

PROBLEMS AND SOLUTIONS OF REPRODUCTIVE HEALTH OF YOUTH

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ABSTRACT: - The main factors of the current situation are: low awareness of the population in matters of sexual and reproductive health; lack of a system of sexual education for children and adolescents; the prevalence of sexually transmitted infections, especially among adolescents and young adults; high rates of teenage pregnancy and abortion; insufficient involvement of specialists in the process of protecting reproductive health and preparing for a planned pregnancy; insufficient saturation of the pharmaceutical market with high-quality contraceptives and their high cost; lack of research on the needs of the population in services for the protection of sexual and reproductive health.

KEYWORDS: Reproductive health, high-quality contraceptives, young adults, sexual education for children and adolescents

INTRODUCTION

In modern conditions, characterized by a high level of deterioration in the health of young people, the problems of protecting reproductive health are of particular importance. A set of preventive measures

aimed at shaping the reproductive health of young people is the most important task of public health. Preserving the reproductive health of young people is one of the main tasks of modern society. Particular attention is paid to the young family, which is an important socio-demographic group of the population.

“ACTIVITIES OF INTERNAL AFFAIRS BODIES OF THE REPUBLIC OF UZBEKISTAN IN ENSURING PUBLIC SAFETY AND FIGHTING CRIME (2017-2022)”

The formation of a healthy lifestyle should be expressed in the consolidation in the youth environment of a set of optimal skills, abilities and life stereotypes that exclude addictions. Reproductive health means not only the absence of diseases of the reproductive system, violations of its functions and / or processes in it, but also a state of complete physical and social well-being. This means the possibility of a satisfied and safe sexual life, the ability to reproduce (bear children) and independently resolve family planning issues. Currently, the problem of preserving the reproductive health of young people is of particular relevance. Studies confirm that the trend of deterioration in the health of young people, in particular reproductive health, has taken on a sustainable character in recent years. The main factors of the current situation are: low awareness of the population in matters of sexual and reproductive health; lack of a system of sexual education for children and adolescents; the prevalence of sexually transmitted infections, especially among adolescents and young adults; high rates of teenage pregnancy and abortion; insufficient involvement of specialists in the process of protecting reproductive health and preparing for a planned pregnancy; insufficient saturation of the pharmaceutical market with high-quality contraceptives and their high cost; lack of research on the needs of the population in services for the protection of sexual and reproductive health. The formation of the reproductive behavior of young people largely depends on: the social environment in which they live; relationships in the family, with peers and other adults; strengthening the processes of urbanization; loss of traditional foundations of society; use of means of communication and communications, including the Internet; increasing opportunities for tourism and

communication with peers in other countries; the presence of somatic diseases and diseases of the reproductive system; environmental, social, economic, cultural factors. All this contributes to a more rapid spread of both positive and negative phenomena in the behavior of young people. Youth and adolescents, due to their age characteristics, do not take into account the consequences of bad habits that affect their reproductive health.

Drunkenness and alcoholism complicate the socio-demographic situation in the country, affect the population and its mental and physical capabilities, and reduce socially useful activity. Alcohol abuse leads to a decrease in the birth rate and an increase in the number of children with congenital physical and mental disabilities. In our time, the incompatibility of pregnancy and the use of alcoholic or narcotic stimulants has been unambiguously and convincingly proven: the risk of abortion, infertility increases, and the likelihood of the birth of a sick or defective offspring increases. In the early stages, the result of the action of nicotine, alcohol and drugs is the death of a fertilized egg and embryo, stunted growth and development of the fetus, impaired formation of organs and systems of the fetus, spontaneous miscarriages, stillbirths. One of the serious problems among adolescents and young people is early sexual intercourse, which leads to venereal diseases, inflammatory diseases of the reproductive system, and subsequent infertility. We should not forget that in adolescents, sexual intimacy usually occurs in inappropriate conditions and in the absence of elementary knowledge about safe sex. This can lead girls to the development of sexual coldness, psycho-emotional emptiness and teenage pregnancy. In recent years, the level of teenage pregnancy in our republic has almost halved, but this

situation is a major social problem, both for children who are mostly forced to be brought up in single-parent families, and for young mothers who have the opportunity to continue their education or get a profession. change significantly with the birth of a child. Termination of pregnancy in adolescence and young age remains one of the most urgent problems of sexual and reproductive health. In recent years, the total number of abortions among adolescents has decreased, but despite the decline in the absolute number of abortions, artificial termination of pregnancy remains the main method of birth control. A feature of abortion in adolescents is that young girls for the most part do not seek help in the early stages of pregnancy, when it is still possible to terminate a pregnancy with more gentle methods in order to avoid serious consequences.

