



# **Mothers in their Teenage Years: A Phenomenological Study**

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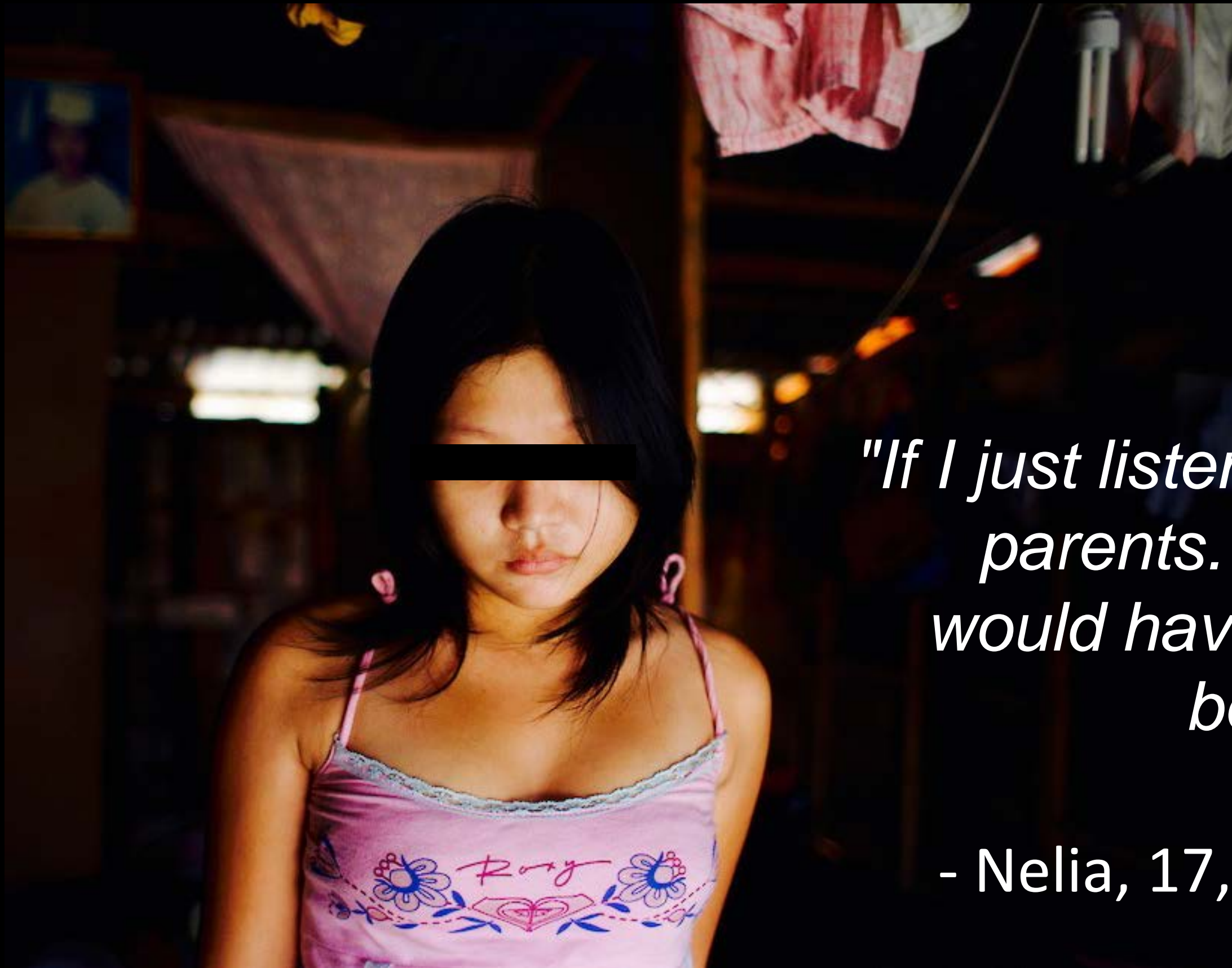
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*"If I just listen to my  
parents. My life  
would have been  
better..."*

- Nelia, 17, Manila



Teenage Pregnancy had been a worldwide issue, which raises number of campaigns and projects to lessen this occurrence.

