SOCIAL, ECONOMIC AND AFFECTIVE IMPACT OF PREGNANCY IN THE FATHER TEENAGER

IMPACTOS SOCIALES, ECONÓMICOS Y AFETIVOS DEL EMBARAZO EN PADRES ADOLESCENTES

Taise Bastos Silva¹, Eduardo Nagib Boery², Rita Narriman Silva de Oliveira Boery³, Vanessa Cruz Santos⁴, Karla Ferraz dos Anjos³, Alba Benemérita Alves Vilela⁵

ABSTRACT

Objective: analyzing the social and emotional impacts of pregnancy in teenage father. Method: a qualitative study with 10 teenage fathers in a Health Center in the countryside of the State of Bahia (BA). The data production was performed through interviews and analysis; we chose the technique of Content Analysis. The research project was approved by the Research Ethics Committee, CAAE 15424313.5.0000.0055. Results: being a father in adolescence triggers several social and affective impacts, such as having to take paternity, even with difficulties, among them, the financial and family relationships involving the new situation. Conclusion: it becomes necessary the inclusion of adolescents in health programs such as family planning and can, thus, contribute to reducing unwanted teenage pregnancy and parallel the negative impacts experienced as a result of early parenthood. Descriptors: Adolescents; Pregnancy in Adolescence; Parenthood.

RESUMEN

Objetivo: analizar los impactos sociales e afectivos de la gravididad en un padre adolescente. Método: estudio cualitativo con 10 padres adolescentes en un Centro de Salud del interior de Bahía (BA). La producción de datos se realizó por medio de entrevista e para análisis, optó-se pela técnica de Análise de Conteúdo. A pesquisa teve o projeto aprobado pelo Comitê de Ética em Pesquisa, CAAE 15424313.5.0000.0055. Resultados: ser un padre en la adolescencia desencadena diversos impactos sociales y afectivos, como o de ter que asumir una paternidad, mismo con dificultades, entre ellos, la financiera y las relaciones familiares que envuelven a una nueva situación. Conclusion: es necesario la inclusión del público adolescente en programas de salud como el planeamiento familiar, podiendo, desta forma, contribuir para reduccion de la gravididad indeseada en la adolescencia e paralelamente de impactos negativos vivenciados en decorrência da paternidade precoce. Descriptores: Adolescente; Gravidoz na Adolescence; Paternidad.

RESUMEN

Objetivo: analizar los impactos sociales y emocionales del embarazo en el padre adolescente. Método: un estudio cualitativo con 10 padres adolescentes en un Centro de Salud en el Estado de Bahia (BA). La producción de datos se realizó a través de entrevistas y análisis, se optó por la técnica de Análisis de Contenido. La investigación fue aprobada por el Comité de Ética de la Investigación, CAAE proyecto 15424313.5.0000.0055. Resultados: ser un padre en la adolescencia desencadena varios impactos sociales y afectivos, tales como tener que tomar la paternidad, aun con dificultades, entre ellas las relaciones financieras y familiares relacionados con la nueva situación. Conclusión: es necesario la inclusión de los adolescentes en programas de salud, como la planificación familiar y por lo tanto puede contribuir a reducir el embarazo no deseado en la adolescencia y, en paralelo, los impactos negativos experimentados como resultado de la paternidad temprana. Descriptores: Adolescencia; El Embarazo en la Adolescencia; La Paternidad.

¹Nurse graduated at the State University of Southwest Bahia. Jequie (BA), Brazil. Email: thaisybastos.06@hotmail.com; ²Nurse and Professor of the Graduate / Postgraduate Program in Nursing and Health at the State University of Southwest Bahia / PPGES / UESB. Jequie (BA), Brazil. Email: eboney@gmail.com.br; ³Nurse, Professor PostDoc of the Graduate / Postgraduate Program in Nursing and Health at the State University of Southwest Bahia / PPGEF / UFBA. Salvador (Bahia), Brazil. Email: karla.ferraz@hotmail.com; ⁴Nurse and Professor of the Graduate / Postgraduate Program in Nursing and Health at the State University of Southwest Bahia / PPGES / UESB. Jequie (BA), Brazil. Email: vanessacrus@hotmail.com; ⁵Nurse and Doctoral Student of the Postgraduate Program in Nursing at the Federal University of Bahia / PPGENF / UFBA, Salvador (Bahia), Brazil. Email: rboery@gmail.com; ⁶Nurse and a Master’s Student of the Postgraduate Program in Nursing and Health at the State University of Southwest Bahia / PPGES / UESB. Jequie (BA), Brazil. Email: rboery@gmail.com; ⁷Nurse and Professor of the Graduate / Postgraduate Program in Nursing and Health of the State University of Southwest Bahia / PPGES / UESB. Jequie (BA), Brazil. Email: albavilela@gmail.com
INTRODUCTION

