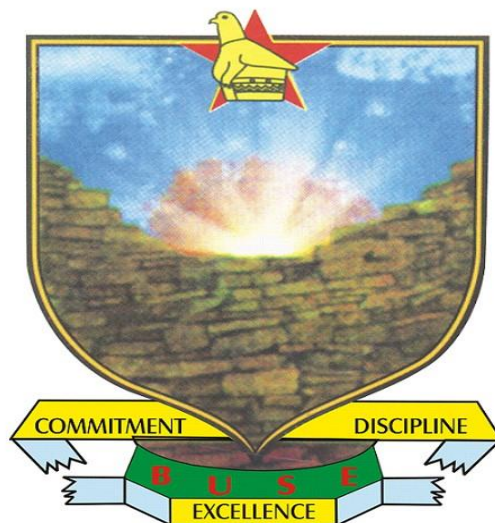


**BINDURA UNIVERSITY OF SCIENCE EDUCATION FACULTY OF SOCIAL
SCIENCES AND HUMANITIES DEPARTMENT OF PEACE AND GOVERNANCE**



**EFFECTS OF TEENAGE PREGNANCY ON PEACE AND STABILITY OF
FAMILIES IN ZIMBABWE; A CASE STUDY OF MABVUKU**

BY

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GOVERNANCE IN THE FACULTY OF SOCIAL SCIENCES AND HUMANITIES IN
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PEACE AND GOVERNANCE**

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MAY 2025

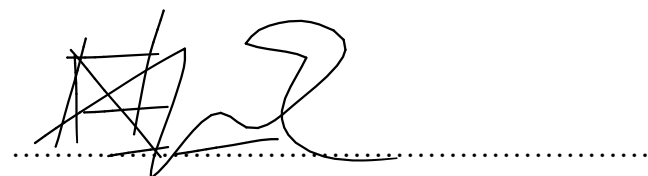
ABSTRACT

The aim of this study is to analyse the effects of teenage pregnancy on the peace and stability of families. This study investigates the effects of teenage pregnancy on the peace and stability of families in Mabvuku, focusing on the psychological, physical, and social consequences. The study was guided by structural functionalism theory a sociological theory that help to understand how society's institutions such as the family operate to maintain social order and stability. The research paradigm used was qualitative. A case study was used for this research. . The target population were pregnant teenagers who are 13 to 19 and other family members affected who are 20 and above. A total sample of thirty (30) participants was used to gather data using questionnaire and an interview guide. Simple random sample was used. The study showed that majority of the participants stated that teenage pregnancy causes psychology effects which is causing family instability. The study also indicated that majority of people are social effects caused by teenage pregnancy are causing family conflicts and instability. The study also showed that participants also face physical effects which results in family instability due to unending conflicts. The study concluded that teenage pregnancy has caused family instability through unending conflicts. It is recommended that government should also enforce laws against child marriages and gender-based violence to protect teenage girls from forced unions and exploitation. The topic recommend for further studies is on solutions to teenage pregnancy to promote peace and stability in families

Key words; Teenage Pregnancy, family, Peace, Stability

DECLARATION FORM

I Everjoy Nzuwa, do solemnly declare that this research study herein, is my own work and has not been copied from any source without the acknowledgement of the source.



Student's signature

Date: 20/09/2025.....

SUPERVISORS NAME:

Dr T J Katsinde

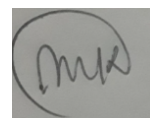
Supervisor's Signature



Chairperson's name

Dr J.Kurebwatira

Chairperson's signature



Date...29/09/2025.....

DEDICATION

This research is dedicated to my father and mother Mr Nzuwa and Mrs Nzuwa.

ACKNOWLEDGEMENTS

I would like to give thanks to The Almighty for giving me this opportunity to complete this study. I would like to express my sincerest gratitude to my supervisor for his mentorship and assistance during my studies. I also would like to thank my family and friends for their assistance during my studies. And also, I would like to give my special thanks to everyone who participated during the research. I would like to give my deepest gratitude to my family for their financial and emotional support.

