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PATERNITY IN ADOLESCENCE: EXPECTATIONS AND FEELINGS FACE TO THIS REALITY

PATERNIDADE NA ADOLESCÊNCIA: EXPECTATIVAS E SENTIMENTOS FRENTE A ESSA REALIDADE

PATERNIDAD EN LA ADOLESCENCIA: EXPECTATIVAS Y SENTIMIENTOS FRENTE A ESTA REALIDAD

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ABSTRACT

Objective: understanding the perceptions of adolescents who experience paternity. **Method:** a qualitative, descriptive study conducted with 12 parents of adolescents aged 17 to 19 years old who were registered in the Family Health Strategy in the period of September-October 2012 in Montes Claros (MG). For the production of data there was applied the semi-structured interview. The Content Analysis was the technique for analysis of categorical data in Analysis Mode. **Results:** the following categories were defined: 1. Paternity meaning for the adolescent; 2. Changes occurred after the discovery of parenting; 3. Expectations of life for the future after parenthood. **Conclusion:** this process entails significant changes in the adolescent's life, making imperative the need of health services and society offer a specialized attention to this public. **Descriptors:** Adolescents; Teenage Pregnancy; Paternity.

RESUMO

Objetivo: compreender as percepções de adolescentes que experimentam a paternidade. **Método:** estudo qualitativo e descritivo realizado com 12 pais adolescentes com idade entre os 17 aos 19 anos, cadastrados nas Estratégias Saúde da Família, no período de setembro a outubro de 2012, em Montes Claros (MG). Para a produção dos dados foi empregada a entrevista semiestruturada. A Análise de Conteúdo foi a técnica para a análise dos dados na modalidade Análise Categorical. **Resultados:** foram definidas as seguintes categorias: 1. Significado da paternidade para o adolescente; 2. Mudanças ocorridas após a descoberta de ser pai; 3. Expectativas de vida em relação ao futuro após a paternidade. **Conclusão:** esse processo acarreta significativas mudanças na vida do adolescente, tornando imprescindível a necessidade dos serviços de saúde e a sociedade oferecerem uma atenção especializada a este público. **Descritores:** Adolescente; Gravidez na Adolescência; Paternidade.

RESUMEN

Objetivo: comprender las percepciones de los adolescentes que experimentan la paternidad. **Método:** este es un estudio cualitativo y descriptivo realizado con 12 padres adolescentes de entre 17 y 19 años de edad, que se registraron en la Estrategia Salud de la Familia en el período de septiembre-octubre de 2012, en Montes Claros (MG). Para la producción de los datos fue empleada la entrevista semi-estructurada. El Análisis de Contenido fue la técnica para análisis de datos categóricos en el Modo de Análisis. **Resultados:** las siguientes categorías se definieron: 1. El significado de la paternidad para los adolescentes; 2. Los cambios ocurridos después del descubrimiento de la paternidad; 3. Las expectativas de vida para el futuro después de la paternidad. **Conclusión:** este proceso implica cambios significativos en la vida del adolescente, lo que hace imprescindible la necesidad de los servicios de salud y la sociedad ofrecieren una atención especializada a este público. **Descriptor:** Adolescentes; El Embarazo Adolescente; Paternidad.

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INTRODUCTION

Adolescence is a striking phase of human development. The loss of child paper creates anxiety, anxiety and uncertainty due to the discovery of a new world. Because of these innovations, it is considered that this period is marked by transitions translated in the development, implementation and realization of personal identity, which is expressed in various fields such as social, emotional and sexual.^{1,2}

Adolescence is the process of moving to adulthood and in this way the transformations that have occurred are evidenced by very different social conditions, such as gender and class. Among the various studies related to adolescence stand out those related to reproductive health, leading to reflections of an increasingly early pregnancy, with the possible consequences from marriage and children.³

There are significant data related to the number of teenagers who go through sudden situation gestate and take care of a baby, whose partners are also often teenagers. Given this situation, it is given little attention to adolescent fathers about their perspectives on the pregnancy of her companions.^{4,5}

Fatherhood in adolescence, and bring some difficulties in the experience of some specific tasks of the stage as the affective and sexual experimentation, also has its good points, which are revealed in gaining greater autonomy as well as the fulfillment of more complex tasks and responsibility.^{4,5}

The teenage father experiences a period of change with expectations, desires and previously nonexistent responsibilities. They care about the child's support and the possibility of not being able to live with the child. Thus, many teenagers take their children wanting to play the role of father and contributing in raising the child.⁶

On knowledge about the subject, rose the question: "What are the expectations and feelings of a teenager against his father's role?"

