

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

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Received June 2017; Revised and accepted September 2017

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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