

"If only I knew": A case study of the lived experience of a pregnant teenager

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INTRODUCTION

Adolescence:

A transition period to adulthood;
Involves changes in development:
physical, social, cognitive, and mental (1).
A teenager is an individual going through the adolescence period.



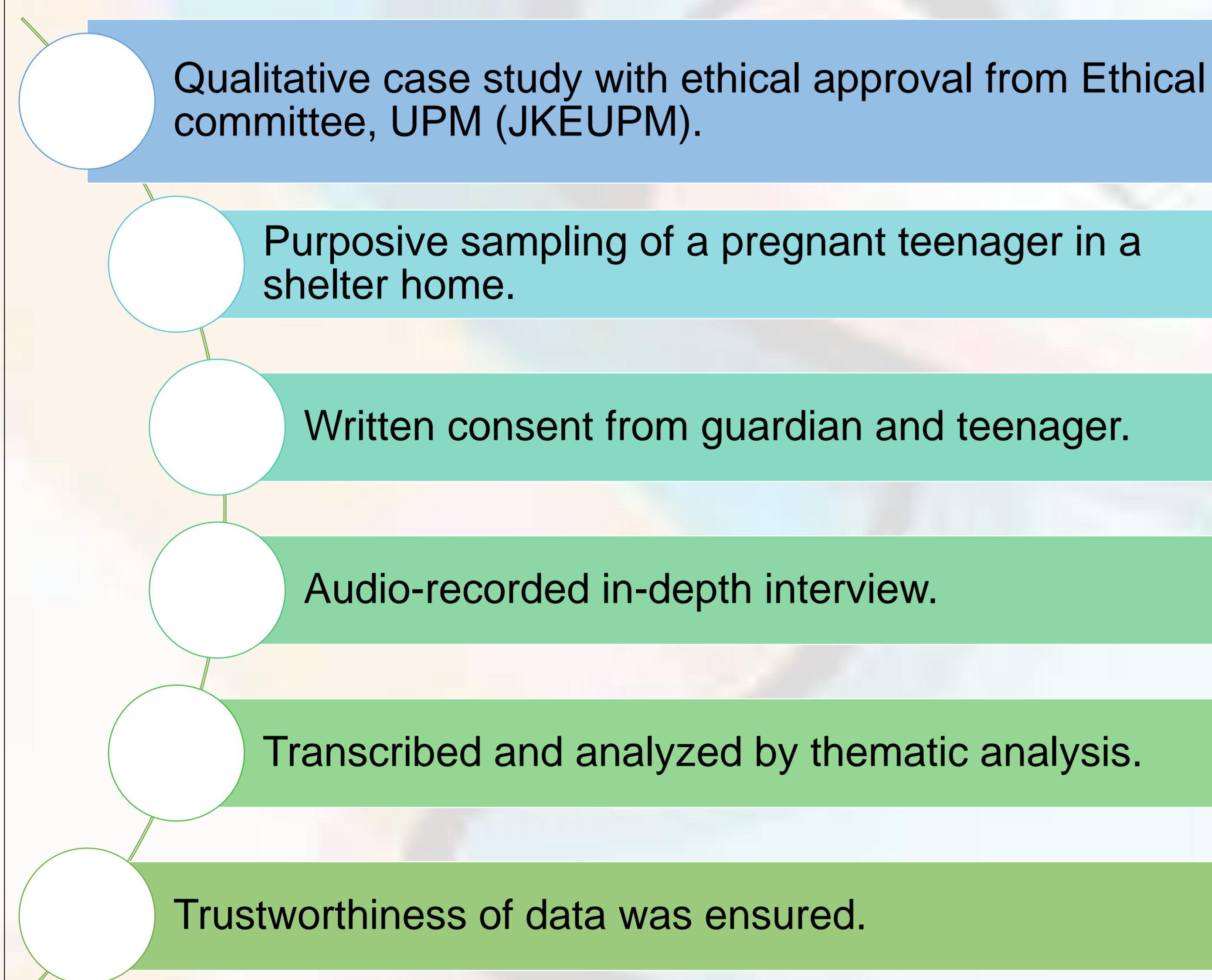
Exploring how a teenager became involved in high-risk behaviour such as unprotected sex, can provide an insight into the teenager's lived experiences.

Teenagers are vulnerable to unintended pregnancy as they are exposed to influences such as the social media, peer circles, and sexual grooming (2).

PURPOSE OF STUDY

The purpose of this study was to explore the lived experience of a pregnant teenager from before she became pregnant until the time that she was involved in unprotected sex.