In Brazil, the Statute of the Child and Adolescent (ECA), Law 8.069 of 1990, considers adolescence as the age group of 12-18 years old (Article 20). Adolescence is a stage of life in which occur several changes, both in the body, such as psychological and emotional. Puberty brings changes such as change in voice, appearance of hair, and increase in body mass, production of chemicals that triggers accelerated changes in the body, thus, providing the development of male and female genital system.

The sociocultural changes those have been happening and, among its consequences, the increasingly sexual initiation among younger teens, featuring a different pattern of social and sexual behavior. In the past six decades, happened among women, a reduction in the fertility rate (in 1940, the national average was 6.2 children, in 2000, is now 2.3 children), however, what occurs among adolescents is the reverse. Since the 90s, the fertility rate of this population increased 26%.

Teenage pregnancy is often one of the major public health problems in Brazil, being the young man and his son, vulnerable to physical, psychological and social risks. The pregnancy in this population does not always happen in a planned way, and sometimes it is not desired by the pregnant woman, her partner and her family of origin, however, is an event which may have reduced its risks when accompanied by a health team responsible for prenatal care.

The deficit of knowledge related to sexuality is one reason that favors the incidence of unwanted teenage pregnancy, may cause impacts to the teenage mother and to the father. Soon, his father’s life, it also requires care and attention, which justifies the construction of studies that treating pregnancy in this age segment, the father figure is approached. This is because, appears as a delicate situation in the emotional development of man which can result in growth, development, ripening, and also in frustration and disorganization.

Fatherhood is a subject that is emerging and disquieting scholars to conduct studies about focus on motherhood. This can be evidenced in scholarship on fatherhood, which is scarce, almost “invisible” compared to motherhood.

In this study, social and emotional impacts of pregnancy in teenage father, means having a response to some questions that guide the behavior of the parent look, because the pregnancy to the teen may represent a rapid transition from child to parent in a transition from his role social boy to adult and can awaken a situation of crisis and conflict or of growth and maturation.

Before the exposed, from the complexity characterized by early pregnancy, it is noted the need to reflect on the problems arising from the same, this study will emphasize topics that are bound to this problem, to facilitate understanding of the environment and power provide a better understanding of the impacts that may be caused by pregnancy in teenage father.

This study on the socio-emotional impacts of pregnancy in teenage father intends to find grants those can help healthcare professionals and parents who deal with this event. In this sense, it is mapped to analyze the social and emotional impacts of pregnancy in teenage father.

METHOD

This is a qualitative study conducted in a Health Center located in a municipality in the State of Bahia, Brazil. This center is composed of professionals to support overall health, practitioners, pediatricians, gynecologists, obstetricians and others. It offers specialized services such as pre-natal family planning, preventive, vaccine units, dressings, HIPERDIA, tuberculosis and leprosy service, social work, pharmacy, child care, among others.

The research participants were ten adolescents who accompanied the parents to pregnant Prenatal Service of the said Health Centre. The data were collected with date and time previously scheduled at the center itself, in the period June to August 2013.

The data production was conducted through semi-structured interviews and a questionnaire prepared by the authors, with questions of socio-demographic nature, which were applied individually. The interviews were digitally recorded and transcribed verbatim. The inclusion criteria were: 12-18 years old and be a father. Exclusion criteria were: parents who did not attend the health center after three dates scheduled for the research.

