https://hstryres.uz/journal/index.php/makro
2025, № 3 (11)
ISSN-3030-3761

ТАРИХИЙ ТАДҚИҚОТЛАР
Илмий журнали

ИСТОРИЧЕСКИЕ ИССЛЕДОВАНИЯ
Научный журнал

HISTORICAL RESEARCHES
Scientific journal

ТОШКЕНТ-2025

ТАРИХИЙ ТАДҚИҚОТЛАР
ИСТОРИЧЕСКИЕ ИССЛЕДОВАНИЯ
HISTORICAL RESEARCHES

Контакт редакции журнала
Город Ташкент, улица Мирзо Голиба,
Исторический факультет
Национального Университета
Узбекистана имени Мирзо Улугбека
Web: Https://hstryres.uz/journal/
E-mail: I.Shakirov91@mail.ru
Тел: +998900382203

Contact Editors of journal
Tashkent city, street of Mirzo Golib,
Faculty of history of the National
university ofUzbekistan named after
Mirzo Ulugbek
Web:Https://hstryres.uz/journal/
E-mail: I.Shakirov91@mail.ru
Phone: +998900382203

МУНДАРИЖА / СОДЕРЖАНИЕ / CONTENT

Muminov M. A.
International trade, Business school
American University of Technology
in Tashkent
mmominov@aut-edu.uz

THE IMPORTANCE OF SUSTAINABILITY: A PATH TO A GREEN FUTURE

ABSTRACT

In the era where humans are facing to environmental degradation, extreme climate changes, and resource depletion, the concept of sustainability has begun to play an important role in changing the way individuals and communities interact with the planet. This article examines the importance of sustainability in a practical and philosophical approach to ensure a livable future for generations yet to come. It defines sustainability through its three interrelated pillars—nature preservation, economic importance, and social equity—and shows the necessity of balancing these elements in all areas of modernization. Drawing on interdisciplinary research, the following article also focuses on key aspects of sustainable living which includes the efficient use of natural resources, waste management, renewable energy integration, sustainable agriculture, and responsible consumption. It indicates the effects of everyday choices, such as transportation habits, food preferences, and product use, on the health of ecosystems and the stability of climate systems. Ultimately, the article proves that sustainability is not just a scientific or political issue, but a moral imperative that calls for a collective shift in mindset and behavior.

Keywords: Sustainability, Environmental sustainability, Economic sustainability, social sustainability, Climate change, Resource depletion, Waste management, Renewable energy, Sustainable agriculture, Natural resource conservation, green economy.

INTRODUCTION

In the broadest sense, sustainability refers to the ability to maintain or support a process continuously over time. In business and policy contexts, sustainability seeks to prevent the depletion of natural or physical resources, so that they will remain available for the long term [1. Online, Accessed 14 May 2025]. After examining the general meaning and importance of sustainability in today's life, we will go deeper into its main functions and impacts on society and planet as a whole.

Most people are not aware of their actions and sometimes their ignorance negatively impact on nature preservation, social life and even economic viability. On the surface, everything seems like going well, but if we take a look attentively, we may easily perceive, that human actions are now destroying the nature causing habitat loss and depletion of natural resources. In this paper, at first, we will discuss the most important three aspects of sustainability and continue with potential "disasters" that humans pose to the planet highlighting statistics and some people's endeavors to lessen side effects of our actions. And finally, this article aims to examine efforts of some people who are trying to build a better and more sustainable future for upcoming generation without putting today's world in danger.

Three main pillars of sustainability

Environmental sustainability, Economic viability and Social equity in the concept of sustainability… What do these terms actually mean? How do they get linked to sustainability? And why are they an integral part of sustainability? In this part of the article, we can define three interrelated pillars of sustainability and find answers to above questions.