This phenomenon has been increasing in the total number each year.

A young woman with dark hair is shown from the chest up, wearing a white t-shirt. The t-shirt features a black butterfly graphic on the left chest and red text that appears to say 'P-NU-THINK' across the chest. She is holding a large, clear, curved object, possibly a piece of plastic or a large spoon, in front of her. The background is a blurred green and blue surface.

**Philippines has been  
one of the asian  
countries which  
shares similar  
situation.**

**National  
Demographic and  
Health Survey (2016),  
1 in 10 Filipino  
Women aged 15-19 is  
already pregnant with  
1st child.**



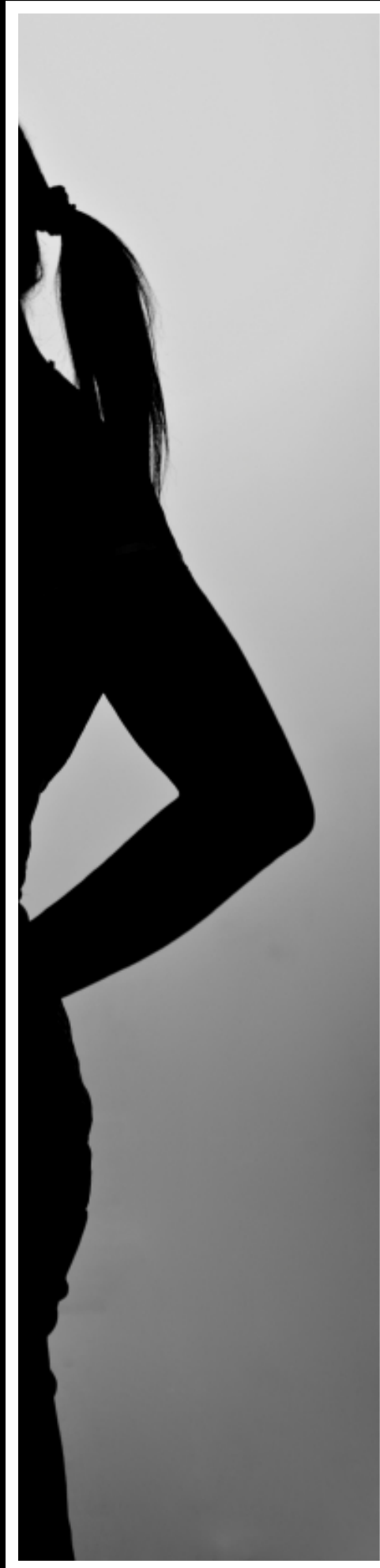


**Teenage Pregnancies are often associated with social development issues such as lack of education and poverty.**



**What are the  
lived  
experiences  
of teenage  
mothers in  
Metro  
Manila?**





The study would like to focus on exploring the lived experiences of Filipino Teenage Mothers aged 13-19 in their pre and post natal stage on how they prepare and accept their new roles as mothers.

The study did not compare any the lived experiences of the participants.

The study only observed the philosophical view of the qualitative phenomenological study.

Code	Name	Gender	Age	Education	Status	Location
C1	Anne	F	16	High School Level	Single	Malabon
C2	Marian	F	18	College Level	Married	Pasig
C3	Carla	F	14	Elementary Graduate	Single	Muntinlupa
C4	Abbey	F	15	High School Level	Single	Las Pinas
C5	Joyce	F	19	College Level	Married	Pateros
C6	Nelia	F	17	High School Graduate	Single	Manila



Phenomenology



Recommendations  
(Essence)



Conclusion



Data Analysis: Collaizi's  
7 Steps

# Data Gathering



Research  
Instrumentations:  
Interview, Observation  
and Field Notes

Informed Consent



Purposive and Snowballing





# **Theme 1: Awakening: Period of Adolescence**

Adolescence is a transitional stage of physical and psychological human development that generally occurs during the period from puberty to legal adulthood (age of majority)



# Metamorphosis of a Girl to a Lady

This in-between place is explored when a girl wants to stay in the clothes of her childhood, and does not understand why this wish would be considered inappropriate in any way.

