



## Turning a Blind Eye: A Systematic Literature Review on Spreading Awareness of Teenage Pregnancy

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**ABSTRACT:** Teenage pregnancy remains a significant global issue, affecting their education, mental health, financial stability, and social interactions. Many teenage parents struggle to balance child-rearing responsibilities with their studies, leading to high dropout rates and limited opportunities for self-growth. Financial difficulties further exacerbate these challenges, restricting access to essential resources. This comprehensive systematic literature review aimed to raise awareness of the pressing issues regarding teenage pregnancy. The review gathered four essential themes: Psychological Effects of Early Pregnancy, Early Parenthood Challenges and Responsibilities, The Roles and Responsibilities of the Teenage Father in Child rearing and Financial Support, and The Stigma and Social Judgement. To address these issues, comprehensive intervention programs are essential. Schools and communities should provide reproductive health education, mental health support, and financial assistance to help young parents continue their education and build stable futures. Encouraging paternal involvement and fostering open discussions about responsible decision-making can further mitigate the negative effects of teenage pregnancy. A collaborative effort between families, educational institutions, healthcare providers, and government organizations is crucial in reducing adolescent pregnancy rates and supporting young parents toward a fulfilling life.

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### INTRODUCTION

According to the World Health Organization (2022), teenage pregnancy poses a serious threat to public health. Improvements in public health have resulted in a decrease in the adolescent birth rate. Teenage pregnancy is still a significant problem in many industrialized and developing nations worldwide. It significantly negatively affects one's health, finances, and social life. However, the consequences and factors of early teenage pregnancy vary among communities. Teenage pregnancy rates, however, are typically greater in regions with poorer educational attainment or unstable economic standing. In underdeveloped nations, an estimated 12 million of the 21 million girls between the ages of 15 and 19 who become pregnant give birth (Riley, 2020). However, different parts of the globe have experienced change at varying rates. Southern Asia (SA) has had the biggest reduction, whilst sub-Saharan Africa (SSA), Latin America, and the Caribbean (LAC) have seen lesser declines. SSA and LAC will continue to have the highest rates worldwide in 2022, with 99.4 and 52.1 births per 1000 women, respectively, despite drops in all other regions (Formosa & Shankardass, 2023).

Teenage pregnancy is still a major health and social concern since it is linked to higher rates of morbidity and mortality for both the mother and the child, according to the Kenya Demographic Health Survey (2022) (KNBS and ICF, 2023). In addition, high school dropout and childbearing rates in Kenya deny girls the opportunity to complete their education and develop human capital skills, which leads to gender inequalities for young girls in decision-making or participation (Mutasingwa & Mwaipopo, 2023; Nabwire, 2023). With 96 live births per 1000 women, Kenya has a relatively high adolescent birth rate compared to the global average of 44.1 births per 1000 women. Because adolescent pregnancy and childbearing prevent young girls from completing their education and developing human capital skills, it also contributes to gender disparities in their participation and decision-making processes (Graham, 2023; Owoko, 2023).

Additionally, the Philippine National Economic and Development Authority declared teenage pregnancy a "national and social emergency." Adolescent pregnancies were the most frequently mentioned topic across all geographic areas and socioeconomic groups in a nationwide survey of adults aged 18 and over commissioned by the Commission on Population and Development in November 2020 (Republic of the Philippines 2024). Adolescent girls under the age of 15 gave birth in 3135 cases in 2022, up 35.13% from 2320 cases in 2021. The annual rate of registered live births by young women aged 19 and below declined by 8.61% from 2017 to 2021. In 2022, however, this pattern reversed as live births in that category increased to 150 138, up 10.15% from 136 302 the year before. This indicates that one of the greatest rates of teenage pregnancy in the Philippines occurred in 2022, with at least 411 children born to teenage moms every day (Popcom, 2024).

In 2022, 5,531 women aged 15 to 19 (5.4 percent) reported having ever been pregnant (PSA, 2022). Northern Mindanao, one of the 17 regions, had 10.9 percent of women between the ages of 15 and 19 reported having ever been pregnant (PSA, 2022). Caraga came in second with 7.7 percent and Davao Region with 8.2 percent. Women between the ages of 15 and 19 who lived in rural regions had more pregnancies in 2022, at 6.1 percent, vs 4.8 percent in urban areas (PSA, 2022).

The study is grounded in Bronfenbrenner's Ecological Systems Theory (1979), which describes how various environmental influences, including friends, family, school, and society, influence behavior. Interactions within the macrosystem (cultural norms around sex and contraception), mesosystem (impact from peers and school), and microsystem (family relationships) can lead to teenage pregnancy.

The study is also anchored to Jessor's Problem Behavior Theory (1991), which suggests that adolescent pregnancy is a component of a larger pattern of risky behaviors, such as substance abuse, criminality, and early sexual involvement. The environment, personality, and perceived social norms all impact these actions.

