SOCIAL SUPPORT IN THE PERSPECTIVE OF THE ADOLESCENT PUIERPERA
APOIO SOCIAL NA PERSPECTIVA DA PUÉRPERA ADOLESCENTE
APOYO SOCIAL EN LA PERSPECTIVA DE LA PUERPERA ADOLESCENTE

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ABSTRACT
Objective: to know how social support comes from the different social networks to the adolescent puerperal.

Method: this is a qualitative and descriptive field study to be performed with adolescents who are experiencing the puerperium and who have a link with the health unit. For the production of the data, the Talking Map (TM) technique will be used, combined with the semi-structured interview. The analysis of the data will be based on the technique of thematic content analysis of the operational proposal. The precepts of Resolution 466/12 of the National Health Council of the Ministry of Health will be followed. Expected results: to promote the discussion about the theme, contributing to the construction of the knowledge of nursing care in the care of the puerperium with adolescents. Descriptors: Social Support; Teenager; Postpartum period; Nursing.

RESUMO
Objetivo: conhecer como acontece o apoio social advindo das variadas redes sociais à puérpera adolescente.

Método: estudo de campo qualitativo e descritivo a ser realizado com adolescentes que estejam vivenciando o puerpério e que tenham vínculo com a unidade de saúde. Para a produção dos dados, será utilizada a técnica do Mapa Falante (MP), conjugada à entrevista semiestruturada. A análise dos dados será fundamentada na técnica de análise de conteúdo temática da proposta operativa. Serão seguidos os preceitos da Resolução nº. 466/12 do Conselho Nacional de Saúde do Ministério da Saúde. Resultados esperados: promover a discussão acerca da temática, contribuindo para a construção do conhecimento do cuidado de enfermagem na atenção ao puerpério com adolescentes. Descriptors: Apoio Social; Adolescente; Período Pós-Parto; Enfermagem.

RESUMEN
Objetivo: conocer como acontece el apoyo social de las variadas redes sociales a la puérpera adolescente.

Método: estudio de campo cualitativo y descritivo a ser realizado con adolescentes realizado con adolescentes que estén viviendo el puerpério y que tengan vínculo con la unidad de salud. Para la producción de los datos, será utilizada la técnica del Mapa Hablante (MH), conjugada a la entrevista semi-estructurada. El análisis de los datos será fundamentada en la técnica de análisis de contenido temático de la propuesta operativa. Serán seguidos los preceptos de la Resolución nº. 466/12 del Consejo Nacional de Salud del Ministerio de Salud. Resultados esperados: promover la discusión acerca de la temática, contribuyendo para la construcción del conocimiento del cuidado de enfermería en la atención al puerpério con adolescentes. Descriptors: Apoyo Social; Adolescente; Periodo Pós-Parto; Enfermería.

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NOTE PREVIEW
ARTICLE
INTRODUCTION

The puerperal phase is a critical and transitional moment in the life of the woman marked by intense changes extended to the biological, psychological, behavioral and socio-cultural dimensions.1

When living the postpartum, the process of motherhood is experienced. This process is based on the fact that the mother can transmit information about the external and internal worlds and provide assistance to the baby's basic needs, such as nurturing and sanitizing.2 When lived in adolescence, according to authors, the adolescent girl's responsibility and ability to perform the functions of mother is required and to deal with bodily modifications in the social and emotional sphere.3 Thus, the practice of taking care of the child requires a greater effort to adapt, needing to be gradual, as it alternates between being a teenage daughter and a teenage mother.4

It should be noted that adolescence is marked by physical, psychic, hormonal disorganization and, consequently, by reorganization, being considered a process of transition from child life to adult life and can be influenced by historical processes with different meanings in different classes social, times and cultures.5 Thus, the importance of the social support provided to the adolescent postpartum is emphasized whether it comes from the family, friends, companion, school or health centers. Reinforcing this thinking pathway, authors emphasize that adolescents who receive social support feel better prepared to deal with the difficulties of gestation, reaching higher levels of well-being.6

Therefore, it is important to consider social support linked to a social network, although these concepts are distinct and, at the same time, interrelated and addressed in a joint way in health studies.7 In this sense, the social network refers the structural or institutional dimension linked to an individual. The social support is in the personal dimension, being constituted by members of this social network that is important for the puerperal adolescents.8

In this work, the concept of social network will be used in the sense proposed by the author9 as the personal social network understood as the sum of all the relationships that an individual perceives as important, and can also be understood as a social circle constituted by traits of affinity, forming a kind of web that unites people. This network can be modified with time and with the changes that take place in people's lives, being made up of the set of human beings the individuals talk, they exchange signals that allow them to identify themselves and make them real.9

