



## Scientific and Organizational Aspects of Strengthening the Reproductive Health System of our Youth

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**ABSTRACT**

Reproductive health is a very complex term and everyone understands it differently. If we follow the universally recognized tariff given by the World Health Organization to this phrase, it means complete psychological, social and physical preparation for having sex in order to procreate. In addition, a person's reproductive health means the burden of any infections and other unfavorable conditions of the body that may affect the negative consequences of pregnancy, the impossibility of re-conception or the birth of a disabled child.

*Factors affecting reproductive health* There are many factors that can negatively affect fertility. So, what prevents you from maintaining reproductive health:

- very early onset of sexual activity and its negative consequences;
- sexually transmitted infections and diseases;
- unethical behavior;
- poor environmental conditions and poor quality food;
- genetic failures and hormonal disorders;
- abundance of bad habits, etc.

**Keywords:**

Reproductive, sociological, steroid, ontogenesis, chronology, tendency, typological, addiction

**The purpose of the study:** Reproductive health of young people should be protected from infancy. This implies timely examination by relevant doctors, compliance with the child's personal hygiene rules and routine. Male infertility can be caused by many factors such as alcoholism, steroid use, wearing tight underwear or taking long baths. Reproductive period. This term refers to the part of a woman's life during which she can safely conceive, give birth, and give birth to a child. This indicator is calculated differently in different countries, because it is affected by many statistical indicators. However, it is generally accepted that a woman is ready to give birth when her first menstrual period begins, and that the reproductive phase ends with the onset of menopause. The optimal age of a man should not exceed 35-40 years. Human ontogeny and reproductive health are inseparable parts of each other. This fact is that at each stage of

human development, independently or under the influence, the quality of life and the ability to reproduce the species can deteriorate or improve.

Criteria for reproductive health:

A system of general and special criteria has been created to assess the reproductive capacity of a person, for example:

- deterioration of health;
- changes in laboratory research data of biological materials;
- malfunction of systems and organs;
- assessment of statistical indicators of birth and death;
- birth status, etc

**Methods of the study:** The increase in the number of diseases, the tendency to chronology of a number of diseases, the abundance of factors that negatively affect the health of young people in modern unfavorable conditions

determine the need to improve the prevention and treatment - recreation system at all stages. For this, it is necessary to provide medical assistance to students taking into account the differences in the level of health care, sleeping conditions in different universities, the image of young people and living conditions.

**Results of the study:** When examining students, their health indicators, some complaints, anamnestic data and previous medical documents is determined by the availability of information, it leads to the deterioration of the health of young people at the end of their sleep at the university. In the existing economic, social and medical programs, the unique social position of the young generation in the process of social development is not fully taken into account, which encourages to increase attention to the medical and social problems of young people, to develop tools, forms, methods and criteria for working with the young generation in the long term.

At present, there is a significant integration of health and education bodies in practice, there is a lack of specialists who know medicine, pedagogy and psychology, which are necessary to educate the population, carry out preventive work in families, educational institutions and society as a whole. Existing programs of health education of the population are focused only on the medical aspects of health, and psychological and pedagogical problems of personality development, individual, typological, age and gender characteristics are not taken into account. There are almost no large-scale prospective studies on the organization and creation of new structures for the maintenance and strengthening of student health in educational institutions of various levels, health programs implemented at all levels of management are not described, their efficiency and prospects are not taken into account.

Adolescent reproductive health is very important. The health of the nation as a whole and the improvement of the demographic situation depend on their reproductive potential. Reproductive potential usually refers to the ability to produce healthy offspring when

a child reaches childbearing age. Student years mainly coincide with adolescence. Adolescence is characterized by specific physiological changes in the body, during which growth and development processes accelerate, and the psychological, moral and social formation of a person is especially important. In the future, the pathological course of this period can have a negative effect on the reproductive function of a person, which largely depends on the state of his health in childhood and adolescence. Maintaining the reproductive health of young people is one of the main tasks of modern society. Special attention is paid to the young family, which is an important socio-demographic group of the population. The formation of a healthy lifestyle should be expressed in the combination of a set of acceptable skills and life stereotypes that exclude drug addiction in the youth environment. Reproductive health means not only diseases of the reproductive system, disorders of its functions or processes, but also a state of complete physical and social well-being. This means a satisfying and safe sex life, fertility (bearing children) and the ability to independently solve family planning issues. Currently, the problem of maintaining the reproductive health of young people is of particular importance. Research shows that in recent years, the trend of worsening youth health, especially reproductive health, has stabilized. The main factors of the current situation are: low awareness of the population in sexual and reproductive health issues; the burden of the sexual education system for children and adolescents; prevalence of sexually transmitted infections, especially among teenagers and young adults; high rates of teenage pregnancy and abortion; insufficient involvement of specialists in the process of protection of reproductive health and preparation for planned pregnancy; saturation of the pharmaceutical market with high-quality contraceptives and their high cost; lack of research on population needs for sexual and reproductive health care services.

