

MEDICAL SOCIAL PROBLEMS OF ADOLESCENT HEALTH

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Abstract: Puberty is a basic time of progress among youth and adulthood that achieves critical physical, mental, and social changes. Nonetheless, exploring these progressions during youth likewise presents various clinical and social difficulties that can adversely affect wellbeing results. As teenagers form into autonomous people, they face pressures that impact unsafe ways of behaving from companions and media while neurobiological changes might reduce risk evaluation capacities. Therefore, young adult wellbeing is significantly molded by friendly determinants and settings that are past individual control. This article will look at a portion of the key clinical social issues that subvert juvenile wellbeing, including absence of admittance to mind, psychological well-being issues, substance use, and hazardous sexual ways of behaving. It will contend that tending to the social foundations of these issues requires fundamental arrangements and backing structures for this weak populace.

Keywords: Adolescents, changes, influences, physical and psychological changes

Annotatsiya: O'smirlik-bu muhim jismoniy, psixologik va ijtimoiy o'zgarishlarni keltirib chiqaradigan bolalik va kattalar o'rtasidagi o'tishning muhim davri. Shu bilan birga, o'spirinlik davrida ushbu o'zgarishlarni boshqarish sog'liq natijalariga salbiy ta'sir ko'rsatishi mumkin bo'lgan turli xil tibbiy va ijtimoiy muammolarni keltirib chiqaradi. O'smirlar mustaqil shaxsga aylanganda, ular tengdoshlari va ommaviy axborot vositalarining xavfli xatti-harakatlariga ta'sir qiladigan bosimlarga duch kelishadi, neyrobiologik o'zgarishlar esa xavfni baholash qobiliyatini pasaytirishi mumkin. Binobarin, o'spirin salomatligi individual nazoratdan tashqarida bo'lgan ijtimoiy determinantlar va kontekstlar tomonidan chuqur shakllanadi. Ushbu maqolada o'spirin sog'lig'iga putur yetkazadigan ba'zi asosiy tibbiy ijtimoiy muammolar, shu jumladan parvarish qilish imkoniyati yo'qligi, ruhiy salomatlik muammolari, giyohvand moddalarni iste'mol qilish va xavfli jinsiy xatti-harakatlar ko'rib chiqiladi. Ushbu muammolarning ijtimoiy ildizlarini hal qilish ushbu zaif aholi uchun tizimli yechimlar va qo'llab-quvvatlash tuzilmalarini talab qiladi.

Kalit so'zlar: Voyaga yetish, o'zgarishlar, ta'sirlar, jismoniy va psixologik o'zgarishlar

Introduction: Youthfulness is the progressing time frame from adolescence to adulthood wherein physical and mental changes happen. Alongside these, the assumptions and impression of the general public likewise change immensely towards the young adult. Sexual development because of actual development and advancement brings about young people creating personal connections. Aside from physical and sexual development, thinking likewise develops from dynamic to concrete alongside mindfulness of cultural assumptions requiring profound development.

The World Wellbeing Association (WHO) characterizes 'teenagers' as people in the long-term age gathering and "youth" as the long-term age bunch. These two covering age bunches are joined in the gathering "youngsters," covering the age range 10-24 years.

WHO obviously expresses that immaturity is considered as a 'stage' and not as a proper time span as every individual go through this stage at various age in years? This stage includes actual improvement from pubescence to sexual and conceptive development; mental advancement bringing about personality, and financial status of reliance to autonomy. The young people are a heterogeneous gathering as their requirements vary in view of their sex, formative stage, conditions and their environment.

Growth and improvement are dominating during the pre-adulthood. There is advancement in size and strength of the body alongside the capacity to replicate and to conceptually think. Social improvement

includes shift of concentration from family to peers and different grown-ups. It is likewise a period wherein new information, abilities and mentalities are procured. The time-bound meaning of puberty endures 10 years from 10 to 19 years old. In any case, it is basic to comprehend that the progressions related may not compare precisely to the exact age. The beginning and term of these progressions vary among people. Besides, the impression of each culture in regards to this progress period fluctuates in view of their social, monetary and social factors.

