

SOME ASPECTS OF PROMOTING REPRODUCTIVE HEALTH AMONG YOUNG PEOPLE

I.E.Ravshanova

senior lecturer at the Department of Biology, KSPI

Annotation: this article will help to promote reproductive health among young people to ensure that the younger generation is healthy, harmonious and mature given the lighting.

Keywords: reproductive, psychological, family, anatomical, physiological, sexual education, marriage.

Since the younger generation is our future, its growing up healthy, harmonious and mature depends in every way on the representatives of the older generation and, of course, on specialists. An important role in the growth of the youth of our independent Uzbekistan is played by the harmonious development in all respects, the future creation of a happy family, the peaceful coexistence of the couple, in many respects the correct upbringing of the child from a young age, as well as the hygienic and sexual aspect carried out in all educational institutions, and

The word reproductive means re - recovery, repetition, produco-creation from Latin. Reproductive- in biology means the creation, reproduction of organisms similar to the organism itself.

Reproductive health, that is, controlling when and under what conditions a woman becomes a mother, means creating optimal conditions for the health of both the mother and the child to be born from it. The issue of reproductive health does not only limit the number of children born in the family, but also covers a wider range of issues into it. The main emphasis is on ensuring the well-being of families in the family, the dominance of a positive psychological climate in them, maintaining the health of mothers and children, ensuring the literal independence of their families. One of the important functions of the family is its reproductive (ensuring the biological continuity of society, giving birth to children) function. The task of the family is not only to give birth to a new generation, but also to preserve their health, introducing them to the scientific and cultural achievements that humanity has been living since its inception. When it is said that the family's reproductive function before society and its fulfillment, it is implied that each family has several children for the population to recover

Psychological, anatomical, physiological changes that occur in teenage boys and girls

Childhood age is the period when a girl becomes a big girl, a boy becomes a guy. Adolescence-the period when a person reaches childhood differs sharply from other age periods in its peculiarities. The period of childhood is considered to be 11-15 years. During this period, physical growth and maturation occurs in boys and girls. This period is different in each boy and girl. Sexual maturity period. It starts at the age of 8-9 and continues until the age of 18-19. The changes that occur during this period depend on sex hormones. What are sex hormones in itself? This is in such a mode that its development in the body will depend on changes in appearance, as well as the development of sexual symptoms. The mammary glands begin to develop when these substances are processed in very small quantities. The shoulders of boys expand, the muscles of the chest develop. The sound will have a lower timbre, noticeably cough. During this period, hairs begin to grow on the faces and chest of the teenager. The period of sexual maturity is the body's biological and sexual development and maturation into infancy. During this period, secondary sexual signs appear in boys and girls. The Voice of the boys begins to whine, and the mustache begins to beat the carrot. If boys enter the period of sexual maturity from the age of 10-11, girls begin to experience sexual development from the age of 9-10. In girls, from 9-10 years old, there is an increase in the pelvis, from 10-11 years old the mammary glands begin to develop, in the groin area there is an increase in their plumage, from 11-

12 years old there is a development of the external genital organs. In adulthood, growth can sometimes be normal, and sometimes some changes can be observed. This is a physiological phenomenon.

Sexual maturity varies according to climatic conditions or signs of the parent, characteristics of the nervous system, urban or rural, mountainous or seaside habitat. For example, sexual development begins earlier in peoples living in the southern and eastern regions than in those living in the northern regions. During sexual childhood, boys and girls experience a decrease in labor activity, rapid fatigue, headache, frequent mood swings. The period of puberty is observed in boys and girls in the desire to put a building on themselves, to pretend to be very knowledgeable, serfdom, self-esteem.

Sex education

The World Health Organization (who) came to the conclusion that good sex education does not lead to sexual activity, but rather keeps it and prepares young people for the next life. Sexual education also implies psychological exposure, which is included in the actions of a person's behavior, which is formed in accordance with values, cultural criteria. It is part of the cultural heritage that unites religious and traditional concepts. Sexual tarbi tries to find the proportion between a person's biological-emotional need and cultural heritage, and includes the anatomy and physiology of the genitals, as well as the changes that the individual undergoes in the formation of different views. Sexual education also includes respect for oneself and others, interpersonal relationships, respect for the future sexual partner, and mutual feelings in sexual relations. Sexual education for young people should help in the formation of the ability to react well to a person's sexual inclinations, self-assessment, and in the formation of the potential to come to a decision in relation to sexual and reproductive morality at the border of the society to which he belongs.

