

## DETERMINANT OF TEENAGE PREGNANCY IN THE MODERN WORLD

BY: DR ISAAC K. DAMOAH

EMAIL: damoahisaac1974@gmail.com

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### ABSTRACT

The study adopted explanatory research design, the research strategy used was cross-sectional survey, the research approach used was qualitative research approach, the sampling design were survey into papers published by academic journals and papers published at the various websites, the population of the study were 8 authors, the source of data collection was primary source, the method of collection was research. The problem statement of the study was "Determinant teenage pregnancy in the modern world". The objectives of the study were achieved through research. With literature review, the study investigated into papers written concerning the topic under study. The study found out the history of teenage pregnancy, symptoms of pregnancy, causes of teenage pregnancy, side-effects of teenage pregnancy, teenage pregnancies cases in Ghana, empirical evidence of teenage pregnancy and myths about teenage pregnancy. The study concluded that determinant of teenage pregnancy was significantly important to the modern world. The study recommended that government of the various countries should a platform to educate the general public to apply birth control measures.

### BACKGROUND OF THE STUDY

#### Introduction

Teenage pregnancy refers to a girl who is pregnant below the age of 19 years. It is common among the less privilege people, low educational background and those doing poor work. It is national epidemic because a lot of teenager mothers keep and raise their children. This has become problem to individual, families and societies when teenagers give birth (123helpme,n.d). Teenage pregnancy is a pregnant girl at the age of 19 years or below this age. A girl can become pregnant if she has vaginal sex with a man after menstruation (healthline,2018).

### OBJECTIVES OF THE STUDY

- To trace the history of teenage pregnancy
- To find out the symptoms of pregnancy
- To find out causes of teenage pregnancy
- To find out the side-effects of teenage pregnancy
- To find out the myths about teenage pregnancy
- To find out the empirical evidence of teenage pregnancy
- To trace the record about teenage pregnancies in Ghana

### THE HISTORY OF TEENAGE PREGNANCY

Teenage pregnancy concerning girls between 15 and 19 years was regarded as normal in the previous centuries and

common in the developed countries in 20th century. Norwegian women who were born in early 1950s about a quarter became teenager mothers in early 1970s. Besides, the rate had reduced in the entire developed countries in 20th century. People born in Norway in the late 1970s less than 10 percent were teenage mothers and the rate had declined. Personal Responsibility and Work Opportunity Act of 1996 and the objectives of declining the number of young black and Latina single mothers on welfare was accepted as the foundation for teenage pregnancy prevention in the United States and founding of the National Campaign to hinder teenage pregnancy, now called "power to decide".

**THESIS STATEMENT:** The problem statement of the study was "Determinant of teenage pregnancy in the modern world". The study found symptoms of pregnancy, causes of teenage pregnancy, side-effects of teenage pregnancy, empirical evidence of teenage pregnancy, history of teenage pregnancy, myths about teenage pregnancy and teenage pregnancies cases in Ghana.

#### **SYMPTOMS OF PREGNANCY**

**Menstruation:** A teenage girl misses her period for more than a week. If she has been experiencing irregular menstrual cycle, this symptom can be misleading.

**Tender, swollen breasts:** Teenage pregnant girl hormonal changes make her breasts sensitive and sore. Her breasts decrease in size due to discomfort after few weeks as her body cope with hormonal changes.

**Nausea or without vomiting:** Pregnant teenage girl falls sick in the morning which could happen at any time of the day or night. This happens one or two months after pregnancy. Many women feel nausea earlier and others do not. When the cause of

nausea is not clear, pregnancy hormone takes over.

**Urination:** Pregnant teenage girl would be urinating often than usual. During pregnancy, the amount of blood in her blood increases causing her kidneys to process extra fluid which ends up her bladder.

**Fatigue:** This is ranked high among the symptoms of early pregnancy. We are not certain the cause of sleepiness at the first trimester of pregnancy. The level of the hormone progesterone rises fast during pregnancy which brings fatigue.