Adolescence is separated into ahead of schedule, center and late periods, which are the 10-15, 14-17- and 16-19-years old gatherings, individually. The order depends on the progressions in physical, social and mental improvement bringing about change from youth to adulthood. This characterization gives a system yet isn't broadly accepted. Adolescence is moderately a solid season of life. It is likewise when ways of behaving that influence present and future wellbeing start.

WHO reports that yearly, numerous young people are lost to unexpected wounds because of mishaps, purposeful wounds like self-destruction and viciousness, and high school pregnancies? In 2015, WHO detailed that the mortality of youths overall was over 1000/day adding up to 1.2 million/year which was to a great extent preventable.

One of the first clinical social issues teenagers face is absence of admittance to reasonable, complete medical care administrations. During this time of fast actual turn of events and trial and error, young people have increased needs for essential consideration, sexual and regenerative wellbeing administrations, and mental medical services. In any case, numerous youths need medical coverage or face hindrances to mind because of restricted transportation, firm plans for getting work done that contention with facility hours, and high personal expenses. These entrance hindrances lopsidedly influence young people from low-pay families and racial/ethnic minority gatherings. Subsequently, preventable and treatable circumstances might be left ignored, raising dangers for persistent disease and entanglements in adulthood. Growing Medicaid, school-based wellbeing habitats, telehealth administrations, and minimal expense local area facilities could assist with shutting holes in admittance to mind.

Emotional well-being issues address another critical clinical social issue influencing young people. Despondency, uneasiness, and different issues frequently arise or deteriorate during this time of progress and expanded pressure. Left neglected, psychological sickness in youths can upset schooling, harm social connections, and increment dangers of self-damage and self-destruction. Be that as it may, almost 60% of teenagers with diagnosable psychological well-being conditions don't get treatment, generally because of absence of admittance to reasonable administrations, absence of suppliers with juvenile mastery, and shame encompassing dysfunctional behavior. School-based screening and backing programs matched with extended local area psychological wellness assets could help distinguish and treat issues ahead of schedule to forestall long haul results. Also, far reaching sex schooling that tends to social-profound learning and solid connections might assist with building strength.

Substance use is another squeezing clinical social issue affecting juvenile wellbeing. As young adult minds go through redesigning to direct driving forces and chance taking, openness to drugs can disturb ordinary turn of events and increment dangers of reliance. While hereditary elements impact substance use weakness, social determinants like injury, family brokenness, and companion pressure are additionally firmly connected with before inception and risky use. Inescapable substance showcasing further standardizes use. To address these social drivers, far reaching counteraction procedures should couple requirement of promoting and deals regulations with local area-based schooling underscoring sound adapting and relationship abilities. Treatment ought to likewise be promptly open without shame.

Dangerous sexual ways of behaving address another clinical social trouble spot influencing young people. Early or unprotected sexual action can prompt accidental pregnancy and physically sent contaminations (STIs) including HIV — both presenting wellbeing gambles. In any case, absence of

thorough sex schooling, restricted prophylactic access, and social marks of shame encompassing sexuality likewise drive these dangers. While forbearance messages alone have neglected to impact conduct, far reaching sex training that incorporates preventative use and addresses prevailing burdens has shown guarantee in deferring commencement and expanding prophylactic use. Extending admittance to low-or no-cost contraceptives through schools and facilities likewise upholds more secure decisions. More extensive social changes are additionally expected to advance open correspondence, strengthening, and sound connections.

Conclusion:All in all, immaturity presents special clinical and social difficulties that significantly shape long haul wellbeing and prosperity. Be that as it may, a significant number of the wellbeing chances looked by youths originate from fundamental absence of admittance to mind, holes in psychological well-being backing, and social determinants like family brokenness, injury, and absence of schooling — factors past individual control. Complete, people group-based arrangements are expected to help this weak populace and address the root social causes propagating medical problems. Composed endeavors across clinical, instructive, and social areas could assist youths with beating obstructions to mind, assemble versatility through sex training and psychological well-being backing, and pursue better decisions inside the settings in which they form into grown-ups. With an all-encompassing, counteraction centered approach, networks can engage youths to accomplish their fullest wellbeing potential.

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