

## **Assessment of Anthropogenic Load on Landscapes of Areas of the Tambov Region**

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**Abstract:** Based on the method of ecological-economic balance, the anthropogenic load on the landscapes of municipalities and the Tambov region as a whole was assessed. For the assessment, the coefficients of absolute and relative load on the territory and natural protection were used. An uneven distribution of anthropogenic load in the region was established and three zones were identified: with high load from agricultural areas in the southwest of the region, low load in the northeast and a transition zone between these territories. Measures are proposed to reduce the impact of artificial ecosystems and restore the natural potential of territories through the restoration of natural landscapes.