

Knowledge and Awareness of Complications in Teenage Pregnancy

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KEYWORDS

Teenage
Pregnancy,
Complications,
Teenage mothers,
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ABSTRACT

Introduction: A serious public health issue that affects millions of teenagers globally is teenage pregnancy. Girls between the ages of 15 and 19 account for about 11% of all births worldwide each year. Teenage pregnancy presents serious health risks to both the woman and the unborn child, even though becoming a mother can be a life-altering experience. Adolescent pregnancy complications can have severe long-term effects on one's physical, mental, and financial well-being

Methods: This was an observational study conducted in Karad city, Maharashtra. 198 people were included in study, who had their pregnancy before the age of 20. Certification was done from the protocol committee. After that certification was done from ethical committee. A questionnaire comprising with awareness about various complications that occurs in teenage pregnancy was used for study, and result was obtained

Results: Teenage pregnancy can result in a number of issues for both the mother and the unborn child. According to the report, the females are unaware about the complications that occurs during teenage pregnancy. The awareness regarding the complications in participants was; about Abortion (17.67%), Anaemia (39.89%), Pregnancy induced hypertension (34.34%), gestational diabetes (18.68%), caesarean section (48.98%), Low birth weight (34.36%), Still birth (4.54%), Pre term birth (29.79%), Neonatal death (8.58%).

Conclusion: The findings shows that the most of the females are unaware regarding the high risk of complications that happens during teenage pregnancy.

1. Introduction

The period between childhood and adulthood is known as "teenage" or "adolescence." The World Health Organization defines it as the age range of 10 to 19 years. An important developmental stage and a crucial chance to guarantee a smooth transition to maturity is adolescence.[1]

In 2017, estimates from the 4th National Family Health Survey (NFHS-4) cite that there were 11.8 million adolescent pregnancies in India. With 253 million adolescents aged 10-19, India has the largest adolescent population in the world[2]. However, Indian adolescent reproductive health needs are poorly understood.[3]. The proportion of adolescent maternal deaths to total maternal deaths remains high, around 10 percent, despite substantial improvements in maternal mortality in India over the last two decades.[4]

Teenage pregnancies are defined as pregnancies that take place before the age of 19. Teenage pregnancy has long been seen as a high-risk condition and is a prevalent public health issue throughout the world that is detrimental to both the mother's and the child's health [5]. Adolescent pregnancy is becoming a major issue worldwide, but it is particularly prevalent in developing nations like India where early marriage and childbearing are long-standing and socially acceptable practices [1]. Teenage pregnancy accounts for 8–14% of all pregnancies in India. The primary cause of death for Indian women between the ages of 15 and 19 is complications related to pregnancy and childbirth. Teenage pregnancy is therefore a major issue in the world today, particularly in developing nations like India.[5]

Women under the age of 20 who are pregnant and give birth have a maternal death rate that is two to five times higher than that of pregnant women between the ages of 21 and 29[6]. Teenage girls are thought to be physically and psychologically immature for reproduction, making pregnancy in

extremely young women generally seen as a very high-risk event. Adolescent girls who become pregnant also face health concerns include unsafe abortions and their complications, pregnancy-related hypertension, anaemia, puerperal sepsis, vaginal tearing, fistulas, and mental disorders brought on by their immaturity [8]. Teenage pregnancy is closely linked to a number of health issues, including preterm birth, inadequate mother weight growth, pregnancy-induced hypertension, anaemia, and STDs [6].

A girl's otherwise healthy transition into adulthood may be hampered by early pregnancy and childbirth during adolescence, which can also have a detrimental impact on her health, educational opportunities, and financial stability. Many pregnant adolescent girls are unable to pursue further education or employment.[7]

Adolescent pregnancy has effects that go beyond one's physical well-being. Teenage moms frequently experience limited educational options, social isolation, and financial dependency [8].

