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Anxiety in Adolescent Pregnancy, A Scoping Review

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ABSTRACT

Background Many adolescent pregnancies are unplanned and reach until 50%, which can lead to shock, anxiety, and fear about what others may think. It is estimated 20% of pregnant people suffer from mood or anxiety disorders during pregnancy. Teenagers who experience pregnancy, especially those who are unmarried, often face a variety of social consequences, including stigma, rejection, or even violence from partners, parents, neighbors, and peers, which can also lead to the interruption of the teenager's education. **Objective** The aim of this study was to conduct a scoping review to study anxiety in adolescent pregnancy. **Method** There were five stages for the scoping review. The five stages include; identifying research question and relevant study, study selection, charting the data and mapping/scoping. Selected articles were taken using quantitative and qualitative method. **Conclusions** From 10 journals gathered from PubMed, ScienceDirect, EBSCO and Proquest, thematic analysis was carried out to identify the main points. We classify the main points of unpreparedness to be a parent, lack of support and impact of pregnancy. **Suggestions** Understanding and offering support can significantly alleviate the stress experienced throughout the pregnancy.

Keywords: Production Milk, Breast Care, Pospartum



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Introduction

Adolescent pregnancy is a pregnancy that occurs in a woman under the age of 18 at the time the pregnancy ends. Adolescent pregnancy is classified as a risk pregnancy factor. In 2019, adolescents aged 15-19 years in low and middle income countries (LMICs) experienced an estimated 21 million pregnancies every year, of which about 50% were unintended and resulted in about 12 million births (Darroch et al, 2016; Sully et al, 2020). According to World Health Organization (WHO, 2024) the adolescent birth rate for girls aged 10–14 years in 2023 is estimated to be 1.5 per 1000 women with higher rates in sub-Saharan Africa and adolescent pregnancy rate in Indonesia reached 58.6% (Agung et al, 2017).

Adolescent pregnancy has a medical impact on physical health including the reproductive organs are not yet mature enough to perform their functions. Adolescent pregnancy also carries the risk of significant psychological and social disorders. Teenagers who experience pregnancy, especially those who are unmarried, often face a variety of social consequences, including stigma, rejection, or even violence from partners, parents, neighbors, and peers, which can also lead to the interruption of the teenager's education (Hodgkinson et al., 2014).

Many adolescent pregnancies are unplanned, which can lead to shock, anxiety, and fear about what others may think. Anxiety is a common mental health issue that can affect pregnant teens, and there are many factors that can contribute to it (Carolina et al, 2022). Having anxiety disorders during pregnancy can give mothers negative feelings about themselves and their children, making the experience more difficult. In addition, anxiety disorders during pregnancy can cause direct harm to the child. High levels of anxiety during

pregnancy, for example, can affect fetal growth, premature birth, and delayed child development (Ibanez et al., 2015). It is estimated 20% of pregnant people suffer from mood or anxiety disorders during pregnancy.

Examples of successful interventions to reduce teenage pregnancy include sexual and reproductive health policies; improving access to information on and use of contraceptive methods (among peers and/or school- based); increasing girls' agency and aspirations (soft skills training programs); boosting school attendance (Murdiningsih et al., 2020). As a teen or parent of a teen, understanding some of the emotional stages that pregnant teens go through is important. As a teen or parent of a teen, understanding some of the emotional stages that pregnant teens go through is important. Understanding and offering support can significantly alleviate the stress experienced throughout the pregnancy (Husna et al., 2013; Saraswati, 2020).

Research Method

The study in this research uses a scoping review where a scoping review is a systematic synthesis of evidence, can be used to interpret the results and mapping concepts into the basis of research and sources of evidence (Munn et al., 2018). Researchers follow the Arksey and O'Malley framework, 2005 developed by (Peters et al., 2015) as follows;

1. Identifying The Research Questions

This review is guided by the question “anxiety in adolescent pregnancy?”. For the purposes of this study, a literature review is defined to provide an overview of the available research evidence with the aim of mapping the literature on the topic of psychological changes experienced by adolescents during pregnancy.

2. Identifying The Relevant Studies



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Researchers focus on peer review to maintain the credibility of the information available so that it can be a source of review. The databases used in this study are EBSCO, Proquest, PubMed, Sience Direct. With the following keywords; “Nervousness” OR “Anxiousness” OR “Anxieties” AND “Teen Pregnancy” OR “Adolescent Pregnancy” OR

“Preteen Pregnancies” AND “Experience” OR “Perspective” OR “Opinion” OR “Outcome”.

