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RESEARCH

Expectativas de adolescentes gestantes para o futuro

Expectations of pregnant teens for the future

Expectativas de adolescentes embarazadas para el futuro

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ABSTRACT

Objective: Knowing the expectations of adolescent mothers regarding their future. **Method:** a qualitative study, performed in a basic health unit. Participants were eight pregnant adolescents. The narrative interview technique was used. The data were analyzed using the technique of thematic analysis. The proposed study was approved by the Ethics Committee of the Federal University of Santa Maria, CAAE 00554512.0.0000.5346. **Results:** Adolescents construct their identity as a mother, from her experience of pregnancy and construction of an identity of woman-mother. In relation to the child aspired to achieve its good living conditions, through her work. **Conclusion:** The study demonstrates that society has undergone changes over time and that these have influenced the representations of motherhood evidencing the existence of elements such as the desire to be a mother. **Descriptors:** Teenage pregnancy, Culture, Nursing.

RESUMO

Objetivo: Conhecer as expectativas de mães adolescentes em relação ao seu futuro. **Método:** Estudo qualitativo realizado em uma unidade básica de saúde. Participaram oito gestantes adolescentes. A entrevista narrativa foi utilizada na produção dos dados. Os dados foram analisados por meio da técnica da análise temática. A pesquisa foi aprovada pelo Comitê de Ética em Pesquisa da Universidade Federal de Santa Maria sob o número do CAAE 00554512.0.0000.5346. **Resultados:** As adolescentes constroem sua identidade de mãe, a partir de sua vivência gestacional e da construção de uma identidade de mulher-mãe. Em relação ao filho, almejam que este alcançasse boas condições de vida, por meio de seu trabalho. **Conclusão:** O estudo demonstra que a sociedade vem sofrendo mudanças ao longo do tempo e que estas influenciam as representações acerca da maternidade evidenciando a existência de elementos como o desejo de ser mãe. **Descritores:** Gravidez na adolescência, Cultura, Enfermagem.

RESUMEN

Objetivo: Conocer las expectativas de las madres adolescentes sobre su futuro. **Método:** Se realizó un estudio cualitativo, en una unidad básica de salud. Participaron ocho adolescentes embarazadas. La técnica de la entrevista narrativa se utilizó para producir los datos, que fueran analizados utilizando la técnica de análisis temático. El estudio propuesto fue aprobado por el Comité de Ética de la Universidad Federal de Santa María, CAAE 00554512.0.0000.5346. **Resultados:** Las adolescentes construyen su identidad como madre, de su experiencia del embarazo y la construcción de una identidad de mujer-madre. En relación con el niño, aspiraba a lograr estas buenas condiciones de vida, a través de su obra. **Conclusión:** El estudio demuestra que la sociedad ha experimentado cambios en el tiempo y que estos han influido en las representaciones de la maternidad de manifiesto la existencia de elementos tales como el deseo de ser madre. **Descriptor:** Embarazo en adolescentes, Cultura, Enfermería.

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INTRODUCTION

The World Health Organization defines adolescence as the period of life in which the individual passes the appearance of secondary sexual characteristics to maturity; whose psychological patterns and the identification of the individual child phase evolve to adult ¹. Is a period characterized by numerous transformations that characterize this complex time of transition, which can become even more difficult when a pregnancy occurs because when a teenager gets pregnant and becomes mother, she interrupts the natural course of their age and begins to encounter numerous responsibilities at a time that is matted in a whirlwind of transformations ².

The interruption of the process of formation of the teenager, who is often forced to leave school, is excluded from the labor market and the lack of support from family and friends, among others, are some of the dilemmas that the teenagers are forced to face when you are expecting a child³.

In a basic health unit of Santa Maria/RS it is developed, since 1993, a teaching and extension project called "A partnership between the Federal University of Santa Maria-UFSM and the Municipal Health Secretariat of Santa Maria-SMSSM, in the redefinition of the basic attention actions in health in Health Unit Kennedy". This project is developed by course of nursing health promotion activities/citizenship of children, adolescents and women, in order to contribute to the consolidation of the current health care system, as well as reorient training in nursing⁴.

Among the activities carried out by the said project are the nursing consultation low-risk pregnant women; identifying that there is a great demand of pregnant teenagers who carry out prenatal on this unit. Considering the importance of knowing the singularities of motherhood in adolescence, this research was developed to describe the experiences of the trajectory of motherhood in adolescence.

This study is the result of a dissertation of Masters ⁵ which had like problem the following research question: what is the meaning of gestational experience of women in prenatal monitoring teenagers in a basic health unit in the municipality of Santa Maria/RS? And the goal of the study was to: understand the cultural significance of pregnancy for pregnant teenagers. Therefore, this article introduces a category of results of the dissertation, which aimed to meet the expectations of teenage mothers in relation to its future.

