

based on an understanding of the patterns of development of adaptation and disadaptation processes and create an opportunity to develop a targeted correction of pathological conditions during gestation.

## **IMPACT OF URBANIZATION STRESSORS ON THE FORMATION OF THE REPRODUCTIVE SYSTEM IN ADOLESCENT GIRLS**

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The demographic process associated with the growing importance of cities in the development of society (urbanization) is accompanied by an increase in the proportion of the urban population and the spread of the urban lifestyle. Large cities contribute to the intensive development of the global economy, become historical, spiritual, political and innovative centers, but are significantly affected by such factors as migration, social inequality, environmental pollution, and climate change.

Challenges posed by urbanization increase the prevalence of infectious diseases, increase stressful situations, and significantly change the structure of morbidity and mortality. The life intensity and tension in a big city contributes to an increase in the frequency of negative emotional experiences, which, when accumulated, cause the formation of significant and prolonged stressful conditions.

With changes in living conditions and the environment, the structure and nature of stressors are altering: strong physical stressors are being replaced by a large number of mental and emotional stressors of varying intensity with almost continuous effects.

The medical and demographic situation in Ukraine is characterized by a decline in the birth rate and depends on unsatisfactory reproductive health outcomes for young people entering their fertile years. The first manifestations of reproductive system dysfunction, which are associated with the most vulnerable ovarian and neuroendocrine regulation of the female reproductive system in adolescence, can lead to a decrease in fertility in adulthood. Increased growth and enhanced motor and neuropsychological activity lead to significant nervous system tension (especially the autonomic nervous system), endocrine system and metabolism. As a result of this physiological tension for this age and some unfavorable external influences, vegetative dystonia, mental and behavioral lability are often observed in puberty.

During puberty, the body is more susceptible to environmental influences, and limited adaptive resources are vulnerable to acute and chronic stressors.

The unstable balance of the hypothalamic-pituitary system is easily affected by unfavorable factors. Various pathological influences of the external and internal environments, the prevalence of bad habits, and socioeconomic instability often contribute to the discoordination of the reproductive system of adolescent girls, which subsequently leads to gynecological diseases, miscarriage, and infertility.

Considering the physiological characteristics of puberty in girls and the vulnerability of the reproductive system during its formation, it is necessary to develop and implement preventive and corrective medical and social measures to