Although there are many awareness efforts on teen pregnancy around the world, thorough studies on the long-term efficacy of these programs are lacking, especially in rural areas. In particular, little is known about how awareness efforts tackle the intricate interactions between socioeconomic, cultural, and educational elements that lead to teenage pregnancy. More research is required to determine how these programs can be adapted to various cultural contexts and evaluate their effect on altering attitudes, behaviors, and access to reproductive health education, especially in underrepresented areas.

This research aims to raise awareness about how teenage pregnancy impacts the lives of adolescent females, focusing on improving access to education, healthcare, and reproductive services while addressing the underlying social and economic factors that contribute to high adolescent birth rates. The study examines how early pregnancies affect health, education, and the economy to find practical ways to lessen these effects. It also looks at how cultural norms, a lack of sex education, and insufficient support networks contribute to the continuation of adolescent pregnancies. Ultimately, the study promotes focused initiatives and legislative changes that give young women the tools, information, and chances they need to make wise decisions, lower the rate of pregnancies, and enhance their general well-being and life results.

This study aligns with the United Nations' Sustainable Development Goal (SDG) 3 - Good Health and Well-being, which aims to ensure healthy lives and promote well-being at all ages. Since good health allows people to contribute to society and the economy, it is essential for sustainable development. The goal covers various health issues, such as lowering maternal and infant mortality, preventing communicable diseases, and promoting mental health. Its essential components include universal access to healthcare, disease prevention, and health education.

## **METHOD**

### **Research Design**

A systematic literature review is a deliberate and thorough approach to finding, assessing, and summarizing prior research pertinent to a topic or investigation. A thorough search was conducted across several databases, scholarly journals, books, and other sources to locate all relevant research on the subject of interest. The criteria should be fully defined prior to the investigation, and the plan or technique of the systematic review should be clearly outlined. Other researchers can use a variety of databases and gray literature sources to duplicate this thorough and transparent search. This entails organizing a comprehensive search strategy and strongly emphasizing responding to a specific question (Dewey & Drahota, 2016).

## **RESULTS AND DISCUSSION**

The following claims and reliable information should be highlighted in this study, as indicated in Table 1, based on the findings from the chosen papers.

This review attained four thematic points and features of *Teenage Pregnancy: Psychological Effects of Early Pregnancy, Early Parenthood Challenges and Responsibilities, The Roles and Responsibilities of the Teenage Father in Child rearing and Financial Support, and The Stigma and Social Judgement*. Addressing the issues should start by highlighting the challenges and responsibilities of early parenthood and managing their personal life with their new parental duties and researching the effect on emotions and mental health issues like anxiety and despair that teens frequently face, with a focus on the psychological effects of early pregnancy. Deliberately discuss how societal attitudes can damage adolescent moms' social interactions and self-esteem while addressing the stigma and social judgment they experience. The review also examined the roles and responsibilities of the teenage father, emphasizing the value of their financial support and involvement in child-rearing, two factors usually overlooked when dealing with teenage parenthood.

### ***Early Parenthood Challenges and Responsibilities***

The first theme generated during the data gathering is young parents' responsibilities and challenges. This means that early parenthood presents many challenges and responsibilities that greatly impact adolescent parent's lives. Many quit studying to support their child or have financial struggles. Without proper education, finding a well-paid job to support their child's needs was hard. Financial struggles often affect both the child and the parent.

Furthermore, this was supported by Libo-on, Manzo, and Manzo (2021), that most participants aged 21 - 23 were not yet mature when they became pregnant, making them vulnerable to childbearing risk. With 40% being pregnant at the age of 18 and 40% reaching college level, many struggle to balance education and child caring at the same time. Some had to stop schooling due to the demands of raising a child, exhaustion, and prioritizing studies. High-performing students were motivated to pursue their studies if they had financial support, while low-performing students, on the other hand, were less interested in returning, which shows how financial stability impacts education.

In addition, Lanjekar, Joshi, Lanjekar, and Wagh (2022) stated that meeting the needs of children by shifting societal norms is what is meant by good parenting. from one generation to another. Beginning in the first year of life, cognitive growth advances over time. Slowly. Children need positive parenting in a variety of difficult circumstances. Being a parent gives a kid the self-assurance to tackle difficult, important issues. Caregiving and parenting must be sensitive to a child's maturity and cognitive growth. The right cognitive development requires sensitive parenting—the growth of a youngster. Effective emotional regulation necessitates effective emotional management. Good parenting assists the child in overcoming social or non-social issues, and school must also do their part in this societal problem (Genelza, 2022).

With this, early parenthood presents many challenges and obligations that impact a young parent's life and future. Many young parents struggle to finish their education, which results in financial struggles for both them and their children. The research highlights that financial assistance can motivate them to continue their studies while the lack of it discourages them. Additionally, proper parenting plays an important role in the child's growth and emphasizes the need for guidance and support.

