

## Abstract

Teenage pregnancy is now considered a worldwide catastrophe. Pregnancy in the teen years has been on the rise in the recent years. Due to the increase in teen pregnancy, this study has been carried to evaluate various issues surrounding teen pregnancy. The motive behind this research is that teens are underage and thus cannot be in a position of making decisions for themselves. This study looks into the reason that warrants intervention in teenage pregnancies. Unplanned pregnancies and their bitter endings form the basis of warranting intervention in teenage pregnancies. The study also evaluates on the roles that stakeholders can take to give a hand to reducing the rates of pregnancies due to their high influence in the society. Facebook being the best mechanism for educating the teens on the effects of teenage pregnancies and ways of avoiding it are recommended for the study to be used in passing this message across the world. Finally, the study describes the methods that can be used for evaluation of the proposed studies.

## Background of the study

Teenage, as the term purports, is a pregnancy in the teen years. At this age, a female is considered too young and in most cases, the pregnancy causes a significant impact on the social development of the teenage mother. Unicef defines teenage pregnancy as a teenage girl becoming pregnant, usually between the ages 13 and 19 years. Several factors have been associated with teenage pregnancy including traditions and customs that encourage early marriage, especially in developing countries, peer pressure to have sexual intercourse, low self-esteem, and sexual abuse, adolescent sexual behavior often influenced by alcoholism and drug abuse among others. These early pregnancies not only impact on the quality of life for the mother but also on the child (Secura et al. 2014).

Current research demonstrates a significant psychological and socio-economic implication for the teenage mother and her child. The teen mother will often drop out of school, live on welfare due to unemployment and or low wage as a result of no or low qualification. The child is brought up in poverty, predisposing them to social problems such as low performance in school and a higher chance of getting involved in crime. There is also a high chance of starting a chronic circle of poverty whereby the sibling of a teenage mother may accept sexual instigation and marriage at an early age. They may also attach small significance to the importance of education and employment (Annang et al. 2014).

Several studies have depicted the picture of teenage pregnancy over the years. A 2006 study by the Guttmacher Institute demonstrated a high incidence rate of 750,000teenagers between the age of 15 years and 19 years become pregnant every year. Although these figures imply a 36 percent decrease since 1990, the problem of teenage pregnancies remain a significant public health problem and continues to pose challenges to educators, the social service support system, and the healthcare providers (In Werner, 2014).

The WHO records about 16 million births each year of teenage mothers globally aged between 15 years and 19 years. This represents 11 percent of all births, a significant value that requires attention. About ninety-five percent of teen pregnancies occur in low income and to some extent, middle-income countries. The mean teenage pregnancy rate in middle-income countries is more than double of that of the high-income countries. On the other hand, low-income countries have the highest being about five times as high (In Werner, 2014). In China, teen pregnancies constitute two percent of total births, eighteen percent in the Caribbean and Latin America and more than fifty percent in the sub-Saharan Africa. About half of all teen

pregnancies occur in seven countries namely Ethiopia, Bangladesh, the Democratic Republic of Congo, Nigeria, Brazil, and India (In Werner, 2014).

In the United States, Florida ranked position twenty-five out of fifty-one in 2011 in teenage pregnancies. Osceola and Lake Counties had a slightly higher rate of teen pregnancy compared to other counties in Florida. However, repeat teenage pregnancies were lower in Osceola compared to the state and nation statistics. 12.2 percent of births in Osceola were teenage births with a rate of 16.7 percent repeat teen births. From these rates, it is clear that teen pregnancies remain a concern for public health in the county (Secura et al. 2014).

