

Implication of Teenage Pregnancy on the Reproductive Health of Teenagers in Ilorin South Local Government, Kwara State

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Abstract

The study investigated the implications of teenage pregnancy on reproductive health of teenagers in Ilorin South Local Government, Kwara State. Relevant literatures from different authorities, agencies and scholars were reviewed. Some of the areas reviewed include: the definition, causes and implication of teenage pregnancy on reproductive health of teenagers. Three research questions and hypotheses were formulated to guide the study. The descriptive survey design method of research was used for the study. The population used for the study consists of secondary school teenagers in Ilorin South Local Government, Kwara State. Simple random sampling techniques was used to select two hundred respondents for the study. The instrument used for this study to collect data was a self-structured questionnaire which was validated and tested for the reliability. The researcher administered the instrument with the research assistants; the data collected was analyse using descriptive statistics of frequency count, percentage and inferential statistics of one sample t test was used to analyse the hypotheses set for the study at 0.05 alpha level of significance. The finding of this study shows that: Vesico Vagina Fistula as a result of teenage pregnancy have significant effect on reproductive health of teenagers in Ilorin South Local Government Area Kwara State, Obstructed labour as a result of teenage pregnancy have significant effect on reproductive health of teenagers in Ilorin South Local Government and sexually Transmitted Infections as a result of teenage pregnancy have significant effect on reproductive health of teenagers in Ilorin South Local Government, Kwara State. Based on the findings of the study, it was concluded that Vesico Vagina Fistula, obstructed labour and Sexually Transmitted Infections as a result of teenage pregnancy have significant effect on reproductive health of teenagers. Therefore, it was recommended that teenagers should be given adequate information about sex education in order to prevent unwanted pregnancy.

Introduction

Today, young women worldwide suffer a disproportionate share of social problems ranging from Sexually Transmitted Diseases (STDs) to other reproductive health problems. Worst of all is the early and unprepared motherhood among the teenage girls which often lead to a lot of social and other relative problems for the young and underage mothers and their children (Aworanti, 2005). According to the Washington based Population Reference Bureau (PRB), (2008), out of every thirty Nigerian teenage girls, twenty-four have given birth, that is have become mothers, five are pregnant, while the remaining one cannot boast of their virginity cases which represent only 3%. Also, more than 75% of births each year are to girls between the ages 15 to 19 years. (One then begins to wonder when the art of motherhood, especially those related with teenage pregnancy and their children have become “children affairs”). Some of the problems associated with teenage pregnancy are abortion, esclampsia (hypertension in pregnancy), social stigma, Recto and Vesico Vagina Fistula (due to biological immaturity).

Oluwatoye (2005) defined teenagers as set of people who in the early adolescent stage go through the gradual process of transition from childhood to adulthood between 13 to 19 years. Srajini and Ramlington (2009) defined pregnancy as the union of the sperm and egg to form zygote. The term teenage pregnancy is being used because it refers to those who get pregnant before reaching legal adulthood, that is, those between the age group of 13-19years. It is a condition in which the teenager becomes unintentionally pregnant. This condition is, most prevalent in developing countries like Nigeria and others.

Teenage pregnancy can also be defined as a teenage or underage girl usually between the ages of 13-19 becoming pregnant. The term in everyday speech usually refer to young ladies who have not reached legal adulthood; 18years or more as varied across the world. Teenage pregnancies have

become a public health issue because of their observed negative effects of their perinatal outcomes and long-term morbidity (Aboyade, 2005). Early motherhood has so been popularized in some quarters that the negative repercussions such as social ostracism, infertility, truncated educational or vocational pursuit has been on the growth and development, social life of the victims are hardly taken into consideration, which can also lead to marital problem in the later life (Barat, 2008).

Alubo (2001) defined reproductive health as “the whole array of counsel, information and services required and necessary for safe and healthy sexual expression. It concerns health and illness in relation to the body’s reproductive function.” A probable unofficial working definition of reproductive health has been given as the state of complete physical, mental and social wellbeing and not merely the absence of reproductive diseases or infirmity. Reproductive health therefore deals with the reproductive health processes, functions and system at all stages of life.

Durfee (2005) opined from the medical point of view that mothers who are not matured enough biologically do experience difficulties and complications such as induced fear, placenta complication, delivery by caesarean section and maternal mortality. This infers that entering into motherhood in teenage years is not advisable for females rather; they should be patient enough to attain such average age as 22 and 24 years. By then, they would have matured biologically, possessed enough strength and ability to undergo labour (childbirth rigors). It is important to mention at this juncture that some of the salient factors that could be responsible for early motherhood as observed by (Aworanti, 2005).

