

CONSEQUENCES AND RISKS OF PREGNANCY IN ADOLESCENCE, AN INTEGRATIVE REVIEW

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Abstract: Adolescence is a phase of discoveries, hormonal and physical changes, in which many adolescents are not understood, while others do not attach importance to prevention related to sexually transmitted diseases, pregnancy, among others. Therefore, without the use of condoms, many teenagers become pregnant, running several risks, and as a result, several consequences can result in harm to both the teenager and the baby. The objectives of this work were to discuss the risks and consequences of the teenage pregnancy phenomenon, describing the main care and assistance for teenagers.

For this, the methodology consisted of an integrative literature review. Of the main results, it is highlighted that teenage pregnancy can result in different risks both in the context of physical and psychological health, not only for the mother, but for the baby as well. Furthermore, there are risks related to the development of both; suffering for the mother; risk of bleeding; abortion; obstetric violence; anemia; pre-eclampsia; hypertensive syndromes; premature birth; restriction of fetal growth, among others. This way, the consequences can be varied, from abandonment by family and partner, school dropout, lack of prospects, difficulty in entering the job market; direct impact on youth; impaired behavioral and emotional development; exclusion from your circle of friends; social and emotional overload; continuation of the cycle of poverty; less time for leisure; loss of freedom. In view of these facts, the importance of health professionals is highlighted, especially nurses who can contribute to ensuring that pregnant teenagers and their families can receive the necessary care and assistance, guaranteed by law, so that this help is not restricted to just to health services, but also in the family and school environment.

Keywords: Pregnancy, Adolescence, Risk and Consequences

INTRODUCTION

Teenage pregnancy is responsible for several physical, social and psychological changes in a teenager's life. At this stage of life, the female body is still in the process of development, especially the reproductive organs, which go through a period of maturation to then be prepared to reproduce properly without risk to the pregnant woman and the baby (ASSIS, 2019).

Adolescence is understood as a transition phase between childhood and preparation for adulthood, ranging on average from 10 to 19 years of age. It is during adolescence that pre-adulthood undergoes physical, psychological and biological transformations. In girls, for example, the endocrine system begins the intense synthesis and release of hormones, physically modifying the body, preparing it for reproductive age (RODRIGUES; BARROS; SOARES, 2016).

According to Dos Santos et al. (2020, p. 17,439), "early pregnancy is considered a public health problem and must be observed broadly, involving the teenage mother and the problems that surround her". In this sphere, the authors corroborate the tripod in which the adolescent is inserted: family, community and school.

Thus, pregnancy in this transitional period, between childhood and adulthood, becomes a social health problem, related to factors such as the early onset of sexual activity and neglect of contraception, the latter of which is available free of charge through the Unified Health System, in Brazil (DE OLIVEIRA et al., 2022).

The recurrence of early pregnancy can compromise the future of young women and their children, as new births during adolescence most often occur in contexts of social inequality, perpetuating the history of poverty. Social determinants, including unintentional pregnancy and repeat

pregnancy in a short period of time (ASSIS, 2022).

Furthermore, these factors most often cause consequences such as dropping out of studies and difficulties in remaining at school during and/or after the period of pregnancy, since the teenage mother will have the challenge of associating maternal responsibilities with school activities (RODRIGUES, 2019).

In the current scenario, it is observed that the tripod mentioned above, which has the function of providing guidance regarding early sexual and reproductive activities, is not promoting proper guidance and, consequently, cases of teenage pregnancy have gradually increased. Therefore, it is up to nursing care, as well as the entire multidisciplinary team, to ensure that, through prenatal care, the pregnancy period is healthy, promoting health for the fetus and mother (CAMPOS et al., 2014).

Therefore, this issue is an important public health problem, common and often inevitable; it is directly linked to negative consequences for teenagers who become pregnant and their children. Children of teenage mothers have a higher incidence of low birth weight, increased infant mortality, impaired cognitive development and, if female, a greater propensity to become pregnant during adolescence. (YAZLLE, 2006).

METHODOLOGY

This work is an integrative literature review study, whose objective is to analyze scientific articles already published, aiming to contribute to the progress of clinical practice by cooperating with the dissemination of information related to the topic presented and identifying possible gaps on the subject.

