

## ADVANTAGES AND DISADVANTAGES OF SOLAR ENERGY

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**Abstract:** This article discusses the benefits and harms of solar energy, which is important today.

**Key words:** Solar energy, depression, Alzheimer's, hydrogen gas, Shams surah.

### **Introduction:**

The Sun is the closest star to us. The surface of the Sun is not as hard and stable as the surface of the Earth. The proof is simple: the temperature of the surface of the Sun is 6000 C. At this temperature, any metal and rock will turn into gas, so the Sun can be called a gas ball. In fact, the Sun is composed of 75% hydrogen gas and 25% helium. The sun converts matter into energy. This energy in the sun is created on the basis of thermonuclear reactions, turning hydrogen into helium.

When the light from the Sun reaches the Earth, most of it is trapped in the atmosphere and the rest reaches the Earth's surface. These rays are called white rays. It is known that these rays are separated into seven different colors when observed through a prism, in addition, there are also ultraviolet and infrared rays.

The sun usually emits colored and invisible light waves. Infrared and ultraviolet rays are considered invisible. They are invisible to the human eye, but invisible rays have a greater effect on the human body.

It is infrared rays that improve blood circulation in the body. In turn, it activates all vital processes in the body, improves mood, gives freshness and energy. It helps to get rid of depression, and also has the property of leaving pain.

Ultraviolet rays make up only 5% of the spectrum of sunlight. But if this indicator increases, it can endanger human life. In fact, ultraviolet rays ensure the normal

functioning of the immune system, fight against disease-causing bacteria, and improve the body's endocrine system.

Sunlight is very useful for the whole Earth. Let's take a look at its pros and cons.

Human benefits of sunlight

Strengthens the human immune system.

Heat and light from the sun add energy to human energy.

Destroys harmful bacteria in humans.

Prolonged exposure to the sun protects the body from skin cancer, as well as bladder, stomach and colon cancer.

Sunlight causes the human body to produce vitamin D. This vitamin serves to strengthen human bones.

Sunlight protects against heart diseases.

It reduces the amount of cholesterol in the body. As a result of the research, it became known that more people die in the winter season than those who die in the summer season. The reason for this is the lack of sunny days in winter.

Constriction helps to get rid of depression.

When a certain amount of sunlight reaches the retina, it causes the body to relax.

Rays fight against some skin diseases. For example, psoriasis, eczema.

Sunlight protects people from diabetes and high blood pressure.

Improves blood circulation in the body.

Helps reduce joint pain.

It also has many benefits for hair. Prevents hair loss. It is enough to walk for ten minutes under the sun's rays every day.

Prevents Alzheimer's disease.

Recent research by experts from Harvard University has shown that asthma is more common and more severe among people living in countries with less sunshine. In fact, the Sun's ability to treat asthma was discovered already in the last century. At that time, doctors advised asthma patients to go to sunny countries.

The sun ensures the production of serotonin and endorphins in the human body. Endorphins are called the hormone of happiness. Research by scientists has shown that people living in the north of the earth are more likely to be depressed than people living in the south, and this is due to the lack of sunlight.

A person needs light to see everything around him. If there is no sunlight, a person cannot see anything.

Harms of sunlight to humans

Causes sunburn. In this case, a person feels nauseous, has a headache, becomes dizzy, and may even faint.

A lot of walking in the sun causes the skin to dry out.

It causes skin cancer.

A lot of walking in the sunlight causes damage to the retina of the eye.

It causes skin aging and wrinkles.

It causes spots on the skin.

It causes pimples on the face and body.

It causes the hair to dry, fall out, and lose its color.

Precautions

In order to protect the skin from the harmful effects of sunlight, it is necessary to cover the body with something suitable, to protect the head, to wear a hat with an umbrella, and to protect the eyes, to wear dark glasses.

Light colored clothes should be worn. It is preferable that it is white and has long sleeves.

Avoid wearing black clothes when the weather is hot. Because black color does not reflect heat, on the contrary, it absorbs it. As a result, the body heats up.

Drink plenty of water. This water replaces the fluid lost as a result of sweating in hot weather.

Keeping the body cool and clean by taking frequent baths.

It is possible to soften the heat of the air in the yard by planting tall and dense trees around the house and yard.

It is recommended not to walk under the sun's rays during the day.

Being under the sunlight for the purpose of treatment is called a sun bath. The best time for sunbathing is from 6 am to 11 am and from 4 pm to sunset. In this case, the morning sun invigorates the body, and the evening calms it down. Also, at this time, ultraviolet rays do not directly fall on the body and do not penetrate deep into the skin. This prevents skin burns and various skin diseases. In the middle of the day, the Sun's rays move rapidly and are considered harmful for the body.

Effects of sunlight on animals and plants

All living things need sunlight.

Sunlight is very important for animals to determine their breeding seasons.

The process of photosynthesis in plants is directly related to sunlight. In the process of photosynthesis, a substance called chlorophyll is responsible for the green color of plant leaves.

Sunlight plays an important role in the germination, budding, flowering, fruiting, and coloration of all plants.

Sunlight is also necessary for plants to breathe, that is, to release oxygen and absorb carbon dioxide gas.

From the above, it became clear that sunlight is as necessary as water and air for humans, animals and plants to live, and for the Earth to remain in a peaceful and stable state. These rays are extremely important for life. Now let's pay close attention to this verse.

This is what Allah has blessed in the Holy Qur'an:

وَضُحَاهَا وَالشَّمْسِ

**An oath by the sun and its shadow** (Sura Shams, verse 1).

In this verse, Allah swt swears by the sun and its rays. Ziyasi means light. We know that what Allah swore by in the Holy Qur'an is to express and emphasize the importance of those things. From what we learned above, it became clear that the Sun and its light are not ordinary things. Maybe they have a great place, contribution and

influence for the continuation of life on Earth. 1400 years ago, in one verse of the Holy Qur'an, it was pointed out how important the Sun and its light are.

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