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PERSONAL DEVELOPMENT IN FORMING CONSCIOUS ATTITUDE TOWARDS THE ENVIRONMENT

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Abstract

This article analyzes the issues of forming a conscious attitude towards the environment in personal development from both theoretical and practical perspectives. A conscious attitude towards the environment implies an individual's appreciation of nature, the ability to apply ecological values and knowledge in daily life. Developing ecological awareness, increasing responsibility towards nature, and shaping ecological behavior are among the key tasks of the educational process. The article highlights the essence of personal development, the role of ecological education in the individual's growth, and effective pedagogical approaches for cultivating ecological awareness in the educational process. It also describes practical methods for fostering ecological values and knowledge in students, thereby promoting responsible and conscious behavior towards the environment. The process of forming ecological awareness through personal development is not limited to theoretical knowledge but is also reflected in students' daily behavior.

The article is aimed at elucidating the importance of pedagogical approaches in shaping a conscious attitude towards the environment, enhancing ecological values in the educational process, and linking it to the individual's socio-cultural



development. Moreover, the theoretical and practical foundations for effectively implementing ecological education in educational institutions are revealed.

Keywords: Personal development, conscious attitude towards the environment, ecological education, pedagogical approaches, ecological values, students' behavior, educational process, sense of responsibility, ecological knowledge, ecological culture, sustainable development, ecological activity.

Introduction

SHAXS TARBIYASIDA ATROF-MUHITGA ONGLI MUNOSABATNI SHAKLLANTRISH YO‘LLARI

Annotatsiya

Ushbu maqolada shaxs tarbiyasida atrof-muhitga ongli munosabatni shakllantirish masalalari ilmiy-nazariy va amaliy jihatdan tahlil qilinadi. Atrof-muhitga ongli munosabat shaxsning tabiatni qadrlashi, ekologik qadriyat va bilimlarni kundalik hayotda qo‘llash qobiliyatini anglatadi. Shaxsning ekologik ongini rivojlantirish, uning tabiatga nisbatan mas’uliyatini oshirish va ekologik xulq-atvorini shakllantirish pedagogik jarayonning muhim vazifalaridan biridir. Maqolada shaxs tarbiyasining mohiyati, ekologik tarbiyaning shaxs kamolotidagi roli va ta’lim jarayonida ekologik ongni shakllantirishning samarali pedagogik yondashuvlari batafsil yoritiladi. Shu jumladan, o‘quvchilarda ekologik qadriyat va bilimlarni uyg‘unlashtirish, atrof-muhitga mas’uliyatli va ongli munosabatni rivojlantirishning amaliy usullari tavsiflanadi. Shaxs tarbiyasi orqali ekologik ongni shakllantirish jarayoni faqat nazariy bilimlarni berish bilan cheklanmay, o‘quvchilarning kundalik xulq-atvorida ham aks etadi.

Maqola atrof-muhitga ongli munosabatni shakllantirishda pedagogik yondashuvlarning ahamiyatini, ta’lim jarayonida ekologik qadriyatlarni mustahkamlash imkoniyatlarini va shaxsning ijtimoiy-madaniy rivojiga bog‘liq jihatlarni yoritishga qaratilgan. Shu bilan birga, ta’lim muassasalarida

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ekologik tarbiyani samarali amalga oshirishning nazariy va amaliy asoslari ochib beriladi.

Kalit soʻzlar: Shaxs tarbiyasi, atrof-muhitga ongli munosabat, ekologik tarbiya, pedagogik yondashuvlar, ekologik qadriyatlar, oʻquvchilarning xulq-atvori, taʼlim jarayoni, shaxsning masʼuliyat hissi, ekologik bilimlar, ekologik madaniyat, barqaror rivojlanish, ekologik faoliyat