### ***Psychological Effects of Early Pregnancy***

The second theme gathered during the data collection is the psychological effects of early pregnancy. This means that early pregnancy poses significant psychological challenges for young mothers, affecting their emotional well-being, mental health, and overall development. Stress, anxiety, and depression are common due to societal stigma, financial instability, and parenthood pressures. These effects can have long-term consequences on self-esteem, relationships, and future opportunities, necessitating emotional support systems and interventions.

Moreover, this was supported by Ankit and Jyotsna (2022), who mentioned that maternal mental health is a crucial aspect of a mother's emotional, psychological, and social well-being, enabling her to function optimally as a parent, partner, and individual in society. It encompasses feelings of happiness, stress coping, interpersonal relationships, and healthy decision-making. Good mental health directly impacts a mother's well-being, relationships with her partner and children, and participation in social and economic life. Factors affecting maternal mental health are complex and diverse, including biological, psychological, social, and environmental factors. Hormonal changes during pregnancy and post-childbirth can affect the mother's moods and emotions.

Additionally, Kinyanjui (2023) claimed that psychological, social, and economic issues significantly impact adolescent moms' mental health. Teenage moms are more likely to experience anxiety and depression if they lack social support, are socially isolated, or are under financial strain. Furthermore, social norms that encourage young marriage and the stigmatization of adolescent pregnancy might worsen the detrimental effects of adolescent pregnancy on the mental health of mothers.

Henceforth, early pregnancy presents serious psychological challenges that impact their development, emotional stability, and mental health. Relationships, plans for the future, and self-esteem can all be impacted by stress, anxiety, and depression brought on by parental demands, financial instability, and social stigma. In order to encourage young mothers and boost their quality of life, thorough support networks that involve community-based efforts and mental health actions are crucial.

### ***The Stigma and Social Judgment***

The third theme produced during the data gathering is *The Stigma and Social Judgment* experienced by young parents. This means the negative social perception attached to young parents may lead to social exclusion and discrimination that can affect their mental health conditions. Not only that, they experience negative societal judgment by many people, leading to them being treated differently; this also affects their education and social life. This contributes negatively to the young parent's lives, affecting their self-esteem and mental well-being.

In addition, this was supported by Reyes (2022), who said that the most difficult aspect, in their opinion, was when the people in their immediate vicinity viewed them as something to feel guilty about. Their self-esteem and feelings of value were damaged by societal sarcastic words, judgmental looks in their eyes, and gossip about how despicable they were. The humiliation and embarrassment they experienced caused them to refuse to walk outside for a considerable amount of time, and lack of education impedes their understanding of the problem (Genelza, 2022). Furthermore, the social effects of raising their children and their adolescent growth significantly impacted their self-worth, belonging, and dignity. Their social networks completely deteriorated; they had few opportunities to learn more about themselves, and some had to temporarily halt their education to care for their children. Also, because they must work any available job to support their child, most participants experienced financial difficulties. In a few instances, the child's father chose to work, but it was insufficient to support the family. In the meantime, most participants were sent back to school to continue their education after giving birth. This made it easier for them to handle the difficulties they encountered. This stage was the most difficult for them.

Likewise, Ruzibiza (2021) stated that since having sex before marriage is viewed as disgraceful, sinful, immoral, and irresponsible in Burundian society, pregnant teenagers in Mahama encountered harsh reactions from their social context. Morality is also gendered, as demonstrated by Jeanine's story: being a woman carries a clear message and responsibilities that forbid interacting with boys. Jeanine decided not to speak out about her rape because of this morality discourse, which blamed her rather than her assailant. Christelle lost the support of her family and had few options regarding her unplanned pregnancy as a result of her immoral sexual behavior and abortion.

Thus, young girls who become pregnant are often judged and criticized by society, which leads to social isolation, educational barriers, and stigma that causes mental health problems like depression, anxiety, and stress. Social judgment has a tremendous impact on young girls' social standing, which leads to discrimination in school and other public places. It can also contribute to the loss of opportunities in the young girl's education and dreams and negatively impact the young girl's self-esteem.

### ***The Roles and Responsibilities of the Teenage Father in Child-rearing and Financial Support***

The fourth theme collected during the data gathering is *the Roles and Responsibilities of the Teenage Father in Child-rearing and Financial Support*. This references the comprehension and investigation into how teenage fathers are expected to contribute to their children's emotional and financial parenting. This probes into the role that young fathers are attempting to play in parenting, with an eye toward "lessons learned" that can serve both those young men and others in the same or similar situations as an enlightening experience. The theme also urges consideration of the kind of insights that the not-totally comfortable experiences of these young dads might give us into the lives of societal pioneers and understanding not just for women but also for men.

