

Innovative Approaches to Developing Reproductive Culture of Students

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ABSTRACT

the article deals with the essence of reproductive culture, current trends in the development of reproductive health, methods for improving the reproductive literacy of students. Recommendations for the development of the reproductive culture of students in the conditions of modern Uzbekistan are developed.

Keywords:

reproductive literacy, reproductive health, innovative approaches, university students, training methods.

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Introduction

Reproductive education is one of the key forms of educating a comprehensively developed personality.

In 1994, an international conference was held in Cairo, which adopted a global program of action aimed at preserving the reproductive health of the world's population for the next 20 years. The reproductive rights of the population to protect their health have been determined.

Reproductive health is a state of complete physical, mental and social well-being, and not simply the absence of diseases and injuries related to the reproductive system (organs involved in childbirth). Reproductive health implies the opportunity for people to live a responsible, satisfying and safe life, as well as the ability to produce offspring and have freedom of choice in family planning.

The main results and findings

There is some international experience in the formation of the reproductive culture of students. Considering the psychological conditions of primary education, D. B. Elkonin

distinguished that the majority of children, coming to school, are at the level of visual thinking. It would seem that this statement should entail the teacher's orientation towards actions for the direct transfer of knowledge and experience of behavior to students. However, the scientist comes to the conclusion that a simple indication of a particular property of a phenomenon, a simple communication of ready-made knowledge does not lead to the development of a child's thinking and consciousness. The transmission method, reproductive education and upbringing, which, as it were, logically and naturally follows from the characteristics of primary school age, cannot be considered as teaching aids that develop a personality.

Opportunities for organizing student-centered learning in the lower grades are found in the interpretations of the motivation of self-awareness, self-esteem, the need-based side of the personality of a younger student (I. Yu. Kulagina).

VV Davydov noted the need to "lay down" the foundation of the emotional orientation of the individual to cognitive interest already in primary

school age, as a tendency in the personal attitude toward education. He believed that the child should feel pleasure from the very process of analyzing things and their origin: "if even in the elementary school age such an aspiration is not formed, then subsequently neither diligence nor conscientiousness can become psychological sources of joyful and effective learning."

On the other hand, only with the development of abstract thinking does a person reflect conscious moral principles. Thus, it becomes possible to specially organized work on the education of self-awareness in the process of the development of personal structures of consciousness, contributing to the formation of personal thinking and abstract conceptual consciousness "(L. S. Vygotsky) as one of the basic functions of the personality.

The most difficult task of personality-oriented upbringing is the development of an understanding of the meaning of what is happening, the desire to express their own point of view, the development of the ability to correlate the self-affirmation motivation inherent in children with the definition of life prospects, creative self-embodiment, and inner freedom (GG Laptieva).

Everyone has the right to choose a healthy partner for creating a family and procreation. A young married couple has the right to plan the birth of their future children, as well as to access information and qualified medical services.

The protection of the reproductive health of the population includes safe pregnancy and childbirth, qualified assistance in the postpartum period, the prevention and treatment of infertility. This includes the prevention of cancer, maternal and child health, hormonal contraception. A person who cares about his health and the health of his loved ones should not exclude from his life any of the above points of reproductive rights.

The reproductive health of students deserves attention in view of the high social expectations from this group of young people. The need to realize oneself in the role of a spouse and a parent belongs to the basic needs of a person at

the age to which the student body belongs. Young people nowadays often begin to have a sex life quite early and do not look back at, in their opinion, outdated moral conventions. Reproductive attitudes often diverge from each other, however, they cannot but be considered in a single complex, speaking of the reproductive health of the population. The reproductive health of women and men is of equal concern to society due to the negative impact of a complex of biological, environmental, social, economic and psychological factors on both sexes.

The health of the student-mother and the expectant mother is influenced, first of all, by the physical development of the female body with its inherent reproductive functions; state of somatic health and gynecological morbidity; socio-psychological needs and attitudes in the field of sexual and reproductive behavior; awareness and application in practice of methods to prevent unwanted pregnancy; social and material conditions for the realization of reproductive attitudes; the availability of medical care for timely diagnosis, treatment and prevention of complications of reproductive disorders, as well as the development of the need for seeking qualified medical care. The factors influencing the realization of a woman's sexual and reproductive attitudes can be conditionally grouped according to levels - individual, social and medical. This division makes it possible to identify priorities for the activities of medical and social services involved in maintaining reproductive health and the successful implementation of the corresponding function by the population of reproductive age, which undoubtedly includes students.