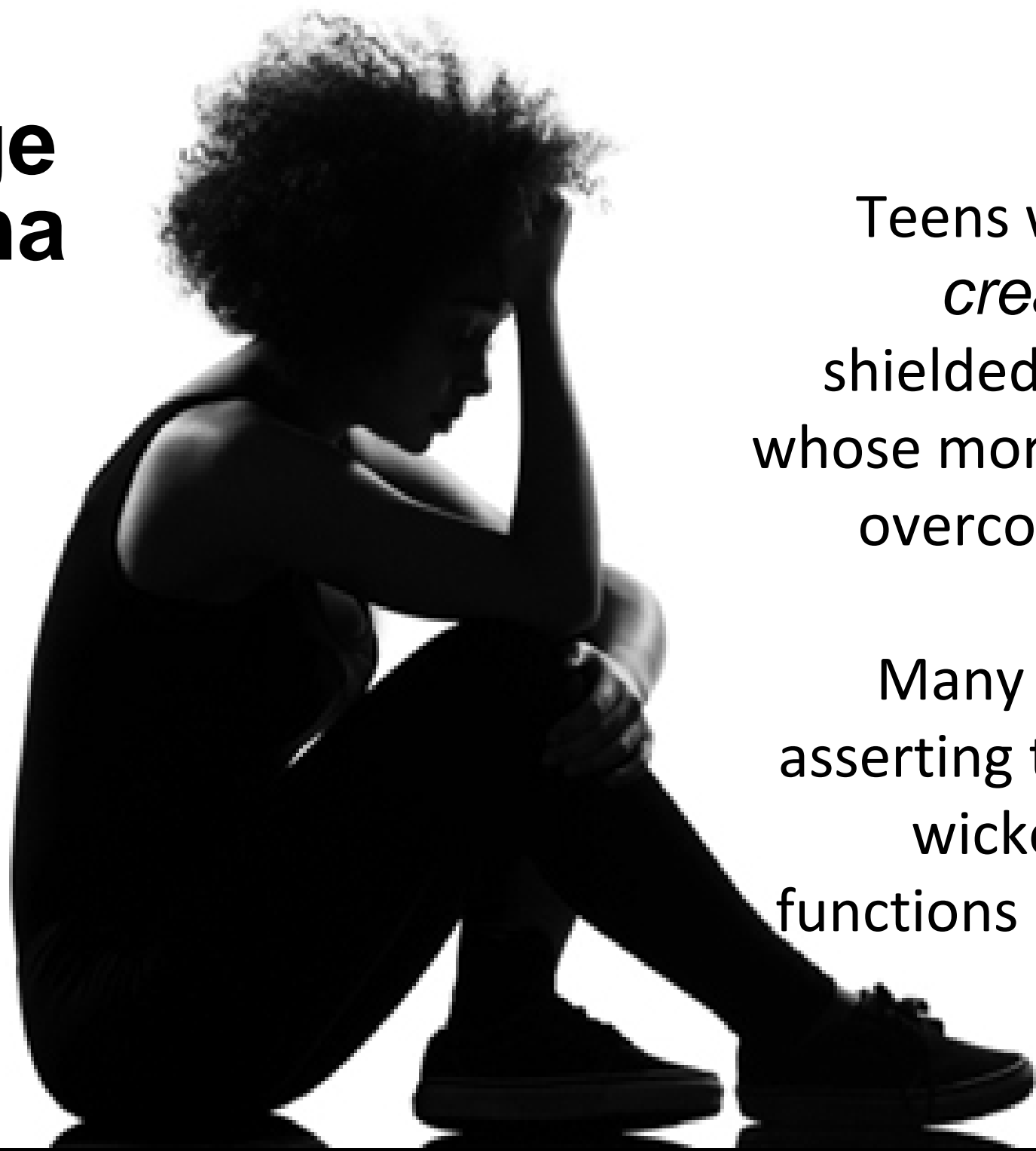
Her body is that of an adult, but she is also still a child in many ways and she's not yet ready to wear the clothes of an adult.

