

Early marriage and its psychological, biological and disease consequences in the lives of young families

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Abstract: The article analyzes the psychological and biological consequences of early marriage in the lives of young families, as well as the diseases associated with this condition. Real-life situations in the regions of Uzbekistan are given as examples and the negative impact of early marriage on reproductive health, mental stability, and the family environment is shown. At the same time, ways of psychoprophylaxis and promotion of healthy family life are also highlighted.

Keywords: *early marriage, mental distress, reproductive health, depression, stress, prevention, psychological consequences, hormonal disorders, childbirth complications*

Introduction

The future of a newly formed family is of interest to parents, as well as to the young people themselves. In order to know what the future of the family that is being formed will be like at such a responsible time, parents and future brides-to-be should pay attention to the following pre-marital factors. Pre-marital factors include: their maturity for family life, their reasons for starting a family, the conditions of their acquaintance before starting a family, and their visions of their future life.

For example: maturity in marriage can be defined as the physical, sexual, legal, economic, spiritual-moral, psychological maturity of young people who are starting a family. According to psychologists, it is not advisable to start a family too early (at 16-17 years old) or too late (after 28-30). Finally, starting a family at an early age, and both at 17-18 years old, can negatively affect the formation of a young man as the head of the family. A girl may be ready to fulfill the duties of motherhood and homemaking at 17, sometimes even at 16, but a young man at 17 is not yet ready to fulfill the role of a full-fledged head of the family. Sometimes this can cause the bride to not respect the groom enough. The inexpediency of starting a family late is due to the fact that with age (especially for girls), the opportunities for starting a family decrease, but the number of criteria for choosing a spouse increases sharply. Each "candidate" has various shortcomings. Both haste and delay in this matter can lead to mistakes. Psychological maturity of a person is the ability to set goals that are inevitable and achievable, and to adapt to different living conditions. The early marriage of young girls (at the age of 16-17) and their unpreparedness for family life leads to various negative situations. Firstly, according to national customs, brides often have a low status in the family and they are more likely to do various family chores. Naturally, the body of a 16-17-year-old girl is not yet ready to perform such heavy work. Secondly, girls are not spiritually ready for family relationships at this age. Thirdly, it is dangerous for young married brides to get pregnant at this age because their pelvic bones are small.

Early marriage of girls in our republic not only affects the rapid growth of the population, but also has a negative impact on the rapid development of the national economy. Because 18-25 years old is considered a favorable age for girls to get an education, become a professional, and work. Fourth, young girls who have not fully understood the concepts of their own worth, rights, and self-defense, and whose sexual and reproductive culture has not been fully formed, start a family without acquiring any profession, education, or specialty, causing them to live economically dependent on their father-in-law, mother-in-law, and husband. In some families, it is precisely because of economic dependence that brides are discriminated against and oppressed with their young children. Therefore, it is advisable for girls to get married only after they have acquired a profession or specialty.

In our republic, most women aged 18-29 are busy giving birth to children, caring for them, taking maternity and post-natal leave, or caring for sick children.

When observing the age of marriage of the population, it was found that they got married and had children only after they became economically independent and able to provide for themselves, starting from the age of 24-25. This situation prevents rapid population growth, improves the quality of population growth, and affects economic development and the intellectual growth of young people.

Fifthly, in addition to this, during adolescence, various morphological, physiological, and psychological changes begin in the body, and as we approach puberty, they become more pronounced. The health of young mothers depends more on the moderate course of changes at this age. Otherwise, this situation will lead to a severe course of diseases later. There are many negative defects in the physical and sexual maturation of adolescent girls, which indicates that many of the diseases they experience occur in a physiologically weak organism. Taking into account the above, it can be said that in our conditions, young girls reach full puberty at the age of 19-20.

Causes of early marriage

Early marriage is the marriage of a person who has not reached physical and mental maturity. The main reasons are: Traditional views: the misconception that "early marriage is protection"; Economic hardship or family coercion; Obstacles to continuing education; Parents' misconceptions about social status and respect; Pressure from the community and society.

As a result, early marriages often end in mental trauma, depression, stress, and physical illnesses.