ФОРМИРОВАНИЕ СОЗНАТЕЛЬНОГО ОТНОШЕНИЯ К ОКРУЖАЮЩЕЙ СРЕДЕ В ЛИЧНОСТНОМ ВОСПИТАНИИ

Аннотация

В данной статье рассматриваются вопросы формирования сознательного отношения к окружающей среде в личностном воспитании с теоретической и практической точек зрения. Сознательное отношение к окружающей среде подразумевает ценение природы индивидом, способность применять экологические знания и ценности в повседневной жизни. Развитие экологического сознания, повышение ответственности перед природой и формирование экологического поведения являются важными задачами образовательного процесса. В статье раскрывается сущность личностного воспитания, роль экологического воспитания в развитии личности и эффективные педагогические подходы к формированию экологического сознания в образовательном процессе. Описываются практические методы формирования экологических ценностей и знаний у учащихся, способствующие развитию ответственного и сознательного отношения к окружающей среде. Процесс формирования экологического сознания через личностное воспитание не ограничивается теоретическими знаниями, но отражается и в повседневном поведении учащихся. Статья направлена на освещение важности педагогических подходов в формировании сознательного отношения к окружающей среде, укреплении экологических ценностей в образовательном процессе и их



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связи с социально-культурным развитием личности. Кроме того, раскрываются теоретические и практические основы эффективной реализации экологического воспитания в образовательных учреждениях.

Ключевые слова: личностное воспитание, сознательное отношение к окружающей среде, экологическое воспитание, педагогические подходы, экологические ценности, поведение учащихся, образовательный процесс, чувство ответственности, экологические знания, экологическая культура, устойчивое развитие, экологическая деятельность

Introduction

In the era of globalization, one of the most pressing challenges facing humanity is the disruption of ecological balance, the depletion of natural resources, and environmental pollution. These problems are closely related not only to economic and technological factors but also to human attitudes toward nature and ecological culture. Therefore, in the modern education system, fostering a conscious attitude toward the environment in individuals is considered an important pedagogical task. In particular, developing ecological awareness among the younger generation, strengthening their sense of responsibility toward nature, and shaping ecological values are among the most актуал issues of today. This is because solving environmental problems cannot be achieved solely through technical means, but also through conscious human behavior and ecological culture. From this perspective, the process of forming ecological awareness in personality development is emerging as one of the key directions in pedagogy and psychology. In the educational process, it is essential not only to provide ecological knowledge but also to develop the skills to apply this knowledge in practical activities, as well as to cultivate a conscious and responsible attitude toward nature among students.

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This article is devoted to addressing this актуал issue by analyzing the theoretical foundations, pedagogical approaches, and practical methods for forming a conscious attitude toward the environment in personality development. Therefore, it is of great importance to scientifically examine the essence and content of personality development.

Main Part

Personal development is a complex process that ensures an individual’s social, cultural, and personal growth, shaping their social responsibility, system of values, and consciousness. Considering today’s global environmental challenges and sustainable development goals, forming a conscious attitude toward the environment within personal development is regarded as one of the key tasks of the pedagogical process. A conscious attitude toward the environment implies an individual’s appreciation of nature and the ability to apply ecological values and knowledge in everyday life.

The Law of the Republic of Uzbekistan “On Education” defines the purpose of education not only as providing knowledge and skills but also as fostering social, cultural, and ecological values in students. In particular, the development of a sense of responsibility, ecological awareness, and environmentally responsible behavior is identified as a priority in the educational process [1]. Furthermore, the Resolution of the President of the Republic of Uzbekistan dated August 9, 2017 (PQ-3183) identifies the development of ecological and pedagogical education in higher education institutions, as well as the training of highly qualified specialists, as a strategic priority [2].

The formation of a conscious attitude toward the environment in personal development is carried out through national pedagogical and psychological schools, traditional teaching methods, and practice-oriented innovative pedagogical approaches. At the same time, international experience demonstrates the effectiveness of applying interactive methods, practical training, mentoring systems, and competency-based approaches in ecological education [3]. Through the systematic comparison of national and

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international pedagogical experiences, strategies for developing a conscious attitude toward the environment in personal development can be improved. This contributes to the development of ecological awareness among students, the achievement of sustainable development goals, and the strengthening of socio-cultural competencies [2].