***"When I first got my period, they told me I am already a grown-up. I have seen changes in my body. But, I don't know how to be a real grown-up..."***

***- Abbey, 15, Las Piñas***



# Teenage Dilemma



Teens were treated as “*weak creatures*” who had to be shielded from adult sinfulness, whose moral weakness had to be overcome through schooling.

Many beliefs supported this, asserting that a child is naturally wicked, and that education functions as a tool of correction.

*"I am confused of what is really right from wrong. I have seen other people doing bad things as if it is right. I am really confused..."*

- Carla, 14, Muntinlupa



# Exploring the Curious Mind

She is trying to understand her place in the world, and she's sure that no one understands her. These are the feelings of an adolescent during this time that transcend one time period or place.

*"I have so many questions in mind about relationships, love, death, and sex. But I am afraid and shy to ask my parents about these things because I know they are not open about it. That is why I find ways to figure it out..."*

- Marian, 18, Pasig

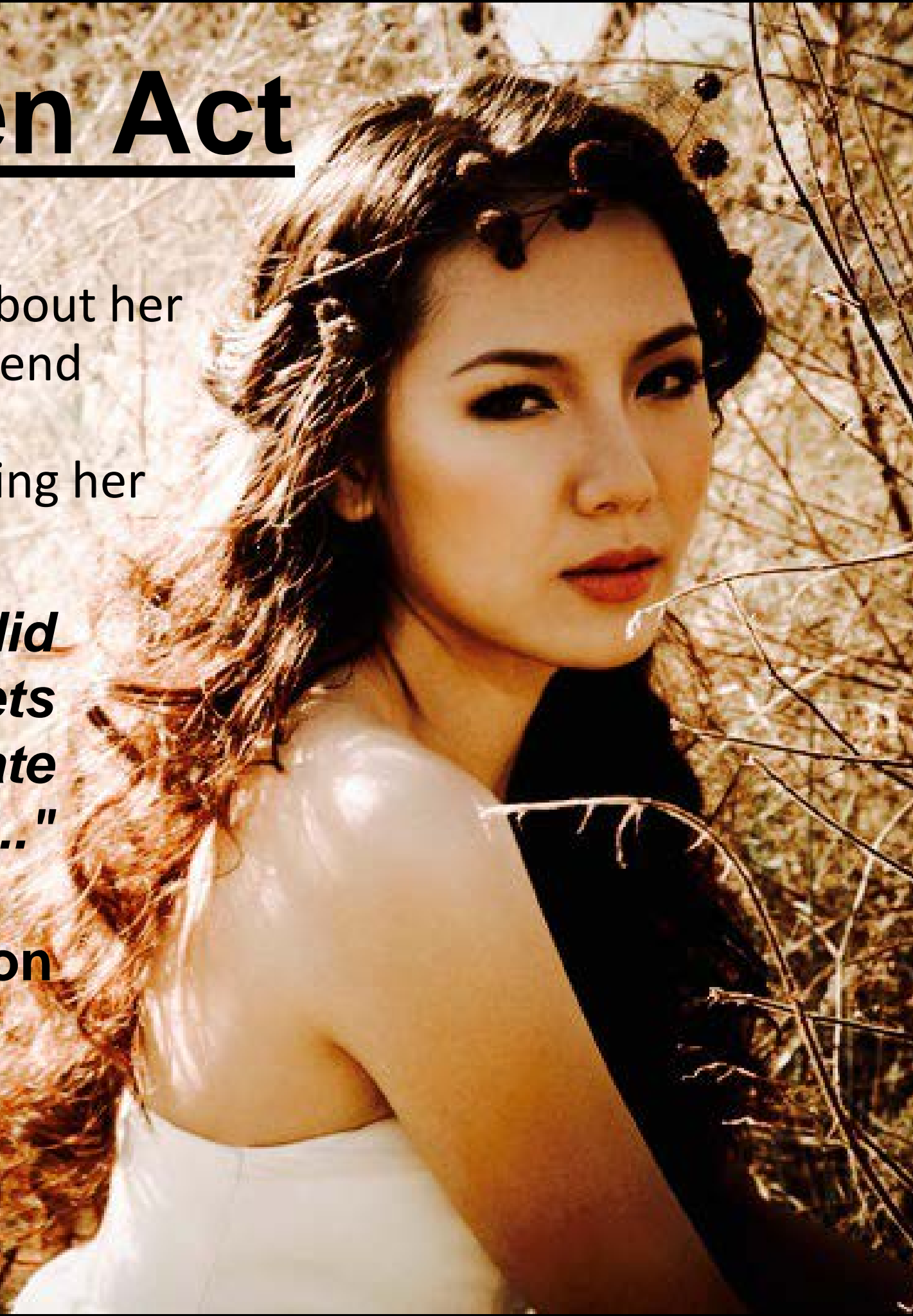


# The Forbidden Act

A female teenager learns about her new sexual urges from a friend because too much shame surrounded the idea of asking her parents.

***"It should not happen. I did something not right. Regrets are felt when it's just too late ..."***

**- Anne, 16, Malabon**





# Theme 2: Teenage Pregnancy



Teenage pregnancy is pregnancy in human females under the age of 20 at the time that the pregnancy ends.

This is a very difficult time for a young woman who has only a short time to make a major decision. There is no easy way out.



# Parents Know Best

Parents may feel that their daughter is too young to make a wise decision and may bring enormous pressure on her to do what they think is right.

# Education is the Key

Sexuality education programs should increase adolescents' knowledge and help them to explore attitudes, feelings, values about human development, relationships, dating, gender roles, sexual orientation, sexual behavior, and healthy sexual decision-making.





# Ifs and Buts


People say "if" and "but" a lot, wishing for things to be different.

