

## CAUSES AND IMPACTS OF UNWANTED PREGNANCY IN ADOLESCENTS

Nur Fitri Ayu Pertiwi<sup>1\*</sup>, Herlin Fitriani<sup>2</sup>, Anjarwati<sup>3</sup>

<sup>1</sup>Student of Midwifery Program, Faculty of Health Sciences, University 'Aisyiyah Yogyakarta

<sup>2</sup>Lecturer of Midwifery Program, Faculty of Health Sciences, University 'Aisyiyah Yogyakarta

<sup>3</sup>Lecturer of Midwifery Program, Faculty of Health Sciences, University 'Aisyiyah Yogyakarta

\*corresponding author: [ayu.fitri08@gmail.com](mailto:ayu.fitri08@gmail.com)

### Abstract

Unwanted pregnancy in adolescents is caused by the lack of reproductive health knowledge causing pre-marriage sex. The number of mothers mortality aged 15 – 19 years old is very high. This is due to complication during pregnancy and labor. Complication can also happen in fetus which caused low birth weight (LBW). The purpose of this study was to find the causes and effects of unwanted pregnancy in adolescents. The study employed systematic literature review by using PubMed and Science Direct database in January 2008 until December 2018. Unwanted pregnancy in adolescents happened due to the lack knowledge of reproductive health. The causes of unwanted pregnancy were the low level of social prosperity, poverty, forced sex, and raping. Adolescents did not know how to prevent pregnancy and did not understand the impact of unwanted pregnancy. The impact of unwanted pregnancy was different from one to another. Many impacts due to unwanted pregnancy were depression, abortion wish, alienated by social environment, economy problem, and the raise of females' health problems. Moreover, unwanted pregnancy usually repeated in the future. Department of health, department of education, and National Population and Family Planning Board are expected to build cross institutional collaboration in preventing unwanted pregnancy in adolescents.

**Keywords: Causes, impacts, unwanted, pregnancy, adolescents**

### 1. INTRODUCTION

Unwanted pregnancies in adolescents due to a lack of knowledge on adolescent reproductive health. This lack of knowledge has led irregularities reproductive health and adolescent premarital sexual behavior occurs. Indonesia deviation premarital sexual behavior that negatively impacts as many as 92.5% admitted to holding hands, 48.5% admitted to kissing lips, and as much as 25.4% never felt or stimulating sensitive body parts such as genitals, breasts, and thighs. Adolescent premarital sexual behavior is also increasingly distant, ie 4.1% of adolescents had had sexual intercourse during their courtship [8] The impact of unwanted pregnancies in teenagers make maternal mortality with vulnerable 15-19 age high enough. It is caused by complications during pregnancy and childbirth. An estimated 16 million girls aged between 15 and 19 give birth each year by more than 90% of adolescents are estimated to occur in countries of low and middle income, accounted for 11% of all births worldwide. Maternal mortality and maternal morbidity caused by complications during pregnancy and childbirth, including higher

levels of hypertensive disorders of pregnancy, anemia, gestational diabetes, comorbidities and complications during childbirth than older women. Teenage pregnancy is also associated with an increased risk of low birth weight, premature birth [11]. Nigeria's most populous country in Africa in 2017 had a population of resident 191 juta have 122 teenage birth rate per 1000 live births by age range 15-19 years. About 74% of adolescent girls give birth at home. Complications common in the process of pregnancy and childbirth. Babies born too high risk to be born with low birth weight[5].

