

Exploring the Challenges of Adolescent Mothers From Their Life Experiences in the Transition to Motherhood: A Qualitative Study

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Abstract

Objective: Early motherhood and its impact on mothers, children, families and communities is a prevalent health challenge in developing countries that needs to be urgently explored. The aim of this study was exploring the challenges encountered by Iranian adolescent mothers during the transition to motherhood.

Materials and methods: Inductive conventional content analysis approach was used in this qualitative study. Face to face in-depth semi-structured interviews were conducted with 16 Iranian teenage mothers in the Kerman province of Iran from March to December 2016. Data collection continued until the point of data saturation and MAXQDA software was utilized in the analysis of the data.

Results: Six main categories increasing burden of responsibility, experiencing physical problems, receiving insufficient support, inefficiency in maternal role, emotional and mental distress; and role conflict and 18 sub-categories were extracted from the data analysis.

Conclusion: The findings of this study showed that adolescent mothers experience many physical, psychological, mental and social challenges. Therefore, it is expedient that special attention and care support is made available to them by health care providers. A comprehensive understanding of the challenges encountered by adolescent mothers, will aid the development of culturally appropriate health promotion guidelines and strategies.

Keywords: Adolescent Mothers; Challenges; Iran; Qualitative Study; Motherhood; Kerman

Introduction

Motherhood is a significantly important event in the life of a woman (1). Maternal role attainment is a process that requires acquire necessary abilities, learn appropriate behavior, and establish in maternal identity (2). Preparation to accept the maternal role

has important effects on maternal adjustment and transition to adulthood (3). However, increasing number of teenage mothers is one of the important concerns in many countries (4). According to the World Health Organization, every year, approximately 16 million teenage girls give birth worldwide while South Korea has minimum rate and maximum rate is in sub-Saharan Africa (5). Among 1,000 Iranian adolescent girls, 27 become mothers (6).

Early motherhood has significantly affected not only adolescent girls, but also their spouse, family,

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Loving Changes A Journal For Mothers In Time Of Transition

Diana Lynn Barnes



Loving Changes A Journal For Mothers In Time Of Transition:

The Well-Crafted Mom Kathleen Ann Harper, 2018-06-05 The life coach and coauthor of *Signs of a Happy Baby* shares self care strategies and crafting projects to help get new moms on the path to lives they love When life coach Kathleen Ann Harper struggled with the demands of motherhood she took control of her life through dedication self care and finding a creative outlet for herself Now she s a life coach dedicated to helping new mothers facing the same struggles she once did In *The Well Crafted Mom* Harper blends personal anecdotes and inspirational craft projects with smart self care solutions for moms The Well Crafted Mom links simple craft projects to life coaching tools to give moms creative reminders of what they ve learned in each chapter like how to grapple with mommy guilt ways to tell the difference between having a mess and being a mess how to know when expectations are stealing your happiness and what you can do to reclaim joy [Women's Reproductive Mental Health Across the Lifespan](#) Diana Lynn Barnes, 2014-05-30 In this book you ll find a thoughtfully edited chronicle of the unique convergence of genetic hormonal social and environmental forces that influence a woman s mental health over the course of her life Both comprehensive and nuanced *Women s Reproductive Mental Health Across the Lifespan* captures the science clinical observation and collective wisdom of experts in the field Professionals and laypersons alike are well advised to make room on their bookshelves for this one Margaret Howard Ph D Warren Alpert Medical School of Brown University Women Infants Hospital Providence RI This outstanding collection of work is an important timely and much needed resource Dr Diana Lynn Barnes has been instrumental in bringing attention to the needs of perinatal women for decades In *Women s Reproductive Health Across the Lifespan* she brilliantly unites the medical world of reproductive life events with the psychiatric and psychological world of mental health issues associated with them Her expertise combined with contributions by distinguished leaders in the field create a volume of work that should be studied carefully by every medical and mental health provider who works with women Karen Kleiman MSW The Postpartum Stress Center Author of *Therapy and the Postpartum Woman* Finally a book that addresses the entire scope of women s reproductive mental health spanning the gamut from puberty to menopause The list of chapter contributors reads like a who s who of international experts Unique to this book is its focus on the interaction of genetics hormonal fluctuations and the social environment It is a must addition for the libraries of clinicians and researchers in women s reproductive mental health Cheryl Tatano Beck DNSc CNM FAAN Board of Trustees Distinguished Professor School of Nursing University of Connecticut Pregnancy and childbirth are generally viewed as joyous occasions Yet for numerous women these events instead bring anxiety depression and emotional distress Increased interest in risk reduction and early clinical intervention is bringing reproductive issues to the forefront of women s mental health The scope of *Women s Reproductive Mental Health across the Lifespan* begins long before the childbearing years and continues well after those years have ended Empirical findings case examples and dispatches from emerging areas of the field illuminate representative issues across the continuum of women s lives with the