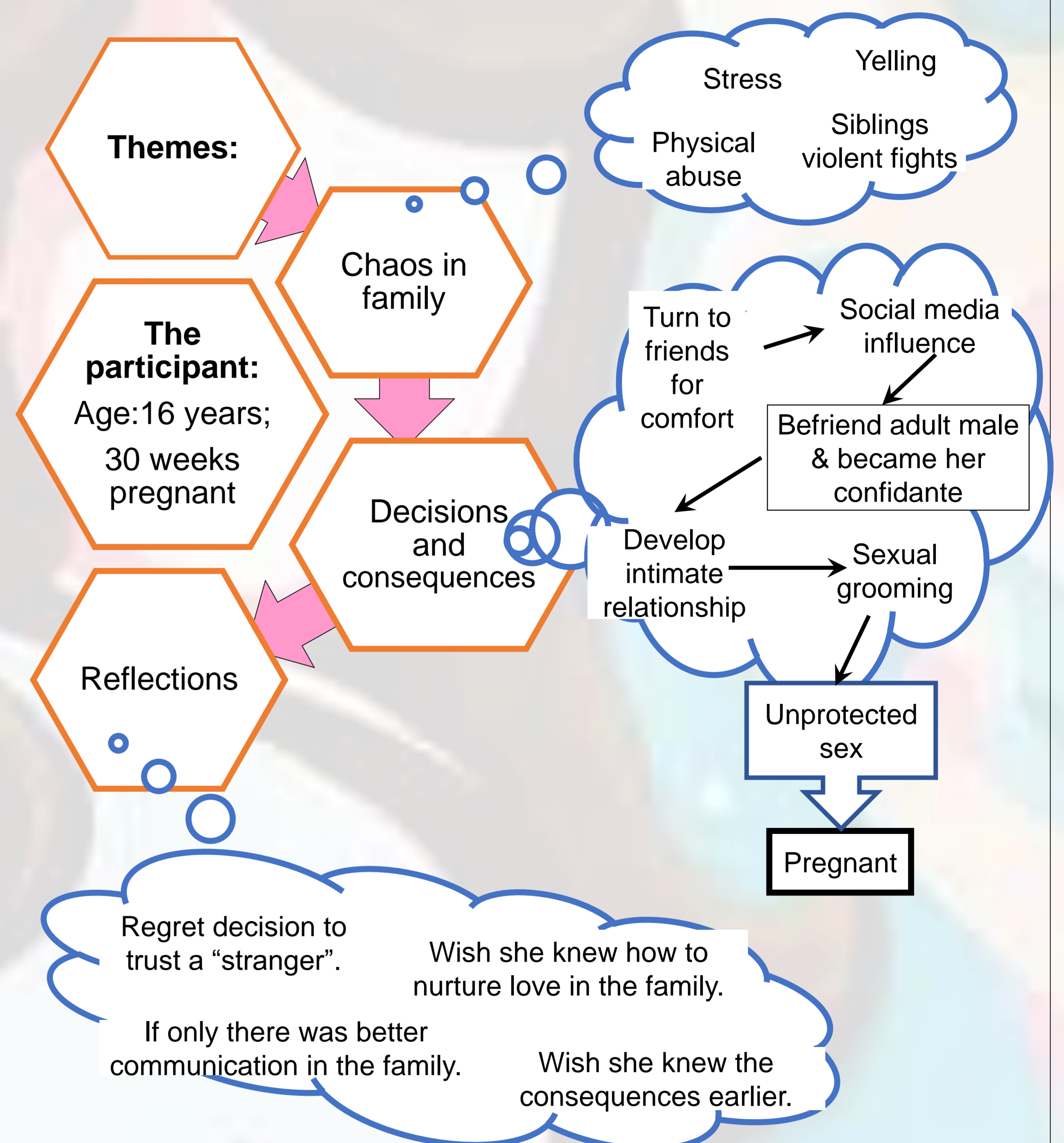
MATERIALS AND METHODS



Interview guide:

What was her lived experience leading to the pregnancy?
What were the influencing factors?
What were the choices she had to make?
What were the consequences?

RESULTS AND DISCUSSION



Household chaos has been associated with behavioural problems and involvement in risky behaviours among adolescents. The instability and unpredictable home environment result in loss of sense of belonging and connectedness among family members (3).

Though intimate relationship during adolescence is said to prepare them for future adult relationships leading to marriage, unprotected sex can lead to unintended pregnancy and possible complications including morbidity and mortality (4).

CONCLUSION

Effective communication with parents is an important influence on externalizing behaviour (5).

Positive parental guide is important to prevent teenagers from high-risk sexual behaviour.

Choices that teenagers make are influenced by family environment, friends and social media rather than mature thinking.

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