This type of study enables the search, critical evaluation and synthesis of the state of knowledge on a given subject. In this sense, this type of study aims to provide greater

familiarity with the problem, with a view to making it more explicit. This is a method in which previous research is summarized and conclusions are established, considering the design of the research evaluated, which enables the synthesis and analysis of scientific knowledge on the topic investigated.

The research was carried out using information obtained from books, websites, national and international scientific articles obtained from virtual libraries such as Google Scholar, PubMed, LILACS (Latin American and Caribbean Literature in Health Sciences) and Scielo (Scientific Electronic Library Online).

The descriptors used to carry out the search were: “risks”, “teenage pregnancy”, “nursing care”, “prenatal care in adolescence”.

RESULTS AND DISCUSSIONS

MAIN EPIDEMIOLOGICAL FACTORS

According to the Child and Adolescent Statute (ECA), adolescents are between 12 and 18 years old. From a biological and organic point of view, adolescence is categorized into age groups: pre-adolescence from 10 to 14 years old and adolescence from 15 to 19 years old, an age that the World Health Organization (WHO) considers worrying in cases of pregnancy. (BRAZIL, 2023)

According to the Ministry of Citizenship, around 18% of Brazilian newborns have mothers under 19 years of age. Girls are often forced to drop out of school due to pregnancy, this reduces their chances of finishing school, entering the job market and, as a result, these mothers are more likely to live in vulnerable situations, fall into poverty and be exposed to various other hazards. In 2019, the country had 419,252 girls who became pregnant between the ages of 10 and 19; 19,330 between the 10th and 14th, and 399,922 between the 15th and 19th. (BRASIL, 2023)

	TITLE OF THE ARTICLE	AUTHOR	YEAR	RESULTS OBTAINED
1	Nurse's approach to teenage pregnancy	Dos Santos <i>et al.</i>	2020	The main consequences of teenage pregnancy highlighted by the authors were physical-psychological, generating anxiety and depression. And the context can be a subsidy to encourage adolescents to consume alcohol, tobacco and other drugs during pregnancy.
2	Good nursing practices aimed at teenage pregnancy: experience report	Lameira <i>et al.</i>	2020	The consequences of teenage pregnancy affect the spheres social, psychological and biological aspects of the life and well-being of young women, influencing a process of deconstruction in interpersonal relationships and their insertion into the job market.
3	Analytical study of the results of adolescents and women aged 20 to 29 in Bogotá	Amaya, Borrero and Ucrós.	2005	Adolescents aged 10 to 19 are less likely to require a cesarean section and to experience pregnancy-induced hypertension than women aged 20 to 29. Newborns born to adolescents under 15 years of age have significantly higher risks of being premature, underweight, and small for gestational age, compared to newborns born to mothers aged 15 to 29 years.
4	Teenage pregnancy	Yazlle	2006	Teenage pregnancy has been considered, in some countries, a public health problem, as it can lead to obstetric complications, with repercussions for the mother and the newborn, as well as psychosocial and economic problems.
5	Teenage pregnancy between 10 and 14 years old: a review of national scientific literature between 2000-2018	Costa	2019	The "biological immaturity" of the young woman is highlighted as an explanatory factor for the negative outcomes of "early motherhood". In addition to the risks of morbidity and mortality, it contributes to the process of institutionalizing teenage pregnancy as a social and health problem.
6	Teenage pregnancy: its implications for adolescence, family and school	Rodrigues, Da Silva e Gomes	2019	The school and family must be partners, so that one (family must be attentive and present in the lives of their children, seek dialogue with the school, request support, monitor the needs and interests of adolescents, while the other (school) needs to develop motivating educational actions that promote knowledge regarding sexual life and development of adolescents' sexuality and also offer conditions for students to have a responsible sexual life, aware of the choices they make.
7	The role of nursing care in preventing pregnancy in adolescents: an integrative review	De Oliveira).	2022	Teenage pregnancy generates biopsychosocial transformations, highlighting the social ones, with regard to school dropout, social displacement and family impoverishment, and the emotional ones, fears and conflicts in the face of the new, making it a risky situation and a public health problem.
8	Pregnancy in adolescence: is it an obstetrical risk?	Kirbas, Gulerman and Daglar	2016	According to the study, pregnant teenagers arrive at hospitals for prenatal care at a much older gestational age compared to adults. In this population, the authors concluded that it would be reasonable to increase the frequency of exams after the second trimester, due to the increased risk of preterm labor and premature birth.
9	Repercussion of sexual initiation on the sexual and reproductive life of young people in the capital of Northeast Brazil	Marantjão <i>et al.</i>	2017	The results obtained after consulting the material corroborate that the earlier sexual relations began, the greater the negative impact on the young woman's reproductive and sexual life, represented by the greater number of pregnancies and sexual partners, respectively.
10	Sexual behavior among Brazilian adolescents, National adolescent school-based Health Survey (PeNSE 2012).	Campos <i>et al.</i>	2014	The article presents preventive actions and warns that around one in three students have already had sexual intercourse, which reinforces the need to start sexual and reproductive education before the 9th grade. Furthermore, the authors emphasize that receives information about sexual and reproductive health at school is an important tool to prevent unwanted pregnancy/parenthood and STDs in adolescents

