

changed their lives. For some, motherhood had been the momentum to change for the better. They need to consider career because they had someone else for whom they were responsible. They recognized that they were still young enough to enter further education or other aspects of employment as their children grew up. For the women in this study, having been a teenage mother did not mean that their life and future were all over. Motherhood and bringing up children are values in their own right. The women were realistic about their futures, often making plans to develop their careers [24].

Another study explored the impact of stigma on teen mothers. Drawing upon the findings of in-depth interviews with 20 teenage mothers using semi-structured interviews exploring the ways and contexts within which stigma is experienced and identifies differential effects and coping mechanisms reported by the participants [25].

The recruitment of the 20 participants from the Midlands region through the regular support services that they used. Teenage mothers are defined as those who were aged 16 or over when they gave birth to their children, as this older 16-19 age group constitute the vast majority of the group often referred to as teenage parents [26]. The participants in this study were at the top of the age range; although many of them had become mothers at 16 or 17, they had been engaged with the support services for some time and were now in their late teens or early twenties. Each participant took part in a semi-structured interview, which was transcribed and analyzed through meaning condensation [27], coding context charts, and pattern coding [28]. The interviews were around the themes, one of which was the participants' experiences of stigma; how this manifested itself, their feelings about stigma and what extent they felt affected them. The limitation of this study is the recruitment of the participants because they used regular support services, and in this regard, the study would have excluded those who did not utilize these services. The teenage mothers did not share the typical assumptions of teenage motherhood. They did not believe that they were less competent or unable to become economically self-reliant. The participants saw motherhood as positive, and how it enhanced their lives and resented the stereotype of the teenage mother as unrepresentative of their experiences and skills. The effects of being a part of a stigmatized group are different according to numerous factors. Those for whom young motherhood represented a normative youth transition were less likely to report negative effects from stigmatizing situations, while those for whom teenage motherhood was less valued were likely to suffer negative effects and adopt stigmatizing attitudes towards other teenage mothers. The existence of the former's alternative value systems raises an essential question for policy interventions regarding those who are targets; what can be gained by the continuing stigmatization of values that do not conform to contemporary epitome when those subscribing to them show little evidence of changing or adapting to the new norms?©

Teenage mothers face many problems throughout their lives that prove to be both positive and negative. A similar study examined the lived experiences of seven women who were teen mothers [29].

They have shared their stories here and revealed their experi-

ences. The collection of data is through semi-structured interviews with the seven women who were pregnant at aged 20 or younger and who have been parenting for at least five years. The themes that emerged from the interviews were: complicated family structure, personal values, the relationship and role of the father, and the experience of becoming a young mother. Findings indicated that the women had a similar positive outcome to becoming teen mothers, which is an essential factor in realizing goals and success. Findings also disclosed a discrepancy between general perceptions of women who become teen parents and the reality of these women. Furthermore, the importance of sharing their experiences was found to be dominant, of having someone to listen to their stories and to be able to contribute their ideas. This study reveals the need for future research where the focus is on supporting the strengths of teen mothers rather than treating teen pregnancy and parenthood only as a social problem. Another need is education on effective communication between parents and children regarding sexual activity and pregnancy. It will break the barriers that create an uncomfortable atmosphere regarding the subject of sex and teens. ©

A phenomenological study was designed to determine the experiences of pregnant secondary school students aged 12-19 students who were descendants of unwed mothers [30]. The fourteen pregnant students who were selected as participants of the study took part in the in-depth-interview and focus group discussion. The participants revealed that their experiences were of humiliation and disdain, remorse, fear and insecurity, escape and remediation, support and love, financial constraints and acquiescence. Their coping mechanisms were being positive about the situation, having the aid and support of the family, faith, and hope in the church. Importantly, the teenage mothers valued the lessons learned from the experience.

A study explored Iranian mothers' experiences of early motherhood [31]. It was done using the conventional inductive content analysis approach. A purposive sample of 18 Iranian mothers, with the experience of early motherhood, was recruited with a maximum variation concerning their age at their first pregnancy, their children's age, place of residence, and financial status. Data collection was done via in-depth semi-structured interviews and continued up to data saturation. There was the use of MAXQDA software (v.10.0) for handling the data. The experiences of the mothers on early motherhood came into two main categories named "realization of the childhood dream of adulthood" and "heavy burden of adulthood on the small shoulders of childhood." The four subcategories of the first category were the acceleration of intellectual and mental maturation, strengthening of family relationships, developing a strong identity, and close companionship with the child. The second main category also included four subcategories, namely, experiencing numerous difficulties, threats to mothers' physical and mental health, threats to children's health, and missing opportunities. Early motherhood is not merely a negative experience. There is an association between different positive outcomes. Healthcare providers need to provide high-quality prenatal, perinatal and post-natal care services to adolescent mothers and use available opportunities to support them and their children actively. ©

