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# KNOWLEDGE REGARDING RISK ASSOCIATED WITH EARLY PREGNANCY IN ADOLESCENTS

Nursing

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## ABSTRACT

Adolescence is a very important beautiful stage in life that coming during school period that is characterized by the physical, psychological and social development of an individual, which is generally carried on to adulthood. An adolescent girl is able to become pregnant following menarche. According to world health organization teenage is the age between 10- 19 year. Teenagers ages 13-19 became pregnant, approximately 89,300 had miscarriages, and 157,500 had legal abortions (latest available data). The result was that there were nearly 367,700 births to teenagers in that year. In 2014, 6.3% of all U.S. births were to teens, and 13.9% of all non-marital births were to teen. Every day in developing countries, 20,000 girls under age 18 give birth. This amounts to 7.3 million births a year. And if all pregnancies are included, the number of adolescent pregnancies is much higher. Pregnant teenagers face many of the same obstetrics issues as other women. There are many risk factors are associated with teenage pregnancy such as poor socioeconomic factors, single parent families, lack of positive parent/child communication, sexual pressure from peers, high school dropout rates, social issues, lower educational levels, poverty, divorce, low community income, lack of community coordinated, puberty began at an early age, lack of spiritual life, engages in alcohol and drug use, low self-esteem, limited education, lack of future orientated goals, lack of awareness on teen age pregnancy.

**Objectives**

1. To assess the knowledge of teenagers regarding risk associated with early pregnancy in adolescents.
2. To evaluate the effectiveness of planned teaching programme regarding risk associated with early pregnancy in adolescents.
3. To find out an association between mean pre-test knowledge score regarding planned teaching programme among adolescents with there selected sociodemographic variabl.

**Methodolgy**

Pre-experimental quantitative, evaluative research survey, research design was pre- experimental, one group pre-test and post-test design was used by using Non probability purposive sampling technique 100 adolescent were selected for the study. Structured knowledge questionnaire was used to assess the knowledge of adolescent regarding risk associated with early pregnancy in adolescent period. Pre- test was conducted on 21/04/2022 and administered planned teaching programme The post-test was conducted after 7 days on 28/ 04/2022 collected data were analyzed by using mean, median, mode, standard deviation, range, paired't' test and Chi-square. **Conclusion:** The project work concludes that majority of adolescent had average knowledge regarding risk associated with early pregnancy in adolescents. Therefore, it was concluded that the self- instruction module is effective in increasing knowledge of regarding in risk associated with early pregnancy in adolescents.

## KEYWORDS

## I) INTRODUCTION:

Adolescence is a period of life with specific health and developmental needs and rights. It is also a time to develop knowledge and skills, learn to manage emotions and relationships, and acquire attributes and abilities that will be important for enjoying the adolescent years and assuming adult roles. 5 It is a very vital period that will determine how a person will view and interact with the world as an adult. There are issues of general wellness, social wellness, and sexual wellness, all of which are linked. For teenagers, it's important to have the resources, mentorship, and knowledge to make the right choices. 6 Adolescent pregnancy and parenthood have emerged as major social issues in recent years, which is an issue of life and death to the teenagers Adolescent pregnancy continues to be an important social issue. In recent years there has been increased interest in, and concern about the problems of adolescent pregnancy and parenthood. Teenage parents in developing countries are often married and their pregnancies welcomed by family and society. These societies, early pregnancy may combine with malnutrition and poor health care to cause medical problems It also indicates that many girls are not educated about methods of birth control and how to deal with peers who pressure them into having premarital relations. Teenage pregnancies appear to be preventable by comprehensive sex education and access to birth control. Communication skills and relationship education might be powerful factors in reducing teenage pregnancy. 8 Pregnancy is a significant public health problem in low- and middle-income countries (LMICs) (WHO 2014). Worldwide, it is estimated that around 16 million girls aged 15 to 19 or 1 million girls under 15 give birth every year (accounting for 11% of birth worldwide) (UNFPA 2013). Additionally, babies born to adolescent mothers have a much higher likelihood of dying and are exposed to other life threatening conditions (Mori et al. 2013; WHO 2014). Adolescent pregnancy and pregnancy complications during childbirth are the major contributors to mortality among 15 - 19-year-old adolescents and young women (UNFPA 2008, 2013). Child mortality in LMICs, lack of resources, and poverty add to the cycle of poor health (WHO 2014). 9 Pregnancy during teenage years is associated with socioeconomic and health inequalities as regard both mother and child, including higher risks of deprivation,

Adolescent pregnancy remains a major contributor to maternal and child mortality. Complications relating to pregnancy and childbirth are the leading cause of death for girls aged 15-19 globally. Pregnant girls and adolescents also face other health risks and complications due to their immature bodies. The impact of teenage pregnancy on academic performance included poor academic performance after the pregnancy, increase dropout because of pregnancy related issues and negative feeling on schooling. A study was done on Prevalence of teenage pregnancy and its obstetric and perinatal outcomes in a rural tertiary care hospital by Venkata Ramya Krishna Madala1 , Keshav Gangadharan1, India In this retrospective observational study, data between January 2018 and December 2019 was studied result is Out of 6,028 pregnant women delivered during this period, 686 i.e. 11.3% age of women were less than 20 years, 609 (88.7%) had delivery at term and the remaining 77 (11.2%) women had preterm delivery. As per this study, incidence of hypertensive disorders were 12.24%, 5.5% were associated with anemia and most of them had vaginal delivery (65.01%) including induced and instrumental; cesarean section was 35.5%. In present study, 24.1% babies were of low birth weight and 3.49% of babies were intrauterine growth restricted (IUGR) babies. This study showed hypertensive disorders were the most common maternal complication and the incidence of vaginal delivery was higher compared to that of cesarean section, 5 incidence of anaemia was less compared with other studies. Proper antenatal care, institutional delivery and postnatal care can reduce fetal and maternal complications in childbearing women in teenage age group.13 Teen pregnancy and childbearing are associated with increased social and economic costs through immediate and long-term effects on teen parents and their children. Pregnancy and birth are significant contributors to high school dropout rates among girls.15 Evidence-

