Paternity in adolescence: integrative review

Paternidade na adolescência: revisão integrativa

ABSTRACT

Objective: mapping the national and international scientific publications on parenting in adolescence. Method: an integrative review in order to answer the question << How has adolescent paternity been themed in scientific publications? >> Data were collected in January 2014, without time or language boundaries, which were full, in LILACS and BDENF, the descriptors: teenage parenthood, and terms: youth, parenthood. 24 publications were selected, analyzed and condensed into a figure with the database, title, methodology, periodical and the level of evidence. Results: the qualitative approach was predominant (62.5%). The levels of evidence in the studies were 4, 5 and 6, predominantly 75% in the latter. Conclusion: the majority of publications was conducted in Brazil, produced by nurses – which reinforces the commitment of this person by the inclusion of adolescent fathers in health services, devoting efforts to broaden our understanding of this phenomenon. Descritores: Adolescents; Parenthood; Pregnancy in Adolescence; Gender and Health.

RESUMO

Objetivo: mapear as produções científicas nacionais e internacionais sobre a paternidade na adolescência. Método: revisão integrativa, visando responder a questão << Como a paternidade na adolescência tem sido tematizada nas publicações científicas? >>. Os dados foram coletados no mês de janeiro de 2014, sem delimitação temporal ou de idioma, que estivessem na integra, nas bases de dados LILACS e BDENF, a partir dos descritores: adolescente, paternidade, e dos termos: juventude, paternidade. Foram selecionadas 24 publicações, analisadas e condensadas em uma figura, com a base de dados, título, metodologia, periódico e o nível de evidência. Resultados: a abordagem qualitativa foi predominante (62,5%). Os níveis de evidências encontrados nos estudos foram 4, 5 e 6, com predominância de 75% neste último. Conclusão: a maioria das publicações foi realizada no Brasil, produzida por enfermeiros – o que reforça o compromisso deste profissional pela inclusão do pai adolescente nos serviços de saúde, dedicando esforços para ampliar o entendimento desse fenômeno. Descritores: Adolescente; Paternidade; Gravidez na Adolescência; Gênero e Saúde.

PATERNIDADE NA ADOLESCÊNCIA: REVISÃO INTEGRATIVA

Maria Beatriz de Assis Veiga¹, Alyne Corrêa de Freitas², Patricia Lima Dias³, Paula Helena Rosa Marcelino⁴, Maíra Domingues Bernardes Silva⁵, Adriana Lemos⁶

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RESUMO

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Adolescence, the period of the human life cycle comprising aged 10 to 19 years old, is a phase of sharp growth and development occurring in intense biological, psychological and social changes, it is also the case when puberty occurs where flourishes sexuality, making the young vulnerable to the consequences of sex, such as pregnancy.\(^1\)

The association of teenage pregnancy high incidence of maternal and infant morbidity and mortality, and also the vision of this being a destructuring event in the life of the adolescent, make designing this phase of life is considered a problem of great magnitude in the scenario of public health.\(^2\)\(^3\) Gestation in this phase of life, yet, is seen as undesirable and premature, as a problem to be solved\(^4\). However, in some cases occurs desired shape, or even scheduled, which demonstrates that this complex, subjective and phenomenon under strong social influence.

Teenage pregnancy also involves gender issues, because the conception and contraception are attributed only to adolescent females, although reproduction involves the participation of man\(^5\). The importance of knowing and understanding fatherhood has been referred\(^6\) because, besides being a participant in the process of conception, the father can support the mother economically and psychologically.

The search for epidemiological information about the young parents is difficult. It gets an estimate by the number of live births to teenage mothers; however, it cannot always say that their partners are also teenagers. Even in literature realizes the difficulty of accessing to these young people for study purposes, being common for researchers to get at them through the pregnancy.

Fatherhood is taken as a divider between the adolescent and the adult world, “the parenthood calls teenagers to occupy new places, take on new roles and resigning their life projects”.\(^6\)\(^7\)\(^8\)\(^9\)

The test of male inclusion in child care, as well as the possibility of joint custody among non-parent, allows repositioning man's place in the family, as a way to reconstructing gender roles, including as regards paternity in adolescence. Teen couple for pregnancy can contribute to their maturation and family approach. However still occurs impregnated by so many prejudices.\(^7\) Being an area of action for professional nursing and the health care team with a focus on interdisciplinary, aiming to not encourage teenage pregnancy, but envision new possibilities and respect the sexual and reproductive rights of adolescents.

