

Title:

Is Motherhood Affecting the Quality of Life of Female Adolescents: A Systematic Review

Yasmin P. Parpio, MSc-EB¹

Hina Pyar Ali, MBA²

Salima M. Farooq, MSBE¹

(1)School of Nursing, Aga Khan University, Karachi, Pakistan

(2)Finance, Fatimid Foundation, Karachi, Pakistan

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References:

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Abstract Summary:

Motherhood at an early age can have a negative effect on quality of life of female adolescents. The results of several studies indicated that the mean scores of quality of life were lower for adolescents with children as compared to without children especially in physical and social domains.

Learning Activity:

LEARNING OBJECTIVES	EXPANDED CONTENT OUTLINE
To determine the effects of motherhood on Quality of Life (QoL) of female adolescents with children and without children	Studies have shown that early motherhood is associated with low educational achievement, low or no income, low occupational status' or unemployment and therefore, affecting the quality of life.
To identify the association between motherhood and quality of life of female adolescents	Motherhood at an early age can have a negative effect on the quality of life of female adolescents. The results of several studies indicated that the mean scores of quality of life were lower for adolescents with children as compared to without children especially in physical and social domains.

Abstract Text:

Objective: The paper aims to review the relevant literature from peer reviewed journals to determine the effects of motherhood on Quality of Life (QoL) of female adolescents with children and without children.

Methods: A systematic literature review was done for this study. An extensive literature search was conducted from the period of January 2005 to July 2015. The search strategy involved various electronic databases like PubMed, Science direct and Google Scholar. The key words used for search were: adolescent, quality of life, motherhood and effect of motherhood on quality of life. A literature search was filtered according to year of publication and key terms.

Results:

Literature review indicated that motherhood at an early age can have a negative effect on the quality of life of female adolescents. The results of several studies indicated that the mean scores of quality of life were lower for adolescents with children as compared to without children especially in physical and social domains. Studies have shown that early motherhood is associated with low educational achievement, low or no income, low occupational status or unemployment and therefore, affecting the quality of life. Girls living in developing countries are the most at risk of adolescent pregnancy. The average fertility rate among 15 – 19 year olds in least developed countries is more than 5 times greater than that for more developed regions. Globally the overwhelming majority of adolescent girls who become pregnant are married and pressured to have a child. The future is compromised for most adolescent girls who become mothers. Many face poverty, ill health, abuse, unprotected sex carrying HIV risk, frequent pregnancies, and end to education. All the factors are leading to poor wellbeing and eventually impacting the quality of life of adolescents.

Conclusion: Early pregnancy can have harmful implications on adolescents' physical, psychological, economic and social well-being. Motherhood at an early age exerts poor quality of life due to multiple factors like birth outcomes and discontinuation of education.