



# Is Motherhood affecting the Quality of Life of Female Adolescent: A Systematic Review

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## INTRODUCTION

- The World Health Organization (2003) defines adolescents as young people aged 10-19 years.
- In general terms, adolescence is considered a time of transition from childhood to adulthood, during which young people experience changes following puberty, but do not immediately assume the roles, privileges and responsibilities of adulthood. With regards to gender, 900 million are females, out of 1.8 billion of the adolescent population, worldwide.
- Each year, an estimated 15 million adolescent girls between ages 15 and 19 years give birth (Campos, Barbieri, Torloni, & Guazzelli, 2012).
- This is a stressful situation as these adolescent girls are already adjusting with their adulthood changes, and simultaneously facing the challenges of motherhood.
- This, in turn aggravates the distress and deteriorates the overall quality of life in adolescent females.

## OBJECTIVE

- This paper aimed to determine the effects of motherhood on Quality of Life (QoL) of female adolescents with children and without children.

## METHODOLOGY

- A systematic literature review was done for this study. An extensive literature search was conducted from the period of January 2005 to July 2015.
- A literature search was filtered according to year of publication and key terms.

## FINDINGS & DISCUSSION

- Literature review indicated that motherhood at an early age can have a negative effect on the quality of life of female adolescents (Campos, Barbieri, Torloni, & Guazzelli, 2012).
- The results of several studies indicated that the mean scores of quality of life were lower for adolescents with children as compared to without children especially in physical and social domains.
- Studies have shown that early motherhood is associated with low educational achievement, low or no income, low occupational status' or unemployment and therefore, affecting the quality of life.
- Girls living in developing countries are the most at risk of adolescent pregnancy (Campos, Barbieri, Torloni, & Guazzelli, 2012; Johns, 2011; Smith, Skinner, & Fenwick, 2012; Tasdemir, Balci., & Günay, 2010)
- The average fertility rate among 15 – 19 year olds in least developed countries is more than 5 times greater than that for more developed regions.
- Globally the overwhelming majority of adolescent girls who become pregnant are married and pressured to have a child.
- The future is compromised for most adolescent girls who become mothers. Many face poverty, ill health, abuse, unprotected sex carrying HIV risk, frequent pregnancies, and end to education.
- All the factors are leading to poor wellbeing and eventually impacting the quality of life of adolescents (Ferreira, Haas, & Pedrosa, 2013).

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## CONCLUSION

Early pregnancy can have harmful implications on adolescents' physical, psychological, economic and social well-being. Motherhood at an early age exerts poor quality of life due to multiple factors like birth outcomes and discontinuation of education.

