

GYNECOLOGICAL HYGIENE IN ADOLESCENT GIRLS: PROBLEMS AND SOLUTIONS

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Abstract: This article analyzes the pressing issues related to gynecological hygiene among adolescent girls and proposes scientifically grounded solutions aimed at mitigating their adverse effects. The research highlights the role of gynecological hygiene in ensuring reproductive health, evaluates the level of hygienic knowledge and practices, identifies prevailing problems, and discusses preventive strategies. Furthermore, the importance of education, medical services, and psychological support in the prevention of gynecological diseases is emphasized.

Keywords: adolescent girls, gynecological hygiene, reproductive health, vulvovaginitis, hygienic habits, prevention, healthy lifestyle.

Introduction

Gynecological hygiene in adolescent girls plays a crucial role in maintaining both physical and psychological health, as well as safeguarding future reproductive well-being. Poor hygiene can lead to various infectious and inflammatory diseases. In the context of Uzbekistan, particularly in regions where hygienic culture is underdeveloped, issues such as vulvovaginitis, menstrual irregularities, and other health concerns are commonly observed among young girls. This paper seeks to identify the root causes of these conditions and explore preventive strategies.

Research Methodology

The study was conducted through the following stages:

Literature Review – Analysis of local and international scientific publications on gynecological hygiene and reproductive health.

Survey – Conducted among 100 girls aged 12–17 in the Khorezm region and their parents to assess the level of hygienic knowledge and practices.

Clinical Observation – Examination of 50 patients at district children's clinics to identify cases of vulvovaginitis and other gynecological issues, and analysis of their causes.

Statistical Analysis – Data were processed using the SPSS software, with correlations identified.

Main Body

One of the most common gynecological conditions in adolescent girls is vulvovaginitis. Among 50 patients observed in district children's clinics, 68% (34 girls) exhibited symptoms of vulvovaginitis. The primary contributing factors identified were:

Poor personal hygiene practices – 52%

Wearing synthetic underwear – 24%

Weak immunity and chronic respiratory infections – 18%

Low family hygiene awareness – 6%

Additionally, over 40% of these patients had mothers who experienced infectious diseases during pregnancy, indicating a link between prenatal infections and current gynecological issues.

In a survey of 100 adolescent girls:

37% reported menstrual irregularities, such as delayed onset, painful periods, or heavy bleeding.

The contributing factors were:

Psycho-emotional stress and academic pressure – 41%

Poor nutrition and lack of physical activity – 29%

Poor hygiene practices – 19%

Early hormonal imbalances – 11%

According to medical literature, there is a strong link between menstrual cycle regulation and hygiene. If these processes are not managed properly, they may jeopardize long-term reproductive health. Further findings showed that 61% of respondents lacked sufficient knowledge and practical skills in gynecological hygiene:

44% gave incorrect answers regarding the appropriate types of hygiene products during menstruation.

52% reported bathing only once a day.

67% of parents admitted they did not educate their daughters on hygiene practices.

These findings reveal that neither the education system nor the family environment is sufficiently reinforcing hygienic awareness. Girls with adequate knowledge and hygienic habits showed significantly fewer instances of gynecological diseases. Among respondents

with good hygiene education, vulvovaginitis was observed in only 11%, whereas the incidence rose to nearly 70% among those with poor hygiene knowledge.

Proper hygiene plays a critical role in:

Preventing infectious diseases

Regulating the menstrual cycle

Supporting the healthy development of the reproductive system

Maintaining psychological stability

Analysis and Results

Key findings from surveys, clinical observations, and statistical analyses include:

61% of participants lacked sufficient knowledge of gynecological hygiene.

37% of surveyed girls experienced menstrual irregularities.

68% of clinical observation cases showed symptoms of vulvovaginitis.

Among those with higher hygienic awareness, disease prevalence was significantly lower (11%).

These results highlight the need for a systematic approach to address the challenges surrounding adolescent gynecological hygiene. The influence of family environment, promotion of healthy lifestyles in schools, and quality of healthcare services are critical factors. The novelty of this study lies in its statistical and clinical analysis of the direct impact of hygienic knowledge deficiencies on gynecological diseases, using Khorezm region as a case study.

Conclusion

Gynecological hygiene in adolescent girls is vital for maintaining their physical and mental health and ensuring future reproductive potential. The study indicates that a lack of hygienic knowledge, incorrect practices, and inadequate preventive measures contribute to the widespread occurrence of gynecological diseases. To address these issues, the following recommendations are proposed:

1. Enhance health education in schools – Introduce specialized lessons and training on hygiene.
2. Promote hygiene awareness within families – Conduct seminars for parents, especially mothers, on hygiene education.

3. Implement systematic gynecological screenings – Ensure regular medical check-ups and early treatment for schoolgirls.
4. Provide psychological and social support – Create an open, supportive environment for addressing hygiene-related concerns.

Thus, gynecological hygiene is a matter of significant importance in protecting the health and reproductive future of the younger generation. Effective collaboration among the government, educational institutions, and healthcare systems is essential.

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