The organization of the data started from the transcription of the sentences and then sort the responses of those surveyed. Soon after, came the operational steps of the technique Categorical Thematic Content Analysis, which consists of three chronological poles to be followed: pre-
analysis; the exploration of the material collected; and, finally, treatment of the results: inference and interpretation of data, namely:

For construction of categories, began the pre-analysis in which the complete reading of each typed researched answers was setting the corpus of work. Subsequently followed for the second stage consisted in the exploration of reading most detailed and comprehensive of each answer, observing, in this way, which appeared more significant. And, the third stage took place rankings and aggregating the data into five (5) thematic categories: 1) Reactions at the news of being a father. 2) Current and future difficulties after being a father. 3) Changes to paternity later life. 4) Prospects for life when he became father. 5) Contraceptive methods.

Teenage parents who agreed to participate were informed about the objectives, methods, risks and benefits of the study. Besides, they were guaranteed confidentiality about their identity, and autonomy to drop at any stage of the research. Since they are minors, the Term of Consent (IC) was signed by adolescents and parents and / or guardians, who were asked earlier in the Health Centre and learned about the research.

For this study all requirements of Resolution No. 466/2012, the National Health Council, which regulates research involving human subjects were followed. To this end, the project was approved by the Ethics Committee in Research of the State University of Southwest Bahia, campus Jequie, Bahia, in the opinion paragraph No. 301 095 and CAAE No. 15424313.5.0000.0055.

RESULTS AND DISCUSSION

The participants in this study are characterized by 10 teenage parents, three of whom has 16 years, five have got 17 and two have 18. Studying seven and three did not. As for schooling, two have complete elementary school, six incomplete high school, and two, complete high school. Everyone had a son and from the ten adolescents, eight performed paid work.

From the data analysis, responses of adolescent parents about being a parent in this age group were seized. The use of Categorical Thematic Content Analysis allowed the rise of five categories.

◆ Reactions at the news of being a father

In this category emerged answers those showed concern, surprise, lack of planning and joy. Teens reported being concerned about the new situation, being a father, especially in relation to financial conditions, having to support a child, however, over time they are sensitive to the situation.

I worry about the future. (E4) [...] very frightened by the novelty of being very young father. (E5) At the time I was a bit tense, then got used to the idea. (E6) I was in shock. (E7) Fright. (E8) [...] I was very scared. (E9) [...] I am unable to support the family. (E9)

Fatherhood is permeated by conflicts, determined by the condition that the new couple experiences. Cultural social issues, religious and family guide the experience of parenthood, defining it as desired experience or not, desirable or not and this can influence the way the relationship will be established between the father and the mother, and both with the child.

Among the participants of this study, it was noted the initial impact of being a father, the surprise experienced by adolescents from an unwanted pregnancy. Several teens planned not to having children, be a parent at that point in their lives, so they were surprised by the situation.

I was surprised [...]. (E1) It was a surprise. (E2) I was surprised. (And 3,9,10) [...] not expected to be a father so young. (E01) [...] I had nothing planed. (E2) [...] did not expect that situation at that time. (E3)

From the meanings attributed by adolescents to experience parenthood, can generate initial reaction of surprise, shock and awe with the discovery of pregnancy. However, with the passage of time, most reported having used to the new situation and managed to handle the situation.

Fatherhood in the panorama of adolescence should not be perceived only as something that can be avoided, but also as a way to ensure the reproductive rights to the youth of both genders, ensuring the autonomy of those having or not a pregnancy, providing information and accessing contraceptive methods for carrying out family planning and contraception also.

Positive feelings were also reported by adolescents to become a father, even being shown only from the response of the participants, thus not representing only negative impacts on the life of that individual.

I was happy. (E5)

It is not always necessary to consider that teen pregnancy is understood as a problem, is for teens, whether for family and social group. In a study on experiences of parenthood during adolescence, it was found that many teen parents sought to exercise and...
build paternity, and thus adapted to the new situation and emphasized the positive feelings despite the changes that occurred in your life.5

In a study on parental involvement and family reaction to the pregnancy in adolescence, some mothers responded that her father’s reaction to his / her child upon receiving news of fatherhood was good or very good. Thus, we see the positive reaction of the father upon learning about pregnancy, perhaps by the possibility of construction of this process as a new stage of life, opportunity for maturation and development of a household of affection and involvement with the child.11

◆ Current and future difficulties after being father

From this category were seized responses from adolescents who report difficulties having knowledge that would be parents, such as: lack of experience, maturity and responsibility, and financial terms. Among teens surveyed perceived uncertainty resulted from the discovery of being a father, the deficit of experience and doubt in dealing with this situation, administer the responsibilities of parenthood.