Psychological consequences

I have observed that in girls who marry early, a huge gap appears between the inner world and the outer world. She is still in the period of toys, lessons, dreams, friendship, but suddenly she takes on great life responsibilities. This causes the following psychological processes: Internal conflict - she feels like a girl, but already a mother. The contradiction between these two roles exhausts her mentally. Depression and stress - many girls who marry early are not ready for family life. She loses herself under the pressure of her mother-in-law, husband, new environment. Sometimes she is silent, but inside she cries. Feeling worthless - a young woman feels that she has lost control over her life. Her dreams, plans, education stop. Personal development stops - at this age, the process of self-awareness and personality formation in a person's brain stops. If external pressure increases at this stage, a person's development will be interrupted (called stagnation in psychology). I think the most difficult situation is internal silence. The girl does not speak, does not object, but is spiritually eroded every day. In this process, she loses her "I"

Biological consequences

Early marriage is also biologically dangerous. As a medical student, I know this for sure: it takes an average of 20 years for a woman's body to fully develop.

Hormonal imbalance in 17-18 year old girls, the hormones estrogen and progesterone are not yet fully balanced. This increases the risk of uterine tone disorders, miscarriage, or premature birth during pregnancy.

Weak bone system - since the young mother's body is still growing, the growing baby draws calcium from the mother's bones. As a result, young mothers often experience bone deformities, tooth loss, and back pain.

The effect of the stress hormone (cortisol) - according to scientific studies, maternal mental stress causes epigenetic changes in the DNA of the fetus. This causes the child to be nervous, vulnerable or depressed in the future. Risks to reproductive health - after early marriage, the risk of uterine inflammation, hormonal instability and infertility increases.

Biological consequences of early marriage: Iron deficiency anemia; Hormonal disorders and menstrual cycle disorders; Low birth weight; Inflammation of the uterus and ovaries; Blood pressure and heart function disorders. According to WHO, the risk of death or birth defects in children of mothers under 18 years of age is up to 30–40%.

Early marriage and diseases

Early marriages pose not only psychological and social risks, but also health risks. The diseases associated with it are: Psychogenic diseases: depression, anxiety syndrome, post-traumatic stress; Hormonal diseases: menstrual disorders, polycystic ovary syndrome; Reproductive diseases: uterine inflammation, complications during childbirth; Maternal and child diseases: low birth weight, postpartum diseases; Psychosomatic diseases: gastrointestinal disorders, headaches, insomnia. Real clinical and social situations:

1. Andijan region, 2024: A 16-year-old girl got married under pressure from relatives. Six months later, she was hospitalized with pregnancy complications. The baby was born prematurely and with low birth weight. The girl has symptoms of depressive syndrome and insomnia. This situation clearly demonstrates the biological dangers of early marriage and its negative impact on the reproductive system.

2. Kashkadarya region, late 2023: A 17-year-old girl was forced into marriage by her parents. Three months later, she was hospitalized with depressive syndrome, loss of appetite, and insomnia. During psychological analysis, it was determined that the girl felt like she was "in prison." This situation confirms the psychologically traumatic consequences of early marriage.

3. Namangan region, 2025: The marriage of a 15-year-old girl was stopped by the intervention of community activists. Her parents wanted to marry her off early due to economic reasons. The girl later continued her education and is studying at a medical college. This is seen as a practical example of prevention and positive solutions.

Early marriage is a complex condition resulting from socio-economic factors, wrong traditions and psychological pressures. It causes the following harms: Depression, stress and emotional instability; Hormonal and reproductive diseases; Birth of children with poor health; Increased family conflict and divorce.

Conclusion

Early and child marriage remains a major global problem that requires urgent intervention and response. These practices have serious social, economic and health consequences that affect not only young people but also society as a whole. Socially and culturally embedded, early marriage often disrupts girls' education, limiting their opportunities for self-realization and economic participation. Economic factors also play a role, worsening family situations and increasing the risk of poverty and social exclusion. Medical consequences, including reproductive problems and threats to the health of both mother and child, compound the problem. It is recognized that addressing this problem requires a

comprehensive approach and cross-sectoral collaboration. Educational programs, legal measures, and cultural and social initiatives are needed to prevent early and child marriage. Special attention should be paid to ensuring that girls have access to resources for education and development of their potential. Only with the joint efforts of society and the government can we create conditions for a future free from early marriage and child marriage, and ensure the comprehensive development and self-realization of young people. A healthy family should be based on patience, love and responsibility. Seeking the happiness of young people not early, but at the right time will ensure a healthy future for society.

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