At the individual level, the implementation of a woman's reproductive attitudes is influenced by: general physical development, heredity, development of the reproductive sphere, psychological maturity; social maturity, somatic morbidity, gynecological morbidity, marital status; material and living conditions. At the social level, the level of information on relevant issues; public opinion (stereotypes), government

policy on population reproduction, family, mother and child support; social well-being, psychological support for the family.

At the medical level - the level of development and availability of diagnostics, treatment, disease prevention, incl. reproductive sphere, contraception, infertility treatment, medical and genetic counseling services, medical patronage of a pregnant woman, a woman in labor, a puerpera. The above factors in women affect the implementation of attitudes: the onset of sexual activity (age, marital status, number of sexual partners), the use of methods and means of contraception; pregnancy leading to either childbirth or abortion, gynecological diseases and sexually transmitted diseases. Of course, the degree of influence of various factors on the state of the reproductive sphere in men and women is different, and in the implementation of reproductive attitudes, an appropriate correction should be made for the incidence of genital organs in men and the ability to conceive. But in general, this scheme is applicable when analyzing the reproductive health of men. In accordance with this view of reproductive health, I will dwell in more detail on some aspects of this vast problem, namely:

- gynecological morbidity in female students;
- the level of information on the issues of reproductive health preservation, prevention of reproductive diseases, including sexually transmitted diseases.

Early detection of gynecological abnormalities and diseases among female students, improvement of the organism of the future mother, identification of risk groups where the likelihood of the development of pathology of pregnancy, childbirth and perinatal complications is high is the most important task of practical healthcare and medical science at the present stage. Among first-year students, the most common functional disorders of the menstrual-ovarian cycle (amenorrhea, algodismenorrhea, polymenorrhea) were observed in 5–6% of girls, while chronic gynecological diseases (of an

inflammatory nature, erosion) were found 2 times less frequently. By the end of study at the university, there was a significant, more than 5 times increase in the prevalence of chronic gynecological diseases, while the prevalence of functional disorders decreased 3 times.

In Uzbekistan, great attention is paid to improving the reproductive health of the population, including students. The main directions of state policy in the field of protecting the reproductive health of citizens are:

development, approval and implementation of state and other programs in the field of reproductive health protection of citizens;

development and improvement of the system for protecting the reproductive health of citizens;

educating citizens of a conscious and responsible attitude towards the birth of healthy children;

creating conditions that ensure equality of opportunities for men and women in the exercise of their reproductive rights;

state support for scientific research, the introduction of modern methods and technologies to improve the reproductive health of citizens;

improving medical knowledge and medical culture of citizens in the field of reproductive health protection;

organization of training, retraining and advanced training of personnel in the field of reproductive health protection of citizens;

providing medical and social, as well as psychological assistance to citizens in the exercise of their reproductive rights.

The results of medical and demographic studies conducted in various countries have shown that such indicators of reproductive behavior as the age of the mother at childbirth, the intervals between births, the use of contraception, the duration of breastfeeding, affect the indicators of maternal, infant and perinatal mortality, as well as health status of mother and child.

Thus, maternal mortality in women giving birth over the age of 40 is 5 times higher than among women giving birth at the age of 20-29.

Every year on a global scale, more than 500 thousand women die from complications associated with pregnancy and childbirth. 99% of these deaths occur in developing countries. At the same time, the vast majority of pregnancies that caused the death of women are undesirable.

As part of the implementation of targeted programs for the protection of mothers and children in the Republic of Uzbekistan, attention is paid to the protection of the reproductive health of women of fertile age. The Republican Center for Reproductive Health and 18 of its branches in all regions of the republic are organized in the republic.

Since 1993 UNFPA has been supplying all types of contraceptives. In 2003-2005. Within the framework of Financial cooperation between the Republic of Uzbekistan and the Republic of Germany, 2 programs "Assistance to reproductive health I and II" have been implemented. During the period of implementation of the Programs, contraceptives were supplied for a total amount of 5.2 million EURO.

Since 2003, the Council of Ministers of the Republic of Kazakhstan and khokimiyats of regions and the city of Tashkent have allocated more than 650 million soums from budget funds for the purchase of contraceptives. Annual contraceptive coverage for women of fertile age increased from 43% in 2002 to 57.1% in 2007.

