

# **Reproductive Health States of Women and The Main Factors Affecting**

Muyassarova M. M.  
Abdurashitova Sh. A.  
Tashkent Medical Academy

## **Abstract:**

Throughout the Covid-19 pandemic, the Director-General of the World Health Organization (WHO) has emphasized that “all countries must find the ideal balance between protecting health, minimizing economic and social disruption and respecting human rights.” With health systems overwhelmed, countries need to make difficult decisions to balance the demands of a direct response to Covid-19 while engaging in strategic planning and coordinated action to maintain the delivery of essential health services. Providing many services will become more complex. However, women's choices and rights to sexual and reproductive health should be respected regardless of Covid-19 status. To guide national health systems in planning the strategic shifts needed to maintain sexual and reproductive health services and respond to the additional demands of the Covid-19 pandemic, WHO has published specific resources on Covid-19 that complement existing resources in this area [1].

**Keywords:** Covid 19, reproductive age, risk, women's health.

## **Introduction**

According to the WHO definition, reproductive health is not only the absence of disease or illness in all areas related to the reproductive system, its functions and processes, but also a state of complete physical, mental and social well-being [2,3].

The health of the population, including reproductive health, is determined by the economic and social status of the population, demographic processes and environmental living conditions.

Reproductive health is an integral part of overall health and is essential for human development. Reproductive health is a personal and very valuable aspect of life. While it reflects the quality of health during childhood and adolescence, it also lays the foundation for post-reproductive health for both women and men and determines its impact across generations. In such conditions, the role of reproductive health increases significantly. The birth rate depends not only on its condition, but also on the life activity of future generations. Improving reproductive health at the family level reduces the number of tragedies associated with infertility or unwanted pregnancy, which often lead to family conflicts, leading to the destabilization of marriages and family relationships and their breakdown [2,4]. Improving reproductive health as an integral part of the health of the nation as a whole should be a priority for the government and the health system. As defined by the World Health Organization

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(WHO), reproductive health is a state of complete physical and social well-being and not the absence of disease in anything related to the reproductive system, its functions and processes. Reproductive health is determined by a number of factors, including society's attitudes towards women and their role in society.

In modern socio-demographic conditions, the problem of abortion occupies a special place in the system of measures to preserve and restore a woman's reproductive potential. The prevalence of abortion is one of the main medical and social indicators characterizing the reproductive consciousness and behavior of women, as well as the health status of citizens [3,5].

Sexual function plays an important role in the normal life of a person, in addition to sleep and eating, it is one of the main motives of a person and can manifest itself at any stage of sexual activity or at any stage of sexual life and is an important factor in determining the quality of life of an adult. Sexual dysfunction can dramatically reduce the quality of life for many women. This condition is often underdiagnosed and untreated. Currently available data on the impact of the Covid-19 pandemic on female sexual function are limited and inconsistent in terms of the characteristics of the impact of certain functions on sexual function.

The results of a review of current literature showed that the Covid-19 pandemic, lifestyle changes, the need for self-isolation, and changes in income are important stress factors and have a significant impact on women's reproductive and sexual health in different countries of the world. Currently available data are limited and contradictory regarding the nature of the impact of sexual function on individual positions. A number of studies have reported an increase and a number of other studies have reported a decrease in libido and sexual arousal during the pandemic. During the pandemic, sexual activity has decreased by less than 40%, and most studies have shown a decrease in orgasm and patient satisfaction. Changes in sexual function in the context of the COVID-19 pandemic may also vary across populations and ethnic groups. Studies aimed at studying the impact of the COVID-19 pandemic on the sexual health of the female population in Uzbekistan have not yet been conducted.

**The relevance of research.** Coronavirus disease (Covid-19) is caused by a new strain of coronavirus (SARS-CoV-2) discovered in 2019 and not previously detected in humans. Common symptoms include fever, cough and shortness of breath. On March 11, the World Health Organization (WHO) declared the current Covid-19 outbreak a pandemic. There are currently more than 98,000,000 confirmed cases worldwide (data as of January 22, 2021). In May 2020, WHO reported that there are no known differences between the clinical manifestations of Covid-19 in pregnant and non-pregnant women of reproductive age. Available data on the exact impact of COVID-19 on fertility and pregnancy remains sparse. In September 2020, the first version of a live systematic review and meta-analysis of clinical presentation, risk factors, maternal and perinatal outcomes of coronavirus disease in pregnancy was published in the

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British Medical Journal. The review included 77 studies (13,118 pregnant women with COVID-19; 83,486 non-pregnant women with COVID-19).

Results showed that pregnant and recently pregnant women were more likely to require intensive care for COVID-19 than non-pregnant women of reproductive age [6].

Reproductive health includes harmony and balance of sexual, physical, psychosexual development, somatic and mental health. Reproductive diseases affect the health of future generations. The problem of reproductive health of the young female population is multifaceted and very relevant in modern conditions, largely due to the lack of information and culture in the field of family planning. All this is a consequence of the destruction of the system of medical education for women and indicates the need to take urgent government measures to restore women's reproductive health.

Purpose of the study: To develop scientifically based recommendations for strengthening reproductive health based on an analysis of the medical and social characteristics of women of childbearing age during the pandemic. In accordance with the purpose of the study, the following tasks were set:

1. Analysis of medical and demographic indicators of reproductive health of the female population at the regional level;
2. To study the medical and social characteristics of the health of women of childbearing age during the Covid-19 pandemic;
3. Assess the state of reproductive health of women of childbearing age and the main factors influencing it;
4. Development of scientifically based recommendations for improving the health of women of childbearing age, development of a set of therapeutic and organizational measures.

### **Conclusion**

Thus, for the first time in the country during the Covid-19 pandemic, a comprehensive study of women's reproductive health is based on an analysis of medical and social characteristics, which allows for a systematic assessment of the health of women of reproductive age. Systematic assessment identifies factors influencing the health of women of childbearing age.

The study will develop evidence-based recommendations for improving the reproductive health of women of childbearing age based on an analysis of their medical and social characteristics during the Covid-19 pandemic.

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