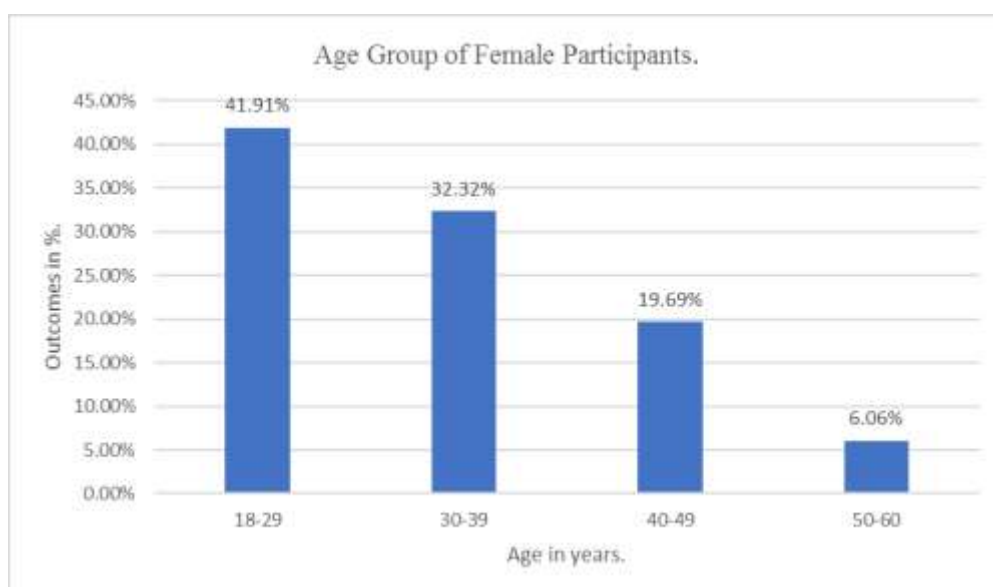
The aim of the study was to assess the knowledge and awareness towards the complications in teenage pregnancy. Understanding the repercussions of teenage pregnancy among adolescents is crucial. Therefore, it is important to determine how well-informed adolescent mothers are about the negative effects of teen pregnancy and childbearing.

2. Methods

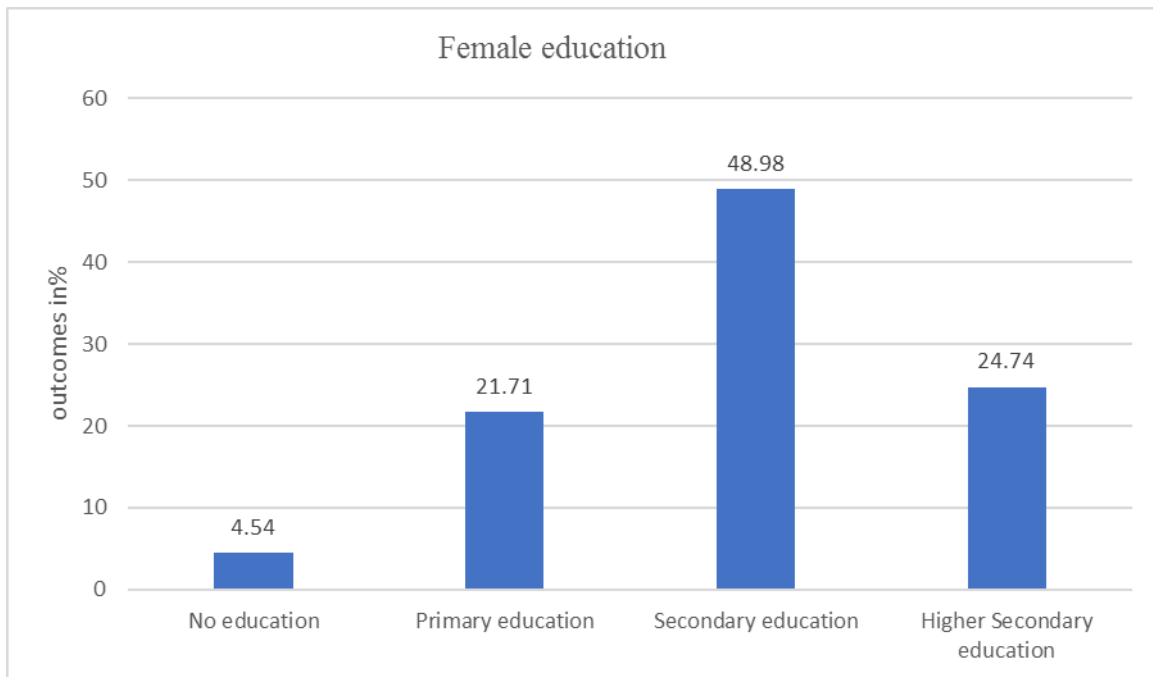
The objective of this study is to find out the awareness of complications in teenage pregnancy among females. This was observational study conducted in Karad, District- Satara, Maharashtra.

Certification was done from the Institutional ethical committee (**Protocol Number 131/2023-2024**). Participants were selected according to inclusion and exclusion criteria. The study was conducted among 198 women who had their pregnancy before the age of 20. The women who had their pregnancy after the age of 20 or not willing to participate or person with psychiatric disorder was excluded. The participants were interviewed using questionnaire and the data was collected. While collecting data, we ask participants about their pregnancy which happened before the age of 20 and the questionnaire also analysed their awareness about the complications that occurred in teenage pregnancy on mother as well as on child. After collection of data, the assistance of statisticians was used for data analysis. On basis of the responses the bar diagram was constructed.

