

Increasing The Health - Saving Literacy Of Students - As The Important Factor Of Strengthening Of Their Reproductive Health

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Abstract: *increasing the health-saving literacy of young people in strengthening of the reproductive health of growing generation is the main process, so explanatory works on the problems of forming a healthy generation and a health lifestyle were conducted by seminar-trainings; these will ensure the improvement of their medical culture and preparation to family life.*

Key words: *health preservation, reproductive health, youth, health generation, healthy lifestyle.*

Preservation and strengthening of reproductive health of the growing generation is one of the important direction of the social policy of the Republic of Uzbekistan. As you know, human health depends on a number of factors, including human biological capabilities. The goal of a person's vital position involves the health person and also to have healthy children, grandchildren and great-grandchildren.

Currently, a large-scale consistent and well-thought-out policy is being implemented in the Republic of Uzbekistan directed to deeper understanding and statement in our society, an important vital value, such as further improving of the health of population and, first of all, growing generation.

In the republic, it has become a tradition to adopt State programs related to health preservation problems, including health-saving competence of listeners. So we can note the followings: 1998- the year of the family; 1999- the year of women; 2000 – the year of healthy generation; 2001- the year of mother and child; 2003- the year of the mahalla (neighborhood); 2004 – the year of kindness and mercy; 2005 – the year of health; 2006 – the year of charity and medical workers; 2007 - the year of Social Protection; 2008 – the year of youth; 2010 – the year of harmoniously developed generation; 2012- the year of the family; 2014- the year of a healthy child and 2016- the year of a healthy mother and child. These data clearly demonstrate social themes and they will be noted as a priority for development of our state, and our people in every possible way contribute to the successful implementation of each point of the state programs, which adopted in the context of the proclaimed year.

Disdainful attitude to the health of the population, ignorance, or rather reluctance of certain members of society to lead a healthy lifestyle, one of the important components of which is directed to the right sexual upbringing, protection of reproductive health, preparation for family life, they can be caused as a whole range of diseases.

Currently, it is believed, that the growing generation requires the presence of qualities of general cultural importance in the modernization of education, such as the development of intelligence, the formation of moral feelings, the care about health of children and adolescents, characterizing their physical and valeological (health-saving) culture. At the same time, it is important to form an personality, who knows the basics of system thinking about the value of health, including reproductive health, who is able to independently acquire health-saving knowledge that listener can use knowledge for the benefit of one's health, for future generation and the health of others.

In this connection, the importance of knowledge increases on the formation of a healthy lifestyle (HLS), on the healthy generation and necessity of working out of a mechanism by introducing of healthy lifestyle in everyday practice.

It has been established, that the health of the adult and children's population is a social wealth of the society and, as research shows, health is objectively determined by totality of anthropometric, clinical, physiological and biochemical indicators, those are determined in accordance with age, gender, conditions of upbringing and education, so by account of climatic and geographical conditions.

Health-saving competence should be provided by the trainer at all stages of continuing education, fulfilling among other functions and functions of health preservation, which, as they were noted above, they significantly affects to the quality of education, so the presence of some violations in the condition of trainers health, it will be lead to a decrease of work efficiency and affects to their activity and productivity in participation of the educational process [2].

In the republic of Uzbekistan, the education system creates the necessary conditions for the free development of the individual listeners, and promotes that this development is carried out in various spheres: intellectual, emotional, moral-volitional and value. What negatively does impact to the health of educators and learners in the modern educational institution and consequently reduce the potential or level of their health, including reproductive health? In our opinion, this is the lack of a concept of health-saving knowledge by listeners; for example: the non-fulfillment of hygienic norms and requirements to the preservation of health, including reproductive health on the maintenance of reproductive health; requirements for the organization of the educational process; increased training loads, associated with the intensification of training; low professional competence of educators in the questions of the health-improving orientation of the pedagogical process and the preservation of reproductive health; insufficient knowledge about methodological teaching methods, on this topic of national, individual age and typological characteristics of listeners; authoritarian type of training, characterized by strict compulsion; decreasing of listeners motivation for learning; lack of interaction of educational institutions with the family on the tasks of reproductive health and the formation of a healthy lifestyle; poor-quality servicing of the school psychological and medical service, including on tasks of reproductive health [1,3].

Our creative group, within the framework of the grants of the Oliy Majlis of the republic of Uzbekistan, implemented a project that provides training for young students, future young mothers, with knowledge and skills in the field of health protection, including reproductive and forming of all components of the healthy lifestyle in children, which will help to form a comprehensively developed healthy generation.

Each college pupil and student of higher educational institution potentially is a future mother and therefore our methodology will allow them to grow mentally and physically developed child, the spiritually rich child. In our classes, listeners received knowledge about the influence of such factors as the state of the environment, the health of parents, the conditions and the form of life in the family on the health of the growing generation. The project was implemented in two universities: the Tashkent state pedagogical university named after Nizami and the Uzbek State University of World Languages and in three pedagogical colleges: 1-Tashkent pedagogical college, Pedagogical college named after Yu.Rajabi, Tashkent Pedagogical College. Classes were conducted in experimental groups, for 30 people using interactive teaching methods (brain storming, creating of psychological, pedagogical and life situations, working in small groups, presentations, staging and etc.). During the training, the participants of the trainings received information on the importance of active engine regime, about the regime of the day, about necessity of compliance with the requirements of personal and general hygiene, about necessity of the protection of environment, prevention of injuries and accidents, on the formation of immunity to harmful habits, on correct sexual education, on the preparation of family life by requirements of psycho - hygiene of interpersonal relations, about skills of upbringing and education of young children. It's no secret that many young girls start a family life, having very limited knowledge, skills about protecting health of children, from the moment of conceived child, the period of pregnancy, about the newborn and especially in the first year of the child's development. The programs of the pedagogical institutions (with the exception of the pre-school

education department) do not give necessary knowledge and practical skills on caring for the child, which leads to contradictions between the level of knowledge, that they can acquire in the process of studying at the university and the requirements on the upbringing of a healthy generation. To overcome this contradiction, a program has been developed to train future young mothers on the skills of caring for child and ensuring the formation of a harmoniously developed personality. The introduction of the program and the corresponding modules for conducting the classes, it will be demanded a process to equip listeners of colleges and students with knowledge about the preservation of their reproductive health, about the favorable course of pregnancy and safe childbirth, and so to acquire practical skills on caring for the child with an account of medical, pedagogical and psychological requirements. In the course of the classes, it was formed a conscious and responsible attitude to the preservation, as for their healthy and future child, skills for healthy lifestyle and developed a sustainable philosophy of health in future mothers. So, there was arisen consultative assistance on prevention of iron and iodine deficiency violation of physical and intellectual development in pregnant women and young mothers. During the project implementation period, 5 one-day trainings were conducted in five educational institutions with a contingent of girls for 30 students in each training. Participants and students, who have received this knowledge, successfully advocate as volunteers in front of their fellow students with information on protection of reproductive health, which it ensures the sustainability of the project. Increasing the activity of young people in strengthening of the reproductive health of the growing generation by strengthening awareness-raising work among them on the problems of forming a healthy generation and healthy lifestyle, providing psychological, medical and pedagogical support for students on enriching their medical-hygiene and psychological and pedagogical knowledge through training seminars, there it was provided a rise in the level of their medical culture and preparation to family life.

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