ECONOMIC AND GEOGRAPHICAL ASPECTS OF THE USE OF RECREATIONAL RESOURCES IN ZOMIN DISTRICT

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Abstract: This article examines the recreational resources of Zomin District in Jizzakh Region, Uzbekistan, from an economic and geographical perspective. It focuses on their spatial distribution, natural and geographical characteristics, and significance for tourism development. Particular attention is given to mountain landscapes, juniper forests, climatic conditions, water resources, historical and cultural sites, and health and wellness facilities. The study also considers the potential economic benefits of recreational resource utilization, including employment generation, the expansion of tourism services, and regional economic diversification. In addition, the main challenges associated with tourism infrastructure, environmental protection, and the integrated management of recreational facilities are discussed. The article proposes practical recommendations for improving tourism infrastructure, developing integrated tourist routes, applying geographic information systems (GIS), and promoting sustainable tourism. The findings suggest that the effective use of recreational resources can contribute to regional economic development if tourism activities are coordinated with environmental conservation and the sustainable management of natural landscapes.

Keywords: Zomin District, recreational resources, economic geography, tourism, ecotourism, national nature park, mountain tourism, health and wellness tourism, regional development, tourism infrastructure, sustainable tourism.

ЭКОНОМИКО-ГЕОГРАФИЧЕСКИЕ АСПЕКТЫ ИСПОЛЬЗОВАНИЯ РЕКРЕАЦИОННЫХ РЕСУРСОВ ЗААМИНСКОГО РАЙОНА

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Аннотация: В статье рассматриваются рекреационные ресурсы Зааминского района Джизакской области с экономико-географической точки зрения, анализируются их территориальное размещение, природно-географические особенности и значение для развития туризма. Особое внимание уделяется горным ландшафтам, можжевеловым лесам, климатическим условиям, водным ресурсам, историко-культурным объектам и лечебно-оздоровительным учреждениям, формирующим рекреационный потенциал территории. Также рассматриваются экономические возможности эффективного использования рекреационных ресурсов, включая создание новых рабочих мест, расширение сферы туристических услуг и диверсификацию региональной экономики. Выявлены основные проблемы, связанные с развитием туристической инфраструктуры, охраной окружающей среды и комплексным управлением рекреационными объектами. Предложены научно-практические рекомендации по совершенствованию туристической инфраструктуры, развитию комплексных туристических маршрутов, применению географических информационных систем (ГИС) и продвижению устойчивого туризма. Сделан вывод о том, что рациональное использование рекреационных ресурсов может способствовать экономическому развитию региона при условии соблюдения принципов охраны окружающей среды и устойчивого управления природными ландшафтами.

Ключевые слова: Зааминский район, рекреационные ресурсы, экономическая география, туризм, экотуризм, национальный природный парк, горный туризм, лечебно-оздоровительный туризм, региональное развитие, туристическая инфраструктура, устойчивый туризм.

ZOMIN TUMANINING REKREATSIYA RESURSLARIDAN FOYDALANISHNING IQTISODIY-GEOGRAFIK JIHATLARI

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Annotatsiya: Mazkur maqolada Jizzax viloyati Zomin tumanining rekreatsion resurslari, ularning hududiy joylashuvi, tabiiy-geografik xususiyatlari hamda turizmni rivojlantirishdagi ahamiyati iqtisodiy-geografik nuqtayi nazardan tahlil qilingan. Tadqiqotda hududning tog‘, o‘rmon, iqlimiy va landshaft imkoniyatlari, tarixiy-madaniy obyektlari hamda davolash-sog‘lomlashtirish maskanlarining rekreatsion salohiyatni shakllantirishdagi o‘rni yoritilgan. Shuningdek, rekreatsion resurslardan foydalanish bilan bog‘liq infratuzilmaviy va ekologik muammolar aniqlashtirilib, turistik-rekreatsion hududlarni rivojlantirish, mavjud resurslardan samarali foydalanish va ularning hudud iqtisodiyotiga qo‘shadigan hissasini oshirish bo‘yicha ilmiy-amaliy tavsiyalar ishlab chiqilgan.