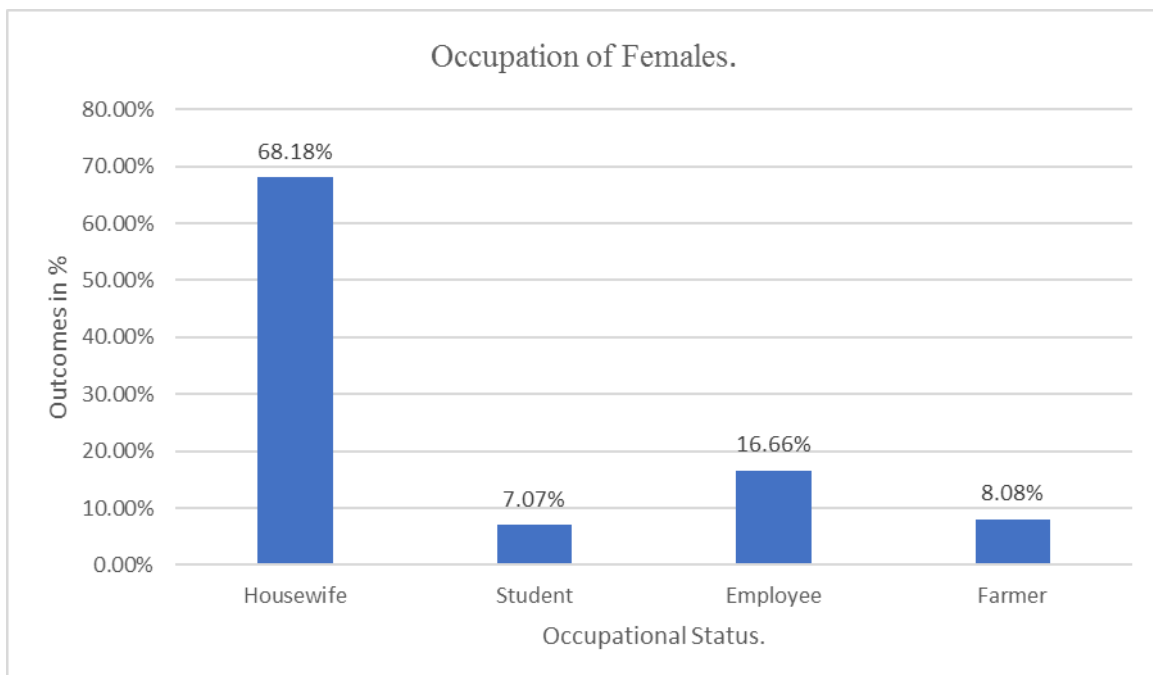
3. Results



Graph1: The above graph shows that there are 83 participants are from 18-29 years of age group. 64 that is 32.32% of participants are from 30-39 years of age group. 39 that is 19.69% of participants are from 40-49 years of age group. 12 that is 6.06% of participants are from 50-60 years of age group.

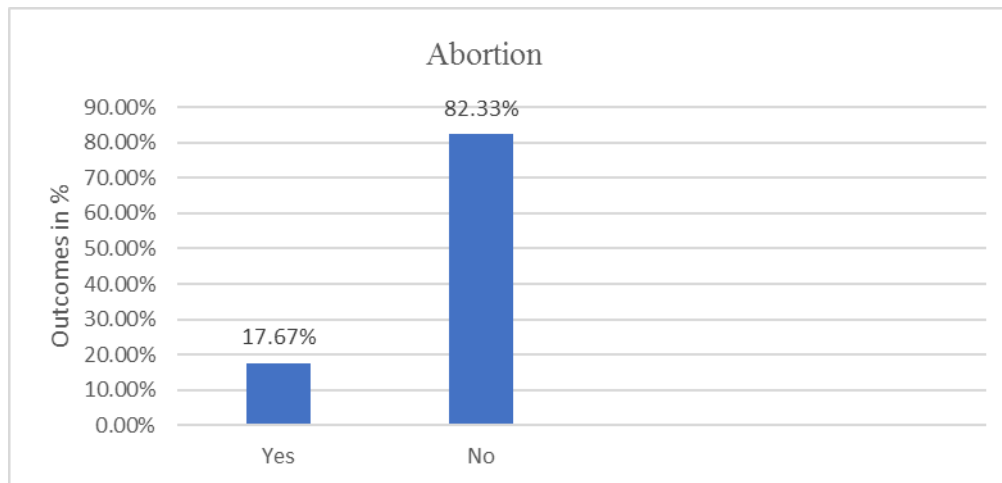


Graph2: The above graph shows that 67 that is 33.68% of participants drop out from school after secondary education and 131 that is 66.33% of females after higher secondary education.

