

There Goes My Life: Prevalence of Early Pregnancy to Gen Z Students



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ABSTRACT: This study aimed to determine the prevalence of early pregnancy to gen z students using an interview as the main instrument. The findings of the study revealed that the number one factor that influenced the prevalence of early pregnancy to Gen Z students was family. Peer Pressure was the second factor, and the last factor was spiritual engagement. The employed style of Gen Z students along with social were chatting with siblings and other important people which helped them cope more easily with the situation. While the psychological aspect was self-talk this was a very effective coping strategy for Generation Z students. They used this to effectively compose themselves and tell themselves to be firm in difficult situations. They learned to dream and took on parental responsibilities for their children. They were also pursuing their studies for the sake of their children's future. Reading Wattpad, watching K-dramas, playing cellphone games, and using Facebook are some of their coping mechanisms. With the employed style of Gen Z students along with a spiritual aspect, Gen Z mothers' spiritual beliefs became stronger. They also read inspirational books as a way of coping.

KEYWORDS: Coping Styles, early pregnancy, prevalence, teenage mothers

INTRODUCTION

Adolescence is a period of life when teens adjust to physical and emotional changes [14]. Due to tremendous peer pressure, teenagers choose to go with their peers rather than their parents. Early adolescence is also associated with sexual maturation [15]. One of the challenges they may face is teenage pregnancy, which leads to female secondary school dropouts [12]. This situation is obvious to educators, policymakers, and the general public, and is thus deemed a huge societal issue. A United Nations Fund for Population Activities (UNFPA) country representative reported the frequency of teenage pregnancies in the Philippines has increased by 70% in the last ten years [6]. According to a UNFPA country spokesperson, the incidence of teenage pregnancies in the country is a source of worry to which the agency is paying close attention, exposing young females (10-19) to significant risk. The number of pregnant young women in the country is on the rise, with most of them unmarried. Young women are more susceptible to mortality during pregnancy; thus, they are physically and mentally unprepared for motherhood. This indicates that young women lack proper pregnancy information. Social determinants of health, such as low education and low-income levels of a teen's family, may contribute to high teen birth rates. [9]. Teens in certain settings are at higher risk of teen pregnancy and birth than other groups. Students with low self-esteem and poor academic achievement have unrealistic educational expectations. Unsafe sex, deprivation, substance abuse, school dropouts, poor academic achievement, and low family income are all factors that impact adolescent pregnancy [2]. Many researchers believe that the future of teenage mothers will be sad and that they will face some difficulties. Teenage moms generally lack skills after pregnancy, resulting in low-paying and sometimes unpleasant professions; nonetheless, other young mothers worked out of necessity since they had no other option. A major concern for a teenage mother is ensuring that her child has a great future. However, there were extra, broader benefits in addition to the money. Working gave women a sense of pride, confidence, and much-needed social interaction. Teenage pregnancy has become a complex issue for various authorities. These organizations offer programs that help to avoid teenage pregnancy. Special programs on family life and reproductive health, reduce the frequency of teenage pregnancies, as well as alcohol and drug abuse [1].

Teenage pregnancy at Camiling School for Home Industries became prevalent especially this pandemic so the researcher decided to have a study that sought to determine how do the following factors affect prevalence of early pregnancy of the Gen Z students: peer pressure; family background and upbringing; and spiritual engagement and what are the employed styles in coping with the early pregnancy of the Gen Z students along: social, psychological, and spiritual.

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STATEMENT OF THE PROBLEM

This study aimed to determine the prevalence of early pregnancy to gen z students.

Specifically, sought to answer the following questions:

1. How do the following factors affect prevalence of early pregnancy of the Gen Z students:
 - a. peer pressure;
 - b. family background and upbringing;
 - c. spiritual engagement
2. What are the employed styles in coping with the early pregnancy of Gen Z students along:
 - a. social,
 - b. psychological, and
 - c. spiritual

METHODS AND PROCEDURE

This chapter presents the methods and procedures used in securing data how these were translated in the completion of the study. Specifically, it presents the instruments utilized in gathering the important data, together with the process that followed in the analysis and interpretation of the data.

Respondents of the study

The participants of the study were five (5) Gen Z mothers aged 13-19 years old during the time of their pregnancy who are enrolled at Camiling School for Home Industries during the School Year 2021-2022.

