

## SHOULD SINGLE-USE PLASTICS BE BANNED?

**Abdisoatova Fotima**

Bachelor Student at Uzbekistan State World Language University

[fotima\\_abdisoatova@icloud.com](mailto:fotima_abdisoatova@icloud.com)

Supervisor: Jabborova Dildora Zakirovna (PhD)

Senior Teacher, Department of English Language Theoretical Aspects

[dilyacity89@gmail.com](mailto:dilyacity89@gmail.com)

**Abstract.** Single-use plastics such as straws, plastic bags, and disposable cutlery are widely used all over the world. They are cheap, light, and convenient, which makes them very popular. However, they also create serious environmental problems. This paper discusses whether these plastics should be banned completely. It explains how plastic waste affects land, water, and human health. The paper also looks at economic and social challenges connected to banning plastics. The results show that banning single-use plastics can reduce pollution, but it must be supported by better policies, public awareness, and affordable alternatives.

**Keywords:** Single-Use Plastics, Environment, Pollution, Sustainability, Waste Management, Public Policy

### Introduction

In modern life, plastic is everywhere. We use it in packaging, food containers, shopping bags, and many other everyday items. Single-use plastics are especially common because they are cheap and easy to produce. People use them once and then throw them away.

The problem is that these items do not disappear quickly. Many plastic products stay in the environment for hundreds of years. As a result, plastic waste is increasing every year. It pollutes oceans, rivers, and soil, and it also affects animals and humans.

Many people think this problem is caused by individual behavior. However, it is also a system problem. Shops, restaurants, and companies depend on plastic because it is the cheapest option. In many places, people do not have access to better alternatives.

This paper tries to answer an important question: should single-use plastics be banned, or should we find other solutions?

### Method

This research is based on information from international reports, scientific studies, and environmental organizations. The data includes global statistics about plastic production, waste, and recycling.

The study focuses on three main areas:

Environmental impact – how plastic affects nature and ecosystems

Government policies – laws and bans in different countries

Economic factors – costs of plastic and alternative

Different sources were compared to understand the problem clearly. This approach helps to see not only the effects of plastic but also the reasons why it is still widely used.

### Results

The results show that single-use plastics cause serious environmental damage.

First, a large amount of plastic waste enters oceans every year. Marine animals often eat plastic because they think it is food. This can cause injury, illness, or death. Plastic waste also damages ecosystems and reduces biodiversity.

Second, plastic production is harmful to the environment. It depends on fossil fuels such as oil and gas. This process produces greenhouse gases, which contribute to climate change.

Third, recycling systems are not very effective. Many people believe that recycling solves the problem, but in reality, only a small percentage of plastic is recycled. Most of it ends up in landfills or nature.

At the same time, the research shows that banning plastics has challenges. Small businesses may struggle because eco-friendly materials like paper or bamboo are more expensive. In some sectors, such as healthcare, single-use plastics are still necessary for safety and hygiene.

### **Discussion**

The findings suggest that banning single-use plastics can help reduce pollution, but it cannot solve the problem alone.

Governments should take strong actions. For example, they can introduce taxes on plastic products and support companies that produce sustainable materials. Investment in new technologies is also important to create cheaper and better alternatives. Urban systems should also change. Cities can reduce plastic waste by improving recycling systems and encouraging reusable products. Public awareness campaigns can help people understand the importance of reducing plastic use. However, it is important to remember that individuals cannot solve this problem alone. The system must change to make sustainable choices easier and more affordable.

### **Conclusion**

In conclusion, single-use plastics are a major environmental problem that affects the whole world. Banning them can reduce pollution and protect nature, but it is not a complete solution. To solve this issue, we need a combination of actions, including government policies, business responsibility, and public awareness. Sustainable alternatives must become cheaper and more available.

If we work together and change both our habits and our systems, it is possible to create a cleaner and healthier future for the next generations.

### **References**

1. United Nations Environment Programme (2021). From Pollution to Solution.
2. Roland Geyer et al. (2017). Production and Fate of Plastics.
3. World Wildlife Fund (2019). No Plastic in Nature.
4. Ocean Conservancy (2020). Trash Free Seas Report.