**Moodiness:** During early pregnancy, the level pregnant teenage girl's hormone make her feel unusual emotional and weepy. The common thing is swing of mood.

#### **LITERATURE REVIEW**

Many writers have written articles concerning teenage pregnancy which are educative to the general public. Notwithstanding the views of the writers, the study investigation into "Determinant of teenage pregnancy in the modern world". Due to this, the study found out writers who have articles about the topic under study. In reference to (Wikipedia,n.d) an article written entitled "Teenage pregnancy" states that teenage pregnancies refers to females who are pregnant at the age of 20 years. Teenage mother's encounter a lot of pregnancy related problems like married women. Teenage pregnancy in developed countries occurs outside marriage and goes with social stigma but in developing countries teenage pregnancy happens with marriage. In these societies early pregnancy create malnutrition and poor health care. Teenage pregnancies rates in Africa are higher and in Asia the rate of teenage pregnancies are lower. In developing

countries 2.5 million females at the age of 16 years and 16 million females between 15-19 years give birth each year. About 3.9 million experience abortions and it is common in rural areas than urban centers. In July 8, 2020 Rebecca Buffum Taylor wrote an article entitled "Teenage pregnancy" and she said that in U.S teenage pregnancy rate had reduced since 1990. In 2018 180,000 infants were born to teenage mothers between 15-19 years. Teenage pregnancy had dropped by 70 percent for the past 3 decades. This shows that few teenagers involved in sexual intercourse and many of them applied birth control measures. The record of teenage pregnancy in America was higher than the other developed countries. Non-Hispanic Black girls and Native Americans girls had reduced in given birth at the teenage stage as compared to Asian American girls. Premature babies weighed less than they ought to. Small babies should be put on a ventilator at hospital's neonatal care unit for assistance through breathing after birth. Teenagers who had sex during pregnancy got STD's like chlamydia; HIV but using latex condom at the time of sexual intercourse helps to prevent STD's which can infect the uterus and the developing baby. Teenagers who are pregnant may suffer from postpartum depression. With respect to the views of the above writers, the study found out symptoms of pregnancy, causes of teenage pregnancy, side-effects of teenage pregnancy, empirical evidence of teenage pregnancy, the history of teenage pregnancy, record about teenage pregnancies in Ghana and myths about teenage pregnancy.

## CAUSES OF TEENAGE PREGNANCY

**Early marriage:** Many parents force their girl- child to marry early due to hardship which generate into early pregnancy. This case is accepted as normal and unintentional but happens in developing countries like India and Sub-Saharan Africa. In developing countries teenage pregnancies that occur are unintentional.

**Drugs and Alcohol:** During adolescent stage, teenagers drink and experiment with drugs through friends, social gathering and parties. They do not know the impact alcohol and drugs have on their brains.

**Television:** A lot of films on television promotes early adult life and educate teenagers to enjoy their Independence

**Rebellion:** Many teenagers refuse to take their parents advice and wish to rule their own destiny.

## SIDE-EFFECTS OF TEENAGE PREGNANCY

### Mother

Teenage mothers suffer from high blood pressure (preeclampsia). Preeclampsia can destroys her kidneys. There is possibility that she would become anemic. This makes her to feel weak and become tired. She will be afraid, disturbed and inform her family and friends. She does not want to talk someone and lack help but feels isolated and become depressed. This creates problem for her in school and in the home. Some of them drop out of school and not able to finish school. A lot of them live in poverty. Many of them to give to many children and they are not able to cater for children well.

### Baby

Duration for healthy pregnancy is 40 weeks and a baby delivered before 37 weeks of pregnancy is accepted as premature. The bodies of these babies lack complete including the brain. The premature condition of the baby can create lifelong problems. Premature babies are under weight babies and have problem with breathing, feeding and prone to diseases like diabetes and diseases. Low birth weight affect brain development and under weight babies have difficult with learning

#### **Father**

Teenage father cannot focus on education while he ought to cater for the born child. He may be asked to register as sex offender if he has not reached the legal age (18years).