About healthy sex life for young brides and grooms who are going through marriage
(for young guys and girls starting a new family)

Starting a family in the country is allowed from the age of 18. This is explained by the fact that the organism of young men and girls reaches perfection morphologically and physiologically (the brain, skeleton, muscles, endocrine glands, in particular the genitals) by the age of 18. Because all the functions associated with motherhood can be carried out by a woman in the same way as in a brochure only when the processes of sexual development are completely completed. Starting a sex life in adulthood, and especially pregnancy, has a detrimental effect on the health of not only the mother, but also the offspring. In addition, an overly young mother cannot adequately engage in raising children.

Marriage, built in the early term, has a negative impact on their mental and physical maturity, weakening the organism of girls and guys who still need to grow and develop.

Scientific investigations show that in most girls, complete maturation of the organism is completed at about twenty years old, and in young men - at twenty-three years old.

For this reason, as soon as the girls and guys turn 17-18 years old, this does not yet mean that they are completely mature anatomically and physiologically, since during this period the groin-bone areas are not yet fully ossified, and also in girls of this age, normal conditions for being a mother, fetal development and bearing a child will not have arisen. It has been scientifically proven that getting married before the age of 18 has a negative effect on both a guy and a girl in most cases.

It is no secret that under the influence of Western spirituality and culture, which has been rapidly entering our country in recent years, it is worth mentioning that the number of non-marital interactions and, as a result, pregnancies, those who give birth to children without marriage and leave them as living orphans is increasing. In addition to being alien to our National old age, this situation also causes social and medical difficulties.

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Since marriage is primarily associated with complex physiological functions such as having children, early marriage can often be the cause of childlessness, the birth of an immature child and also the incorrect development of the fetus or premature birth.

Before stepping into family life, it would first be useful if the future couple informed each other about their health, and, moreover, were interested in this issue. Therefore, we will briefly talk about some hygienic issues related to family life, in particular sex life.

First of all, it is advisable for married people to undergo an examination by a specialist doctor in the field of medical heredity. This helps to identify hereditary diseases that are primarily passed down from generation to generation, as well as some infectious or venereal diseases that pass from husband to wife, from wife to husband, as well as causes that lead to childlessness.

In addition, it is important that girls also follow the appropriate hygiene rules that are related to their personal physiological functions. Below we will dwell on some hygienic issues related to the first step towards sex life.

Usually a girl's chastity veil tears when she has sexual intimacy for the first time, causing a certain amount of bleeding from the genitals. Every girl who is getting married should be aware that this is a natural condition. Sometimes it is also possible that the veil does not tear at the first sexual intimacy. The reason for this is that it is in the form of an elastic stretcher or flange. For this reason, the fact that young brides and grooms learn this natural state prevents in some cases from frustrating events.

In addition, again, it should be borne in mind that it is never possible to have sex without ending the wound of the chastity veil, as well as on the days of menstruation. Because during this period there will be favorable conditions for germs of infectious diseases from the outside to the internal genital organs. This, in turn, leads to the fact that various inflammatory diseases of the internal and external genital organs are caused, as well as increased menstruation, as well as prolonged.

Summarizing our opinion, we refer to the following recommendations:

1. Close blood-a marriage built among relatives can lead to negative consequences. Consequently, in these cases, the probability of occurrence and strengthening of generational diseases transmitted from generation to generation in the offspring will be much higher. Therefore, the marriage of close relatives to each other is extremely harmful from the point of view of Medicine.

2. For the health of the bride and groom, it is especially important to observe the rules of hygiene: the correct Organization of Labor and leisure, an adequate level of night sleep, a qualitative and quantitative completeness of Nutrition, Physical Education with extensive use of useful natural factors, adherence to body tidy are among them.

3. In order to leave healthy offspring, it is advisable to first give up tobacco and Nas smoking, alcohol consumption and other similar bad habits.

4. In the event of causes that may be hindering normal sexual intercourse during sexual intercourse, it is definitely necessary to consult a specialist doctor and follow his advice.

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