

## PSYCHOLOGICAL CHARACTERISTICS OF THE REPRODUCTIVE PERIOD AND INDIVIDUALS OF REPRODUCTIVE AGE

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**Annotation:** This article highlights the psychological characteristics of individuals during the reproductive period and of reproductive age.

**Keywords:** fertile, period, childbirth, healthy, boundary, reproduction.

**Content:** One of the main goals in life is for a woman to be healthy and to give birth to a healthy child. The values of showing traditional respect and honor to mothers and fathers, which are characteristic of our people, have gained new meaning and significance in the years of independence. Families with a healthy environment play a crucial role in raising and nurturing children who will contribute to the nation and serve the community. Therefore, ensuring the stability of families and supporting them both materially and spiritually has been identified as one of the priority areas of state policy.

Reproductive age (fertile age):

Reproductive age (fertile age) refers to the age at which a woman is capable of giving birth. This period lasts from 15 to 50 years for women. In demographic analysis, the proportion of women of reproductive age significantly affects the birth rate.

Women are categorized into the following reproductive periods:

1. Early reproductive age: From the onset of the first menstrual period until 20 years of age.
2. Middle reproductive age: From 20 to 40 years, during which the peak fertility period is observed.
3. Late reproductive age: From 40 to 49 years, during which pregnancy may be undesirable.

The most optimal period for pregnancy is considered to be between 20 and 40 years. Pregnancy after the age of 40 can pose health risks for women. The health of women of fertile age, along with medical and biological conditions, must be considered to ensure the birth of a healthy child.

**Conclusion:**

Having children between the ages of 20 and 40 does not pose significant risks to the mother or child. However, pregnancy after the age of 40 can be hazardous to a woman's health. The psychological and physical condition of women of reproductive age is a crucial factor for the birth of healthy offspring.

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