A research study by Mohammadi, Moshirenia, Zareipour, Kohan, and Boroumandfar (2024) supported the idea that ignoring the father's part in providing for their kids is unsuitable. Discovering fresh methods for it is encouraged to involve fathers in child-rearing. Young fathers who participated in the study expressed their displeasure with ignoring fathers' role in providing for their kids. It is essential to raise awareness of the role of fathers and create guidelines and policies with strategies to involve fathers to enhance the well-being and education of young people. There might be a chance to increase paternal participation in service delivery by integrating mentoring-based initiatives or specific information about fathers' roles.

Besides, Zaimah (2024) stated that although fathers still want to support their children, they do so more mindfully of their position as fathers and for pragmatic reasons, such as sharing responsibilities with the parent. Young fathers demonstrated a keen awareness of customs and a comprehension of how priorities have changed—fathers from earlier generations highly valued family

involvement as part of their identity. However, fathers of the present generation have a strong and forward-thinking dedication to their children's growth and well-being. They assist fathers in the family's health due to greater exposure to novel concepts and knowledge of constructive parenting methods.

Therefore, teenage fathers experience challenges and development in emotional and economic roles, commonly encountering societal pressures and scarce resources. Their experiences educate resilience, responsibility, and the complexity of contemporary parenthood. Empathy and support for these fathers assist in navigating their situations and valuing their children's potential. Hence, recognizing their struggles can help both the fathers and their children.

**Table 1: List of Literature on Teenage Pregnancy**

AUTHORS	TITLE OF THE STUDY	LOCALE	METHOD	RESULTS AND DISCUSSION	RECOMMENDATIONS	THEMES
<b>Y.M Bah (2016).</b>	Teenage Pregnancy: Teenage Mothers' Experiences and Perspectives: A Qualitative Study	Gambia	Qualitative	Teenage childbearing can have both positive and negative consequences for teenagers and their families. It can fulfill expected progress and provide joy, but it also burdens the mother with caring for a child before her emotional or physical readiness. Unmarried adolescent mothers may face social exclusion, financial difficulties, unhappiness, marital conflict, and disappointment due to delayed education and missed earning opportunities.	The study about adolescent mothers who require consistent messages about responsible sexual behavior, open dialogue, and accurate, age-appropriate knowledge about sexuality and behavior. To stop unwanted sexual activity, they also need to be able to communicate and make sexual decisions. Adolescent pregnancy and motherhood are complex issues, and in order for adolescent mothers to learn how to solve problems and adjust to their circumstances, acceptance and social support are essential.	Early Parenthood Challenges and Responsibilities

<p><b>Jones, W., Seymour, H. (2019)</b></p>	<p>'Other Girls': A Qualitative Exploration of Teenage Mothers' Views on Teen</p>	<p>England</p>	<p>Qualitative</p>	<p>A study of 40 teenage moms in North England found that they often face negative criticism for teenage pregnancy and parenting. To disassociate themselves, they used moral judgment and positive self-representations. They portrayed themselves as responsible and considering their pre-pregnancy choices but also participated in negative assessments of their peers, using an "othering" process. Although they are still restricted to rhythmic gymnastics activities, education teachers have included social media platforms like TikTok in their lesson plans.</p>	<p>Social representations and attitudes toward peers influence the stigma surrounding adolescent pregnancy. Health and social workers should challenge these beliefs, offer fact-based perspectives, and address potential exclusion, loneliness, and discrimination. Public health programs should address the health needs of marginalized populations.</p>
<p><b>Luttges, C., Leal, I., Huepe, G., González, D., González, E., &amp; Molina, T. (2021).</b></p>	<p>Pregnant again? Perspectives of adolescent and young mothers who do not experience a repeat pregnancy in adolescence.</p>	<p>Chile</p>	<p>Qualitative</p>	<p>A study in Santiago, Chile, involving 30 adolescent girls, found that teenage girls have higher expectations for sexual education and are more likely to use contraception and avoid</p>	<p>Adolescent moms' first two years postpartum are essential, necessitating specific treatments and personalized care. Healthcare practitioners should implement counseling efforts, assist patients in selecting long-acting reversible contraception options, and respect their rights.</p>

				<p>pregnancy. Factors contributing to the rise in abortion rates include negligence in contraceptive use, permissive views about casual sex, and delayed motherhood. Mistrust in ECP and underestimating hazards in unprotected sex were also identified.</p>	
<p><b>J. T. Libo-on, J. F. Manzo, O. I. Manzo (2021)</b></p>	<p>Teenage Pregnancy: A Mother's Perspective</p>	<p>Philippines</p>	<p>Qualitative</p>	<p>The study interviewed participants aged 21-23, with 40% getting pregnant at 18 and 40% being college level. Most were not mature at this age, making them vulnerable to childbearing risks. Some participants stopped schooling due to pregnancy, citing difficulties in raising their children, prioritizing schooling, and exhaustion. High-performing students were more motivated to pursue studies if they had financial capabilities while low-</p>	<p>This paper recommends guiding neglected teenage mothers to regain their potential through academic guidance and regular consultation. It also emphasizes preventing mistakes and raising awareness about teenage pregnancy through community and academic campaigns, including implementing Parent-Child Communication Workshops to improve communication strategies.</p>

