

LIVING STANDARDS OF THE POPULATION LIVING IN THE SOUTHERN ARAL SEA REGION (USING THE EXAMPLE OF MUYNAK DISTRICT)

<https://doi.org/10.5281/zenodo.10637064>

Authors: Salomova F.I., Abdirova A.M., Sadirova M.K.

Annotation

This article presents the results of a survey of the population of the republic, namely the population of the Muynak region, on the basis of which conclusions are drawn about the state of supply of drinking water to the population and the quality of life of the population as a whole, and possible ways to solve the problem are also outlined.

Key words

quality of life, respondent, chronic diseases, population, Muynak district, survey.

Introduction: Today, when people are already well aware of the importance of preserving nature and the balance between the natural and technological spheres, questions still remain related to the consequences of the irresponsible use of natural resources. One of these issues is the drying up of the Aral Sea.

After the Aral Sea level began to decline, which began in the 60s, the quality of life of the population of the Republic of Karakalpakstan began to deteriorate exponentially. Due to the drying up of the Aral Sea, the climatic conditions of the region have changed greatly.

The sharply continental nature of the climate, further intensifying, caused a reduction in frost-free days. The hot days of summer and cold days of winter have become two to three degrees (Celsius) higher than previous years. In addition, frosts in the early spring periods of the year have become a common occurrence, not to mention the fact that spring can sometimes be very protracted. All this had a very adverse effect on the normal ripening of the main types of products: cotton, rice and other agricultural crops. Two drought years (2000, 2002) had a particularly disastrous effect on the life and activities of the 347 Karakalpak people. A certain part of the population was even forced to leave their homes. "So in 1990-2002, 273.1 thousand people or 20% of the population changed their place of residence, including 84.3 thousand people who left the republic." [1,7]

As a result of pollution of atmospheric air, soil, and water, various types of diseases arise, including respiratory, autoimmune, and often cardiovascular diseases, often leading to death. One of the other consequences is seasonally

recurrent chronic diseases, these include: bronchial asthma, allergies of various parts of the respiratory system, anemia, tuberculosis. And, as is already known, chronic diseases affect not only the diseased organ, but also the entire body as a whole, causing great damage to a person.

To date, a significant part of the population of the republic is still not provided with water of appropriate quality and in full. This issue becomes acute when it comes to remote areas of the Republic of Karakalpakstan, such as Muynak district, where the quality of drinking water and the standard of living of the population remains low. Thus, the southern Aral Sea region is a zone of ecological disaster. Residents of this region are under constant influence of hygienic and environmental situations.

Increased contact of the population with various chemical substances in conditions of intensive chemicalisation of agricultural production may cause the development of adverse changes in the organism and adversely affect the state of health, especially the children's organism, which is more susceptible to the effects of the environment. In this regard, the study of the state of defence mechanisms in order to identify early disorders caused by the action of negative factors of low intensity is an important task of environmental hygiene.

And that's why it's so important to study population health and quality of life in order to fully understand the impact of the environment on human health.

Purpose of the study: to study the quality of life of the population of Muynak district to further improve the quality of life of the population.

Materials and methods of research: To identify the quality of life of the population of the Muynak region of the Republic of Karakalpakstan, studies were conducted using descriptive, cross-sectional and survey methods.

Results: About 1,000 families were involved in the 2019-2021 research process to identify the quality of life of people in this region, where data such as the distance of houses from the roadway, the quality and quantity of house cleaning, the number of indoor plants, the number of people with disabilities, the number of chronically ill people in the family and the number of workers in each family. It was found that out of 1000 houses in the Muynak district, 50% are located at a distance of 1000-1500 m and 20% at a distance of 1500-2000 m from the main road. Out of 1000 families, 723 clean their house twice a day, approximately 198 families clean their house 3 times, and 79 families clean their house once a day. General cleaning in 567 families occurs 1 or 2 times a week, in 312 every 3-4 days and in 121 families once a month. The number of plants on average for 60% of respondents in the study area is from 3 to 5. Out of 1000 houses, 445 families have 4-5 family

members, of which, on average, 1 person works. There are 2 people in 267 families. 50% of respondents have chronic diseases. These are basically diseases of the respiratory system, such as bronchial asthma, seasonal and/or year-round rhinitis, chronic bronchitis, tuberculosis. - 10% of respondents report the presence of allergic (seasonal and year-round) rhinitis. 70% of them are in the younger age category. - 25% of respondents confirm the presence of bronchial asthma; 70% of respondents confirm the presence of anemia. Every third family has a person with a disability.

Discussion: When developing stabilisation measures and measures to mitigate the environmental situation, it is necessary to proceed from the following priorities: rationalisation of water use, improvement of surface water quality, reduction of chemical load on the region, improvement of living conditions for people in the epicentre of the environmental disaster.

Analysis of the dynamics of morbidity of the population shows that there is a decrease in the absolute number of diseases is decreasing. However, this fact can be questioned, since at present the tactics of public health care have changed. of public health care: morbidity is registered only on the basis of morbidity.

Conclusion: Taking into account the results of this study, when considering problems related to the quality of atmospheric air, water and soil, it should be noted that the drying up of the Aral Sea led to catastrophic consequences. To mitigate these consequences and improve the quality of life of people living in the Muynak district, there is a need to implement the following measures:

- pay attention to the quality and availability of drinking water to the population;
- strengthen sanitary and educational work of the population;
- improve the quality of medical examinations, including periodic medical examinations and vaccinations;
- pay special attention to providing the population with centralized water supply.

Solving these problems requires not only the activity of the people themselves, but also responsibility in the actions of environmental authorities and services for the protection of public order and health care.

The cohesive activities of regional, republican and international organizations also play an important role. Only through joint efforts and the interest of the authorities in the well-being of the people can we achieve our goals and improve the quality of life of the population.

REFERENCES:

1. Ashirbekov U. Problems and prospects for regional regulation of water resources of transboundary watercourses in Central Asia // News of Karakalpakstan dated June 14, 2011.
2. Саломова, Ф. И., Абдирова, А. М., Ярмухамедова, Н. Ф., & Дусмухамедова, А. Ф. (2023, November). Содержание нитратов в воде и их возможное влияние на здоровье детского Населения республики Каракалпакстан. SPECIAL ISSUE Dedicated to The 10th International Symposium On Important Problems of the Environmental Protection and Human Health Вестник ТМА 2023-С. 173-175.
3. Kha, S., Salomova, F. I., & Sadirova, M. K. (2023). HYGIENIC CHARACTERISTICS OF OPEN RESERVOIR POLLU. *Academia Repository*, 4(12), 332-339.
4. САЛОМОВА, Ф. И., Садуллаева, Х. А., & Абдирова, А. М. (2023). Качество жизни людей проживающих на территории республики каракалпакстан. International Scientific and Practical conference" Actual issues science".
5. Kha, S., Salomova, F. I., & Sadirova, M. K. (2023). HYGIENIC CHARACTERISTICS OF OPEN RESERVOIR POLLU. *Academia Repository*, 4(12), 332-339.
6. Абдирова, А. М. (2023). Факторы влияющие на состав питьевых вод и способы его очистки.
7. Косимова, Х. Т., & Садирова, М. К. (2018). Нормативная база для проведения мониторинга по изучению влияния соединений азота на здоровье населения. In *INTERNATIONAL SCIENTIFIC REVIEW OF THE PROBLEMS OF NATURAL SCIENCES AND MEDICINE* (pp. 30-32).