Table 1: survey of articles researched, depending on the descriptors: "nursing performance", "teenage pregnancy", "nursing assistance", "prenatal care in adolescence"

SOURCE: Author (2023)

Research on the topic highlights the dangers and shows that teenage pregnancy is associated with higher rates of premature birth, low birth weight and high neonatal mortality. Some analyzes found that in this group of adolescents the incidence of low weight was twice as high and neonatal mortality was three times as high. The high rate of obstetric complications has been attributed to biological mechanisms, such as immaturity of the reproductive cycle, disproportionate weight gain during pregnancy, and sociocultural factors, such as poverty, low education and lack of prenatal care. (AMAYA; BORRERO; UCRÓS, 2005).

Regarding maternal health, several complications such as anemia, pre-eclampsia and puerperal hemorrhage are more common in pregnant adolescents than in adults. Consequently, women aged 15 to 19 have the highest maternal mortality rate due to problems related to pregnancy and childbirth (KIRBAS; GULERMAN; DAGLAR, 2016).

When analyzing the sociocultural factors associated with the occurrence of pregnancy in the relevant population, the study found that the fertility rate of black adolescents was approximately three times higher than that of white adolescents. Low socioeconomic status and low education are associated with higher rates of teenage pregnancy, which, together with school dropout, perpetuate socioeconomic disparities (KIRBAS; GULERMAN; DAGLAR, 2016)

Other factors contribute to this problem, such as the early onset of sexual maturity and the lack of use of contraceptives, especially condoms, which increases the likelihood of contracting STIs.

A survey of young people from a capital in the Northeast showed a strong link between the number of pregnant women and the age at which sexual intercourse begins, with earlier sexual initiation being associated with

more pregnancies. The survey also showed that the majority of young women were not using contraceptive methods and that this could happen again due to subsequent pregnancies. Thus, one in two young women in the study was a repeat offender and one in five had become pregnant at least three times. (MARANHÃO et al., 2017)

Given the complexity of this situation and the controversies shown in Brazilian and global research, it is essential to develop plans and strategies to support and guide boys and girls in the beginning of sexual activity, as well as for teenage mothers, in order to alleviate the risks that people who become pregnant may face and minimize the social impact that may result.

FINAL CONSIDERATIONS

Before understanding how to prevent teenage pregnancy from happening, it is necessary to consider that actions in this regard must come from different areas, such as family, community, institutions, the State, etc. In other words, it is a set of information and actions coming from different areas that are capable of helping to avoid an early and often unwanted pregnancy.

Specifically, at home, dialogue between mothers, fathers and guardians with teenagers is essential. Conversations must take place based on guidelines so that they know how to act sensibly and responsibly. It's work that starts from an early age, helping children identify what constitutes abuse and encouraging sexual education, for example. At a certain point, it is necessary to talk about contraceptive methods, trying to understand which is the best contraceptive and address the prevention of sexually transmitted infections, both for boys and girls.

Adolescents go through a transition phase, in which they search for their own identity and have countless questions. The important

thing is that the exchange of information and reports is based on respect, so that they know that they have a source of support in the family.

Education is a fundamental tool in preventing pregnancy, but it is important to think about how this must be done, it is necessary to create welcoming spaces for these

teenagers, prevention has to be disseminated as a routine, i.e. the use of a contraceptive method as part of the day by day we must be careful not to paint a more tragic and mixed picture than he is. evolution of their sexuality, thus hampering the experience of motherhood.

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