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Literature Review

¹ **The Impacts of Unplanned Pregnancy on Adolescence: A Literature Review**

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Abstract

Background: Pregnant adolescents (age 10-19) are at risk for complications of pregnancy and childbirth such as eclampsia and puerperal endometritis, which is one of the major causes of maternal death in the world. Unsafe abortions pose the same health risks (WHO 2018). Unwanted pregnancies reported by women in the 15-19 age group are twice as high (16%) as in the 20-24 age group (8%) (IDHS, 2017).

Objective: The literature review's purpose was to analyse the impact of pregnancy on adolescents through scientific evidence from research results of several researchers.

Methods: The study was conducted with a literature review design, where the data used were secondary data from articles that examined adolescents with problems with unplanned pregnancies or adolescents who experienced early marriage due to unplanned pregnancies. The framework used to search for articles used PICOS. The article was limited to empirical studies of the last 5 years. Search through Google Scholar database, e-resource, Science Direct and Pubmed. Keywords and Boolean operators used were impacts and unplanned pregnancy and teen. Keywords adjusted to Medical Subject Heading (MeSH), obtained a sample of 22 reviewed articles.

Result: The search results obtained 22 articles and it had similarities, namely 8 articles discussing physical impacts, 11 articles discussing psychological impacts, 15 articles discussing social impacts and 7 articles discussing economic impacts. Through this review, the physical impact results were premature birth, anemia and hypertension during pregnancy, attempted abortion, psychological impact in the form of feelings of fear, depression, guilt and disappointment with oneself, social impact in the form of dropping out of school, community stigma because it was considered a problem group, not getting support from the environment and the economic impact was difficulty finding work so that it was difficult to meet daily needs.

Conclusion: Adolescents who decide to maintain their pregnancy is the best decision, but the significant impact that adolescents will experience makes them at high risk for physical disorders.

INTRODUCTION

Adolescence is a transition period from childhood to adulthood so that adolescence will be filled with turmoil due to physical growth that will affect the development of thinking, language, emotions, and social individuals (Ramanda et al., 2019). The shift in the age of adolescents who experienced unplanned pregnancies occurred from the age of 20–24 years to the age of 15–19 years. The impacts of unplanned pregnancies are numerous, including physical impacts, psychological or psychological impacts, social impacts, and economic impacts (Soetjningsih, 2017). The various impacts of unplanned pregnancies cannot be explained specifically because the research that discusses this phenomenon has not been able to reveal many of the respondents who experienced it directly due to ethical factors.

The Population and Family Planning Agency (BKKBN) states that the age range for adolescents is 10-24 years old and unmarried. According to the 2010 Population Census, the number of age groups 10-19 years in Indonesia was 43.5 million, or about 18 times the total population (BKKBN, 2010). The Indonesia Demographic Health Survey (IDHS) in 2012 found that female adolescents aged 15-19 years had active sex before marriage by 0.7%, while female adolescents aged 20-24 years were 1.8% (IDHS, 2012). The results of a 2012 Central Statistics Agency survey revealed that the number of teenage pregnancies at the age of 15-19 years reached 48 out of 1,000 pregnancies (Zakiah, 2020). The Indonesian Health Demographic Survey (IDHS) in 2017 stated that WHO in 2015 found that 11% of pregnancies each year occurred among adolescents, 85 million pregnancies occurred in total and 40% were unplanned pregnancies. The number of unplanned pregnancies was 12% and 7% of men reported that their partners had an unplanned pregnancy. Unplanned pregnancy in the age group 15-19 years was twice as large (16%) as in the age group 20-24 years (8%). (IDHS, 2017).

Adolescents with unplanned pregnancies face problems that cause stress, where excessive stress causes hyperemesis gravidarum (excessive nausea and vomiting), an increase in blood pressure or pregnancy poisoning and can be life-threatening and increase maternal mortality. Individuals will fail to enjoy their teenage years because they are considered embarrassing, which can lead to a teenager's rejection of the baby they are carrying (Faridah, 2015). Adolescents who experience unplanned pregnancies can also cause various consequences such as dropping out of school, low self-esteem, young marriage, economic difficulties in raising children which can result in children being malnourished and a bigger impact, namely dropping out of school for children or even children never going to school because parents do not have the money to send their children to school. Teenagers will feel constantly depressed and haunted by guilt so that which makes them psychologically disturbed. Based on this, a literature review was conducted to determine the various impacts of unplanned pregnancy on adolescents to obtain a scientific opinion from various studies that have been published previously.

