

REPRODUCTIVE HEALTH OF ADOLESCENTS AND FORMATION OF HEALTHY LIFESTYLES, RESPONSIBLE PARENTING AND ABORTION PREVENTION

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ABSTRACT: - This article discusses reproductive health of adolescents and formation of healthy lifestyles, responsible parenting and abortion prevention. In the context of the economic crisis, low birth rate and high death rate of the population, the problem of protecting the reproductive health of the population acquires special social significance and becomes a priority for the state. Today, the solution of reproductive health problems, as the most important direction, is officially included in the program of the World Health Organization, the United Nations Population Fund.

KEYWORDS: Reproductive health, healthy lifestyles, abortion prevention

INTRODUCTION

The health of the younger generation is a sensitive indicator of changes taking place in the environment and in society, therefore, in the modern difficult period, which has exacerbated most socio-economic and economic problems, the study of the health status of adolescents is of particular importance. This is especially true of the reproductive health of adolescent girls, who represent the closest reproductive, intellectual, economic, social, political and cultural reserve of society.

Over the past 10 years, the proportion of absolutely healthy girls has decreased from 28.6% to 6.3%. Morbidity rates in adolescence are 10-15% higher in girls than in boys.

THE MAIN RESULTS AND FINDINGS

Against the background of an increase in somatic pathology, an increase in the incidence of the reproductive system in adolescents has acquired significant proportions, which creates an unfavorable background for the implementation of reproductive function in the future. Over the past 10 years, the number of menstrual irregularities in adolescent girls has increased by 3.5 times,

the frequency of inflammatory diseases has increased by 5.4 times. In many ways, this situation is due to ongoing unfavorable processes and trends in the adolescent youth environment, where the foundations for the further reproduction of society are being laid. An active life position leads teenagers to bad habits - smoking, drinking alcohol, drugs, early onset of sexual activity, abortions.

The sexual activity of adolescents, the early onset of sexual activity, spontaneous and casual sexual contacts (often in a state of alcoholic or drug intoxication), an illiterate or negligent attitude to intimate hygiene, including sexual hygiene, is associated with various problems in the form of unwanted pregnancy, childbirth, abortion, infection with sexually transmitted infections (STIs), HIV, inflammatory diseases of the reproductive system, sexual violence. As a rule, 7 pregnancies out of 10 young women end in abortions. Thus, every 10th abortion in the Republic of Belarus is performed on young women under the age of 19, which indicates insufficient work with adolescents in the field of hygienic and moral education, as well as in the field of reproductive health and the prevention of unwanted pregnancies. Every year, 2,000 abortions are performed on adolescents under the age of 14. The ratio of the number of abortions in girls and childbirth corresponds to 4:1, i.e. 160 abortions per 41 thousand births per year. At the same time, a high level of complications after an abortion (menstrual dysfunction, inflammatory diseases of the pelvic organs, etc.) remains.

Sexually transmitted infections are the second leading cause of health loss in women over the age of 15. It is extremely alarming that the rate of increase in sexually transmitted infections is highest in adolescents and young adults.

Thus, at present, it is necessary to unite medical, pedagogical, social and public organizations to carry out organized forms of work to prevent the early onset of sexual activity and untimely pregnancy in young people.

The data of official statistics, the results of scientific research, and the experience of practical healthcare have made it possible to determine ways to further reduce the frequency of abortions, complications and mortality in them and preserve the reproductive health of young women:

- upbringing of adolescents in the conditions of the revival of family values and moral principles;
- * expanding the process of public awareness on the prevention of unwanted pregnancy;
- support for responsible voluntary decisions about childbearing, methods of fertility regulation of personal choice;

deepening the information, education and counseling program in support of responsible motherhood and fatherhood and reproductive health;

development of new forms of providing medical, psychological, legal, social and educational services to benevolent youth in clinics;

introduction of effective means and methods of contraception for the prevention of abortions; especially among young women, including after abortions and childbirth.

Solving issues of reproductive choice, how parts of adolescent medicine help regulate pregnancy and prevent abortions to maintain health; reduce the risk of infertility; reduce the risk of contracting sexually transmitted diseases; guarantee the birth of a healthy child; contribute to the solution of other issues - to avoid accidental pregnancy; increase the responsibility of spouses (partners) to future children, cultivate discipline; help to avoid family conflicts.

Barrier contraception (using condoms) is one of the most commonly used methods of contraception in adolescents. This method of contraception is optimal for the prevention of sexually transmitted diseases and the need for its use in adolescents is obvious. However, the use of barrier contraception cannot guarantee 100% protection against unwanted pregnancy. High contraceptive reliability is provided by intrauterine devices (IUDs). The effectiveness of the method is 0.6 and 0.8 pregnancies per 100 women during the year. The advantage of the method is the possibility of long-term use, lack of connection with sexual intercourse, confidentiality and theoretically rapid restoration of fertility after removal of the IUD. However, adolescent girls rarely have stable,

In this regard, their use in adolescents is limited by the risk of occurrence and progression of inflammatory diseases of the internal genital organs, the frequency of irregular menstruation, heavy and painful menstruation, and the development of ectopic pregnancy.

Hormonal contraception in adolescents has undoubted advantages. Modern hormonal contraceptives in most cases do not have a pronounced effect on body weight, and other types of metabolism, but they have important favorable non-contraceptive properties.

Of the hormonal contraceptives currently used tablets consisting of a combination of ethinylestradiol (EE) and progestogen, the so-called "Combined oral contraceptives" (COCs). COCs are more reliable and reversible means of contraception. The possibility of pregnancy with regular use of COCs, in accordance with the instructions, is only 0.04-0.07 pregnancies per 100 women per year.

CONCLUSION

In modern conditions, it is necessary to revive monogamous relations between a man and a woman in order to maintain moral and reproductive health. Adolescent pregnancy prevention is an essential component of a healthy lifestyle. In the presence of a sexual partner in today's adolescents, a choice of contraceptive methods is required not only to prevent unwanted pregnancy, but also to prevent STIs.

A promising direction in the protection of reproductive health among adolescent girls is the interaction of various specialists (obstetricians-gynecologists, pediatricians, therapists, urologists, endocrinologists, psychologists, etc.) to provide medical care, active preventive activities to promote a healthy lifestyle. Carrying out information and educational work contributes to the optimization of issues of sexual behavior and sex education, the formation of adolescents' attitude to a conscious and adequate choice of a later onset of sexual activity, monogamous relationships, and in the presence of a sexual life - a contraceptive choice to prevent abortion.

In modern conditions, the role of parents in the upbringing of their children is very responsible. Improving medical care implies conducting information and educational work with families to prevent reproductive health problems.

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