Teenage pregnancy and consequential motherhood have a significant impact on several primary health care aspects. The provision of contraceptive services and health education is perceptibly relevant in preventing unplanned teenage pregnancies. Teenage mothers also require appropriate obstetric care because of their predisposition to developing perinatal complications. Additionally, apart from providing education on mechanisms of preventing teenage pregnancies, the whole society and community should be encouraged to get involved in this fight. Various sectors such as beauty shops, barber shops, and churches should be encouraged to spread the word about safe sex and abstinence during the teenage years. Lastly, mentoring should be encouraged nearly in all places be it at home, school or worship places such as the church and mosque. The older teens should be motivated to take part in guiding the younger teens and breaching them on the issue of sexuality. Using older teens is more efficient as compared to when the teens get this kind of information from the adults (Annang et al. 2014).

The primary reason that warrants intervention for teenage pregnancies is because most of these pregnancies estimated 95% of them are unplanned. Moreover, most of these kinds of

pregnancies end up in adverse conditions. It is hard for teenagers who gave birth to a child to marry, and thus the result becoming children being brought up by step parents or single mothers. This is a severe effect that hits both the young mother and the baby. It is necessary to campaign against teenage pregnancies since with it comes to a decline in the economy due to unexpected population increase. Many teenage girls are usually not ready for childbearing leading to the majority of them opting for abortions; while in this process, many die (Sternas, 2014).

Stakeholders both private and government agencies are the best group that can have a great impact on reducing the rates of pregnancies. These stakeholders can be both from the local, national or global levels. Basing on the facts that these kinds of people are very influential, it is easy to use them creating interventions that have diverse approaches towards the many factors that are related to the unplanned pregnancies during the teen ages. Some of the aims that will b focused on these programs conducted by stakeholders will be majoring on psychological risks and protective measures that involve sexuality. By doing this, they will be increasing the teens knowledge on the risks that are associated with sexuality while at the same time educating them on the safe way of using contraceptives (Sukhato, 2015).

Facebook is ranked as the most utilized form of social media by teenagers. Regarding this, it is regarded as the most influential tool while focusing on any content that involves the teenagers. Creating posts on Facebook walls that are educative regarding the risks involved with sexuality will thereby be effective to the teenagers if they will read them on their Facebook accounts. Contraceptive advertisements too may be done this social media platform. Also, sex education needs to be conducted on Facebook. By doing this, the messages will reach

a wide range of the target audience globally and thus achieve the initial aim of reducing teenage pregnancies (In Werner, 2014).

Every nation worldwide aims at moving towards a stable economic environment. Gender equality is also a fight that is on the run. For nations to walk towards full independence, education is key. The teenagers are a countries home for the good of tomorrow. When this generation of youngsters fails, it means that a country's initial goals have failed. The most affected child when a girl child gets pregnant, it is the female gender. Therefore, it is important to reduce and, if possible, end teenage pregnancies so that every child gets an equal opportunity. It is not fair for the boy child to get all the necessary education while the girl child drops out of school and joins motherhood. When all students can complete their education properly, a country benefits from having sufficient expertise in all regions of the nation (Sukhato, 2015).

While conducting a study, it is essential to measure whether the study is a success or it is not. When a study becomes successful, its effect is felt in the society, and when it does not turn out successful, there is the need for strategies again by looking at the doldrums that resulted in the failure. Evaluation of the effectiveness of this study will be through the survey. First, the number of teenagers who read the posts that are posted on Facebook should be tracked and recorded. Also, another method of examining the effectiveness will be comparing the teenage pregnancy data before the implementation of the program and five years after the program was implemented (Sternas, 2014).

## Conclusion

There are various lessons on teenage pregnancies that have been learned. It is not proper for teenagers to add responsibilities to themselves of acquiring pregnancies and starting childbearing. Some of the lessons that teenagers ought to learn are prevention, control and how to get services for it. The best methods of prevention are through abstaining from sex while still in the teen ages. At this period, it is hard for a teen age to have full control over themselves and thus, they need to seek advice before getting involved in things such as drugs and alcohol basing on the fact that these are the primary causes of pregnancy for the teens. Whenever a teen feels that he or she is about to do something that will result in negative impacts on their life, it is good to seek advice from a counselor or any elderly person around them.

## References

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