Interest in the subject came from the scarcity of studies addressing the topic paternity in adolescence. Scientific activities are directed mainly to maternity when compared to that address fatherhood. In addition, little has been studied about early parenthood, theme restless authors in order to understand the experience of this phenomenon, given the lack of maturity of teenage parents to take affective, social and economic responsibilities. It is necessary to develop studies that address adolescent male

population, glimpsing the understand of their perceptions and experiences about parenthood.⁵

It is necessary for professionals working directly in this area establish a bond of trust with the teenager, in order to develop an appropriate communication so that he understand his feelings, expectations and perceptions to the reality of being a father, because only then it will be possible to develop preventive actions that help to provide an appropriate care plan.

Aiming to achieve the objective understand the perceptions of adolescents who experience fatherhood, it was necessary, first, to know what it means for the teen parenting, understanding the coping issues on the affective, social and legal pressures and describe the experiences that teenager has forward to this new role.

METHOD

To develop this study resorted to qualitative field research, descriptive and theoretical and methodological foundation in phenomenology, in which people lie demonstrating their anxieties and concerns in a face to face relationship with their fellow men, emphasizing the features specific human subjectivity.⁷

The survey was attended by 12 teenagers attended by the Family Health Strategies - FHS in the city of Montes Claros (MG). They were used to determine the participants the following inclusion criteria: country teenagers aged 15 to 19 years old; have at least one child, assumed paternity and be registered in the selected FHS. The number of participants in the survey was not previously defined; however scaling the amount of interviews was based on the criterion of saturation, whereby the limit to be reached would be conveyed to the process of knowledge formation of the researchers, and data collection closed after the completion of this process.⁷

There were conducted interviews in the homes of adolescents who agreed to participate, from September to October 2012. It was established to provide care to adolescent freedom and spontaneity required to report their experiences and expectations of broad and balanced way so they could describe more accurately this new phase in their lives. To maintain the anonymity of participants, it was replaced by codes of their names, such as E1, E2, and so on. The interviews were recorded in digital media and transcribed then by authorization of teenagers, then analyzed and categorized. The initial contact with study participants

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came after a survey of the names and pregnant addresses the FHS from the analysis of the chips B by selecting the records of pregnant adolescents, and from professionals working in these units, who have knowledge of teenagers. They became parents and assumed parenthood in order to maximize the chances of obtaining a favorable research subjects.

The interview was based on a semi-structured form, with the following guiding questions: What is fatherhood for you? What changes occurred after he learned that he would be a father? What are your expectations of life from now on? The analysis of these and other issues that arose during the interview emerged the need for more specific inquiries, enabling the deepening and improvement of the subject.

For discussion purposes, we used the Content Analysis Technique, which through specialized and scientific procedures is possible to validate the inference of data from a given context⁷. In order to better understanding the study, data were organized by categorizing, in which there was applied the classification of constituent elements of a set, observing the commonalities among them and bringing them together through similarity of data⁸. During its preparation this research defined the following categories: Paternity meaning for the adolescent; Changes after the discovery of parenting; Life expectancies for the future after the Fatherhood. These results were compared and discussed based on the literature, so generating the considerations about work.

This study followed the regulatory norms of Resolution 196/96 of the National Health Council, which addresses research involving human subjects. The research project was submitted to the Research Ethics Committee of the United Colleges of Northern Minas Gerais - CEP/FUNORTE, with assent on September 5th, 2012, protocol number 91,009. All participants signed an informed consent form and clear, with a guarantee of confidentiality as to the identity and the right to withdraw at any time of the survey.

RESULTS AND DISCUSSION

The population of this research consists of 12 parenting teenagers, aged between 17 and 19. Of these, 66% were at the time of data collection 19 years old, 17% at 17 years old and 17% were 18 years old. With regard to school education, 34% of adolescents continued with their studies, but 66% have left the side of studies after the discovery of

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fatherhood. Only 17% of adolescents live with their parents and 83% of them live with their partner and son.

♦ Paternity meaning for the adolescent

The complexity of being an adolescent parent and own insecurities that stage, hinders the adaptation of this young man to this new role. Still, many young people take a more responsible way of fatherhood and value their participation in the life of their children⁹.

In the words of the adolescents in this study, prevailed sure of liability imposed by the new life, which could reflect a difficulty, besides the lack of experience or even the lack of opportunity. Because they are at that time parents, such changes demanded adults' posture to assume a child. As can be seen in the following lines:

Good is [pause] create more responsibility, right? (E3)

(...) Have to have a lot of responsibility more, right? (E6)

Being a father is a responsibility to take a family. (E8)

Be father? (...) It is a great responsibility, right? So you have to assume, right? (E9)

I think so [pause] have to have a lot of responsibility. (E10)

The teenage parenthood requires responsibilities and these, in turn, drive those involved to an early maturity process, encouraging them to ponder their behavior and making new attitudes.¹⁰

Some teens experience the experience of parenting positively, voicing assume parental obligations and demonstrating satisfaction with the birth of children.

