

# NUDITY IN TEENAGE PREGNANCY

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## ABSTRACT

Teenage pregnancy had become a consistently broad issue in our society. Young women had getting into bad situations that are not suitable for them at their very young age. Many are getting pregnant because of an intimate relationship with a young or adult man (Kassa, 2021). This study aims to unravel the factors that has driven and burdened teenage mothers here in Cateel. Our research design was a qualitative phenomenological study and participants were selected using purposive sampling technique. With two (2) participants: specifically, women who got pregnant in their late adolescence but are now successful. The following are the specific objectives of the study: to learn the conditions they faced before pregnancy, to determine the struggles during their pregnancy, to determine how the teenage mothers coped up with the struggles during pregnancy and to determine teenage mother's insights during teenage pregnancy. The results revealed the findings of the study starts with conditions faced by the participants before pregnancy themes were fallen in love and curious of unprotected sex; struggles confronted by the participants during pregnancy themes were cheating partner, heard gossips about their pregnancy; stressed of overthinking about effects of pregnancy, participants coping up with all the struggles of being a teenage mother themes were maintaining a positive mind-set, sought aid from parents and researched about motherhood; participants insights they can share about teenage pregnancy themes were motherhood should be carefully planned, teenage pregnancy comes with different challenges, refrain and stop pre-marital sex, and make motherhood as a motivation to succeed.

**Keyword:** Nudity, Teenage, Pregnancy

## 1. BACKGROUND

According to Kassa (2021) teenage pregnancy had become a consistently broad issue in our society. Young women getting into bad situations that are not suitable for them at their very young age. Many are getting pregnant because of an intimate relationship with a young or adult man. They call it "puppy love," because there is no exact feeling of true love.

Teenage pregnancies are a worldwide issue occurring in high, middle, and low-income countries (World Bank, 2017). Young women in many communities are under pressure to marry and have children as soon as possible (Stanford, 2017). In least developed countries in any event 39% of young women married before they are 18 years old and 12% before the age of 15. In addition, in numerous places young ladies had become pregnant because they had limited educational and employment prospects. Regularly, in such societies, parenthood was esteemed and marriage or association and childbearing might be the best of the limited options available (Filippi et. Al., 2016)

In the Philippines, according to the study of Meollo & Salas (2015), teen pregnancy is widespread especially amongst the poor. Filipino teen gets a higher exposure to sex from the Internet, magazines, TV shows, movies and other media than decades ago, yet with no corresponding increase in data on the most proficient method to deal with the input. In addition, during the 21st century, the statistics about this issue keeps on rising despite the fact that there is a great deal of disadvantages that young mothers and fathers can clearly get in the said issue (Parker, 2015). According to Diabate (2020) cultural products and discourses about erotic pleasure have recently proliferated, leading to what the author calls “the pleasure turn.” In studies of African culture, “the pleasure turn” can be read as decentering the dominant paradigm that has mostly associated black nakedness with negative emotions: sorrow, pain, and humiliation. Furthermore, focusing on a person’s face or body influenced perceived capabilities related to agency, which includes factors such as self-control, acting morally, and planning, and the person’s ability to have experiences, such as pleasure, hunger, and desire (Lewandowski, 2013).

In the local context, in an interview conducted to Michelle Casangyao (2021), Head of Municipal Social Welfare and Development of the Municipality of Cateel. She stated that teenage mothers may face huge difficulties in managing their life as they dive into the situation. For the reason, those teenage women are not financially stable because they have no jobs and they have not finished their studies yet. The outcome is, teenage mothers can only depend on their parents. If the parents have low financial capabilities to support their children who became mothers at a very young age, possibly conflict will arise within the family. There are also instances that there are clients who come to their office and share their experiences that they are being battered by their livein partner due lack of financial stability.

