



## REPRODUCTIVE HEALTH RESEARCH IN THE FORMATION OF A HEALTHY GENERATION

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### Abstract

Reproductive health is central to human development and is part of overall health, their entire family life, how to organize it, be aware of all the information on this issue, safe methods of pregnancy and prevention, contraceptives and their use, from the health system to issues related to them means that every teenager today should know that everyone has the right to freedom of expression and reproduction. One of the main factors leading to the deterioration of reproductive health is the lack of a healthy lifestyle.

**Keywords:** reproductive health, contraception, healthy lifestyle, reproductive rights.

**Purpose of the Study:** To determine the level of reproductive literacy and medical culture of adolescents in the context of the formation of a healthy generation. Research in the field and activities of medical professionals.

**Research Methods and Materials:** An online survey of about 1,500 active teenagers throughout the country was conducted based on a survey conducted jointly with the Ministry of Health and the Ministry of Public Education.

### Introduction

The concept of reproductive health was first mentioned in 1994 at the International Conference on Population and Development in Cairo. At this conference, a comprehensive definition of the concept of reproductive health was given. Reproductive health is not only the absence of diseases and deficiencies in all aspects of the reproductive system and its functioning, but also a state of complete physical, mental and social well-being. The reproductive right is the right of all couples and





individuals to freely and with full responsibility decide on the number of children between them and the time of birth, as well as to have the necessary information and means to do this. determination. In our country, the reproductive rights of every citizen are protected by the Law "On the Reproductive Health of Citizens", which consists of 24 articles. Despite the creation of all conditions in the country, there are many problems with the reproductive system, the main reason for which is the lack of medical literacy and the violation of a healthy lifestyle. In order to test and improve the medical literacy of the population, online surveys, field trainings and research are being conducted. Below we analyze the results of an online survey conducted among teenagers.

## Results

The online survey consisted of 20 questions, of which about 65% of the nearly 1,500 respondents were girls and the remaining 35% were boys. The main questions of the questionnaire are the characteristics of the reproductive system and their course in adolescence, sex education, factors that negatively affect reproductive health, where and from whom do you want to learn more about reproductive health? Adolescents who know and want to know about reproductive health have been studied, and their medical potential has been assessed.

Main results of the analysis:

1. 1/4 of the participants did not talk about reproductive health with anyone.
2. 59% of participants believe that education on reproductive health of young people should be started from the age of 14-16.
3. It turned out that the main source of reproductive health of our teenagers are school teachers. Sex education and sexually transmitted diseases have also been found to provide primary information about AIDS/HIV infections from school sources.
4. When 60% of our teenagers know about contraception, when asked where they can learn more about contraception, 63% of respondents answered that through the Internet.

## Conclusion

According to the results of the analysis, in order to increase the reproductive ability of our teenagers in schools, lyceums, technical schools, the creation of counseling centers for reproductive confidence, training with psychologists, additional training, anonymous surveys, questions, identification of problems, and give the right direction. It has been determined that our youth currently receive the most information through the Internet, so it is necessary to raise awareness of which sites





our youth can use and receive information, because now the number of sites and information on them is very large.

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