				performing students were less interested in returning to school.		
<b>N. Mjwara &amp; P. Maharaj (2018)</b>	Becoming a mother: perspectives and experiences of young women in a South African Township	South Africa	Qualitative	This study examines the challenges faced by young South African women in managing their responsibilities as mothers, including managing studies, childcare, and preventing unintended pregnancies, emphasizing the need for men's involvement.	The study recommends greater involvement of schools and communities in addressing the challenges of early childbearing.	
<b>Khan Sh, Idris IB (2020)</b>	The Effect of Early Teenage Pregnancy on Depression and Mental Health in Malaysia	Malaysia	Quantitative	The study examined the relationship between sexual engagement and various factors such as age, marital status, education distance, school attitude, self-esteem, self-efficacy, perceived social support, peer community influences, and the Edinburgh Postnatal Depression Scale (EPDS). The study involved 120 teenage mothers aged 15-19 years and used the EPDS to assess depression. The results showed that teenage mothers were	Teens who engage in sexual activity have been found to have more difficult lives in terms of their physical, mental, and medical health. According to the current study, social activists should take all necessary steps to identify a better way to address teen pregnancy.	Psychological Effects of Early Pregnancy

				<p>associated with various problems and risks, including weight disturbances, parental distress, income, and economic and psychological distress. However, the study had no limitations, as it did not reveal self-efficacy and demographic details.</p>	
<p><b>Tilman, Pereira, Araujo, Ximenes(2022)</b></p>	<p>The Relationship Between Teenage Pregnancy and Future Maternal Mental Health</p>	<p>Indonesia</p>	<p>Qualitative</p>	<p>Individual factors such as lack of knowledge about reproductive health, low self-esteem, and lack of good decision-making can also contribute to teenage pregnancy. Adolescents who lack the skills to resist pressure from partners or peers to engage in unprotected sexual intercourse tend to have a higher risk of pregnancy at a young age. With a comprehensive understanding of the factors that contribute to teenage pregnancy, it is hoped that effective prevention programs and</p>	<p>Efforts to improve future maternal mental health should be a priority in public policy and clinical practice. A holistic approach that takes into account the various factors that influence maternal mental health, as well as cross-sectoral cooperation, is needed to create a supportive environment for adolescent mothers to achieve optimal mental well-being.</p>

				targeted interventions can be formulated to reduce the number of teenage pregnancies and address the negative impacts on women, families, and society at large.	
<b>Emeri, Olarenwaju (2024)</b>	Impact of Teenage Pregnancy and Early Marriage on Psycho-social Well-being of Pregnant Teenagers in Lagos State: Sociological Implications	Nigeria	Quantitative	The reason for this finding may be because pregnant adolescents tend to be critical of themselves, have poor self-esteem, may become negatively pessimistic, and feel unloved	There is a need to develop programs that will empower teenagers to cope with the challenges that they face during their pregnancy. Developers of such intervention programs will need to involve the teenagers themselves if such interventions are to be effective.
<b>Goossens, Kadji, Delvenne (2023)</b>	Teenage Pregnancy. A Psychological risk for mothers and babies?	Belgium	Mixed	Teen mothers are more at risk for postnatal depression, school dropout, and bad socioeconomic status. The babies and children are more at risk for prematurity and low birth weight and later for developmental delays and behavior disorders. The mothers often experience symptoms of depression that can increase their feelings of inefficacy and bad parenting.	Adolescent pregnancy should be supported interdisciplinary (gynecologist, psychologist, child psychiatrist, midwives, pediatrician). We need further studies to target patients who are most at risk and personalize maximum support.
<b>M Mangeli, M Rayyani, MA</b>	Exploring the Challenges of Adolescent	Iran	Qualitative	Six main categories: increasing the	Emotional and mental distress was another problem faced by

<p><b><u>Cheraghi, B Tirgari(2021)</u></b></p>	<p>Mothers From Their Life Experiences in the Transition to Motherhood: A Qualitative Study</p>			<p>burden of responsibility, experiencing physical problems, receiving insufficient support, inefficiency in maternal role, emotional and mental distress, and role conflict, and 18 sub-categories were extracted from the data analysis.</p>	<p>teenage mothers. They had experienced fear, worry, regret, frustration, guilt, shame, depression, and disruption in the relationships of couples.</p>	
<p><b>Ray, J. G., Fu, L., Austin, P. C., Park, A. L., Brown, H. K., Grandi, S. M., ... &amp; Cohen, E. (2024)</b></p>	<p>Teen Pregnancy and Risk of Premature Mortality</p>	<p>Ontario, Canada</p>	<p>Population -based cohort study: Quali</p>	<p>In this population-based cohort study of 2.2 million females followed up within a universal health care system, the risk of premature death by approximately 31 years of age was 1.5 times higher among those who had experienced one teen pregnancy and 2.1 times higher among those who had at least two teen pregnancies. Of 2,242,929 teenagers, 7.3% experienced a pregnancy at a median age of 18 years. Of those with a teen pregnancy, 36.8% ended in a birth (of which 99.1% were live births), and 65.1% ended in an induced abortion.</p>	<p>It should be assessed whether support for female teenagers who experience pregnancy can enhance the prevention of subsequent premature mortality in young and middle adulthood.</p>	<p>The Stigma and Social Judgement</p>

