



URGANCH DAVLAT TIBBIYOT INSTITUTI JANUBIY OROLBO'YI TIBBIYOT JURNALI

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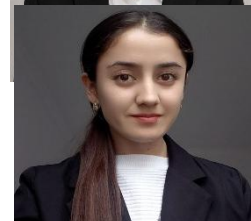
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Based on the review by U.D. Allamurotova, Assistant of the Department of
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YOSHLAR O'RTASIDA REPRODUKTIV SALOMATLIK VA GINEKOLOGIK SAVODXONLIKNI OSHIRISH YO'LLARI.

Annotatsiya

Ushbu maqolada yoshlar o'rtasida reproduktiv salomatlik va ginekologik savodxonlik darajasi muammosi ko'rib chiqiladi. Davlat miqyosida qabul qilingan islohotlarga qaramay, yoshlarning bu boradagi bilimlari hayotiy ehtiyojlar uchun yetarli emasligi aniqlandi. Tadqiqot adabiyotlar sharhi va 20 nafar respondent ishtirokida o'tkazilgan anonim so'rovnoma asosida olib borildi. Natijalar shuni



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ko'rsatdiki, respondentlarning yarmidan ko'pi hech qachon profilaktik ginekologik ko'rikdan o'tmagan va o'z bilimlarini asosan oiladan olgan. Maqola so'ngida savodxonlikni oshirish bo'yicha amaliy tavsiyalar berilgan.

Kalit so'zlar: reproduktiv salomatlik, profilaktik ko'rik, respondent, anonim so'rovнома, ginekologik, gigiyena, perinatal markaz, so'rovнома.

ПУТИ ПОВЫШЕНИЯ РЕПРОДУКТИВНОГО ЗДОРОВЬЯ И ГИНЕКОЛОГИЧЕСКОЙ ГРАМОТНОСТИ СРЕДИ МОЛОДЕЖИ

Аннотация

В данной статье рассматривается проблема репродуктивного здоровья и уровня гинекологической грамотности среди молодежи. Несмотря на реформы, принятые на государственном уровне, было установлено, что знаний молодежи в этой области недостаточно для жизненных потребностей. Исследование проводилось на основе обзора литературы и анонимного опроса с участием 20 респондентов. Результаты показали, что более половины респондентов никогда не проходили профилактический гинекологический осмотр, а знания получали в основном в семье. В конце статьи представлены практические рекомендации по повышению грамотности.

Ключевые слова: репродуктивное здоровье, профилактический осмотр, респондент, анонимный опрос, гинекологический, гигиена, перинатальный центр, анкета.

WAYS TO IMPROVE REPRODUCTIVE HEALTH AND GYNECOLOGICAL LITERACY AMONG YOUNG PEOPLE

Abstract

This article examines the issue of reproductive health and the level of gynecological literacy among young people. Despite the reforms adopted at the state level, it was found that young people's knowledge in this area is insufficient for the necessities of life. The research was conducted on the basis of a literature review and an anonymous survey involving 20 respondents. The results showed that more than half of the respondents had never undergone a preventive gynecological examination, and that they had obtained their knowledge mainly from their families. At the end of the article, practical recommendations for improving literacy are presented.

Keywords: reproductive health, preventive examination, respondent, anonymous survey, gynecological, hygiene, perinatal center, questionnaire.

Introduction

Strengthening the health of young people, and especially protecting the reproductive health of girls and young women, has been established as one of the priority directions of state policy in the Republic of Uzbekistan. The state programs adopted in recent years aimed at improving the health of youth, women, and children, as well as the legal and regulatory documents adopted in this field, testify to the state-level attention being paid to the health of young people. The reforms being carried out in this regard are aimed at strengthening the physical and reproductive health of young people, forming a healthy lifestyle among them, and improving medical literacy.

It is well known that the reproductive health of young people is a topical issue today, one for which a solution is being actively sought. The reproductive health of young people is not only about the future of a single individual, but is an issue at the level of an entire nation and society. Studies conducted show that young people are increasingly forming new perceptions - often incorrect or insufficient - about their reproductive health, not from scientific sources, but from random sources, social networks, or conversations among peers.



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Low gynecological literacy, or a general confusion of concepts, leads to a range of negative consequences. Situations such as avoiding examinations, hiding an illness from family members, refusing treatment, or not undergoing medical examinations before marriage also occur, and this is a pressing issue of not only medical but also social significance. This study is mainly aimed at determining the current level of young girls' knowledge of reproductive health and gynecological issues, and at improving their practical knowledge and skills in this area.

Literature Review

This topic is being widely studied by both Uzbek and foreign authors and scholars. According to research conducted by N.Kh. Rajabova and G.A. Qozoqboyeva, the state measures being implemented in the Republic of Uzbekistan for the treatment and prevention of obstetric-gynecological diseases have been analyzed; the scholars note that the system for protecting maternal and child health, as well as the activities of regional perinatal centers, are being expanded in the country.