Research Instrument

The main instrument used was interview guide. Interviewed Five (5) Gen Z student aged 13-19 years old during the time of their pregnancy who enrolled at Camiling School for Home Industries during the School Year 2021-2022. They were selected from grade 11 to 12. They were confidentially identified from grade 11-12. The respondents answered the questions through one-on-one interview. This was validated by psychometrician, guidance counselors and other related professionals.

FINDINGS AND DISCUSSION

The data gathered and their corresponding analysis and interpretation are presented in this chapter.

The main objective of this study is to describe the prevalence of early pregnancy in gen z students. The factors that affect the prevalence of early pregnancy of the Gen Z students: are peer pressure; family background and upbringing; spiritual engagement and employed styles in coping with the early pregnancy of the Gen Z students along: with social, psychological, and spiritual.

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The researcher, in order to have an accurate analysis and interpretation of the data gathered about the factors that affect the respondents and employed coping styles, recorded the interviews conducted. Pseudonyms were used to withhold the identity of the respondents. The factors that affect the prevalence of early pregnancy in Gen Z students: are peer pressure; family background and upbringing; spiritual engagement, Further analysis of the transcribed interviews in each theme led the researcher to classify their responses into sub-themes. The themes and sub-themes are presented in the matrix found below.

Theme 1: "Factors that Affect the Prevalence of Early Pregnancy Along with Peer Pressure"

The transcription and interpretation of the factors that affect the prevalence of early pregnancy led to the formulation of the first theme and its corresponding sub-theme. The theme describes how peer pressure, family background, upbringing also spiritual engagement influence the prevalence of early pregnancy in Gen Z students.

The results of the interview revealed that these different factors affect them to engage in early pregnancy, especially their family. The following are the testimonies of the participants.

Participant 1: Case of Hazel F. Simbre (18 Years old at the time of pregnancy)

"Namamasyal po gaya ng monasteryo kasama ng mga barkada at mga boyfriend. Hindi naman po kami marami" Hindi po kami nag-iinuman. Kain kain lang po. Mam, pagnamamasyal po kami kasama ko boyfriend ko. Yong nakabuntis po sakin un napo un kasa ksama ko.

Participant 2: Case of Reima Simbre (18 Years old at the time of pregnancy)

"Dati sina clarissa, Jessa, and Ederlyn Food trip, gala sa mga ilog kami kami lang po magkakabarkada magkakasama. Meron po mam lalaki mga classmates lang po naming. Hindi po barkada nakaimpluensiya sakin mam kasi mam parang naano lang ako sa nangyayari sa family ganon.

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Participant 3: Case of Angela Abelleara (17 Years old at the time of pregnancy)

"tatlo po kaming magkakaibigan, pmunta po kami s church don ko po nakilala boyfriend ko"

Participant 4: Case of Mina dela Cruz (16 Years old at the time of pregnancy)

"Nakikita ko po mga barkada may mga boyfriend sa cp, don kami nagkakilala tas chat chat. Pag may occasion nagkakayayaan, barkada at inuman"

Participant 5: Case of Ericka Magat (18 Years old at the time of pregnancy)

"Di po ako masyadong sumasama sa barkada, yong nakabuntis po sakin ay nereto lang ng cousin q po at 5 years po kami magkarelasyon bago po ako nabuntis"

Participant # 1 mentioned that she hangs out with her friends and their boyfriends. She got pregnant by her boyfriend, who is also in their group. On the same note, participant # 2 also hangs out with her friends, but only female friends. Their usual activities are chatting and food trips. Participant #3 revealed that her friends are good influences, and they go to church regularly. He met her boyfriend at their church. Participant # 4 stated that her friends have boyfriends. They hang out occasionally. But she met her boyfriend through a cellphone. They chatted with each other, and that was the beginning of their relationship.

According to the findings of the study on Theme 1: "Factors Affecting the Prevalence of Early Pregnancy" and Sub-Theme 1: Peer Pressure, this is the second factor influencing the prevalence of early pregnancy among Gen Z students. They enjoy hanging out with their friends, which leads them to become acquainted with the opposite sex, and they are unable to control their emotions, which leads to early pregnancy.

