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4IT-B

REFLECTION

I became aware of how closely humans and the environment are related after studying the human population and ecosystem. I discovered that the demand for resources like food, water, and energy rises in tandem with population growth, frequently resulting in environmental problems like pollution, deforestation, and climate change. This made it clearer to me that human activity directly impacts environmental balance, and that ecosystem health in turn affects human well-being.

The significance of sustainability is what really caught my attention. Future generations might find it difficult to exist if people keep using resources without taking the environment's capacity into account. I learned from this topic that small decisions like conserving water, cutting back on trash, and preserving biodiversity are crucial to preserving a healthy ecosystem.

All in all, this lecture changed the way I think about accountability. It made me realize that people are a part of nature, not something distinct from it, and that we need to take care of the environment to maintain a balance between ecosystem health and population increase.