METHODS

Study Design

The study design was a literature review on the impact of unplanned pregnancy on adolescents. The articles reviewed were 22. The framework used in searching for articles used the PICOS framework. 1) Population/problem, the population to be reviewed was adolescents and the problem to be reviewed was the impact of unplanned pregnancy that occurs in adolescents 2) Intervention, there was no intervention to find out how the physical impact, psychological impact, economic impact, social impact on unplanned pregnancy in adolescents 3) Comparison, the management used was based on empirical studies of the last 5 years 4) Outcome, the purpose of the review was to determine the effects of unplanned pregnancy on adolescents 5) Study design was selected articles that use a prospective observational study design, survey study, correlation analysis, descriptive and qualitative studies.

Search articles or journals were using keywords and Boolean operators (AND, OR NOT, or AND NOT) which were used to limit or specify searches, making it easier to determine the articles or journals used. Keywords were adjusted according to Medical Subject Heading (MeSH), namely, "Unplanned Pregnancy" OR "Unwanted Pregnancy" OR "Unintended Pregnancy" OR "Pregant Unplanned" AND "Teen" OR "Adolescent" OR "Youth" OR "Teenagers" OR "Adolescent Female" AND "Effect" OR "Impact" OR "Risk". The keywords used in the search for articles or journals did not only use English but also use Indonesian based on the KBBI (Kamus Besar Bahasa Indonesia) namely, "Dampak" ATAU "Pengaruh" ATAU "Akibat", "Kehamilan Tidak Direncanakan" ATAU "Kehamilan Tidak Diinginkan" ATAU "Kehamilan Tidak Dikehendaki" PADA "Remaja".

Data Collection

The data used in this study was secondary data obtained from research results, not from direct observation that has been carried out by researchers first. Secondary data sources obtained in the form of articles or journals that were relevant to the topic are carried out using databases through Scopus, Science Direct, Pubmed, Google Scholar, and e-resources.

Table 1. The Inclusion Criteria and the Exclusion Criteria

Criteria	Inclusion	Exclusion
Population/Problem	Adolescent population with problems with the impact of unplanned pregnancy, adolescents who marry early because they have an unplanned pregnancy	The population of teenagers who are married or housewives who experience an unplanned pregnancy
Intervention	No Intervention	No Intervention
Comparison	No Comparison	No Comparison
Study design	The prospective observational study, survey study, analysis correlation, descriptive and qualitative studies	Systematic/literature review

Criteria	Inclusion	Exclusion
Publication Year	After 2016	Before 2016
Language	English and Bahasa	Apart from English and Bahasa
Outcome	The impacts of unplanned pregnancy on adolescents	The impacts of unplanned pregnancy on housewife

Search results and study selection.

Researchers found 404 articles that matched the keywords from the literature search results through Pubmed, Science Direct, Google Scholar, e-resources, and Scopus. The research journals were screened, as many as 382 articles were excluded because they were not under the research topic, and so 22 articles were reviewed.