METHOD

This is a qualitative study of descriptive character performed in a basic health unit on the periphery of the municipality of Santa Maria/RS. Inclusion criteria were pregnant teens, primipregnant or multipregnant, between 10 and 19 years old.

Eight pregnant adolescents participated in the research, which conducted monitoring in the prenatal health unit. Pregnant teens were invited to participate in the study when they went to a prenatal consultation, since the sample is intentional, being the subjects determined by the purpose of the study⁵.

It was chosen as primary data the collection method of narrative interview, as it allows identifying the personal experiences experienced by teenage mothers. These were scheduled after prior agreement, between researcher and adolescent girls, regarding the date, time and place. There were carried out between March and May 2012. Before you launch them, the personal data of the teenagers were obtained through close-ended questions in order to identify the profile of adolescents.

The narrative of each subject was guided by personal, family and social aspects related to the trajectory of motherhood in adolescence. This measure facilitated the reporting of specific experiences lived and gave credibility to the narrative. The preservation of personal perspective is a central aspect of this method. The realization of data production narrative interview allows approaching the experience narrated by adolescents so that they do not inform, but contains his experiences promoting understanding about the cultural significance of gestation in their lives.

The Narrative ⁷ is a tradition of telling an event in sequential manner, whose simpler composition includes a beginning, middle and end, and has, in its structure, five essential elements: the plot (set of facts); the/characters (who does the action); the time (the time in which the story takes place, history); space (where's the action) and the environment (space loaded with socio-economic, moral and psychological features where they live/characters).

The interviews were recorded on digital recorder and later transcribed. The established criterion for terminating the interview was theoretical ⁸ saturation. Thus, the narratives reveal themselves as able to understand and communicate human subjective experience, emphasizing the meaning, the process of producing stories, the relationships between the narrator and the other subject, the processes of knowledge and the multitude of ways to capture and understand the experience.

As for the ethical aspects, the determinations of the number resolution 196/1996 National Health Council of Brasil⁹ have been obeyed. The study was approved by the core of permanent education of the Municipal Health Secretariat of Santa Maria and by the Research Ethics Committee of the Federal University of Santa Maria in the CAEE number 00554512.0.0000.5346. The Free Enlightened consent form was signed by a parent or another adult family member of the teenagers. The term give assurance about the

preservation of identity, the use of data only for scientific purposes, the provision of health-related guidelines when required by teenagers or other limbs, and psychological support if necessary.

The thematic analysis was adopted, which consists in discovering the senses ⁶ cores that constitute a communication in which the frequency or presence have some significance to the analytic object. The narratives were analyzed according to a process of understanding, interpretation of the data. The researcher was paying particular attention to the preservation of their own perspective adolescents throughout the process of data analysis. The similarities between the experiences were identified through a process of analysis performed interpretive form¹⁰.

This work made it possible to establish categories of experiences of teenagers. The categories were composed and its included components when most adolescents had expressed similar experiences. Small excerpts were extracted from the narratives to illustrate significant aspects in the categories, in order to provide evidence to the interpretation made by the researcher. Each category has been read repeatedly in order to verify the existence of contradictions between the narratives and the categories built. Alphanumeric system was used in the sequence (A1, A2, A3 ...) and so subsequent to identification of the subjects of the research.

RESULTS AND DISCUSSION

The results are presented in the following categories and their components.

Wanting to study and work

During pregnancy, interacting with the demands that take care of a child will require briefly, the teenage mother will reflect that study and work involves having guarantees of a better future for themselves and their child.

This category shows data that allow understanding that the teenage mother continues to have dreams, she doesn't stop, plans to study, work and invest in the quality of mother-child relationship. You can see in the following lines:

Have my baby, do the EJA to finish high school, get into a college and try to do a course to study Law. I want to be a criminal lawyer. I want to give a good life for my baby, so you it won't miss anything to him. (A2)

I don't know how I can say what I think for the future. What can I say? I don't know what's going to happen. I intend to study back at night. I'm saving up to buy a House, have my stuff, a better future. It is better to raise my son in my own home. (A4)

I'm going back to school, and work, because I have always worked. I was used to do casual work, cleaners, sold candy that my aunt prepared. It was money, knows? Everything is about money. (A6)

The teenager plans to resume his studies and work, because it recognizes that these will bring opportunities for anything missing from his child, so that she can have a better future. Expressed a desire to attend college and be a professional, which will provide you with financial autonomy and shall revert in benefits for you and your son. On the other hand, in another study ¹¹, pregnant teenagers had as life plans marriage and motherhood, showing no interest in working and going to school.