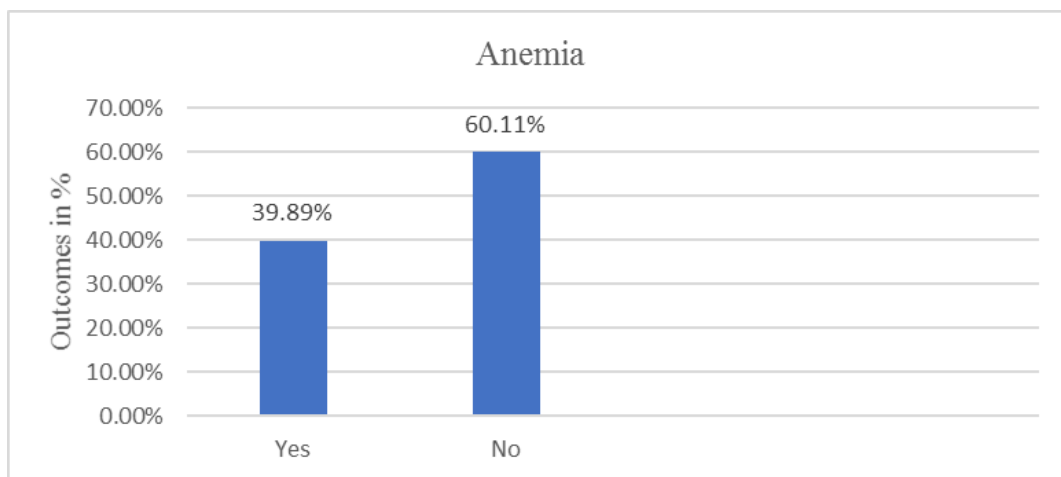


Graph3: The above graph shows that the about 135 that is 68.18% of participants are housewives; 14 that is 7.07% of participants are students; 33 that is 16.66% of participants are employee and 16 that is 8.08% of participants are farmer by occupation.

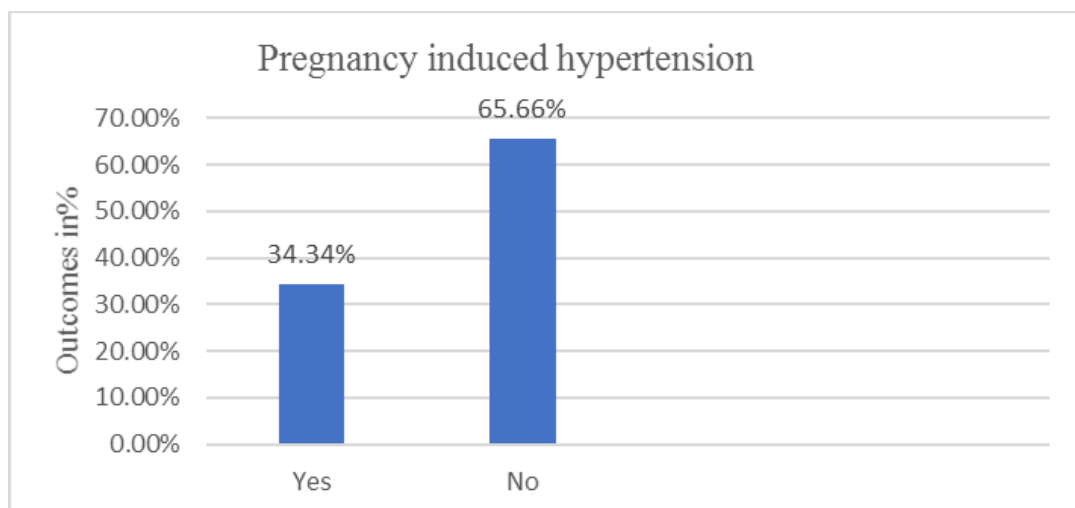
Awareness of complications occur in Mothers during teenage pregnancy.