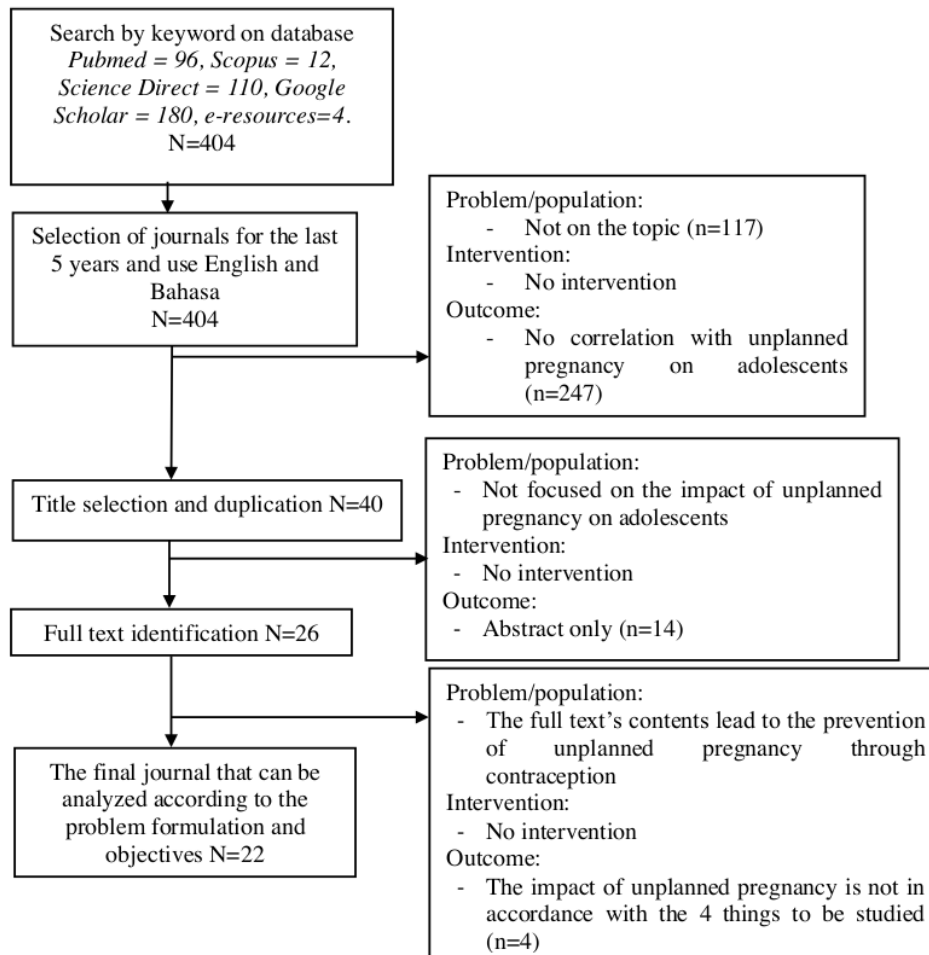


Figure 1. Literature Review Flow Diagram

Ethical consideration

No ethical clearance caused literature review was designed for this study. There were no ethical conflicts and conflicts of interest that occur or pose a risk to members of the research team.

RESULT

The literature review conducted discussed the impact of unplanned pregnancy on adolescents found in 22 articles, who met the inclusion criteria for review, including physical impacts, psychological impacts, social impacts and economic impacts. Most of the research used a descriptive research design through a phenomenological approach. The average number of participants was less than ten, but some are up to hundreds. This study was conducted in the national area, which includes 17 articles, while in the international area includes 5 articles. Overall, each study addresses the impact of unplanned pregnancy on adolescents. Explicitly, 5 articles were discussing physical impacts, 5 articles discussing psychological impacts, 7 articles discussing social impacts, and 5 articles discussing economic impacts. The literature review conducted included 22 articles that discuss the impact of unplanned pregnancy on adolescents.

The search results found 5 international articles that researched in African countries in the city of Tshwane, Scotland in the city of Edinburgh, England around the San Francisco Bay, Malaysia in the city of Selangor, and Iran in the city of Tehran, all research was carried out in major cities in that country. The national articles obtained were 17 articles with 11 articles being researched in rural areas and 6 articles being researched in big cities in Indonesia.

A review of 22 articles found similarities, namely the impact of unplanned pregnancy on adolescents which includes physical impacts, psychological impacts, social impacts and economic impacts, where the reviews that have been carried out have emphasized more on psychological impacts and social impacts. The respondents studied in the 22 articles were mostly adolescent women who experienced unplanned pregnancies with an age range of 15-22 years, but several articles used parents with children who had unplanned pregnancies and a professional family coach as respondents in their research. Adolescence is a period of transition from childhood to adulthood with an age range of 12 years to 21 years for women and 13 years to 22 years for men (Ramanda et al., 2019).