Thus, it explicites the need to invest in efforts for the inclusion of adolescent fathers in health services, as this will help him take his new role, and health professionals, especially nurses, need to raise awareness and responsibility for such inclusion considering that still have the nursing care of adolescent fathers a great challenge.\(^8\)

To overcome the barriers that revolve around the inclusion and qualification of care to the adolescent parent, if need-recognition of the problem and understanding the factors and repercussions involving the phenomenon and also the availability and professional commitment to improve service to this specific audience, thus contributing to the exercise of the right to reproduce this phase of life fully and responsibly. Considering the above, this study aims to:

- Mapping the national and international scientific publications about parenting in adolescence.

METHODOLOGY

In seeking to attain the goal, it was decided to conduct an exploratory study using the method of integrative review.\(^9\)

The stages in the development of the research were: elaboration of the research question: How adolescent paternity has been thematized in scientific publications, and the goal of the integrative review, criteria for inclusion and exclusion of identified studies, defining the information to be removed? From selected texts, the assessment of studies included the integrative review, analysis and discussion of the findings and its presentation.

The search occurred during the month of January 2014, at Virtual Health Library (VHL), chosen by promoting online access to relevant health development, proposed and developed by the Latin American and Caribbean Center of Scientific and Technical Information on Health Sciences Information (Bireme).

The keywords used were “beautiful and ‘fatherhood’ in combination, and also the correlated terms: ‘Parenthood’ AND ‘youth’ that, although the latter did not like were stated in descriptor Health Sciences Headings (MeSH) has been used in research with in order to expand the search.

The inclusion and exclusion criteria were established to meet the study objective. Being the inclusion criteria: scientific papers on the topic that addressed the experience of parenthood in adolescence, with online access to articles, dissertations and theses in full,
and exclusion were not productions that reflect the life of parenthood during adolescence and that was not available to the text for full access, believing that impede access both by researchers and by health professionals. Of the 18 texts found duplicate were included only one of each in the study (nine), were excluded too similar (nine).

The time interval, languages as well as database, were not fixed, due to the paucity of studies depicting the theme, however the studies included in the search criteria for inclusion/exclusion belonged to only two databases: Literature Latin American and Caribbean Health Sciences (LILACS) and Database of Nursing (BDENF), accounting for 70.8% and 29.2% of publications, respectively.

With the use of terms and descriptors, we found 533 publications; however, only 151 were available with full text and after reading the titles, abstracts, and further research in full, were selected for this study included 24 scientific publications, which were analyzed according to type and objectives of the study, year of publication, and technical characteristics of the sample, level of evidence, among other variables registered in the proper instrument developed by the authors, with the base instrument already described in the literature. 10

The collected data were exposed, first, a statistical percentage. Suffered classification, according to the classification system of evidence11, which consists of a hierarchical classification system, depending on the methodology used, being categorized as level 1 - the research that synthesize all randomized controlled trials, level 2 - the study testing clinical randomized and controlled as level 3 - no randomized controlled studies and level 4 - case-control or cohort level 5 - research that synthesize qualitative or descriptive studies, such as level 6 - descriptive and qualitative studies, and finally level 7 - the proceeds of expert opinion.

The evidence-based practice encourages the use of research results in health care, with an integrative review method used in evidence-based practice, which enables the use of evidence in clinical practice.9

The contents of the studies were later explained according to the similarity or group on the subject, being divided into four themes.

RESULTS

There were formed in this research twenty four studies (Figure 1), twenty three articles (95,83%) and a thesis (4,17%). For the period of publication, it was established that there was a higher representation (58,33%) in the years 2006, 2007 and 2009, being represented in greater numbers from this first year, which can be related to the years before the establishment National Policy for Integral Attention to Human Health and the new National Guidelines for Comprehensive Care Health of Adolescents and Young, respectively in 2008 and 2010.

