

CONCLUSIONS

Students' participation in the environmental action «Earth Day» demonstrated a significant impact on the formation of their civic position and environmental awareness [4]. Students did not only realise the importance of environmental protection, but also acquired teamwork skills, which contributes to their personal and professional development [5]. The results of the survey confirm the high motivation of the participants, which indicates a positive perception of the role of environmental actions in the educational process. These activities can become an effective tool for the formation of responsible attitude to nature and healthy lifestyle in future specialists, which is especially important for students of medical specialities.

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РОЛЬ БЫТОВЫХ ДЕЙСТВИЙ В СНИЖЕНИИ АНТРОПОГЕННОЙ НАГРУЗКИ НА ОКРУЖАЮЩУЮ СРЕДУ НА ПРИМЕРЕ РОССИИ И ГЕРМАНИИ

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Аннотация

Введение. Человечество сталкивается с беспрецедентным экологическим кризисом, вызванным антропогенным воздействием на окружающую среду. Глобальное потепление, загрязнение воздуха и воды, истощение природных ресурсов – это лишь некоторые из проблем, требующих немедленного решения. В этой сложной ситуации все больше внимания уделяется роли бытовых действий населения в снижении антропогенной нагрузки. **Цель исследования** – выявить и сравнить бытовые действия и практики населения разных стран, направленные на снижение антропогенной нагрузки на окружающую среду, а также оценить их эффективность и потенциал для формирования устойчивого образа жизни. **Материал и методы.** Материалом исследования послужили ответы интервью двух респондентов (одного из России и одного из Германии). В исследовании применены методы анализа, синтеза, сравнения, обобщения и интервью. **Результаты.** Интервью двух студенток из России и Германии выявило схожую обеспокоенность экологическими проблемами, но заметные различия в их практической реализации. Немецкая студентка активно сортирует мусор, рассматривая это как личную ответственность. В отличие от нее, российская студентка сталкивается с барьерами, такими как нехватка времени и неудобная инфраструктура, хотя она экономит воду и электроэнергию. Основными мотиваторами для российской студентки являются образовательные видео, и она считает образование наиболее влиятельным фактором на экологическое поведение. Также волонтерство в экологических акциях присутствует в ее опыте.

Исследование демонстрирует различия в реализации экологических практик, обусловленные личными и социокультурными факторами, а также инфраструктурными особенностями стран. **Выводы.** Анализ интервью показывает, что Россия может значительно улучшить экологическую ситуацию, перенимая у Германии системное экологическое образование, развитую инфраструктуру для переработки отходов, стимулирующее экологичное поведение законодательство и поддержку общественных инициатив.

Ключевые слова: экология, окружающая среда, экологические практики, экологическое поведение, культура, антропогенная нагрузка, Россия, Германия

THE ROLE OF HOUSEHOLD ACTIVITIES IN REDUCING ANTHROPOGENIC IMPACT ON THE ENVIRONMENT IN THE EXAMPLE OF RUSSIA AND GERMANY

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Abstract

Introduction. Mankind is facing an unprecedented ecological crisis caused by anthropogenic impact on the environment. Global warming, air and water pollution, depletion of natural resources – these are just some of the problems that require immediate solutions. In this complex situation, more and more attention is paid to the role of household actions of the population in reducing the anthropogenic load. **The aim of the study** is to identify and compare household actions and practices of the population of different countries aimed at reducing the anthropogenic load on the environment, as well as to assess their effectiveness and potential for the formation of sustainable lifestyles. **Material and methods.** The research material was based on the interview of two respondents (one from Russia and one from Germany). The research applied the methods of analysis, synthesis, comparison, generalization and interviews. **Results.** The interviews of two female students from Russia and Germany revealed similar concerns about environmental problems, but noticeable differences in their practical realization. The German student actively sorts trash, viewing it as a personal responsibility. In contrast, the Russian student faces barriers such as lack of time and inconvenient infrastructure, although she saves water and electricity. The main motivators for the Russian student are educational videos and she considers education as the most influential factor on environmental behavior. Also volunteering in environmental actions is present in her experience. The study demonstrates differences in the realization of environmental practices due to personal and sociocultural factors as well as infrastructural features of the countries. **Conclusions.** The analysis of the interviews shows that Russia can significantly improve the environmental situation by adopting from Germany systematic environmental education, developed infrastructure for waste recycling, legislation stimulating environmental behavior and support for public initiatives.

Keywords: ecology, environment, environmental practices, environmental behavior, culture, anthropogenic load, Russia, Germany.