## 2. METHODS

Systematic Literature Review The literature study has identified the following steps:

- Development of the framework as a basis to determine the inclusion and exclusion criteria so that the data sought is not widened and focused on the context is sought
- Develop keywords that are designed and focused on the framework
- Incorporating these keywords in the search engine database and ScienceDirect continued PUBMED set filtering are on the page such as filtering Full Text, Publish Data in 10 years ago, and English.
- Noting the findings of as many as 477 articles database
- Saving the page database storage engine to Zotero bibliography in one folder
- The stored data is then filtered according to the framework. Articles that do not match are removed from the relevant folder
- Noting the findings of the number of articles and the screening process will be discussed at Prisma Flow Diagram

KEYWORD			
OR	unwanted pregnancy	AND	Adolescence pregnancy
	unwanted pregnancies		Adolescence pregnancies
	unplanned pregnancy		Adolescent pregnancy
	unplanned pregnancies		Adolescent pregnancies
	unintended pregnancy		Teen pregnancy
	unintended pregnancies		Teen pregnancies
			Preteen pregnancy
			Preteen pregnancies

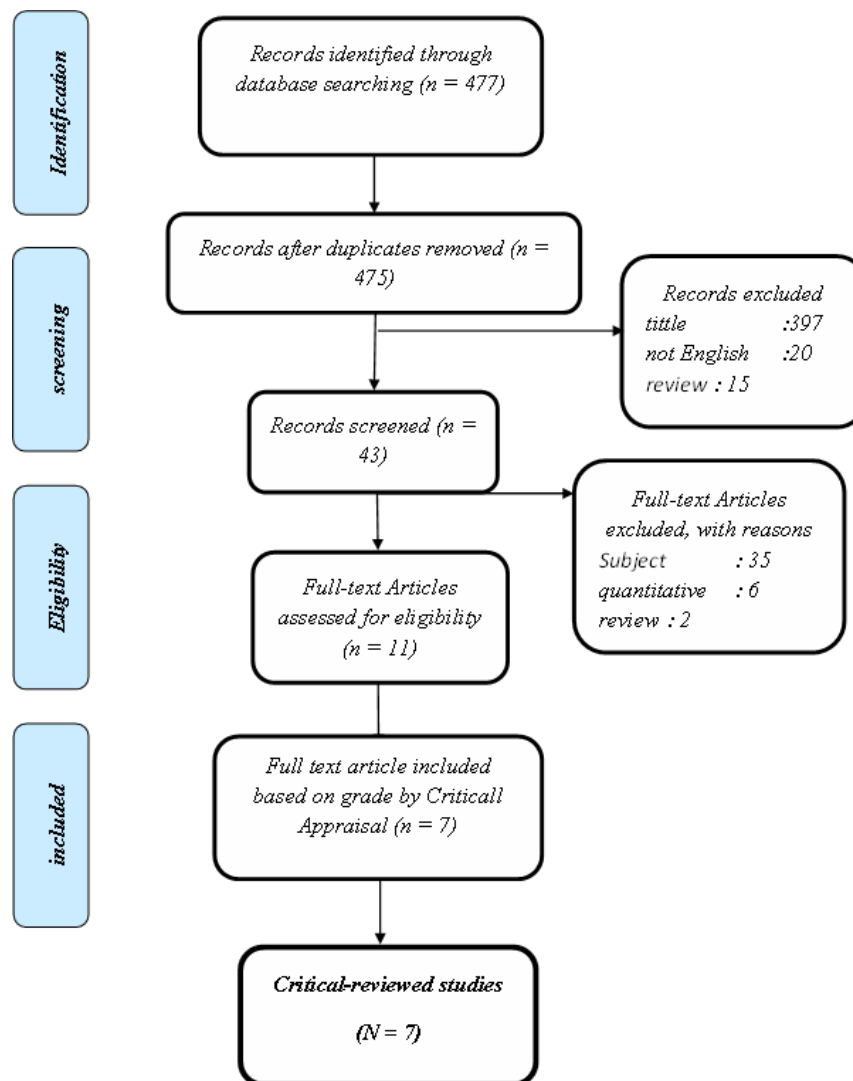


Figure 1. PRISMA Flow Chart

Search articles found as many as 477 articles, then the article is in the identification of duplications and found two the same article so that the remaining 475 articles. Articles are filtered back or removed because the title is not appropriate framework, do not speak English, and review articles to 43 articles. The whole article is accessed to determine the suitability back with the framework and the results will be synthesized susai "critical appraisal". Results of "critical appraisal" is an invention which would then be extracted and compiled mappings for discussion chapter. critical appraisal step to determine the quality of an article. In this case, the article removed in the critical stages of appraisal as many as 11 articles. Selected articles using research qualitative methods. This article was assessed with a checklist or tool Joanna Briggs of Joanna Briggs Institute. Once the process is completed elected critical appraisal of 7 articles with good quality that is indexed by Scopus standard Q1 and Q2. Based on article 7 that has been selected and in accordance with good quality further extraction to classify some point or part of an article such as the purpose of research, study design, sample size, and the results or findings of the research. Some 7 articles were selected using qualitative methods. Articles obtained contained two articles from developing countries and 5 articles from developed

