

## 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

**Afaf Meleis,Afaf I. Meleis**



## **Loving Changes A Journal For Mothers In Time Of Transition:**

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; 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. The Publishers Weekly, 1999. 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. 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

**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

Gender in a Transitional Era Amanda R. Martinez, Lucy J. Miller, 2014-12-23 Gender in a Transitional Era addresses a range of issues relevant in current gender and sexuality studies scholarship which span many disciplines The contributors prioritize the critical thinking that continues to support the notion that we as a society still have a ways to go toward full gender equality in all spheres of life This collection positions marginal voices at the center of complex gender issues in today's society Broad thematic topic areas include parental identities advice and self help gender performances and role expectations in media interacting within organizational and social spaces and tensions and negotiations on politics health and feminisms Though there is still much work to be done concerning an array of gender equality issues scholars in this collection interrogate a transitional era of gender in which changes are evident yet challenges persist

**Counseling Fathers** , **The American Journal of Nursing** ,1911 Counseling Fathers Chen Z. Oren, Dora Chase Oren, 2009-06-23 Men do not often come for counseling because they are having difficulties with being a father but many of the presenting problems and reasons for seeking help can be related to the roles and responsibilities of fathering The dramatic shift in societal expectations of being a father can often leave men confused as they navigate conflicting views demands and responsibilities Counseling Fathers is designed to bridge the gap between fathers and professional helpers This

book provides the mental health practitioners with a guide for working with fathers in therapy whether the issues of fathering are at the center of the discussions or in the background The organization of the book speaks to the variety of today's fathers and the issues that they face Part I provides an historical overview of the fathering movement a strength based approach to working with fathers and an assessment paradigm using gender role conflict theory Part II takes a cross cultural approach with a series of chapters that look at counseling with Latino Asian Black and Caucasian fathers Part III looks at specific populations of fathers including first time fathers teen fathers stay at home fathers gay fathers and older fathers Counseling Fathers provides the most up to date and comprehensive resource for family and individual practitioners who work with men who father

**Journals of the Catechesis of the Good Shepherd 2019-2023** The United States Association of the Catechesis of the Good Shepherd,2024-07-30 A compilation of the annual Catechesis of the Good Shepherd Journal with indexes for easy reference The annual Journal includes art and prayers from children in the atria and reflections by catechists on developments and themes relevant to the work The overarching theme of this compilation which spans the years 2019 2023 is the Montessori foundations of CGS Each year the United States Association of the Catechesis of the Good Shepherd produces a journal for members and catechists a publication that focuses on the religious life of the child and the essentials of the Christian faith The Journal's mission is to provide those concerned with children's theological education a reflective resource for ongoing formation with serious scholarship to support their work with children In continuing to learn what the child has to teach adults about God the Journal chooses themes centered on children's innate spirituality and religious development as described in the work of Maria Montessori Sofia Cavalletti and Gianna Gobbi The theological artwork prayers and observations of children in the atrium are vital Of particular interest are works of the child that show the synthesis of themes presented in the atrium

**Australian Mothering** Carla Pascoe Leahy,Petra Bueskens,2020-01-28 This collection defines the field of maternal studies in Australia for the first time Leading motherhood researchers explore how mothering has evolved across Australian history as well as the joys and challenges of being a mother today The contributors cover pregnancy birth relationships childcare domestic violence time use work welfare policy and psychology from a diverse range of maternal perspectives Utilising a matricentric feminist framework Australian Mothering foregrounds the experiences emotions and perspectives of mothers to better understand how Australian motherhood has developed historically and contemporaneously Drawing upon their combined sociological and historical expertise Bueskens and Pascoe Leahy have carefully curated a collection that presents compelling research on past and present perspectives on maternity in Australia which will be relevant to researchers advocates and policy makers interested in the changing role of mothers in Australian society

**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 **Like Mother, Like Daughter?** Jill Armstrong, 2017-10-04 Women are encouraged to believe that they can occupy top jobs in society by the example of other women thriving in their careers Who better to be a role model for career success than your mother Paradoxically this book

shows that having a mother as a role model even for graduates of top universities does not predict daughters progressing in their own careers. It finds that mothers with careers whilst highly influential in their daughters' choice of career path rarely mentor their daughters as they progress. This is partly explained by quiet ambition, the tendency of women to be modest about their achievements. Bigger issues are the twin pressures from contemporary motherhood and workplace culture that ironically lead career women's daughters to believe that being a good mother means working part time. This stalls career progress. Based on a large cross generational qualitative sample, this book offers a timely and original perspective on the debate about gender equality in leadership positions.

**A Guide to Mastery in Clinical Nursing** Joyce J. Fitzpatrick, Celeste M. Alfes, Ronald Hickman, 2017-12-28

Designed for both new registered nurses and nurses transitioning to a new clinical area, this extensive clinical reference is the only resource to provide essential information on more than 300 topics from 11 specialty areas. Concise and practical entries provide fundamental coverage of the most common clinical problems and issues encountered in nursing practice today. Key leaders in clinical content areas authored content on emergency and critical care, geriatric nursing, health systems and health promotion, medical surgical nursing, neonatal nursing, nurse anesthesia, obstetrics and women's health, palliative care, perioperative nursing, pediatric nursing, and psychiatric mental health nursing. Alphabetized for easy access, each entry includes a definition and description of the clinical problem, etiology, nursing assessment, related problems, interventions, nursing management and evaluation, and safety considerations. The Considerations section of each topic focuses on the role of the nurse throughout the treatment process and discusses the role of other health care providers with a focus on multidisciplinary treatment. Intended primarily for university and hospital libraries, *A Guide to Mastery in Clinical Nursing* will also be of value to nursing faculty, undergraduate and graduate level nurses, and nursing students at all levels.