As a result, their relationship will lead to break-up and living separate lives. The root cause is teenage women are not prepared in the aspects of becoming a mother such as financial, physical and mental stability. Miss Casangyao (2021), pointed out that friends is one of the influential factors of teenage pregnancy. Lack of parental guidance but not generally. There is only a small amount of percentage that lack of parental guidance made influence to teenage pregnancy. Being a stubborn teenager is one of factors of teenage pregnancy too. Children ignore their parents’ teachings on what should be learned about life. They continue doing things that they think are good for them. They have an impulsive behavior and become disrespectful to their parents.

In Cateel, although they do not have sufficient data on the teenage pregnancy rate, Miss Casangyao (2021), said that teenage pregnancy is totally existing in our community. The aim of this study is to unravel the factors that drive and burden teenage mothers here in Cateel. As this issue is at its peak in our society today and many teenagers have gone into this situation. We, the researchers seek to find the best possible outcome of this study that may help address teenage pregnancy in our locality.

## **2. METHODS**

### **2.1 Research Design**

The major methodological framework that the researchers utilized on this study was a qualitative phenomenological study. This is to understand deeper the experiences behind those women who became pregnant at an early age. Phenomenology is qualitative research approach that seeks to understand the live experiences of the participants of the study. According to Wyse (2011) qualitative research is primarily exploratory research. It was used to gain an understanding of underlying reasons, opinions, and motivations. It provides insights into the problem or helps to develop ideas or hypothesis. “Think the word ‘quality’ when think of qualitative data- you are taking a deep, quality look at a phenomenon (Natalie Boyd 2003/2007).

### **2.2 Research Participants and Sampling Method**

We decided to interview two (2) women as participants in this study whom are residents of the municipality of Cateel, Davao Oriental. The participants were teenage mothers before and now become successful in life. They now have a decent work or business. The researchers would be seeking out using purposive sampling technique. Purposive sampling technique otherwise known as judgement sampling is the deliberate choice of an informant due to the qualities the informant possesses. It was a non- random technique that does not need underlying theories or a set number of informants (Baltes & Ralph, 2020).

### 2.3 Research Instrument

The guide of the In-depth interview was produced by the researchers. The interview guide would be validated by the experts for validity. In the guide questions, we used the English language but the participants are free to use mother tongue or any other dialects that they are comfortable to use in answering the questions. For a credible and reliable research result, the data for this study should be collected from an in-depth interview (IDI). According to Steber (2017), in-depth interview or IDI is a qualitative data collection method that involves direct, one-on-one engagement with individual participants. In-depth interviews can take place face-to-face or sometimes via telephone. Nonetheless, for the last option to be compelling and convey dependable data, the interviewer should be profoundly skilled to forestall data loss. From the start of the said instruments mentioned earlier, a demographic questionnaire shall be administered to ensure that the participants are key informants. This would be barred according to the criteria specified in the previous section. After the participants are recognized, they undergo the administration of the instrument.

### 2.4 Data Gathering Procedure

Before we gathered the data, a letter of permission to conduct the study was sent to the proper authority for approval. Upon approval, we then commenced our study. The study started after the participants agreed to their voluntary participation through an approved informed consent form. They will be informed that their participation in the research is free of will and confidential. Upon gathering the data, we used our smart phones to record their voices in order to save the responses gathered from the participants. Moreover, the voice recording was only done after they signed their consent and only with their cooperation. Thereafter, we then transcribed, translated, and typed the data that we have gathered.

### 2.5 Data Analysis

We utilized the Miles and Huberman framework (1994), as cited by Onwuegbuzie & Weinbaum (2016) for qualitative data analysis in analyzing the data. This type of data analysis is considered applicable within the study. Moreover, this consists of three main components namely data reduction, data display and drawing and verifying conclusions. Before we would proceed to the data analysis, we encoded the raw data from our smartphones to the computer for the process of software and after encoding the transcribe data, we translated the mother tongue (Bisaya or Filipino) responses of the participants into English. We needed to ensure that transcription of data must be correctly observed to the recorder responses. This was to ensure that everything that was extracted from the interviewee had been recorded or attached to the mobile phones and English translations must be in thought of consistency. After transcriptions and translations, data analysis started with data reduction as the first step.