I doubt you can create a child. (E3) Knowing how to deal with the situation, since from then on would not think only on me, and I had no experience as a parent. (E2)

The man also suffers the impact of changing roles. Among the feelings those emerge in this phase are the fear that may be the result of inexperience, the responsibility for the baby, which also leads a man to live a conflicting phase.7

For some respondents, because paternity is necessary to acquire maturity and responsibility, factors considered critical to care for the child as well as the spouse, who now constitute a family.

[…] Assuming the responsibilities of a father. (E1) Learn to handle with the situation. (E2) […] From then on would not be thinking only of me. (E2) […] the two (women and child) depend on me. (E6)

The gestation for several teenagers may represent a rapid transition from a situation of daughter / son to mother / father in a transition of its social role of woman / man still in the formation of becoming an adult, this may raise a crisis situation and conflict or growth and maturation.4

The position taken by participants in a study on fatherhood indicated the experience of parenting as a social attribute. The termination "responsibility" established the theme, showing parenting more as an acquisition of a new social responsibility than as a dimension of emotional involvement with the child. This task appears associated with concern for the well-being of children, in order to ensure their survival and protection.12

Several teens planned to not having children, be a parent at that point in their lives, so also demonstrated how difficult the financial condition is, since most had to leave school and work to support the child.

Reconciling work and study [...] assume the responsibilities of a father. (E1) The support to the family. (E4) I had and am still having some financial problems [...]. (E5) […] I get very little work that I performe. (E5) For me the worst is how I'm going to support the child and her mother [...]. (E6) […] both depend on me. (E6) Financial difficulties. (E7) Fear of passing financial difficulties. (E8, 10) Fear of passing difficulties [...] psychological. (E9, 10)

Although teenage pregnancy happens more broadly in the most impoverished populations, it cannot be denied that the phenomenon occurs in all strata of the population, but their consequences can be more negative for teenagers whose social integration restricts access to material and immaterial goods.

◆ Life changes after the paternity

In this category, it was reported by adolescents the need to change their habits and attitudes, such as the abandonment of the studies, being seen like some of the impacts of parenthood. Parents adopt such changes to take responsibility of fatherhood, being observed among these, the personal, social and financial nature.

The biggest changes were regarding the economic situation [...]. (E1) From now on, everything that my parents gave me, for I do not work, they will still give to my son, everything will be divided (E6). I have to take care of children [...]. (E1) […] the time to share the fun (E1). Change in my personal, social and financial life (E9) I became much more responsible [...]. (E2) […] dedicate myself to a family. (E2) I had to change my habits. (E3) […] support my wife and son. (E5) […] I had to grow up very fast. (E7) Responsibility. (E8) Change in my personal, social and financial life. (E9) Responsibility. (E10)

As parenting is noted as the cause of the restriction of social and leisure activities with friends, the loss of freedom to go out and source of concern, it is also embraced as a catalyst ripening and as a source of social recognition and satisfaction in the exercise of parenting.14
One of the negative psychological factors faced by adolescents is the inability to deal with so many responsibilities at the same time as obligations of child care, the conquest of autonomy, financial difficulty, which generates feelings like that of immaturity and loss of their freedom.13

Some parents interviewed left school at the expense of labor, that justified by the perception that the priority was to keep the woman and her son, individuals dependent on their financial resources.

Leaving studies [...]. (E4) [...] to have work. (E4) [...] I stopped studying to work [...]. (E5) [...] support my wife and son. (E5)

Generally, teenage pregnancy has been met as a risk factor and that can disrupt the lives of adolescents, as well as being the decisive factor in the reproduction cycle of poverty of the people, by providing impediments in continuing the studies.13

♦ Perspectives of life when he became father

The analysis of this category brings some perspective to being a father of teenagers, among these are primarily focused on the financial aspects, posing work and study as a possibility to provide better living conditions for the new family.

