

INCREASING KNOWLEDGE AND UNDERSTANDING OF AIDS AMONG YOUTH

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Abstract. *This article examines the need and effective methods for increasing knowledge and understanding of AIDS (Human Immunodeficiency Syndrome) among young people. AIDS is a global problem, and it has been determined that the risk of its spread among young people is high. The article covers the issues of increasing young people's knowledge about the ways of transmission of the disease, preventive measures and treatment methods, and ensuring awareness through the education system and the media. It also highlights the effectiveness of disseminating information through social networks, mobile applications and peers. The participation of all segments of society, especially the responsible attitude of young people, is important in the fight against AIDS. The article highlights the importance of forming a conscious fight against AIDS among young people and promoting a healthy lifestyle.*

Keywords: AIDS, HIV, Immune system, Stigma, Prevention, Mass media, Testing and diagnostics.

ПОВЫШЕНИЕ ЗНАНИЙ И ПОНИМАНИЯ ПРОБЛЕМЫ СПИДА СРЕДИ МОЛОДЕЖИ

Аннотация. *В данной статье рассматривается необходимость и эффективные методы повышения знаний и понимания СПИДа (синдрома иммунодефицита человека) среди молодежи. СПИД является глобальной проблемой, и установлено, что риск его распространения высок среди молодых людей. В статье рассматриваются вопросы повышения уровня знаний молодежи о путях передачи заболевания, мерах профилактики и методах лечения, а также обеспечения осведомленности через систему образования и средства массовой информации. Также подчеркивается эффективность распространения информации через социальные сети, мобильные приложения и одноранговое общение. Участие всех слоев общества, особенно ответственное отношение молодежи, имеет решающее значение в борьбе со СПИДом. В статье подчеркивается важность повышения осведомленности молодежи о борьбе со СПИДом и пропаганде здорового образа жизни.*

Ключевые слова: СПИД, ВИЧ, иммунная система, стигма, профилактика, СМИ, тестирование и диагностика.

Introduction

In today's era of globalization and rapid development of information technologies, one of the urgent problems related to human health is AIDS (Human Immunodeficiency Syndrome). Especially among young people, the lack of sufficient knowledge and understanding of this disease increases the risk of its spread. AIDS is seen not only as a medical, but also as a social, moral and educational problem. The fact that the younger generation has accurate and scientifically based information about this disease is an important factor in their preservation and protection. Currently, a number of measures are being implemented in our republic to prevent AIDS, reduce its negative consequences, and raise awareness of the disease among the population, especially young people. Nevertheless, misconceptions, stereotypes and lack of sufficient knowledge among young people require further strengthening of work in this area.

Literature review and method

AIDS (Human Immunodeficiency Syndrome) is an infectious disease that destroys the immune system in the human body and is considered dangerous for human life. After infection with the HIV virus, the disease weakens the body's defense mechanism for years and reduces the ability to fight common infections. The HIV virus is transmitted mainly in three ways: sexually, through blood, and from mother to child during childbirth. The dangerous aspect of this disease is that it can be latent for a long time without any symptoms. Therefore, people often do not realize that they have been infected and the risk of infecting others increases. The spread of AIDS remains a serious problem worldwide, especially in developing countries. AIDS is considered not only a medical, but also a social and moral problem. There are many misconceptions, stigma and discrimination around it. Therefore, it is necessary to provide accurate and scientifically based knowledge about this disease to society, especially young people.

Young people are one of the main risk groups for AIDS infection, as they often neglect their health or lack the necessary knowledge and protective measures. During this period, as they begin to develop a personal life, make independent decisions, and become sexually active, the risk of making bad decisions increases. Young people infected with the AIDS virus not only have a negative impact on their physical health, but also on their psychological state. They are isolated from their peers, may feel lonely, unwanted. In addition, these young people face stigma and discrimination in society, which excludes them from socially active life. Although there is no cure for AIDS, there are antiretroviral drugs that control its development. However, such treatment measures require constant monitoring and taking medications, which can be a heavy burden for young people. Therefore, teaching about the prevention of this disease and safety measures is important in maintaining the health of young people.

Social and health research conducted in recent years shows that most young people have superficial knowledge about AIDS, but their knowledge is not deep enough. For example, some young people mistakenly believe that AIDS only affects certain groups or that the virus is transmitted only through external body contact. In addition, many young people are afraid to take an HIV test because they fear social stigma and criticism. This situation leads to young people not caring about their health, hiding the disease or refusing to receive treatment. The low level of knowledge about AIDS leads to the ineffectiveness of preventive measures. In order for every young person to have the right knowledge and understanding, they need to be regularly educated through textbooks, promotional materials and training. When this level of awareness increases, protection from risks increases.

