

ISSUES RELATED TO THE HEALTH OF YOUNG PEOPLE

Khumora Rahmatullayeva

5th Year Student Of The Faculty Of Medicine And Education Bukhara State Medical
Institute, Uzbekistan

ABSTRACT: This article discusses issues related to the health of young people. The severity of the problems associated with the state of health of the youth, with the current socio-demographic situation, in recent years has given rise to numerous speeches, publications, discussions in which scientists and practitioners, journalists and politicians actively participate. Issues related to the health of young people have become the subject of discussion and search for solutions at the highest political level. The focus on the health of young people is largely due to the fact that the health of this particular group is largely associated with the situation in the demographic sphere.

KEYWORDS: Health of young people, demographic sphere, education

INTRODUCTION

Youth is a socio-demographic group, including people aged 16 to 30-31 years old, which has a number of characteristics. It is during this period that the main socio-demographic events in a person's life fall: getting an education, choosing a profession, starting work, marriage, having children. Today, the value orientations of young people, their work achievements, civil and moral character have a significant impact on social and economic processes. Of particular interest in this regard is the reproductive behavior of young people, since adolescence forms behavior patterns, many of which in the future have an impact on health and life expectancy. A person is in a state of complete well-being, when the physical, mental (intellectual), social, spiritual, emotional components of his life are harmoniously combined. As an indispensable condition, the criteria for health include the opportunity to fully, actively, without any restrictions, engage in labor and socially useful activities.

THE MAIN RESULTS AND FINDINGS

Preservation and promotion of health is one of the main tasks of the state, for an unhealthy nation has no future. Considering the diversity of the concept of "health", individual and population health are distinguished. The components of the individual are: somatic, physical, mental, moral and reproductive health. Reproductive health means not only the absence of diseases of the reproductive system, violations of its functions and / or processes in it, but also a state of

complete physical and social well-being. The most important factors negatively affecting the formation of young people's health are: low physical activity, ineffective physical education, poor nutrition both in the family and in an educational institution, growth and members of the Presidium of the State Council on 05.09.05.

3 number of stressful situations in everyday life related to family and financial and economic problems, learning and career guidance, uneven distribution of workloads during the academic year and the entire period of study, lack of effective disease prevention and health promotion programs. Preserving the reproductive health of young people is one of the main tasks of modern society. Particular attention is paid to the young family, which is an important socio-demographic group of the population. The formation of a healthy lifestyle should be expressed in the consolidation in the youth environment of a set of optimal skills, abilities and life stereotypes that exclude addictions. The country still has low birth rates, which do not make it possible to approach the simple reproduction of the population. The growth in the birth rate, which has been outlined in the last four years, does not yet allow us to speak of a stable trend. The total fertility rate (TFR), which represents the number of children born on average to one woman, has been at the level of 1.4 for the last two years, and at least 2.1 is needed to ensure simple reproduction. The Uzbek family has become traditionally one-child. A striking indicator of reproductive degradation is the number of abortions performed annually. Thus, in 2010 in Uzbek, according to official statistics alone, 1.47 million pregnancies were terminated. A significant part of pregnancies in our country ends in abortion, which contributes to the deterioration of women's reproductive health, and sometimes leads to death. To a greater extent, this problem concerns the age group of young people from 15 to 25 years. Therefore, in the entire education system, from schools to higher educational institutions, it is necessary to carry out extensive explanatory work to promote family values, as well as to clearly inform about the harmful consequences of abortion. A special group of young people is the student body. This is the youth elite, which sets the pattern of behavior in the youth environment. Therefore, it is extremely important that it is in this social group that the correct attitude to their reproductive health be formed. Many issues of protecting the reproductive health of the population can be resolved at the regional and local levels, taking into account the analysis of the state of the reproductive health of the population. Provision of medical services in the field of family planning and prevention and treatment of sexually transmitted infections, it would seem that the problems have been solved enough. At the same time, the disunity of these services and the lack of coordination in their activities lead to duplication of some sections of work and, most importantly, the loss of patients who always prefer to receive the full range of medical care in one institution. Today in the city there are 2 institutions for the preservation and maintenance of the health of young people. The first specialized youth center for the prevention and treatment of sexually transmitted infections (STIs) was established in 2004, where it continues to operate today. The main activities of this public association: sexually transmitted, it would seem enough solved problems. At the same time, the disunity of these services and the lack of coordination in their activities lead to duplication of some sections of work and, most importantly, the loss of patients who always