ABBREVIATIONS

SDG- Sustainable Development Goals

UN - United Nations

UNESCO United Nations Educational , Scientific and Cultural Organization

UNICEF - United Nations children's fund

WHO- World health Organization

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CHAPTER ONE

1.0 INTRODUCTION:

1.1 Background of the study:

Teenage pregnancy is a global concern significantly disrupts family dynamics, leading to economic, social, and emotional strain. Across the world, adolescent pregnancies contribute to poverty cycles, hinder educational attainment, and increase health risks for both mother and child, ultimately destabilizing families and communities (World Health Organization [WHO], 2022).

Teenage pregnancy disturbs the peace and stability of families by causing educational disturbance whereby teenage pregnancy often leads to the young parent's education disturbed and this creates tensions in the family especially the parents paying for the fees and also the other siblings may be affected and disadvantaged in their educational sector. Chinyoka and Naidu (2020) highlight how adolescent pregnancies lead to domestic tensions, financial strain, and increased gender-based violence. They argue that teenage mothers often face rejection, strained parent child relationships, and instability in their households. Malahlela and Chireshe (2013) emphasized that parents often struggle with disappointment and resentment, leading to emotional distress and strained family relationships. Parents may feel disappointed, angry, or worried about their child's future. In African households' women are mostly blamed for the missteps of the child thus teenage pregnancy will lead to gender-based violence were conflict are unending in such societies because some are still deep rooted I the culture

The international human rights frameworks and the constitutions provide clear guidelines to protect young people, particularly girls, from early and forced marriages. For instance, Zimbabwe's

constitution states in section 26 that anyone under the age of 18 is considered a minor and that the government must take steps to prevent children from being pledged in marriage. People who are at least 18 years old are also granted the right to start a family under Section 78

Teenage pregnancy has caused a number of consequences and has disturbed the peace and stability of families and communities. Ganchimeg et al. (2014) found that adolescent mothers are more likely to experience health complications, which can have long-term effects on both the mother and the child. According to Hoffman (2008), teenage pregnancy is a key factor contributing to intergenerational poverty, particularly in low-income communities. Fraser et al. (2013) found that these children are at higher risk for poor academic performance and behavioural issues, which can perpetuate a cycle of disadvantage. The researcher was affected by the problem in various ways, especially when interacting with teenage mothers and their families, can be emotionally challenging. As part of the community being studied, the researcher felt that she has responsibility to address the issue

1.2 Statement of the problem

Teenage pregnancy has been a concern that has led to familial conflict and instability. Family members experience stress as a result of teenage pregnancy, which frequently leads to strained relationships and conflict. Families face financial difficulties because they have to provide for both the teen and the new baby, which may take funds away from other necessities. Tensions can also be exacerbated by the stigma associated with teen pregnancy, which can distance families from their communities. The adolescent mother's interrupted schooling restricts her prospects for the future and feeds poverty cycles that impact the entire family and cause constant arguments.

1.3 Aim of the study

The aim of this study is analysing effects of teenage pregnancy on the peace and stability of families.

1.4 Research Objectives

- a) To examine how teenage pregnancy affects the psychological well-being of family members
- b) To examine the physical consequences of teenage pregnancy on families.
- c) To examine the social consequences of teenage pregnancy on peace and stability of families

1.5 Research questions

- a) How does the teenage pregnancy affect the psychological well-being of family members?
- b) What are the physical consequences of teenage pregnancy on families?

- c) How does the social consequences of teenage pregnancy affect the peace and stability of families?

1.6 Assumptions

Teenage pregnancy is assumed to be relatively prevalent in the Mabvuku, reflecting broader national or regional trends in Zimbabwe. Previous studies and national data have shown that teenage pregnancy is a common issue in many urban and peri-urban areas in Zimbabwe. Many families struggle to support teenage mothers due to economic constraints, societal stigma, and strained relationships. The study assumes that teenage pregnancies contribute to intergenerational poverty, which further weakens family structures. The study also assumes that teenage pregnancies increase the risk of domestic violence and gender-based abuse within families. The assumption is that the teenagers are getting pregnant because of the lack of knowledge therefore there is need for educational awareness that are effective in solving this problem.