Theme 1: "Factors Affect the Prevalence of Early Pregnancy along with Family Background and Upbringing"

Below are the transcriptions of the participants' responses when asked about family background and upbringing.

Participant 1: Case of Hazel F. Simbre (18 Years old at the time of pregnancy)

"Parang walang pakialam...minsang kapag nag-aaral wala lang sakanila. Mas iniisip nila para sakanila lang. Minsang mam kahit ginagawa mna ang lahat parang wala lang. Nagrebelde po ako. Kumukuha po ako ng lakas sa partner ko ngayon. Hindi po aq mahilig magsuot ng mga revealing clothes...hindi rin po ako pinapayagang uminom....sobrang laki napo ng problema dahil puunta sa abroad si mama at nagkaproblema siya don at si papa ay nawalan ng trabaho lagi po akong pinag-iinitan dahil kinukulang sa budget pamilya...Nong nangyari po samin boyfriend un iniisip ko nalang po yon na yong way para makalayo"

Participant 2: Case of Reima Simbre (18 Years old at the time of pregnancy)

"Feeling ko pag kasama ko boyfriend ko mas nailalabas ko ang nararamdaman ko. Fiesta sa Camiling May 8, 2015, text text after 3 months naging syota ko siya. Breneak ko nong may nangyari samin. Lumayo siya pumunta manila. Nong umuwi siya after one year nagkita na. Usap-usap medjo nagtagal naging close na. Nadala din po sa sinabi ng boyfriend na paninindigan. parang gusto ko sa boyfriend ko at family nila. Okay naman po mam lhat naibibigay nila at masyado silang tiwala...bata papo ako...ang boyfriend secret secret lang...umiinom po ako kasama ng mga pinsan at auntie"

Participant 3: Case of Angela Abelleara (17 Years old at the time of pregnancy)

"Ayaw payagan gumala at di puwedeng umuwi ng gabi...di rin po sila pumapayag makipag inuman...kasi mam kwan ngpaalam ako sakanila na magka boyfriend...Pangalawang punta po pumayag naman sila..hindi po ako nagsusuot ng maiikli dahil po mataba ako. dipo bagay"

Participant 4: Case of Mina dela Cruz (16 Years old at the time of pregnancy)

"Very strict sa time mga magulang...yes mam. okay lang po na mag boyfriend pero ang strict lang po nila mam basta alam lang ang ano ang bawal...Hindi po ako nagsusuot maiikli kasi feeling ko pinagtitinginan ako ng mga tao...hindi po ako pinapayagang uminom ng parents ko kasi parang walang respeto kasi hindi un pagpapalaki nila sau. Nong nalaman nila mam kasi napansin ako ng tita ko kasi kakauwi nla galing manila mam don nila napansin parang nangangayayat don na nagstart na mga ano...mga 5 days sila don tas nong 4 days n sila don iba talaga napapnsin nila tas pinaamin nila ko non. Yong time napo un umamin narn ako kasi pinapatest ni mama ung pt."

Participant 5: Case of Ericka Magat (18 Years old at the time of pregnancy)

"Strict po kasi parents ko dahil nag iisa lang po ako anak. Kais po 5 years old palang po ako umalis npo mama ko pumunta abroad. Si papa ko nmn po pumunta sa maynila nagtrabaho po. strict lalo na sa pamamasyal" Parang di po nila ko napapansin kaya po nong nag-aaral po ako parang nagrebelde npo ako.Hindi po ako pumapasok kasi iniisip ko ginawa ng papa ko kasi grade 4 ay grade 5 po naghanap na siya ng iba kasi grade 3 o grade 4 un po ung nambababae na siya. Nasa ibang bansa po mama ko. Si mama ko po magulo po tloga utak niya meron pa nga po non umuwi tloga siya grade 6 ako bigla pong nanganak ung nabuntis ung papa ko.....parang nabigla po kaya biglang nanganak 7 months palang po. Parang nataranta...papa ko po tloga nauna at habulin ng babae.. meron narin po kasama mama ko at may nak na 1 at sa papa ko po 2 sa ibang babae.,,ng nagkaron ng karelasyon si papa don po aq ngrebelde gaya ng hindi po aq pumapasok...naghanap po ako ng kalinga at pagmamahal ng