There are persons who always regret major decisions that changed their lives. Actions that are irreversible and could never go back.

***"Sex Education plays a big role for us youth, so that we will be prevented to do things that could put us in danger. It should be compulsory in the schools. I should have listen to my parents ."***

**- Anne, 16, Malabon**



A black and white photograph of a woman looking down at a baby. The woman is wearing a light-colored tank top and has her hair pulled back. She is looking down at the baby with a gentle expression. The baby is lying down, looking up at the woman. The background is blurred.

# Theme 3: Motherhood: The Mother and the Child

*"Maternity is on the face of it  
an unsociable experience.  
The selfishness that a woman  
has learned to stifle or to  
dissemble where she alone is  
concerned, blooms freely and  
unashamed on behalf of her  
offspring". (Emily Putnam)*



# State of Ambivalence



Teen mothers are often perceived as having inadequate coping skills and social supports.

There is no doubt that teen mothers are caught between separating from their families and the need for help in child rearing.

## Suffering of a Teenage Mom

Among the major troubles teen moms have is not having a job to buy the necessities needed for caring for an infant or young child. Even if they do, teen moms typically work few hours because of school or quit school and earn too little money.





***"I don't know how to finance my baby's milk. It's always been. Y mom and dad who shoulders everything. I am really ashamed of what's happening..."***

**- Joyce, 19, Pateros**





# Baby Mama Vs Marriage

Originally, the term was used by the fathers of illegitimate children to describe the mothers of their children, but the term is now in general use to describe any single mother. Marriage is not always the answer to teenage pregnancy.



## Still Alive and Kicking

Despite of what happened, teenage mothers are ready to face all the challenges of raising their children. They believe that everything happens for a reason. They continue fighting and prove that it is not too late to make their lives better.



*"I know I will get through all of these. I will be okay and my baby will be okay too..."*

