

ISSUES OF STRENGTHENING THE REPRODUCTIVE HEALTH OF THE POPULATION

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ANNOTATION

The word "reproductive" comes from the Latin word "re-revival", "to repeat", *produco*-to create. In reproductive biology, it means reproduction of similar organisms. Reproductive health, that is, when and under what conditions a woman becomes a mother, information on creating optimal conditions for the health of both the mother and the unborn child will be covered.

Keyword: Reproductive, sexual maturation, sexual education, psychological, anatomical, physiological change.

The issue of reproductive health is not only limiting the number of children to be born in the family, but also includes wider issues. The main focus is on ensuring the well-being of families in the family, maintaining a positive psychological climate in them, maintaining the health of mothers and children, and ensuring the literal stability of families. One of the important functions of the family is its reproductive function (to ensure the biological continuity of society, to give birth to children). The task of the family is not only to bring a new generation into the world, but also to maintain their health, introducing them to the scientific and cultural achievements that have been lived since the beginning of mankind. The reproductive function of the family in front of the society and its fulfillment means the number of children in each family for the restoration of the population. Psychological, anatomical, physiological changes that occur in adolescent boys and girls Puberty is the period when a girl becomes a big girl and a boy becomes a young man. Adolescence is a period of human maturity that differs sharply from other youth periods in its specific aspects. Adolescence is 11-15 years old. It is during this period that physical growth and maturation occurs in boys and girls. This period is different for each boy and girl. Puberty period. It starts at the age of 8-9 and lasts until the age of 18-19. The changes that occur during this period depend on sex hormones. What are sex hormones? This is such a substance that depends on its production in the body, changes in the external appearance and the development of sexual symptoms. When these substances are produced in very small quantities, the mammary glands begin to develop. Boys' shoulders expand, chest muscles develop. His voice will have a lower timbre, it will thicken significantly. During this period, hair begins to grow on the face and chest of the teenager. Puberty is the biological and sexual development and puberty of the organism. During this period, secondary sexual characteristics appear in boys and girls. The boys' voices growled and their mustaches began to grow. Boys enter puberty at the age of 10-11, while girls begin to experience sexual development at the age of 9-10. In girls, the pelvis grows from 9-10 years old, mammary glands begin to develop from 10-11 years old, pubic hair grows, and external genitalia develops from 11-12 years old. Growth in adulthood is sometimes normal, and sometimes some changes can be observed. This is a physiological phenomenon. Puberty varies according to climatic conditions or parental traits, nervous system characteristics, urban or rural, mountainous or seaside residence. For example, sexual development begins earlier in people living in southern and eastern regions than in people living in northern countries. In the period of puberty, boys and girls experience

a decrease in labor activity, rapid fatigue, headaches, and frequent mood swings. Puberty boys and girls are characterized by self-importance, a desire to show themselves to be very mature, impertinence, and manliness. Sex education The World Health Organization (WHO) has concluded that good sex education does not lead to sexual activity, but rather maintains it and prepares young people for life ahead.

Sexual education also implies the psychological influence of human behavior that is formed in accordance with values and cultural norms. It is part of the cultural heritage that combines religious and traditional concepts. Sex education tries to find a balance between human biological-emotional needs and cultural heritage, and includes the anatomy and physiology of the genitals, as well as the changes that occur in the formation of different views of the individual. Sex education 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 have a good attitude towards the sexual orientation of a person, self-evaluation and the formation of the capacity to make a decision regarding sexual and reproductive morality within the limits of the society to which he belongs. About healthy sexual life for young brides and grooms going through marriage (for young men and women starting a new family) Starting a family is allowed in our country from the age of 18. This is explained by the fact that the morphological and physiological (brain, skeleton, muscles, internal secretion glands, especially genitals) development of the body of boys and girls is completed when they reach the age of 18. Because a woman can perform all the functions related to motherhood only when the processes of sexual development are fully completed, as in the pamphlet. Starting sexual life at an underage age, and especially pregnancy, has a harmful effect on the health of not only the mother, but also the offspring. In addition, too young a mother is not able to adequately engage in child rearing. Early marriage weakens the bodies of girls and boys who still need to grow and develop, and has a negative impact on their mental and physical development. Scientific studies show that the majority of girls reach their full maturity around the age of twenty, and for boys - at the age of twenty-three. For this reason, when girls and boys turn 17-18 years old, this does not mean that they are completely anatomically and physiologically mature, because during this period the pelvis-bone areas are not yet fully ossified, and in girls of this age, becoming a mother, normal conditions for the development of the fetus and the birth of a child will not be created. It has been scientifically proven that marriage before the age of 18 has a negative effect on both the boy and the girl in most cases. According to American statistics, today more than 50% of 21 million teenagers start sexual life at the age of 15-19, about 2 million 13-14 year olds are sexually active, 8 out of 10 males and every 7 out of 10 women become sexually active before puberty, 38% of all pregnancies end in abortion, 25% end in illegitimate births, and 80% of girls who become pregnant before leaving school they don't finish it at all. It's no secret that under the influence of Western spirituality and culture, which has been rapidly entering our country in recent years, the number of people who have extramarital relations and as a result pregnancies, give birth to children out of wedlock and leave them alive as orphans it is worth mentioning here that it is increasing. In addition to being alien to our national hearts, this situation also causes social and medical problems. Since marriage is primarily associated with complex physiological functions such as child bearing, early marriage often results in