DISCUSSION

Physical impact

Results 5 of 22 articles discussed the physical impact on adolescents who experienced an unplanned pregnancy. The immaturity of the reproductive system in adolescents because the body is not ready to experience pregnancy or even the process of giving birth, causes adolescents who experience pregnancy to experience anemia, hypertension in pregnancy, give birth prematurely, and give birth to babies with low birth weight. Teenagers are too young, so they are not ready if they have a child, individuals carry out pregnancy checks when they enter the second trimester, not only that,

young mothers also have difficulty in caring for babies, including early initiation of breastfeeding (IMD) and even in bathing babies.

Research conducted by Ummu Zakiah in 2020 stated that pregnant adolescents will carry out ANC (Antenatal Care) examinations after entering the second trimester because 84% of them only realized that they were pregnant in the second trimester. Anemia is due to a lack of iron tablets that should be consumed early in pregnancy, not only that delays in carrying out pregnancy tests will also cause pregnant adolescents to experience hypertension in pregnancy and can increase the risk of teenage pregnancy (Zakiah, 2020). Adolescents who experience unplanned pregnancies often behave rudely because of rejection and hostility towards the baby they are carrying, resulting in a lack of prenatal care (Dini, 2016).

Someone who feels that they are not ready to accept their pregnancy will try to abort the pregnancy, but according to research conducted by Sulistiyowati in 2019, adolescents will try to abort their pregnancy by consuming pineapple for 3 days in a row and drinking high fizzy drinks in the hope that a miscarriage will occur. But no miscarriage was obtained but stomach ulcers, an increase in stomach acid to urinary tract infections that occur in individuals (Sulistiyowati, 2019). Abortion has the impact of severe bleeding, hypovolemic shock, infection, infertility and even sudden death. On average, teenagers have abortions more than once even though they already know the impact that will occur if they have an abortion, but they still have an abortion because they are not ready to accept the pregnancy and are not married (Suryadi, 2020).

Nurses should provide support to adolescents with unwanted pregnancies. The support can be done by referring to the various impacts gathered from the results of the review. The physical impact on adolescents who experience unplanned pregnancies in the form of not doing antenatal care or examinations in pregnancy because they do not realize that they are pregnant so that adolescents experience anemia and hypertension in their pregnancy can be overcome with proper education through home visits. Based on Gazali's research in 2020, pregnant women who had their first pregnancy checked at more than 12 weeks of gestation were more likely to develop anemia than mothers who had their pregnancy checked at less than 12 weeks of age, because mothers who had their pregnancy checked more than 12 weeks consumed fewer iron tablets. The role of nurses can be educators and mentoring during pregnancy.

Psychological impact

Results 5 of 22 articles discussed the psychological impact. Adolescents who experience an unplanned pregnancy will feel guilty, depressed, regretful, disappointed with themselves, afraid of their family and embarrassed because the views of the surrounding environment will consider it a disgrace. Not a few teenagers who are pregnant experience excessive anxiety, especially before the birth of their child. In 2014 Herawati conducted a study and got the results that pregnant women will feel disappointment, rejection, anxiety and sadness, often at the beginning of pregnancy mothers will express that they hope not to get pregnant, almost 80% of them feel disappointed, rejected, anxious,

depressed and moody (Herawati, 2014). Somebody will feel angry with their partners because they do not want to be responsible for the pregnancy that occurs so that individuals feel stressed and depressed which raises the individual's intention to commit suicide, is following Ade (2011) which states that feelings of anger and depression are caused by men do not want to be responsible for their partner's pregnancy (Herma, 2011). Eny in 2013 also stated that the impact of premarital pregnancy is anger and depression with what individuals are currently experiencing (Eny, 2013).

According to Djamilah (2014), adolescence is the peak period of emotional development, at this time individuals will experience sensitivity, emotional, reactive, temperamental (irritable, sad, moody). So that if at this age teenagers marry, they will be vulnerable to domestic violence. Domestic violence due to immaturity of adolescent growth results in instability of the ego, emotion and lack of ability to solve the problem resulting in adolescents experiencing domestic violence. Young women, who experience domestic violence can be given counseling, consultation, assistance and outreach (home visits) to reduce the anxiety of young mothers and find solutions to their problems (Lestati, 2021). Teenage boys who do domestic violence can be given self-awareness counseling on how to behave well with their wives in the household and their husbands are given counseling therapy (Sakinah, 2020).