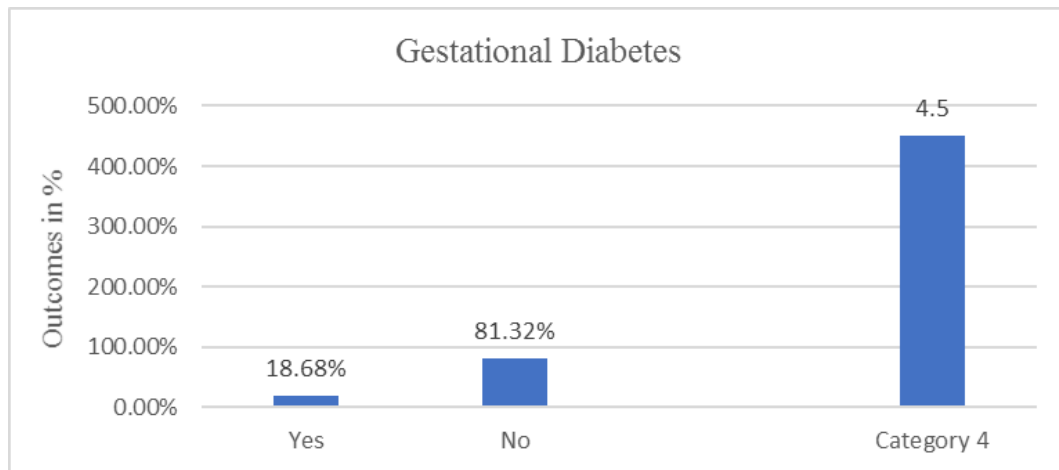
Graph4: The above graphshows that about 35 that is 17.67% of participantswere aware that the abortion could be the complication during teenage pregnancy.



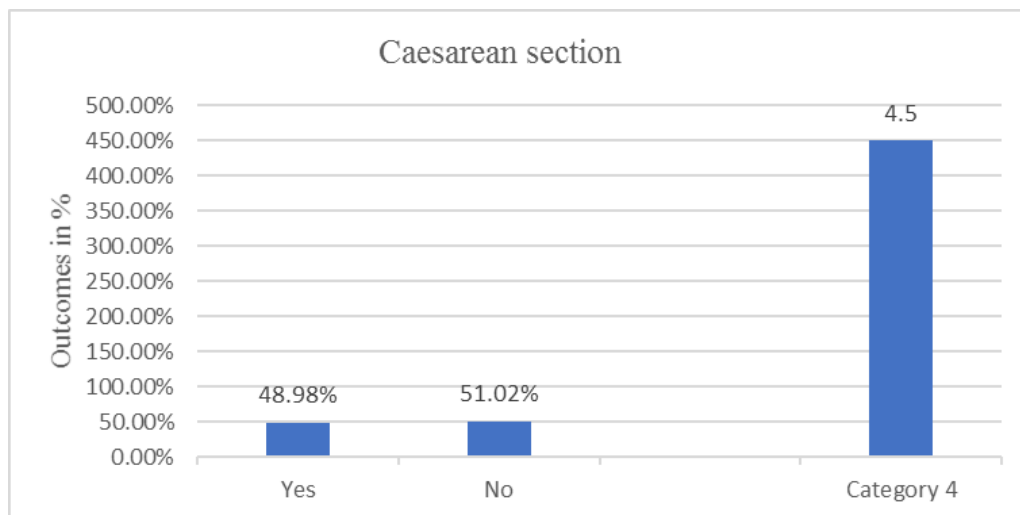
Graph5: The above graphs hows that about 79 that is 39.89% of participants were aware that the anemia could be one of the complicationsduring teenage pregnancy.



Graph6: The above graphshows that about 68 that is 34.34% of participants were aware that pregnancy induced hypertension could be the one of the complications during teenage pregnancy.

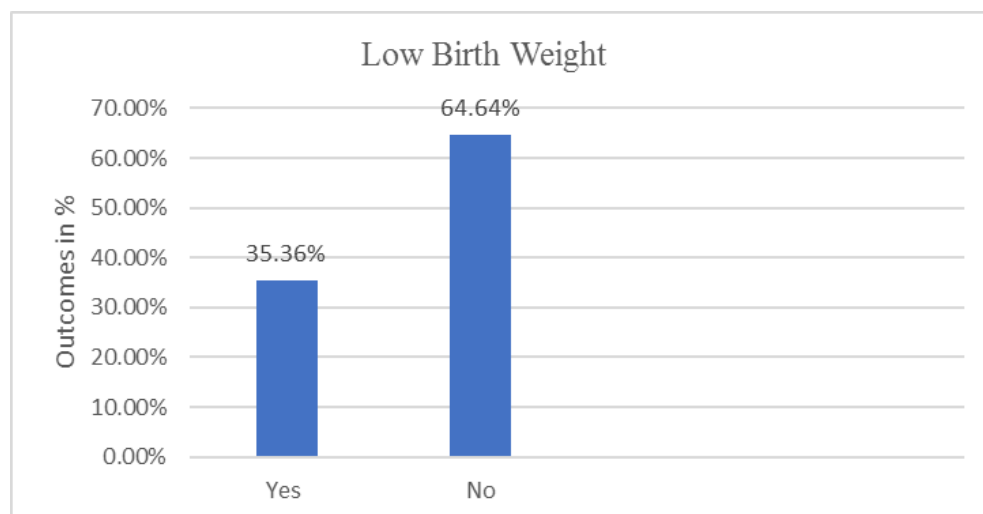


Graph 7: The above graph shows that about 37 that is 18.68% of participants were aware that the gestational diabetes could be the complication during teenage pregnancy.