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magulang at para po mapansin ako nagrebelde po ako. Lola ko po ang nagpalaki saakin at pinapayagan naman po niya ko magboyfriend dahil okay naman po iyong lalaki...hindi po ako nagsusuot ng maiikli kasi feeling ko po nababastos ka lalo na pinagtitinginan ng mga lalaki...pinapayagan po akong umino pero sa bahay lang, occasionally”

As mentioned, participant #1, described her parents as uncaring for her. Nobody cares if she studies. Her partner became a source of inspiration for her. Her family became disorganized; her mother moved abroad, and her father lost his job. Because of financial constraints, they hurl blame and rage. She wishes to be away from her family, so she chose to live with her boyfriend. Similarly, participant #2 feels safe and happy and wishes to have a family like her boyfriend. Her parents believe in her, but due to a dysfunctional family and a lack of financial support, she prefers to spend time with her boyfriend. Participants 3, 4, and 5 have strict parents but are allowed to have a boyfriend, which may lead to early pregnancy.

The number one factor influencing the prevalence of early pregnancy among Gen Z students is family. Participants with dysfunctional families, such as participants #1, 2, and 5, tend to be irrational and guided by their emotions. Furthermore, giving so much trust to parents may lead to Gen Z students abusing it. Being strict while allowing them to have a relationship with the opposite sex at a younger age may also lead them astray.

Theme 1: “Factors that Affect the Prevalence of Early Pregnancy Along with Spiritual Engagement”

Below are the transcriptions of the participants’ responses when asked about spiritual engagement.

Participant 1: Case of Hazel Simbre (18 Years old at the time of pregnancy)

“Born Again po ako...nasira po isip ni mama sa simbahan. umikot po mundo niya sa simbahan...Hindi po maganda turo ng simbahan kasi po huhihingi sila ng donations”

Participant 2: Case of Reima Simbre (18 Years old at the time of pregnancy)

“Born again ang religion not totally po ngsisimba”

Participant 3: Case of Angela Abelleara (17 Years old at the time of pregnancy)

“Pumupunta naman po sa church at naniniwala kay God”

Participant 4: Case of Mina dela Cruz (16 Years old at the time of pregnancy)

“Nong magkokontak mam parang inisip ko mahirap mam pag nagawa naming un. Sa una mam parang kinakabahan pero nong ano napo mam dikona alam nasa isip ko. madalas po magsimba. iglesia po ako pero nagsisisi po ako sa nangyari”

Participant 5: Case of Ericka Magat (18 Years old at the time of pregnancy)

“Catholic po ako at minsan lang po ako magsimba”

Participants 1, 2, 3, and 5 revealed that they did not attend church on a regular basis. Participants 1 and 2 have no faith in their church because of negative practices such as soliciting donations and the reason their mother religiously brainwashes them. Although Participant 4 was the only one who always went to church, her emotions overruled her.

People with weak religious beliefs may be misled as well. They have the potential to easily lead to temptations, as evidenced by the participants' responses. Their spiritual beliefs, such as attending church and praying, are frail.

Theme 2: “Employed Styles in Coping with the Early Pregnancy of the Gen Z Students along with Social”

Below are the transcriptions of the participants’ responses when asked about employed styles in coping with the early pregnancy of the gen z students in the social aspect.

Participant 1: Case of Hazel F. Simbre (18 Years old at the time of pregnancy)

“Nakikipagkwentuhan sa kapatid...Nag-eexercise halimbawa po simple stretching”

Participant 2 Case of Reima Simbre (18 Years old at the time of pregnancy)

“Nakikinig sa mga payo ng mga kapatid”

Participant 3 Case of Angela Abelleara (17 Years old at the time of pregnancy)

“Nakikipagkwentuhan kina mama para po mawala mga negative vibes”

Participant 4 Case of Mina dela Cruz (16 Years old at the time of pregnancy)

“Seek po ako ng advice sa mama ko at mas lumapit po kami sa isat-isa” Siya rin po ngaadvice saakin kung wla dn po sina mama ko hindi ko rin po alam gagawin ko kasi first baby po talaga. Sila po nanjan para saakin kasi pag may sakit po anak ko parang sila po ang nag aano na gumastos para samin. Parang kapatid ko lang po anak ko kasi sila po tlga mam umaalalay samin sa lahat.

