

**SAVING ELECTRICITY-A BRIGHTER FUTURE****SAFAROVA MUXLISA***SamDCHTI*

It is hard to imagine modern society without electricity. From home lighting to factories and industrial plants, electricity is used everywhere. However, wasting electrical energy not only harms the environment but also leads to economic losses and the needless depletion of resources.

What causes the wastage of electricity today?

One common cause is leaving the lights on unnecessarily – it is typical not to switch off lights in unoccupied rooms. In addition, improper use of electrical devices – such as leaving televisions, computers, or phone chargers continuously plugged in – and the reliance on outdated, energy-inefficient appliances (like old refrigerators, washing machines, or air conditioners that consume far more energy than their modern counterparts) contribute significantly to energy waste.

Wastage of electrical energy creates not only economic disadvantages but also environmental damage. In many countries, fossil fuels are burned to produce electricity, which pollutes the air and contributes to climate change. Moreover, excessive energy consumption strains the power supply, sometimes even leading to power shortages.

There is mention of a scientific experiment conducted under the guidance of Dr. Richard Stoun at the School of Medicine of the University of Pennsylvania in Florida, USA. In this study, 479 patients aged between 2 and 22 years suffering from myopia were examined. It was revealed that 10% of these patients slept in complete darkness, 34% in dim light, and 56% with the lights on. Thus, it appears that myopia may be primarily associated with sleeping with the lights on.

How can we solve this problem?

Reducing wastage depends on the conscious actions of each individual. Simple measures can help conserve electricity: developing the habit of turning off



unnecessary lights when leaving a room, choosing modern energy-saving LED bulbs and appliances with an energy efficiency rating of A+ or higher, using smart outlets, automatic lighting systems, and temperature-controlling thermostats, and, where possible, installing solar panels can all reduce energy expenses.

Of course, we cannot imagine 21st-century life without electricity. While a single light bulb may not change everything, by starting with ourselves we can not only protect our household budgets and our health, but also help mitigate this global problem. By fostering a culture of conservation, we have the opportunity to leave a more sustainable and greener world for future generations. After all, aren't we willing to sacrifice everything if it takes just the push of a button?