<table>
<thead>
<tr>
<th>Database/Year</th>
<th>Title</th>
<th>Periodic</th>
<th>Methodology</th>
<th>Evidence level</th>
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<tr>
<td>LILACS/2001</td>
<td>Teenage fatherhood: a brief review of international literature</td>
<td>Estudos de Psicologia</td>
<td>Systematic review</td>
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<tr>
<td>LILACS/2002</td>
<td>The parent-baby interaction between adolescents and adult parents</td>
<td>Psicologia, Reflexão e Crítica</td>
<td>Qualitative/Descriptive</td>
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<td>Motherhood and fatherhood in adolescence: some findings in 3 cities in Brazil</td>
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<td>Revista Gaúcha de Enfermagem</td>
<td>Systematic review</td>
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<td>Avances en Enfermería</td>
<td>Systematic review</td>
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<td>Expectations and feelings about parenthood among adolescents and adults</td>
<td>Psicología: Teoría e Pesquisa</td>
<td>Qualitative/Descriptive</td>
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<td>Socioeconomic and psychosocial characteristics of the adolescent father</td>
<td>Arquivos Catarinenses de Medicina</td>
<td>Quantitative/Case control</td>
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<td>BDENF/2007</td>
<td>Teenage fatherhood: a challenge to be faced by health services</td>
<td>Ciência, Cuidado e Saúde</td>
<td>Qualitative/Descriptive</td>
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<td>Revista do HCPA</td>
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<td>Psicologia em Estudo</td>
<td>Qualitative/Descriptive</td>
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<td>BDENF/2009</td>
<td>Vivencias de la paternidad en la adolescencia en una comunidad</td>
<td>Revista da Escola de Enfermagem da USP</td>
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<td>Qualitative/Descriptive</td>
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<td>LILACS/2009</td>
<td>La paternidade em el adolescente: un problema social</td>
<td>Archivos Venezolanos de Puericultura y</td>
<td>Quantitative/Qualitative/Descriptive</td>
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<td>Pediatría</td>
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<td>LILACS/2010</td>
<td>Process of parenting in adolescence</td>
<td>Revista Brasileira de Enfermagem</td>
<td>Qualitative/Descriptive</td>
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<td>LILACS/2011</td>
<td>Knowledge about the family of a teenage father observed through the</td>
<td>Texto &amp; Contexto Enfermagem</td>
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<td>BDENF/2011</td>
<td>Socio-demographic and economic profile of teenage parents</td>
<td>Revista de Enfermagem da UERJ</td>
<td>Quantitative/Descriptive</td>
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<td>Dad is the one who is always present: meanings assigned by adolescents</td>
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<td>the experience of parenthood</td>
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<td>BDENF/2013</td>
<td>Educational aspects and parenting in adolescence</td>
<td>Cuidado Fundamental online</td>
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Figure 1. Selected publications for integrative review, according to the database, year, periodical, methodology and level of evidence.

Regarding the periodic publication with the highest number of articles (three, then the journals *Psychology: Reflection and Review*, and *Journal of Public Health*, who had two articles each, while all other journals published only one.

Brazil was the country most studied regarding the topic since almost all the research has been done in this country (95.83%), with only one study conducted in Venezuela (4.17%). What justifies twenty-two studies was written in Portuguese and only two in the Spanish language, and also one of those held in Brazil.

From the unpublished studies that were performed in the South Region, 12.5% in the Midwest Region, 8.33% in the Northeast and the Southeast, and only one (5%) made a comparative study of three cities in the South, Northeast and Southeast regions, in the cities of Porto Alegre (Rio Grande do Sul), Salvador (Bahia) and Rio de Janeiro. As the State of Rio Grande do Sul stages nine studies (45%).

The number of live births among teenage mothers, however, is concentrated in the Northeast (33.5%) followed by the Southeast (32.5%), as well as the largest number of adolescent males also belong to these regions with a percentage of 38.6%, and 30.3% in the Southeast, Northeast; reflecting the need for investment in research in these areas to recognize their needs, circumstances and
trends, especially for those who know these parents or future parents are.

From the sample universe: thirteen (54,2%) articles were in the field of nursing, 6 (25%) of psychology, 3 (12,5%) of medicine, one (4,2%) of occupational therapy and 1 (4,2%) of public health. Being 15 (62,5%) studies with qualitative approach, 5 (24%) quantitative, three (12%) systematic reviews, and only 1 (4,2%) quantitative and qualitative, justifying this finding subjectivity theme.

Similar results were found in other reviews addressing the topic, which prevailed 8,37 in the qualitative approach and was predominance of publications in the areas of nursing and psychology.