1.6 Significance of the study

Teenage pregnancy impacts people's and families' long-term health by upsetting social peace, emotional stability, and financial security. For this reason, this study is crucial. This study emphasizes the necessity for all-encompassing treatments that support teens and their families by analyzing the impact of teen pregnancy on family harmony and stability. This is crucial because it will allow us to identify potential answers, try to implement them in the area, and provide the next generation a brighter future. Sexual education, hiring girls, and enforcing laws that discourage adolescent pregnancies are some of these potential remedies.

Acknowledging the difficulties teenage moms encounter enables improved support networks, lessens stigma, and increases their prospects of pursuing further education and becoming financially independent. This study sheds light on the social, economic, and emotional difficulties that families encounter and suggests possible solutions for these problems.

Policymakers will benefit from this research by using the data to draft policies that support family support services, economic empowerment initiatives, and reproductive health education. Families impacted by teen pregnancy will benefit from my study because they can identify potential solutions and attempt to implement them in the district and provide a better future. The study can guide the development of more effective sexual education programs, support services, and community initiatives aimed at reducing teenage pregnancy rates and mitigating its impacts. Schools can implement programs to support pregnant students, ensuring they stay in school and have access to necessary resources.

Healthcare providers to enhance services for adolescent moms and their families. Healthcare Professionals: By knowing how adolescent pregnancy affects families, healthcare professionals may create more effective public health initiatives. The health effects of teenage pregnancy frequently fall most heavily on healthcare systems, particularly in underdeveloped nations. This research can help governments prioritize sexual health education and family planning programs.

NGOs that support families, empower young people, and educate people about sexuality to improve their programs and get new perspectives that will help them better meet the needs of their communities. Since adolescent pregnancy frequently interferes with young parents' education, educational institutions including schools and educational bodies are important stakeholders.

1.8 Delimitation of the study

The study is geographically confined to Mabvuku Tafara District in Harare, Zimbabwe. This location is a suburban area to the east of Harare, and the focus is specifically on families residing within this district. This study focused exclusively on who have experienced teenage pregnancy, along with their immediate families. Mabvuku-Tafara is one of Harare's oldest high-density suburbs, with a large number of low-income households, making it an ideal location to study how economic hardship influences teenage pregnancy. Research was conducted in the Mabvuku district. The age range for the teenagers would typically be between 13 and 19 years and other older ages who once experienced it or parents who are affected between 25 and above. Moyo and Mutenheri (2022) found that teenage pregnancies in Chitungwiza district are linked to economic vulnerabilities and lack of parental supervision. Many families experience broken relationships due to the strain of providing for an additional dependent.

1.9 Limitation of the study

The researcher faced challenges in gathering information due to illiteracy. Respondents illiteracy that is some of the respondents did not understand information about the study. The researcher encountered this challenge by looking for an assistant who is local and well versed with the language of the participants. Confidentiality, participant withhold information that is important for the study. The researcher should ensure participants are thoroughly informed about the confidentiality of their responses and that their identities will remain anonymous. Ethical clearance and a signed informed consent form can further reassure participants.

Findings from Mabvuku did not fully represent teenage pregnancy effects in other parts of Zimbabwe with different socio-economic conditions.

1.10 Definition of key terms

Teenage Pregnancy, according to the World Health Organization (WHO), teenage pregnancy is defined as pregnancy occurring in a girl aged 10 to 19 years.

Family stability, Family stability is often seen as the ability of a family unit to remain cohesive and functional despite challenges. According to Amato (2010), stable families have consistent roles, responsibilities, and support systems that help them weather crises.

Economic Strain, Conger et al. (1992) argue that economic strain has far-reaching effects on family well-being, often leading to increased parental stress, marital conflict, and reduced emotional support for children.

1.11 Chapter outline

Chapter One: Introduction.

The research contextual, definition of the study problem, objectives, significance of the study, and research questions are included in chapter one, which also introduces the topic of effects of teenage pregnancy on peace and stability in families.

Chapter Two: Literature Review and theoretical framework

This chapter provides theories used in the research and identifies key literature that supports and certifies the topic. This focuses on areas that deal with new research and offers the researcher a chance to study and combine previous study in the context of their current problem.

Chapter 3: Research Design and Methodology

This chapter focuses on the research introduction, research philosophy, research methodology, research design, target population and sample, sampling methods to be used, data collection method, validity and reliability, data presentation and analysis, pretesting the questionnaire, ethical consideration, and summary.

