



APPLICATION OF INNOVATIVE METHODS IN STUDYING THE TOPIC REPRODUCTIVITY AND HEALTH

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Article history:	Abstract:
Received: 21 th March 2021 Accepted: 2 th April 2021 Published: 20 th April 2021	This article provides for reproductive health among the population and youth, one's health. Also, conducted on new pedagogical technologies and innovative methods. Reproductive health is a component of the general condition of the body. It turns out that it directly depends on the lifestyle of the mother during pregnancy, as well as on the health of the father. Also, conducted on new pedagogical technologies and innovative methods
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When dealing with a healthy or at-risk organism, valeology uses the functional reserves of a person to maintain health, mainly through his introduction to a healthy lifestyle.

Health is a normal state of mind in the emotional, mental and physical spheres of a person's life, which creates the most favorable conditions for the flourishing of his personality, for him to realize his inextricable connection with the world around him Human ontogeny and reproductive health are integral parts of each other. This fact is due to the fact that at each stage of his development, a person can, independently or under the influence, worsen or improve the quality of his life and the ability to reproduce his own kind.

Reproductive health is a state of complete physical, mental and social well-being, and not just the absence of illness or injury related to the reproductive system and its functioning and processes. Reproductive health implies for people to live responsibly, satisfying them, and a safe sex life for them, as well as the ability to produce offspring and have the freedom to choose when and how often they do it. Reproductive health care is a collection of factors, methods, procedures and services that support reproductive health and contribute to the well-being of a family or individual by preventing and addressing reproductive health problems. The state of health of the reproductive system of the body as a whole is influenced by: alcohol, tobacco smoking, drugs, harmless hobby for sports, diet (its volume and the products themselves), drugs. If one of the partners in the family has diseases of the reproductive system, then there is a high probability that children will never appear in the house.

The main indicators of reproductive health socio-economic changes have created unfavorable living conditions, caused emotional depression and a lack of funds necessary to maintain the health of the population and the birth of children. All this has led to the fact that the health of the population, including reproductive health, has deteriorated significantly.

The main problems of reproductive health are: reproductive diseases, sexually transmitted infections, including HIV / AIDS.

General indicators of population health are: the number of men, women of reproductive age (15-49 years); total population; number of children (0-18 years old); number of adolescents (14-18 years old); mortality; fertility; disability; morbidity (prevalence of diseases).

Reproductive health indicators: infertility rate; miscarriage of pregnancy; number of births; maternal mortality.

And also indicators of reproductive health include: infant mortality (neonatal and prenatal, postnatal); number of STIs; sexually transmitted infections; HIV AIDS

Family Planning & Reproductive Health

Not only the family is interested in having children, but also the state and society as a whole. Just for simple reproduction of the population in the country, every family should have 2-3 children. The family is a small social group (cell of society) in which the most important form of organizing personal life is realized.

The family is one of the most multifaceted phenomena that combine biological and social, economic and moral, ideological and psychological relations. It is based on the conjugal union and family ties, that is, the

relationship between husband and wife, parents and children, other relatives living together and leading a common household.

The family, being a reflection of all the features of the social structure of society, the ideas prevailing in it, bears in itself the specific features of a particular way of life of people. Each socio-economic formation is characterized by special forms of family relations.

Reproductive health is a state of physical, mental, and social well-being on all counts related to the reproductive system at all stages of life. Reproductive health implies that a person can lead a satisfactory and safe sex life, that he is able to bear children and is free to choose under what conditions, where and how often. This includes the right of men and women to receive information and access to safe, effective, affordable and acceptable family planning methods of their choice, and the right to appropriate health services that enable women to safely get through pregnancy and childbirth.

Reproductive health care is defined as a collection of methods, techniques, technologies and services that promote reproductive health and well-being by preventing and addressing reproductive problems. It also includes sexual health, which aims to improve life and interpersonal relationships, not just counseling and treatment related to reproduction and sexually transmitted infections.

Heredity and health. Heredity is a property common to all living organisms to ensure the continuity of the same traits and developmental characteristics in a number of generations. Thus, heredity creates the basis for the reproduction of life forms across generations.

The basic unit of all living things is the cell. It consists of a nucleus and cytoplasm. It is in the nucleus that the chromosomes are located, containing information about the signs and properties of the organism. Chromosomes are material structures that ensure the continuity of generations and the similarity between relatives, which determine all aspects of the body's life.

The number of chromosomes contained in the nucleus of the cell makes up the genetic type criterion. The chromosomes found in the nucleus of every cell in the body are always paired. So, in a normal human cell there are 23 pairs, that is, 46 chromosomes. 22 pairs are completely identical in men and women, they are called autosomes. Chromosomes of the 23rd pair are sexual: in women, they are represented by two large X chromosomes, and in men - one X - chromosome, the other - Y - chromosome. The number, chemical composition and structure of chromosomes remain constant throughout life.

During sexual reproduction, the maternal and paternal chromosomes are equally involved in the creation of a new organism. Sex cells (sperm and egg) have only half the set of chromosomes - one from each pair, obtained as a result of a special division of sex cells - meiosis.

When the egg is fertilized, a zygote is formed - a unicellular the formation of the future organism, containing 23 maternal and 23 paternal chromosomes. Thus, the contribution of both germ cells to the inherited traits of the unborn child are the same.

These data students must have an understanding of reproductive performance, family ties, as well as family planning and abortion, its complications. Therefore, in the classroom, the use of presentations and videos, video tutorials, visual aids, solving cases on the topic give good effects.

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