

## DISEASES IDENTIFIED IN MARRIAGE YOUNG PEOPLE AND MEASURES FOR THEIR HEALTH

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**Abstract.** *The family is the main link in human life. Thinking that the family vault will be strong, a medical examination of the bride and groom before the marriage will ensure the strength of the new family and the perfection of the children to be born. The formation of a healthy family is lined with genetic factor, and one of the important purposes of applying medical examination of maraging couples is to Prevent occurring birth of children with congenital diseases. It is clear to everyone today how important an economic and spiritual issue for each family member to be healthy, and for a newborn to grow up healthy. At the same time, it should be noted that at present, detailed information is being provided in Uzbekistan on the benefits of medical examination for married persons by the “family scientific and practical center”, “marriage registration office (MRO)” cities and districts, and family planning centers, and as a result, a positive effect is achieved*

**Keywords.** *Marriage, persons who are going to get married, medical examination, family, family polyclinics, psychoneurological disorders, dermatovenereal diseases, somatic diseases, socially significant diseases.*

Relevance of the problem. Marriage causes the continuation of the human race, leaving offspring from the two genders themselves. Today, the formation of a healthy family, the creation of the necessary conditions for the Prevention of the birth of children with hereditary and congenital diseases is a requirement of the current time. Therefore, it is necessary not to forget that the preparation of young people for family marriage is an important social need, to carry out propagan on regular basis, to increase attention to this issue in families, neighborhoods, educational institutions.

The purpose of the study. Analyzing the results of premarital medical examinations in our Republic, taking into account the diseases detected among young people, studying the ways of their recovery, developing a mix of preventive measures to prevent the birth of children with congenital diseases in the formation of a healthy family.

Material and research methods. methods of socio-hygienic, mathematical-statistical and evidence-based medicine were used.

The results and discussion. In total, 75,112 persons of marriage in Tashkent, of which 37,246 were of the male sex and 37,866 were of the female sex, the medical examination studied their age, education, social status, compliance with the principles of harmful habits and healthy lifestyle, to what extent their medical cultural level was. The dynamics of change in demographic processes in Tashkent was studied, and in the process of medical examination, the level of availability of marriages between close relatives, indicators of social diseases (psychoneurological, narcological, venereal, tuberculosis, SPID) and the dynamics of these diseases for 5 years (2016-2020) were studied.

Medical-social factors that cause the origin of social diseases among persons undergoing marriage were studied, depending on age and lifestyle in the dynamics of the cumulative sphere of influence of lifestyle and conditions. Their leading risk factors, which are relevant to each age and gender group, were identified and their groups defined.

Table 1

Men and women who are married in Tashkent City  
Number of medical examinations in 2016-2020

Period	Chilanzar			Olmazar			Uchtepa			Shaykhantakhur		
	men	women	Total	men	women	Total	men	women	Total	men	women	Total
2016	1361	1366	2727	2070	2105	4175	1511	1630	3141	1439	1516	2955
2017	1424	1305	2729	2053	2020	4073	1583	1621	3204	1409	1428	2837
2018	1455	1488	2943	2301	2440	4655	2008	2128	4136	2589	2059	4646
2019	1360	1553	2913	2399	2521	4920	1946	2188	4134	2331	2292	4563
2020	1353	1427	2780	2333	2491	4824	1995	2075	4070	2326	2213	4539
Жами	6953	7139	14092	11156	11577	22733	9043	9642	18685	10094	9508	19540

Table 2

Social diseases identified in Chilanzar district between 2016-2020

PERIOD	PSYCHONEUROLOGICAL DISORDERS	DRUG ABUSE	SYPHILIS	TUBERCULOSIS	AIDS	TOTAL
2016	25	4	6	6	12	53
2017	29	0	3	4	8	44
2018	22	2	2	3	15	44
2019	15	0	0	1	6	22
2020	14	4	0	3	6	27
TOTAL	105	10	11	17	47	190