Aboyade (2005) expressed that most of these effects have been attributed to other factors besides young maternal age. Teenage mothers are less likely gain adequate weight during pregnancy, leading to Low Birth Weight (LBW) which is associated with infant and childhood disorders and a high rate of infant mortality. Low Birth Weight babies are more likely to have organs that are not fully developed, which can result in complications such as bleeding in the brain, respiratory distress syndrome and intestinal problems. Children born to teenage mothers are less likely to receive proper nutrition, health care and cognitive social stimulations.

Regrettably, many teenagers in Kwara State, Ilorin South Local Government to be precise, are carrying pregnancy along the street and majority of them are between ages 13 and 19years. In fact, it is becoming worse that one may not distinguish between teenagers and young adults (19-21years).

Aworanti and Morenikeji (2005), expressed the negative effects of teenage pregnancy as Obstructed labour- labour in teenage mothers seldom goes smoothly. It gets stuck at a stage because they are young and cannot bring the baby forth due to the inadequate of the pelvis which is too narrow at that stage of their growth and development. Also, infertility owing to complication during the first labor, secondary infertility may result for mother and child may not come again.

Furthermore, relative or perceived negative effective of teenage pregnancy can also come in form of Recto Vagina Fistula (RVF) and Vesico Vagina Fistula (VVF) which is due to biological immaturity in the young and underage mothers, the rectum is destroyed by the baby’s head during protracted labour and from cuts made in their anal urethra area during child birth. Sexually Transmitted Infections such as genital herpes, trichomoniasis, gonorrhoea, syphilis and brucellosis are also expressed as negative effects of teenage pregnancy (Aworanti & Morenikeji, 2005).

In an attempt to assist the adolescent on the issue of teenage pregnancy, (Ogedengbe, 2005) emphasized the significance of the need for the teenage girls to be well informed on the refusal to casual sex and its skills without being rude. A misinformed teenage girl or one who has no knowledge about puberty and adolescent age becomes exposed to a lot of danger as a result of involvement which may lead to unwanted pregnancy and other implications. It is on the multiplying effect of teenage pregnancy on reproductive health of teenagers that this study is being carried out.

Statement of the Problem

There has been a steady increase in teenage pregnancy over time, which has been of great damage to the society. Despite the campaigns launched against it in different quarters by the civil organizations, Non-governmental Organizations, and a host of other humanitarian groups, there have been no visible effects in the town and other settlements.

Teenage pregnancy has become a sociological, economical, psychological and physiological issue in Nigeria today. Many school children have been lured into becoming prostitutes in the school groups they belong to. Teenage pregnancy therefore has a multiplying effect on the society, and even

beyond that, on the individual reproductive health, contact of Sexually Transmitted Infections, Vesico and Recto Vagina Fistula, obstructed labour, eclampsia, cancer of the cervix as some will soon become too weak to have children again, and gradually, the supposed leaders of tomorrow are the most affected groups.

The great effect of teenage pregnancy on the reproductive health of teenagers cannot be overemphasized. Therefore, in consideration of the above stated problems, this study is designed to investigate the implication of teenage pregnancy on the reproductive health of teenagers in Ilorin South Local Government, Kwara State.

Objective of the study

The following are the main purpose of the study

1. To examine if Vesico Vagiva Fistula as a reproductive health problem will be an implication of teenage pregnancy in Ilorin South Local Government, Kwara State
2. To examine if obstructed labour as a reproductive health problem will be an implication of teenage pregnancy in Ilorin South Local Government, Kwara State
3. To examine if Sexually Transmitted Infections as a reproductive health problem will be an implication of teenage pregnancy in Ilorin South Local Government, Kwara State

Research Questions

The following questions were raised to guide the study:

1. Will Vesico Vagina Fistula as a reproductive health problem be an implication of teenage pregnancy in Ilorin South Local Government, Kwara State?
2. Will obstructed labour as a reproductive health problem be an implication of teenage pregnancy in Ilorin South Local Government, Kwara State?
3. Will Sexually Transmitted Infections as a reproductive health problem be an implication of teenage pregnancy in Ilorin South Local Government, Kwara State?

Research Hypotheses

The following hypotheses were generated to guide the research work:

1. Vesico Vagina Fistula as a reproductive health problem will not significantly be an implication of teenage pregnancy in Ilorin South Local Government, Kwara State
2. Obstructed labour as a reproductive health problem will not significantly be an implication of teenage pregnancy in Ilorin South Local Government, Kwara State
3. Sexually Transmitted Infections as a reproductive health problem will not significantly be an implication of teenage pregnancy in Ilorin South Local Government, Kwara State

Method

The research design that was adopted for this study is descriptive research of the survey type. The population used for the study consists of all secondary school students in Ilorin South Local Government of Kwara State, which comprise of twenty-nine schools and total number of ten thousand, six hundred and eighty-five students. The researcher used simple random sampling techniques to select five schools because all the samples have equal chances of been chosen. The researcher purposively selected forty students randomly from each of the selected secondary schools to make two hundred (200) respondents who participated in the study.