It is important to use modern and effective methods to form the correct knowledge and understanding of AIDS among young people. First of all, the topic can be explained with real-life examples through interactive trainings, seminars, role-playing games and open discussions. It is also possible to attract their attention through animated videos, short films, and stories based on experience. Open dialogues with psychologists and medical specialists also yield useful results. Since young people are more influenced by their peers, peer-education is also of great importance. In addition, interest in the topic can be increased by conducting questions and answers through special mobile applications or pages on social networks, and by organizing quizzes. It is necessary to choose a positive, understandable and supportive approach when providing information about AIDS, rather than a negative approach. It is also necessary to inform young people about the importance, confidentiality and availability of testing.

Educational institutions - schools, colleges and universities - are among the most important social institutions that shape the life views and knowledge base of the younger generation. It is in these institutions that education about AIDS should begin. This topic should be taught regularly within the framework of healthy lifestyle, biology, hygiene or "life skills" subjects. In addition, the topic can be expanded beyond the classroom through health weeks, round tables, reminder banners and spiritual hours. Teachers themselves should have sufficient knowledge about AIDS and be able to communicate with young people in an open, confident manner. The education system should equip young people not only with knowledge, but also with life decision-making skills. In addition, it is necessary to involve parents in this process - to ensure that they have open conversations with their children about health and safety. Thus, through educational institutions, effective immunity against AIDS - information and understanding is formed among young people.

Discussion

Today, AIDS (Human Immunodeficiency Syndrome) is one of the global problems in the world, a disease that has not only medical, but also social and psychological consequences. Young people are especially susceptible to this infectious disease, because they often cannot adequately assess the risks or do not have sufficient reliable information about it. The danger of AIDS is that it gradually weakens the body's immune system and leaves it vulnerable to other types of infections. The disease is mainly transmitted through sexual contact, blood, and from mother to child. However, all these ways are not properly understood among young people, and sometimes, due to unfounded fears and misconceptions, people living with the disease are excluded from the social environment, which increases stigma and discrimination.

One of the important aspects that needs to be discussed is that the fight against AIDS should not be limited to medical means alone. The main weapon in preventing the disease is knowledge, understanding and awareness. If young people have sufficient information about the nature of the disease, its transmission routes, methods of protection and treatment options, they begin to feel responsible for their own health. This encourages them to abandon risky behaviors, strive for a healthy lifestyle and protect themselves and others. Unfortunately, currently in some regions this topic is not being studied enough in the education system or is being covered only superficially. Health-related topics in schools and higher education institutions need to be taught in a more in-depth and modern way. In addition, it is important to conduct outreach work among young people through social networks and the media. Providing questions and answers about AIDS, advice and the opportunity to share experiences on interactive platforms increases the interest of young people. In particular, peer education has been effective in many countries and can be introduced in Uzbekistan. In this case, educated and socially active young people provide their peers with a clear and simple understanding of the topic. Through this approach, young people discuss problems on the basis of mutual trust and draw conclusions.

Also, combating misconceptions, rumors and negative stereotypes about AIDS is an urgent issue. In society, this topic is often discussed in a closed manner or perceived as shameful. This prevents people from talking openly about the disease. Therefore, health professionals, educators and parents should act together and systematically. People living with AIDS should not be excluded from society, but rather supported and their rights protected.

In general, an effective way to combat AIDS is to form the right understanding and responsible attitude in the minds of young people. Educational work in this regard should be carried out continuously, systematically and in accordance with the psychological characteristics

of young people. It is important that young people learn to value their health, protect themselves, and be useful to their friends and society. After all, a healthy generation is the key to a healthy future.

Conclusion

In conclusion, the lack of sufficient understanding of AIDS among young people is a very big problem. In most cases, they do not know how this disease is transmitted, how to prevent it, or even anything about it at all. This poses a threat not only to their health, but also to the health of the entire society. Therefore, informing young people about this issue, providing them with accurate and accurate information is one of the most urgent issues today.

It is necessary to talk openly about this disease, to communicate with young people through classes, seminars, and social networks. If teachers, doctors, parents - everyone works together, a culture of protection from AIDS will be formed among young people. The most important thing is to explain this topic in an open and simple language, not considering it a closed one. Because a person who knows protects himself and others. Thus, the health of young people depends on them. And we must guide them, educate them. Let's talk more about AIDS, let's educate more, so that the number of people suffering from this disease will decrease in the future.

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