goal of more effective care benefitting women and their families Chapter authors discuss advances in areas such as fertility treatment and contraception and present current thinking on the psychological impact of pregnancy loss menopause cancer and other stressors These expert contributors emphasize the connections between an individual s biology and psychology and cultural expectations in shaping women s mental health and the balance between a client s unique history and current clinical knowledge clinicians need to address disorders Included in the coverage The experience of puberty and emotional wellbeing Body image issues and eating disorders in the childbearing years Risk assessment and screening during pregnancy Normal and pathological postpartum anxiety Mood disorders and the transition to menopause The evolution of reproductive psychiatry A reference with an extended shelf life Women s Reproductive Mental Health across the Lifespan enhances the work of researchers and practitioners in social work clinical psychology and psychiatry and has potential relevance to all health care professionals **The Publishers Weekly** ,1999 *The Routledge Handbook of Family Communication* Anita L. Vangelisti,2012-11-27 With a synthesis of research on issues key to understanding family interaction as well as an analysis of many theoretical and methodological choices made by researchers studying family communication the Handbook serves to advance the field by reframing old questions and stimulating new ones The contents are comprised of chapters covering theoretical and methodological issues influencing current conceptions of family research and theory centering around the family life course communication occurring in a variety of family forms individual family members and their relationships dynamic communication processes taking place in families family communication embedded in social cultural and physical contexts Key changes to the second edition include updates throughout providing a thorough and up to date overview of research and theory new topics reflecting the growth of the discipline including chapters on singles as family members emerging adults and physiology and physical health Highlighting the work of scholars across disciplines communication social psychology clinical psychology sociology family studies and others this volume captures the breadth and depth of research on family communication and family relationships The well known contributors approach family interaction from a variety of theoretical perspectives and focus on topics ranging from the influence of structural characteristics on family relationships to the importance of specific communication processes Transitions Theory Afaf Meleis,Afaf I. Meleis,2010-02-17 It is very exciting to see all of these studies compiled in one book It can be read sequentially or just for certain transitions It also can be used as a template for compilation of other concepts central to nursing and can serve as a resource for further studies in transitions It is an excellent addition to the nursing literature Score 95 4 Stars Doody s Understanding and recognizing transitions are at the heart of health care reform and this current edition with its numerous clinical examples and descriptions of nursing interventions provides important lessons that can and should be incorporated into health policy It is a brilliant book and an important contribution to nursing theory Kathleen Dracup RN DNSc Dean and Professor School of Nursing University of California San Francisco Afaf Meleis the dean of the University of Pennsylvania

School of Nursing presents for the first time in a single volume her original transitions theory that integrates middle range theory to assist nurses in facilitating positive transitions for patients families and communities Nurses are consistently relied on to coach and support patients going through major life transitions such as illness recovery pregnancy old age and many more A collection of over 50 articles published from 1975 through 2007 and five newly commissioned articles Transitions Theory covers developmental situational health and illness organizational and therapeutic transitions Each section includes an introduction written by Dr Meleis in which she offers her historical and practical perspective on transitions Many of the articles consider the transitional experiences of ethnically diverse patients women the elderly and other minority populations Key Topics Discussed Situational transitions including discharge and relocation transitions hospital to home stroke recovery and immigration transitions psychological adaptation and impact of migration on family health Educational transitions including professional transitions from RN to BSN and student to professional Health and illness transitions including self care post heart failure living with chronic illness living with early dementia and accepting palliative care Organization transitions including role transitions from acute care to collaborative practice and hospital to community practice Nursing therapeutics models of transition including role supplementation models and debriefing models