Literature review was previously held on the same theme, however, it observed a higher percentage of publications with quantitative approach, and portrayed the importance of investing in qualitative research, in order to acquire subjective data that could indicate how teenage parents react before the phenomenon and which interventions still are seeking to understand them to pass in less biased view. This study even had noticed the lack of theme in literature since remained similar in this research.

You realize so that even with the years, and warns mentioned by the author, adolescent paternity still remains in bibliographic invisibility scenario, although it has invested in greater numbers in qualitative research.

Only three studies used as a technique the systematic review, the other for data collection is organized as follows: eleven studies (52,3%) used only interview, two (9,53%) questionnaires, a study (4,8%) conducted interviews and observation, a study (4,8%) conducted questionnaire and observation, and one (4,8%) underwent only observation.

Regarding the type of sample, nineteen (90,5%) of twenty one field studies used a convenience sample, it can come to translate the difficulty of access to these subjects, which are located as a strategy by pregnant women.

From the field studies: Thirteen (61,9%) relied on the teen parents, two (9,52%) with men who have had the experience of parenthood during adolescence, two (9,52%) with men with and without experience paternity in adolescence, two (9,52%) adults with parents and teenagers, one (4,76%) with parents and teenage mothers, and one (4,76%) with the teenage father and his family. For data analysis, eleven studies, ie, the majority (52,4%) used content analysis.

With respect to levels of evidence, two publications were classified as Level 4, level three studies 5 and 19 searches (75%) of level 6, which include, respectively studies of case-control and cohort studies systematic review descriptive, and descriptive and qualitative research.

The findings were divided into four themes, performed by the grouping of similar or related data by theme: gender issues that guide the paternity during adolescence, socioeconomic aspects of adolescent fathers, the context of adolescent paternity and support network teenage father.

♦ Gender issues guiding adolescent paternity

The analyses of the studies included in this review allows us to understand that teen pregnancy is still taken as something to be avoided, disregarding the real desire of teenagers to have children or not at this time of life, and that by physiological and cultural issues motherhood is further addressed and emphasized the fatherhood.

The literature and epidemiological which echo the theme, and the pathologizing pregnancy during adolescence, may be compromising the exercise parenthood during adolescence, and the reproductive rights of adolescents of both genders.

Violation of rights occurs with efforts exclusively around avoiding teenage pregnancy, without considering the desire of the adolescent, only associating it with a commitment to the future and how the cycle of poverty propagator projects, thus violating the rights of young people to play.

The lack of dialogue between partners was shown as something that complicates the choice of contraceptive methods, as well as some studies have reported in the speech of teenagers partner were liable both for the conception and contraception.

The condom was taken only when used as contraceptive practice, not aimed at the prevention of sexually transmitted diseases (STDs). Trust between partners has also been described as a way to avoid STDs, data that corroborate spread and contagion of diseases transmitted by sexual relationships.

The desire to have children is described by the young partner, often as not a real will, but to have sex or please them. Possibly for a glimpse of the social role assigned to...
women since childhood, ie, marriage and motherhood.

The studies describe some difficulty of adolescents to count the pregnancy news to their families, however, the biggest fear reflects the time to break the news to the family of partner, especially the father of the pregnant woman, which in some cases shows it is completely contradicted by the news. However, the trend is a further acceptance by families culminating in support of these the young couple, as mentioned in a previous study.

 Parenthood for teen inserts into the adult world and relates the assertion of masculinity, and reaffirms the social relation that binds male identity to work, that having a reframed, which makes man a provider of home. With that the father be correlated to the teen comes greater responsibility.

Studies also depict the maintenance of the divisions of powers in accordance with a gender perspective, in which the boy is not allowed to exercise attributes considered feminine, such as playing with dolls and making food, getting the girls restricted home environment. Factors contributing to the permanence of thought that taking care of children are predominantly female.

It was observed during the analysis of the research, a greater desire of men to participate in the care of their children, as well as the desire to maintain a more affective relationship with these beyond concern with the provision of new family.

Socioeconomic aspects of the adolescent father

According to the studies analyzed paternity in adolescence appears to stimulate certain conjugality. However, a study reported instability of these relationships, in which young people who joined because of pregnancy, later parted.

