

Reproductive Health Status of Women and Youth during the Covid-19 Pandemic

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Abstract: The Covid-19 coronavirus pandemic has devastating social and economic consequences around the world. However, infection rates and deaths alone do not provide an accurate picture of the deep gender impact of the pandemic. While available evidence suggests higher mortality, rates associated with Covid-19, men, women and girls bear a disproportionately heavy burden of the more complex impact of the pandemic and emergency response by states.

Keywords: Covid-19, reproductive health, women, students, social significance.

MATERIAL AND METHODS

The search for literary sources was carried out using the bibliographic databases Web of Science, Scopus, DBLP, Medline. When selecting sources, they paid attention to experimental articles, literary reviews, the number of their citations over the past year.

Women and girls are not a homogeneous group. They face multiple forms of discrimination. While everyone is vulnerable to the coronavirus, the response to the pandemic is far from affecting people equally. The most marginalized segments of the population suffer the most from glaring gender disparities. Women and girls are at increased risk of domestic violence, lack adequate access to basic health services (both before and during a pandemic), are punished for non-compliance with anti-epidemic measures, suffer from economic insecurity and forced unpaid and unrewarding domestic work.

The available evidence suggests that human rights-based approaches are most effective in overcoming public health crises [3]. The World Health Organization (WHO) notes that “in defining ways to respond to Covid-19, countries must integrate human rights-based approaches and the protection and safeguarding of human rights, which is not only a moral imperative, but also a necessary a condition for the successful solution of public health problems ”[5]. During a crisis such as the Covid-19 pandemic, states must fulfill certain basic human rights obligations. They must ensure the basic needs and rights of people, including access to food, clean water, sanitation and housing, and must refrain from discriminating against people directly or indirectly. In addition, States have an obligation to assess and respond to the needs of the most marginalized populations, in this case women and girls in all their diversity, who are disproportionately affected by the crisis. In particular, States should take into account that women and girls are differently affected by the response to the pandemic and, in this regard, include concrete steps to address gender inequality as a core human rights obligation and mandate in the response to this and the meaningful participation of women and girls in planning responses to the pandemic, especially for those most affected by Covid-19. States may restrict certain rights of citizens in order to protect public health in accordance with international law, but any restrictions must be necessary, proportionate, non-discriminatory and time-limited, and include key safeguards against overuse. [4]

The severity of the problems associated with the health of the country's youth, with the current socio-demographic situation, in recent years has given rise to numerous speeches, publications, discussions in which scientists and practitioners, journalists and politicians actively participate. Issues related to youth health have become the subject of discussion and search for solutions at the highest political level [1]. The emphasis on the health of young people is

largely due to the fact that the situation in the demographic sphere is largely associated with the health of this particular group. Youth is a socio-demographic group that includes people aged 16 to 30-31, which has a number of characteristics. It was during this period that the main sociodemographic events in a person's life fall: getting an education, choosing a profession, starting work, getting married, having children. Today, the value orientations of young people, their work achievements, civil and moral character have a noticeable impact on social and economic processes. In this regard, the reproductive behavior of young people is of particular interest, since in adolescence, behavioral patterns are formed, many of which in the future have an impact on health and life expectancy. A person is in a state of complete well-being, when the physical, mental (intellectual), social, spiritual, emotional components of his life are harmoniously combined. As an indispensable condition, the criterion of health includes the ability to fully, actively, without any restrictions, to engage in labor and socially useful activities. Preservation and strengthening of health is one of the main tasks of the state, for an unhealthy nation has no future. Considering the versatility of the concept of "health", individual and population health are distinguished. The components of the individual are: somatic, physical, mental, moral and reproductive health [2].

Reproductive health means not only the absence of diseases of the reproductive system, violations of its functions and / or processes in it, but also the state of complete physical and social well-being. The most important factors that negatively affect the formation of youth health are: low physical activity, ineffective physical education, poor nutrition both in the family and in an educational institution, an increase in the number of stressful situations in everyday life associated with family and financial and economic problems, learning processes and vocational guidance, uneven distribution of teaching loads during the academic year and the entire period of study, the lack of effective programs for the prevention of diseases and health restoration. Preserving the reproductive health of young people is one of the main tasks of modern society. The young family, which is an important socio-demographic group of the population, draws particular attention. The formation of a healthy lifestyle should be expressed in the consolidation in the youth environment of a complex of optimal skills, abilities and life stereotypes that exclude addictions. The country still has low birth rates, which do not make it possible to approach simple reproduction of the population. The growth in the birth rate that has been outlined in the last four years does not yet allow us to speak of a stable trend [3].

A significant part of pregnancies in our country ends in abortion, which contributes to the deterioration of the reproductive health of women, and sometimes leads to death. To a greater extent, this problem concerns the age group of young people from 15 to 25 years old. Therefore, in the entire education system, from school to higher education institutions, it is necessary to carry out extensive explanatory work to promote family values, as well as to clearly inform about the harmful consequences of abortion. A special group of young people is the student body. This is the elite of youth, which sets the model for behavior in the youth environment. Therefore, it is extremely important that it is in this particular social group that the correct attitude towards their reproductive health is formed. Many issues of protecting the reproductive health of the population can be resolved at the regional and local level, taking into account the analysis of the state of the reproductive health of the population. The provision of family planning health services and the prevention and treatment of sexually transmitted infections seem to be quite resolved problems. At the same time, the disunity of these services, the lack of coordination in their activities lead to duplication of some sections of work and, most importantly, the loss of patients who always prefer to receive the full volume of medical care in one institution [5].

Analysis of the health status of youth as a special socio-demographic group indicates the need for immediate mobilization and consolidation of efforts by the state and society to radically reverse negative trends in the field of health improvement of children and youth. The younger generation today should receive the most favored nation treatment from the state, as the most attractive in the social and moral sense. An effective social policy for youth is an investment in the human capital of present and future generations. Even in conditions of limited resources, issues of protecting the reproductive health of the population should be a priority for the state. Otherwise, within 10-20 years, the birth of healthy children will become very doubtful, and a significant part of the population will not be able to have them at all. All this will lead to a deterioration in the quality of the population, a loss of labor and scientific potential, and a deterioration in the economic well-being of the state.

CONCLUSION

The development of modern society makes new demands on health at the individual and social level. The social significance of the culture of reproductive health of the younger generation is due to the fact that young people are the closest reproductive, intellectual, economic, social, political and cultural reserve of society. The long-term trend of deterioration in the health of young people entails a subsequent decline in health in all age groups. Young people are reluctant to visit medical institutions where they can meet adult acquaintances. Creation of a wide network of medical educational centers for young people, where it would be possible to receive medical care and where work is

simultaneously carried out to protect the reproductive health of young people and a healthy lifestyle, psychological and social support is provided. This is not only promising, but also extremely necessary.

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