PERUSAL OF THREE NEGATIVE EMOTIONAL STATES AMONG TEENAGE MOTHERS

DOMINIC C. LIBRES

Senior High School Department of Franciscan College of the Immaculate Conception
Baybay City, Leyte, Philippines
Email: dominic.libres@yahoo.com.ph

Abstract - Philippines has the highest rate of teenage pregnancy among the neighboring countries in the Association of South East Asia Nations (ASEAN) as reported by World Vision International. Teenage pregnancy is also a significant health problem among the European society and the United States of America (Figueiredo, Bifulco, Pacheco, Costa, & Magarinho, 2006). The country Australia also bears high rate of teenage pregnancy (Quinlivan, Luehr, & Evans, 2004). Teenagers, especially females, engaged in teenage pregnancy will likely to suffer psychosocial problems (Quinlivan et al., 2004). Thus, the foregoing study was conducted with the foremost objective of determining the conditions of the three negative emotional states (depression, anxiety and stress) among teenage mothers in Bgy. Plaridel, Baybay City, Leyte. The study surveyed six (6) teenage mothers using a questionnaire reproduced from Psychology Foundation of Australia. It has been found out that the depression state of the teenage mothers is in severe condition and both their anxiety and stress states are in extremely severe conditions. From the obtained results, it is highly suggested that the Health Station of the barangay or the City Health Office of the Local Government Unit shall conduct interventions like seminar and counselling to aid the teenage mothers from not experiencing these negative emotional states.

Keywords - Teenage mothers, depression, anxiety, stress, emotion

I. INTRODUCTION

World Vision International, an Evangelical Christian humanitarian aid, development, and advocacy organization, reported that Philippines has the highest rate of teenage pregnancy among the neighboring countries in the Association of South East Asia Nations (ASEAN). The rate is not static, thus, increasing steadily (http://www.worldvision.org.ph/press-center/teenage-pregnancy-philippines). Moreover, there are 24 babies delivered by teenage mothers in every hour. Teenage pregnancy is not just a significant health problem among the ASEAN countries but also in the European society and the United States of America (Figueiredo, Bifulco, Pacheco, Costa, & Magarinho, 2006). The country Australia also bears high rate of teenage pregnancy (Quinlivan, Luehr, & Evans, 2004). Furthermore, one probable cause why Australia has a higher rate compared to other countries is that policy-makers in the country don't put greater emphasis on solving teenage pregnancy in the country (Shaw, Lawlor, & Najman, 2006). These mothers are within age range of 13-19 years old. In March 2011, New Zealand recorded 4,374 childbirths by women are under 20 years old (Commission, 2011). They are called teenagers because their age numbers end with "teen". Consequently, pregnant women that fall under this age range are called "teenage mothers". These women are observed to be experiencing depression, anxiety and stress due to lack of preparedness leading towards the onset of motherhood. Their emotional capability to deal with the varied and demanding roles and tasks of being a mother is not yet in full bloom. The consequences of early pregnancy may not just affect the parents but also of the child (Commission, 2011). Two major problems that both the parents and the child will suffer are medical complications and psychosocial problems (Quinlivan et al., 2004).

Voluminous studies have been conducted about teenage pregnancy having the mothers at the spotlight. In contrast, there are inadequate figures pertaining of teenage fathers (Quinlivan & Condon, 2005). In the study conducted by Quilivan & Condon (2005), teenage fathers have also psychological symptomatology yet, it is not identified. Moreover, teenage fathers need supply of help from the partner. Last but not least, children brought to life by teenage pregnancies are prone to function less in terms of social and emotional aspects. They may have intensified negative emotionality and low positive emotionality (Goodman et al., 2011).

The three negative emotional states studied can be explained by various theories from various proponents. These theories tend to explain the causes and effects emotional states. One is Aaron Beck's Cognitive Theory of Depression. According to Dr. Aaron Beck, negative thoughts is said to be the principal reason of depressive symptoms. He described the relationship of the severities of someone's negative thoughts and depressive symptoms to be directly related. Meaning, the more you think of negative thoughts, the more depressed you become. Furthermore, it can also be arquired from external forces as in the instance of traumatic experiences. People who can easily get depressed are the people with inadequate coping skills. (https://www.mentalhelp.net/articles/cognitive theories-of-major-depression-aaron-beck/). Stress, on the other hand, explanations of its occurrence in

someone's psyche evolved in the theories of emotion. One of which is James-Lange: Theory of Emotion. The theory states that there is a correlation between stress and emotion. William James and Carl Lange agreed that emotions do not immediately succeed the perception of the stressor or the stressful event; they become present after the body's response to the stress. Another theory is the Schachter-Singer Theory The theory explains that we become aware of the reason behind the emotional response, and when we the reason is not obvious, we start to look for environmental clues for the proper interpretation of the emotion to occur (https://explorable.com/psychological-theories-of-stress) .