Data reduction, is when you are organizing and summarizing such data and failing unimportant information being collected from interviewee as well as observations. From these, we would base on the research question first in order for us to obtain some participants in answering the question. Afterwards, we shall go back to the research question of the study that will serve as our guide in utilizing file sorting method. Data display, is a way of presenting research conclusion from a mass of data. In this study, the examples of responses coming from the participants must be displayed in the said research question. In every response of participants, there should be a specific code to be used, for example PAQARA which stands for Participant A, Question A and Response A. Conclusion Drawing and Verification would transpire at the same time with the data display. For us to accomplish this, the research question and summarized existing data will serve as our guide and walk through.

## 3. RESULTS AND DISCUSSION

### 3.1 Conditions Faced by the Participants before Pregnancy

Table 1 presents the themes and its core ideas which pertains to the conditions faced by the participants before pregnancy. The themes are fallen in love and curious of unprotected sex.

**3.1.1. Having no parents.** A participant shared that she was extremely little when she lost her parents. The following response is an example of this core idea:

As P1Q1R2 said: Panahon masakitay gaud para kanak sayo man gud ako yawaan ng parents

*Translation:* (I lost both of my parents when I was quite young.)

Table 1. Conditions faced by the participants before pregnancy

Theme/s	Core Ideas
<b>Having no parents</b>	She was extremely little when she lost her parents.
	During that time, she felt adrift and yearned for help.
<b>Fallen in love</b>	They are very in love with their boyfriend before they got pregnant.
	They loved their partners that time, they were willing to give everything to them.

Also, participant revealed that during that time, she felt adrift and yearned for help.

As P1Q1R2 said: Wa ako ng sarili sidtu na time awun gayud ako sang state na mangayo ng tabang.

*Translation:* (I was looking for something that I can hold on or someone to ask for help.)

**3.1.2 Fallen in love.** A participant shared that they are very in love with their boyfriend before they got pregnant. The following response is an example of this core idea: As P1Q1R2 said: So, ngawung time na before pregnancy inlove ako gaud Kanaan. (So, there's that time when I was madly in love with my partner. He was so attractive.)

Also, a participant revealed that since they loved their partners that time, they were willing to give everything to them.

As P1Q1R2 said: Ehatag ko yang tanan as in tanan na kumbaga ba kampanti da ako na yaan da gaud. So kay sian na reason so ama sin'e doon awun yabuhat name na wa gaud ka planohi ng madayaw.

*Translation:* (I gave him everything, and I mean everything. As if I'm 100% certain he is the one. As a result, we ended up doing things that were not planned ahead of time).

### 3. 2 Struggles Confronted by the Participants during Pregnancy

Table 2 presents the themes and its core ideas with pertains to the struggles confronted by the participants during pregnancy. The themes are cheating partner, heard gossips about their pregnancy and stressed of overthinking about the effects of pregnancy.

Table 2. Struggles of participants while being pregnant

Theme/s	Core Ideas
<b>Cheating partner</b>	Her partner cheated on her which caused her stress.
<b>Heard gossips about their pregnancy</b>	Gossipmongers feasted about their pregnancy and talked negative comments about them.
<b>Stressed of overthinking about effects of pregnancy</b>	They overly thought of what to do during and after pregnancy.
	Thought of many negative effects of pregnancy in their life in terms of studying.
	They were also stressed on thinking about their parents.

**3.2.1 Cheating partner.** A participant shared that her partner cheated on her which caused her stress. The following response is an exemplar of this core idea:

As P1Q2R2 said: Unang-una is lisud, then awun man yaagi kanak like yang dili mo e expect na mahitabo na awun mahitabo sang kanmu partner mo na atikon kaw.

*Translation:* (To begin with, it was difficult. Also, some unexpected things happened to me, such as my spouse cheating on me.)

**3.2.2 Heard gossips about their pregnancy.** A participant shared those gossipmongers feasted about their pregnancy and talked negative comments about them. The following response is an exemplar of this core idea:



As P1Q2R2 said: Although happy ako na ipalapos ko lng sang talinga ko, na dawat k ookay ansian daman gud yahitabo da, never dako ibalik pa na dida mabalik pa.