3. Study Selection

The selection of articles was determined using inclusion and exclusion criteria. The inclusion and exclusion criteria are as follows;

Kriteria Inklusi	Kriteria Eksklusi
<ul style="list-style-type: none">- The last ten years (2014-2024)- English- <i>Original article</i>- <i>Human</i>- <i>Qualitative study</i>- <i>Quantitative study</i>	<ul style="list-style-type: none">- <i>Review article</i>- <i>Systematic review</i>

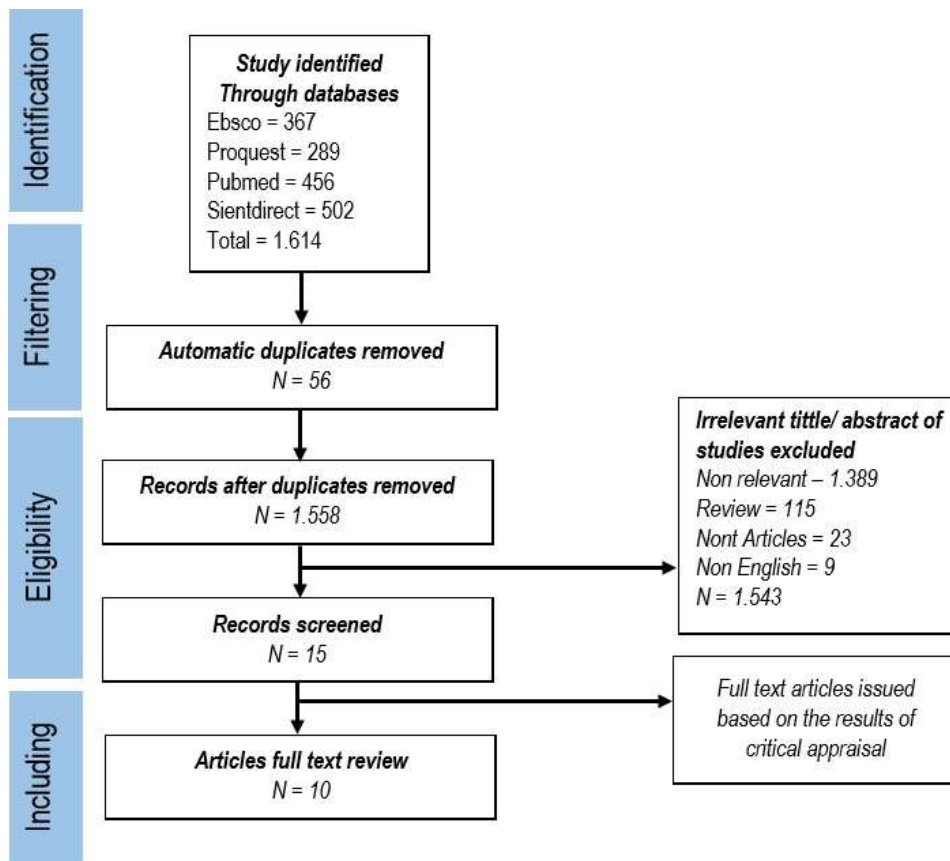


Chart 1 : PRISMA Flowchart

The article selection process uses PRISMA-ScR to improve the quality of publication reporting, because it is able to describe the journey from study identification to the selection of articles to be reviewed (Tricco et al., 2018). The stages of data filtering are as follows;

4. Charting Data



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Table 2. Charting Data

No	Title	Country	Aim	Method	Participants	Result
1	<i>Depression and its psychosocial risk factors in pregnant Kenyan adolescents: a crosssectional study in a community health Centre of Nairobi</i> (Osok <i>et al.</i> , 2018)	Africa	To determine the prevalence of depression and psychosocial risks among pregnant adolescents.	Quantitative Cross-sectional	176 respondent	Depression is common among pregnant adolescents in under-resourced urban areas in Kenya and is correlated with well-documented risk factors such as younger age and HIV positivity.
2	<i>Depression and anxiety in pregnant adolescents</i> (Figueredo <i>et al.</i> , 2019)	Brazil	To study depression and anxiety in pregnant adolescents.	Quantitative Cross-sectional and analytical studies	87 respondent	Depression was more intense among precocious adolescents than among late adolescents. There was no significant difference in the intensity of anxiety, as assessed by the HADS, between precocious adolescents and late adolescents.
3	<i>The Impact of Teenage Pregnancy on Academic Performance of Grade 7 Learners at a School in the Zambezi Region</i> (Maemeko <i>et al.</i> , 2018)	Africa	To determine the impact of teenage pregnancy on students' academic achievement.	Qualitative with a naturalistic approach	6 partisipant	The impact of teenage pregnancy on academic performance includes; poor academic performance after pregnancy, increased dropout due to pregnancy-related problems and negative feelings about school.
4	<i>Association between perceived social support and anxiety in pregnant adolescents</i> (Peter <i>et al.</i> , 2017)	Brazil	To evaluate the relationship between perceived social support and anxiety disorders in pregnant adolescents.	Quantitative <i>Randomized clinical trial (RCT)</i>	871 respondent	Perceived social support appears to be a protective factor against anxiety disorders in pregnant adolescents, with positive effects on mental health.