Particular attention is paid to improving the medical culture of the population on issues of reproductive health, maternal and child health and the formation of a healthy lifestyle. A series of brochures "Healthy mother - healthy child", booklets, collections of questions and answers, posters and other visual information materials for all segments of the population were developed and published. The Ministry of Health, together with the Ministry of Higher Education, the Ministry of Defense, the Women's Committee, and the Mahalla Foundation, systematically hold lectures, talks, round tables for students, military personnel, and the population. Developed and introduced a 16-hour curriculum for a special elective course on the topic "Fundamentals of a healthy lifestyle

and family" for students of secondary schools, colleges and lyceums, as well as university students.

Cycles of seminars are held annually for representatives of the media on reproductive health and the formation of a healthy lifestyle. Together with the Women's Committee, training was organized for imam-khatibs in the basics of reproductive health and the formation of a healthy family at refresher courses for imam-khatibs.

Systematic work has been carried out to strengthen the reproductive health of the population as an important factor in the birth of healthy children, to prevent the birth of children with developmental disabilities and congenital diseases, to further strengthen the material and technical base and staff of medical institutions. In 2016, \$ 80 million in loan and grant funds were allocated to equip the country's medical institutions with modern diagnostic and treatment equipment. Ensuring the rule of law and human interests is a guarantee of the country's development and the well-being of the people. Report of the elected President of the Republic of Uzbekistan Shavkat Mirziyoyev at the solemn meeting dedicated to the 24th anniversary of the adoption of the Constitution of the Republic of Uzbekistan, 2016. Extensive explanatory work is being carried out among the population through non-governmental, public organizations (Women's Committee, the Mahalla Foundation), educational institutions, created constantly operating headings in newspapers and magazines, TV and radio programs are being released on the issues of a healthy lifestyle, rational nutrition, reproductive health, and the formation of a healthy family. The results obtained in the field of maternal and child health have been highly appreciated by a number of international organizations and experts. The national model of maternal and child health in Uzbekistan is recognized as one of the most effective strategies in achieving the Global Millennium Development Goals.

The measures implemented in the country to support the institution of the family and the formation of a healthy generation are yielding real

practical results. Despite the changes observed in socio-economic relations, changes in marriage in the world community, national traditions, mentality and moral values of the population are preserved in Uzbekistan. The country has developed a broad legislative and regulatory framework governing family and marriage relations. healthy healthcare uzbekistan family.

Family legislation is focused on strengthening the institution of the family, building family relations based on feelings of trust and mutual respect, cooperation, mutual assistance and responsibility to the family of all its members, ensuring the unhindered exercise by family members of their rights and their protection. It can be stated that the social basis of family and marriage relations in Uzbekistan is to provide conditions for the stability of marriage, support of family ties and family traditions, the health of family members, the birth and upbringing of children, material prosperity, self-realization of the individual in society.

It is important to note that it is necessary to implement a set of measures for the development of the reproductive culture of each student. Uzbekistan has a different system for educating girls and boys. Therefore, in this regard, the methods of a personal-gender approach to this problem should be worked out. Reproductive culture has a number of specific properties. This primarily applies to female students.

There is a network of non-state social public institutions in the republic that promote the development of a healthy lifestyle among girls. In higher educational institutions, an "Hour of Information" is held, where you can enter a step-by-step plan to familiarize female students with the basic rules of reproductive etiquette.

Reproductive ethics is a field of bioethics that deals with the ethical problems of interventions in human reproduction and issues related to the scientific and practical aspects of the development of reproductive medicine and biology.

Conclusion

The three main areas of application of reproductive ethics are conception (fertilization), pregnancy (fetal development), and birth. Reproductive rights - the rights of married couples and individuals to freely make decisions regarding the number of their children, the time of their birth, the interval between their births, make decisions regarding the production of offspring without discrimination, coercion and violence, for this you need to have the necessary information and means for this. Implementation problems are: problems of contraception and abortion.

Not only parents, but also the teacher must share the experience and skills necessary to create and maintain a strong, prosperous family. At the same time, given the modern pace of life, the natural mechanism for the transfer of such knowledge in the family is insufficient. An important role should be played by educational institutions, makhalla, special services of legal and psychological assistance. It should be noted that in Uzbekistan the mahalla is revered as a hotbed of education, carefully transmitting national traditions, way of life and thinking from generation to generation. Under the leadership of the President of Uzbekistan Shavkat Mirziyoyev, special attention is paid to further strengthening, enhancing the role and status of the makhalla institution in all spheres of society. These tasks are also outlined in the Action Strategy for 2017-2021. The data obtained allow us to state the high status of the institution of makhalla in society and the significant role of this unique self-government body of citizens in the life of every family.

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