial institutions).

Also, there are many unused opportunities for the development of ecological tourism in our country. In particular, it is necessary to identify the problems hindering the development of the industry, to solve them through legislation, that is, to improve the legal basis for supporting and encouraging business entities operating in the same industry. As it was mentioned above, based on the specific natural-climatic conditions, geographical features and economic opportunities of the regions, it is undoubtedly justified to make investments to expand the scope of infrastructure facilities.

Increasing attention to the development of the tourism sector is one of the main conditions for ensuring economic stability in our country. This sector is gaining priority not only in ensuring the growth of our economy, but also in matters of urgent social importance, including ensuring employment of the population by creating new jobs and increasing their income. In the conditions of deepening the modernization of the economy, the development of eco-tourism is especially important.

Carrying out physical and military-sports training of VII-IX graders of general secondary schools in the process of ecological trips, educating them in a physical and military-patriotic spirit is the basis of combat training of soldiers serving in the Armed Forces of our Republic. physical training classes and extracurricular activities in secondary general education schools, as well as physical and military-sports training during ecological trips, serve as an important practical stage. The length of military service and the reduction of the number of military personnel put higher demands on the physical and military-sports training of high school students who are preparing for military service. requires a new organization. The types of military service created strong competition among young people who wanted to serve in the army. Because today's military servicemen are young people who are fully prepared for military service not only physically, but also intellectually, morally,

ideologically, politically and technically. On the one hand, this gives positive results, but on the other hand, it has a negative effect on the physical and military-sports training of young people who did not go to the army service, could not go, and were involved in reserve mobilization.

Although physical education has been used for different purposes in different societies, in our years of independence, common goals have been set, such as creating a healthy generation, forming a well-rounded person, preparing for productive work and defense of the Motherland. This corresponds to the general principles of the system of physical culture, such as health-giving, comprehensive development of the individual, connection with work and defense practice. It cannot be denied that the research conducted on the theory and methodology of physical education was conducted in accordance with these three basic and general principles. Our nation has a rich historical heritage in preparing the growing young generation for the defense of the Motherland and military service. We can know this from the history of our nation, which gave birth to such patriotic generals and national heroes as Spitamen, Shiroq, Tomaris, Mahmud Turobi, Muqanna, Jalollidin Manguberdi, Temurmaliq, Amir Temur, Babir. Military lyceums and military special schools were established during the years of independence. "Shunqorlar" military sports competitions are held regularly. Many textbooks, training manuals, practical recommendations have been published. The works of R.A.Aitov, R.M.Aitov, H.Joraev, M.Ahmedov, T.Muhiddinov, N.Hamroev and other authors can be cited as an example. It can be said that the work of these authors was conducted with students of academic lyceums and vocational colleges. Currently, there is no source and no normative document to ensure the preparation of high school students for military or military service. They are provided in the adopted laws and decisions, state educational standards, and partly in science programs on theoretical and general grounds. It is required to solve the problems related to physical and military-sports training of high school students through research. Because it is during the school period that a firm foundation is laid for the education of a person in all aspects, especially intellectual, moral, physical, military-patriotic and sports, and this is of decisive importance during their later life.

In this period, it is necessary to develop and use scientifically proven and organized training standards to improve the physical and military-sports training of students. These are implemented by developing a series of new physical education classes, military sports competitions and other events for high school students, aimed at preparing for military service. The results of military personnel's physical development, physical and military-sports preparation serve as a model for exercises and competitions. Deliberately militarized, difficult-extreme situations are organized, students' qualities necessary for military service are tested, wrestling, hand-to-hand combat and unarmed self-defense tools are used in a pedagogical direction, and students' physical education and sports training are prepared for military service. the essence of the new functions related to In addition, in connection

with preparation for military service, the qualifications and skills of independent sports and physical education are formed in high school students.

Trips, especially trips for ecological purposes, serve as the main tool for high school students to love the Motherland, to be always ready for its protection. The reason is that no matter how much information we give to the students about the Motherland and its borders, no matter how much we hold events, if the students do not see the borders of the Motherland, walk through its green valleys, hills, and see its sky-high mountains, they will not develop patriotism at the necessary level. It is known from school experiences that at the end of the academic year, every class of general education schools, especially rural schools, organizes trips in agreement with the school leaders and the head of the class. But in most cases, these trips are unorganized, unplanned, and the main goal is not defined. Physical education teachers can participate in the planning of these trips, take into account the content of the trips, the age characteristics of the students, hold various competitions related to the places of the trip, use military action games, and other physical exercises of military-practical significance. enriches the content of trips and makes a great contribution to educating students in a physical and military-patriotic spirit.

Physical exercises, as well as ecological trips, other science-based sports and wellness activities have a positive effect on the formation of physical culture of students, they encourage students to plan their physical activity, to change their body and its functions. brings

### **CONCLUSION**

Ecological trips increase the physical activity of female students and adapt their bodies to active physical exercise. Active participation in ecological trips or physical exercises helps female students not only to their body functions, but also to their mental-psychological, mental-ethical and socially active personality.

The above factors are unique, and they have a positive effect on the physical activity of female students and, through it, on the physical culture of male students. determining the specific motives of strict and full formation, developing the standards and criteria of the content, means and forms of physical culture of female students on an experimental and scientific-theoretical basis, and putting them into practice are considered to be the most urgent tasks of today.

No matter how great the modern conditions, opportunities and privileges created in our republic for the formation of a well-rounded person, if the person is not active in using them, it is difficult to achieve the expected final results. It is important for students to achieve a healthy lifestyle and maturity through self-physical development, that is, being physically active in eco-travel, a purposeful and beneficial approach to their physical activity and physical culture, subjective development and self-improvement . Also, through ecological trips, turning physical activity into a component of personal life and professional-oriented scientific and creative activities, acquiring the skills of



independent work, being continuously physically active, developing a personal, active worldview, creative it is also necessary to selectively influence and stimulate the motives that create abilities. Together, as a whole, the result and continuous self-activity and physical improvement, together with nature conservation, love for the homeland, develop.

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