From socially significant diseases psychoneurological disorders made up 55%-105, Narcological disease are about 5.2%-10, the figure for venereal disease is 5.7%-11. The

number of tuberculosis and HIV/AIDS are 8.9%-17 and 24.7%-47 respectively

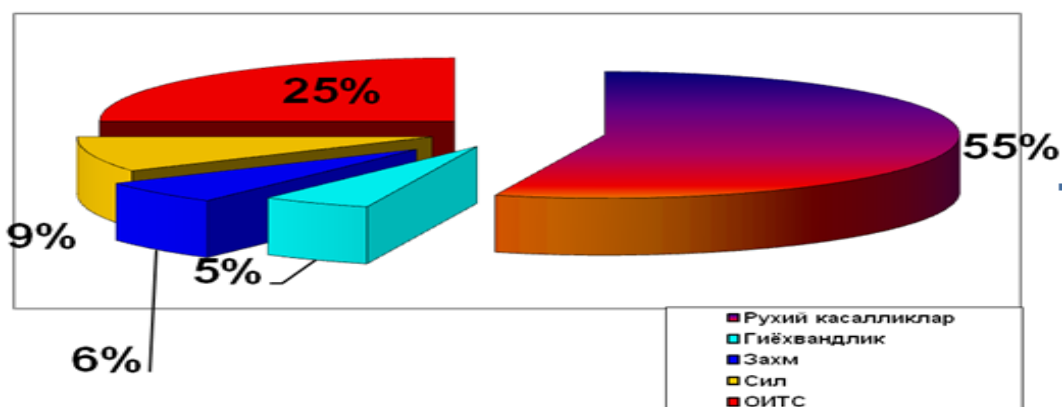


Figure 1  
Social diseases identified in Chilanzar district in 2016-2020 (%)

In accordance with the tasks given by the secretariat of social protection of Family, Maternity and childhood and the women's committee of the Tashkent City Municipality, lists of 13-17-year-old girls studying at educational institutions of the Chilonzor district were formed, of which 98 were found from dysfunctional families with troubled childhood. In 2016, all 98 girls were checked by ultrasound test (UST)– 100.0%, of which 8.3%- 23 - were diagnosed with the disease.

According to the MRO 22,649 getting into marriage couples applied medical examination and 22,116 of them were examined in Tashkent city Olmazor district in the years from 2016 to 2020.

Table –3.

Social diseases identified in Olmazor district between 201-2020

Period	PSYCHONEUROLOGICAL DISORDERS	DRUG ABUSE	SYPHILIS	TUBERCULOSIS	AIDS	TOTAL
2016	48	5	2	2	9	66
2017	45	11	4	2	18	80
2018	40	4	3	5	11	63
2019	51	0	1	1	14	67
2020	42	4	2	5	10	63
Total	226	24	12	15	62	339

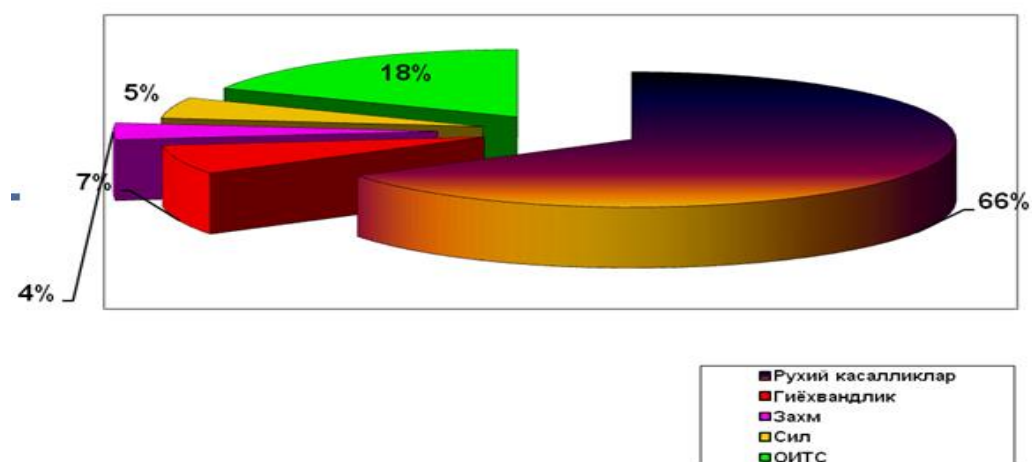


Figure-2.

Social diseases identified in Olmazor district between (%)

From socially significant diseases psychoneurological disorders made up 66%-226, Narcological disease are about 7%-24, the figure for syphilis disease is 4%-12. The number of tuberculosis and HIV/AIDS are 5%-15 and 18%-62 respectively

As the 2016-2020 academic year started in all educational institutions teenage girls were conducted to be checked the UST examination routinely. In all family polyclinics in the Uchtepa district, the premarital medical examinations was organized in accordance with the established procedure.