countries. This mapping step authors found the cause of unwanted pregnancies in articles 2, 3, 4, and 6. In addition to the cause of the authors also found the impact of unintended pregnancy in adolescents in articles 1, 2, 3, 4, 6, and 7.

No.	Title / Researcher / Year	Research Design	Research Purposes	Data Collection	Participants	Research Themes	Result
1	<p>Title: Adolescents' responses to an unintended pregnancy in Ghana: A qualitative study</p> <p>Researcher: Lydia Aziato (PhD, MPhil, FWACN, FFGCNM, FASLP, BA, RN, ONC)</p> <p>Year: 2016</p> <p>Country: Ghana</p>	Qualitative	Identify the experience and perceptions of adolescents who have experienced unwanted pregnancy and terminate her pregnancy	Depth exploration with focus group discussions (FGD)	Adolescents aged 10-19 years. Grouped into 15 discussion groups	<p>1. Response adolescents against unwanted pregnancy</p> <p>2. Response teen couple against unwanted pregnancy</p> <p>3. The response of parents of unwanted pregnancies</p>	<p>Adolescents experience sadness, depression, and regret as a result of unwanted pregnancies. Couple reject pregnancy and suggest abortion.</p> <p>Perception of parents mostly advised to terminate the pregnancy and there is support continuing the pregnancy.</p>

2	<p>Title: An Illusion of Power: Qualitative Perspectives On Abortion Decision-Making Among Teenage Women in Sweden</p> <p>Researcher: Maria Ekstrand</p> <p>The year 2009</p> <p>Country: Sweden</p>	Qualitative	<p>Deepen the understanding of issues related to abortion in adolescents specifically in terms of state before pregnancy occurs, decision-making, family support, peer support, and professional health care abortions are performed.</p>	In-depth interview.	25 girls 3-4 weeks post abortion by the age of 16-20 years	<p>1. The cause of unwanted pregnancy</p> <p>2. Abortion is considered the best solution to an unwanted pregnancy</p>	<p>The result of this research the causes of unwanted pregnancies because of lack of knowledge of reproductive health, especially the consistent use of contraception. Prevention of pregnancy is considered a female responsibility. Abortions performed as a last resort and after an abortion women pressured to use contraceptives</p>
3	<p>Title: Beyond the discourse of reproductive choice: narratives of pregnancy resolution among Latina / o teenage parents</p> <p>Researcher: Emily S. Mann</p> <p>Year: 2015</p> <p>Country: USA</p>	Qualitative	<p>Knowing the experience of parents in providing solutions related to unwanted pregnancies.</p>	Interviews were conducted in a closed joint individual that is comfortable for the informant.	Adolescents aged 14-18 years as many as 24 people and their parents.	<p>1. Teens do not plan pregnancy</p> <p>2. Teens feel abortion is the best solution from an unwanted pregnancy</p>	<p>The results of this study explains that adolescents feel unintended pregnancy in adolescents. Abortion is considered the most good solution.</p>