INTRODUCTION

In recent decades, against the background of growing concern about the environmental crisis, the term «environmental practice» has gained special significance. It is not just a set of rules, but a set of conscious actions aimed at minimizing anthropogenic impact on nature and creating a sustainable future [1]. Environmental practice covers a wide range of areas:

Rational use of resources i.e. a sustainable approach to the extraction, processing and consumption of raw materials, water and energy. For example, the introduction of energy saving technologies in homes (energy efficient windows, light bulbs) can reduce energy consumption [2].

Rational use of resources is a sustainable approach to the extraction, processing and consumption of raw materials, water and energy. The introduction of energy saving technologies such as energy efficient windows and lamps helps to reduce energy consumption.

Effective waste management, including separate collection, recycling and waste reduction, minimizes pollution and promotes resource recovery. Examples include the use of recycled packaging and composting systems.

Protecting biodiversity includes conserving rare species and restoring ecosystems affected by human activities, such as forest conservation programs and endangered species protection.

Sustainable agriculture focuses on practices that preserve soil health and reduce negative environmental impacts, such as using organic fertilizers instead of chemical pesticides.

Raising awareness of stewardship is an important part of environmental practices. These practices are applicable at all levels, from public and private enterprises to the daily actions of each individual.

In everyday life, eco – principles are manifested through energy saving, use of green transportation, sustainable consumption and support of local producers, as well as introduction of green technologies in production.

The implementation of ecological practices is a necessary step towards a sustainable future and requires a joint effort of society to reduce the anthropogenic load on nature.

The aim of the study is to identify and compare household actions and practices of the population of Germany and Russia aimed at reducing the anthropogenic load on the environment, as well as to assess their effectiveness and potential for the formation of sustainable lifestyles.

MATERIAL AND METHODS

The research material was the interview responses of two respondents (one from Russia and one from Germany). The first respondent is a 19 – year – old girl living in Yekaterinburg, Russia. She is studying at university (bachelor's degree) at the Faculty of Medicine and Preventive Medicine. The second respondent is a 25 – year – old girl living in Hannover, Germany. She is studying at the university (Master's degree) in the direction of inclusive education.

The main methods of the research were: analysis and synthesis, allowing to consider in detail the individual aspects of the problem and combine the data into a holistic picture. Comparison, providing an opportunity to identify similarities and differences between different phenomena and processes. Generalization, contributing to the formation of conclusions and patterns based on the accumulated information. Interviews, which allowed obtaining information from direct participants of the researched area.

RESULTS

A 19 – year – old girl, a student of the Ural State Medical University, shared her attitude to environmental problems and her practices of an eco – friendly lifestyle. The respondent expressed moderate concern about the state of the environment, noting the deterioration of the ecological situation. However, she emphasized that she tends to feel anxiety, understanding the need to address the existing problems. The girl is rarely engaged in sorting garbage, although she recognizes the importance of this process. The main reasons are lack of time and the inconvenience of not having specialized containers nearby. The respondent actively saves resources at home, making it part of her daily routine. Turning off lights, taking a shower instead of a bath and monitoring water consumption have become habitual activities for her. The student regularly uses public transportation, preferring it to the car. Bicycling is also seen by her as an alternative for keeping fit and getting fresh air. The main stimulus for the respondent's ecological lifestyle is videos about the state of nature. Viewing materials showing large – scale environmental problems makes the girl want to make a personal contribution to improving the situation. Among the obstacles to more active environmental behavior, the girl mentioned lack of time, fatigue, high cost of ecological products, and sometimes her own laziness. The most popular environmental practices among her compatriots were garbage sorting, saving water and electricity, using public transportation and reusable bags. Participation in actions to clean up natural areas allowed the girl to personally see the importance of garbage collection and change her attitude to consumption. Education was identified as a key element in shaping the environmental behavior of the Russian population. Awareness and knowledge gained from an early age contribute to a responsible attitude towards natural resources.

Let us consider the results of the questionnaire survey of a respondent from Germany. A female graduate student of German origin spoke about her approach to an ecological lifestyle and her perception of climate change. Having been born and lived all her life in Germany, she realized her personal responsibility for the future of the planet, especially given the increasing impact of climate change on everyday life. Having observed flooding and rising sea levels, she was seriously concerned about the prospect of less land available for habitat.

The student decided to switch to a vegetarian diet and sometimes veganism in response to environmental challenges. Meat production requires significant amounts of water, land and energy,

which has a negative impact on the environment. She was particularly impressed by the data on the impact of chicken litter on ozone depletion, which further reinforced her commitment to limiting her consumption of meat products.