Being a parent during adolescence is related to negative socioeconomic characteristics as: early entry into the labor market, informal work, low pay, low education and dropout.

Nevertheless, it is quoted in research, student life that these young people were already committed, and they were already immersed in the labor market before the pregnancy, but this is not the determining reason for these factors. In one of the research studies are taken in order to ensure the future of the children, may symbolize a motivation for investments in the area of student life.

It is curious describing the marriage partner and the integration into the labor market, adolescents do not guarantee financial stability, as many reside with their families or their partner, depending on these financiality and emotion.

The context of parenting in adolescence

The pregnancy was described as a consequence of the discontinuity, non-use or low efficacy of contraceptive methods. Some cases of desire and of pregnancy planning were reported. There was no description of the disapproval of abortion when the teenage father suggested, even by their partners.

Upon discovering the teen pregnancy describes feeling of fright, surprise and shock, however, the news is subsequently well accepted even refer feelings of satisfaction and happiness by becoming parents.

Being a father is directly associated with the adolescent the fact of having more responsibility, they also refer to their new position is more restricted leisure activities and contact with friends.

The new social position, of being a parent brings adolescent ambivalence of feelings such as surprise, fear and shock, and on the other hand greater prestige and social recognition. Being that it was also described the possibility with this new role, the teen is brought to constructive reflections in forming their identity and behavior.

The teen parent support network

The invisibility of fatherhood seems to be restricted to academia and the scarcity of statistical data. During the study, it was realized that schools, health services, and other spaces where young inserts were not mentioned as a real adolescent father, although necessary support network.

The shortage of place to guidance and access to contraceptive methods as was portrayed. Family support was described as of paramount importance in tackling this process. Insertion school as a support network the young father is also mentioned, thereby allowing maximize the healthy exercise of parenthood, as well as encourage investments for the schooling of adolescent fathers.

The Program School Health has guidelines as to completeness, interdisciplinary and intersectoral approach, with the aim of contributing to the education of students.
through health actions, and undertakes, among others, the promotion of sexual and reproductive health.18

This explains the importance of the partnership between the school and the health care facility to guarantee the rights to sexuality and reproductive health and responsible teens. Since the difficulty of establishing in support of these subjects network extends to health sector16,21,29,30, whose prenatal and postpartum care are geared to pregnant women, and when the moment of birth is not always seen by the father.

The Adolescent (PROSAD) Health Program, although punctuates the need for assistance to the teen parent does not present concrete proposals regarding this one. However, at present it is included in this scenario the conceptual guidelines that consider the exercise of sexuality and reproduction in adolescence from the perspective of gender equity, the need for reorganization of health and investment in interdisciplinary and intersectoral interventions services to meet the comprehensive needs of adolescent and young health.1

You realize so much the importance of investing in improving the conditions of life of the adolescent, as the inclusion of teenage parents in health care.

FINAL REMARKS

Still are incipient studies dedicated to the experience of parenthood in adolescence, but perceive a current trend, a qualitative approach in relation to the theme, which can help determining the non-quantifiable factors that involves the phenomenon.

Gender inequalities and discrimination that governs teenage pregnancy put people in underprivileged position to exercising the right to reproduction and parenting in full. Unfavorable socioeconomic factors are related to parenthood during adolescence; however, these need to be further investigated to be described as a cause or consequence of this phenomenon, as positive factors are also described by adolescents’ experience of parenthood.

Family is described as an important support network for these adolescents in the face of parenting, but other sectors need to join the network of support, such as schools and health facilities, systematizing the health care of the man, support and preparation for parenthood, should start from childhood, in which the nurse assists the family to demystify cultural taboos embodying the maintenance of gender inequities, thus enabling this future since his father infant stage to maximize its potential, enabling you to develop skills in caring for your child.

Considering the review conducted even suggest that further studies are drawn from two perspectives: (1) meaning of fatherhood in adolescence to unravel the psychological, social, cultural and economic impacts - largely aimed at understanding the meaning of fatherhood in their youth, their participation in prenatal, childbirth and the child’s life, his relationship with the partner, and the future prospects of these youth projects, and, (2) evaluative study on the application of the guidelines for adolescent health care as recommended by the Ministry of Health in the integration of health services from the perspective of school sexuality education aimed at promoting sexual and reproductive health and human rights.

REFERENCES


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