Chapter Four: Data presentation analysis and Discussion of Findings

In this chapter, the outcomes may be presented first, followed by a discussion of their importance. These findings must answer the research objectives and questions. The data obtained from the study should be included in the literature. The research findings and discussions have been presented together.

Chapter Five: summary, conclusion, recommendations

This chapter provides a summary of the whole project from chapter one to chapter five, conclusions by stating each objective and the key findings, and recommendations by indicating beneficiaries of the study and also areas for further research.

CHAPTER TWO

2.0 LITERATURE REVIEW AND THEORETICAL FRAMEWORK

2.1.Introduction

This chapter aimed at providing the detailed examination of the existing research related to the effects of teenage pregnancy on peace and stability in families, with a specific focus on the Mabvuku district in Harare, Zimbabwe. The literature was structured according to the research objectives identified earlier. The chapter provided the theoretical framework highlighting the theory that will guide this study. The theory selected for this research was Structural Functionalism, a sociological theory that help to understand how society's institutions such as the family operate to maintain social order and stability. This theory, offered valuable insights into how teenage pregnancy disrupts family systems and how families attempt to restore balance after such disruptive events. This chapter also integrated perspectives from current scholars who have applied this theory to similar social issues, providing a solid framework for understanding the effects of teenage pregnancy on families in Mabvuku.

2.2 Theoretical framework

Structural Functionalism is a sociological theory developed by early sociologists such as Émile Durkheim and later expanded by Talcott Parsons in 1951. It views the society as a complex system composed of various institutions such as family, education, government, and religion that work together to promote stability, equilibrium, and social cohesion. Each institution has a specific function that contributes to the overall functioning of society. When one part of the system is disrupted, other parts must adapt to restore balance. In the context of family life, Structural Functionalism poses that the family is one of society's key institutions responsible for the socialization, emotional support, and economic stability of its members. When teenage pregnancy

occurs, it can be seen as a weakness of the institutions of structural functionalism theory, and this disruption challenges the family's ability to maintain peace, stability, and cohesion. Talcott Parsons (1951) emphasized that the family serves two primary functions in society the socialization of children and the stabilization of adult personalities. Teenage pregnancy disrupts both of these functions. First, it challenges the socialization process, as the pregnant teenager is often unprepared for the responsibilities of parenthood. Second, it destabilizes the adult members of the family the parents to be specific.

From the structural functionalism theory, the family is a key social institution responsible for socializing children, regulating sexual behaviour, and providing emotional support (Parsons & Bales, 1955). Teenage pregnancy introduces stress into the family structure by disrupting normative role expectations. Structural functionalism theory states that the family is responsible for psychological and emotional motivation. However due to weak institutions that make up a family which are society norms, poor parenting and education for example teenage pregnancy can be a result of those and results in the disruption of family peace and stability causing psychological effects and isolation. Teenage pregnancy often results in anxiety, depression, and guilt among family members, particularly parents and siblings (East, Chien, & Barber, 2012). Therefore, parents may experience feelings of failure or shame, believing that they have not successfully fulfilled their role as socializing agents. This reallocation of emotional and physical resources may cause conflict and feelings of resentment. Talcott Parsons also emphasized the family's role in emotional stabilization and personality formation (Parsons, 1951). When teenage pregnancy occurs, these stabilizing functions are compromised. This supports the argument that teenage pregnancy creates effect of psychological distress, undermining family cohesion and emotional well-being.