childlessness, premature birth, and also maldevelopment or premature birth of the fetus. possible Before embarking on a family life, it would be useful if the future couple first informed each other about their health and were interested in this issue. Therefore, we will briefly talk about some hygienic issues related to family life, especially sexual life. First of all, it is advisable for the newlyweds to undergo an examination by a specialist in the field of medical genetics. This helps to identify hereditary diseases that are transmitted from generation to generation, and some infectious or reproductive diseases that are transmitted from husband to wife, from wife to husband, and causes of childlessness. In addition, it is important for girls to follow proper hygiene rules related to their personal physiological functions. Below we will discuss some hygiene issues related to the first step into sexual life. Usually, when having sex for the first time, a certain amount of blood will flow from the genitals as a result of the girl's hymen tearing. Every girl who is getting married should be aware that this is a natural state. Sometimes the veil may not tear at the first sexual intercourse. This is because it is elastically stretched or flanged. For this reason, young brides and grooms to learn about this natural situation can prevent unfortunate events in some cases. In addition, it is also necessary to remember that it is not appropriate to have sex before the wound of the hymen is healed, and during the days of menstruation.

Iodine and iron deficiency diseases

Iodine deficiency diseases are among the most common non-infectious human diseases. According to the World Health Organization, due to iodine deficiency, 800 million people suffer from enlargement of the thyroid gland (endemic goiter) , and 45 million suffer from mental retardation. Iodine is the main trace element that affects the normal functioning of the thyroid gland, the synthesis of hormones, and the development of all organs and systems. Iodine deficiency impairs the normal development of the brain, and thousands of people suffer from cretinism, the most severe form of mental retardation. Currently, the International Council for the Control of Iodine Deficiency (ICCIDD) has been formed. They managed to get more than 100 countries to act together and implement the iodization of all salts intended to be added to food and pet food. Due to the lack of quality iodized table salt on sale, there are interruptions in mass prevention of gout among the population. Women suffering from goitre often have irregular menstrual cycles, infertility and other abnormal conditions, or if they are pregnant, children are born with mental retardation. In addition, ITH (iodine deficiency) leads to increased child mortality, stillbirths, and retardation of a person's mental and social development. For the normal functioning of the thyroid gland, it is necessary to consume 0.1-0.2 micrograms of iodine during the day. 3-5 grams of this extremely important trace element is enough for a person's entire life. It should be consumed daily through iodized salt and iodine-containing products. 25 million in Uzbekistan, 1.29 million per population. 60% of them are children and adolescents . Inspections show that the amount of iodine in table salt produced by the companies "Florence, Tempo, Orzu, Lazzat, Khojaikon, Karakalpoq Trade" corresponds to WHO standards (41.1-65 g/t). Practice shows that only government efforts and support can force manufacturers to produce iodized salt that meets all sanitary and hygienic requirements and is able to provide adequate iodization. as long as laws, decisions can be adopted and implemented. Leaders of various careers should have a clear vision of the impact of these

activities on the level of health of the nation and the mental level of the growing generation. May 3, 2007 The law "Uzbekistan YTK prevention" was adopted in Uzbekistan. Iron deficiency anemia and its prevention Anemia (anemia) means a decrease in the total amount of hemoglobin in the blood, often a decrease in its concentration per unit of blood volume. While the normal level of hemoglobin in the blood is 119-130 g/l, it is observed to decrease to 111.0 g/l and even lower in anemia. Observations of iron deficiency anemia in Uzbekistan over the last 10-15 years have shown that its prevalence among children and adolescents reaches 25-88%, while the risk of developing the disease is greater in children under 1-2 years of age, observed in smears and pregnant women.

60% of the total amount of iron in the body is stored in the hemoglobin of erythrocytes, which is involved in the binding of oxygen and its distribution throughout the body. Therefore, its reduction in the body's composition leads to erythrocyte hemoglobin deficiency and hypoxia (lack of oxygen reaching the cells in the required amount). Children suffering from anemia usually lag behind their peers in terms of physical and mental development, they may be sick more often. If a woman suffers from anemia during pregnancy, she can give birth to a weak child with insufficient weight, which is dangerous for the baby. In some cases, anemia can lead to maternal death. This does not worry us. The importance of eating. There are many sources of iron in food. meat, liver, egg yolk are iron-rich products. Plant products include oats, buckwheat, oats, legumes, black bread and other grain products.

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