

REPRODUCTIVE HEALTH OF YOUTH

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Young people in Uzbekistan, with the current socio-demographic situation, in recent years has given rise to numerous speeches, publications and discussions in which scientists and practitioners, journalists and politicians are actively involved. Issues related to the health of young people have become the subject of discussion and search for solutions at the highest political level. The focus on the health of young people is largely due to the fact that the health of this particular group is largely associated with the situation in the demographic sphere. Many factors influence the growth and development of the reproductive system. Examples of the influence of intrauterine development conditions and the characteristics of the course of pregnancy and childbirth on reproductive health are various violations of the formation and development of the genitals during infection, somatic diseases of the mother, unfavorable course of pregnancy and childbirth. Of particular note is the influence of bad habits of the mother, as well as the intake of certain medications during pregnancy. An important role in the formation of the function of the reproductive

system is played by heredity. The connection between the favorable development and formation of the functions of the reproductive system and the somatic health of the child is confirmed by the data that children belonging to II and III health groups suffer from one or another gynecological pathology in 50-60% of cases. Severe somatic pathology, including oncological and systemic diseases, requiring long-term use of large doses of glucocorticoids, chemotherapy and radiotherapy drugs, inhibit and sometimes block the development of the reproductive system. The connection of the latter with the nervous and endocrine systems is especially close.

Material and methods. The search for literary sources was carried out using the bibliographic databases Web of Science, Scopus, DBLP, Medline. When selecting sources, they paid attention to experimental articles, literary reviews and the number of their citations over the past year.

Results. The study involved 244 people. Of these, 182 boys and 62 girls aged 14 to 20 years. After analyzing the data obtained, we came to the conclusion that 19% of the respondents live with their sexual partner, despite such a young age. Of all the students of vocational technical schools and schoolchildren surveyed, the majority of those living together are schoolchildren (16%) and only 3% of

students. However, 4% of respondents are already married. Of these, 2% are schoolchildren and 2% are students. Thus, respondents living together with their partner in a civil and registered marriage make up 23%. And 24% of respondents live separately from their parents. Consequently, today's youth much faster begins to live separately from their parents. According to our survey, 71% have ever had a sexual relationship. The obtained figures can be explained by the early sexual development of adolescents, the influence of peers on them, the desire for self-realization and "adulthood". Of these, 3.5% began their sexual life at the age of 12 or less, 30.5% at 13 8-15 years old, 29% at 16-18 years old, 13% do not remember the beginning of their sexual life. This suggests that 13% of the respondents, having promiscuous sex, did not take the beginning of sexual activity seriously. At the same time, at the first sexual contact, 11% do not remember their partner, 7% noted that the partner was random. Love, as the reason for the first sexual contact, was noted by the majority of respondents (40%), interest - 23%, 4% of respondents were forced into the first sexual contact. It should be noted that over the past 12 months, 7% of respondents had no sexual partners, 29% were faithful to one sexual partner, 36% had promiscuity. To the question: "What consequences of promiscuity are you afraid of?"

65% of respondents are afraid of the possibility of contracting sexually transmitted infections (STIs), 33% are afraid of unwanted pregnancy, 2% are dependent on the opinions of others. 80% of respondents consider it necessary to have one permanent sexual partner.

Conclusion. The development of modern society makes new demands on health at the individual and societal levels. The social significance of the culture of reproductive health of the younger generation is due to the fact that young people are the closest reproductive, intellectual, economic, social, political and cultural reserve of society. The long-term trend of deterioration in the health of young people entails a subsequent decline in health in all age groups.

Young people are reluctant to visit medical institutions where they can meet adult acquaintances. Creation of a wide network of medical and educational centers for young people, where it would be possible to receive medical care and where work is simultaneously carried out to protect the reproductive health of young people and a healthy lifestyle, and provide psychological and social support. This is not only promising, but also extremely necessary. This is evidenced by the successful experience of such institutions, which are already active in a number of regions. Adolescent sexuality, which has strong social determinants,

deserves special attention. The importance of the problem of teenage sexuality cannot be underestimated, because this leads to serious and sometimes tragic consequences. Being extremely sensitive, having long been banned from discussion at any level, issues related to this problem have always worried teenagers, giving rise to myths, shame, and sometimes fear. After analyzing the data we received during the study, we came to the conclusion that the majority of respondents want to have a healthy, full-fledged family. But, despite this, 36% have more than one sexual partner and 28% do not use contraceptives during sexual intercourse. Not a high level of knowledge of young people about the factors that destroy reproductive health and the need to prepare for the creation of a family. Low awareness of the subjects about sexually transmitted diseases. Knowledge about reproductive health appeared among young people in the course of communication with parents, peers, as well as via the Internet. This forms false stereotypes and beliefs.