*Translation:* (Despite the fact that I simply let them be and let everything pass through my ears. Everything's fine because I accepted the fact that it had already occurred and that I couldn't go back in time.)

**3.2.3 Stressed of overthinking about effects of pregnancy.** A participant revealed that they overly thought of what to do during and after pregnancy. The following response is an exemplar of this core idea:

As P2Q2R2 said: Daeg daeg kay syempre dili kaw prepareda pinaka una is emotion mo di mo masabtan emotion mo sian na time kay daegay masayang.

*Translation:* (I have a lot, a lot because of course you are not prepared. Also, your emotions, mood swings, thinking of things that is not going to work anymore because of what happened).

And, it was found out that participants thought of many negative effects of pregnancy in their lives in terms of studying.

As P2Q2R2 said: Maka stop kaw pag skwela mawa yang salig ng parents mo unan pa. Daeg gaud mga problema yang mo sod sang hun-huna mob a. Pinaka una, ma wad an ng pagsalig yang ginikanan mo kanmu.

*Translation:* (My worry was that I was going to stop studying. Losing the trust of your parents, I must say there were many problems at that time considering my parents lost their trust because they gave me such a privilege to study).

Also, participants voiced out that they were also stressed on thinking about their parents.

As P2Q2R2 said: Ma hog kaw na failure kaw is because pya skwela kaw ng matarong tas yang come out wa kadi mag tarung yag uyab-uyab kaw tas kya buntisan kaw pinaka worst .

*Translation:* (And it just so happen that you will be considered a failure knowing that you are pregnant at an early age also pertaining to their sacrifices for you to finish school.

### 3.3 Participants coping up with all the Struggles being a Teenage Mother

Table 3 presents the themes and its core ideas with pertains to the participants coping up with all the struggles being a teenage mother. The themes are maintaining a positive mind-set, sought aid from parents and researched about motherhood.

Table 3. Coping mechanism of the participants as a teenage mother

Theme/s	Core Ideas
<b>Maintained a positive mind-set</b>	They tried to erase the worries that they were thinking about being a mother.
	Trusted themselves and believed that they can overcome the challenges.
<b>Sought aid from parents</b>	She was blessed to have supportive parents.
	Parents give financial support to the teenage mother.
	The partner's parents of the participants also were supportive to the teenage mother.
<b>Researched about motherhood</b>	She had read many articles about being an excellent mother.
	Articles were read from the internet on how to take care of a child.

**3.3.1 Maintained a positive mindset.** A participant shared that they tried to erase the worries that they were thinking about being a mother. The following response is an exemplar of this core idea:

As P1Q3R2 said: Ya huna-huna ko syempre happy ako, kay yakaya ko na e handle ngedtung mga malisud na mga panghitabo.

*Translation:* (What was going through my mind at the moment was that I was relieved to have overcome the difficulties that had occurred. Of course, it was difficult, and it was difficult to believe that I can do it. But as time passed, I did everything with the mindset that it was not a barrier to my progress and that I should not feel sorry for myself.)

Also, participants trusted themselves and believed that they can overcome the challenges.

As P1Q3R2 said: Dili nato hawid yang panghitabo, tadhana, ikaw agw sang sarili mo mismo ga buhat, in the end realize mo awun man kamalian mo peru awun ghpun moabot na mga madayaw, so as a teenage mother noh, happy ako then blessed thankful ako.

*Translation:* (In my opinion, it is regular occurrence because we do not have control over our future and do not know what will happen later or tomorrow. You know, you did everything yourself, and then you'll realize it was a huge error not to think first before jumping into that issue. But today, as a teen mother, I am grateful and happy.)

**3.3.2 Sought aid from parents.** A participant shared that she was blessed to have supportive parents. The following response is an exemplar of this core idea:

As P2Q3R2 said: Ano, swerte man gud ako kay awun silan mamay awun kanak support system awun tig suporta kanak.

*Translation:* (In my case, I consider myself fortunate because I always have my parents on my side).

And, parents give financial support to the teenage mother.