4	Title: gendered norms, sexual exploitation and adolescent pregnancy in rural Tanzania  Researcher: Jennifer McCleary-Sills  Year 2013  Country: Tanzania	Qualitative	Knowing the amount of risk for reproductive health and social welfare of youth, including poverty, rape, sex with coercion, and unwanted pregnancies.	This research was conducted with active discussion in groups.	82 adolescent women aged 18-24 years. The study group was split into two groups, ages 12-14 years and 15-17 years	The cause of unwanted pregnancies in adolescents	Adolescent girls are exposed to many risks due to the lack of reproductive health pengetahuan caused by a lack of social welfare of youth, including poverty, sexual expectations on older men, rape, sex with coercion, and unwanted pregnancies.
5	Title: Male adolescents' role in pregnancy prevention and unintended pregnancy in rural Victoria: Professional's health care and educators' perspectives  Researcher: S. Connor  Year: 2018  Country: Australia	Qualitative	Knowing the perspective of teenage boys about the high number of teenage pregnancies.	This research was conducted by means of focus group discussions	Purposive sampling strategy and collected data from 23 informants	1. View of teenage boy against unwanted pregnancy 2. The role of a teenage boy against unwanted pregnancy	The theme that emerged from the analysis, namely, gender inequality, lack of knowledge on the health of adolescent boys, the hassle of getting information, and the lack of male adolescents role in preventing unwanted pregnancies.

6	Title: Preconception reflections, postconception intentions: the before and after of birth control in Australian adolescent females  Researcher: Jennifer Lawson Smith  Year 2013  Country: Australia	Qualitative	Knowing the experience of girls with unwanted pregnancies and knowledge about reproductive health	The collection can be individually semi-structured interviews	Using purposive sample to young women aged 14-19 years	Description of the adolescent experience in dealing with unwanted pregnancy	Teens describe his experience facing unwanted pregnancies.
7	Title: The Enigma of Rapid Repeat Pregnancy: A Qualitative Study of Teen Mothers  Researcher: KN Conroy MD, MS  Year: 2016  Country: USA	Qualitative	Test your knowledge of teenage mothers perception mengenai repeated pregnancy prevention efforts on him	The collection can be individually semi-structured interviews	31 perempuan with unwanted pregnancies 16-21 years old	Recurrent pregnancy prevention efforts on teen mothers	The results of the interviews conducted, namely, business planning another pregnancy, contraception election, the feeling never experienced an unwanted pregnancy, and errors in planning contraception



### 3. RESULTS AND DISCUSSION

Unwanted pregnancies in adolescents due to a lack of knowledge about reproductive health, especially regarding delay pregnancy. Unwanted pregnancies tend to blame the girls for not being able to prevent pregnancy. Adolescent women are considered responsible for the pregnancy happened to him [4]. Births to women aged 15-19 years and 95% of these births occur in low and middle income countries. The consequence is often the case that young women become single parents, so there will be long-term effects for the welfare of children and the community. Teenage boys do not have a good reproductive health knowledge, especially about contraception can be the cause of unwanted pregnancies[2]. Lack of knowledge about reproductive health, especially about contraception, lack of social welfare, poverty, sex with coercion, and rape could be the cause of unwanted pregnancies in adolescents [7]. Teenagers with unwanted pregnancies caused by social and economic problems. Lack of knowledge about reproductive health and lack of knowledge of the impact of unintended pregnancy in adolescents make the number of unwanted pregnancies in teenagers rising. Impact of social welfare and economic consequences of an unwanted pregnancy will be worse [6]. Each individual has a unique and distinct responses in the face of an unwanted pregnancy. For example, adolescent pregnancy diingkan not going to feel sad and depressed when he was a school student, unmarried, and unemployed. The relationship between adolescent women with spouses and parents will be disrupted. Some cases, the girls will get the effect of couples to make decisions about her pregnancy.