Counseling and mentoring for teenage couples who experience unplanned pregnancies, so they can control their egos and emotions, young men are recommended to look for work as a responsibility to meet family needs and are recommended to be heads of families who can manage the family so that they get recognition from both family and the surrounding environment. Meanwhile, young women establish good relationships and communication with their in-laws and the surrounding environment and increase their understanding of their partner's work and are flexible in responding to the division of roles in the household (Adi, 2019).

Social impact

Results 7 of 22 discuss social impacts. Teenagers who experience pregnancy before marriage will be considered as a problem group so that it increases the stigma of society because of premarital pregnancy and the environment that starts gossiping about the pregnancy so that teenagers become social deprivation or confinement or prevention of interaction with the community. Based on research conducted by Ardhanay in 2019 stated that adolescents who experienced unplanned pregnancies felt ashamed, afraid, anxious, shocked, disappointed, sad, regretful and felt guilty of what they experienced, thus causing individuals to plan to abort their pregnancy, away from social life, lock themselves at home or use a jacket to cover their face and body when leaving the house (Ardhanay et al., 2019).

The other social impacts experienced by adolescents who experience unplanned pregnancies are dropping out of school, not having a clear picture of the future, disruption in life plans, and not having social support, which can cause adolescents to feel depressed during their pregnancy.

Unplanned pregnancy that occurs in adolescents is a complex problem that can destroy everything, youth, education, parental trust and pride, as well as negative views of society (Nirwana, 2011).

Economic impact

The results of 5 of 22 journals have similarities in results, namely discussing the economic impact on adolescents who experience unplanned pregnancies. Adolescents who experience unplanned pregnancies will drop out of school so that it makes it difficult for teenagers to find work, the economic difficulties will also be felt by teenagers when they become a new family so that their economy is still assisted by their parents. Couples who already have jobs often experience difficulties in meeting their daily needs due to mediocre salaries and increasing household needs, it is not uncommon for domestic violence (Domestic Violence) or even divorce due to economic difficulties to occur.

Dariyo said that young women who experienced unplanned pregnancies would be expelled from school, as well as teenage boys who were the cause of the pregnancy, would also be expelled from school (drop out). To parents as the biggest help, the economic assistance that parents provide is not only for teenagers but also for children and teenage couples (Dariyo, 2014). Based on research that has been conducted by Nurlaely in 2019 says that teenagers who marry young for the reason that they are free from problems will not be completely free from problems but will encounter new problems in married life, especially regarding the economy because economic problems are a problem. This is important in building a family, often the household is destroyed and a divorce occurs because of an unstable economy. The complexity that frequently occurs in new families is the occurrence of quarrels or disputes that end in divorce (Nurlaely et al., 2019).

LIMITATION

The research is in the form of a literature review so that it only describes events, cannot make generalizations for certain groups.

CONCLUSION

The results of the review can be concluded that unplanned pregnancy has a significant impact in the form of physical impacts such as anemia, hypertension during pregnancy, non-compliance in pregnancy tests, premature birth, and giving birth to babies with low birth weight, psychological impacts in the form of feelings of anxiety, guilty, depressed, afraid, regretful and disappointed with themselves, social impacts in the form of negative societal stigma against adolescents with premarital pregnancies, and economic impacts in the form of economic difficulties to raise children and daily needs because they are still dependent on their parents and cannot live independently.

Further research can be continued by studies on the impact of unwanted pregnancy on adolescents who decide to maintain their pregnancy or who decide to terminate their pregnancy.

AUTHOR CONTRIBUTION

Puji Hastuti : Conceptualization, methodology, writing-original draft, and writing-review and editing

Bening Juwita : Visualization, project administration, software, validation, and resources

Esty Yunitasari : Supervision, formal analysis, investigation, data duration, and funding acquisition

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CONFLICT OF INTEREST

The authors have consented and no conflicting interests.

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