### 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 December2016. Data collection continued until the point of data saturation and MAXODA 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 strategie.

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 concernsin many countries (4). According to the World Health Organization, every year, approximately 16 million teenage girls give birth worldwide while South Koreahas 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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# **Table of Contents Loving Changes A Journal For Mothers In Time Of Transition**

- 1. Understanding the eBook Loving Changes A Journal For Mothers In Time Of Transition
  - The Rise of Digital Reading Loving Changes A Journal For Mothers In Time Of Transition
  - Advantages of eBooks Over Traditional Books
- 2. Identifying Loving Changes A Journal For Mothers In Time Of Transition
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
- 3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Loving Changes A Journal For Mothers In Time Of Transition
  - User-Friendly Interface
- 4. Exploring eBook Recommendations from Loving Changes A Journal For Mothers In Time Of Transition
  - Personalized Recommendations
  - Loving Changes A Journal For Mothers In Time Of Transition User Reviews and Ratings
  - Loving Changes A Journal For Mothers In Time Of Transition and Bestseller Lists
- 5. Accessing Loving Changes A Journal For Mothers In Time Of Transition Free and Paid eBooks
  - Loving Changes A Journal For Mothers In Time Of Transition Public Domain eBooks
  - Loving Changes A Journal For Mothers In Time Of Transition eBook Subscription Services
  - Loving Changes A Journal For Mothers In Time Of Transition Budget-Friendly Options
- 6. Navigating Loving Changes A Journal For Mothers In Time Of Transition eBook Formats

- o ePub, PDF, MOBI, and More
- Loving Changes A Journal For Mothers In Time Of Transition Compatibility with Devices
- Loving Changes A Journal For Mothers In Time Of Transition Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Loving Changes A Journal For Mothers In Time Of Transition
  - Highlighting and Note-Taking Loving Changes A Journal For Mothers In Time Of Transition
  - Interactive Elements Loving Changes A Journal For Mothers In Time Of Transition
- 8. Staying Engaged with Loving Changes A Journal For Mothers In Time Of Transition
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Loving Changes A Journal For Mothers In Time Of Transition
- 9. Balancing eBooks and Physical Books Loving Changes A Journal For Mothers In Time Of Transition
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Loving Changes A Journal For Mothers In Time Of Transition
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Loving Changes A Journal For Mothers In Time Of Transition
  - $\circ\,$  Setting Reading Goals Loving Changes A Journal For Mothers In Time Of Transition
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Loving Changes A Journal For Mothers In Time Of Transition
  - $\circ$  Fact-Checking eBook Content of Loving Changes A Journal For Mothers In Time Of Transition
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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