

**ВЛИЯНИЕ ФОРМИРОВАНИЯ КУЛЬТУРЫ
БЕЗОПАСНОСТИ ЖИЗНЕДЕЯТЕЛЬНОСТИ И ЗДОРОВОГО
ОБРАЗА ЖИЗНИ НА РЕПРОДУКТИВНОЕ ПОВЕДЕНИЕ
КИТАЙСКИХ ЖЕНЩИН»**

**THE INFLUENCE OF THE FORMATION
OF LIFE SAFETY CULTURE AND HEALTHY LIFESTYLE
ON THE REPRODUCTIVE BEHAVIOR
OF CHINESE WOMEN**

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The article mainly describes the concept of life safety culture and healthy lifestyle. With the spread of life safety culture and healthy lifestyle in China, it has had some influence on Chinese society. In the context of the declining birth rate in modern China, this paper focuses on the influence of life safety culture and healthy lifestyle on the reproductive behavior of some Chinese women.

Keywords: life safety culture; healthy lifestyle; birth rate; female; reproductive behavior

Life and safety culture is an important part of the social security system. It is the safety psychology of human life, safety behavior, safe language, safety care, safety facilities, life data safety design method, such as the sum of many spiritual activities, it to take care of social individuals and family members of the life and health as the goal, through safety education, popular science method, ease the new material way of life and the contradiction between the old life habits, scientifically, actively reduce the incidence of life accident injury [1, p. 45]. The World Health Organization defines health as not only the absence of disease or weakness, but also a state of physical, mental, mental and social fitness. The connotation of a healthy lifestyle is defined as: people are in a good state of physical, mental, mental and social adaptation [2, p. 109]. A healthy lifestyle is a habitual behavior that is benefi-

cial to health. The main performance is: regular life, no bad habits, emphasize personal hygiene, environmental hygiene, food hygiene, science, not superstition, usually pay attention to health care, seek timely medical treatment, actively participate in healthy and beneficial cultural and sports activities and social activities and so on. American psychologist Abraham Maslow proposed the second layer of security needs; security needs, namely “security, unrestricted life and self-protection”. Among them, social individual safety in life is the most basic unit of social security [3, p. 218]. Maslow once pointed out that the most basic needs of human beings are to maintain their bottom-up and continuous physiological needs and security needs, because people must first solve their own food, clothing, shelter, transportation, physiological needs, and at the same time must create safe conditions and hygienic environment for people to carry out all activities. It shows how important the need for safety is in life reproduction and human beings from the bottom up.

The attitude of some Chinese women towards childbearing. For women, having a warm family is the choice of most people. However, more and more women in Chinese society now say they may not get married in the future. On the question “Will you get married in the future?” 25.01 percent chose “uncertain” and 8.9 percent chose “not get married. “Women in China have 10 percent without children, and would rather die alone than get married. In the 21st century, “letting Chinese women give birth to children” has become one of the major problems in the human world. The National Health Commission has publicly said that the delay of the 1990 s and 2000 generations, delaying marriage and childbearing, directly increases the possibility of women’s “lifelong infertility”. In the 1980 s, the average age for first marriage was 22 years old. By 2022, the average age would rise to 26.3 years old, and the age for first childbearing was directly delayed to 27.2 years old. With the development of society, the fertility willingness of women of childbearing age continues to decline. In 2017, the average number of children was 1.76, but in 2019, it was 1.73. In 2021, the average number of children intended to be born was once again reduced to 1.64, while the average number of the post-90 s and 2000 s, who are the main children, was only 1.54 and 1.48 [4, p.103]. According to the data, the current “low fertility rate” in Chinese society is becoming more and more obvious, so that women may reach the point of “lifelong childless” later. The lifetime childless rate is rising rapidly, so why don’t women want to have children? What hinders a woman’s willingness to have children? There are many reasons for not having children, involving economy, politics, culture, education and other aspects, but this paper mainly focuses on the aspects of life safety culture and the formation of a healthy lifestyle.

Life safety culture and fertility conflict. Suffering from the pain of childbirth is an important reason why women do not want to have children. During pregnancy, edema, vomiting, itching and other quite common and uncomfortable reactions, more women talk about the pain of childbirth. In the medical pain index, this pain is second only to burn pain, many women even think that reached the “pain”. In 2017, a woman in Yulin, Shanxi province, died after she failed to have a caesarean section. There may also be a risk of maternal death. After years of efforts, although the maternal mortality rate in China has dropped from 1500 / 1000,000 in the early days of the People’s Republic of China to 16.9/1010,000 in 2020, ranking among the top middle and high-income countries in the world, childbirth is still a test of death for individual women. At the same time, giving birth will also inevitably bring some physical harm to women. Such as pelvic floor muscle relaxation, uterine prolapse, vaginal relaxation, cervical injury, breast prolapse, etc., when delivery may lead to vaginal tear, postpartum hemorrhage, amniotic fluid embolism and other conditions. In addition, new mothers are most worried about the safety and health of their babies. Although the infant mortality rate in China has dropped from 200 % in the early days of the People’s Republic of China to 5.4 percent in 2020, many newborns are still born with various birth defects every year. Some women believe that their lives are very difficult and that there is no need to bring their children to the world to suffer, so they simply choose not to have them. In a sense, I think this is another explanation of the life-safety culture in childbirth. It can be said that the fear of pain, fear of death, fear of unhealthy children, etc., make some women regard childbirth as a difficult road.

The opposition between healthy lifestyle and fertility. The connotation of a healthy lifestyle is that people are in a good state in physical, mental, mental and social adaptation. But fertility make female physical, mental, mental and social work balance completely broken, completely lost the original healthy way of life, whether feeding children, or raising children and education children, women in reality are far more than male responsibility and work, also no doubt paid far more than men’s time and energy. However, after giving birth, women are out of shape, lose their charm, and are not understood. In the initial stage, they do not adapt to the role change. Long-term care of babies, breastfeeding, holding children, and doing complementary food may appear lack of sleep, excessive fatigue and other situations. There will also be emotional problems, maternal hormone levels will have loneliness, disappointment, grievance, and sometimes tears for no reason. These will make women less and more insecure. At the same time, the pregnancy and maternity leave can delay about a year and a half, which is really unfriendly for

women who want to thrive in the workplace. If you have to have a second child or even a third child, the career path will be seriously delayed [5, p.59]. These huge changes in childbirth, the resulting work and family conflicts, and the impact on their career development are all concentrated on women without exception. The original regular and healthy lifestyle has been completely broken, and some Chinese women cannot adapt to such a huge change.

From the perspective of life safety culture and healthy lifestyle, this paper analyzes the influence on the reproductive behavior of some women in China. First, it describes the definition of life safety culture and healthy lifestyle. Second, according to the decline of birth rate in modern China, some Chinese women choose late marriage and late childbearing for the sake of life safety and healthy lifestyle. Third, Chinese education should pay attention to the teaching of students 'life safety culture and healthy lifestyle, while respecting women's reproductive choices. With the continuous advancement of the modernization process, the individual characteristics of Chinese women have become increasingly significant. More and more women are moving out of their families from "living for others" to "living for themselves". With the spread of online information, after women realize that giving birth may affect their own health and disrupt their healthy lifestyle, some women want to delay marriage and childbearing, while some women pursue a lifestyle of unmarried or infertility, pursuing the maximization of self-realization.

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