Another study was conducted an interpretive phenomenological study using semi-structured interviews [32]. It explored the lived experiences and social context of women who became mothers during adolescence in rural Victoria. The locale was a rural community in North East Victoria, Australia with four women who gave birth to a child when they were the ages of 15 and 19. Findings revealed that five themes emerged from the data as being essential to the participants' experiences before pregnancy. These included feeling isolated; life change: transition into adulthood; support and understanding in sexual relationships; feeling dissatisfied, and overcoming adversity. Participants' provided practical recommendations to improve life for young people in rural areas through reflecting on their own experiences. Findings highlighted the complex nature of rural young women's experiences leading up to pregnancy and suggested that early motherhood might be most reflective of the social environment in which one lives before pregnancy. The increased access to health services is pertinent to improving experiences for rural young people before pregnancy. Health professionals should consider the importance of supporting young women through non-judgmental, approachable and accessible services.©©

Resiliency

In recent times, teenage motherhood has been increasingly a menace by policy-makers and in broader societal discourse. The common perception is that the teenage mothers are a homogeneous group of immature, irresponsible, single, benefit-dependent, unfit parents.©

A qualitative, Interpretive Phenomenological Analysis (IPA) studied the experiences of five women who were adolescent mothers. Three themes emerged: first, the identification of increased resilience, critical reflection when the adolescent mother transitioned, and engagement of other stakeholders that could meet the developmental and motherhood needs of the participants [33].

Another study was conducted on the resiliency among Hmong women who were teen mothers. It is qualitative research on the experiences of ten teen Hmong mothers between the ages of 13 to 20. This study focused on the mothers' experiences and how young motherhood has shaped their lives. This study focused on the positive outcomes and provided a deep understanding of how these women became resilient despite adversities in life. The critical themes that emerged were resiliency, positive outcomes, traditional family and cultural expectations of oneself, the experiences of becoming teen mothers, and support systems. It also indicated that these Hmong women have become resilient despite hardships. In contrast, their experiences as teen mothers were the driving forces that motivated them to obtain higher education, professional careers, and financial stability [34].

Furthermore, another qualitative study [35] explored the factors that contributed to positive outcomes for 11 UK respondents who were teenage mothers through biographical qualitative study. Many adaptation strategies and protective factors were found to be contributory factors to positive outcomes in some areas of the respondents and their children's lives. These strategies began with a rejection of the typical negative stereotypes associated with teenage pregnancy and extreme re-

sistance to perceiving their pregnancies as adversity. Their desire to be models for their children has given them the momentum to pursue their education and occupation objectives because they are responsible for the child. The findings strengthen the growing affirmation that early pregnancy can lead to positive outcomes for both mother and child.©

A phenomenological research study explored the experiences of eight African American adolescent mothers and their families. It examined the process of developing resilience following an adolescent's transition into motherhood [36]. The mean age for becoming a mother was 16-years-old. The mean age for becoming a grandparent was 40-years-old. Each family participated in a semi-structured interview conducted by the primary researcher. Genograms were constructed for each of the families and were used to track multigenerational histories of teenage pregnancy and relationship dynamics. A phenomenological research design was employed to gather and analyze the data.

The discussion of the findings is within the context [37] of family resilience framework, family-systems theory, and an Afro-centric framework. Data analysis revealed nine primary themes. The results indicate that the families' reactions to the pregnancies ranged from excitement to disappointment. In general, the participants perceived the adult fathers and extended family members as having more negative emotions and difficulty accepting the adolescent mothers' pregnancies than the adult mothers. The perceptions of the siblings as being accepting and exciting about the pregnancies. The adolescent mother participants reported unstable relationships with their fathers as well as with their children's fathers. Additionally, each had a close relative or friend who also experienced adolescent pregnancy. Families identified three primary mechanisms which enabled them to cope with the adolescents' pregnancies and demonstrate resilience: communication, religion, spirituality, and support from their families and communities. Findings from this study expand on the existing literature on African American families, adolescent pregnancy, and family resilience. Furthermore, this research provides valuable insight into how families cope with an unexpected life transition such as teenage pregnancy. Clinical implications indicate the importance of including the families of adolescent mothers in the treatment process.

