

## THE ROLE OF NUTRITION IN MAINTAINING WOMEN'S REPRODUCTIVE HEALTH

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**Introduction.** In modern conditions the issues of protecting, the vital interests of the population - both maintaining numbers and ensuring the quality of life - are acute for our republic. In this case, the state assigns a special role to women, since the number and health of future generations depends on the well-being and state of their health. Most researchers conclude that healthcare management should be improved by focusing primarily on the result, while systematization and analysis of all components and elements that make up the process and determine its results are necessary. One of the most important areas in solving the problem of maternal and child health is related to improving reproductive health indicators of the population.

In Uzbekistan, the reproductive health of the population is an important medical and social problem and occupies a leading place among other problems. Reproductive health is not only a medical problem, but also a social problem. From year to year, more and more attention is paid to the reproductive health of women in Uzbekistan, which is confirmed by the adoption of the Resolution of the President of the Republic of Uzbekistan "On additional measures to protect the health of mothers and children, the formation of a healthy generation", as well as "On the program of measures to further strengthen and improve the efficiency of the work carried out to strengthen the reproductive health of the population, the birth of a healthy child." One of the leading factors influencing the health of women of fertile age is nutrition.

**Materials and methods.** Studying the influence of environmental factors on the health of the population at the regional level of the Republic of Uzbekistan and developing comprehensive measures to reduce the negative impact of these factors on the human body.

For the study, we used a questionnaire adapted for the conditions of the Republic of Uzbekistan. This is a general questionnaire for group comparisons, which is recommended by the Health Care of the Republic of Uzbekistan for biomedical studies of the adult population. The results obtained were processed by the method of variation statistics with the calculation of the average error (m), confidence coefficient (t) and probability of error (P).

**Results.** Because of our research, an increase in the size of the thyroid gland was detected in 50 women and girls. 61-70% of those examined suffer from anemia; iron deficiency anemia predominates among them. Such women have a deficiency of vitamins A, B-12, B-6. According to the survey, 39.8% of respondents consume meat and meat products 1-2 times a week, 9% - 1-2 times a month, 17.7% - less often, 46.7% of respondents consume fruits in winter 3-4 times a week, 20.7% - 1-2 times a month, 17.3% - rarely. These indicators in the studied group of women are 35-40% worse than among men of the same age group.

**Discussion.** According to statistical data, a study of anemia among 1500 women of fertile age from the Fergana region showed that this pathology is much more common among women over 35 years of age (44%) than in the age categories of 15-18 years (28.5%) and 19- 35 years old (25.1%). Among women over 35 years of age, the incidence of severe anemia is two times higher (1.7%) than among women under 35 years of age (0.76%). Among this category of women, the most effective measures are weekly intake of iron supplements, consumption of fortified flour products, and promotion of balanced nutrition.

### **Conclusion.**

1. The nutritional factor is the leading factor in maintaining the health of women of fertile age.
2. The significance of nutritional factors has certain patterns associated with excess and insufficient intake of valuable nutrients and pharmacological substances of food into the body from food.

3. Among local food products, there is a fairly wide range of species and varieties that can maintain the physical and mental status of women of fertile age.
4. Development of dietary correction of diets and nutrition of women of fertile age.
5. Development of the “Healthy mother - healthy child” program.

## **BOLALARDAGI FOBİYALARNING UNI PSIXOLOGIK SALOMATLIGIGA TA’SIRI**

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Bolalarda hissiyotlarni namoyon bo’lishi va rivojlanish uning shaxsini tarkib topishi, olamni bilishida o’ziga xos bo’lib, uning faoliyati va xulq-atvorida yaqqol o’z aksini topadi. Qo’rquv, shaxs o’zining xotirjam xayot kechirishiga ziyon etishi mumkinligi, unga real tahdid solayotgan, yoki tahdid solishi mavjud xavf-xatar to’g’risidagi xabarni olish bilan paydo bo’ladigan salbiy hissiy holatdir. Agar qo’rquv holati kishi uchun muammoga aylansa va kundalik xayotiga xalaqit bersa u fobiyaga aylanadi.