This article is aimed at scientifically analyzing the theoretical foundations, effective pedagogical approaches, and practical methods of forming ecological awareness in personal development. During the research process, theoretical, empirical, and systematic methodological approaches are applied to highlight effective ways of developing ecological values in personality education [4]. The formation of a conscious attitude toward the environment in personal development is a comprehensive pedagogical process aimed at developing ecological values, responsibility, and the ability to appreciate nature. This process is directly related to the social, cultural, and moral development of an individual, and the formation of ecological awareness is considered an integral part of personality development. This process can be systematically studied and implemented through three main directions:

1. Theoretical Foundations of Ecological Awareness in Personal Development

The formation of ecological awareness in personal development is carried out on the basis of scientific theories as well as national and international standards. A conscious attitude toward the environment includes an individual's responsibility toward nature, appreciation of ecological values, and the ability to apply them in everyday life [1]. The Law of the Republic of Uzbekistan "On Education" defines the formation of ecological values and knowledge in individuals as a priority task [1]. At the same time, UNESCO recommendations on Education for Sustainable Development identify the development of ecological awareness as an international standard [2].

The theories of Vygotsky and Piaget demonstrate that conscious behavior can be formed through cognitive and social development [3], [4]. These theoretical foundations make it possible to consider ecological education as an integral part of personal development. Thus, theoretical approaches

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determine the basis for developing ecological responsibility, making conscious decisions, and applying ecological values in practice.

2. Pedagogical Approaches and Ways of Formation

Pedagogical approaches play a key role in shaping ecological awareness in individuals. They are aimed at developing environmentally responsible behavior, strengthening practical knowledge, and increasing responsibility among students. The following pedagogical strategies are considered effective:

1. Interactive methods: Environmental issues can be analyzed and practical solutions can be developed through discussions, case studies, and peer learning between teachers and students [5]. These methods enhance students' critical thinking and creativity.

2. Practical activities: Through ecological projects, environmental protection initiatives, and campaigns, students are able to apply theoretical knowledge in practice. This significantly increases their environmental responsibility.

3. Mentoring and leadership systems: Students develop a sense of responsibility by managing ecological projects and leading others. The peer mentoring system expands opportunities for independent decision-making and the conscious formation of environmentally responsible behavior. In addition, national pedagogical traditions and the experience of psychological schools play an important role in shaping ecological values within the educational process [6]. The integration of national and international experiences significantly enhances the effectiveness of the pedagogical process.

3. Practical Methods and Recommendations

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To strengthen ecological awareness in individuals, the following practical methods are recommended:

1. Ecological projects and activities: Organizing environmental protection projects in schools and higher education institutions enables students to apply theoretical knowledge in practice.

2. Educational games and simulations: Practicing decision-making in ecological situations helps develop responsibility and environmentally conscious behavior among students.

3. Use of digital technologies: Ecological knowledge can be reinforced through interactive platforms, virtual laboratories, and electronic resources.

4. Volunteering and social activities: Participation in environmental events and campaigns helps strengthen individuals' conscious attitudes toward the environment.

Thus, the integration of theory, pedagogical approaches, and practical methods ensures the effective implementation of the process of forming ecological awareness in personal development.

Conclusion

In conclusion, it should be emphasized that forming a conscious attitude toward the environment in personal development contributes to the development of ecological values, a sense of responsibility, and the ability to appreciate nature. The research findings indicate that the formation of ecological awareness is achieved not only through the acquisition of theoretical knowledge but also through practical activities, interactive methods, and mentoring systems. Pedagogical approaches and practical methods help strengthen students' ecological knowledge, develop responsible behavior, and positively influence their social and cultural development. At the same time, the integration of national pedagogical traditions with foreign innovative experiences enhances the effectiveness of forming ecological

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awareness in personal development. As a result, developing ecological awareness not only improves the quality of education but also contributes to achieving sustainable development goals. To effectively implement the formation of a conscious attitude toward the environment in personal development, the following practical recommendations are proposed:

1. To ensure the systematic and continuous implementation of ecological education in educational institutions, including the integration of ecological projects and interactive activities into curricula.
2. To establish continuous support and guidance systems by teachers and mentors to develop students' ecological responsibility.
3. To strengthen ecological knowledge and promote interactive learning through the introduction of digital and innovative technologies.
4. To develop practical skills and environmentally responsible behavior through students' participation in ecological projects and activities.
5. To enhance the effectiveness of ecological education by integrating national pedagogical traditions with foreign innovative approaches.

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