



*Our Soul is for
the Benefit of Mankind*

Prince of Songkla University

Faculty of Nursing



Teenage Pregnancy: Perspectives of Thai Parents

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Introduction

- Teenage pregnancy or pregnancy at the age of younger than 20 years old is considered an international problem.
- As in many other countries, the number of teenage pregnancy in Thailand has increased and these teens start having sex at their younger age.





- Teenage pregnancy in Thailand mainly occurs when they are still in the education system so most impacts often fall on female teens.
- These include
 - educational impacts, such as getting out of the education system
 - social impacts, such as being condemned or gossiped by society
 - physical and mental health impacts.





- When the family is strengthened, that is, parents understand their children with a good sexual communication with their children, teenage pregnancy can be prevented.
- In addition, if a pregnant teen dares to tell or consult with his or her parents who in turn act as a source of great support in finding the right solution with their children, the problem of teenage pregnancy will be solved in a better way.





- It can be seen that the parents are importance for preventing and solving the teenage pregnancy problem.
- Knowing how parents perceive the pregnancy of their teenage children enables health personnel to provide care and advice to these parents so that they can provide care and prevention of pregnancy in their teenage children.





The Purpose of the Study

- To explore and describe the perspectives of the parents who have had experience regarding child with teenage pregnancy.





Methods

- This research is based on our larger participatory action research which was conducted in the rural area of Songkhla, Thailand.
- A qualitative approach is adopted.
- In-depth individual interviews using open-ended questions were conducted.





- A purposive sampling technique was adopted; Thai women or men who have had experience regarding child with teenage pregnancy were approached to participate in the study.
- Data analysis was carried out through thematic analysis.





- Member checking was conducting to establish the rigor of the study.
- This study was approved by the Institutional Review Board, Faculty of Nursing, Prince of Songkla University.





Participants

- There were 29 participants.
 - 8 mothers of teen women who experienced a teenage pregnancy
 - 8 mothers of teen men with an experience of causing a woman's pregnancy
 - 8 fathers of teen women who experienced a teenage pregnancy
 - 5 fathers of teen men with an experience of causing a woman's pregnancy





- aged between 35-55 years
- Buddhists at 71.4 percent and Islam at 28.6 percent
- graduated a high school level 57.1 percent
- employee at 71.4 percent
- monthly income of 7,000-20,000 Baht or 212-606 USD.





Findings

- The perception of parents appears in four themes:
 - feeling and reaction
 - experiencing with child pregnancy
 - supporting for child pregnancy
 - preventing of teenage pregnancy.





Feeling and Reaction

- *"I could not meet my neighbors, felt embarrassed and stressful, and did not want to talk to anyone."* (mother of teen woman)
- *"I was very sad and shocked, could not talk and sleep, and so stressful and anxious."* (father of teen woman)





- *"I was sad and shocked because the future of my child should go farther. Parents often hope that their children should study farther and be able to take care of themselves before having a family and then pregnancy. I do not mean that I do not want my child to be pregnant or to have no lover, but my intention hopes to see my child graduate and work to take care of themselves. But when my child was pregnant, I was so sad. I love my child so much."* (mother of teen woman)





- *"I felt nothing because my child is a man so it is just to make a marriage proposal according to the Thai tradition. That is all. However, if I have a daughter, I will also be worried and stressful if anyone makes her pregnant."*
(mother of teen man)





Experiencing with Child Pregnancy

- Experiences relating to teenage and school-age pregnancy with their children can be both negative and positive.