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5	<i>Attitudes of Teenage Mothers towards Pregnancy and Childbirth</i> (Baldyga et al., 2020)	Poland	To analyze the attitudes of adolescent mothers towards pregnancy and childbirth.	Quantitative cross-sectional retrospective study	308 respondent	The type of attitude adopted by teenage mothers towards pregnancy and childbirth is significantly related to their level of dispositional optimism.
6	<i>Impact of being an adolescent mother on subsequent maternal health, parenting, and child development in Kenyan low-income and high adversity informal settlement context</i> (Kumar et al., 2021)	Africa	To determine the impact of being a teenage mother on subsequent maternal health, parenting patterns, and child development.	Quantitative cross-sectional study	394 respondent	Teenage pregnancy leads to poor maternal and child health in later life. Although a history of teenage pregnancy and motherhood is not necessarily associated with negative parenting, findings suggest the importance of providing integrated care that addresses both health and parenting needs to optimize child development in young mothers.
7	<i>Teenage pregnancy and long- term mental health outcomes among Indigenous women in Canada</i> (Xavier et al., 2018)	Canada	To compare the risk of poor long-term mental health outcomes with and without teenage pregnancy	Quantitative cross-sectional survey	3.960 partisipant	Among indigenous mothers, teenage pregnancy is less important than broader social and health circumstances in predicting long-term mental health.
8	<i>Unmarried Youth Pregnancy, Outcomes, and Social Factors in China: Findings From a Nationwide Population-Based Survey</i> (Guo et al., 2019)	China	To determine pregnancy rates and outcomes and identify social factors associated with pregnancy in unmarried teenagers aged 15-24 years	Quantitative nationwide population- based survey	579 respondent	The findings justify national concerns about pregnancy among unmarried youth. Strategies to improve sexual education in schools and families, to improve reproductive services for adolescents, and to increase community awareness of adolescent reproductive health are needed.



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9	<i>Adolescents' perceptions and experiences of pregnancy in refugee and migrant communities on the Thailand- Myanmar border: a qualitative study</i> (Asnong <i>et al.</i> , 2018)	Thailand-Myanmar	To explore adolescents' perceptions and experiences of pregnancy in refugee and migrant communities on the Thailand-Myanmar border.	Qualitative with thematic analysis	20 informant	Adolescents view pregnancy as a challenging life event that can be addressed by developing comprehensive youth-friendly sexual and reproductive health services and education in refugee and migrant communities on the Thailand-Myanmar border. Creating a more tolerant and less stigmatizing environment within these communities and their governing bodies will help achieve this goal.
10	<i>Adolescent pregnancy and social norms in Zambia</i> (Svanemyr <i>et al.</i> , 2020)	Africa	To increase understanding of how gender sexual norms make young unmarried girls vulnerable to unintended pregnancy in certain contexts.	Qualitative with FGD	23 informant	For girls, sexual intercourse and early pregnancy go against dominant norms and are consistently discouraged because they lead to economic hardship for young women and their parents, school dropout and health problems for young women and their babies.



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Results and Discussions

1. Mapping/Scoping

a. Geographic Characteristics

The findings of the systematic search obtained ten articles published from 2016-2021.

Articles were obtained from developed

countries, namely Poland, Canada, China and developing countries, namely Africa, Brazil, Thailand, Myanmar.

b. Thematic

The review results found several themes that were in line

Theme	Sub Theme
1. Unpreparedness to be a parent	a. Changing roles and responsibilities ^{4,8,10} b. lack of involvement in parenting ^{2, 4,6}
2. Lack of Support	a. Stigma from family, society and peers ^{1, 3, 4,7} b. Domestic Violence ^{4,5,9,10}
3. Impact of pregnancy	a. Difficulty finishing school ^{1, 3, 4,} b. Financial burden ^{5,7} c. Pregnancy complication ^{1,2,5,8}