Participant 5 Case of Ericka Magat (18 Years old at the time of pregnancy)

“Opo mam sobrang stress po talaga mam. lahat po ng problema sinasabi ko sa lola inaadvice niya po na wag kang magpapa apekto kasi maaapektuhan ang bata. Sobrang stress po tlga. Nong unang buwan papo gusto ko po tlagang ipaano....ipa abort po pero ” Pinigilan po ako nil lola at bf ng nag-iisp ako ng abotion. Sabi po nila cge pag ginawa mo yan duduguin ka malalaman din ng tao. One-time po nong dumating tita ko, galit na galit po siya. Umalis po ako at sinamahan po ako ni lola ko di nya po ako pinabayaa...At iniisip ko din po kasi sasabihin ni papa. Sayang po sabi ni papa kaya ituloy ko parang din po nagiging mas okay

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relasyo naming ni papa siguro po dahil na din sa baby...mas nagging okay relasyon namin ni papa at mama dahil naiintindihan nila ko...Okay naman po ki mama may communication naman po kami di nman po siya nagalit kasi...Sabi ko nalang po iisipin ko nalang po baby ko.

Participant number 1 cited her employed coping style as chatting with her sibling, while participants numbers 3 and 4 chatted and sought advice from their mother, and participant number 5 confided all her problems to her grandmother.

This simply means that gen z students must have ears to hear and hearts to understand this situation. According to Kidwell (2004), Thompson (2014), and Okeyo (2012), who claim that having people around her who can help with childcare reduces the stress on the Gen Z mother.

Theme 2: "Employed Styles in Coping with the Early Pregnancy of the Gen Z Students Along with Psychological"

Below are the transcriptions of the participants' responses when asked about employed styles in coping with the early pregnancy of the gen z students in the psychological aspect.

Participant 1: Case of Hazel F. Simbre (18 Years old at the time of pregnancy)

"Kinakausap ko sarili ko at sinasabing ito nalang yong magiging dahilan o inspirasyon"

Participant 2: Case of Reima Simbre (18 Years old at the time of pregnancy)

"kahit anong gawin ko nangyari na imotivate nalang sarili maging positive...cellphone cellphone lang po laro laro para malibang...mas nagiging responsible po ako at natutung mangarap"

Participant 3: Case of Angela Abelleara (17 Years old at the time of pregnancy)

"Nag-iisip lang ng masasayang mga moments...Umiiyak po ako konting kibot lang po umiiyak po...nanonood lang po ng funny videos sa youtube"

Participant 4: Case of Mina dela Cruz (16 Years old at the time of pregnancy)

Parang siya nalang iniisip ko mam na kahit anong isipin ng tao...nalang po na ang priority na maging isang ina na kakayanin ko po na mapapalaki ko ang bata" noon po balak na tlga naming ipa ano ang bata pero Malaki napo non. Malapit din po siya sa tatay niya kahit dina kami nagsasama...nagread lng po ako ng mga watsapp para malibang" or minsan Kdrama.

Participant 5: Case of Ericka Magat (18 Years old at the time of pregnancy)

"Regret, iniisip ko nalang ang baby ko at hindi ko siya pababayaan...naglaro po ng cp nagccandy crush. Nagkkulong s kwarto umiiyak. Nililibang ko nalang po sarili ko sa bahay, naglilinis ng bahay at nag ffb"

As participant number 1 mentioned, her coping strategy is self-talk; she told herself that her child would be her reason and inspiration. Participant number two uses self-talk as well, telling herself to be positive and motivate herself. She also played games on her cell phone. She learned to be responsible and to dream because of this. Participant number three, on the other hand, fantasizes about happy times and enjoys watching funny YouTube videos. Self-talk was also used as a coping strategy by participant number four. She told herself that her child was her priority, regardless of what others thought. She also copes by reading Wattpad and watching K-drama. The last participant always prioritized her child. She also enjoys Candy Crush and Facebook. She also cleans the house as a way of coping.

