



## THE DEVELOPMENT OF EFFECTIVE WAYS TO IMPROVE REPRODUCTIVE HEALTH OF MARRIED STUDENT GIRLS

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### Abstract

The article discusses the theoretical aspects of the study of reproductive health: the essence of the concept, the factors that negatively affect reproductive health, the current state of reproductive health of students, the means to improve it and the social consequences. Research on the sociological study of reproductive health of students of Gulistan State University was conducted. The theoretical conclusions of the study were aimed at shaping the reproductive culture of young people, which allowed developing a number of proposals and recommendations on various social services that can be provided by higher education institutions.

**Keywords** - Health, Reproductive Health, Contraception, Healthy Lifestyle, Students, Abortion, Gynecologist, Psycho-physiologist.

### I. INTRODUCTION

**Relevance of the topic.** Since the beginning of the 21st century, the reproductive health of student youth and its social consequences have become one of the most pressing issues. In society, students represent a special social group characterized by unique living conditions. The need for in-depth study of students' health is related to the prevalence of dangerous diseases among them, difficulties in psychophysiological adaptation to the conditions of study in junior courses, the large number of subjects taught and the need to remain active in acquiring professional knowledge.





**The aim of our study** is to identify, analyze and develop measures to improve the knowledge of students in higher education about reproductive health. Reproductive health of students depends on the influence of socio-economic, biological, environmental, medical and organizational factors. All of this calls for a comprehensive approach to addressing maternal issues, educating young people on sexual issues, and shaping positive attitudes toward birth and family formation (including knowledge of contraception, abortions, infections, etc.).

Studies show that most female students in higher education now start getting married in the early stages of their studies. This situation makes it necessary to provide them with specialized knowledge in the field of reproduction. Student health is a large part of the state's reproductive potential. Adverse conditions negatively affect the health of all newborns. At this point, the need to protect reproductive health, which is a new direction in the development of demographic policy, manifests itself.

The reproductive health status of the population is the most important component of the socio-demographic development of a country, which determines the level of development of society as a whole. State support for research to improve the reproductive health of citizens of Uzbekistan, the introduction of modern methods and technologies, improving the medical knowledge and medical culture of citizens, including students, training in the field of reproductive health, the realization of their reproductive rights. The main directions for them are medical and social, as well as psychological assistance to the Republic of Uzbekistan Law of the Republic of Uzbekistan "On protection of reproductive health of citizens" (March 12, 2019, No. URD-528).

The population of the Republic of Uzbekistan, which exceeds 34 million, has a 33.6% share of young people; so many demographic problems are determined by the attitude of young people to childbirth, methods of contraception and their reproductive health. The period of puberty is much higher than before; the question arises as to how trends in sexual, reproductive and family behavior of young people in sexual activity meet the criteria of a healthy lifestyle and how these criteria are actually reflected.

In January-June 2019, 104.2 thousand marriages were registered in Uzbekistan, of which 16.0 thousand ended in divorce. One of the main reasons for this is the lack of reproductive culture.





Early onset of sexual activity, harmful habits and defects in sexual education are clearly observed to be inextricably linked with the health of the population. Often, a girl who does not have a confident idea about the work of a gynecologist, receives information

-on the street, is ashamed to turn to a specialist with complaints and questions. Early onset of sexual life, low level of health, lack of adequate culture of the population in the field of family planning lead to an increase in abortion and premature birth.

The quality of services in this area in the health care system does not fully meet the standards. Quality advice on family planning, high medical care reduces the chances of unwanted pregnancies and abortions. This allows young women to maintain their reproductive health. According to statistics, prevention of pregnancy in women over 19 and 35 years of age, adherence to the age range of 2-2.5 years between births can reduce maternal mortality by 2 times and infant mortality by 4 times. Such data confirm the imbalance in the number of births (815.9 thousand) and deaths (155.0 thousand) in Uzbekistan in January-December 2019, the need to introduce appropriate services. In this regard, there is a need to create state programs for priority research in the field of reproductive health. The study of students 'attitudes towards their own reproductive health is receiving serious attention.

## II. THE MAIN FINDINGS AND RESULTS

The attitude of students of Gulistan State University in the areas of - Development of women's sports, - Primary education, sports and educational work and "Physical Culture" to reproductive health was studied with the help of social research. In conducting it, the questionnaire method was used. The main objective of the study was to determine students 'attitudes toward reproductive health and their knowledge of reproductive health. Married students aged 18 to 26 years were selected as the object of applied research. In the study, students were divided into two groups according to their areas of study: students studying in the field of - Development of women's sports and - Physical culture to participate as respondents in the experimental group, - Primary education, sports and educational work to participate as respondents in the control group. The results of the survey allowed us to conclude that students have a positive attitude to their health in general.





So, - Do you know about reproductive health? || 89% of respondents answered - no || and - average || to the question. The majority of the control group respondents (85%) said - average || or - no ||, while the experimental group students had the same attitude, but their number was slightly higher (90%).

