

"THE NEGATIVE CONSEQUENCES OF FETAL DEVELOPMENT IN AN IMMATURE BODY"

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This article examines the negative consequences of fetal development in immature bodies, particularly focusing on adolescent pregnancies. It highlights the physical risks, such as complications during pregnancy and childbirth, and the potential for long-term health issues for both the mother and child. Additionally, the article discusses psychological impacts, including increased stress and mental health challenges faced by young mothers. Social consequences, such as stigma and limited educational and economic opportunities, are also explored. The article underscores the need for effective education and support systems to mitigate these risks and promote healthier outcomes for both mothers and their children.

Introduction. Fetal development in an immature body is a serious issue in today's world. Pregnancy in an undeveloped body can negatively affect physical, psychological, and social stability. This article primarily examines the medical and psychological consequences of such pregnancies, based on statistics and practical psychological approaches.

1. Negative Consequences of Fetal Development in an Immature Body

1.1. Physical Consequences

Prenatal complications: Pregnancies in young women, especially those under 18, often lead to defects in fetal development. The maternal and infant mortality rate tends to be

higher. According to the World Health Organization (WHO), more than 50,000 deaths occur annually due to pregnancy and childbirth complications among girls aged 15-19.

Changes in the body: The adolescent body is still developing, and this process slows down during pregnancy. This can primarily affect the circulatory system, skeletal system, and hormonal balance.

1.2. Psychological Consequences

Stress and psychological instability: Young mothers often feel unprepared for pregnancy and parenthood, which significantly worsens their psychological state. Studies show that the likelihood of depression and transient postpartum psychosis is higher among young mothers.

Lack of family and social support: Without timely support, young mothers often become socially isolated, which can severely harm their mental health.

2. Negative Effects on Fetal Health

2.1. Medical Consequences

Premature birth: The rate of premature birth is higher among mothers under 18. Statistics show that the premature birth rate among these mothers is 14-15%, which can lead to developmental defects in the fetus.

Low birth weight: Babies born with low birth weight often face respiratory, cardiovascular, and immune system problems.



2.2. Psychological Consequences

Stressful pregnancy: Stress related to fetal development in an immature body can increase the mother's cortisol hormone levels. This may result in future psychological disorders for the child, such as depression or anxiety disorders.

3. Psychological Approaches

3.1. Initial psychological help and support

Initial support for young mothers is crucial in strengthening their psychological and emotional well-being. These approaches include:

Psychological counseling: Providing counseling by professional psychologists can help young pregnant girls manage stress, embrace the role of motherhood, and develop self-esteem.

Support groups: Joining social support groups can provide a source of mental support for young mothers.

3.2. Family and social support

Family and social support are of great importance for young pregnant mothers. In this context:

Family involvement: Psychological support from family members, especially close relatives, can stabilize the young mother's mental state.

Education and information: Organizing educational programs on pregnancy, parenting, and mental health for young mothers is one of the most effective approaches.

Conclusion

Fetal development in an immature body causes not only physical but also psychological problems. Therefore, along with medical assistance, psychological support for young mothers is essential. In this regard, close cooperation between the family, society, and the healthcare system is needed.