

Title:

Mothers in Their Teenage Years: A Phenomenological Study

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Session Title:

Health Promotion for First-Time Mothers

Slot:

H 02: Monday, 30 October 2017: 2:45 PM-3:30 PM

Scheduled Time:

3:05 PM

Keywords:

Motherhood, Phenomenological Study and Teenage Pregnancy

References:

Patra, S. (2016). Motherhood in childhood: addressing reproductive health hazards among adolescent married women in India. *Reproductive Health*, 16.

Wall-Wieler, E., Ross, L., & Nickel, N. (2016). Teenage pregnancy: the impact of maternal adolescent childbearing and older sisters teenage pregnancy on a younger sister. *BMC Pregnancy and Childbirth*, 16.

Xu-Kuan, C., Shi Wu, W., Fleming, N, Demissie, K. & Rhoads, G. (2017). Teenage pregnancy and adverse birth outcomes: a large population based retrospective cohort study. *International Journal of Epidemiology*, 36, 2, pp. 368-373.

Abstract Summary:

This phenomenological study delves with the lived experiences of teenagers who experienced to be pregnant and be mothers in their teenage years. The outcomes of the study would serve as a body of knowledge for creation of programs and activities to lessen occurrences of teenage pregnancy.

Learning Activity:

LEARNING OBJECTIVES	EXPANDED CONTENT OUTLINE
This presentation would provide in-depth knowledge about the nature, process and aftermath of teenage pregnancy not only for a particular country but as well as cases in different countries.	The introduction and review of literature would guide the audiences/learners about the occurrences of teenage pregnancy.
The learners will be able to understand the various methods of conducting qualitative research methodology in application to clinical settings.	The Methodology of the research will enable the learners/audiences to gain knowledge about the research methodology.

This presentation would provide the learners competitive skills in dealing and handling cases of teenage pregnancies especially during pre-natal check ups.	The results of the study would provide learners ideas on how to prepare themselves in handling situations of teenage pregnancy.
This presentation would provide better understanding of the impacts of teenage pregnancy and early motherhood to healthcare professionals on how they would show empathy and compassion in dealing with such cases.	The conclusion and recommendations of the study would provide the learners/audiences ideas on how to start helping in promoting and preventing occurrences of teenage pregnancy.

Abstract Text:

Introduction:

Teenage Pregnancy is a worldwide phenomenon not only in the Philippines but as well as different nations around the world. According to a survey on teenage pregnancy in the Philippines, an increase of 70% cases over the last ten years were reported. In addition, 14% of the teenage girls were in the age bracketing of 15-19 years old were mothers and several children already. This social and health phenomenon imposes huge predicaments in worldwide sustainable development. Huge numbers of factors have been identified causing teenage pregnancy, however, implementation of programs and activities in promoting and preventing this occurrence has been difficult to actualize.

This phenomenological inquiry delved in exploring the lived experiences of teenagers who experienced being pregnant and being mothers at an early stage. Likewise, understanding the causes and effects of their decisions and actions leading them to this social phenomenon.

Methodology:

This study was underpinned with qualitative descriptive phenomenological approach and anchored with Sister Callista Roy's Adaptation Theory. Several qualitative methods were utilized to gather the data needed such as semi-structured interviews, observations, filed notes (transcript, personal and reflective notes), qualitative documents and audio-visual recording. Ethical principles of autonomy and confidentiality were highly observed all throughout the processes. In keeping aligned with the research design, Collaizi's Descriptive Phenomenological Analysis was used in analyzing and interpreting the data gathered from the narratives of the ten (10) purposively selected participants of the study. Inclusion criteria included: teenage mothers aged 11-19 years old, willing to share lived experiences, articulate in expressing narrative either in English and Filipino and willingness to attend follow-up interviews. Informed consent was utilized in the study.

Results:

Obtaining the qualitative data analysis approach, four (4) emergent themes were generated from the narratives of the participants: *'Awakening'* – depicted the participants growth and development as a teenager and curiosity about so many things that kept them puzzled, *'Pregnancy'* – showed the participants' struggles and challenges they have experienced during child-bearing stage, *'Motherhood'* – entailed the hardships of being mothers at early period in their lives and how they managed to cope, adjust and adapt as members of the society and *'Futurity'* – showcased the hope, faith and love of the participants to continue life after their challenging experiences.

Conclusion and Implication:

The study concludes the importance of health education in society regardless of the race, religion, gender, age and socio-economic status. Healthcare professional must all be '*catalysts*' of change and be role models to teenagers who are curious, pressured and confused about so many things happening in the society. Educating teenagers would set them free from this kind of social phenomenon, likewise, decreasing the number of maternal deaths due to under-developed mechanism of teenagers for childbearing and delivery. Nursing organization may also conduct partnership with government and non-government agencies to initiate campaigns and advocacy on stopping teenage pregnancy. Social responsibility must be inculcated in the minds of every person. Through brotherhood action, active education and setting up advocacies, teenage pregnancy around the world can be eradicated.