

Adolescent Pregnancies: Dreadly Outcome: Need to Prevent

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When a carefree child reaches adolescence-she puts her footsteps to a completely challenging new world, her known world suddenly changed, from primary she is starting high school – a drastic change occurs in her physical, mental, social and most important psychological aspect¹.

She becomes excited with sudden growth spurt (suddenly becoming taller than her counterparts) as well as emotionally unstable or frightened with menarche (the first starting of menstruation) and thelarche(the development of breast buds)². Because of all these unusual happenings, she becomes either in ecstasy (euphoric-living in a dream world) or depressed or other mood swings. In fact, there are characteristic developmental changes that almost all adolescents experience during their transition from childhood to adulthood³. It is well established that the brain undergoes a “rewiring” process that is not complete until approximately 25 years of age³.

This discovery has enhanced our basic understanding regarding adolescent brain maturation and it has provided support for behaviors experienced in late adolescence and early adulthood. The proclivity for risk-taking behavior plays a significant role in adolescent development, rendering this a period of time for both accomplishing their full potential and vulnerability⁴.

Different studies show that both developed and developing countries they get involved in different sexual activities because of so many alluring attractive advertisements, pornography and as their body and mind young, soft and tender-so, willingly or unwillingly they become

victims of sexual harrassment, involved in sexual relationship and victims of women trafficking. As a consequence they become pregnant even before age 15 and an adolescence girl when become pregnant at her teens (HIGH RISK PREGNANCY) she faces the greatest threat/challenge in her life and also to her family and of course the society as well. Teenage pregnancy is a global health issue that adversely affects birth outcomes and can lead to intergenerational cycles of poverty and ill-health.

Consequences of adolscent pregnancy are:

Miscarriage 50%, as her whole body system including her reproductive systems are not fully developed as well as pelvic bones. So, she is not capable/mature enough to carry on pregnancy⁴. Chances of having normal vaginal delivery is also less. Exposed to various types of STD (Sexually Transmitted Disease) as Syphilis, Gonorrhoea, Chlamydia, Herpes simplex and HIV, HPV can cripple her life to a greater extent.. She suffers from anaemia (lack of balanced diet & suppliments), pre-eclampsia & eclampsia (high blood pressure with odema & with convulsions/fit), preterm births, low birth weight babies, obstructed labour, then VVF – vesicovaginal fistula (constant urine dribbles), failure or inadequate lactation, intrauterine or infant deaths. All these types of life threatening challenges put an adolescent girl in greatest risks⁵. Maternal Mortality also increases to a greater extent. It contributes to population explosion and womens health turns to a negative balance⁶. Then after delivery, she loses sometimes mental balance (to rear herself & newborn), sometimes addicted to abusing or offensive drugs, sex stimulating pills. Also, various psychological problems she faced are ranging from post-partum blue, neurosis, psychosis & suicidal tendency⁵. Adolescent sex and hence adolescent pregnancy also long term complications, early sexual activity before cervical maturation (neck of uterus) is a precursor of cervical cancer, she is a worst candidate of PID (pelvic Inflammatory disease), repeated miscarriage, ectopic pregnancy, infertility and lastly pelvic organ prolapse/descent⁶.

HOW TO PREVENT

It is the moral and sacred responsibility of family as well society to guide the teen aged girls with proper education ((religious, moral and sexual side by side along with academic teaching).

Some youngsters specially workers in factory, restaurants and even high school think they are mature enough to have sex or marriage without permission of parents/ guardians. Some parents also have misconception that a good bridegroom who have huge money irrespective of age/character is enough to arrange marriage for their adolescent girls jeopardising girls study. Question is- “do these parents get rid of responsibilities !?” rather it is seen after having sex or 1 or 2 babies husband left them- putting these young girls to a bottomless ocean. So, she has to return back to her poor parents house with these babies, they either accept her or send her to unknown destination which now led her to unwanted antisocial activities (professional sex worker/brothel house or addicted to gambling/heroin or lastly to commit suicide).

Suggestions are: No way to put obstacles on growing girls, allow them to grow physically, mentally sound and tension free society so that they can be an asset to society. Parents should have free/open discussion to their young growing girls specially when they are facing critical situation/crisis/challenges. Social elites (school teachers, imams of mosque, marriage registrars) can play an effective determining role in preventing this dangerous situation, so whole society can get rid of this adolescent pregnancy and its detrimental devastating effects.

These young girls are our assets, they are our future leaders. If properly guided and reared, they can bring candle light to herself, her family, the society and hence the whole community and country, ultimately the whole world. The whole world will smile with their smiling faces and brilliant achievements.

ADOLESCENT PREGNANCY IS A SOCIAL DISEASE, ALL OF US HAVE TO PREVENT IT BY ALL MEANS.

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