<p><b>Saleh, M. A. (2022)</b></p>	<p><u>Outcomes of teenage pregnancy at Benghazi Medical Center 2019-2020</u></p>	<p>Libya</p>	<p>Qualitative</p>	<p>The study analyzed the sociodemographic state of teenage girls, revealing a mean age of 18.13 years and a majority of them having primary education. Obstetric history was predominantly primigravida, with complications including preterm deliveries, pre-eclampsia, anemia, obstructed labor, and abruption of the placenta. The study found a significant relationship between teenage mothers' mode of delivery and newborn baby outcomes.</p>	<p>Appropriate and adequate counseling on different antenatal services. Increase awareness of families about complications of teenage pregnancy and their impact on mother, child, and society, and encourage females to complete high school. Secondly, future research should employ bigger sample sizes, and a prospective study of the obstetric performance of teenage moms in the community should be conducted, as well as a probable comparison of the pregnancy results between younger and older teenagers. Thirdly, doctors should be encouraged to complete their medical records. Finally, teenage pregnancy needs to be tackled as a priority to ease the burden of socioeconomic and health problems.</p>	
<p><b>Tabei, K.; Cuisia-Cruz, E.S.S.; Smith, C.; Seposo, X (2021)</b></p>	<p>Association between Teenage Pregnancy and Family Factors: An Analysis of the Philippine National Demographic and Health Survey 2017</p>	<p>Philippines</p>	<p>Qualitative</p>	<p>The Philippine NDHS 2017 data shows that 31.87% of teenage pregnancy cases were in single-parent households, with 71.59% occurring in rural areas. 42.26% of pregnant adolescents did not complete secondary education. The proportion of pregnant adolescents</p>	<p>The risk of teenage pregnancy was shown to be associated with living with neither parent, and several sociodemographic characteristics showed a non-uniform increase and decrease in the risk of teenage pregnancy.</p>	

				<p>decreased with household income. Lack of communication between parents and children can impact sexual decision-making. Adolescent women living with neither parent and belonging to the poorest wealth quintile face a higher risk of teenage pregnancy.</p>	
<p><b>Chemutai, V., Musaba, M. W., Amongin, D., &amp; Wandabwa, J. N. (2022)</b></p>	<p>Prevalence and factors associated with teenage pregnancy among parturients in Mbale Regional Referral Hospital: a cross-sectional study</p>	<p>Uganda</p>	<p>Qualitative</p>	<p>Teenage pregnancies are associated with factors such as age of coitarche, delayed sexual debut, and lack of education. Teenage mothers are 10 times more likely to stop primary education and are less likely to use contraception and be exposed to sex education information at home. The prevalence of teenage pregnancy is lower than in Eastern Uganda but is still significant.</p>	<p>Promotion of reproductive health education may prevent teenage pregnancy.</p>
<p><b>Charlton, B. M., Roberts, A. L., Rosario, M., Katz-Wise, S. L., Calzo, J. P., Spiegelman,</b></p>	<p>Teen Pregnancy Risk Factors Among Young Women of Diverse</p>	<p>New York City</p>	<p>Qualitative</p>	<p>Childhood maltreatment and bullying are significant teen pregnancy risk factors, accounting for 45% of sexual</p>	<p>The current discrepancy in teen pregnancy related to sexual orientation can be lessened by focusing preventative efforts on risk factors that are more prevalent among young</p>

<p><b>D., &amp; Austin, S. B. (2018).</b></p>	<p>Sexual Orientations</p>			<p>orientation-related disparities. Early reaching developmental milestones, particularly among sexual minorities, is associated with increased risk. Young women, particularly bisexuals, are more likely to experience teen pregnancy, partially due to childhood maltreatment and bullying.</p>	<p>women who are sexual minorities (such as bullying and maltreatment throughout childhood).</p>	
<p><b>Harrison, M. E., Clarkin, C., Rohde, K., Worth, K., &amp; Fleming, N. (2017)</b></p>	<p>Treat me but do not judge me: Qualitative Examination of Health Care Experiences of Pregnant and Parenting Youth.</p>	<p>Canada</p>	<p>Qualitative</p>	<p>A study of 26 pregnant and parenting youth (PPYs) in Canada found that while they experienced both positive and negative healthcare experiences, the negative ones were more memorable and hurtful. Most of these experiences were attributed to judgment or perceived judgmental attitudes from healthcare providers, leading to mistrust and fear of the system. The study highlights the importance of understanding the experiences of these young individuals.</p>	<p>In order to improve teenage sexual health and lessen stigma, teacher education programs should incorporate sexual and reproductive health training to enhance understanding of adolescent sexuality, abortion, and the use of contraceptives.</p>	