Handbook of Family Communication Anita L. Vangelisti, 2004 Integrating the varying perspectives and issues addressed by researchers theorists and practitioners this edited collection presents an analysis and synthesis of cutting edge research and theory on family interactions

The Future of Motherhood in Western Societies Gijs Beets, Joop Schippers, Egbert R. te Velde, 2010-12-06 Most people value to have children still highly But what is the optimal moment to have the first The decision on having children or not and if yes on the timing of the first is one of the most difficult ones to make also because it more or less coincides with various other heavy decisions on shaping the life course like on union formation labour market career housing accommodation etc People realise that having children will fundamentally change their life and in order to fit this unknown and irreversible adventure perfectly into their life course postponement of the first birth is an easy way out as long as doubts continue and partners try to make up their mind Modern methods of birth control are of course a very effective help in that period What is the best moment to have the first child And to what moment is postponement justified There are no easy answers to these questions Best solutions vary per person as they depend on personal circumstances and considerations the partner may have conflicting ideas housing accommodation job income free time activities Existing parental leave and child care arrangements are weighted as well Unfortunately the biological clock ticks further And also unfortunately assisted reproductive technology IVF etc is unable to guarantee a successful outcome Several couples end up without children involuntarily and that may lead to sorrow and grief This interdisciplinary book overviews the process of postponement and its backgrounds in modern Western societies holistically both at the personal and the societal level Contributions come from reproductive evolutionary biological and neurological sciences as well as from demography

economy sociology and psychology It holds not only at women but also at men becoming first time fathers The discussion boils down to a new policy approach for motherhood and emancipation on how to shape work and family life It is argued that a public window where one can compose a cafeteria like set of supportive arrangements according to personal preferences could lead to a break in the rising age at first motherhood **Healing Garden Journal** ,2004 Serves as a resource for people in their discovery and celebration of total well being body mind and spirit The journal builds community promotes environmental and social awareness and advocates wellness through natural foods nutrition fitness and complementary health care Committed to promoting conscious choices that lead to a higher quality of life and a greater experience of personal and global harmony *Mothers, Infants and Young Children of September 11, 2001* Beatrice Beebe,Phyllis Cohen,K. Mark Sossin,Sara Markese,2013-09-13 The group of papers presented in this volume represents ten years of involvement of a group of eight core therapists working originally with approximately forty families who suffered the loss of husbands and fathers on September 11 2001 The project focuses on the families of women who were pregnant and widowed in the disaster or of women who were widowed with an infant born in the previous year This book maps the support and services provided without cost to the families by the primary prevention project the September 11 2001 Mothers Infants and Young Children Project organised by a highly trained group of therapists specialising in adult child mother infant and family treatment as well as in nonverbal communication The demands of the crisis led these therapists to expand on their psychoanalytic training fostering new approaches to meeting the needs of these families They sought out these families offering support groups for mothers and their infants and young children in the mothers own neighbourhoods They also brought the families to mother child videotaped play sessions at the New York State Psychiatric Institute at Columbia University followed by video feedback and consultation sessions In 2011 marking the 10th anniversary of the World Trade Center tragedy the Project continues to provide services without cost for these mothers who lost their husbands for their infants who are now approximately ten years old and for the siblings of these children This book was originally published as a special issue of the Journal of Infant Child and Adolescent Psychotherapy *Childbearing and the Changing Nature of Parenthood* Rosalina Pisco Costa,Sampson Lee Blair,2019-11-25 Around the globe the very conceptualization of family is associated with the relationship between a parent and a child The birth of a child represents both the end of one experience and the beginning of another

Unveiling the Magic of Words: A Review of "**Loving Changes A Journal For Mothers In Time Of Transition**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**Loving Changes A Journal For Mothers In Time Of Transition**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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