Asian Journal of Multidimensional Research
ISSN: 2278-4853 Vol. 11, Issue 12, December 2022 SJIF 2022 = 8.179
A peer reviewed journal

REPRODUCTIVE HEALTH CHARACTERISTICS OF STUDENTS AND THEIR EDUCATION ACCORDINGLY

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DOI: 10.5958/2278-4853.2022.00373.1

ABSTRACT

At the core of the large-scale reforms implemented in the health care system is the noble goal of raising a healthy generation in all respects and establishing a healthy lifestyle in society. Today, a lot of work is being done in our country to protect children from social, economic, legal, and spiritual aspects. An appropriate legal framework has been formed in this regard. In particular, the Constitution of the Republic of Uzbekistan, the Family Code, the Civil Code, the Labor Code, the Criminal Code, and a number of other legal documents contain norms related to the protection of children's rights and their health.

KEYWORDS: *Reproductive Health, Young People, Girls, Factors, Cause-And-Effect Relationships, Population, Integral Social Environment.*

INTRODUCTION

In modern conditions, the reproductive health of young people is most susceptible to the negative influence of the environment and society and is a complex multifaceted problem. Recently, the importance of reproductive health protection has sharply increased, since the demographic situation in our country is assessed as critical. The health of a nation is determined mainly by the health of people of childbearing age. In the current socio-economic and demographic conditions, the Concept of protecting the reproductive health of the population of Uzbekistan for the period up to now defines reproductive health as one of the main factors of the country's national security.

The disunity of the social status of the population, which has recently been manifested in Uzbekistan, leads to an increase in various violations of the function of the reproductive system. At present, the main task of the maternal and child health service is to identify risk factors, to organize and conduct intensive monitoring of women's health, as well as to carry out the necessary therapeutic and preventive measures.

In the general population of girls, violations of the formation of menstrual function are increasingly observed. When studying the basal secretion of gonadotropins, estradiol, progesterone, follicle-stimulating and luteinizing hormones in girls, a significant decrease in all these indicators was revealed. There is a shift in the metabolism of estradiol, as a result of which the formation of estriol decreases and the amount of catechol estrogens increases. Up to 65% of young girls have various menstrual dysfunctions. A high percentage of menstrual irregularities is

a consequence of the fact that most girls, as well as women of reproductive age, are critical of their own appearance, inadequately assessing their weight, while resorting to various cosmetic diets and believing that this contributes to weight loss and their recovery. This misconception contributes to the prevalence of gynecological diseases, slowing down the pace of the formation of the reproductive system [3, 11].

The reproductive health of students deserves attention due to the high social expectations from this group of young people. The need to realize oneself as a spouse and parent is one of the basic needs of a person at the age to which students belong. Young people now often begin to live sexually quite early and do not look back at what they consider to be obsolete moral conventions. Sexual behavior and reproductive attitudes often diverge from each other, but they cannot be ignored when discussing the reproductive health of the population [5, 12].

The reproductive health of women and men is equally of concern to society due to the negative impact of a complex of biological, environmental, social, economic and psychological factors on both sexes. The health of a student-mother and future mother is influenced, first of all, by the physical development of the female body with its inherent reproductive functions; the state of somatic health and gynecological morbidity; socio-psychological needs and attitudes in the field of sexual and reproductive behavior; awareness and practical application of methods to prevent unwanted pregnancy; social and material conditions for the implementation of reproductive attitudes; availability of medical care for timely diagnosis, treatment and prevention of complications of reproductive disorders, as well as the development of the need to seek qualified medical care [4; 6-10].

Student age is one of the critical periods in the biological, mental and social development of a person. The increasing intensity and tension of modern life, associated with cardinal changes in the life of students, lifestyle and increasing physical inactivity, the presence of somatic and other diseases leave a special imprint on the reproductive health of young people.

Biological parameters are socially mediated. Any influence on the body has a fairly clear social basis. The negative impact of social factors is manifested in a decrease in resistance and immunity, an increase in the level of morbidity.

Social conditions include socio-economic relations, the entire set of production, technological and sanitary conditions of society, that is, they are a kind of conglomerate consisting of many different factors that are firmly interconnected by intertwining cause-and-effect relationships. From an integral social environment, it is possible to single out, with a certain degree of relativity, individual structural elements, trace the nature of their influence on life and assess the risk caused by them.

As an important step, the practical work carried out by our state in connection with further development of the medical field and provision of modern equipment has reached its high-quality stage. Especially the health of the young generation is important in all respects for the life of society. Therefore, the youth of today is the generation that will build the great future of tomorrow. As the first President Islam Karimov noted: "Our children must be stronger, more educated, and wiser and, of course, happier than us." The purpose of the program is to educate a generation that has matured both physically and spiritually [1].

The health of the population, including children, is a sign of the social well-being of society and takes the first place among vital values.

In young school children (from 5-7 to 9-10 years old), the cortex of the large hemispheres, which is the physiological basis of the second signal system, matures, so only at that time words can be effectively used to form conditional associations. At the age of 5-7, the development of the second signal system in children is at a level where they can converse with adults. Educators and caregivers should know that actions formed in young school children are preserved throughout life. During this period, the word passes the significance of the signal of the signals, and the words become generalizing in children as well as in adults.

The primary school period is a period of gradual development of higher nervous activity in young school children. Passivation of higher nervous activity processes in first graders can occur during adaptation to school. Due to the development of the second signal system in young school children, higher nervous activity takes on a characteristic of humans. For example, if a child is told that he will be given tea with lemon during recess, he will begin to salivate.

The strength of the processes of excitation and inhibition, their mobility and balance provide a wide range of learning opportunities for the child. This period is the period of transition of emotions to intellectuality. After learning to read and write, the word becomes something absorbed in the child's mind, and thanks to the wealth of vocabulary, the child can describe real things and events without actually seeing them.

For educators and pedagogues, the period of adolescence (from 11 to 12 years to 15 to 17 years) is especially important. This period is the period of major endocrine changes in the body of adolescents and the formation of secondary sexual characteristics. The balance of nervous processes is disturbed; the currents of excitation prevail over the processes of inhibition. The activity of the cortex and the activity of the second signal system also develop dramatically. The electrophysiological classification of the brain shows that the influence of subcortical structures is much greater and (in turn, is accompanied by the derailment of vegetative processes (panting, hormonal imbalance, pain in the heart, etc.). Physical and adolescents get tired quickly when doing mental work. The effect of subcortical nuclei on cortical cells increases. As a result, emotionality of children, especially girls, increases. All functional changes are associated with sexual activation of adolescents during this period. A healthy lifestyle, a stable environment, physical education and sports, interesting activities outside of school, adults trying to understand children are the basis of physical, mental and spiritual formation of adolescents [2].

The period of older school children (15-18 years old) coincides with the maturation of all morpho-functional systems of a person. The role of the bark in managing various processes is greatly increased. Subcortical structures involved in conditioned reflexes are fully subordinated to the cortical centers of the large hemispheres. The second signal system becomes the leader in behavior. The properties of the main nervous processes reach the level of an adult. Thus, it is necessary to create optimal conditions for the normal development of higher nervous activity. This task can be solved by specialists from different fields - pedagogues, psychologists, physiologists, medical workers and hygienists working together.

High nervous activity ensures adequate adaptation of a person to various factors of the external environment. Therefore, one or another factor of the external environment causes adequate

changes in higher nervous activity. Depending on the external environment, changes in the activity of various higher nerves can be normal, and sometimes pathological. Educators and pedagogues need to take into account the influence of various factors on higher nervous activity in order to maintain the norms of higher nervous activity.

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