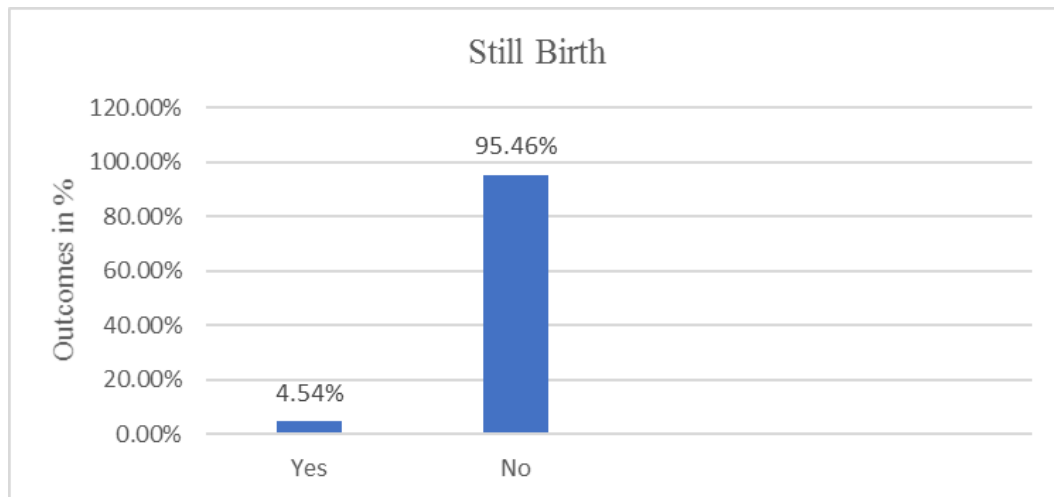


Graph 8: The above graph shows that 97 that is 48.98% of participants were aware that the caesarean section could be the complication during teenage pregnancy.

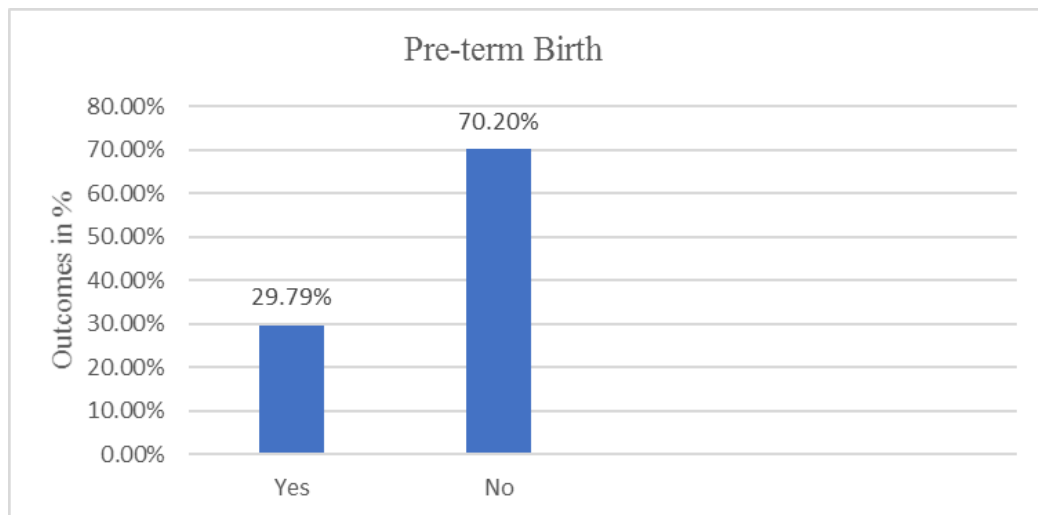
Awareness of complications occurs in New born due to teenage pregnancy.