It should be noted that social support comes from social support, and here the concept of social support defined by the author10 is used as any information, whether spoken or not, and/or material aid offered by groups and/or people that know each other and that result on emotional effects and/or positive behaviors. It is a reciprocal process, that is, it generates positive effects both for the recipient and for those who offer the support, thus allowing them both to have more sense of control over their lives.10

Many difficulties can be overcome when the adolescent has social support, especially in cases where support from the family and the health team is evident.11 From this perspective, the social network can also be expanded with the inclusion of colleagues, friends, teachers and other people.12 Therefore, together with the multidisciplinary team, the nurses should be attentive to the real needs of the postpartum and the newborn, focusing on the human relationship between professional and patient, education and health orientation, so the adolescent women acquire safety and tranquility in assuming her role as a mother.13 Thus, it is necessary to carry out studies that allow knowing the social support to improve the health care provided to the adolescent postpartum, seeking contributory perspectives for health and for the strengthening of interpersonal relationships.14

Regarding the justifications of this study, it should be noted that the specific fertility rates in Brazil, according to the last three censuses, indicate a decrease in all age groups, except among adolescents. Therefore, it is considered that Brazil has a rejuvenated structure of fertility, that is, women begin to have children early and fail to have them too soon, which requires more attention from health professionals to this people.15

The object of this research is contemplated in the National Agenda of Priorities of Health Research, in the items on pregnancy, childbirth and postpartum; and management of health problems and determinants, repercussions and risks of motherhood and paternity in adolescence.16 Thus, this research is expected to bring contributions to the quality of nursing care to adolescent postpartum health both for assistance purposes and for teaching and research on the subject. Thus, this study seeks to answer the
following research question: How does the social support coming from the various social networks from the perspective of the adolescent postpartum?

**OBJETIVO**

- To know how the social support coming from the varied social networks happens to the adolescent postpartum.

**METHOD**

A qualitative and descriptive field study will be carried out to achieve the desired goal. The study scenario will be the University Hospital of Santa Maria (HUSM), a hospital linked to the Unified Health System, which is part of the complex that makes up the Federal University of Santa Maria/UFSM.

The research participants will be adolescents who are experiencing the puerperium and who have a link with the hospital where the research will be conducted.

The number of participants in this study will be based on the criterion of data saturation, which according to the author it is when the data begin to be redundant or repetitive and also when the objective of the study is reached. Initially, the number of participants of approximately 12 postpartum adolescents is proposed.17

The inclusion criteria of the participants include adolescents who are experiencing the postpartum and who have a link with the hospital where the research will be conducted. Exclusion criteria will be puerperal adolescents who are experiencing the immediate postpartum (until the 10th day after parturition), considering the possibility of restricting the social support received, due to the short period, and may influence the results of the research.

The participation of the study will be intentional, indicated by the nurses at the hospital. Contact with study participants will be made on the days they are admitted to the hospital. At the first meeting, the project will be explained and the invitation to participate in the research will be made. If the adolescent postpartum is interested, she will be instructed to talk with her parents, so they also can authorize her participation, in writing, with a document prepared by the researcher. After this course, the meetings will be scheduled individually, in place and date of preference of the participant.

For the production of the data, a Creativity and Sensitivity Technique (TCS) will be used called the Talking Map (TM), in conjunction with the semi-structured interview. The TCS technique is considered an alternative way of collecting data for nursing research.

Also, it allows the conjunction with other techniques, such as the interview.18 The TM is characterized as an artistic production, since it consists in the construction of a map designed by the participants, with the intention of describing their relations with the environment social relationship with people or institutions.19

The analysis of the data will be based on the analysis of the thematic content of the operational proposal, characterized by two operational levels.17

All research will be supported by ethical conduct, being ensured and valued the ethical and legal aspects throughout the study. Therefore, the precepts of Resolution 466/12 of the National Health Council of the Ministry of Health will be duly respected.20 The dissertation project linked to the Graduate Program in Nursing at the Federal University of Santa Maria (UFSM) was approved by the Research Ethics Committee/UFSM, under the number of CAAE 53932116.0.0000.5346.

**RESULTS**

It is expected that the results of this study enable the discussion about the theme, contributing to the construction of nursing care knowledge in the care of adolescent postpartum. It is also expected that the knowledge produced by this study could strengthen the nurses' performance in their puerperal care practices and help in the qualification and consolidation of the nurse's role in this care area, allowing the reduction of the indicators of maternal and child mortality.

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