based teen pregnancy prevention programs have been identified by the US Department of Health and Human Services (HHS) Teen Pregnancy Prevention Evidence Reviewexternal icon, which used a systematic process for reviewing evaluation studies against a rigorous standard. 6 The Evidence Review covers a variety of diverse programs, including sexuality education programs, youth development programs, abstinence education programs, clinicbased programs, and programs specifically designed for diverse populations and settings. In addition to evidence-based prevention programs, teens need access to youth-friendly reproductive health services and support from parents and other trusted adults, who can play an important role in helping teens make healthy choices about relationships, sex, and birth control. Efforts at the community level that address social and economic factors associated with teen pregnancy also play a critical role in addressing racial/ethnic and geographical disparities observed in teen births in the United States. 15 As a literature came across so many literature reviews related to assess knowledge regarding risk associated with early pregnancy in adolescents. So that the researcher found it relevant to assess knowledge regarding risk associated with early pregnancy in adolescents its causes risk sign and symptoms and prevention and provide planned teaching programme in order to improve there knowledge.

## II. METHODS AND DATA COLLECTION

After extensive review of literature as well as discussion with guide and experts, the tool that is socio- demographical data and Structured knowledge questionnaire on knowledge regarding.

The investigators themselves collected the data from the subjects on 21th April 2022 to 28th April 2022 which took 1 hour. Selected socio demographical data comprised of 09 items seeking information on demographic variables like Age in years, Educational status, Gender, Type of family, Religion, Source of information regarding early pregnancy, Occupation of father, Occupation of mother, Education of mother, Education of father. Prior permission was obtained from medical officer primary health centre Shiroli For, maximum co-operation, the investigator introduced him to the respondents and willingness of the participants was ascertained. By using non-probability Purposive sampling technique 100 adolescent students selected for the study. Structured knowledge questionnaire were used to assess the knowledge regarding risk of early pregnancy in adolescent. The researcher collected the data from the subjects. The data collected were recorded systematically on each subject and were organized in a way that facilitates computer entry and data analysis.

## III DISCUSSION

The present study has been undertaken to identify the knowledge regarding Risk associated with early pregnancy in adolescents among college going students.

### 1) Findings Related To Selected Socio-Demographic Variables.

The analysis shows that the majority of subjects 59 (59%) belonged to the age group of 17years and minimum 20 (20 %) belonged to 18 years of age. Majority of subjects59 (59%) belonged to gender female and minimum41 (41%) belonged gender male. Majority of subjects58 (58 %) belonged to Hindu religion,(18 %) belonged to Muslim religion and 15(15%) belonged to other cast and minimum 9 (9%) belonged to Christian. Majority of subjects 43 (43%) belonged to 11tharts, 20(20%) belonged 11th comers, 17(17%) 12th arts, 14(14%) belonged to 12thcommers& 3 (3%) belonged to 11thand 12th science education. Majority of subjects89 (89%) belonged to joint family,6 (6 %)belonged to nuclear family & minimum 5 (5%)belonged to extended family. Majority of subjects 45 (45%) are health care provider, minimum 11(11%) are family members as a source of information. Majority of subjects 39 (39 %) are belonged to business as a occupation of father and minimum 7 (7%) belonged to farmer as a occupation.

### 2) Findings related to pre-test and post-test knowledge scores of adolescent regarding risk associated with early pregnancy in adolescents.

In pre-test majority of the subjects 15 (3%) had average knowledge and 1 subject 9 (68%) had poor knowledge and 02 subjects (29%) had good knowledge, where as in post-test 63 (73%) subjects had good knowledge, 20 (27%) subjects had average knowledge and none of the subjects had poor.

Based on the findings of the study there was maximum workers having poor knowledge regarding regarding risk associated with early pregnancy in adolescents.

### 3) Findings related to an effectiveness of Planned teaching Programme on knowledge regarding risk associated with early pregnancy in adolescents

In the present study the calculated paire 't' value (ttab = 18.14 ) is greater than tabulated value ( ttab = 1.66 ) . Hence H1 was accepted. This indicate that the gain in knowledge score was statistically at $p < 0.05$ level.

### 4) Findings related to association between knowledge scores and selected sociodemographic variables.

[X2 cal= 14.71 X 2 tab=12.59]. There was significant association between pre-test knowledge scores with selected socio-demographic variable [X2 cal= 14.71 X2 tab=12.59].

## IV CONCLUSION

**Based on the findings of the study, the following conclusions were drawn:**

A descriptive study was carried out on ASHA workers working in Primary Health Centre, Kasaba Bawada, Kolhapur to evaluate the knowledge regarding mental health and mental illness.

The major findings of the study were:The majority of the total sample participants were female 59 (59%) Thus, after studying the findings it is concluded that majority of the total samples belong to age group 17 years 59 (59%) and was found that maximum number of adolescent 68 68%) have poor knowledge.

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