

THE HISTORY OF THE FORMATION OF ARCHITECTURAL, NATURAL, AND ANTHROPOGENIC ENVIRONMENTS OF RECREATIONAL AREAS IN THE JIZZAKH REGION

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Abstract: *The article analyzes the historical formation of recreational areas in the Jizzakh region, focusing on their architectural and planning characteristics and their relationship with natural and anthropogenic environments. The stages of development of recreational facilities, the role of natural landscapes in organizing recreational activities, and the distinctive features of the architectural environment shaped by human activities are examined. The study also highlights the importance of environmental sustainability and the preservation of national architectural traditions in the development of modern tourism and recreation. The findings contribute to a better understanding of the interaction between natural and built environments in the formation and sustainable development of recreational spaces in the region.*

Keywords: *recreation, recreational areas, architectural environment, anthropogenic environment, natural landscape, tourism, Zomin.*

Аннотация: *В статье анализируется история формирования зон отдыха на территории Джизакской области, их архитектурно-планировочные особенности и взаимосвязь с природной и антропогенной средой. Изучены этапы развития рекреационных объектов на данной территории, значение*

природных ландшафтов в организации рекреационной деятельности, особенности архитектурной среды, сформированной под воздействием человеческой деятельности. Освещены вопросы экологической устойчивости и сохранения национальных архитектурных традиций в развитии современного туризма и рекреации.

***Ключевые слова:** рекреация, рекреационные зоны, архитектурная среда, антропогенная среда, природный ландшафт, туризм, Замин.*

Introduction: In the contemporary era, characterized by the rapid intensification of globalization and urbanization processes, ensuring high-quality recreation and promoting a healthy lifestyle among the population have become increasingly important issues. In this regard, the establishment of recreational zones in areas rich in natural landscapes and the improvement of their architectural environment are considered among the most pressing tasks.

The Jizzakh region is one of the significant recreational areas of Uzbekistan, possessing vast opportunities for the development of recreational facilities due to its mountainous and foothill zones, lake systems, forests, and favorable climatic conditions [2]. In particular, the Zaamin National Nature Park, the Morguzar Mountains, and the Aydar-Arnasay lake system represent the region's primary tourism and recreational resources.

The formation of recreational environments within the territory of Jizzakh region dates back to ancient times, when local communities traditionally spent their leisure time along riverbanks, near springs, and

at the foothills of mountains. The favorable natural conditions of these areas determined their recreational significance [3].

During the second half of the twentieth century, as a result of state policies aimed at developing sanatoriums and recreational institutions throughout the republic, a number of health-improvement facilities were established in the Zaamin area. During this period, architectural solutions were primarily based on the principles of functionality and adaptation to local climatic conditions [4].

Following Uzbekistan's independence, the implementation of state programs aimed at developing the tourism sector led to the construction of modern tourist facilities, hotels, and recreational complexes throughout the Jizzakh region.

Natural landscapes constitute the primary component of the recreational environment. The natural conditions of the Jizzakh region offer several advantages, including:

- Mountainous and foothill relief;
- Juniper forests;
- Mineral water resources;
- Lakes and water bodies;
- Favorable microclimatic conditions.

These factors play a significant role in determining the location of recreational facilities and shaping their architectural and compositional solutions. Health and recreation centers in the Zaamin area have been harmoniously integrated into the mountain landscape, and their architecture has evolved in close interaction with the surrounding environment [5].

The anthropogenic environment consists of engineering and architectural elements created by human activity. The development of

recreational facilities in the Jizzakh region is closely associated with the improvement of transportation networks, engineering infrastructure, and tourism-related facilities.

In recent years, the region has witnessed the construction of:

- Modern hotels;
- Camping and glamping zones;
- Tourist service centers;
- Ecotourism facilities;
- Recreational parks and public leisure areas.

These developments have significantly enhanced the recreational potential of the region.

In the design of modern recreational facilities, particular attention is given to environmental sustainability, energy efficiency, and the preservation of national architectural traditions. Recreational developments in the Jizzakh region increasingly demonstrate the use of local building materials, natural ventilation systems, and landscape-integrated architectural compositions.

The following principles are considered essential in the formation of an architectural environment:

1. Harmony with the natural environment;
2. Environmental sustainability;
3. Preservation and application of national architectural traditions;
4. Provision of an inclusive environment;
5. Enhancement of energy efficiency.

Conclusion: The formation of recreational facilities in the Jizzakh region has been shaped by the interaction of natural, architectural, and anthropogenic factors. The region's rich natural resources provide a solid foundation for the development of a sustainable recreational

environment. In the future, the design of recreational facilities should focus on integrating environmental sustainability, national architectural traditions, and innovative technologies to ensure balanced and efficient development.

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