Termination of pregnancy is always a serious operation for a woman's health. Complications associated with abortion are observed in 62%. The most serious complications of induced abortion are: ectopic pregnancy; bleeding; infertility; miscarriage; damage to pelvic organs and tissues; chronic inflammatory processes of the genital organs; ovarian dysfunction; benign and malignant diseases of the reproductive system. This is largely the result of early sexual contact, lack of awareness of contraception and personal hygiene. Therefore, one should always remember that by terminating a pregnancy, a woman risks her health, future motherhood and her female happiness. In this regard, self-education is of great importance - the development of will, the ability to control one's actions. Premarital and extramarital sexual relations bring disharmony into human behavior and create difficulties in family life. A person who has known intimacy before marriage often seeks more thrills and often

gets into trouble. The physiological development and formation of the reproductive system of adolescents predetermines the need to comply with the regime of restrictions and restraint until the onset of full psychological and social maturity. An alternative to abortion is contraception, which allows you to control the reproductive sphere of life, determine the desired number of children in the family. The reason for the inactive use of modern methods of contraception is due to: insufficient information about modern methods of contraception; with insufficient saturation of the pharmaceutical market with high-quality contraceptives of the latest generation, primarily oral contraceptives, as well as their high cost. Among the most important problems of reproductive health in our country are diseases of the reproductive sphere, infectious diseases, sexually transmitted diseases, miscarriage and infertility. Significant damage to the reproductive health of the younger generation and young people is caused by infections, predominantly sexually transmitted infections (STIs).

Their sociological significance is determined by their high prevalence, the severity of the consequences for the health of the sick, the danger to society, and the impact on the reproduction of offspring. The main factors contributing to the growth of sexually transmitted infectious diseases include: the spread of drug addiction, especially among adolescents and youth; the growth of sexual aggression, including against children and adolescents; prostitution of minors; the emergence of new risk groups (migrants, the homeless, prostitutes); distribution of pornography in the media; change in the moral foundations of society; the spread of premarital sexual relations, especially among

young people; lack of a system of sex education; the unpreparedness of the health care system to meet the needs of the population in the field of sexual health. Issues of control over sexually transmitted diseases, causes of their growth, treatment, research in this area, prevention were discussed at many international meetings and conferences. It is noted that sexually transmitted diseases have recently become the most serious public health problem. The increase in the incidence, despite modern methods of treatment, shows that medical methods are ineffective without active preventive measures, subject to taking into account the complexity of epidemiological, microbiological, geographical, environmental and social factors interconnected. Reproductive health is a set of factors, methods, procedures and services that support reproductive health and promote the well-being of the family or individual through the prevention and management of reproductive problems. In modern conditions, characterized by a high level of morbidity and general mortality of the population, a decrease in the birth rate and a deterioration in the health of children, the problems of protecting the reproductive health of the population are of particular importance. Family planning is one of the preventive health measures with a family and social dimension that promotes optimal human development. The family planning program should focus on the broader context of primary health care, work closely with educational authorities, legal and legislative bodies and the media. Family planning services should provide comprehensive and accessible information, ensure that everyone has access to sex education and family planning services. Only knowledgeable people can and will act responsibly and taking into account their own needs, as well as those of their family and

society. Conclusions. Summing up these problems of the formation of reproductive health of adolescents and young people, one must be clearly aware that this is a long process and the formation of individual sexual behavior occurs gradually with age. And all this time, the role of parents as a role model, as well as the role of friends, girlfriends, school and our entire society as a whole, should not be underestimated.

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