



Main aspects of reproductive health of adolescent girls and girls of early reproductive age. (Overview)

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ABSTRACT

Reproductive health of teenage girls and women of young age stands out for its social and political significance. It is directly related to the health of children and, consequently, to the future of the state, the health and preservation of the gene pool of the people of our Republic of Uzbekistan. Prevention and treatment of violations of the formation of the reproductive system should be comprehensive and individual, with the participation of psychologists, teachers, general practitioners, gynecologists, carried out taking into account complaints and the quality of life of each girl.

Keywords:

reproductive health, teenage girls, health maiden, young women

One of the priority tasks of the state is to ensure the implementation of the reproductive function of women, according to the WHO definition, reproductive health is a state of complete physical, mental and social well-being, and not just the absence of diseases or ailments in all areas related to the reproductive system, its functions and processes [1,11].

Currently, the state of reproductive health of adolescent girls aged 13–18 is of serious concern [2].

Numerous studies have shown that modern adolescent girls are characterized by a high incidence of diseases of the reproductive system, changes in sexual and reproductive behavior, leading to an increase in the number of unwanted pregnancies, an increase in the number of abortions, and an increase in the number of cases of infection with sexually transmitted infections (STIs) [4,6]. These trends are of great concern as adolescents determine future reproductive potential and gynecological disorders in adolescence increase the incidence of infertility in adulthood [12,14].

The birth of a child is one of the main goals of the life chain of humanity as a whole.

The main inductors that, one way or another, influence a woman's choice to be a mother or not, are determined by the level of economic development of the country in which she lives, as well as the economic well-being and financial independence of the woman herself [8].

The problem of reproductive health over the past two decades has been at the center of attention of scientists around the world. Uzbekistan, like other states of Central Asia, is now at the first stage of the demographic transition from extensive (high birth rate and infant mortality) to intensive (relatively low birth rate and low infant mortality) type of population reproduction [3,4].

In the current demographic situation in Uzbekistan, improving the health of women, as one of the main factors in the birth of a healthy child, especially in conditions of high birth rates and large families, is of great scientific and practical importance [9].

The state of reproductive health is greatly influenced by the somatic and mental health of the population. In recent years, there has been an increase in extra genital diseases with a chronic relapsing course, an increase in

the incidence of sexually transmitted infections is of great concern, and an increase in the incidence of the reproductive system has acquired significant proportions. The number of menstrual irregularities has increased in both adolescents and girls of reproductive age [13].

The increase in the prevalence of diseases of the reproductive system and somatic pathology largely determines the increase in the number of complications during pregnancy and childbirth. As a result, the percentage of the physiological course of pregnancy and childbirth begins to decrease, there is a tendency to increase operative childbirth, which entails the development of adverse trends in the health of newborns, and a high level of infant and maternal mortality persists [5,7].

The couple is faced with the task of avoiding unwanted pregnancies, producing desired children, regulating the intervals between pregnancies, controlling the timing of birth according to the age of the parents, and determining the number of children in the family. Therefore, the relationship between reproductive health parameters characterizes a woman's reproductive potential and ensures her reproductive function [10].

In recent years, the fertility rate in many countries of the world has begun to decline, about 15% of married couples suffer from infertility. According to WHO, about 5% of women in the population are infertile due to anatomical, genetic, endocrine and immunological factors [13].

Thus, the reproductive health of adolescent girls and women of young age stands out for its social and political significance. It is directly related to the health of children and, consequently, to the future of the state, the health and preservation of the gene pool of the people of our Republic of Uzbekistan.

Adolescence, the period between puberty and young people assuming the duties and responsibilities of adults, is one of the latest social and cultural innovations. Early puberty and later marriage contributed to the

fact that youth began to be considered a separate stage in a person's life [5,6].

Adult life is not only an age period, but also participation in work, and the fulfillment of family responsibilities. However, without proper preparation for adult life, including family life, or if the formed attitudes or behavior patterns of young people cannot be adapted to changing social conditions, the period of adolescence can become a time of lost opportunities and increased, from a medical point of view, risk [7,12].

