Difficulties faced in the context of adolescent pregnancy registered at the Family Health Strategy

DIFICULTADES ENFRENTADAS NA PERSPECTIVA DA GESTANTE ADOLESCENTE CADASTRADA NA ESTRATÉGIA SAÚDE DA FAMÍLIA

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ABSTRACT
Objective: describing the difficulties found by pregnant adolescents registered in Family Health Strategies.

Methodology: an exploratory and descriptive study with a qualitative approach. It was performed with 17 pregnant adolescents registered in the Family Health Strategy in the city of Cajazeiras/PB. There was conducted an interview with a portable recorder and a semi-structured guidance. The data were systematized as Content Analysis by thematic categories of Bardin. The research project was approved by the Research Ethics Committee, protocol 795.786. Results: from the analysis of the speeches of the participants emerged three thematic categories with the respective sub-categories: << Individual difficulties (financial, low age of the pregnant and lack of maturity on motherhood) >>; << Family difficulties (low family income, and non-acceptance of pregnancy by the family) >> and << Social difficulties (lack of support and prejudice of the population) >>. Conclusión: it is a problem of modern society, being a complex phenomenon that has specific manifestations that should be minimized by health professionals, especially nurses.


RESUMEN
Objetivo: describir las dificultades encontradas por gestantes adolescentes cadastradas en Estrategias de Salud de la familia del municipio de Cajazeiras/PB. Utilizó-se uma entrevista, com gravador portátil e roteiro semiestruturado. Os dados foram sistematizados conforme Análisis de Contenido por categorías temáticas de Bardin. O projeto de pesquisa foi aprobado pelo Comité de Ética em Pesquisa, protocolo 795.786. Resultados: a partir del análisis de los discursos de los participantes emergieron tres categorías temáticas con respectivas subcategorías: << Dificultades individuales (financiera, poca edad de la gestante y falta de maturidad ante la maternidad) >>; << Dificultades familiares (baja renda familiar, e não aceitação da gravidez pelos familiares)>> y << Dificultades sociales (falta de apoio e preconceito da população)>>. Conclusión: es un problema de la sociedad moderna, siendo un fenómeno complejo que presenta manifestaciones específicas que deben ser minimizadas por los profesionales de salud, sobretudo a enfermeras.

Descriptors: Adolescencia, Gestación; Gravidez na Adolescência; Estratégia Saúde da Família.

DIFFICULTIES FACED IN THE CONTEXT OF ADOLESCENT PREGNANT WOMEN REGISTERED AT THE FAMILY HEALTH STRATEGY

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RESUMEN
Objetivo: describir las dificultades encontradas por gestantes adolescentes embarazadas en las Estrategias de Salud de la familia del municipio de Cajazeiras/PB. Se utilizó una entrevista con grabadora portátil y guión semi-estructurado. Los datos fueron sistematizados como Análisis de Contenido por categorías temáticas de Bardin. El proyecto de investigación fue aprobado por el Comité de Ética en la Investigación, el protocolo 795.786. Resultados: desde el análisis de los discursos de los participantes emergieron tres categorías temáticas con sub-categorías: << Dificultades individuales (financiera, poca edad de la mujer embarazada y la falta de madurez de la maternidad)>>; << Dificultades familiares (baja renda familiar, e não aceitação da gravidez pelos familiares)>> y << Dificultades sociales (falta de apoio e preconceito da população)>>. Conclusión: es un problema de la sociedad moderna, al ser un fenómeno complejo que presenta manifestaciones específicas que deben ser minimizadas por los profesionales de la salud, sobre todo enfermeras.

Descriptors: Adolescencia; Embarazo; Embarazada en la Adolescencia; Estrategia Salud de la Familia.
INTRODUCTION

In the process of human growth and development, adolescence is a phase marked by intense physical and biological changes which are associated with other social, emotional, cultural and psychological scope, so that the body takes on a very significant dimension in adolescent life. Until the transition between childhood and adolescence, affective relationships of greater importance tend to be the family. However, these relationships are changed when secondary sexual characteristics begin to emerge as a result of hormonal stimulation, which favors a stage marked by the beginning of dating and sexual experiences.1