Environmental sustainability

Environmental sustainability means that we are living within the means of our natural resources. To live in true environmental sustainability, we need to ensure that we are consuming our natural resources, such as materials, energy fuels, land, and water at a sustainable rate [2. Online, Accessed 15 May 2025]. In a simple term, it is the practice of responsibly managing and using natural resources, protecting the environment, and reducing pollution, so that nature can continue to support life—human and non-human—now and in the future. Main principles of environmental sustainability are

- Resource Conservation – Using water, energy, forests, and minerals wisely and efficiently.
- Pollution Prevention – Reducing emissions, waste, and harmful chemicals that damage ecosystems.
- Ecosystem Protection – Safeguarding biodiversity, wildlife, oceans, forests, and other natural habitats.
- Renewable Resource Use – Relying on sustainable energy sources like solar, wind, and hydro instead of fossil fuels.
- Long-term Thinking – Planning development and policies that protect the environment over decades, not just for short-term gain.

Environmental sustainability in practice

In terms of statistics, Sweden proves that environmental sustainability is not only possible but practical and effective. Sweden has made enormous progress in

clean energy. Over 60% of its electricity comes from renewable sources, especially hydro and wind power. The government has invested in solar energy and aims to become carbon-neutral by 2045 [3. International Energy Agency (IEA), 2023]. Another example is Rwanda. It is a leading example in Africa. Since 2008, it has had one of the strictest plastic bag bans in the world. The country also promotes urban cleanliness, tree planting, and sustainable land management. Rwanda's "Green Growth and Climate Resilience Strategy" supports long-term environmental planning [4. UNDP in Rwanda, 2024]. We can also take Japan. As famous country with its unique nature and high-tech nature conservation, it is a global leader in applying environmental sustainability in practice and standing as a country which showcases smart cities, high level of energy efficiency and cleanliness along with strong urban development.

These examples and countries which are now actively applying environmental sustainability show improvements and modernization through sustainability on society and people's lifestyle. They are not only making today's life better, but they are significantly contributing to build a sustainable future.

Economic sustainability

Economic sustainability requires that a business or country uses its resources efficiently and responsibly so that it can operate in a sustainable manner to consistently produce an operational profit. Without an operational profit a business cannot sustain its activities. Without acting responsibly and using its resources efficiently a company will not be able to sustain its activities in the long term [5. Circular Ecology, 2024. Sustainability and sustainable development]. Put it another way, it focuses on balancing economic growth with the preservation of natural ecosystems, ensuring that economic development meets present needs while allowing future generations to meet their own needs.

Why economic sustainability matters:

- Resource Preservation: Sustainable practices reduce the overuse of resources, ensuring they are available for future generations.
- Resilient Economies: By focusing on long-term stability, economies can weather financial or environmental shocks better than those reliant on short-term growth.
- Social Well-being: Economic sustainability fosters fair wealth distribution, reducing poverty and creating better opportunities for all.
- Environmental Protection: Ensures that economic growth doesn't come at the cost of the planet's health, addressing issues like pollution, deforestation, and climate change.

In statistics, the global green economy is estimated to create 24 million jobs by 2030, driven by clean energy, green manufacturing, and waste management.

Germany leads in green job creation, with 1 million people employed in the green economy, accounting for nearly 3% of total employment in the country. The United States saw 1.5 million new jobs in clean energy industries between 2020 and 2021, with wind energy and electric vehicle manufacturing being significant growth areas [6. International Labour Organization (ILO), 2023].

Once, Dr. Laura Smith, Lecturer for Sustainable Business Leadership, University of Leeds said: “We’re taking a critical look at the role of business and exploring those links between sustainability and business, considering the role of business in driving positive change for sustainability. We consider alternative business models, and look at circular economy, social enterprise, sustainability standards and partnerships between business and social actors in sustainability.” There are several organizations and companies which are trying to create economic sustainable business models. We can look at the company Patagonia – repairs and resells used clothing, encourages customers to buy less and reuse more. "We're in business to save our home planet." [7. Patagonia, 2024] This is Patagonia’s current mission statement and most iconic motto.

Social sustainability

Social sustainability is the ability of society, or any social system, to persistently achieve a good social well-being. Achieving social sustainability ensures that the social well-being of a country, an organization, or a community can be maintained in the long term [8. Circular Ecology, 2024]

Taking these three pillars of sustainability further if we only achieve two out of three pillars then we end up with:

- Social + Economic Sustainability = Equitable
- Social + Environmental Sustainability = Bearable
- Economic + Environmental Sustainability = Viable

Only through balancing economic + social + environmental can we achieve true sustainability and a truly circular economy [9. Journal of Sustainability Studies, online, 2024, Circular ecology].