- Carla, 14, Muntinlupa

# Theme 4: Futurity: Building New Dreams

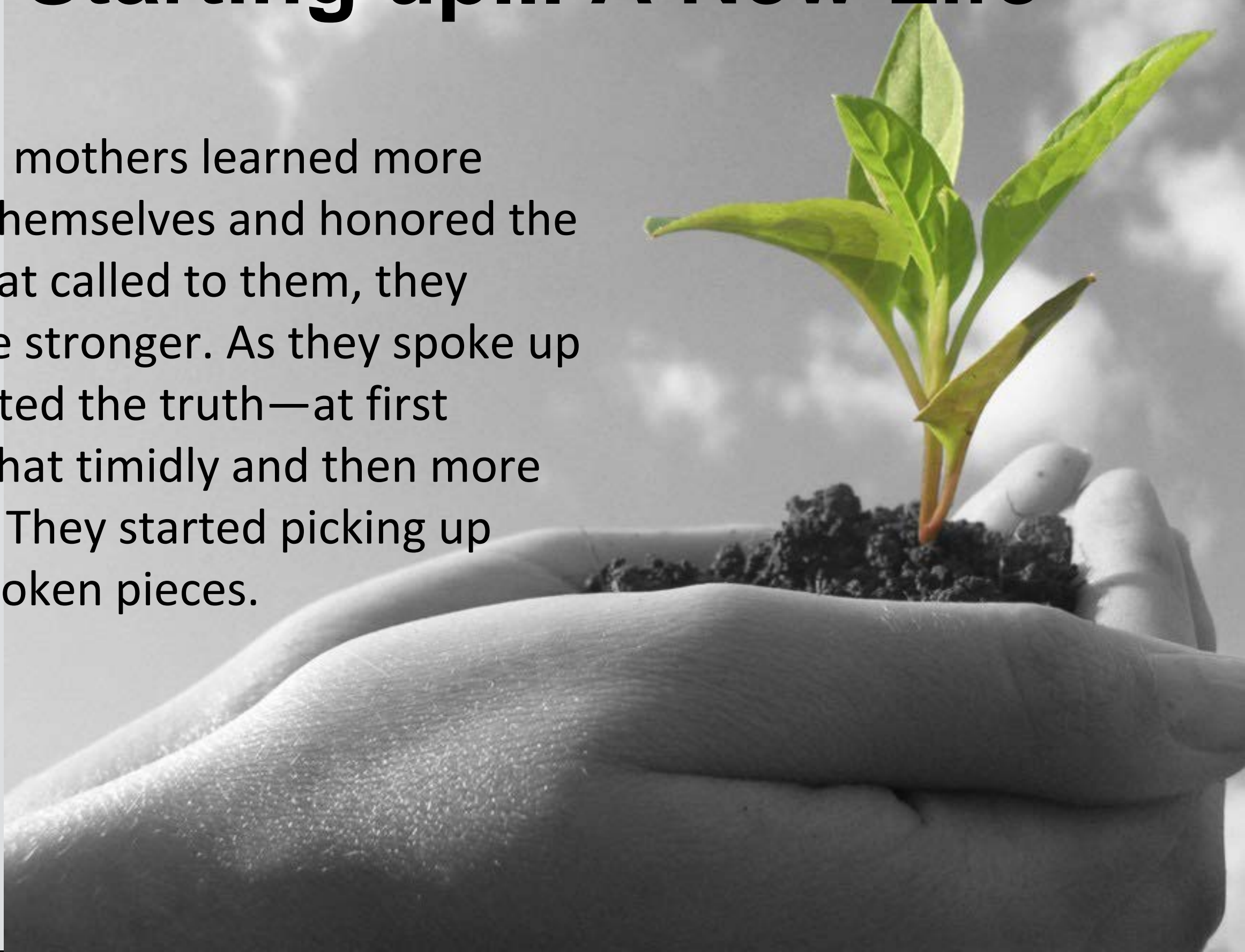


In your darkest hour, never worry that there is no hope for the future. The most extraordinary thing about this life is that YOU are the author of your own destiny, and you get to decide what's in the next chapter.



# Starting up... A New Life

As teen mothers learned more about themselves and honored the path that called to them, they become stronger. As they spoke up and stated the truth—at first somewhat timidly and then more clearly. They started picking up their broken pieces.







# Love, Courage, and Hope

These three things are the strongest weapons the teenage mothers have to withstand to face the challenges of life.

With their respective support systems they were able to surpass everything.





