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## Formation of Reproductive Culture Among Students in the Educational System



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### ABSTRACT

The goal of the main ongoing reforms in the education system of Uzbekistan, in the conditions of training in higher educational institutions, puts before the national science tasks related to the methodological justification of goals, and the modernization of the content, means and modern pedagogical methods of organizing the educational activities of students. The study calls attention on sexual and reproductive health education of the younger generation. The author provides a training program "Culture reproductive health of students."



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## INTRODUCTION

The goal of the main ongoing reforms in the education system of Uzbekistan, in the conditions of training in higher educational institutions, puts before the national science tasks related to the methodological justification of goals, and the modernization of the content, means and modern pedagogical methods of organizing the educational activities of students.

The solution of these problems is seen only on the basis of involving in the scientific research field the tasks conditioned by the real needs of the society as a whole. Among these problems, the problem and methods of organizing the content character of the social interaction of student youth, educators and the family in shaping the health of the way of life and the culture of reproductive health young people.

Reproductive health is an essential part of overall health and relates to personal aspects of life. He assumes that a person can lead a satisfactory and safe life, reproductive health is defined as a set of methods, technologies and services that contribute and by preventing and solving reproductive problems. The culture of people and their health is the totality, knowledge, skills, values that regulate the reproductive behavior of people within the available biological and social opportunities. Recent years against the backdrop of significant changes in the conditions of the way of life, goals and objectives in the education system, the importance of morality among young people and the formation of their relationship to the upbringing of the younger generation is growing.

In the implementation of these tasks, it is necessary:

- To develop educational work, its methods and means in accordance with international standards;
- An education of a spiritual, physically healthy generation;
- The formation of a culture of healthy lifestyles among young people;
- Systematic participation and partnership in the spiritual education of the harmoniously developed youth of non-governmental organizations ("Kamolot" youth organization, makhallya - local government bodies, "Nuroni" foundation).

In popular science dictionaries it is pointed out that the word "culture" is taken from the Arabic language and means "a city-dweller, an educated person".

## **DISCUSSION**

Q. Musurmonova also notes that culture has a historical character and denotes the totality of the productive, social and spiritual achievements of man. In addition, in the context of social relations, culture is a measure of human development, the emergence of personality in the process of activity and the assimilation of social experience. The general cultural, humanistic meaning of the activity consists in the formation of a person's social essence [1, p.45].

Thus, culture acts as an internal, spiritual self-regulation of a person, his type of activity.

In our opinion, the harmonious development of the personality, to a large extent, is formed under the influence of material (technique, experience of productive activity, material wealth) and spiritual (science, literature, art, enlightenment) influences.

Traditionally, the main institution of development is the formation of a kind of spiritual culture for each nation is the family.

The importance of the family as an institution of upbringing is conditioned by the fact that it brings up the original branch of sincere feelings of a person.

During a significant part of his life and the duration of his influence on the person, no institution of upbringing can compare with the family. It laid the foundations of personality.

The family can act as a positive factor of upbringing.

Under the influence of the family, the world outlook and character of a person are formed on the example of mother and father.

From the point of view of this, the Family is a special kind of collective, playing an important role in the spiritual upbringing of the individual. In addition, the problem of inheritance is of particular relevance in the upbringing of the child.

The greatest burden on reproductive health falls on young people. It is during this period that the reproductive sphere actively develops, and the foundations of reproductive behaviour are formed. Only by solving the health problem of young people entering the reproductive age can we expect the birth of a healthy generation.

More often than not, we define a healthy lifestyle (ZOK) as a way of life for an individual with the goal of preventing disease, strengthening one's health, achieving active longevity, and, as a result, improving the quality of life.

However, the notion of a "healthy lifestyle" is uniquely more multifaceted. A healthy lifestyle also consists of many factors, the most important of which are healthy eating, high physical activity, active rest, overcoming bad habits, increasing the protective forces of one's body (hardening, physical training) observance of personal and professional psycho-hygiene and psychological-emotional comfort.

Today, in the system of higher education, the phenomenon of absorption of intellectual, professional, spiritual and moral demands becomes the main factor in the formation of the reproductive culture of student youth.

As research shows, the person's attention to a healthy lifestyle is formed under the influence of such factors:

- 20-25% - the environment;

- 20% - hereditary;

- 55% - various reasons:



Human education is considered the main factor in the development of human improvement.

At present, the problem of a healthy lifestyle for young people is becoming especially urgent.

According to the statistics of the Ministry of Health, in recent years there have been more diseases in the Republic such as anemia, digestive disorders and kidney failure.

To address the problems of improving reproductive health, young people need to focus their attention on the value of reproductive health; to form at them necessary knowledge in this area, to enrich individual consciousness with a complex of value representations, to show its role in the system of values.

In order to increase the effectiveness of the work to protect the reproductive health of the younger generation and to form an attitude towards it as a value, it is necessary to disseminate the necessary information in the broadest circles of the public. Only joint efforts

of all interested persons and organizations can help the teenager to choose the right life position regarding his health.

Summarizing the results of many years of work, as well as data from literature sources, we came to the conclusion that with the very unfavorable indicators, the term "reproductive health" is not always correct. In addition, health is a category of already realized opportunities, and as a rule, girls have not realized their reproductive function, so we consider it more correct for children and teenagers to limit themselves to the term "reproductive potential".

By reproductive potential, in our opinion, we should mean the level of physical and mental state, which, when social maturity is reached, will determine the quality of health of the born generation. When evaluating the reproductive potential, it is advisable to take into account: the prevalence of general somatic diseases affecting reproductive function; level of physical and sexual development; prevalence of reproductive system diseases; state of sex education, sexual education and behavior; psychological readiness for motherhood.

As noted by TF Akbashev, BA Klassov, spiritual health of a person is complemented by three factors: social, intellectual and reproductive health [3, p.76]. According to the authors, intellectual health is reflected in thinking, accepting information and disseminating it and social health - in professional development, social activity and finding a place in society. Reproductive health is reflected in communication with parents, in relationships within the family, sexual culture and upbringing of children.

R. Aizman, when studying the problem of personal health, points out three categories that affect human health:

- physical, that is genetic, biochemical, motobolic, morphological and functional;
- personal, mental, spiritual and emotional;
- moral, social and spiritual; [4, c 52]. Thus, the biological program of personality development creates the basis of individual physical health of a person.

## **CONCLUSION**

In general, all that has been said allows us to draw the following conclusions:

The organization of purposeful education of the reproductive culture of youth is the imperative of the times. It is necessary for a more successful solution of personal and social problems. At the level of society it is the maintenance of the desired type of reproduction of the population, and at the level of a specific individual it is the reduction of the bio-social risks of reproductive behaviour, the prevention of violations of social interaction related to the absence of children or their untimely appearance.

In this sense, the education of the reproductive culture of young people should be regarded as the most important resource for the long-term socio-economic development of our country pursuing a pro-Russian policy, therefore, in the system of general and professional education it is necessary to create conditions for the reproduction of reproductive culture and the realization of its educational functions.

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