Kalit so‘zlar: Zomin tumani, rekreatsion resurslar, iqtisodiy geografiya, turizm, ekoturizm, milliy bog‘, tog‘ turizmi, sog‘lomlashtirish turizmi, hududiy rivojlanish, turistik infratuzilma.

1. INTRODUCTION

Tourism and recreation have become important components of regional economic development worldwide. The rational use of recreational resources enables territories to utilize their natural and cultural assets, create employment opportunities, expand service industries, and diversify local economies. At the same time, tourism development must be coordinated with environmental protection and the principles of sustainable development. According to the United Nations Environment Programme and the World Tourism Organization, sustainable tourism

requires an appropriate balance between economic, environmental, and socio-cultural considerations [1].

Uzbekistan possesses considerable potential for tourism development due to its diverse natural environments, mountain landscapes, forests, water resources, and historical and cultural heritage. Within this context, Zomin District in Jizzakh Region is notable for its mountain scenery, juniper forests, relatively cool mountain climate, natural attractions, and cultural heritage.

The natural environment of Zomin creates opportunities for various forms of recreational activity, including ecotourism, mountain tourism, hiking, health and wellness tourism, and pilgrimage tourism. The area's mountain and forest ecosystems also provide opportunities for environmental education and nature-oriented recreation. Research on the Zominsuv Basin has highlighted the importance of recreational resources and the possibilities of establishing recreation facilities and improving services for tourists [2].

However, the availability of natural resources alone does not guarantee effective tourism development. The economic benefits of recreation depend on transport accessibility, accommodation facilities, the quality of tourism services, information provision, environmental management, and coordination between tourist attractions.

The purpose of this study is to analyze the recreational resources of Zomin District from an economic and geographical perspective, examine their territorial characteristics, identify the main challenges affecting their utilization, and propose recommendations for sustainable tourism development.

The specific objectives are:

- to characterize the natural and recreational potential of Zomin District;
- to identify and classify the main tourist and recreational attractions;
- to examine the role of natural, historical, cultural, and health-related resources in tourism development;
- to identify the main infrastructural and environmental challenges associated with recreational resource utilization;

- to propose practical measures for improving tourism services and promoting sustainable regional development.

The research object is the natural and socio-economic recreational resources of Zomin District. The research subject comprises the economic and geographical characteristics of their utilization and the prospects for further development.

2. MATERIALS AND METHODS

The study employed descriptive analysis, spatial analysis, comparative-geographical methods, economic-geographical assessment, and the classification of recreational resources.

The research was based on published scientific studies concerning the geography and environmental characteristics of Zomin, available information about its tourism potential, and official information on the area's protected natural landscapes and tourism infrastructure.

Spatial analysis was used to examine the distribution of recreational attractions and the possibilities of organizing them into connected tourist routes.

The comparative-geographical method was used to distinguish between attractions according to their natural characteristics, functional roles, and potential contribution to tourism.

Recreational resource classification was used to group attractions into natural, historical-cultural, and health-related categories. Based on their principal functions, the potential tourism activities were classified as ecotourism, mountain tourism, hiking, health and wellness tourism, and pilgrimage tourism [3].

The analysis was primarily qualitative and descriptive. No original field survey, tourist expenditure survey, or comprehensive statistical calculation of recreational carrying capacity was available for this study. Therefore, the economic effects discussed below are interpreted as potential development opportunities rather than quantitatively measured outcomes.

3. RESULTS

The recreational potential of Zomin District is closely associated with the diversity of its natural conditions and landscapes. The combination of plains,

foothills, and mountainous terrain creates opportunities for different types of recreational activity. The mountainous areas associated with the Turkestan Range are particularly relevant to hiking, mountain tourism, landscape observation, and nature-based recreation.

The recreational attractions of Zomin District can be organized into thematic routes according to their spatial relationships and functional characteristics. Such routes could connect natural landscapes, recreational facilities, and cultural attractions, potentially improving the organization of tourist visits.

A second proposed route emphasizes historical, cultural, and pilgrimage tourism. The source material identifies the following attractions:

- Kultepa archaeological site;
- Khojamushkent Reservoir;
- Khojamushkent Ota Mausoleum;
- Qoplonota pilgrimage site.