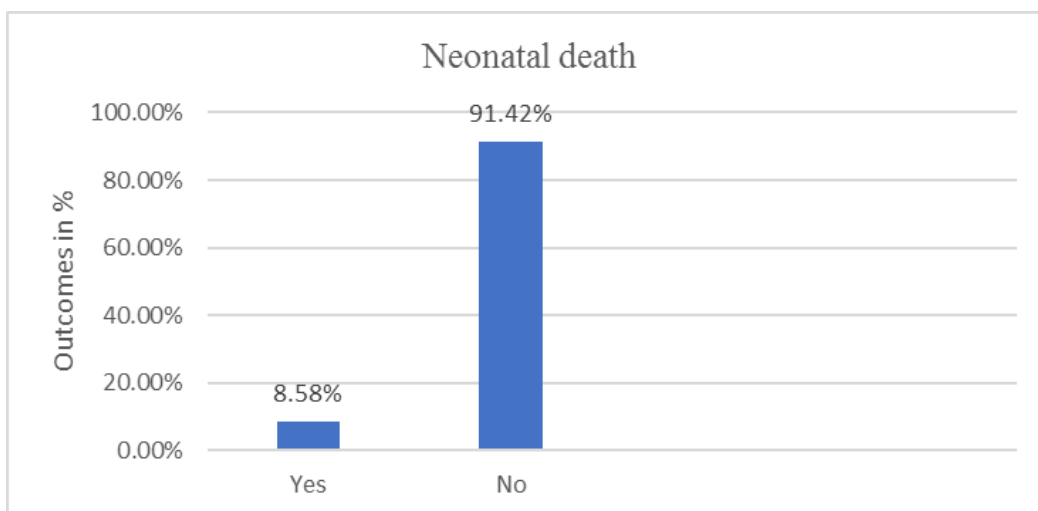
Graph 9: The above graph shows that 70 that is 35.36% of participants was aware about the low birth weight in newborns could be a complication during teenage pregnancy.



Graph 10: The above graph shows that the only 9 that is 4.54% of participants was aware that still birth could be a complication during teenage pregnancy.

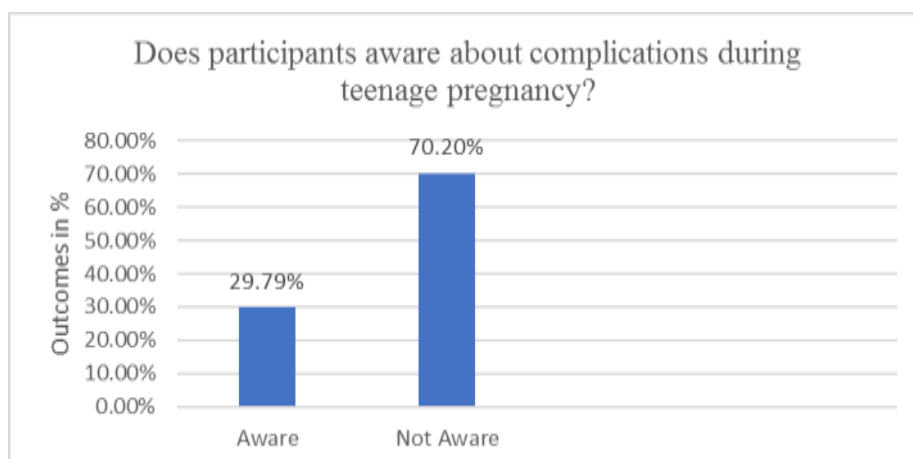


Graph 11: The above graph shows that 59 that is 29.79% of participants was aware that the pre-term birth of new born could be the complication of teenage pregnancy.