#### **MYTHS ABOUT TEENAGE PREGNANCY**

**Myth:** Some girls have sex with men while standing and know that they will not lose their virginity.

**Fact:** Practicing vaginal intercourse result in loss of virginity.

**Myth:** Many girls accept that to have sex while standing prevents pregnancy.

**Fact:** There is no scientific proof that to have sex while standing prevents pregnancy.

**Myth:** Many girls Know that if they have sex with old man they will not become pregnant.

**Fact:** Age does not prevents pregnancy.

**Myth:** Many girls take shower instantly after sex with the motive that they would not become pregnant.

**Fact:** Since the sperm has entered the body shower cannot prevents pregnancy.

**Myth:** Some girls are saying that if they have sex during menstruation they would not become pregnant.

**Fact:** During menstruation, they are fertile and they can become pregnant.

**Myth:** Many girls believe if they get pregnant before 18years, they cannot breastfeed their babies.

**Fact:** If adolescent girls become pregnant, their bodies are capable to produce breastmilk.

#### **EMPERICAL EVIDENCE OF TEENAGE PREGNANCY**

About 90 percent of girls who give birth around 15-19 years in developing countries is caused by early marriage. The main causes of teenage pregnancy are maternal and child mortality. Complications with regards to pregnancy and child birth are the cause of death for girls between 15-19 years universally. Girls who are pregnant and adolescent encounter health problems because of their immature bodies (planinternational,n.d). In developing countries 16 million girls at the age of 15-19 years and 2.5 million girls under 16 years give birth every year. Every year 3.9 million girls aged between 15-19 years do unsafe abortion. Teenage mother's between 10-19 years have higher risk of eclampsia pwerperal, endometritis and systemic infections than woman around 20-24 years. Adolescent pregnancy is intergenerational problem of ill health and poverty. Every day below 18 years girls about 20,000 give birth in developing countries (publichealthnotes,2019). In 2017 Center Disease Control and Prevention confirmed that 194377 babies were born to girls between 15-19 years. In 2014 U.S Department of Health and Human Service

said that 77 percent of pregnancies were not planned but in 2017 Center for Disease Control and Prevention declared that 194,000 babies were born to American girls between 15-19 years. In the United States the number of pregnancies have reduced but it is higher than other industrialized countries. About 12 million girls between 15-19 years and 777000 girls under 15 years give birth every year in developing regions. Adolescent girls around 15-19 years in developing countries about 10 million unintentional pregnancies happen every year. It is estimated that 5.6 million abortions occur every year and 3.9 million are unsafe and create maternal mortality, morbidity and lasting health problem. In developing countries 777000 births happen to adolescent girls who are below 15 years. Universally adolescent fertility rates have reduced by 11.6 percent for the past 20 years. The adolescent fertility rate in East Asia is 7.1 and the adolescent fertility rate in Central Africa is 129.5. In 2018 the adolescent fertility rate in South East Asia is 33.

#### **TEENAGE PREGNANCY CASES IN GHANA**

For the past five years according to Ghana Health Service Information Management Health System more than half a million teenagers become pregnant. Between 2016 and 2020 555,575 teenagers around 10-19 years were pregnant. About 13,444 teenagers around 10-14 years were pregnant and 542131:teenagers aged 15-19 years became pregnant and 112,800 teenagers were pregnant yearly. In 2016 we experienced yearly breakdown of pregnancies comprise of 10-14 years and 2352 cases of teenage pregnancies were