To reduce her negative impact on nature, she takes measures to conserve electricity, such as dressing warmer in winter to reduce the need for space heating. She prefers to take showers instead of baths, which also helps to save water. Waste sorting is mandatory in Germany and she strictly adheres to the separation of waste into plastic, glass, paper and organic waste, knowing that violating these regulations can result in fines. In this way, she contributes to reducing her environmental impact.

She predominantly uses walking, cycling and public transportation to get around, trying to avoid air travel where possible. These small changes help to reduce her carbon footprint. Her clothing choices favor for second hand clothing, supporting the reduction of textile waste and the concept of recycling. Food shopping is limited to local and seasonal vegetables and fruits purchased from a reusable shopper. She is also careful in her choice of household chemicals, opting for products with minimal harmful chemicals.

Her environmental views have been greatly influenced by videos about the problems of the planet and her love of animals and nature. She was particularly impressed by a trip to Baikal in December, where she encountered a lack of snow, which prompted her to think about global warming. An environment made up of like – minded people also creates a favorable environment to support her sustainable beliefs.

Germany places great emphasis on environmental education in schools, laying the foundation for a more sustainable future. Despite government support for renewable energy, an active automobile lobby hinders the implementation of more radical measures. The student is actively involved in community environmental initiatives such as litter picking weeks and demonstrations. Her example shows that living a sustainable lifestyle is realistic and accessible to everyone who wants to contribute to preserving the planet for future generations.

DISCUSSIONS

Despite similar concerns about environmental problems, significant differences were found in approaches to addressing these problems and factors influencing environmental behavior. In Russia, environmental behavior often depends on personal initiative and individual efforts of citizens. In contrast, in Germany environmental consciousness is formed systematically, starting from the school age, and is supported by state norms and social pressure. For example, in Germany, mandatory waste sorting is not just a recommendation, but an established norm with sanctions for non – compliance. This creates a habit among citizens to treat their waste responsibly and participate actively in recycling programs

Developed infrastructure and availability of environmentally friendly goods also play an important role. Germany has convenient waste collection systems and eco – products are readily available in supermarkets, which contributes to the formation of sustainable habits among the population. In Russia, however, despite growing interest in ecology, many regions face problems with a lack of specialized collection and recycling facilities, which makes it difficult for citizens to participate in environmental initiatives.

In the article «Ecological consciousness and ecological culture in solving the problems of sustainable development of modern society», the evidence of the lack of specialized collection and recycling points in Russia was founded. We find confirmation of the importance of cooperation between the state and society in solving environmental problems and ensuring sustainable development. It says that systemic measures initiated by the authorities are necessary to create favorable conditions for environmental responsibility [3, 4].

In our article comparing the environmental consciousness of young people in Russia and Germany, we also see the importance of this interaction. However, the results of our study aim to the increasing the role of personal initiative and self – organization of the young generation in Russia.

We agree with the authors of the article that state support and the creation of infrastructure for environmental initiatives play an important role. At the same time, our research emphasizes that more

and more young people in Russia are showing active citizenship and are ready to take responsibility for solving environmental problems by participating in volunteer projects and implementing their own initiatives.

The article «Ecological Consciousness of the Population of Modern Russia» emphasizes the importance of the development of environmental awareness of the population of modern Russia notes the importance of the development of environmental infrastructure for sustainable development. It talks about the need to recycle waste and use renewable energy sources [5].

In our study comparing the environmental consciousness of young people in Russia and Germany, we also confirm this importance. However, underdeveloped infrastructure in Russia hinders the realization of eco – friendly practices, even with high motivation of young people. Despite this, we agree with the article's conclusion about the key role of infrastructure in improving the environmental situation. It is necessary to develop it to increase environmental responsibility.

CONCLUSIONS

Russia can learn several key aspects from Germany: developing infrastructure for recycling, stimulating environmental behavior through legislative initiatives, and increasing the availability of environmentally friendly products. It is also important to support public initiatives aimed at environmental protection.

There is a need to move towards conscious actions based on knowledge and understanding of environmental issues, not just individual efforts. Sustainable environmental behavior should become part of the culture, which is possible only with the joint efforts of the state, educational institutions and society as a whole.

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ВЛИЯНИЕ НЕПРАВИЛЬНОГО ПИТАНИЯ НА ПСИХОЭМОЦИОНАЛЬНОЕ СОСТОЯНИЕ СТУДЕНТОВ МЕДИЦИНСКОГО УНИВЕРСИТЕТА

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Аннотация

Введение. Неправильное питание является одной из ключевых проблем, влияющих на здоровье студентов. Несбалансированный приём пищи и злоупотребление мучным приводит к нарушениям работы нервной системы. Обучающиеся сталкиваются с такими проблемами, как снижение концентрации, ухудшение памяти, быстрая