Self-Efficacy

A qualitative reviews on adolescent pregnancy to discover rising themes across the 22 studies reviewed [38]. They were all qualitative or phenomenological by design and included samples comprising either African-American and Caucasian participants or African-Americans exclusively. Based on analysis of the primary findings of the sampled articles, four themes emerged: (a) factors influencing pregnancy; (a) pregnancy resolution; (c) meaning of pregnancy and life transitions, and (d) parenting and motherhood. Overall, the studies revealed that most adolescent females perceive pregnancy as a rite of passage and a challenging yet positive life event. More qualitative studies are needed involving participants from various ethnic backgrounds, on males' perceptions relative to adolescent pregnancy and fatherhood, and about decision-making relevant to pregnancy resolution, intimacy, and peer relation-

ships.◎

A qualitative study explored the experiences and future aspirations of teenage mothers in North West England [39]. There was the conduct of 10 in-depth qualitative interviews with teenage mothers recruited from children's centers located in deprived areas.◎Results disclosed that the young mothers looked at motherhood as a positive experience. Moreover, within the communities they lived, they felt well-supported. For many of the young mothers, the dislike of the school during pre-pregnancy and becoming a mother had led them to reassess the importance of education and occupation. However, while their child is still young, they decided to prioritize motherhood. The young women relied heavily upon family and the support of trusted professionals. Motherhood is a positive experience that makes sense in the lives of these young women from disadvantaged backgrounds. Policy to be effective must recognize the value of social role motherhood provides for these young women. The adverse long-term outcomes observed may primarily be an output of their disadvantaged position in the community, and should be the point of interventions.◎◎

Another study determined the experiences of African Australian young refugee women who experienced early motherhood in Australia [40]. This qualitative research used in-depth interviews. The development of the research methods and analysis is by inter-sectionality theory, phenomenology and a cultural competency framework. Sixteen African born refugee young women who had experienced teenage pregnancy and early motherhood in Greater Melbourne, Australia took part in this research. Interviews were audio-recorded, transcribed and data analyzed using thematic content analysis. Results revealed that motherhood has increased roles and gives a sense of purpose to them. Despite the positive aspects of motherhood, they faced challenges that affected their lives. The challenges included coping with increased roles following the birth of the baby, managing the dictate of school, work, and baby care. The young mothers indicated they received appropriate support from their families and close friends, but never from the father of the child, and the broader community. Participants felt that teenage mothers are frowned upon by their indigenous villages, which left them with shame and embarrassment. The researchers propose that service providers and policymakers support the role of the young mothers' mother, sisters, their grandmothers and aunts following early motherhood. Such support from significant females will help facilitate young mothers' re-engagement with education, work and other aspects of life. For young migrant mothers, this is particularly important to facilitate adjustments in a new country and reduce the risk of subsequent unplanned pregnancies. Health providers need to expand their knowledge and awareness of the specific needs of refugee teen mothers living in new settings.

5 DISCUSSIONS

Parenting is a challenge. Teen mothers encountered multiple obstacles to effective child rearing and life's transition. As outlined in the literature review, teenage motherhood is deviating from ideal circumstances for motherhood and embodying fast-

track transitions to adulthood in a social and political climate. This review sought to improve people's understandings towards teenage pregnancy. The pieces of evidence from the different works of the literature revealed that several themes emerged from the six studies on how the teen mothers cope with the changes. The review of the literatures emphasized the positivity of motherhood based on the perceptions of the teen mothers. They looked at themselves as competent enough for the new role. However, this life change affected the family structure, education, personal goals, and values. The transition to adulthood involved experiencing numerous difficulties, threats to mothers' health, threats to children's health, financial constraints, and missing opportunities.

Besides, stigmatization as to young motherhood such as humiliation and disdain, remorse, fear and insecurity, and escape and remediation are still part of the present day society. Moreover, with the aid and support of the teen mothers' family, faith, community, and church, they have survived the struggles of life.

Presently, teen pregnancy is a social problem with negative implications. The transition of the focus could be on supporting the strengths of the individual. It is necessary to stop seeing teen mothers as a problem. The way society views and responds to teenage pregnancy is not conducive to successful outcomes. There are many women, including those in this study, who do prevail and who do find success after becoming a teen mother. However, many others do not and who fall through the cracks and further perpetuate the negative stereotypes and stigmas that our society uses to define teen pregnancy and parenthood.◎

Women get pregnant, whether they are married or not, whether they are teenagers or adults. It is not a new phenomenon, it has been happening throughout history, and the problem lies in how we deal with it. Supporting teens that become pregnant is the first step in promoting successful outcomes for the individuals. The support that promotes positive self-reflection and opportunities for the future in ways that can make a difference in the lives of these teen mothers and the way they perceive themselves.◎

Education on open communication regarding sex and pregnancy is an essential aspect of making changes that will challenge the way our society views them. Several of the reviews mentioned the significant lack of communication regarding sex between the respondents and their parents.