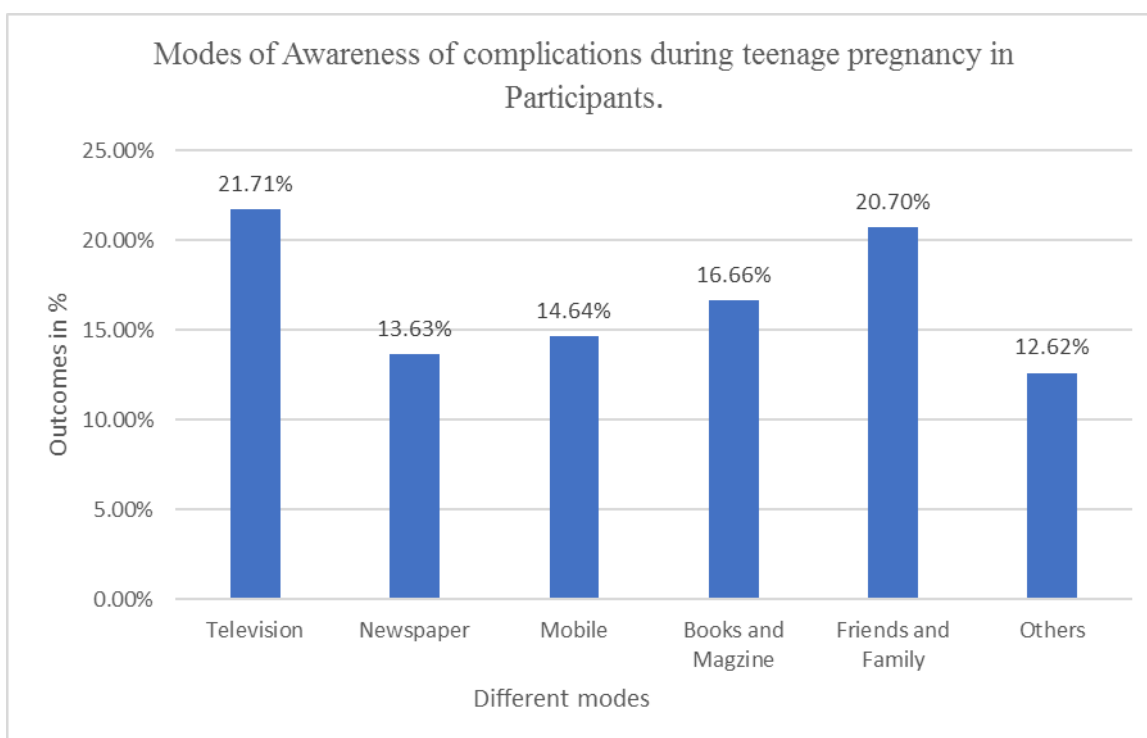


Graph 12: The above graph shows that the 17 that is 8.58% of participants was aware about the death of neonatal due to postnatal complication or poor healthcare services could be the complication in teenage pregnancy.

Awareness among the participants regarding the complications in teenage pregnancy.



Graph 13: The above graph indicates that about 139 that is 70.20% of participants was not aware about the complications that occurs in teenage pregnancy and 59 that is 29.79% of participants was aware about the complications in teenage pregnancy.



Graph14: The above graph indicates that the Television is the mode of awareness in 43 that is 21.71% of the participants; 27 that is 13.63% of participants has Newspaper as their mode of awareness. 29 that is 14.64% of participants has mobile as their mode of awareness; 33 that is 16.66% of participants has books and magazine as their mode of awareness; 41 that is 20.70% of participants has knowledge about the complications in teenage pregnancy by means of their friends and family; 25 that is 12.62% of participants has other modes of awareness rather than mentioned above.

4. Discussion

Teenage pregnancy is a significant worldwide health concern that may result in unfavourable pregnancy and perinatal outcomes. A substantial proportion of married teenagers became pregnant before turning 20 and gave birth to a kid before turn 20. Studies consistently show that teenagers lack comprehensive knowledge about complications associated with teenage pregnancy. Cultural norms, stigma, and limited discussion about reproductive health hinder awareness and knowledge. Inadequate reproductive health education in schools and limited access to reliable health information exacerbate the issue. Despite efforts to promote reproductive health education, many teenagers remain uninformed

about the risks associated with early pregnancy. This knowledge deficit is particularly pronounced in rural and marginalized communities, where socio-cultural norms and limited access to healthcare services exacerbate the issue. The consequences of this lack of awareness are far-reaching, resulting in increased maternal and infant mortality, preterm labor, low birth weight, and long-term physical and emotional health consequences.

Teenage pregnancy increases the risk of maternal mortality, due Poor prenatal care, limited access to healthcare.[10]. It increases the risk of preterm labor because of Inadequate prenatal care, nutritional deficiencies.[11]. Low birth weight of new born is one of the most common complication in teenage pregnancy which caused due to poor nutrition of the mother, inadequate prenatal care of the mother due to low socioeconomic status and poor knowledge regarding prenatal care during pregnancy [12]Early pregnancy has been documented to possess health risks and these risks are further exacerbated by poverty and inadequate access to maternal and child health care [2]. Pregnancy induced hypertension (PIH) is seen more in females who had pregnancy in their early age, the reason behind it is ; it may be genetics sometime.[13]. Limited access to prenatal care: Teens is more likely to put off getting help, which raises the possibility that they will go untreated with hypertension.[14]

Infant mortality was seen in teenage pregnancy as there is limited access to healthcare, poor socioeconomic status which leads to poor prenatal care and unawareness about it is one of the main cause [15]. Obstructed labor which causes many females to undergo for an cesarean section mostly caused due to an cephalopelvic disproportion as the pelvic was not fully developed and ready for pregnancy at this small age.[16].

The alarming rate of teenage pregnancy worldwide underscores the urgent need to address the glaring gaps in knowledge and awareness regarding its complications.

5. Conclusion

The current study reveals that females are unaware about the various complications that occur to mother and new born during teenage pregnancy. Teenage females have lack of awareness about the potential complications of pregnancy, exacerbating health risks.

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