**Key Features:** Provides essential information on over 300 clinical topics from 11 specialty areas. Offers key knowledge for nurses new to practice or working in an unfamiliar nursing area. Presented in a consistent format for ease of use. Includes an overview of each specialty area. Focuses on the role of the nurse throughout the treatment process. Written and edited by expert clinicians and educators in each clinical area.

### **Family Communication**

Chris Segrin, Jeanne Flora, 2018-12-17

This third edition of *Family Communication* carefully examines state-of-the-art research and theories of family communication and family relationships. In addition to presenting contemporary cutting-edge research, it also includes extensive presentation and application of classic theories and findings in family science that have informed current-day understandings of essential family processes. With over 2,500 references, 800 of which are new to this edition, *Family Communication* represents a current and comprehensive presentation of principled research conducted throughout the world for both students and teachers of family communication. Professionals who work with families and seek an evidence-based understanding of functional and dysfunctional family processes will also find this text useful. The third edition provides instructors and students with a rich set of resources, including Chapter-Specific Resource Guides, chapter

outlines guiding questions multiple choice essay and discussion questions as well as numerous media resources and links Chapter Specific PowerPoint Slides Sample Syllabus This edition addresses long standing questions e g how to maintain a marriage how to build resiliency in remarriages and stepfamilies and prioritizes research on a variety of family relationships beyond the couple and parent child relationship while also exploring new research on romantic relationship pathways same sex marriage and divorce parenting trends as well as military families adoptive families and families with a transgender member It also examines the complex relationship between family communication and mental health as well as powerful and potentially surprising findings on the connections between family interaction and physical health Handbook of Marriage and the Family Suzanne K. Steinmetz, Marvin B. Sussman, 2013-11-11 The lucid straightforward Preface of this Handbook by the two editors and the comprehensive perspectives offered in the Introduction by one of them leave little for a Foreword to add It is therefore limited to two relevant but not intrinsically related points vis a vis research on marriage and the family in the interval since the first Handbook Christensen 1964 appeared namely the impact on this research of the politicization of the New Right and of the Feminist Enlightenment beginning in the mid sixties about the time of the first Handbook In the late 1930s Willard Waller noted Fifty years or more ago about 1890 most people had the greatest respect for the institution called the family and wished to learn nothing whatever about it Everything that concerned the life of men and women and their children was shrouded from the light Today much of that has been changed Gone is the concealment of the way in which life begins gone the irrational sanctity of the home The aura of sentiment which once protected the family from discussion clings to it no more We want to learn as much about it as we can and to understand it as thoroughly as possible for there is a rising recognition in America that vast numbers of its families are sick from internal frustrations and from external buffeting We are engaged in the process of reconstructing our family institutions through criticism and discussion 1938 pp 3

4 **Study Guide for Understanding Nursing Research E-Book** Susan K. Grove, Jennifer R. Gray, Christy Bomer-Norton, 2018-09-17 Designed to reinforce your understanding through hands on work with high quality published studies the Study Guide for Understanding Nursing Research 7th Edition provides both time tested and innovative exercises for each chapter in the Grove Gray textbook This new edition includes an expanded focus on evidence based practice with each chapter featuring Terms and Definitions Linking Ideas Web Based Activities and Conducting Critical Appraisals to Build an Evidence Based Practice The Study Guide is built around three high quality published research studies located in the appendices and referenced throughout the book These full text articles selected for particular relevance to you will help you better understand the research and evidence based practice processes and help you learn to appraise and apply research findings to clinical settings Time tested and innovative exercises include brief Introductions Key Terms exercises Key Ideas exercises Making Connections exercises Exercises in Critical Appraisal and Going Beyond exercises to promote in depth learning for a variety of learning styles Answer key allows you to check your understanding and learn from your mistakes



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**Understanding Marriage** Patricia Noller, Judith A. Feeney, 2002-09-26

This edited volume draws together a wide range of exciting developments in the study of marital interaction A significant feature of the book is its focus not only on conflict and negative interactions but also on the processes by which couples maintain happy and constructive relationships The chapters review and integrate the extensive literature in this area as well as presenting important research findings The contributors come from the disciplines of communication social psychology and clinical psychology and have national and international reputations for their work in this area The findings reflect developments in theory and methodology and have important implications for those working to strengthen and repair marital relationships

**The Best Love of the Child** Timothy P. Jackson, 2011-04-29 Much has been written about the rights owed to children the right to live the right to be nurtured and cared for the right to an ample measure of health and happiness and especially the right to be loved Here twenty scholars from across sociological psychological historical philosophical theological and legal disciplines argue that the right of children to be loved can best be fulfilled by teaching them how to love others The Best Love of the Child explores and celebrates many aspects of family culture religion and society and fosters a more nuanced understanding of that love which is truly at the heart of a child's best interest love that flows freely not only to children but also from children

**Readings in Family Theory** Thomas R. Chibucos, Randall W. Leite, David L. Weis, 2005 Readings in Family Theory is an anthology of classic and contemporary articles that provides a context for student learning by demonstrating how theory fits into the overall process of scientific research on families The book provokes student interest in theory by providing examples of the scholarly application of family theory to compare how people use similar processes in everyday life Using this contextual orientation the selected readings examine nine prevalent theoretical perspectives from both family and human development sciences

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