Adolescence is the period between 10 to 19 years old; it marks the beginning of reproductive life and is characterized by physiological and psychological changes. These changes and adaptations must elapse healthily, in order to not bring harm to adolescents, as their physical, mental, social and spiritual health. Adolescence experts warn that 1.1 million pregnant adolescents 15 to 19 years old in Brazil, 25% already have a son. The most worrying fact is that much of the same states that the subsequent pregnancy was unplanned.2

In this regard, pregnancy in this population group has been considered in some countries, a public health problem, since it can lead to obstetric complications, with repercussions for the mother and the newborn, as well as psychosocial and economic problems.3

One factor that has been implicated as important in recurrent pregnancy among young people is the neglect of contraception, considering that sexually active adolescents are exposed to a new pregnancy within a year if not used any contraceptive method. Another factor contributing to repeated pregnancies is the anticipation of first sexual intercourse, going on today, on average, to 13 years of age or younger. However, this modification of sexuality pattern, given that sexual initiation occurs increasingly early, occurs especially in developing countries.2

Have also been cited negative effects on the quality of life of young pregnant women, with losses in their personal and professional growth, before that, it is necessary quantitative and qualitative assessment of the issue, especially in developing countries, to verify the need to adopt appropriate measures to its prevention and direct them to the most vulnerable groups.4-5

In the last years, although there is a tendency to reduce teenage pregnancy percentage in the South, Southeast and Midwest, in regions such as North and Northeast is observed relative stability 6. Therefore, the recognition of factors associated with adolescent pregnancy in our environment is important for planning health policies, particularly in areas where there is still a high frequency.7

The city of Cajazeiras presents a considerable number of pregnant adolescents enrolled in the Family Health Strategies (FHS), which at the time of collection amounted to 70 teenagers, according to the Department of SUS (DATASUS). Which are receiving prenatal care. However, this does not imply that do not exist other pregnant adolescents in the city, since there are still those who do not do this monitoring during pregnancy.

Considering the above, the objective of this study is:

- Describing the difficulties encountered by pregnant adolescents registered in Family Health Strategies.

METHOD

This is a field study, of a descriptive and exploratory type with a qualitative approach, for which we used the content analysis method (AC), being developed with pregnant adolescents registered in the FHS of the city of Cajazeiras/PB.

The study population consisted of 70 pregnant adolescents those in the data collection period were in prenatal care in the referred units. There was performed a non-probabilistic intentional sample, closed by theoretical saturation, using the criterion of representativeness of municipal areas (geographical areas): north, south, east, west, central, considering both the urban area as the rural, seeking to cover features of the local population in general.

When applying the data collection instrument, the speeches of the pregnant women began to repeat the collection was stopped by closing the sample with 17 participants that suited the inclusion criteria (between age 10 to 19).

The data were collected through an interview in the home of the pregnant adolescents, using a semi-structured guidance, with subjective questions ascertaining the difficulties faced during pregnancy, which was applied between 30 to 40 minutes, and the lines were recorded by means of a portable recorder.

The systematization of data was performed through the technique of Content Analysis by Thematic Categories, respecting the following
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Teenage pregnancy can be permeated by positive meanings, if it occurs in pre-established conditions for themselves.\textsuperscript{12,11} There is an adverse impact when there is a connection between poverty, education and early motherhood, considering that when the level of education of teenage mothers is low, the return to school is hampered by the lack of social support devices and even by not availability of the same.\textsuperscript{14}

\textbf{Difficulties faced by pregnant teens on family relationships}

Some families consider teenage pregnancy as a problem, anchoring, at first, this judgment in their own previous experiences with other teens and their families, making it clear that they would not like their daughters, nieces or granddaughters would be faced with the same difficulties. Thus attributing the responsibility of this problem, to the own young.\textsuperscript{1,2,13,15}

The feeling of family conformity, which is based on familiarity with the situation and the powerlessness of the same, making her accept and get used to the fact of early pregnancy. Even playing an informational role, often the teenager's family support shows up fail to provide clarifications or reduce the uncertainties of youth.\textsuperscript{13,15}

Regarding the family feeling at the time of discovery of pregnancy, it is considered that the news about teen pregnancy when it is single, at first, is something too intense for their families, because it is an unexpected event. However, gradually, the family begins to accept and conform to the situation.\textsuperscript{16}

In the perception of the own teens, family support received during pregnancy can be composed of several factors such as financial assistance, explanations, advice, affection, emotional support.\textsuperscript{17}

Thus, the group studied demonstrates a behavior compatible with the environment in which it inserts, when it notes that teenagers living among family and neighbors with frequent presence of women who take early mothers, they recognize considerable normalcy in early motherhood.