During the four months of 2019, 666 young people (341 young men), (325 girls) residing in Uchtepa district applied for marriage. In accordance with their applications, a referral was first given for 5 dispensary examinations, at the next stage they were examined by the range of specialist doctors. A red line is pulled into the referral for a dangerous disease that occurs in young women. Some young people who know or are blindly infected with a dangerous disease in a state where they realize their mistake are getting into marriage. Of course, such a marriage can end tragically. Therefore, the fact that parents, educators, neighborhood activists, representatives of the general public will ensure the successful end of the pre-marriage medical examination preparing our growing children healthy, impeccable for family life.

Getting into marriage young people with the 5 main social diseases also were checked with optional examination of somatic diseases in Tashkent City. In the course of the study, the result of a survey of individuals undergoing nikox showed that "what do you mean by a healthy lifestyle?" to our question, 45% of young people gave a complete answer, 40% were

partially complete and 15% were unable to give a complete answer. Considering the negative impact of kinship marriage on health indicators of children to be born, we found it necessary to study it. According to the results of the study, marriages concluded on the basis of kinship ties between parents showed that the risk of birth in families with congenital anomalies of children is 4.0 times higher than the risk of children in a family where parents are not related. 58% of children born with birth defects were found to be close relatives, while 22% were distant relatives. With hereditary diseases due to kinship marriage, it can be seen that the birth rate is increasing.

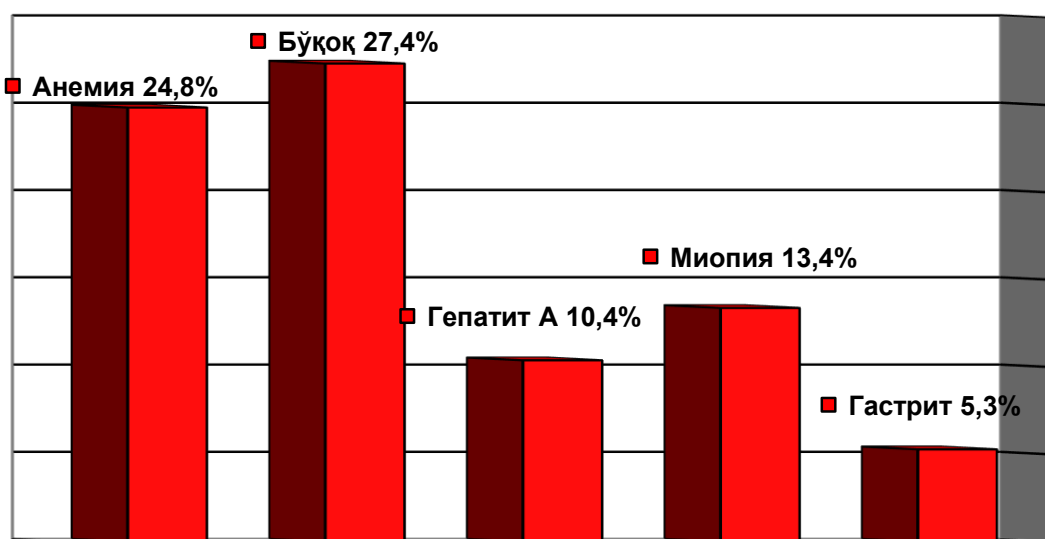


Figure - 3.

Identified somatic diseases in Tashkent in 2016-2020 (%)

As a result of reforms towards maintaining population health and a significant improvement in the standard of living of the rural population, it was found that maternal mortality rates are 2 times higher, child mortality rates are 3 times lower, and birth rates with congenital and hereditary diseases are 2 times lower.

In 2016 alone, more than 243,000 pregnant women living in winter-loq conditions were provided with free necessary medicines, 5.9 million women underwent a medical examination, almost 170,000 pregnant women were screened. The rate of measures to vaccinate children against infectious diseases was about 100%.

Conclusion. The above indicators indicate that according to the criteria of the principle of "healthy mother – healthy child", it is very advisable to carry out preventive and targeted

medical examinations for individuals who are starting a family, establishing a systematic medical service for further improvement of family planning, measures for healthy motherhood and childhood protection.

the increase in the medico-legal culture of families begins with the medical examination of young married people, and we will not be mistaken to say that we have achieved the strengthening of families with this. Improving the medical and legal culture of the family begins first with the medical examination of the married youth, with which the strengthening of families is achieved. As a result of the wide involvement of the medical examination in practice, we can see that today the birth of disabled children with the disease has slightly decreased. It is planned to regularly conduct activities that promote the importance of a medical examination for the construction of a healthy oil in school, college, educational institutions and higher educational institutions among the student youth..

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