This present study was designed to investigate the three related negative emotional states of depression, anxiety and stress among teenage mothers residing in Bgy, Plaridel, Baybay City, Leyte using a self-analysis questionnaire. This study specifically aims to:

- Determine the socio-demographic profile of the participants:
  - education;
  - housing;
  - job;
  - income class; and
- Determine the conditions of the following negative emotional states of:
  - depression;
  - anxiety; and
  - stress

II. METHODOLOGY

The foregoing study is a descriptive survey that attempted to determine the socio-demographic profile and the conditions or levels of three negative emotional states namely: depression, anxiety and stress among teenage mothers. Six (6) teenage mothers were determined from the list of the health station in the research locale. The data were obtained through or using two questionnaires, adapted and reproduced from different sources. The first one was a socio-demographic profile questionnaire adapted from www.frontierscience.org and the second one was the Depression, Anxiety and Stress Scale (DASS) questionnaire formulated by Lovibond, S.H. & Lovibond, P.F. (1995). This was reproduced from the Psychology Foundation of Australia (http://www2.psy.unsw.edu.au/groups/dass/). Its analysis included summation and mean percentage presented in tables and graphs in the results and discussion part.

III. RESULTS AND DISCUSSION

This study sought to determine the conditions of three negative emotional states of teenage mothers of Bgy. Plaridel, Baybay City, Leyte. Primarily, the study aimed to determine the socio-demographic profile of the participants: education; housing; job; and income class.

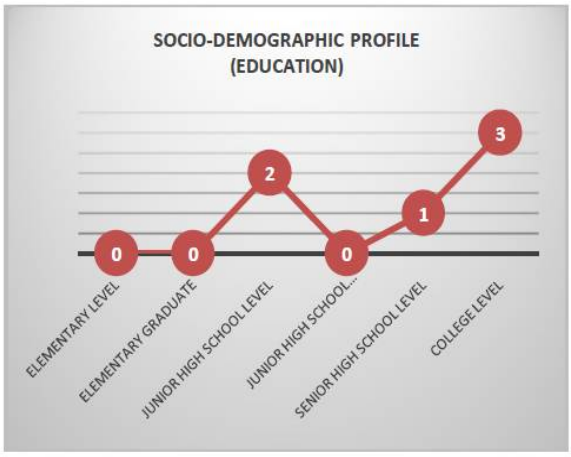


Figure 1: The socio-demographic profile of the participants in terms of education.

Figure 1 shows that of the six participants of the study, two (33%) are in Junior High School Level, one (17%) is in Senior High School level and three (50 %) are in the college level. It can be inferred that majority of the teenage mothers in Bgy. Plaridel, Baybay City, Leyte are in the college level. This implies that majority of teenage mothers got engaged to pre-marital sex within the age range 17-19 years old.

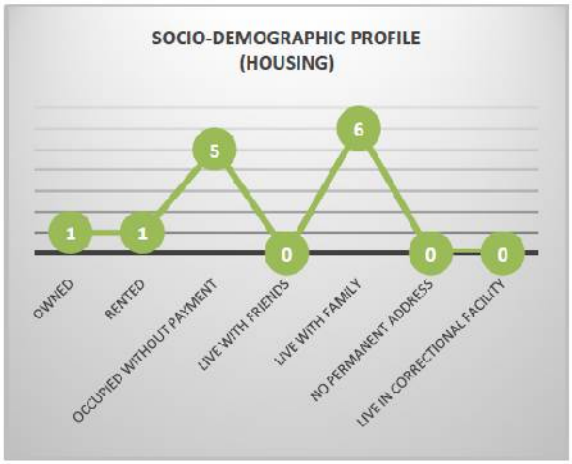


Figure 2: The socio-demographic profile of the participants in terms of Housing

The above figure presents that all of the participants (100%) are living with their families and five (83%) of which are occupying the house without payment. One of them (17%) owned a house and another one (17%) just rented. This implies that teenage mothers tend to stay with their respective families to gain support. It is suspected that teenage mothers cannot live solely or stand by themselves thus, resorted to still get attached and asked support from their respective families to raise and provide

sustenance to their child/ children and to their own family as a whole.