prefer to receive the full range of medical care in one institution. Today there are 2 institutions for the preservation and maintenance of the health of young people. The first specialized youth center for the prevention and treatment of sexually transmitted infections (STIs) was established in 2004, where it continues to operate today. The main activities of this public association: sexually transmitted, it would seem enough solved problems. At the same time, the disunity of these services and the lack of coordination in their activities lead to duplication of some sections of work and, most importantly, the loss of patients who always prefer to receive the full range of medical care in one institution. Today in the city there are 2 institutions for the preservation and maintenance of the health of young people. They can be implemented in adolescent reproductive health centers, or "clinics youth friendly. The activity of this institution is based on the implementation of the principles: voluntariness, accessibility, benevolence and trust, to provide medical advice in the field of preserving and maintaining the reproductive health of young people aged 15-29 years. Special youth clinics are exactly the place where you can come with any question. You can come alone or with a friend (girlfriend) and absolutely free of charge, in a short time, get the services that interested him. 5 This clinic cooperates with various medical institutions. The basis of the work of the CDM is an integrated approach. Implying medical, social, psychological assistance, as well as information on reproductive health issues and on the prevention of social diseases, dissemination of informational materials accompanied by reliable up-to-date information. Recruitment and selection of volunteers intended for training peers and conducting outreach activities, training volunteers. During the seminars, the main attention is focused on the acquisition by volunteers - leaders of practical skills in transferring to their peers information related to the protection of the reproductive health of adolescents and youth (peer-to-peer system), work with the media. More than 180 volunteers have been trained since 2005. They organize such actions as: During the seminars, the main attention is focused on the acquisition by volunteers - leaders of practical skills in transferring to their peers information related to the protection of the reproductive health of adolescents and youth (peer-to-peer system), work with the media. More than 180 volunteers have been trained since 2005. They organize such actions as: During the seminars, the main attention is focused on the acquisition by volunteers - leaders of practical skills in transferring to their peers information related to the protection of the reproductive health of adolescents and youth (peer-to-peer system), work with the media. More than 180 volunteers have been trained since 2005. They organize such actions as: "You yourself are a talisman"; "Let every heart say"; "Recipe for health and success"; "Dance for life"; "It's AIDS not to know"; "If not me, then who?" and many others. To date, more than 600 young people have already received help at the Friendly Youth Clinic.

CONCLUSION

Currently, there is an increasing need of young people for social services and social support. In this regard, the complex work of social services among the population, aimed at preventing diseases of the reproductive system, is becoming relevant. An analysis of the state of health of young people as a special socio-demographic group indicates the need for immediate mobilization and consolidation of the efforts of the state and society to radically reverse the

negative trends in the field of improving the health of children and youth. The younger generation today should receive the most favored nation treatment from the state, as the most attractive in the social and moral sense. An effective social policy towards youth is an investment in the human capital of present and future generations. Even in conditions of limited resources, the issues of protecting the reproductive health of the population should be a priority task of the state. Otherwise, in 10-20 years the birth of healthy children will become very doubtful, and a significant part of the population will not be able to have them at all. All this will lead to a deterioration in the quality of the population, the loss of labor and scientific potential, and a deterioration in the economic well-being of the state.

REFERENCES

1. Blum, R. W., & Nelson-Mmari, K. (2004). The health of young people in a global context. *Journal of Adolescent health*, 35(5), 402-418.
2. Rickwood, D. J., Deane, F. P., & Wilson, C. J. (2007). When and how do young people seek professional help for mental health problems?. *Medical journal of Australia*, 187(S7), S35-S39.
3. Ali, K., Farrer, L., Gulliver, A., & Griffiths, K. M. (2015). Online peer-to-peer support for young people with mental health problems: a systematic review. *JMIR mental health*, 2(2), e4418.
4. Hammer, T. (1993). Unemployment and mental health among young people: a longitudinal study. *Journal of adolescence*, 16(4), 407-420.