Sustainable life: Efficiency in Waste management, Sustainable agriculture and Natural resources

Every country has focused on militarization and economic stability in order to show off their true power and get dominance over other countries in the last decades. But, now the problem of sustainable life and country concept has joined to the race. To balance sustainability, international organizations and countries are now trying to get united and eliminate unsustainable practices, and combine all ideas in one place to create a unique system of sustainability. Some of those countries or parties have already succeeded in implementing strict rules in waste management, but failed in building sustainable agriculture. Others have become

successful in using natural resources efficiently, but in the same time they have witnessed a problem of climate change resulted in human activities. In this section, we will discuss the sustainable practices and experiments that have been carried out by developed countries.

How sustainable practices have helped humans to preserve the planet and make it better place?

Now I am going to cite several examples when humans' sustainable practices and actions saved this planet. In 1986, The Chernobyl Disaster happened and caused radiation leading to displacement of over 100,000 people. After the disaster, government officials and other multinational organizations begin to take serious steps to eliminate the effects of the disaster. Over time, the exclusion zone surrounding Chernobyl became an unintended wildlife reserve. Without human interference, wildlife populations flourished, with species such as wolves, wild boar, and eagles reclaiming the land. This has become an example of rewilding, showing that natural ecosystems can recover when human impact is minimized. More importantly, after the event government also began to implement some strict rules over the area and restricted all activities in the zone.

The Reforestation of China – Combating Desertification. In the middle of 1900s China witnessed a serious problem – the vast amount of land got deserted and caused a loss of species and forests - particularly in the northern regions. In the 1970s, Chinese government began to run large-scale reforestation projects that focused on planting trees to fight against desertification. In recent decades, the Great Green Wall, a series of tree planting projects, has been developed to create a barrier against sandstorms. Despite certain challenging situations, China's efforts have made great impacts reducing desertification in many areas and helped protect millions of acres of land which improved soil quality and stabilized ecosystems.

Today, there are other sustainable practices that are carried out. Among all of them natural resource preservation is the most important. In order to hold the quantity of water in balance, countries which use natural water in great quantity are trying to build damns where they can gather water in one place and use it properly taking a feasible control of water distribution. Also, engineers can use water reservoirs in other purposes including generating electricity. As an example, the largest dams in the world are truly immense, often exceeding 240 metres (about 787 feet) in height and 60 million cubic metres (about 2.1 billion cubic feet) in volume. The volumes of the largest water reservoirs held back by dams range from some 60 billion cubic metres (2.1 trillion cubic feet) to nearly 3 trillion cubic metres (106 trillion cubic feet). The largest hydroelectric dams generate more than 10,000 megawatts of electricity [10. Britannica. World's Largest Dams].

The next vividly seen example is dealing with waste and trash. Waste management is a term that refers to all of the various actions taken and plans created to manage waste, from composting or recycling existing waste to minimizing the production of waste in the first place [11. CleanHub.com]. Excessive waste that mainly come from food products and industry materials pose a real threat to human being and the planet. In terms of statistics, it was indicated that the world generates over 2.24 billion tonnes of municipal solid waste annually. By 2050, this is expected to rise to 3.88 billion tonnes if no improvements are made [World Bank - "What a Waste" in 2018]. However, thanks to technology and companies that are now taking care of waste and trash. As an example, Elvis & Kresse is a sustainable luxury brand founded in 2005 by Kresse Wesling and James Henrit. The business was started with the goal of reclaiming and reusing materials that would otherwise end up in landfills. They produce bags, belts and other accessories made from decommissioned fire hoses that the London Fire Brigade could no longer use and were going to discard. Kresse and James saw the beauty and potential in these fire hoses and sought to rescue them. They established Elvis & Kresse to reclaim these materials and turn them into high-quality and fashionable products [12. *Earth.org.* 4 Businesses That Are Successfully Tackling Waste in 2023].

Humans have become mindful and considerate about the nature and planet, but that's not enough. In order to build a better and sustainable future for upcoming generation we have to get together and apply more sustainable practices.