The instrument used for the study was a researcher self-structured close-ended questionnaire which consists of two sections; section A and B. Section A sought for demographic data of the respondents while section B consist of question drawn on the research topic from the research hypotheses. The response of the respondents was indicated on four likert scales, which are Strongly Agree, Agree, Disagree and Strongly Disagree. The instrument was well validated by three experts in the department of Health Promotion and Environmental Health Education.

The test re-test method of reliability was adopted and questionnaire was administered twice to twenty students who were not part of the study. The result was analyzed using Pearson Product Moment Correlation and correlation co-efficient of 0.82r was obtained. The questionnaire was administered by the researcher and some research assistants and was collected back from the respondents immediately after its completion. A descriptive statistics of frequency count percentage

and inferential statistics of one sample t test was used to analyze the result of the stated hypotheses set for the study at 0.05 alpha level of significant.

Results

Hypothesis 1: Vesico Vagina Fistula as a reproductive health problem will not significantly be an implication of teenage pregnancy in Ilorin South Local Government, Kwara State

Table 1a:

Percentage Count of Vesico Vagina Fistula as Implication of Teenage Pregnancy

S/N	ITEMS	SA	A	D	SD	Total
1.	Teenagers develop Vesico Vagina Fistula during their first pregnancy	34 (17%)	74 (37%)	58 (29%)	34 (17%)	200 (100%)
2.	Immature pelvic disallow easy passage of baby lead to Vesico Vagina Fistula.	42 (21%)	82 (41%)	36 (18%)	40 (20%)	200 (100%)
3.	Obstructed labour can lead to Vesico Vagina Fistula	40 (20%)	90 (45%)	56 (28%)	14 (7%)	200 (100%)
4.	Prolong labour cause a puncture in the bladder and urine leak uncontrollable.	78 (39%)	100 (50%)	20 (10%)	2 (1%)	200 (100%)
	Total	194	346	170	90	800

Table 1b:

One Sample T-Test Analysis on Vesico Vagina Fistula as a Reproductive Health Problem Will Not Significantly be an Implication of Teenage Pregnancy

	Mean	Std. Deviation	t-value	Df	P-value
Actual mean	3.84	.92	4.12	199	0.02
Constant mean	2.50	0.0			

$t(199) = 1.97, P < 0.05$

From the above result of analysis presented, it shows that the probability value 0.02 is less than 0.05 level of significance. The t-value value is 4.12 higher than the t-critical is 1.97 at degree of freedom 199 using two tailed significant level. The null hypothesis which stated that Vesico Vagina Fistula as a result of teenage pregnancy will have a significant effect on the reproductive health of teenagers in Ilorin South Local Government, Kwara State is therefore rejected.

Hypothesis 2: Obstructed labour as a reproductive health problem will not significantly be an implication of teenage pregnancy in Ilorin South Local Government, Kwara State

Table 2a:

Percentage count of obstructed labour as implication of teenage pregnancy

S/N	Items	SA	A	D	SD	Total
1.	Pregnant teenager are likely to undergo caesarean section during a prolong labour.	112 (56%)	84 (42%)	2 (1%)	2 (1%)	200 (100%)
2.	Most pregnant teenagers do not go for antenatal care for vaginal examination during pregnancy.	36 (18%)	88 (44%)	60 (30%)	16 (8%)	200 (100%)
3.	Most teenage pregnancy lead to still birth as a result of obstructed labour.	108 (54%)	70 (35%)	18 (9%)	4 (2%)	200 (100%)
4.	Teenage pregnancy affects the productive system of a teenager.	42 (21%)	110 (55%)	46 (23%)	2 (1%)	200 (100%)
	Total	298	352	120	24	800

Table 2b:

One sample t-test Analysis on obstructed labour as a reproductive health problem will not significantly be an implication of teenage pregnancy

	Mean	Std. Deviation	t-value	Df	P-value
Actual mean	2.95	.62	3.01	199	0.00
Constant mean	2.50	0.0			

t (199) = 1.97, P < 0.05

From the above result of analysis presented, it shows that the probability value 0.00 is less than 0.05 level of significance. The t-value value is 2.95 higher than the t-critical is 1.97 at degree of freedom 199 using two tailed significant level. The null hypothesis which stated that teenage pregnancy will not have a significant effect on the reproductive health of teenagers in Ilorin South Local Government, Kwara State is therefore rejected.