\textbf{Difficulties faced by pregnant teens on social relations}

The avoidance associated with early pregnancy has serious consequences for the adolescent and her child and to society in general, especially because in this age group one of the few options for social integration and economic rise is given through the educational system.\textsuperscript{18}

RESULTS AND DISCUSSION

Through the content of the speeches of the 17 pregnant teenagers interviewed there were apprehended three thematic categories:

- **Individual difficulties faced by pregnant women**

  Early pregnancy makes difficult the continuity of studies and causes delay in the school population of pregnant teenagers. In this sense, costs related to motherhood and family formation can cause difficulties for mothers to have an improvement in schooling, which can sometimes prevent proper placement. These facts collaborate to continue the cycle of poverty with all the bad consequences for the quality of life of that young people.\textsuperscript{9}

  This phase is generally faced with difficulty because pregnancy in those conditions means a quick pass from daughter situation for mother, from being cared to take care of. In this abrupt transition from their role of women, still in formation, to the woman-mother, the teenager lives a conflict situation, being the majority unprepared physical, psychological, social and economically to carry the new maternal role, which undermines the conditions to take over properly and associated with familiar repression, contributes to many leave their home and studies, and sometimes even abandoned by their partners later.\textsuperscript{10,11}

  Pregnancy itself is a delicate moment that requires attention and, similar to adolescence, has its own peculiarities. When you join these two moments, adolescence and pregnancy are obtained a range of transformations leading to a whirlwind of emotions and events.\textsuperscript{12}

  There are evidences of the different experiences of motherhood for adolescent girls, considering that for some, the experience is full of positive meanings; however, also notes that, for the family,
Teenage pregnancy is not considerably a problem of modern society, because in every epoch women became pregnant in adolescence, but it becomes a problem when the unwanted teenage pregnancy occurs in an unstructured way.\textsuperscript{19}

The non-planning regards, therefore, to the lack of guidance or access to contraceptive methods opportunity, which commonly occurs with adolescents. For this reason, it is extremely important to implement the realization of family planning with incentives for double protection to prevent unwanted pregnancy focusing on improvements in purchasing power and financial conditions.\textsuperscript{14}

As already pointed out by several authors and confirmed by this study, teenage pregnancy is a phenomenon with significant implications for the individual and for society. For teen, teenage pregnancy can mark and change her whole life. From the perspective of the community and government, this phenomenon has a strong association with low education levels and a negative impact on her potential economic rise.\textsuperscript{16-18}

It is necessary that health professionals, especially nurses interact with respect and dignity, which requires a free human attitude of prejudice; a comprehensive look at trying to establish a relationship of empathy and support, which can alleviate the situation experienced by these young people.

It is considered a limiting factor of the study not to approach socio-demographic data of respondents, more descriptively, considering that such information enables presenting the social profile of women subjected to exposure to teen pregnancy in the city; however, the study portrays the real experienced and situations experienced by young mothers in the country, which reaffirms the need for care and protection measures, directed to the area. Maintaining a framework similar to that of previous years, when we had no access as easy to contraceptive methods and information for prevention, it is shown as a proof of the need for social improvement, prevention and care, aimed at problem-approach to the situation, involving the individual, family and society.

CONCLUSION

This study made it possible to meet the difficulties listed for pregnant teenagers. The objective was reached; therefore, it is believed that this study will be an instrument for a better understanding of the phenomenon discussed by means of thematic categories and sub-categories assessed.

In the investigated group, there were observed low education and family income, which contribute negatively on the possibilities for personal and professional growth. Therefore, justified the need for public policies that promote sexual education of young people and not only upon the occurrence of an unplanned pregnancy, it is important to refer this to family planning.

It became evident as significant difficulty on the way which pregnant adolescents live, most in poor conditions and with no prospect of life, and often the lack of sincerity in the answers to the questions made and the observed reality, prevailed in their speeches.

During this study it was observed that family support tends to positively affect the well-being of pregnant adolescents and their capacity for motherhood, perceived lack of family support for pregnant young can generate unfavorable factors in this confusing and difficult time. What about the support given by the partner is for them a foundation that period where they feel protected and never abandoned, considered this as characteristic also important.

REFERENCES


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