I need to pay the bills [...] taking the responsibility of parent [...] managing the future and the fun. (E1) Wed [...] (E3) [...] have my own house, since we now live with my mother-in-law. (E3) [...] could provide a good education for my daughter. (E2) Power to raise my child with dignity. (E7) Work more [...] (E8) [...] educate my son. (E8)

The child during adolescence is characterized as a catalyst of changes, from the construction of future expectations and planning strategies for the realization by these teenagers, who can guarantee them a position to offer the child a better life than they had. Thus, empowerment actions directed to teenage parents that fosters this sense for the child, can have their effectiveness enhanced interventions that assist them in consolidating the changes in their life trajectories.14

The emphasis on continuity forward to the prospect of a better future, offer them better living conditions on the formation of a family studies, was widely reported among the study participants.

I'll go back to school [...]. (E4) [...] achieve my professional goals. (E4) to study more [...]. (E5) [...] get a better job [...]. (E5) [...] buy a house more comfortable for me and my family. (E5) [...] Now it's time to work while studying. (E6) Now I have a

Social, economic and affective impact of pregnancy...

family to support, they depend on me. (E6) study [...]. (E9, 10) [...] get a job (work) better. (E9, 10)

After the pregnancy, the majority of respondents on a study of the process of parenting in adolescence reported that their expectations of the future are mainly related with the desire to continue their studies in search of jobs and better pay, considering that the presence informal and low-paid jobs is related to low education. Therefore, the continuation of studies is configured as the ability to provide a better future for their children.14

♦ The use of contraceptive methods

The reveal of this category shows the responses of adolescents who reported seized or not regret not having used contraception to avoid pregnancy and the partner have become father in adolescence, noting that most if said sorry saying that if they had another chance would use these methods.

Yes, for sure. (E1-10) [...] I would use a condom [...]. (E1, 7, 8, 10) [...] or another contraceptive method. (E1) [...] an unplanned pregnancy is very complicated for both parties. (E3) [...] would use contraception to avoid pregnancy and sexually transmitted diseases. (E4) [...] if me and my girlfriend had prevented, everything would be avoided and we would continue living our lives as young, enjoying and taking advantages. (E6)

Part of the population resists in recognizing the teenager as a sexually active individual. A usual example is noticed when health professionals conduct health education activities in secondary schools with the aim of discussing sexuality and distribute condoms. Right now, when requesting authorization from the educational establishment. It occurs several times controversial, since some parents and health educators this activity can encourage teens to become sexually active. However, it is relevant that happens the realization that many of these adolescents are already sexually active and do not have the proper guidance.16

Sexual relations with temporal and conceptual changes, has begun increasingly early and need more care and observation by parents, teachers and counselors, to conduct those relationships in a more conscious, healthy way, so that the teen can acquire responsibility in the sexual act, and this is for both women and for men.17

Some teens do not feel sorry despite pregnancy have not been previously planned, however, to consider experience, would use contraception.
I do not feel sorry, though it was not anything planned, but it was today, with the experience I have, would use contraception. (E2)

Not having sufficient knowledge on contraceptive methods, means the need for teenagers to be inserted into family planning services to ensure them a proper support and monitoring to overcome difficulties during the use and suitability for the use of the methods.¹⁸

CONCLUSION

In order to analyze the social and emotional impacts of pregnancy in the teenage father, from the results of this study, it was noted that the discovery of parenting causes varied and contradictory feelings, causing positive and negative life impacts on the teenage father. In this context, several respondents reported initially have worried, surprised, but who had reported having felt happy to be a father, however, this diversitivity may be associated with pregnancy being desired or not.

Among adolescents, it was raised difficulties after paternity among these were the conditions relating to the financial deficit to take better care of the child, the experience with the new situation deficit, the need to take responsibility of parenthood.

It is suggested that further studies should be conducted to further development of the theme that guides the "being a father" in adolescence. Besides, it is necessary that public health policies reach individuals adolescents by promoting the integration of these into health programs such as family planning and can thus contribute to reducing unwanted teenage pregnancy and parallel negative impacts experienced by these to become parents early.

REFERENCES


Social, economic and affective impact of pregnancy...


Submission: 2013/02/09
Accepted: 2014/04/20
Publishing: 2014/09/01

Corresponding Address
Taise Bastos Silva
Rua Coronel Costa Brito, 350
Bairro Campo America
CEP 45203-660 – Jequié (BA), Brazil