Ok mean a lot to me, I'm really enjoying it. (E5)

(...) The parent has to pay attention, be more present in the family. (E6)

Being a father has to give everything for the child, right? Attention, education, principal, right? (E9)

Some authors will meet the speeches of teenagers to relate to the exercise of fatherhood as a positive experience full of emotions, meanings and feelings, among which stand out the attachment, affection and complicity with the child.^{6,9,11}

Only three teenagers have shown mixed feelings over the news parenting initially present worry and fear, sooner then are replaced by acceptance, love, tranquility and satisfaction.

Being a father [pause] was kind of by accident, was not planning not, I was surprised, the more I saw that it's not a 'big deal' is not that hard to take care of. (E6)

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At first I get scared, right? But then it is normal. (E3)

At the beginning so I was like [laughs] then goes on, right? (...). My first reaction was: God, and now what am I going to do? But then I got used to it. (E4)

It is at this point bring the survey data of some authors, to have shown that the initial reaction of adolescents on the pregnancy of her companions is of surprise, shock and fright. However, through the first impact of the diagnosis, most get used to the idea and can handle the situation.^{6,12}

In the speech of other parents, there is an effort to reorganize their lives, becoming a good example for the child, conveying good things through projects, expectations, desires and dreams. As shown below:

Think of only giving the best, like, give a good example, it does not give a good example, it will not be what I tried to be; it will be a bad example, involved in the world in the wrong life. (E3)

Hopefully my son will become a better person, because today is a crime, it is violence. I want to teach, you cannot do anything wrong. (E8)

Girl have to give a good example and give everything to not get into the wrong life, if not to all, will learn that is not good, for sure. (E12)

The process of paternity in adolescence is a motivator for reflections about the behaviors that have been taking over time, as the father, is constituted as a reference in the life of a child.¹²

Fatherhood demanded of the young new responsibilities. Many want to prove they are able to care for themselves and their children. In this phase we observe the clumsiness, failures, errors and omissions. But also represent some profits, such as those related to the maturation, personal satisfaction and hold up as father.¹¹

♦ Changes after the discovery of being a father

The experience of paternity during adolescence causes changes, especially regarding social life. It requires a radical transformation of the young, it is necessary to have an adult life prematurely, and become accountable and answer for their actions.¹⁰

In our research, this core sense, respondents mentioned several changes in their lives after the discovery of parenting. One of the considerations most exploited by adolescents was the insertion in the labor market. In many cases, work is already part of teenage life and the arrival of a child, you

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must perform some paid work to support the family.

It happened that, we mature more, we have to become more responsible, I had to take more responsibility to work [pause] though I was working, right? (E1)

Not much has changed, I learned to take more responsibility and [pause] working more, right? (E2)

Occurred many changes, now I think of work, gives a dignified life for my son, you're crazy. Whatever I can do for him, I'll do! (E5)

Changed much saw, I think 100%, changed everything, the question of work. Plans are now targeting him, kind to improve for him. (E9)

Ahh! Changed all saw, now work, because before, just type [pause] a enjoyed working not, now that I got a son have to work, have to think of it, in no way. (E10)

Much has changed. Ahh, you know [...] at work, tha knows he has to execute more to ensure things. (E12)

In accordance with the speech of teenagers, some authors believe that they still do not have sufficient economic autonomy to stay and take the support of partner and son. And, one of the consequences of parenthood is the obligation of work³.

Among adolescents they were also referred to personal, social and emotional changes. Among the changes reported the biggest impact appears to have been the loss of freedom, mentioned by some participants and translated by the reduction in social contacts and programs with friends.

[...] I was messy, get out much, but quiet now, right? (E5)

[...] Changed everything. I always wanted to be a father, we already wanted to have changed all because I'm more at home with him and was once only with friends. (E8)

Much has changed. Ahh, I know [...] I leave my colleagues more, then stopped going out. (E12)

Researches show that among the changes that have occurred, there are those that relate to restrictions on leisure, reduced participation in recreational activities and decrease in social contacts, which implies a distancing of friends, that's all because of new commitments as parents.¹⁰

Note that teens want to be independent adults.¹¹ With so many changes in principle recognized as damages, favors the process of maturation and emancipation of the subjects before the world, recognizing that face fatherhood in this period of life is stress drastic changes to their lifestyle.¹⁰

Teenagers also emphasize that, in addition to occurring changes in their lives due to parenthood, are also more home for keeping a serious commitment to mate. As shown below:

Look, I went out, hang out with friends and now have totally changed; I'm quieter with my wife and son. (E6)

In my time I went out, now I do not go out anymore. My time is for it alone; I pulled away from friends, if you leave just three of us. (E7)

I'm just coming weekend because the woman does not let go. It is blurry having a child with a girl, she holds us too. (E11)

The birth of children prevented teenagers from a more intense social life as before, restricting them to the family environment. They went from an active social life and now seek to build an adult identity, more home life side of the companion and the child.¹¹

To become parents, teenagers begin to occupy other social roles arising from the parenting process. Being a father, for the teenager, can have the same meaning to be man.⁶ Therefore, it must create a favorable space for these young people grow and mature, helping those to follow a path to conquer autonomy and well play their part father.