The article by D.A. Sattorova, D.I. Muhammadaliyeva, and S.E. Tillayeva covers the main components of women's reproductive health - the menstrual cycle, hormonal balance, and sexual health - and places particular emphasis on the importance of a proper lifestyle and regular medical check-ups. According to a statistical analysis, in the Aral Sea region, maternal mortality decreased 1.5-fold and infant mortality decreased 1.3-fold among women between 2017 and 2023, evidence of the effective results of state policy.

Another important source is Ya.N. Allayorov's textbook "Obstetrics and Gynecology" (Tashkent, 2013). Based on decisions adopted by the Government of the Republic of Uzbekistan, it is noted that a "Healthy Lifestyle" course has been introduced in general secondary schools, a "Foundations of a Healthy Generation and Family" course for students of academic lyceums and higher education institutions, and a special "Puberty" educational and health-improvement program has been developed for adolescent girls. This information shows that systematic educational mechanisms aimed at improving young people's reproductive health literacy already exist at the state level.

Research Methodology

An empirical-analytical method was applied to this study, according to which the analysis of domestic and foreign literature was combined with the results of a practical survey.

Literature analysis method - local and foreign literature was studied and systematized.

Survey (questionnaire) method: An anonymous survey was conducted with the participation of 20 respondents. The survey consisted of ten questions and was aimed at determining respondents' age composition, sources of knowledge about reproductive health, attitudes toward preventive examinations, level of hygiene knowledge, and views on ways to improve literacy. The survey was conducted entirely anonymously, without requiring participants' personal information.

Statistical analysis method - the responses obtained were calculated as percentages and systematized in tabular form, after which the results were compared with the findings of the literature review.

Comparative analysis method - the survey results were compared with data from existing scientific literature.

Research base: 20 respondents of adolescent and young adult age, girls aged 14-23.

Research ethics: The survey was conducted on the basis of respondents' voluntary consent and was entirely anonymous; the data obtained was used only for scientific research purposes, in aggregated form.



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Analysis and Results

An anonymous survey was conducted with the participation of 20 respondents. The results obtained are presented in the table below.

No.	Question	Result
1	Age composition	14-18 years - 25% (5 people); 19-23 years - 50% (10 people); Other - 25% (5 people)
2	Source of gynecological knowledge	100% received it from family
3	Preventive examinations	Sometimes go - 35% (7 people); Never gone - 65% (13 people)
4	Hygiene knowledge	Know it well - 67%; Do not know at all - 33%
5	Educational activities at school/university	Happened once or twice - 75%; Never happened / do not remember - 25%
6	Source consulted when in pain	Mother/sister - 75%; Doctor - 25%
7	School curriculum coverage	Partially taught - 50%; Not taught at all - 50%
8	Comfort with open discussion	Comfortable - 25%; Somewhat comfortable - 25%; Uncomfortable - 50%
9	Most effective way to improve literacy	Family conversation - 40%; Doctor's recommendation - 40%; School/university materials - 20%

Notably, respondents were reluctant to answer the final question, even though the survey was anonymous. The results show that more than half (65%) of young girls have never undergone a preventive gynecological examination, indicating a low level of disease prevention culture among young people. However, a striking finding is that all of the girls who participated in the survey learned their initial, basic information about reproductive health from family members - showing that educational institutions and medical professionals are barely involved in this process.

Another important finding is that half (50%) of respondents consider it uncomfortable to discuss the topic openly, confirming that a sense of fear or embarrassment still persists strongly in society. At the same time, respondents equally identified (40% each) family conversation and open meetings with doctors as the most effective ways of improving literacy, indicating the need to develop both directions in parallel.

Conclusion and Recommendations

The fact that the majority of respondents had never undergone a preventive gynecological examination significantly limits the ability to detect diseases at an early stage. The discomfort expressed toward discussing the topic openly reflects social and cultural barriers that still persist in society. Based on these conclusions, the following practical recommendations are proposed:

1. Include separate topics on reproductive health in the curricula of general secondary schools and higher education institutions.
2. Regularly organize open dialogue meetings between young people and gynecologists or other medical staff - the fact that 40% of respondents considered this the most effective method clearly confirms its value.
3. Reduce the likelihood of young people turning to random sources by distributing reliable, scientifically grounded educational content on social media.
4. Organize periodic preventive medical examinations in schools and universities, and establish a system to keep parents informed, so that diseases can be identified at an earlier stage.



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As the saying goes, it is better to prevent a disease than to treat it. Strengthening the reproductive health of young people is a complex task that requires the joint efforts of medicine, education, family, and society.

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