recorded in 2017, 2585 teenagers were pregnant, the figure rises to 2018 in 2018 but in 2020 the figure reduced to 2,856. From 2016-2020 Eastern Region recorded 1,528 cases of teenage pregnancies, Central Region had 1,327 cases, Greater Accra recorded 1,247 cases, Western Region had 1,156 cases, Bono East Region had 881 cases. Over five years Volta Region had 810 pregnant girls who were 14 years. Bono Region had 766 cases, Northern Region had 595 cases, Upper East Region had 575 cases, North West Region had 523 cases and Oti Region had 448 teenagers around 10-14 years. Savannah Region had 434 cases and 386 teenagers were 14 yrs who attended antenatal care in the Upper West Region (citinewsroom,2021). However, according to Ghana Education Service Ashanti Region is leading the teenage pregnancy rate. The region produce about 1000 teenage pregnancies each year. Ashanti Regional Girl-Child Coordinate of Ghana Education Service in the person of Mrs Hannah Amponsah said that there were 128 cases of teenage pregnancies in upper primaries and JHS had 783 and 310 cases of teenage pregnancies in Senior High Schools in Ashanti Region. Mrs Hannah Amponsah confirmed to Akoma FM that teenage pregnancies rates would double since figures of 2020 and 2021 were compiled. She was speaking to Akoma FM's morning show on a topic " A roundabout stakeholders discussion on education ahead of schools reopening". She said that COVID 19 pademic coupled with lockdown which resulted in closing of schools. Because of this, teenage pregnancies among students would increase since they had stayed home for almost 11 months. She said that last year when JHS students writing their BECE

there were a number pregnant girls. She confirmed that the 2020 statistics would increase as compared to previous years (pulse,2021). Moreover, for the past five years Ashanti Region had recorded 89,856 teenage pregnancies cases. Out of this figure, 18,856 were recorded in 2016 but the figure reduced in 2017 and 2018 with 18,066 and 17,447 cases. In 2019 these figures were recorded when teenage pregnancies increased up to 18,080. The rate reduced in 2020 by 17,802 (citinewsroom,2021).

#### **METHODOLOGY**

This chapter covers research design, research approach, research strategy, population of the study, sampling design, the source of data collection and the method of collection. The study used explanatory research design because it was the best of achieving the objectives of the study. The research strategy used was cross-sectional survey. Through this, the study surveyed papers written concerning the subject under study. The research approach used was qualitative research approach. With qualitative research approach, the study was able to found out the determinant of teenage pregnancy. The population of the study, sampling design, the source of data collection and the method of data collection were thoroughly examined.

**SAMPLING DESIGN:** The study considered papers published by academic journals and papers published at the various websites.

**POPULATION OF THE STUDY:** The population of the study were 8 authors.

#### **THE SOURCE OF DATA COLLECTION:**

The source of collecting data for study was primary source.

#### **THE METHOD OF DATA COLLECTION:**

The method used for collecting data for the study was research.

#### **SUMMARY OF FINDINGS, CONCLUSION AND RECOMMENDATION SUMMARY OF FINDINGS**

The study discovered that Teenage pregnancy between 15 and 19 was accepted as normal and common in the developed countries, as symptoms of teenage pregnancy teenage girl missed her period and hormonal changes make her breasts sensitive and sore, causes of teenage pregnancy were some of the parents forced their girl-child to marry early due hardship and many television programs educate teenagers to live independent life, the myths about teenage pregnancy were a lot of teenagers know that to have sex while standing helped them not to lose their virginity and prevented pregnancy, adolescent pregnancy was intergenerational problem of ill health and poverty, in Ghana more than half a million became pregnant and Ashanti Region was leading the teenage pregnancy rates

#### **CONCLUSION**

The study found out the empirical evidence of teenage pregnancy, causes of teenage pregnancy and side-effects of teenage pregnancy. Therefore the study generalized that determinant of teenage was significantly important to the modern world.

## **RECOMMENDATION**

### **Education**

Government of the various countries should create a platform to educate the general public about the need to apply birth control measures to prevent unwanted pregnancy.

### **Churches**

The pastors and the elders of the various churches must teach their congregation to know the causes and side-effects of teenage pregnancy. They should teach the parents to cater for their children in order not to involve in early sexual intercourse.



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