CONCLUSION

Human beings have witnessed so many extreme situations and difficult times so far. Sustainability is no longer just an ideal—it's a necessity for our survival and the well-being of future generations. As this article has shown, the choices we make today—how we use our resources, how we manage waste, and how we treat our environment—have a direct impact on the planet's future. Countries like Sweden, Rwanda, and China prove that with commitment, sustainable practices can lead to real, positive change. But sustainability isn't just about government policies or big projects—it starts with us. The way we live, what we consume, how we travel, and even how we throw things away all matter. These everyday decisions, when multiplied across millions of people, shape the world we live in.

In the end, building a sustainable future means protecting what we have, improving how we live, and leaving the planet better than we found it. It's not just the job of scientists or leaders—it's something we all must take part in, together.

LIST OF SOURCE AND LITERARURE

1. Investopedia, 2023. Sustainability. [online] Available at: https://www.investopedia.com/terms/s/sustainability.asp [Accessed 14 May 2025].

2. Circular Ecology, 2023. Sustainability and Sustainable Development. [online] Available at: https://circularecology.com/sustainability-and-sustainable-development.html [Accessed 15 May 2025].

3. International Energy Agency (IEA), 2023. Sweden: Energy Profile. Paris: IEA. Available at: https://www.iea.org/countries/sweden [Accessed 15 May 2025].

4. United Nations Development Programme (UNDP), 2024. UNDP in Rwanda. New York: UNDP. Available at: https://www.undp.org/rwanda

5. Circular Ecology, 2024. Sustainability and sustainable development. Journal of Sustainability Studies, [online] Available at: https://circularecology.com/sustainability-and-sustainable-development.html [Accessed 15 May 2025].

6. International Labour Organization (ILO), 2023. ILO – Promoting Jobs, Protecting People. Geneva: ILO. Available at: https://www.ilo.org

7. Patagonia, 2024. The Hidden Cost of Clothes. [online] Available at: https://www.patagonia.com/hidden-cost-of-clothes/ [Accessed 16 May 2025].

8. Circular Ecology, 2024. Sustainability and Sustainable Development. Journal of Sustainability Studies, [online] Available at: https://circularecology.com/sustainability-and-sustainable-development.html [Accessed 16 May 2025].

9. Circular Ecology, 2024. Sustainability and sustainable development. Journal of Sustainability Studies, [online] Available at: https://circularecology.com/sustainability-and-sustainable-development.html [Accessed 15 May 2025].

10. Britannica. World's Largest Dams. Retrieved from https://www.britannica.com/technology/worlds-largest-dams-2225893.

11. CleanHub. What Is Waste Management? Retrieved from https://blog.cleanhub.com/what-is-waste-management#what-is-it

12. Earth.org. 4 Businesses That Are Successfully Tackling Waste in 2023. Retrieved from https://earth.org/4-businesses-that-are-successfully-tackling-waste-in-2023/

13. Elvis & Kresse, 2023. About us. [online] Elvis & Kresse. Available at: https://www.elvisandkresse.com/pages/about-us [Accessed 14 May 2025].

14. International Labour Organization (ILO), 2019. Greening with jobs: World Employment and Social Outlook 2018. Geneva: ILO.

15. Statista, 2023. Renewable energy in Sweden – Statistics & Facts. [online] Available at: https://www.statista.com/topics/4384/renewable-energy-in-sweden/ [Accessed 14 May 2025].

16. The World Bank, 2018. What a Waste 2.0: A Global Snapshot of Solid Waste Management to 2050. [online] Washington, DC: World Bank. Available at: https://openknowledge.worldbank.org/handle/10986/30317 [Accessed 14 May 2025].

17. United Nations Development Programme (UNDP), 2012. Green Growth and Climate Resilience: National Strategy for Climate Change and Low Carbon Development. [online] Kigali: Government of Rwanda. Available at: https://www.rw.undp.org/content/rwanda/en/home/library/environment_energy/green-growth-and-climate-resilience.html [Accessed 14 May 2025].

18. WWF, 2021. China's Great Green Wall. [online] World Wide Fund for Nature. Available at: https://www.worldwildlife.org/projects/china-s-great-green-wall [Accessed 14 May 2025].