Findings several investigations reported that concerning resiliency among the teenage mothers reveals that people nowadays are not as cruel as in the past. It encouraged the teen mothers to become resilient despite hardships to achieve positive outcomes through educational and professional goals. For them, rejection of the typical negative stereotypes associated with teenage pregnancy and extreme resistance to perceiving their pregnancies as adversity. Moreover, the transition they had experienced made them want to be role models and responsible individuals in caring for their child.

Furthermore, the positive support system they received made them more resilient to changes and adaptations. However, they admitted that they have unstable relationships with men in general.

The women offered the stories of their experiences to show

people that a mother and her child, regardless of the mother's age is still deserving of respect and the encouragement of society to live well and prosper. These women are doing it in the face of adversity. They are living well and prospering when others around them are saying or at least expecting that they will not.

Stigmas hurt not only the mother but their children too and the negative attitudes keep revolving, recycling, and continue to shape the way we learn to perceive teen mothers.

Studies also revealed that the self-esteem of the teen mothers had improved since they now look at pregnancy as a ritual of passage and a challenging yet positive life event. Motherhood brought increased responsibilities, social recognition, and a sense of purpose for young mothers. These increased responsibilities following the birth of the baby, managing the competing demands of schooling, work and taking care of a baby. However, teen mothers are frowned upon by some ethnic communities, which left them with feelings of shame and embarrassment, despite the personal perceived benefits of achieving motherhood.

6 CONCLUSIONS

With support, teen mothers may have the same educational, occupational, and parenting outcomes as their non-pregnant and parenting teen peers. The process through which the participants processed their experiences resulted in critical analysis of how the environment was responsive to their changing needs as an adolescent mother. Through a process of in-depth thought and reflection, the participants experienced an internal shift in which they planned out and executed changes to their environment which resulted in adaptation to these challenges, which then fostered resiliency.®

Besides, there is a need to hear the voices of women who have found success, to understand their stories and experiences better. These reviews allow a better understanding of how adolescent mothers make sense of their individual experiences with coping, self-efficacy, social support, and resiliency. While there are numerous studies on the adverse outcomes associated with adolescent pregnancy and motherhood, there are insufficient studies, which address the resiliency of adolescent mothers and positive outcomes.®

The participants' voices through their recollection of being adolescent mothers entitled them to make sense of their lived experiences. Indeed, the emergence of themes through the data analysis of the reviews connected a common thread through most of the experiences. The actual quotes from the participants gave life to their words as they voiced their unique experiences as they recounted their obstacles and supports, and how that influenced their educational, occupational, and parenting outcomes, becoming resilient.®

7 RECOMMENDATIONS

As adolescent mothers perceive their home, school, community, and peer environments as supportive, they are more likely to increase their success by developing and maintaining resilient characteristics such as competence, problem-solving abil-

ity, and a sense of purpose. Adolescent mothers who have higher levels of trust and respect with school counselors may be more likely to increase their involvement at school and within the community. This information is particularly crucial for counselors/intervention specialists to understand the need for program intervention development and maintenance.

Also, providing counseling and intensive case management for the entire family may enhance individual and family involvement. Given that many teen mothers frequently rely on parental support, there is an increased need to strengthen the mother-teen daughter relationship. There is a link between family support to greater resilience, life satisfaction, and positive parenting behaviors [41], [42]. While most adolescent parents name their mother as a significant source of support, some adolescent parents state that their mother is a source of conflict. Therefore, there should be a careful examination of adolescent daughter-parent relationships due to their vital role in the adolescents' functioning and continued success. In addition to individual and family factors, cultural factors must be examined to provide maximum services.

Despite the negative public perception of adolescent parenthood, many teen parents experience a positive, life-changing mentality and behaviors for self and child. Thus, it is pertinent for school counselors and other mental health professionals to help adolescents maximize educational attainment beneficial to the teen and their child.

The power and exercise of mental health advocacy for at-risk students by providing resources to help stabilize lives build resilience and increase self-efficacy by educators, administrators, and school support personnel.®

The present study has significant implications for interventions for teen mothers. Several studies have found that teen mothers frequently rely on their informal support networks for emotional and instrumental needs. Teen mothers' usage and access to formal supports and interventions are minimal; thus, building collaborative relationships between formal and informal support networks may be needed for teen mothers.®®

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