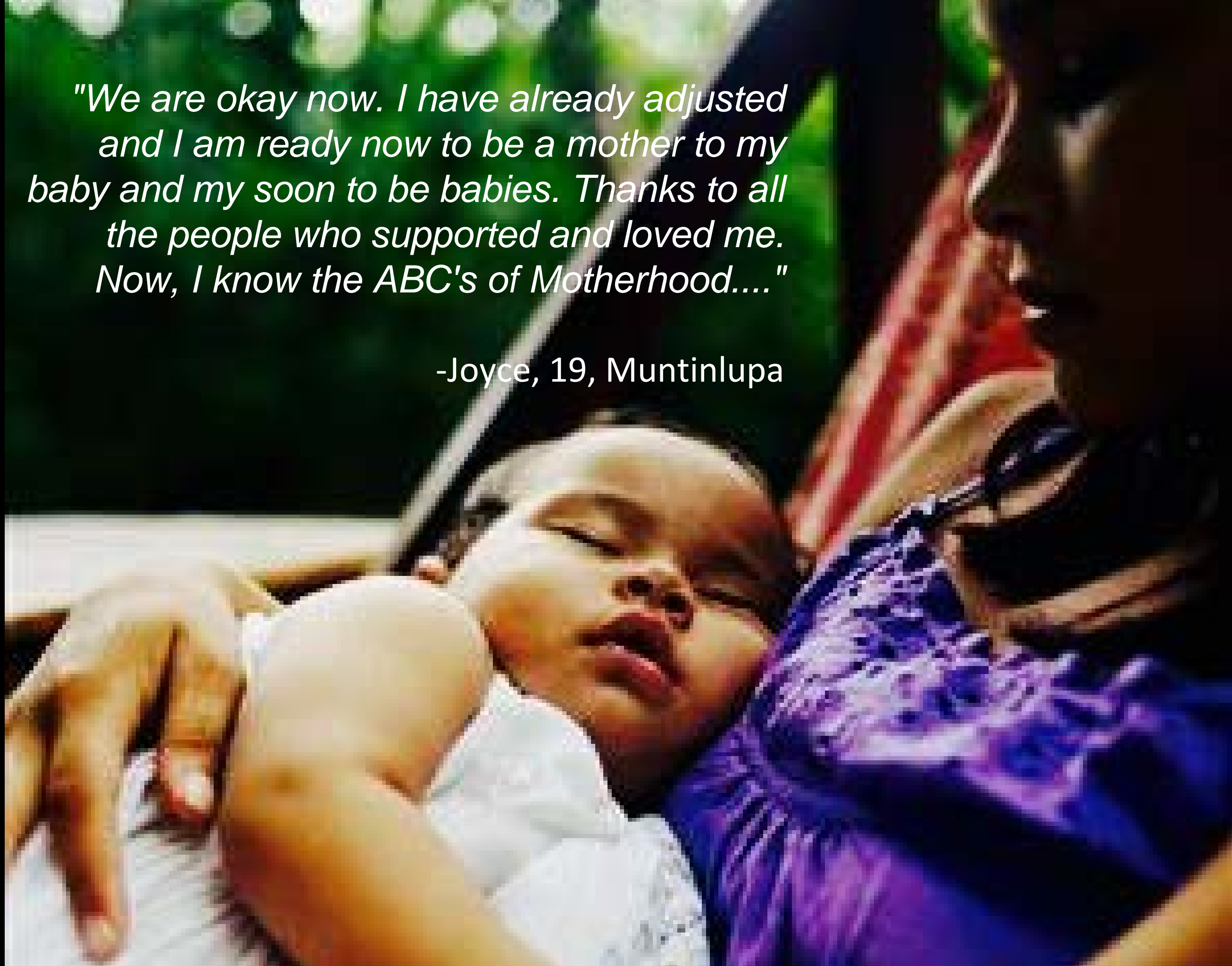
# Tomorrow's Plan



All of the teenage mothers believed that their children will continue their lost dreams and what they had experienced in life will be their guiding principles in raising their children.

