

## 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

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## **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

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

**The Publishers Weekly** ,1999 *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 The American Journal of Nursing ,1911 **Counseling Fathers** , 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

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

**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

*Modern Motherhood and Women's Dual Identities* Petra Bueskens, 2018-05-31 Why do women in contemporary western societies experience contradiction between their autonomous and maternal selves What are the origins of this contradiction and the associated double shift that result in widespread calls to either lean in or opt out How are some mothers subverting these contradictions and finding meaningful ways of reconciling their autonomous and maternal selves In *Modern Motherhood and Women's Dual Identities* Petra Bueskens argues that western modernisation consigned women to the home and released them from it in historically unprecedented yet interconnected ways Her ground breaking formulation is that western women are free as individuals and constrained as mothers with the twist that it is the former that produces the latter Bueskens theoretical contribution consists of the identification and analysis of modern women's duality drawing on political philosophy feminist theory and sociology tracking the changing nature of discourses of women freedom and motherhood across three centuries While the current literature points to the pervasiveness of contradiction and double shifts for mothers very little attention has been paid to how some women are subverting contradiction and rewriting the sexual contract Bridging this gap Bueskens interviews ten revolving mothers to reveal how periodic absence exceeding the standard work day disrupts the default position assigned to mothers in the home and in turn disrupts the gendered dynamics of household work A provocative and original work *Modern Motherhood and Women's Dual Identities* will appeal to graduate students and researchers interested in fields such as Women and Gender Studies Sociology of Motherhood and Social and Political Theory

**The Virginia School Journal** ,1901 Includes Official department conducted by Superintendent of Public Instruction

**Journal of the American Medical Association** ,1913 Includes proceedings of the association papers read at the annual sessions and lists of current medical literature

**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 Single Mother's Journey To Wholeness** Nicole Elizabeth Biggs, 2005-02-01. Nicole Biggs's book The Single Mother's Journey to Wholeness brings compassion, insight, and knowledge to the many trials and potential triumphs on the

single mother's journey      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      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      **When Kids Call the Shots** Sean Grover, 2015-06-03 If you want to fix your rebellious and disrespectful child you need to start by fixing yourself Are your kids pummeling you with demands and bossing you around with impunity Have your once precious preschoolers become rebellious entitled and disrespectful to authority While there are plenty of so called experts who might try to validate your convictions that you have done all you can



to fix your difficult children the hard truth is they're not doing you any favors by placing the responsibility solely on your children. Parenting struggles rarely originate from just one side. Instead, they erupt at the volatile intersection of a child's personality with a parent's own insecurities and behaviors. In *When Kids Call the Shots*, therapist and parenting expert Sean Grover untangles the forces driving family dysfunction and helps parents assume their leadership roles once again. Parents will discover three common bullying styles used by kids, parenting styles that contribute to power balances, critical testing periods in a child's development, coping mechanisms that backfire, personalized plans for calmly exerting authority in any scenario. The solution to any problem begins with learning to control what you can control. In parenting, you've already learned how impossible it is to control your kids. Begin by controlling you.

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