- **Negative experiences**
- *"People usually condemned that I treated my child badly. They aggravated me. I teach my child every day, but she did not follow my word. I can do nothing."* (mother of teen woman)
- *"People said nothing in front but gossip behind."* (mother of teen woman)





- *"Keep not talking to anyone. Work in the morning as usual. Sit with my friends without saying. Sleep with stress. I did not consult with anyone. I could not share this problem to anyone. I did not dare to say about it with a fear of being gossiped."* (father of teen woman)





- *"It's a problem of family, not community or organizations to solve it. I consulted it only with my family members, not with outsiders who may gossip later. I have to maintain social face of the woman party."* (mother of teen woman)





- **Positive experiences**

- *"Some people encouraged me, not aggravate or blame. I felt better."* (mother of teen woman)
- *"Some people encouraged and sympathized with me if they understand."* (father of teen woman)





- *"I could not accept it, but I must accept it. It is necessary to accept it when it occurs with my family."* (mother of teen woman)
- *"Other people could say anything, but I did not care about their words. I was not angry, but I encouraged myself."* (mother of teen woman)





Supporting for Child Pregnancy

- Because the teenage pregnancy, especially at school-age, is inappropriate or wrong in view of the parents, what parents can help their children in case of this teenage pregnancy includes
 - forgiveness
 - solving the problem for their children.





- **Forgiveness**

- *"At first I was sad and angry to my child, but later I could accept it. Parents still love their children as same as they were. My child was wrong, but I did not aggravate her to prevent her from suicide."* (mother of teen woman)
- *"My child was wrong and I forgave him ... I could do nothing because the woman was already pregnant. I must accept the fact and not blame or hurt him. I rather encouraged and forgave him"* (mother of teen man)





- *"Did not blame, aggravate or gossip her. Rather, encouraged her. She was very distressed. Let the problem at this time went away and made her learn how to prevent it in the future."* (mother of teen woman)





- **Solving problem**

- continuing pregnancy
- terminating pregnancy





- **continuing pregnancy** (leaving school, and getting married)
- *"The woman's family requested a marriage immediately. This was my personal experience. I am the man's family and they are the woman's family. The best solution was to marry to prevent the woman from being damaged."* (mother of teen man)





- *"Teacher allowed continuing my child's study and stopping her class at birth. Otherwise, giving birth before returning to her study again. I did not want her to study because her belly was gradually bigger and she could not be dressed. I pitied my child who would be shameful among her friends at school as well, but the teacher told her to study. Actually, the teacher allowed her to study, not to quit school."* (mother of teen woman)





- In cases where the men are not responsible as a husband and father of their child, there is no marriage.
- *"Quit her school and did not study at all. Rather, treated her baby at home because her husband left. My child would be blamed by her friends at school and I pitied her."* (Mother of teen





- **Terminating of pregnancy**

The termination of pregnancy is a solution of problem chosen by some parents because they do not want their children to be ashamed of pregnancy against the framework of society, even having to exchange the word 'sin' according to the religious principles.





- *"Did not continue her pregnancy and must remove it (abortion) because she would be embarrassing to people ... I knew it was a sin according to the religious doctrine, but I did not know what to do."* (mother of teen woman)





Preventing of Teenage Pregnancy

- communication and instruction on how to prevent pregnancy for their children

"Parents and family members must care for each other more. Parents need to have time to talk, get opinions and problems of their children because most parents are working and rarely have time to talk to them." (mother of teen woman)





- *"We must advise our children. Parents need to take care of them closely and tell them how to prevent pregnancy."* (mother of teen woman)





- *"I advise the children next door or my relatives who will have a boyfriend or girlfriend to not be like my child. I warn them that their baby will bother their parents who will therefore have more burdens. I suggest them to not do like this and to know how to prevent pregnancy if they have boyfriend or girlfriend. They can have boyfriend or girlfriend, but they must learn about sex and how to prevent an unready pregnancy."* (mother of teen woman)





Conclusion and Suggestions

- Parents can play an important role in reducing their children's risk for teenage pregnancy.
- In case of teenage pregnant women, parents are also the positive support by providing encouragement and resources during the period of role-transition.





- Parents should be encouraged to develop close relationships with their children; however, discussion of sexual issues should be pursued regardless of the perceived closeness of the relationship with teenaged children.
- Parental non-judgemental attitudes about sexual activity are importance.





- Therefore, nurses would do well to convey the importance of avoiding judgment with regard to their children's sexual behaviors as well as offering practical non-judgemental strategies for communicating with one's children.





Thank you