Abortion would be suggested by the couple as the best solution according to him. Parents will feel ashamed and will move his daughter out of that environment. Adolescent girls will be moved to the house of her grandparents to reduce embarrassment[1]. The impact of unintended pregnancy in adolescents will cause public health problems arising from socioeconomic conditions, maternal and infant health problems. Some adolescent girls taking the abortion decision as the best solution. However, over time the development of Sweden made a new policy on contraception counseling so as to set the adolescent reproductive health. Contraceptive use is considered better and safer than abortion as a solution to the handling of prevention of unwanted pregnancies in adolescents[4]. Unwanted pregnancies in adolescents will become a continuing problem in the United States. The social welfare of the adolescent's family will become a state problem. Economic inadequacy can result in the development of children's education. Problems that arise are based on the unpreparedness of the couple with the ongoing pregnancy[6]. Adolescent girls with unwanted pregnancies increase health risks such as unsafe abortion, difficulties in labor, risk of HIV, and sexually transmitted infections. In addition to health problems, young women will also experience social impacts such as dropping out of school, being ostracized from society, and difficult to find work [7]. Unwanted pregnancies in adolescents aged 15-19 in Australia mostly end in abortion. But in countries with access to health that are more easily opposed to abortion as long as it can be prevented. prevention of pregnancy is related to previous behaviors such as discontinuation of contraception, improper calculations, and unplanned sex [10].

The impact of unwanted pregnancies on adolescents is associated with poor health status, quitting formal education, low economy, less than optimal development of maternal and child health. In addition, efforts to prevent unwanted pregnancies in adolescents after childbirth and abortion need to be prepared. Adolescents with unwanted pregnancies and recurrent pregnancies

are associated with postpartum emotional patterns, unpreparedness in becoming a mother, and negligent behavior in the possibility of a repeat pregnancy. Repeated pregnancies in adolescents will increase the risk compared to previous pregnancies. Health, economic and family welfare risks [3]. The cause of unwanted pregnancy is based on a lack of knowledge about the adolescent reproductive health. It is expected that with an understanding of reproductive health, adolescents can avoid unwanted pregnancies. Planning a pregnancy at the right time will have a far better effect than a pregnancy that is not well planned and at an age that is not ready for pregnancy in terms of health, psychology, and economy. Lack of knowledge of reproductive health by adolescents that causes pregnancy is not desirable. Low and middle income countries do not have disciplined and well-directed regulations. Even though there is already a program but it has not been able to run optimally so pregnancy is still not desired. Teenagers do not understand the consequences of unwanted pregnancies that can occur to them such as being single parents who will have a direct impact on health, psychological, and economic status.

Knowledge of reproductive health that adolescents need to prevent unwanted pregnancies is the process of pregnancy and the long-term consequences of unwanted pregnancy. In addition to knowledge of low reproductive health, social welfare, economy, forced sex, and rape can be the cause of unwanted pregnancies. Economic and social problems make teenagers unable to get maximum service access in increasing their knowledge about reproductive health. The impact of unwanted pregnancies is often not understood by adolescents so that unwanted pregnancies occur. Impacts that occur can vary in each individual, but what often happens is stress, depression, and rejection of pregnancy. Relationships between adolescents and their social environment will also be disrupted. The attitude of rejection of pregnancy by adolescent boys and parents will encourage adolescents to choose to terminate their pregnancy by abortion. Apart from abortion, moving young women away from the surrounding environment is another alternative to reduce the shame felt by the family.

The unwanted pregnancy prevention policy has been implemented in Sweden, which is about contraceptive counseling in adolescents. This is considered better than the long-term effects that will occur with unwanted pregnancy. The United States Government considers unwanted pregnancies in adolescents to be a continuing problem and will have a negative effect on the teenager, family, and social environment. The social impacts that will be directly felt by adolescents, namely dropping out of school, being ostracized from society, and difficult to find work. In addition to the affected social environment, the health of these adolescents will also decline. The risk increases during pregnancy, labor, and postpartum. This is caused by the reproductive organs that are not ready. Apart from these risks, unwanted pregnancies in adolescents that occur due to changing partners will increase the risk of HIV and sexually transmitted infections. The impact of other unwanted pregnancies is the decision on abortion driven by the teenager's environment. Abortion was chosen as the best solution. Unwanted pregnancies in adolescents aged 15-19 in Australia mostly end in abortion. But in countries where access to health is easier to prevent as early as possible in unwanted pregnancies and services to adolescents who experience unwanted pregnancies. Unwanted pregnancies in adolescents also allow recurrent pregnancy to occur. This is caused by unpreparedness in the first pregnancy and

less attention to prevention of subsequent pregnancies. Economic factors, education, less than optimal monitoring of maternal and child health make repeated pregnancies occur. Since pregnancy it is not desirable that the first teenager does not have knowledge about contraception and does not have enough knowledge, so the risk of pregnancy is high. Increased supervision of health workers and adolescent knowledge is very necessary in cases of unwanted pregnancy.