You can see the interest of pregnant teenagers in this research, to promote a better future for their children through the work and study, which confirms in the following fragment:

But I'm going to go find work enough to be able to give a future to her (daughter). Give her a childhood that I had, my childhood was good, but I didn't get everything I wanted. I'm not saying I'm going to give everything that she wants to know, but I'll give the essential to her, besides a lot of love. (A6)

This yearning occurs by reason of teenager interact with the new demands from the requirements for primary caregivers. Beyond wanting to go back to school and work, the teenager is concerned with its performance. She wants to participate actively in the education and care of the child.

A study¹² also found that teenage mothers demonstrate interest in continue studying to ensure a better future. In a manner similar to other study ¹³ states that although the teenage mother will eventually give up their freedom, she still "plans to restart or continue his studies, graduating, attend college, even though all the difficulties that will have to face".

Most of the teenagers in the study come from families with financial needs quite pronounced, in this way, these teenagers can aspire for jobs because they are aware of the need for their contribution to the family budget. However, this probably wasn't the main factor that has given rise to the desire for achievement of employment for many of these teenagers, since, for them the provision of support to the son represents a way of performing an integral care.

"I'd rather be a mother"

One of the aspects highlighted is the fact that the teenage girl, impregnating, can be realizing a dream. And this decision, which includes not only a biological reproductive Act, but a social process involving interactions with their family, his companion and, yet, the willingness to be mother and enter the adult world, makes be recognized, in addition to strengthening their female condition of being wife and mother. We realized in the fragments of narratives:

I feel more of a woman, the less it sounds like girl I'm another. I was creating a feeling of mother that I can't explain, is something I think that only who is mother knows. Is something very strong and unconditional. (A2)

It's not because I'm young that I can't be a mother. (A4)

I prefer to have the child stay hanging of night or the other. I prefer being a mother is more responsibility. (A5)

When it comes to teenagers with meager financial conditions for professional growth plans, these teens can get their personal satisfaction in what they regard as a personal construction capable of achieving. Thus, the social recognition as productive subject can occur through conceiving a son, in the maternity ward.

The literature points out that pregnancy in a woman's life is not so random and Yes by pre-established priorities, i.e., preparation of plans, projects or for achieving sexual practice, since you know the contraceptive methods to prevent pregnancy ².

Studies indicate that, for some teenagers, the conscious or unconscious desire to have a child represents a moment in which to relive past experiences, redefines them and leading them to think about how they can provide a better future to his son. Reinforce the longing for motherhood in adolescence can mean achievement and happiness for being the result of his will¹⁴.

For some teens, pregnancy has been permeated with good expectations, because since its discovery, the mothers begin to plan for the future.

My plan for the future is to take care of my son, we're looking for another House to rent, less than one that is too large. (A1)

Teenage girls aspire to be a new home, featuring an independence from their families of origin. However, one of the teens pointed out the need for your new home is close to his family, demonstrating emotional dependency in relation to this. In a requests¹⁴, in a similar manner, it was found that the teenagers, when referring to the plans and projects of life, mention the desire of having an own house. We realize in this speech:

But I want my mom close to help me, because I know it's not easy raising a child. And then you can come back. Now we're in the mother to raise money and make our house. (A4)

For the teenager, the desire for a new home can mean the realization of its representation as an individual adult and as, in addition to his ability as a mother to offer his son a livelihood and an environment conducive to his independent development of the structural composition of your family of origin. In the study already mentioned ¹⁵ still State that the expectations of each of the teenage mothers are resized constantly depending on their means, since pregnancy requires the redefinition of projects, however, does not prevent its accomplishment, being the supportive family of circumstantial importance to such adaptation.

CONCLUSION

The teenagers state that desire a better future, both for them and for the child. They make plans to resume their studies as soon as possible and to invest in their professionalization.

They aim to enter the labor market as a way to ensure the sustenance of the child and to contribute to the family budget. Wish to be their homes. In relation to the child, they aim for this would achieve good living conditions, through their work.

It is noticed that teenage girls build their identity of mother, from its gestational experience and the construction of an identity of wife-mother. The study demonstrates that society has suffered changes over time and that these are influencing the representations about motherhood evidencing the existence of elements such as the desire to be a mother, even though I'm a teenager.

We highlight that pregnancy and motherhood in adolescence may not continue to be perceived as pejorative and stigmatizing the attention of health professionals, considering that the teenager has the right to a sex life taking their own decisions consciously and effective knowledge-based. For that to happen they need health professionals Act putting into practice the specific adolescent health policies guaranteeing you access to health services, health education and contraception.

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