The health of the younger generation is a sensitive indicator of changes taking place in the environment and in society. In the modern difficult period, when most of the socio-economic and economic problems have become aggravated, the study of the health status of adolescent girls is given special importance. This is especially true of the reproductive health of adolescent girls, who represent the nearest reproductive, intellectual, economic, social, political and cultural reserve of society. Over the past 10 years, the proportion of absolutely healthy girls, according to the statistics of our Republic of Uzbekistan, has decreased from 15 to 18%. Morbidity rates in adolescence are 20% higher in girls than in boys.

According to the Ministry of Health of the Republic of Uzbekistan, adolescent children have diseases that can further affect the decline in reproductive function, the final formation of the reproductive system, somatic health, childbearing prognosis in adults depends on how well the puberty period proceeds and ends safely in adolescents [3,7].

The health of girls and girls is a sensitive indicator of changes taking place in the environment and in society, therefore, in the modern difficult period, which has exacerbated most socio-economic and economic problems, especially due to the developed pandemic in 2020, the study of the health status of adolescents must be given whole attention. This is especially true of the reproductive health of adolescent girls, who represent the nearest reproductive, intellectual, economic, social, political and cultural reserve of society [8,12].

Against the background of an increase in somatic pathology, an increase in the incidence of the reproductive system and disorders of metabolic processes in the body of adolescents has acquired significant proportions, which creates an unfavorable background for the implementation of the function of the reproductive system in the future. In recent years, the number of menstrual irregularities in adolescent girls has increased by 5 times, the frequency of inflammatory diseases has increased by 5-6 times. In many ways, this situation is due to ongoing unfavorable processes and trends in the adolescent youth environment, where the foundations for the further reproduction of society are being laid [4].

An objective assessment of the physical development of children and adolescents, depending on the place of residence and socio-economic conditions, is of great theoretical and especially practical importance in determining the level of health. Therefore, the study of the physical development and state of the cardiovascular system of children in rural areas is relevant for pediatrics and age-related physiology [6].

At present, it is well known that in order to maintain life and maintain health, the human body needs certain amounts of essential macro-microelements involved in the regulation of all life processes, growth and development. The development of microelementoses is promoted by the natural imbalance of a number of bioelements against the background of anthropogenic pollution of the environment, in addition, the deficiency of macro- and microelements is an unconditional companion of socio-economic troubles. Particularly relevant is the problem of hypo- and hypermicroelementoses in a child's body, which differs from an adult in the incompleteness of the processes of biological and mental development.

Today, the diagnosis of microelement deficiencies remains an urgent problem, associated primarily with the accurate quantitative determination of elements in indicator human biosubstances [8].

In this connection, it is necessary to examine girls and girls of early reproductive age of all age groups for the content of chemical elements and predict their deficiencies, which will allow the development of preventive programs to reduce the negative effects of an imbalance of micro and macro elements on the body.

Research by S. V. Rychkova (2007) indicates the prevailing influence of lifestyle on the quality of life indicators associated with the health of adolescents, while the quality of life decreases in adolescence and has gender differences. The issues of the quality of life of adolescent girls with disorders of the formation of the reproductive system in conjunction with risk factors for the deterioration of reproductive health remain insufficiently studied.

In order to increase the effectiveness of preventive and therapeutic measures to optimize the reproductive health of the population of girls and girls, screening studies should be carried out with a mandatory assessment of complaints, risk factors, including bad habits, and quality of life, followed by their monitoring according to the developed algorithms [2,3].

Of particular importance for the normal growth and development of girls, the restoration of menstrual and reproductive function of their socio-economic conditions of the family, which play an important role in providing nutrition with collagen standards. It is necessary to increase the activity of medical workers in conducting health education about the role of preventing micronutrient deficiencies in adolescents, the importance of physical activity of the body while reducing the prevalence of risk factors [4].

Prevention and treatment of violations of the formation of the reproductive system should be comprehensive and individual, with the participation of psychologists, teachers, general practitioners, gynecologists, carried out taking into account complaints and the quality of life of each girl. Only when drawing up a clear program for the prevention and treatment of somatic and gynecological pathologies in the growing generation, it is

possible to achieve proper efficiency and normal formation of the physical and sexual development of adolescent girls and young girls, as well as their reproductive function.

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