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REPRODUCTIVE HEALTH PROMOTION ISSUES

Annotation: This article provides information on issues related to strengthening the reproductive health of the population.

Keywords: Reproductive, marriageable person, healthy offspring, Family Code, re - restoration, produco - I create.

INTRODUCTION

The word reproductive comes from the Latin re - restoration, repetition, produco - I create. Reproductive - in biology, means the creation of organisms similar to itself, reproduction. Reproductive health, that is, control over when and under what conditions a woman becomes a mother, creating optimal conditions for the health of both the mother and the child to be born.

The Family Code of the Republic of Uzbekistan stipulates a medical examination of persons entering into marriage. Persons entering into marriage are sent by marriage offices to medical institutions at their place of residence for a medical examination. Medical examinations of persons entering into marriage are carried out free of charge on the basis of a referral issued by marriage offices. They undergo examination in five areas: mental, narcological, syphilis and tuberculosis.

METHODS

Collecting information on issues related to strengthening the reproductive health of the population and taking measures to prevent early marriages.

In ancient times, in Central Asia, girls were married off at the age of 14-15. As a result, unhealthy children were born, and girls who married early often suffered from diseases. Scientific studies have shown that by the age of 18, boys and girls have only just reached their full morphological and physiological development (brain, skeleton, muscles, endocrine glands, and especially genitals). Getting married before the age of 18 in most cases has a negative impact on both boys and girls. Since marriage is primarily associated with complex physiological processes such as childbirth, getting married too early can often lead to infertility, premature birth, and fetal malformations.

RESULTS

According to American statisticians, more than 50% of today's 21 million adolescents begin their sexual life at the age of 15-19, about 2 million 13-14 year olds are sexually active, 8 out of 10 men and 7 out of 10 women enter into sexual life before reaching puberty. As a result, 38% of pregnancies end in abortion, 25% in the birth of a child out of wedlock, and 80% of girls who become pregnant before graduating from school do not finish school at all.

According to many experts, it is better for girls to get married at the age of 20-22, and for boys at the age of 23-25.

One of the negative customs that causes hereditary diseases that disrupt a healthy life is marriage between close relatives (uncles, aunts, cousins). Children born with mental retardation,

deafness, muteness and other physical defects are mainly observed in families where close relatives marry.

It is no secret that in recent years, under the influence of Western spirituality and culture, which has been rapidly entering our country, there has been an increase in extramarital relationships and, as a result, pregnancies, the number of people giving birth to children out of wedlock and leaving them as living orphans. This situation, in addition to being alien to our national values, also causes social and medical problems.

DISCUSSION

1. It is advisable for girls to get married at the age of 20-22, and for boys at the age of 23-25.

2. It is advisable for those getting married to undergo an examination by a specialist in the field of medical heredity. This will help to identify and treat, first of all, hereditary diseases that are passed from generation to generation, as well as some infectious or venereal diseases that are passed from husband to wife, from wife to husband, and the causes of infertility.

3. Marriages between close blood relatives can have negative consequences. Consequently, in these cases, the likelihood of the emergence and strengthening of hereditary diseases that are passed from generation to generation in the offspring is much higher. Therefore, marriages between close relatives are considered extremely harmful from a medical point of view.

4. In order to leave healthy offspring, it is advisable to give up harmful habits such as smoking tobacco and alcohol.

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