♦ Life expectancies about the future after fatherhood

Life expectancies for teens are diverse, but stand out among the most cited, an overwhelming desire to build a family structure, based on the partner and son.

Building a house, of course; having a family structure, give the best to my son because the father always wants his son to study, to educate him, right? (E1)

I think of building a family right? [...]. Live with his mother, he must have the father and mother together, to give a force, right? And it's being a very great learning experience for me, right? (E2)

What I want most is [pause] build our house, live together, right? With my son and with his mother, it is what most I want. (E4)

I do not know... make every day the best for my son, for my wife, give them what they need, see what gives to do, do everything possible, right? (E5)

I take care of my family, to live a happy life right? Give a study for my daughter first, a good life, right? (E7)

In other speeches, the young men and women in marital union point the father as the main provider for the family's livelihood. In addition, some teenagers are primarily life expectancy, architecting a decent future next to her son and mate.⁴

Another expectation that permeates among teenagers is just up the bright future that parents want to give their children. In addition to studies, they claim to offer a comfortable living and quality for them.

I think something too! [...] Only think gives well for my girl, only the best, like give her everything, you understand? (E3)

It is [pause] have my house, gives what he needs, all the attention you need, gives study is very important. (E8)

Pack best service, right? It gives a better life because it looks just like okay this world? (E9)

Teenagers have a longing, future prospects, guaranteed to child education and care that is deemed necessary for a child, giving it affection, care and attention.¹¹

Parents today have to think about parenting, seeking old values and opening up to the possibility of a new way of experiencing this role in society.⁹

Note the fact that only a teenager emphasized her experience with the absence of the father in her life. Contrary to experienced, the young man is seeking a new way to educate the child, being present in his life and giving all the attention that is needed.

[...] Seek the best for him, wants to give an English course early, brand new because I had a good example of my father there, I do not want to leave the same to him. (E10)

Some authors emphasize the importance of the relationship between father and son, which influences the way your teen understands and takes his manhood. If the existing model father is distant and somewhat emotionally, makes the child incorporates this standard, building a spaced relationship and with little appreciation of affection.⁹

Another important factor in the prospect of life after paternity is the choice between work and study, a situation faced by many young people. In the following lines it is clear that young people show a strong desire to continue their studies in search of jobs and better wages. For these teenagers, the continuation of studies is shaped like the ability to ensure a better future for their children.

I think of studying, to the best of good comfort for my daughter. (E11)

I think in finished form and finish creating it, why [pause] now stopped studying to work. (E12)

Teenager parents temporarily leave the study because of the need to enter the labor market, providing child support. This leads teens to realize the study as necessary to a

better position in their lives and consequently their children.^{10,12}

From the reports of teenagers can realize that they seek to have a decent future and be examples for their children, seeking to stabilize financially and believe that the study may be the right way to achieve that dream. Research shows the impact of early parenthood in truancy, since this factor can prevent intellectual growth and therefore looking forward to a prosperous future.¹⁰

Study participants have, in their statements, parenting experiences. Their expectations about the future of the child are now under the traditional father model, now point to the possibility of a new way of experiencing this role in society. Thus, being a parent in adolescence requires responsibilities in the process of care and education of children in line to search for work, continuity in studies, marital stability and building a family. To this end, overcome difficulties in mutual experience between what they want and the lived reality.^{5,12}

CONCLUSION

Early parenthood involves major changes in the life of a teenager, it promotes permanent changes in their identity in their ways and face the social, affective and professional, although teenagers envisage the paternity as a positive, it can also cause a need for greater commitment to work, which means they often have to leave school and take the jobs available and the best possible way, under their severe material conditions of existence.

It is hoped that this study is relevant to the development of new studies on the subject, in order to disseminate results that address the need to understand the feelings of those teenagers who are experiencing fatherhood will be shown.

We believe that this study has aroused changes in our look in relation to parenting adolescents, and that the above considerations can be passed on to health professionals, and to seek to understand the process of development, vulnerabilities and inherent problems of this life stage, thus spreading educational practices and provide a more humanized assistance to teenage parents.

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