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ТЕХНОЛОГИЧЕСКИЙ УНИВЕРСИТЕТ

# SCIENCE, CULTURE AND YOUTH

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VII Международной студенческой  
научно-практической конференции

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**Рясик М. И.**

## **Ecological personality education**

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*This article explores the issue of ecological personality education. The topic of ecological culture in society undoubtedly is very relevant. After all, in conditions when humanity is close to a global environmental crisis, the acute problem mainly is the ecological education of the individual, which is not only prevention, but also a practical and useful solution to this situation. The article discusses the process of eco-education of the individual, ecological habits and the concept of zero waste.*

**Keywords:** ecology, zero waste, ecological habits, ecological education

In Russian, there is still no such concept that would fully express the English expression «to go green». The closest expression is «acquire ecological habits», but in fact it goes much deeper. To go «green» means changing the mindset and lifestyle so that every action gives maximum benefit to humanity as a whole. It is difficult to say what could be more useful for humanity than an attempt to preserve nature, ecology and resources that are running out so quickly. That's why exists an ecological personality education.

Let's define the concept of ecological education.

Ecological education is a process of purposeful influence on a person, during which knowledge of the scientific foundations of nature management is formed, a certain ecological culture, the necessary beliefs and behavioral skills in the natural environment, responsible attitude towards it are developed [1].

The media, fiction, cinema, theaters, museums, nature reserves, zoos are busy educating people and developing respect for nature in them. Practically throughout his life a person is included in the process of continuous upbringing and education. Ecology information accompanies him at work and at home, during hours of study and leisure. What is the state of the natural environment, the air that a person breathes, water and food – all this worries people. They need to know what lies ahead for them, how the environment is changing.

Ecological education in the broad sense of the word provides for the implementation of the following goals:

- formation of a responsible attitude towards the environment;
- observance of moral and legal principles for the protection of natural resources;
- active work on the study and protection of living area.

In the course of such a pedagogical process, the personality acquires

fundamental environmental habits that accompany it at different stages of life, allowing it to bring practical utility in different areas.

Let's review these habits and principles of ecological behavior in 3 directions – «less resources», «less purchases» and «less garbage».

- «Less resources».

- Reduce consumption of resources (water and gas).

This is not as difficult to do as it seems. It is worth putting counters to track consumption and understand how much an individual personally needs a resource. You can also get rid of the bad habit of opening the water unnecessarily – for example, when a person washes face, he turns on the water, but first he soaps his face for a while, while the water is simply not used.

- Reduce electricity consumption.

It will be useful to replace light bulbs with LEDs or energy-saving ones. They cost a little more, but they shine brighter and last much longer, so in general it comes out much cheaper than usual and provides with better quality. Some amount of electricity can be saved with the help of the so-called «passive» consumption. Various electrical appliances, especially computers and televisions, consume some power even when they are turned off, but the cord is connected to the mains. Therefore, it is worth unplugging the cord from the mains when the device isn't in use.

- Reduce the movement on transport requiring fuel.

Try to walk more on foot and ride a bike, and use cars and buses at a minimum, for example, for long-distance travel. Using public transport, give preference to trams, trolleybuses, metro. Speaking of the transition to electric cars, which are popular abroad, it's actually not so environmentally friendly. The fact is that so many natural resources are spent on the production of one electric car, which is rare at the present time, that pollution and damage to nature are more significant than in the mass production of conventional cars.

- «Less purchases».

- Make to-buy lists before shopping.

Impulse buying makes up a huge percentage of trading. Marketers go out of their way to get people to buy, so it's no surprise that we make random purchases on whim and advertising pressure.

- Do not use plastic bags.

The reason is not even that in some stores you have to pay for the package, where they are given out for free, people automatically forget to take their own with them, which is why this package madness accumulates at home, and then it simply becomes unknown where to put it. It is better to take a bag or (even better) a cloth bag/backpack with you to reduce the need for a large production and consumption of polyethylene.

- Give to things a second life

A stain on a shirt can be decorated with embroidery or a patch, torn beads can be used as decoration for a flowerbed, and old jeans can generally be made into

a backpack or wallet – there are many ways! In extreme cases, unused or aged items should not be thrown away, it is better to give them to second-hand or distribute them to those in need. There are no unnecessary things.

- «Less garbage».
- Sort and properly dispose of waste.

Not all waste disposal sites have the ability to hand over garbage and sort it into categories, but it's still worth a try. Boxes for biodegradable and non-degradable waste are slowly starting to appear even in small towns.

- Reduce the use of disposable items.

Minimize your consumption of all plastic and disposable items. Plates, spoons, glasses, disposable utensils for a picnic make up to 45% of all garbage left after the picnics themselves and end up in a landfill. It is worth purchasing and using goods wisely, and it is better to purchase products in general by weight, if possible. In addition, this allows you to determine your own needs and volumes of consumption of different goods, and not take them, because «more weight is at a discount». Practice itself shows that large volumes of products are usually not fully used and often can not be used up to the end before the date of expiry arrives.

- Dispose of technical equipment and batteries according to the rules.

The decomposition of batteries and technical equipment occurs in a natural state for a very long time and is accompanied by the release of toxic compounds. Used batteries can't just be thrown in the trash. Collect them in a separate container, and then take them to the nearest collection point for old batteries. For the technical equipment is better to hand over to a pawnshop or a technical salon – there is almost never a piece of tech equipment in which there are no useful and still usable spare parts left.

These are the brief and fundamental habits acquired by a person during vital activity and receiving basic environmental education. Conscious consumption of water, gas, electricity, reduction of the need to use vehicles that emit exhaust gases, control and reasonable budget allocation, choice in favor of long-term investments in things and quality items, the ability to find a new home to things or give them a second life, properly disposal of various types of waste – all this is the basic principles of ecological personality education, passing through our lives in domestic everyday activities.

These environmental postulates are also reflected in the zero waste concept. This term comes from economics. The principles of cyclicity are basic in production and come down to a closed process: product design, production, consumption, removal or disposal, recovery or reuse. Everything is simple and logical, any thing, having passed the path of creation and use, sooner or later ends up in the trash. As a result, an endless stream of waste and unnecessary things fills personal space and the planet. And this direction is struggling precisely with the reduction of pollution and the appearance of garbage.

There are the following basic so-called «5 rules of R»:

1. refuse – give up the unnecessary;
2. reduce – reduce what you don't need;
3. reuse – reuse what you get;
4. recycle – recycle what cannot be reused;
5. rot – send the rest to compost / humus.

Behind this simple set of rules are the same ideas behind the ecological habits described above:

– the priority is the purchase of goods in eco-friendly packaging and the rejection of disposable packages in favor of reusable ones, it is also better to choose dishes from materials that can last a long time (for example, glass, stainless steel, ceramics, etc.),

– some things in the house can also be replaced with an eco-friendly alternative: change napkins for cloth towels, a plastic comb for a wooden one, etc.

And, of course, you should not be lazy to sort and properly dispose of garbage, hand it over for recycling. By the way, an aluminum can is the most recyclable container on the planet. In developed countries, aluminum containers are almost 100% recycled.

Compliance with these simple postulates and the acquiring of eco-habits in the process of undergoing ecological personality education bring usefulness to various areas of our life, not only at the personal level, but also at the global level, helping to improve the structure of production and consumption of goods and their further processing.

Thus, in order to help preserve the environment, first of all, you need to spend as few resources as possible, which means reducing the amount of consumption of goods at the same time. Also, keep a close eye on any garbage you may produce. The smaller it is, the better. Almost all good habits will be associated with these principles: consume less and litter less.

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