<b>Adewole, O., &amp; Otubanjo, O. M. (2020)</b>	Young men's perceptions of teenage pregnancy	USA	Qualitative	The study investigates how young males in a Texas county, ages 18 to 21, see and experience teen pregnancy. Males perceive themselves as major contributors to pregnancies and have been subjected to peer pressure to engage in sexual activity, which they perceive as a risk factor for teen pregnancy or sexually transmitted infections. Adolescent women also view pregnancy as a competition for men's affection and anticipate having children at an early age.	According to this study, young men perceive adolescent pregnancy negatively, and they are worried about unintended pregnancies, early sexual engagement, and the burden of parenthood. They consider unintended pregnancies to be a barrier to life and a diversion from scholastic success. A lot of young men blame television, the media, and peer pressure for their sexual awareness. They offer methods for lowering unwanted pregnancies, encouraging sex education that goes beyond abstinence, and facilitating access to services for reproductive health and knowledge. The report suggests encouraging human sexuality education at the college and university levels and integrating preventative initiatives into school curricula.	The Roles and Responsibility of the Teenage Father in Child-rearing and Financial Support
<b>Madlala, S. T. (2016)</b>	Exploration of Traditional and Cultural Practices Contributing to Teenage Pregnancy from the Young Males Perspectives at the Free State School of Nursing	South Africa	Qualitative	Adolescents undergo physiological and psychological changes that raise the likelihood of unintended pregnancies and sexual encounters. Sexual activity knowledge is not necessarily a prerequisite for physical preparedness.	Traditional male practices, like circumcision, need to be updated with in-depth knowledge about safe sexual intercourse. A probe should investigate elders' teachings at initiation schools to address teenage pregnancy. This study could strengthen Department of Health policies and guidelines for young male involvement in reproductive health.	

				<p>To appear manly and win the respect of their peers, over 27.2% of young men have several sexual partners and never use condoms. They run the risk of STIs and adolescent pregnancies because of this dangerous practice. Teenage pregnancies can be decreased by educating students about sexual issues and involving young men. From the viewpoint of young boys, this study investigated the cultural and traditional practices that contribute to adolescent pregnancy.</p>	
<p><b>Ngweso, S., Petersen, R. W., &amp; Quinlivan, J. (2017)</b></p>	<p>Birth experience of fathers in the setting of teenage pregnancy: Are they prepared?</p>	<p>Australia</p>	<p>Qualitative</p>	<p>This study looks at the role and experiences of dads during adolescent pregnancy and finds that they are less involved in decision-making, less prepared, and less consulted. The results demonstrate the complexity of adolescent pregnancy and the influence of relationship</p>	<p>Infant-parent relationships, the growth of newborns, and the psychosocial functioning of parents are all profoundly impacted by the birth of a kid. Unfavorable experiences might result in decreased attachment, trouble nursing, and anxiety about having another child. Expectations, labor pain, birth control, and partner support are factors that affect how satisfied women are with their deliveries. Early father</p>

				<p>quality, personality factors, and the idealization of pregnancy on expectations of parenthood. Unpreparedness, shock, dread, and detachment from birth were the four primary negative themes identified by the study. The study's shortcomings include the absence of feedback from fathers who are not necessarily teenagers, fathers who have known prenatal abnormalities, and males who are alienated from their spouses. By helping males prepare for childbirth, negative emotions like shock, fear, and separation may be lessened, which may promote the early connection between a father and his kid.</p>	<p>participation reduces negative effects like preterm birth and low birth weight and enhances children's cognitive and socioeconomic development. Negative health outcomes are decreased, and supportive spouses increase prenatal care.</p>
<p><b>Assini-Meytin, L. C., Garza, M. A., &amp; Green, K. M. (2019)</b></p>	<p>Racial and Ethnic Differences in Teenage Fathers' Early Risk Factors and Socioeconomic Outcomes Later in Life</p>	<p>Washington, California</p>	<p>Qualitative</p>	<p>Using a nationally representative sample of young people, this descriptive study aimed to examine the variations in the situations and results of teen fathers who are</p>	<p>Future research utilizing prospective cohorts with several time points has to look at disparities in the adult socioeconomic outcomes of teen fathers in order to determine the key areas of intervention or the particular processes that link teens' socioeconomic disadvantage and</p>