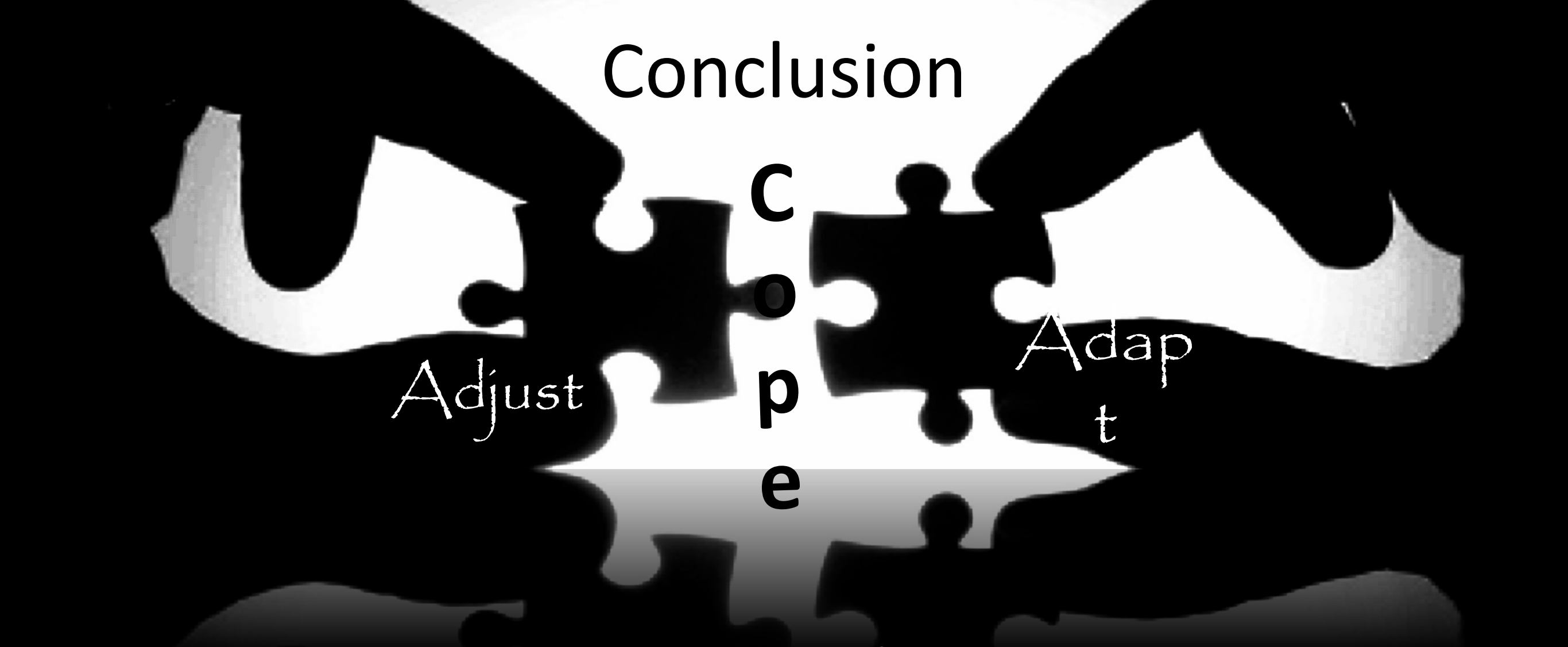
*"We are okay now. I have already adjusted  
and I am ready now to be a mother to my  
baby and my soon to be babies. Thanks to all  
the people who supported and loved me.  
Now, I know the ABC's of Motherhood...."*

*-Joyce, 19, Muntinlupa*





# Conclusion



Adjust Cope Adapt

- The themes depicted the lived experiences of the participants.
- Gives contribution to raising awareness about teenage pregnancy, pre-marital sex, human adaptation, adjustment, & coping issues regarding early motherhood.
- Teenage mothers are all determined to strive harder to give their children the best things in life.
- Emphasizes the fact that life doesn't end with failure.

# Recommendation



- Family Health and Sex Education
- Pre-Post Natal Check-ups
- Counseling
- Self-Reliance Training and Seminars
- Research and Development

# The Essence



Family Health and Sexual Education

Awareness for future advocacies led by  
different nursing and midwifery  
organizations in partnership with the  
department of health

Family and Social Support



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