As P2Q3R2 said: Of course, dili ko man gud ma feel man gud ba na ga lisud ako kay iyan man gud perminte si mamay nag a alalay kanak. Oo as in way gaud kanak problema buntis ako sang kwarta wako yaan problemaha.

*Translation:* (They are always willing to help me. Of course, I didn't experience any difficulties during my pregnancy. Money isn't an issue.)

Also, the partner's parents of the participants also were supportive to the teenage mother.

As P2Q3R2 said: I was to lucky kay iyan si mamay na tig suporta, oo ng pamilya, dili lang isab sang mama ko kundi apil isab side ng usog full support silan.

*Translation:* (I was also really fortunate to have my mother on my side, not only on my side, but also my partner's parents).

**3.3.3 Researched about motherhood.** A participant shared that she had read many articles about being an excellent mother. The following response is an exemplar of this core idea:

As P2Q3R2 said: Ako man gud tig research man gud ako on "how to become a good mother" how to ngeyan ba uno-unohon pag bantay ng iso, uno-uno pag padako ng iso, unan yang madayaw himoon amasaan man gud ako.

*Translation:* (As for me, I looked for advice on how to be a better mother on the internet)

Also, articles were read from the internet on how to take care of a child.

As P2Q3R2 said: Mintin ag ako mag research perminte ako mag research ng mga strategies ununo kadi, awun baya mga time labi na postpartum amo baya problema oo, ngeyan ma kuan kaw daw uno-uno labi da ngeyan tig chaho da mga iso unounohon.

*Translation:* (I looked for all kinds of child-rearing advice on the internet. Most importantly, while newborns are crying, you need to know how to stop them from crying.)

### 3.4 Insights Shared by the Participants about Teenage Pregnancy

Table 4 presents the themes and its core ideas which pertains to the participants' insights about teenage pregnancy. The themes are motherhood should be carefully planned, teenage pregnancy comes with different challenges, refrain and stop premarital sex, and make motherhood as a motivation to succeed.

Table 4. Insights shared by the participants about teenage pregnancy

Theme/s	Core Ideas
<b>Motherhood should be carefully planned</b>	Being a mother should be thought out thoroughly
	Do not make rush decisions while being young and in love
	One should be prepared when entering motherhood
<b>Teenage pregnancy comes with different challenges</b>	Being a teenage mother is difficult since it carries many burdens
	Teenage pregnancy is not okay since it entails big responsibilities
<b>Refrain and stop pre-marital sex</b>	Teenagers should not do or stop doing premarital sex since they cannot benefit from it
<b>Make motherhood as a motivation to succeed</b>	Participants encourage teenage mothers to not give up and continue to pursue their dreams
	Poverty should not hinder teenage mothers to succeed, instead they are encouraged to work hard and achieve their goals

**3.4.1 Motherhood should be carefully planned.** A participant shared that being a mother should be thought thoroughly. The following response is an exemplar of this core idea:

As P1Q4R2 said: *Sobra, lisud kay ako daman gud, kumbaga, ako da yang ga handle ng knk sarili, sang baby, way gaud lain na kanak isaligan kundi sarili ko, awun man ghpun gamay na tabang peru ako gaud totally, as a single parent, then na marealize ko syempre na awun man knk pag ka Malian peru ya realize ko na tama, na atleast naa koy na realize ko na naa koy mali na pwede nako e tama.*

*Translation:* (I have a lot on my plate, which isn't easy because I am both her father and mother. I am the one in charge of our lives. I don't have anyone else on whom I can rely but myself. Although I did receive some assistance, I was responsible for the most of the work. As a single parent, I've realized that while I make mistakes, I still have a lot of things that I believe I can do right in the future).

And, participants state that do not make rush decisions while being young and in love.

As P1Q4R2 said: *So, yang ma advice ko noh is, kinahanglan nilan nang mas lawun na pag isip ng iksakto then dili dapat pa dalos-dalos ng desisyon about sang love.*

*Translation:* (What counsel I can give is that it is critical that they improve their awareness and refrain from making rush conclusions regarding love).

