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LIFE ECOLOGY: BIOLOGICAL AND SOCIAL ASPECTS**E. V. Semeleva,****N. A. Zamotaeva***Candidate of Medical Science,**Institute of Medicine,**Candidate of Agricultural Science,**Agricultural Institute,**Mordovia National Research State University**nameds after N. P. Ogarev, Saransk,**Republic of Mordovia, Russia*

Abstract. Life ecology describes human adaptation to environmental changes in terms of social conditions. This relatively new knowledge unit includes a wide range of theoretical and practical aspects concerning diverse spheres of human being. Life ecology tasks in theory involve learning mechanisms of human adaptation to a new environment and in practice are focused on activity development making easier for a person to fit himself into his surroundings. Государство, которое не уделяет должного внимания проблемам экологии, лишает себя будущего. A country which pays no due attention to ecology aspects strips itself of the future. Together with new upgrading the mankind will have to create the new culture of interpersonal relationships as well as of inter-communication with the nature whose subject is a person. The overall education and training to be naturally called ecological must form the basis of this culture.

Key words: ecology; human adaptation; environmental protection.

Life ecology problems are now developed by experts of various branches to different extents. Physiologists, doctors, psychologists, genetic scientists, sociologists, teaching staff, hygienists, labor protection and scientific management experts, sport specialists and many others participate in this work. It is of either theoretical or great practical importance. Life ecology may be considered as a unique methodological basis united various experts learning correlation between environment and population.

Life ecology appeared and arose as an answer to a demand of society alarmed by its environment conditions and public health quality. At once a need emerged to explore either the environment or the nature of processes occurring in a human body depending on the impact of environmental factors. The main concept of life ecology is health.

There are the following life ecology research trends:

- social ecology;
- cultural ecology;
- environment management and environmental policy;
- human influence on the environment and environmental protection;

- resource problem;

- human population problem.

The first thing to be traditionally referred to the environmental health problem is polluted environment research. Advanced study is arranged concerning carcinogens and chemical nature mutagens exposure including agricultural chemicals as well as ecology and regional pollution effects [2]. A great attention is paid to the study of the working environment of occupational diseases.

The ecological pathology aspects are quite diversified. They can be divided into autogenic, i. e. human misbehavior results, and natural. A great number of diseases caused by deviations and failures in physical activity, nutrition, working conditions and recreation, physical and psychoemotional overwork, excessive social contacts directly or indirectly can be referred to the "life style" pathology [1; 4]. These reasons explain most mental, nervous and hormonal disorders, many cardiovascular diseases, metabolic disturbances, blood and digestive diseases, apparatus and urogenital system diseases, pregnancy and delivery complications and other disorders. At least the one third of the population suffers from these diseases.



The “life style” forms the health and takes almost 50–55 % of all the factors defining the public health. The healthy life style is based on psychophysiological life satisfaction, i. e. philosophical attitude towards real-life circumstances, moral courage, stable positive emotional state, intention purity.

Age-related aspects of human adaptation to diverse natural, climatic, geographic and social conditions are under special focus [3]. The information about anthropogenic factors’ (noise, electromagnetic emanation, radiation, chemical pollution) influence on the human body takes a very important place. Among social factors affecting negatively on people there are urbanization, psychoemotional pressure, smoking, drinking of alcohol, drug using habits, physical inactivity and others. The problems of children adaptation to intellectual and physical loads and to the school in whole as well as rational arrangement of teaching and learning activities and vocational education are also considered.

Nowadays due to a mad pace of living it is very difficult for a person to stop for a moment and think of how it is important for everybody to live in a harmony with a nature respecting its inviolable laws and preserving it. But many people today begin reflecting anyway about environmental challenges changing step by step from a thought to an action and from an action to a life style.

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