Zomin Sanatorium is an important health and wellness facility associated with the district's recreational potential. The source material describes it as being located on the northern slopes of the Turkestan Range at an elevation of approximately 2,000 metres above sea level.

The facility's recreational significance is associated with the mountain environment, natural landscapes, forest surroundings, and opportunities for rest and wellness activities.

From an economic-geographical perspective, health and wellness facilities can support tourism-related employment and demand for accommodation, catering, transport, and other services. Their contribution to the local economy depends on visitor numbers, service capacity, seasonal demand, and the extent to which local businesses participate in the tourism supply chain.

Any specific claim concerning the treatment of particular diseases should be supported by reliable medical evidence. The present study considers the sanatorium primarily as a recreational and health-oriented tourism facility.

The combination of natural landscapes, forest ecosystems, cultural attractions, and health-related facilities provides a basis for the development of tourism services in Zomin District.

These potential benefits are consistent with international approaches to sustainable tourism, which emphasize economic opportunities alongside environmental protection and the well-being of host communities [1, 4].

4. DISCUSSION

The results indicate that the recreational potential of Zomin District is based on the interaction of natural, cultural, and health-related resources. Mountain landscapes, juniper forests, water features, and climatic conditions provide a foundation for ecotourism and mountain recreation, while historical and cultural attractions offer opportunities to diversify the tourism experience.

The findings are consistent with research examining recreational opportunities in the Zominsuv Basin and the development prospects of tourism in the Zomin area [2, 5]. They also correspond with the broader principles of recreational geography, which emphasize the relationships between natural environments, recreational activities, territorial organization, and the use of tourism resources [6; 8].

From an economic-geographical perspective, the development of individual attractions should be complemented by the coordination of transport, accommodation, information, and visitor services. A connected network of tourist routes could improve the organization of visitor flows and create opportunities for local businesses.

Geographic information systems (GIS) could support this process by integrating information about recreational attractions, transport networks, accommodation facilities, land cover, protected areas, and environmental constraints. GIS-based maps could help identify accessible tourist sites, evaluate spatial relationships between attractions, and plan potential routes [7].

Overall, the long-term development of tourism in Zomin should be based not only on expanding tourism infrastructure but also on coordinating attractions,

supporting local communities, improving information services, and protecting natural landscapes.

5. CONCLUSION.

Zomin District possesses considerable recreational potential due to its mountain landscapes, juniper forests, water resources, climatic conditions, historical and cultural attractions, and health-oriented facilities. These resources provide opportunities for the development of ecotourism, mountain tourism, hiking, health and wellness tourism, and pilgrimage tourism.

The study leads to the following conclusions.

First, the recreational potential of Zomin District is determined by the combination of natural, historical-cultural, and health-related resources. Their diversity creates opportunities to develop different tourism products and broaden the range of recreational activities.

Second, organizing attractions into connected thematic routes could improve visitor access and support the coordinated development of tourism services. The proposed Zomin–Supa and Zomin–Khojamushkent routes provide a conceptual basis for further spatial analysis and tourism planning.

Third, recreational resource utilization may contribute to regional economic diversification, employment generation, the expansion of local businesses, and increased demand for services. However, the magnitude of these effects should be established through quantitative economic and tourism data.

Fourth, tourism development requires improvements in infrastructure, visitor information, destination management, and coordination among stakeholders. Environmental monitoring and appropriate visitor management are particularly important in mountain and forest ecosystems.

Fifth, GIS-based mapping could support the spatial assessment of recreational resources, the design of tourist routes, and the identification of environmental constraints. Integrating geographical information with tourism statistics would improve regional planning and resource management.

To promote sustainable tourism development, it is recommended that local stakeholders improve access to recreational attractions, strengthen local participation in tourism businesses, develop digital tourist maps, coordinate tourism services, and ensure that recreational activities comply with environmental protection requirements.

Future research should focus on the quantitative assessment of recreational potential, seasonal patterns in tourist flows, the economic contribution of tourism to local communities, and GIS-based recreational zoning. These measures would provide a stronger empirical foundation for planning and managing tourism in Zomin District.

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