Also, participants shared that one should be prepared when entering motherhood.

As P1Q4R2 said: *Normal is mubati ng gugma peru never kaw mu decide sang mga butang na dili kaw prepared, more wise decision, thinking na, ay dili pwd dapat dili, kung pwd ba o dili, kung mo go ba o dili, dapat deisyon na dapat ayon sang knmu gaud.*

*Translation:* (It is possible to fall in love with someone, but you should not make decisions for which you are unprepared. Make intelligent decisions in your life by considering what is wrong and what is right. Try to consider everything, not just what you have control over).

**3.4.2 Teenage pregnancy comes with different challenges.** A participant believed that being a teenage mother is difficult since it carries many burdens. The following response is an exemplar of this core idea:

As P2Q4R2 said: Ako, dili ko gaud ma endorse na ok lang ma buntis sayo, no, it's a big no peru kung iyaan da yaan dawaton anyway tinoyoan sa naton yang kank lang is before kita mo sod sian na butang na andamn ba kita ng pwede mahitabo.

*Translation:* (As for me, I can't answer that being pregnant early is okay; in fact, it is a big no. However, once it has already occurred, there is nothing you can do but embrace it wholeheartedly).

Also, participant shared that teenage pregnancy is not okay, since it entails big responsibilities.

As P2Q4R2 said: Ready ba kita sian na kuan, ngeyan na mga kuan, ngeyan na mga responsibilidad andam ba kita, labi da yang kwarta number one gaud pinaka importante yang kwarta.

*Translation:* (However, before entering such a position, you must consider whether you are already prepared for the things that may occur, all of the duties, and, most importantly, money.)

**3.4.3 Refrain and stop pre-marital sex.** A participant suggested that teenagers should not do or stop doing pre-marital sex since they cannot benefit from it. The following response is an exemplar of this core idea:

As P2Q4R2 said: Ako, kung gasogod da silan ga engage da sang pre-marital sex diba for me dili naa stop naa dili gaud way gaud madayaw na ekahatag yang amsian.

*Translation:* (If they have already engaged in premarital sex, I must advise them to cease it immediately. There's nothing they can gain from it, and it doesn't benefit them in any way.)

**Make motherhood as a motivation to succeed.** A participant encouraged teenage mothers to not give up and continue to pursue their dreams. The following response is an exemplar of this core idea:

As P2Q4R2 said: Kung ikaw kung yabuntisan kaw sayo kaw ya ina pag strive more e himo mo yaan na motivation oaningkamot pag skwela daeg butang pwedi himoon.

*Translation:* (I must say, if you've been pregnant early, use it as a weapon, motivation to pursue your dreams. There are many solutions)

Also, poverty should not hinder teenage mothers to succeed, instead they are encouraged to work hard and achieve their goals.

As P2Q4R2 said: Dili hadlang yang ka pobrehon para mag laung kaw na buntis da ako dida ako mag skwela mangita da ako ng kwarta para sang iso dili, oo, kung ha huna-huna kaw sang anak mo mas mag think outside the box kaw daw unan pa kailangan himoon para mahatag naton in the future yang dapat ing hatag sang anak ta.

*Translation:* (Poverty isn't a hindrance for you and not because you are already pregnant you will stop and start looking for a job temporarily provide the needs. No, instead you will think outside the box if you are truly thinking about the future of your child. Work hard, think about what future you can give to your child if you are truly thinking about the future of your child).

## 4. CONCLUSIONS

Based on the study's findings, the following themes were drawn:

4.1 Conditions faced by the participants before pregnancy (Having no Parents, Fallen in love)



4.2 Struggles of participants while being pregnant (Cheating partner, Heard gossip about their pregnancy, Stressed of overthinking about effects of pregnancy)

4.3 Coping mechanism of the participants as a teenage mother (Maintained a positive mindset, Sought aid from parents, Researched about motherhood)

4.4 Insights shared by the participants about teenage pregnancy (Motherhood should be carefully planned, Teenage pregnancy comes with different challenges, Refrain and stop pre-marital sex, Make motherhood as a motivation to succeed)

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