This simply means that self-talk is a very effective coping strategy for Generation Z students. They used this to effectively compose themselves and tell themselves to be firm in difficult situations. They learned to dream and took on parental responsibilities for their children. They are also pursuing their studies for the sake of their children's future. Reading Wattpad, watching K-dramas, playing cellphone games, and using Facebook are some of their coping mechanisms.

"The Phenomenon of Teenage Pregnancy in the Philippines" 'Futurity: Building New Dreams' is the final emerging subject. This topic represented the teenage mothers' faith, hope, and love for their children as they faced hardships in their life. Teenage mothers began to create new hopes and goals for themselves and their families here. This time, they are stronger, more powerful, and wiser. Everyone believes that everything happens for a reason. They were able to adjust, adapt, and deal despite the ups and downs in their lives. As a result, they are all prepared to embark on the next phase of their lives [11].

Theme 2: "Employed Styles in Coping with the Early Pregnancy of the Gen Z Students Along with Spiritual"

Below are the transcriptions of the participants' responses when asked about employed styles in coping with the early pregnancy of the gen z students in the spiritual aspect.

Participant 1: Case of Hazel F. Simbre (18 Years old at the time of pregnancy)

"Always praying...nakikinig sa social media about life lessons"

Participant 2: Case of Reima Simbre (18 Years old at the time of pregnancy)

"Nagbabasa inspirational books dahil parang pinanghihinaan po ako para lumaban lang. Hindi po ako nagsisimba pero sa pray lang po"

Participant 3: Case of Angela Abelleara (17 Years old at the time of pregnancy)

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"Yes mam yong mga quotes po. reading para gumaan po ang loob ko"

Participant 4: Case of Mina dela Cruz (16 Years old at the time of pregnancy)

"Yes mam simula po nong nagawa ko un mam palagi npo akong nagppray parang nagssorry po ako kung bakit ko nagawa un ganon po."

Participant 5: Case of Ericka Magat (18 Years old at the time of pregnancy)

"Tumatag po ang aking pananampalataya at laging nagsisimba at nagppray"

Participants 1, 2, and 5 mentioned that they always pray and listen to social media about life lessons. Participants 2 and 3 relaxed by reading inspirational books and quotes.

After the situation (teenage pregnancy), Gen Z mothers' spiritual beliefs become stronger. They also read inspirational books as a way of coping. Student mothers face several obstacles due to their dual roles as mothers and students. Lack of support is frequently encountered because of other problems such as a lack of funds and restricted time. During this moment, though, people must be tough and resilient. Student-life mothers can be changed by being positive and having a strong spiritual belief. Their coping tactics comprised problem-focused, avoidance, and emotion-focused strategies and the help they received when restarting their studies was spiritual and social support [8].

CONCLUSIONS

"Factors that Affect the Prevalence of Early Pregnancy"

1. The number one factor that influenced the prevalence of early pregnancy to Gen Z students was family. Participants who had dysfunctional families tend to be irrational and guided by their emotions. Furthermore, because their parents trusted them so much they abused it and it led them to early pregnancy.
2. Peer Pressure was the second factor influenced the prevalence of early pregnancy to Gen Z students. Participants enjoyed hanging out with their friends, which led them to become acquainted with the opposite sex, and were unable to control their emotions, which leads to early pregnancy.
3. People with weak religious beliefs misled as well. They have the potential to easily led to temptations, as evidenced by the participants' responses. Their spiritual beliefs, such as attending church and praying, are frail. This is the last factor affecting the prevalence of early pregnancy to Gen Z students.

"Employed Styles in Coping with the Early Pregnancy of the Gen Z Students"

1. The employed style of Gen Z students along with social were chatting with siblings and other important people which helped them cope more easily with the situation. This simply means that gen z students must have ears to hear and hearts to understand this situation.
2. The employed style of Gen Z students along with psychological aspect was self-talk this was a very effective coping strategy for Generation Z students. They used this to effectively compose themselves and tell themselves to be firm in difficult situations. They learned to dream and took on parental responsibilities for their children. They were also pursue their studies for the sake of their children's future. Reading Wattpad, watching K-dramas, playing cellphone games, and using Facebook are some of their coping mechanisms.
3. The employed style of Gen Z students along with spiritual aspect, Gen Z mothers' spiritual beliefs became stronger. They also read inspirational books as a way of coping.

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