				<p>African American, Latino, and White. The results indicated that Latino teen dads during adolescence are more likely to come from families with poor parental educational attainment and a higher dependence on government support. Family history, parental participation, school-related traits, substance abuse, and adolescent delinquency do not identify African American teen fathers as a segment more likely to experience adverse socioeconomic consequences.</p>	<p>parenting) for every racial group. Additionally, by mapping socioeconomic status trends, scholars can clarify when African Teen fathers in America face more cumulative disadvantages throughout their lives. Assisting in determining the goals of interventions and policies to assist this group in a smooth adulthood transition</p>
<p><b>Uengwongsapat, C., Kantaruksa, K., Klunklin, A., &amp; Sansiriphun, N. (2018)</b></p>	<p>Growing into teen fatherhood: a grounded theory study</p>	<p>Thailand</p>	<p>Qualitative</p>	<p>The fundamental social process that surfaced as the central category was "growing into teen fatherhood." These men developed their parenthood skills through this method. This process was further broken down into three stages: creating a perception of being a teen</p>	<p>Healthcare practitioners will be better equipped to support young men and boys as they navigate the transition to fatherhood if they have a deeper grasp of these rich findings.</p>

				<p>expectant father, accepting the upcoming parenthood, and enduring the conflict of future roles. The participants faced numerous disagreements and difficulties during this process. They used various techniques to deal with the interpersonal, financial, and emotional difficulties they encountered when they became fathers.</p>	
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The table shown above highlights the challenges associated with teenage pregnancy, pointing to its impact on adolescent parents' financial stability, psychological well-being, social interactions, and education. The studies show that many young parents stopped schooling due to having difficulty balancing child-rearing responsibility and studying. Financial problems worsen these struggles, which limits their opportunities for self-growth. Proper support, financial assistance, and educational resources and insights are important to carry in their studies and pave the way for a bright future for them and their child (Genelza, 2022).

Nevertheless, the reviewed literature highlights the physiological consequences of teenage pregnancy, which include stigma, depression, social acceptance, and mental health struggles such as stress, anxiety, and depression. Negative social judgment sometimes results in self-esteem reduction and a lack of motivation to pursue an educational or career goal. The role of young fathers in child-rearing and financial support is also considered, with the study indicating a need for greater paternal participation and awareness. Overall, the review illustrates the necessity of comprehensive intervention, such as reproductive health education, mental health support, and a community-based program, to mitigate the adverse effects of teenage pregnancy and still help young parents to lead stable and fulfilling lives.

## CONCLUSION

With all the literature collected in this research, teenage pregnancy is a serious worldwide issue that poses a negative impact on young girls' health and education. The consequences of being a young parent are not only getting discriminated against but also being judged and criticized for their actions, leading to them getting discouraged, lowering their self-esteem, and social isolation. Many of the young parents also experience increased level of stress possibly leading to anxiety and depression. Teenage pregnancy's negative effect greatly impacts not only young girls' lives but also young boys who have to bear the responsibilities and roles of being a father while still young.

Additionally, this study draws attention to early teenagers' psychological and financial issues. This issue hinders young mothers' ability to further their studies and careers. In addition, young fathers are expected to have a significant role in raising their children. Supporting young fathers in their financial and emotional responsibilities is essential to ensuring the wellness of both parents and children.

In conclusion, lowering the number of adolescent pregnancy rates is necessary for a multifaceted strategy that takes into consideration the social, psychological, educational, and health issues that young dads and mothers experience. This can enable teenagers to make better decisions, enhance their quality of life, and end the cycle of poverty and limited possibilities by

implementing focused interventions, improving access to resources, and changing cultural perspectives. Also, raising awareness about the importance of parental roles in schools is an important step toward mitigating the negative impacts of early pregnancies.

## RECOMMENDATION

Schools and communities should adopt thorough educational initiatives on reproductive health and responsible decision-making. These initiatives should focus on raising public awareness of birth control, the negative effects of unplanned pregnancies, and the significance of being emotionally and financially ready for parenthood. Teenage moms can also manage psychological stress and lower their risk of long-term negative effects by having access to support groups, therapy, and medical treatment. In order to encourage teenagers to make better decisions, families and communities should also create a supportive atmosphere promoting open discussions about reproductive health.

Schools, healthcare providers, and families must work together to improve support networks in order to lower the rate and harmful impacts of teen pregnancy. Comprehensive sex education that addresses early pregnancy's emotional and social impacts, in addition to reproductive health, should be taught in schools. Teenage moms should have easy access to healthcare services, such as therapy for mental health, to protect their health and the health of their future babies. Furthermore, providing them with opportunities for education, financial independence, and livelihood and support groups may encourage young mothers. Teenagers will be more likely to seek advice, make good choices, and create a more secure future for themselves and their kids if a supportive, free-of-judgment environment develops.

Governmental agencies, non-governmental organizations, and local communities should collaborate to establish thorough intervention programs in order to address teen pregnancy effectively. These efforts should offer free or reasonably priced contraceptive services, easily accessible reproductive health education, and guidance to assist teenagers in making decisions. Young moms can benefit from financial opportunities like scholarships and job training, which can help them finish their education and ensure a stable future. Fostering open communication within families is crucial to preventing early pregnancies because parents and guardians play a critical role in guiding teenagers.

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