In scientific circles, various studies have been conducted for a long time about the effect on the health of pregnant women and the gender

of women of reproductive age. Several groups of factors were identified during long-term observations:

- Socio-psychological. This is the result of stress, nervous tension and feelings of anxiety and fear.
- Genetics. The presence or absence of mutations in reproductive cells.
- Professional. If your professional activity depends on harmful and dangerous substances or types of work, it is necessary to eliminate the influence of such factors before the beginning of pregnancy and even planning.
- Ecological. Ecologically, if we become a more comfortable place, we can at least influence these factors.

Young people and teenagers do not take enough into account the consequences of bad habits that affect reproductive health. Drunkenness and alcoholism complicate the socio-demographic situation in the country, affect the population and its mental and physical capabilities, reduce socially beneficial activity. Alcohol consumption leads to a decrease in fertility and an increase in the number of children with physical and mental disabilities. In our time, it has been clearly and reliably proven that pregnancy is inappropriate for age and the use of alcohol or drug stimulants: the risk of abortion, infertility, and the possibility of giving birth to a sick or defective offspring increases. In the initial stages, the result of the influence of nicotine, alcohol and drugs is the death of the fertilized egg and embryo, delay in the growth and development of the fetus, disruption of the formation of fetal organs and nervous systems, miscarriage, stillbirth. In recent years, the rate of teenage pregnancy in our republic has almost halved, but termination of pregnancy in adolescence and youth remains one of the most urgent problems of sexual and reproductive health. The concept of protection encompasses many methods, tools and services that can support the reproductive health of young families and individuals. Protection issues are of great importance in modern conditions. It does a lot to prevent various diseases affecting the sexual area in particular. Spirituality must begin with the family and continue in educational institutions. This should be discussed with the

younger generation. Among the most important problems of reproductive health in our country are reproductive diseases, sexually transmitted infections, miscarriage and infertility. Serious harm to the reproductive health of the young generation and young people is caused by infections, mainly sexually transmitted infections. Their sociological importance is determined by their high prevalence, the severity of the consequences for the health of patients, their danger to society, and their impact on the reproduction of generations.

**Materials and methods:** The main factors responsible for the increase in sexually transmitted infections are: the prevalence of drug addiction, especially among teenagers and young adults; Increased sexual assault; Spreading pornography in mass media; Changing the moral foundations of society; Spread of premarital sex, especially among young people; The burden of the sexual system; The health system is not ready to meet the needs of the population in the field of sexual health protection. Control of sexually transmitted diseases, the causes of their growth, treatment, research in this field, prevention issues have been discussed at many international meetings and conferences. It is noted that recently sexually transmitted diseases have become the most serious problem for public health.

**Relevance of the topic:** Despite modern treatment methods, the increasing incidence shows that the interrelated epidemiological, microbiological, geographic, ecological and social complexities are all medical methods ineffective without complex preventive measures. Reproductive health care is a set of factors, methods, procedures and services that support reproductive health, contribute to family or individual well-being by preventing and solving problems related to reproductive function. In modern conditions characterized by high morbidity and general mortality of the population, decrease in birth rate and deterioration of children's health, the problems of protecting the reproductive health of the population are of particular importance. Family planning is one of the preventive measures of

family and social dimension health that contributes to humanitarian development. A family planning program should focus on the broader context of primary care, and work closely with educational, legal and legislative bodies, and the media. Family planning services should provide comprehensive and understandable information and ensure everyone has guaranteed access to sex education and family planning services. Only educated people can and will act with a sense of responsibility and taking into account the needs of the individual, as well as the needs of the family and society. Summarizing these problems of the formation of reproductive health of young people, it should be said that this is a long process and the formation of individual sexual behavior occurs gradually depending on age.

**Conclusion:** To sum up, to optimize the educational process, to organize medical, including preventive services for students, to provide the necessary social support, to improve the target health of students, to make the necessary management decisions on health care in order to form motivation. It is necessary to monitor the incidence of youth in different age groups for a healthy lifestyle and personal responsibility for their health. In order to achieve maximum effectiveness, measures to protect the health of students should be targeted, comprehensive and long-term, which requires comprehensive development of a prospective goal. An interagency program that takes into account the regional socio-economic, medical-organizational and other characteristics of the student body. When choosing the priorities for maintaining and strengthening the health of young students, the working group should take into account not only the importance of the planned activities, but also their practical social and economic expediency in the context of a specific subject of the organization.

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