Hypothesis 3: Sexually Transmitted Infections as a reproductive health problem will not significantly be an implication of teenage pregnancy in Ilorin South Local Government, Kwara State

Table 3a:

Percentage counts of sexually Transmitted Infections as implication of teenage pregnancy

S/N	Item	SA	A	D	SD	Total
1.	Teenage pregnancy leads to reproductive health disease of syphilis infections	42 (21%)	114 (57%)	40 (20%)	4 (2%)	200 (100%)
2.	Teenage pregnancy can cause reproductive health disease genital herpes.	66 (33%)	120 (60%)	12 (6%)	2 (1%)	200 (100%)
3.	Teenage pregnancy leads to reproductive health disease of gonorrhoea infection.	42 (21%)	82 (41%)	40 (20%)	36 (18%)	200 (100%)
4.	Teenage pregnancy leads to reproductive health disease of trichomoniasis (vaginal itching and having bad odour)	86 (43%)	78 (39%)	28 (14%)	8 (4%)	200 (100%)
	Total	236	394	120	50	800

Table 3b:

One sample t-test Analysis on obstructed labour as a reproductive health problem will not significantly be an implication of teenage pregnancy

	Mean	Std. Deviation	t-value	Df	P-value
Actual mean	3.02	.74	4.07	199	0.01
Constant mean	2.50	0.0			

t (199) = 1.97, P < 0.05

From the above result of analysis presented, it shows that the probability value 0.01 is less than 0.05 level of significance. The t-value value is 4.07 higher than the t-critical is 1.97 at degree of freedom 199 using two tailed significant level. The null hypothesis which stated that Sexually Transmitted Infections will not be a significant effect of teenage pregnancy on the reproductive health of teenagers in Ilorin South Local Government, Kwara State is therefore rejected.

Discussion

In Hypothesis One, the findings indicated that, Vesico Vagina Fistula as a result of teenage pregnancy will have significant effect on the reproductive health of teenagers in Ilorin South Local Government, Kwara State. The result revealed that the one sample t test reveals that t-value value is 4.12 higher than the t-critical is 1.97 at degree of freedom 199, therefore the hypothesis to be rejected. The finding of this hypothesis is in agreement with Aboyade (2005) who in his study opined that one of the most common reproductive health issues which are related to teenage pregnancy is VVF,

damage reproductive system and complications during pregnancy. This implies that the teenage students in the five selected schools believed that teenage pregnancy can lead to reproductive health problem of Vesico Vagina Fistula.

In Hypothesis Two, findings indicated that obstructed labour as a result teenage pregnancy will have significant effect on the reproductive health of teenager later in life in Ilorin South Local Government Area of Kwara state. The result of one sample t test revealed the t-value value is 2.95 higher than the t-critical is 1.97 at degree of freedom 199 making the hypothesis to be rejected. The finding of this hypothesis is in agreement with Aworanti and Morenikeji (2005) who affirmed that teenage pregnancy is one of the factors that lead to obstructed labour due to immature pelvic of the teenager. This implies that the teenage students believed that teenage pregnancy will lead to obstructed labour.

In Hypothesis Three, the findings indicated that sexually transmitted infections including HIV/AIDs, gonorrhoea, syphilis, trichomoniasis and other sexual transmitted infection will be a significant effect of teenage pregnancy on teenagers in Ilorin South Local Government, Kwara state. The result of one sample t test revealed the t-value value is 4.07 higher than the t-critical is 1.97 at degree of freedom 199 making the hypothesis to be rejected. The finding is in agreement with Aworanti and Morenikeji (2005) who in their study opined that teenage pregnancy leads to Sexually Transmitted Infections. This implies that teenage students in the selected schools believed that sexually transmitted infection is one of the implications of teenage pregnancy on the reproductive health of teenagers in Ilorin South Local Government, Kwara State.

Conclusion

Based on the findings of this study, the following conclusions were drawn:

1. Vesico Vagina Fistula as a result of teenage pregnancy leads to reproductive health problem.
2. Teenage pregnancy is a significant factor leading to obstructed labour in its victims.
3. One of the implications of teenage pregnancy on reproductive health of teenagers is transmission of Sexually Transmitted Infections.

Recommendations

Based on findings of this study, the following recommendations were made:

1. Sex education should be introduced at all levels of the secondary institution curriculum, so as to improve family life knowledge, attitudes and behavior of students.
2. School teachers should be properly informed on the latest information on sex education and how to properly educate their students using the appropriate terms and choice of words.
3. Parents should be encouraged to educate their children on sex, sexuality and the appropriate time to engage in sexual relations.

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