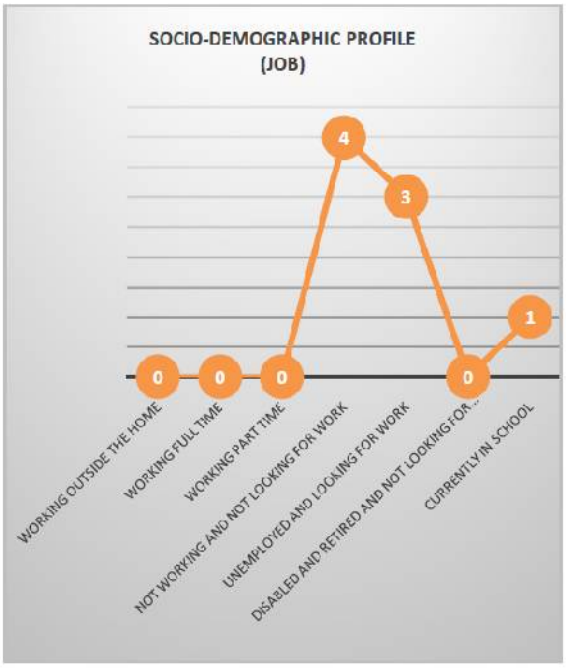


Figure 3: The socio-demographic profile of the participants in terms of Job

In terms of job, majority (67%) of the teenage mothers are not working and not looking for work, three of them (50%) are unemployed and looking for work, and only one (17%) is currently in school. This implies that teenage mothers chose not to work and not to look for work because of the responsibilities they have to render to their child or children. Allocation of time for work is suspected to be a difficult task for teenage mothers since taking care and monitoring of the child or children entails huge amount of time.

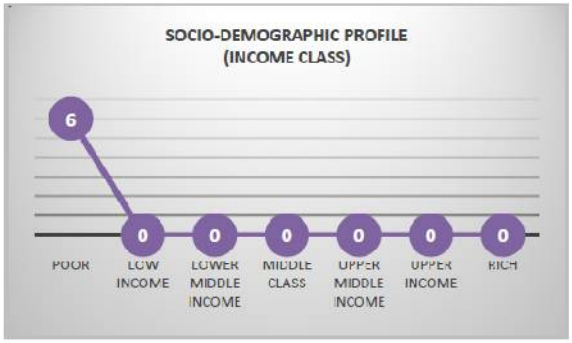


Figure 4: The socio-demographic profile of the participants in terms of Income Class

Figure 4 shows the income class where the teenage-mother-participants belong. The stratification or categories are based from the 2012 Family Income and Expenditure Survey (FIES) of the Philippine Statistics Authority. It is clearly presented that all of the teenage mothers of Bgy. Plaridel, Baybay City, Leyte belong to poor income class. This means that they earn less than Php 7, 890 per month. The study's foremost objective is to determine the conditions of the three negative emotional states of teenage mothers. These negative emotional states are namely: depression; anxiety; and stress. The average of severity/ frequency scales of the teenage mothers of Bgy. Plaridel, Baybay City, Leyte in the three negative emotional states are presented below.

Negative Emotional States (NES)	Mean of severity/ frequency scales *Frequency per NES= 21; N=6*
Depression	11
Anxiety	13
Stress	19

Table 1: Mean of Severity/ Frequency scales in the three Negative Emotional States

Table 1 shows the Mean of Severity/ Frequency scales in the three Negative Emotional States. The highest rating scale in every item that wishes to determine the NES is three (3) that corresponds to "applied to me very much, or most of the time". Given that each of the NES has 7 items, the total expected frequency in each NES is 21. As presented above, depression, anxiety andstress garnered 11, 13 and 19 respectively.

Negative Emotional States (NES)	Conditions
Depression	Severe
Anxiety	Extremely Severe
Stress	Extremely Severe

Table 2: The conditions of the Three Negative Emotional States among Teenage Mothers

As shown in Table 2, the depression state of the teenage mothers falls under severe condition while both anxiety and stress states are in extremely severe conditions. This implies that the teenager who are engaged in early pregnancy are prone to experience these negative emotional states. These could be due to being poor, jobless, and unpreparedness. The problems like having no enough money to buy the imperative physiological needs, difficult emotional adjustment from abrupt motherhood and no means of living, to name a few, could possibly arise from aforementioned factors that the family of the teenage mother may encounter. Thus, teenage mothers are vulnerable to these negative emotional states.

CONCLUSIONS

Based from the analyzed and interpreted gathered data, it can be concluded that majority of the teenage mothers of Bgy. Plaridel, Baybay City, Leyte is:

- In college level in terms of education;
- Living with their families in terms of housing;
- Not working and not looking for work in terms of job; and

- Earning less than PHP 7,890 per month or poor in terms of income class;

With regards to the conditions of the three negative emotional states among teenage mothers of Bgy. Plaridel, Baybay City, Leyte, depression is in severe condition and both anxiety and stress states are in extremely severe conditions.

RECOMMENDATIONS

The researcher suggested the following to address the emerging problems among teenage mothers and to improve future researches:

- The Barangay Health Station, together with the Barangay Council and the Local Government Unit, must provide interventions like seminar and counseling to aid the teenage mothers from not experiencing these negative emotional states;
- Conduct Focus-Group Discussion method to verify the answers to each items; and
- Correlate the conditions of each negative emotional states to income class, job, housing, education and any other factors you wish to.

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