#### 4. CONCLUSION

Unwanted pregnancies in adolescents are caused by knowledge of reproductive health, especially about contraception and the less impact of unwanted pregnancies. It is hoped that good reproductive health knowledge can prevent adolescents from premarital sex because they understand the effects of unwanted pregnancy. Knowledge provided also involves the social impact of unwanted pregnancies such as dropping out of school, being excluded from the community, and economic unpreparedness in building a household. The impact of an unwanted pregnancy can vary for each individual. Stress and depression until rejection of pregnancy is the most common thing. Rejection from spouse, family, and environment makes teenagers increasingly depressed. Encouragement from the environment makes teenagers do not hesitate to make decisions to end their pregnancy with abortion. The act of unsafe abortion by legal health workers can cause other complications during the abortion process. In addition to the effects of abortion, continuing pregnancies also have a risk of complications during labor, labor, and postpartum. Unwanted pregnancies by changing partners can also increase the risk of HIV and sexually transmitted infections. Unwanted pregnancies in adolescents should be given special attention by the family, environment, and health personnel to prevent recurrence of pregnancy. Increased knowledge about contraception should be given to adolescents with a history of unwanted pregnancy.

#### REFERENCES

- [1] Aziato, L. et al. (2016) 'SC', Journal of Pediatric and Adolescent Gynecology. ElsevierLtd. doi: 10.1016/j.jpag.2016.06.005.
- [2] Connor, S., Edvardsson, K. and Spelten, E. (2018) 'Male adolescents ' role in pregnancy prevention and unintended pregnancy in rural Victoria : health care Professiona's and educators ' perspectives'. *BMC Pregnancy and Childbirth*, pp.1–10.
- [3] Conroy, K. N. et al. (2016) 'Original Study The Enigma of Rapid Repeat Pregnancy : A Qualitative Study of Teen Mothers', (617), pp. 4–9. doi: 10.1016/j.jpag.2015.12.003.
- [4] Darj, E. (2009) 'An Illusion of Power : Qualitative Perspectives On Abortion Decision-Making Among Teenage Women'. doi: 10.1363/4117309.
- [5] Kunnuji, M. O. N., Eshiet, I. and Nnorom, C. C. P. (2018) 'A survival analysis of the timing of onset of childbearing among young females in Nigeria : are predictors the same across regions ?' *Reproductive Health*, pp. 1–9.
- [6] Mann, E. S., Cardona, V. and Gómez, C. A. (2015) 'Culture , Health & Sexuality : An International Journal for Research , Intervention and Care Beyond the discourse of reproductive choice : narratives of pregnancy resolution among Latina / o teenage parents', (July). doi: 10.1080/13691058.2015.1038853.
- [7] Mccleary-sills, J., Douglas, Z. and Rwehumbiza, A. (2010) 'Gendered norms , sexual

- exploitation and adolescent pregnancy in rural Tanzania', RHM. *Reproductive Health Matters*, 21(41), pp. 97–105. doi: 10.1016/S0968-8080(13)41682-8.
- [8] SDKI (2007) 'Survei Demografi dan Kesehatan Indonesia'.
- [9] SDKI (2017) 'Survei Demografi dan Kesehatan Indonesia'.
- [10] Smith, J. L., Skinner, S. R. and Fenwick, J. (2013) 'Preconception reflections , postconception intentions : the before and after of birth control in Australian adolescent females', pp. 332–338.
- [11] Sychareun, V. et al. (2018) 'Determinants of adolescent pregnancy and access to reproductive and sexual health services for married and unmarried adolescents in rural Lao PDR : a qualitative study'. *BMC Pregnancy and Childbirth*, pp. 1–12.