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THE PROBLEM OF SKILLS FORMING ON REPRODUCTIVE HEALTH OF GIRLS IN THE SAKHA REPUBLIC (YAKUTIA)

DOI 10.25789/YMJ.2018.63.14

ABSTRACT

The authors report a survey of respondents on reproductive health of girls. Retrospective study includes 176 respondents. According to the results of the study, it was revealed that young people had insufficient knowledge of contraception, as well as psychological readiness for the artificial termination of pregnancy. The study identified the main factors in reducing the reproductive potential of girls of fertile age.

Keywords: reproductive health, girls, contraception, abortion, sex education, the Arctic, Yakutia.

Introduction

The Republican authorities set the goal to reach one million people by the centenary of the Yakut ASSR formation (resolution of the government of the Sakha Republic (Yakutia) of December 25, 2013 No. 461). According to the Federal service of state statistics, the number of permanent population of the Sakha Republic (Yakutia) for 2017 amounted to 962.8 thousand people - these data show us that Yakutia has not retained its million status [1]. According to statistics for previous years - the population reached the number of 955.9 thousand people in 2012. Despite the active introduction and implementation of measures and programs to improve the birth rate in the country and particular in the Sakha Republic (Yakutia), there is no expected population growth. The children born in the 1990s during the demographic crisis have entered reproductive age, which also aggravates the demographic situation in the Sakha Republic at the moment. Nevertheless, a million Yakutians by 2022 is considered a very real goal. One of the ways to achieve this goal we see in the implementation of the preserving principle of the reproductive health of young people, especially young girls, starting from adolescence [2].

Materials and methods of research.

We conducted a survey of the somatic and reproductive health of girls. A total of 176 girls aged 17 to 22 of different ethnic backgrounds were interviewed (table 1). The survey was conducted on the basis of higher educational institutions in Yakutsk. The questionnaire contained: social and anamnestic data. When collecting anamnesis, attention was paid to: the nature of menstrual function, the characteristics of sexual life, contraception, transferred gynecological diseases, previous surgical interventions, reproductive function. Statistical analysis of the study results was carried out using the programs: "Office Microsoft Excel 2010".

Results of the study

According to the state of somatic and reproductive health of the examined girls: the leading positions in the structure of somatic diseases are diseases of the respiratory and gastrointestinal tract - every third or fourth. The Evenk girls often suffered from cardiovascular diseases compared to Yakutian and Russian girls.

Assessment of menstrual function showed that the age of menarche ranged from 12 to 14.5 years. The duration of menstruation varied from 3 to 6 days, averaging 4.1±1.5 days. In the structure

of menstrual dysfunction in girls of all groups, dysmenorrhea predominated. Each eleventh girl has signs of polymenorrhea. Oligomenorrhea among Russian girls - every fourth, Yakutian girls - every fifth, which is significantly less when compared with Evenk girls.

Evaluation of the gynecological diseases structure has shown that the leading position is occupied by benign diseases of the cervix and inflammatory diseases of the uterus and appendages.

In the questionnaire data it is indicated that every second mother smokes in the girls' families (51.2%), 15.1% of respondents admitted in tobacco smoking, in the Yakut and Evenk group (31.7%) there is a tendency to increase the number of smokers compared to Russian (24%) and Evenks (27%). Among the reasons that prompted to start smoking: 80% of respondents indicated

Table 1

Respondents			
Nationality	Amount	Part, %	Average
the Russians	21	11,9	19±1,3
the Yakuts	128	72,7	20±1,4
the Evenks	19	10,8	20±1,0
others	8	4,5	19±2,2

Table 2

Information sources on contraceptive behavior

Information source	%
Girlfriends	43%
Literary sources	30%
School	18%
Mother	9%

that they smoke "for the company", 12.5% "because it's fashionable" and 7.5% "in order not to differ from the rest". They were able to have alcohol in the company - 46.1%. Most of them drink beer and alcoholic cocktails (85%).

Among the examined girls, 153 respondents (86.94%) were sexually active. There is a tendency to increase the number of sexually active girls among the rural residents in comparison with urban (67.5% and 53.5%, respectively). The beginning of sexual life at the age of 14 was in 2.27% (4) of girls, at the age of 15 years - 4.54% (8), up to 18 years - in 38.63% (56).

As for the number of sexual partners: only about 46% of sexually active girls are focused on monogamous sexual relations, the remaining 54% of the respondents had two or more sexual partners.

With regard to sex education: every third (32%) of the surveyed girls believes that they do not have sufficient knowledge about sex life and methods of contraception, and 6% - believe that they do not have any knowledge about the methods of safe sex life.

The contraceptive behavior of the studied girls is characterized by a commitment to low-effective methods of contraception. The most frequently used condom (67,32%), interrupted sexual intercourse (13,73%), COC (Combined oral contraceptives) (7,19%). Reliable methods (COC+condom contraception) adhere to 5.23%. 6.54% of respondents do not use contraception.

The analysis of information sources on contraception and sexual safety showed that only 9% of the respondents discussed this topic with their mothers, almost every second girl received the information from girlfriend, every third student resorted to literary sources, almost every fifth girl received information during school (table 2).

The number of girls surveyed is characterized by pre-marriage sexual

relations and a low level of psychosocial readiness for responsible sexual and marital partnership (only 19.5% do not accept premarital sexual relations).

Conclusion

Medical and social behavior of girls of reproductive age in the Sakha Republic (Yakutia) is characterized by adherence to low-effective methods of contraception (condom: 67.32%, interrupted sexual intercourse: 13.73%, COC-7.19%, reliable methods of COC + contraceptive condom - 5, 23% . 6.54% do not use contraception). Lack of knowledge of young people in contraception, psychological readiness for the artificial termination of pregnancy are the main factors in reducing the reproductive potential of child-bearing age girls. [2,4,5,6].

The presented research is intended to draw the attention of specialists to the need to protect the reproductive health of girls in the Sakha Republic (Yakutia).

It is necessary to develop a number of programs at the state level, which should include:

- compulsory sex education program in schools in parallel with public education;
- creation of information centers with the involvement of gynecologists, contraceptive specialists, dermatovenerologists, teachers;
- quality pre-abortion psychological counseling;
- programs of an annual comprehensive survey of young girls, taking into account the characteristics of reproductive behavior with the aim of early detection and prevention of reproductive health disorders;
- carrying out pre-school preparations and popularizing the mother's school.
- programs to strengthen the family and support young families.'

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