Муминов М. А.
Бизнес школа, Международная торговля
Американский университет технологий в Ташкенте
mmominov@aut-edu.uz

ВАЖНОСТЬ УСТОЙЧИВОГО РАЗВИТИЯ: ПУТЬ К ЭКОЛОГИЧНОМУ БУДУЩЕМУ

АННОТАЦИЯ

В эпоху, когда человечество сталкивается с экологическим разрушением, экстремальными климатическими изменениями и истощением ресурсов, концепция устойчивого развития начинает играть важную роль в изменении взаимодействия людей и сообществ с планетой. В данной статье рассматривается значение устойчивости как с практической, так и с философской точки зрения, с целью обеспечения пригодного для жизни будущего для грядущих поколений. Устойчивость определяется через три взаимосвязанных столпа — охрана природы, экономическая значимость и социальное равенство — и подчеркивается необходимость их сбалансированного развития во всех сферах модернизации. Основываясь на междисциплинарных исследованиях, статья также сосредоточена на ключевых аспектах устойчивого образа жизни, включая рациональное использование природных ресурсов, управление отходами, интеграцию возобновляемых источников энергии, устойчивое сельское хозяйство и ответственное потребление. В тексте показано влияние повседневных решений — таких как транспортные привычки, предпочтения в питании и использование продуктов — на здоровье экосистем и стабильность климатических систем. В конечном итоге доказывается, что устойчивое развитие — это не только научный или политический вопрос, но и моральный императив, требующий коллективного изменения образа мышления и поведения.

Ключевые слова: устойчивое развитие, экологическая устойчивость, экономическая устойчивость, социальная устойчивость, изменение климата,

истощение ресурсов, управление отходами, возобновляемая энергия, устойчивое сельское хозяйство, сохранение природных ресурсов, экологичная экономика.

Mo‘minov M. A.
Biznes maktab, Halqaro savdo
Toshkentdagi Amerika texnologiyalari universiteti
mmominov@aut-edu.uz

BARQAROR RIVOJLANISHNING AHAMIYATI: EKOLOGIK KELAJAK SARI YO‘L

ANNOTATSIYA

Insoniyat ekologik halokat, iqlimning keskin o‘zgarishi va resurslarning tugab borishi kabi muammolarga duch kelayotgan bir davrda, barqaror rivojlanish konsepsiyasi odamlar va jamiyatlarning sayyora bilan o‘zaro munosabatini o‘zgartirishda muhim ahamiyat kasb eta boshladi. Ushbu maqolada barqarorlik tushunchasi ham amaliy, ham falsafiy nuqtai nazardan ko‘rib chiqilib, kelajak avlodlar uchun yashashga yaroqli muhitni ta’minlash maqsad qilinadi. Barqarorlik uchta o‘zaro bog‘liq ustun orqali tushuntiriladi: tabiatni muhofaza qilish, iqtisodiy ahamiyat va ijtimoiy tenglik — va ularning barcha modernizatsiya sohalarida muvozanatli rivojlanish zarurligi ta’kidlanadi. Fanlararo tadqiqotlar asosida maqola barqaror hayot tarzining asosiy jihatlariga e’tibor qaratadi, jumladan, tabiiy resurslardan oqilona foydalanish, chiqindilarni boshqarish, qayta tiklanadigan energiya manbalarini integratsiyalash, barqaror qishloq xo‘jaligi va mas’uliyatli iste’mol. Matnda kundalik qarorlarning — masalan, transport odatlari, ovqatlanishdagi afzalliklar va mahsulotlardan foydalanish — ekotizimlar salomatligi va iqlim tizimlarining barqarorligiga qanday ta’sir qilishi ko‘rsatib o‘tiladi. Xulosa o‘rnida shuni aytish mumkinki, barqaror rivojlanish bu nafaqat ilmiy yoki siyosiy masala, balki axloqiy zarurat bo‘lib, fikrlash va xulq-atvorni jamoaviy tarzda o‘zgartirishni talab qiladi.

Kalit so‘zlar: barqaror rivojlanish, ekologik barqarorlik, iqtisodiy barqarorlik, ijtimoiy barqarorlik, iqlim o‘zgarishi, resurslarning tugashi, chiqindilarni boshqarish, qayta tiklanadigan energiya, barqaror qishloq xo‘jaligi, tabiiy resurslarni saqlash, ekologik iqtisodiyot.