- How many times a year do you visit specialist doctors? || The answers to the question are as follows: at least 48% of the representatives of the experimental group visit medical institutions. Of the control group, only 27%. In addition, the majority of respondents in the second group (69%) chose the - when needed || option. Thus, respondents in the experimental group were more concerned about their health and were more closely monitored by physicians than those in the control group. The students in the pilot group asked, - Which doctor have you visited recently? || 48% answered - gynecologist ||, 14% - gastroenterologist ||, 13% - endocrinologist ||, 6% - cardiologist || and another 50% - other doctors ||. These results suggest that representatives from the experimental group surveyed visited physicians directly involved in sexual health protection.

Representatives of the control group who answered the same question gave the following answers: 24% - gynecologist ||, 20% - cardiologist ||, 14% - allergist ||, 11% - gastroenterologist ||, 11% - endocrinologist ||, 3% - urologists || and 51% - other physicians || preferred the answer. These figures suggest that members of the control group are less likely to have sexual health control than those in the experimental group.

Respondents were asked - What types of health do you know? || when asked, the responses of the experimental group participants were as follows: 80% - reproductive ||, 100% - physical ||, 97% - mental ||, 65% - social ||. The following results were obtained in the experimental group: 50% - reproductive ||, 100% - mental ||, 97% - physical ||, 30% - social ||.

Thus, the results show that almost all of the respondents surveyed knew about physical and mental health. But among them, only 47% and 28% chose - reproductive || and - social || health responses, indicating that many students are unaware of these types of health.

Most of the students in both groups asked, - Do you think reproductive health...? || answered the question incorrectly. - Reproductive ability || was 75% and 86%, respectively, in the experimental and control groups that responded. 8% of the experimental group participants and 14% of the control group respondents chose the wrong answer.





Responses from respondents (94%) show that the majority of participants believe that diseases that pose a risk to reproductive health are sexually transmitted infections. Most of the students in both groups asked, -Do you think reproductive health...? - answered it incorrectly. -Reproductive ability - was 75% and 86%, respectively, in the experimental and control groups that responded. 8% of the experimental group participants and 14% of the control group respondents chose the wrong answer. Responses from respondents (94%) show that the majority of participants believe that diseases that pose a risk to reproductive health are sexually transmitted infections.

The study found that a large proportion of students in both groups (56% in the experimental group and 43% in the control group) had insufficient awareness of youth about reproductive health. To sum up, the majority of students admitted that they wanted to know more about reproductive health problems.

-Is anemia a reproductive disease? - The answers to the question indicate that there is incorrect information. Thus, while 14 percent of the experimental group representatives chose a -yes - answer, 17 percent of the respondents in the control group chose the same option. The experimental group asked the students, - How do you feel about early marriage? - analyzing the answers to the question, it is impossible to distinguish serious differences: 58% of respondents are - absolutely against -, 19% - "positive", 17% - "don't know" and 6% - "good". The proportion of responses from female students who participated as respondents in the control group varied slightly: 37% - "positive", 34% - "absolutely against", 23% - "don't know" and only 6% - "good".

-What is the best age to get married? - In responses to the question, participants in both groups answered the question openly. The responses of the experimental group respondents were placed in the following sequence: 47% chose 19-21 years old, 44% chose 16-18 years old, and 6% chose other youth option and 3% chose 13-15 years old. In the second group, the following data were obtained: 57% - 16-18 years old, 26% - 19-21 years old, 14% chose the other age option and only 3% answered 13 to 15 years old.

The answers to the last two questions showed that the female students who participated as respondents in the experimental group were strongly opposed to early sex. - 19-

21 years - has been confirmed as the optimal age for marriage. The second group of students demonstrated loyalty to their views, choosing 16-18 years old as the optimal age for marriage, with the answer - not opposed to early marriage at all.





It is also worth noting the positive knowledge of students in the field of reproduction: all participants asked - Do you think a woman should prepare for childbirth? To the question, most students (94% in both groups) believe that it is necessary to prepare for the birth of a child for at least 1-2 years, and only 6% say that it is not necessary.

Also, - What do you do in your free time? Interesting results were obtained as a result of studying the answers to the question. Approximately the same numbers of representatives of both groups (54 percent) were involved in different types of sports.

## CONCLUSION

The study of student reproductive health and its social consequences led to the following conclusions. Human reproductive health includes not only physical condition, but also financial status of life, attitude to family and marriage, birth of a healthy child, sexual health, awareness of all aspects of family planning and the main means of preparing for marriage.

Students are a special socio-demographic group of the population of the Republic of Uzbekistan in need of psychological and social assistance. The issues of formation, maintenance and strengthening of reproductive health of more than 449.2 thousand students in our country have a special social significance, because the health of the nation depends on the health of the population of this group.

The study found that the majority of female students have little knowledge about reproductive health (10%). 94% of respondents are aware of only popular infections of sexually transmitted diseases, while only 50% of students are aware of the remaining diseases. Although both groups positively assessed their health (TG 89%, NG 85%), the answers to the questions showed that students majoring in "Physical Culture and Development of Women's Sports" care about their health. Thus, 69% of female students in this field seek medical help only when necessary, 48% do so at least once a year, and 19% do it every six months. It should be noted that students in the field of "Physical Culture and Development of Women's Sports" often turn to doctors for the maintenance and improvement of sexual health (experimental group 50%, control group only 25%).

In addition, gender issues are more important among the first group (6% of the experimental group, 33% of the control group answered that this topic is not raised at all) and many parents talk to their children about reproductive health (56% in the experimental group, in the control group 31%).





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