Discussion

1. Unpreparedness to be a parent

Motherhood is an important and momentous event in the life of every woman. However, it has a different meaning to a woman who becomes a mother at the age of early school education than to a woman who becomes a mother at a later stage of life. Motherhood in adolescence is an adverse event as it takes away an opportunity for further development and growth for the adolescent girl instead, she is pushed into a life of adversity and high deprivation. This impacts both the adolescent and her child. As adolescent motherhood brings along with itself several interconnected challenges (psychological, social, familial, and health), their abilities are

compromised from the start to focus on the children and their own development (Kumar, 2021; Svanemyr, 2020; Xavier *et al.*, 2018)

Mothers who have children during adolescence are more likely to have offspring with more physical and mental health problems than mothers who had children as adults. Adolescent motherhood would be associated with poor maternal health and negative parenting practices, which would further associate with poorer child outcomes (Figueredo *et al.*, 2019).

Adolescent mothers often feel unprepared for the challenges of parenthood, and may need extra support



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and guidance. Some of the challenges they face include; balancing multiple responsibilities, adolescent mothers may feel overwhelmed by the demands of parenting, school, and other responsibilities (Guo *et al.*, 2019; Mangeli *et al.*, 2017)

2. Social sanctions

Adolescent pregnancies can face stigma from family, society, and peers, which can have negative consequences for the health and well-being of the pregnant person. Non-primiparous teenagers perceived less support in the affectionate, emotional, informational, and positive social interaction domains (Osok *et al.*, 2018) . Primiparous teenagers demand more support, especially to face the challenges of motherhood and to overcome the difficulties imposed by changes, doubts, anxiety feelings, and fears, which can be minimized by having a social support (Peter *et al.*, 2017; Svanemyr, 2020). In addition, pregnant teenagers who did not plan the pregnancy reported less social support (informational domain) (Laksono, 2017).

Unplanned adolescent pregnancy and the subsequent cover-up marriage were

generally perceived as major risk factors for troubled relationships both within families and within marriages. Social pressure and traditional culture kept some parents from supporting their pregnant daughter and made them use violence instead to solve the problem (Hodgkinson *et al.*, 2014)

Social isolation and stigma are critical issues for adolescent mothers globally and this experience is more exaggerated in the informal settlements of developing country where food insecurity, poverty, crime, violence, and abuse are rampant (Maemeko *et al.*, 2018; Peter *et al.*, 2017). These adversities reduce adolescent mothers' opportunities to seek life-skills, education, and livelihood support. It has been demonstrated that adolescents who become pregnant have internalizing tendencies such as low self-esteem, depressive symptoms, and anxiety (Ibanez *et al.*, 2015).

1. Impact of pregnancy

Adolescent pregnancy was believed to cause major disruptions in the lives of unmarried adolescents. Some schools expelled students if they knew about premarital sex while other schools



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allowed students to stay if they got married (Bałanda-bałdyga *et al.*, 2020; Maemeko *et al.*, 2018). However the pregnant adolescents and their partner always chose to leave school, some because they felt embarrassed and teased by their classmates, others because the new responsibilities as parents caused pressure to find work and support the young family (Xavier *et al.*, 2018).

Several demographic and socioeconomic factors were associated with youth pregnancy. Low education level was associated with higher likelihood of pregnancy. Pregnancy and childbirth are extremely important events (Guo *et al.*, 2019). They initiate a new stage in the life of a woman and her family (Peter *et al.*, 2017). Most women of reproductive age prepare for pregnancy and childbirth both physically and mentally. From medical, psychological, sociological, and legal point of view, the arrival of a new life, together with the whole period of pregnancy, childbirth, and puerperium, seems

to be one of the most important events, which has an impact on the whole future of a woman, her child, and her

family (Asnong *et al.*, 2018).

Vaginal delivery is a stressful experience for women, mainly because of pain. Therefore, they prefer to deliver the baby by cesarean section, even without medical indications. Moreover, some young women, who have not yet experienced childbirth, build their ideas about the natural labor on the basis of information taken from unprofessional sources—from their mothers, grandmothers, and friends (Bałdyga *et al.*, 2020). Consequently, they fear not only pain but also many hours of exhaustion and possible complications. Nearly every pregnant adolescent expressed fear of physical difficulties and pain during childbirth. They had all heard that having a baby at a young age can be difficult and that a Caesarean section is sometimes necessary. Some pregnant adolescents admitted that they had considered abortion as a solution to their unplanned pregnancy (Figueredo *et al.*, 2019; Svanemyr, 2020).

CONCLUSION(S)

Pregnancies in adolescents should be considered high-risk pregnancies. Adolescent mothers often feel unprepared for the



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challenges of parenthood, and may need extra support and guidance. Social support, positive partner relationships, and education and employment might become protective factors for the adolescent mothers’.

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