Qo’rquv holati qo’zg’uvchi va bosim beruvchi emostional holat ko’rinishida namoyon bo’lishi mumkin. Ko’p hollarda yuksak shakli “dahshat” ko’rinishida bo’lib, bu holatga bosim bo’lishiga olib boradi va depressiyani vujudga keltiradi.

Ba’zi holatlarda fobiya holatida nomayon bo’ladi. Bu holatlarda kishining o’zini etarli darajada nazorat qila olmaslik noto’g’ri xulq yoki axmoqona, xavfli harakatga olib kelishi mumkin. Bu nuqtai nazardan bunga axloqiy yo’nalishga olib keluvchi hodisa sifatida yondashdilar, qo’rquvni yomon natijalarga olib keluvchi zararli emostional holat deb hisoblaydilar.

Fobiya so’zi yunoncha “fobos” – qo’rquv so’zidan olingan. Bu turli qo’rquv holatlarini barqaror namoyon bo’lishidir va u holat nazorat qilib bo’lmaydigan darajada namoyon bo’ladi.

Fobiya deb kuchli ifodalanadigan qat’iy o’rnashib qolgan qo’rquv bo’lib, bunda ma’lum bir vaziyatning kuchliligiga e’tibor berilmaydi, hamda mantiqiy izohining to’liq yuqolishi namoyon bo’ladi.

Fobiyaning rivojlanib borishi natijasida kishi ma’lum bir obyektida faoliyatida, vaziyatdan qo’rqish va qochishni boshlaydi. Fobiyaning boshlang’ich davrida bartaraf etish nisbatan osonroq, borgan sayin u kishi psixikasida mustahkamlanib boradi va vaqti o’tgan sayin kuchayib boradi. Qo’rquv holatini nazoratdan chiqishi va kishining me’yoriy xayot faoliyatiga rahna sola boshlasa “vahimali buzilish” deb tashxis qo’yish mumkin.

Boladagi qo’rquv holati chaqaloqlik davridanoq namoyon bo’ladi. Bola 5 oylikdan so’ng notanish kishilar bilan uchrashganda, odatiy bo’lmagan buyumlarni ko’rganda, odatiy bo’lmagan vaziyatlarda qo’rquv holati namoyon bo’ladi. 2 – 3 yoshdagi bolalar hayvonlardan qo’rqadilar. Maktabgacha yosh davrning o’ziga xosligi shundaki qo’rquv holatni adekvat ifodalay olmasligidir.

Qo’rquv holati kishi emostiyasida o’ziga hos namoyon bo’lib, uning asossiz vujudga kelishi fobiyaning vujudga kelishiga olib keladi. Ayniqsa bu holat bola psixikasiga salbiy ta’sir ko’rsatib murakkab oqibatlariga olib keladi. Biz bolalarda qo’rquv holatini vujudga kelishi, uning o’ziga hosligi va bartaraf etishning psixologik asoslarini o’rganish maqsadida ilmiy tadqiqot ishlarini olib bordi.

Tadqiqotimizda bolalarning qo’rquv tasavvurlari va uni nima ta’sirida yuzaga kelganini, ular qanday xavf-xatarni his qilishini o’rganish maqsadida ta’lim muassasasida tarbiyalanayotgan 30 nafar bolalarni tanlab oldik. Bolaga “Nimadan qo’rqasang o’shani chiz” deb topshiriq berldik. Bolalar topshiriqni bajarib bo’lganlaridan so’ng “Nimada qo’rqasiz?”, “Nima uchun qo’rqasin?” degan savollar bilan murojat qildik.

Bolalarni javoblarini qo’yidagicha tahlil qildik:

- Kattalar va atrofdagilarni bolalarni ma’lum bir obyektini qo’rqitish quroli qilib olganligi va uni qo’rqitish maqsadida bundan foydalanishi.