2.2.1 Physical Consequences of Teenage Pregnancy on Families

Health is another critical component of a functioning society, and the family plays a vital role in caregiving and health maintenance. Structural functionalists argue that disruptions to health can hinder an individual's ability to fulfil societal roles, thereby affecting the broader social system (Durkheim, 1897 ,Parsons, 1951). In the context of teenage pregnancy, the physical strain on the young mother combined with the caregiving burden borne by family members creates additional stress and dysfunction. . These health issues often require additional caregiving support from family members, particularly mothers and grandmothers, who may already be burdened with other responsibilities. Structural functionalism would interpret this as a redistribution of roles that may not align with the existing family structure, leading to dysfunction. Furthermore, the physical consequences may extend to younger siblings who are inadvertently exposed to caregiving roles. Due to teenage pregnancy mothers are mostly blamed for that and it triggers gender-based violence because it results in conflicts thus resulting in physical effects. The physical health challenges associated with teenage pregnancy not only reflect individual medical concerns but also signify broader systemic failures in sexual education and healthcare access. Moreover, Parsons' (1951) sick role theory states that illness exempts individuals from normal roles but also obliges them to seek help and strive for recovery. Teenage mothers often cannot fully assume the sick role due to societal expectations of motherhood, thereby increasing stress on the family system.

2.2.2 Social Consequences of Teenage Pregnancy on Peace and Stability of Families

Teenage pregnancy represents a deviation from these norms, particularly in societies where early childbearing is stigmatized. Teenage pregnancy can trigger social disruptions within the family. These often include financial strain, school dropout, increased dependency on social welfare, and

intergenerational cycles of poverty (Hoffman & Maynard, 2008). From a functionalist perspective, these disruptions weaken the family's ability to perform its basic functions, such as economic support and socialization of children. Additionally, teenage pregnancy may lead to social stigma, affecting the family's social capital. Structural functionalism helps us understand that societal institutions like the family are interdependent. When one part fails to function as expected such as a teenager who becomes a parent before being socially or biologically prepared the entire system feels the strain. This theory thus provides a comprehensive framework for understanding how a single event can have cascading consequences throughout a social structure. Giddens and Sutton (2017) suggest that teenage pregnancy can create communication barriers, as parents may struggle to express their disappointment or fears constructively, while teenagers may feel defensive or misunderstood.

According to functionalism theory, communication serves as a key mechanism for maintaining social cohesion and solidarity within the family. Durkheim emphasized the importance of shared values and norms in fostering social stability. When communication breaks down, the family's ability to function as a cohesive unit is weakened, leading to further instability. However, as Parsons (1951) noted that, families often develop new patterns of communication to adapt to the changing circumstances, gradually restoring equilibrium. Teenage pregnancy also shifts traditional family roles, particularly concerning decision-making. Teenage mothers and fathers may find themselves in new positions of responsibility, yet they may also face resistance from their parents, who may feel that the teenagers are not equipped to make important decisions regarding their own lives and the lives of their children. Murdock (2018) highlights the tension that often arises when teenage parents attempt to assert their independence in decision-making, while their parents try to maintain control over the situation. In many societies, including Zimbabwe, traditional family

structures place parents in the primary decision-making role, particularly concerning important life choices such as marriage, education, and child-rearing. According to Functionalism, decision-making roles within the family are part of the broader social system that maintains order and stability. Durkheim argued that social roles are essential for maintaining the division of labour within the family, which contributes to the stability of the household. When teenage pregnancy occurs, these roles are disrupted, as the teenage parent takes on new responsibilities, and the family must renegotiate who holds decision-making power. Chigwanda (2017) argues that in many Zimbabwean families, teenage parents often struggle to assert their decision-making rights, particularly when their parents view them as still being children.

2.2.3 Psychological Effects of Teenage Pregnancy on Family Member

Teenage pregnancy often imposes significant emotional burdens on families. Smith and Roberts (2018) highlight that parents of pregnant adolescents frequently experience negative emotions such as disappointment, guilt, and anxiety, which can lead to psychological distress. The implications of these emotional strains are profound, as they can lead to health issues such as depression and even dementia, which are increasingly recognized as public health concerns in contemporary society. Ndhlovu (2019) further supports this perspective by noting that in Zimbabwean culture, teenage pregnancy is often perceived as a moral failing. This perception not only affects the pregnant teenager but also places immense pressure on parents, who may fear social judgment while trying to support their child. The emotional distress experienced by the teenager can manifest as isolation, depression, and anxiety, particularly in unsupportive family environments. This highlights the urgent need for interventions that address both the teenager's and the family's emotional needs. Turner and West (2020) discuss how siblings and other family members may

also experience emotional turmoil, feeling neglected or confused as family dynamics shift. The adjustment to new responsibilities and challenges can disrupt the overall emotional well-being of the household, leading to a ripple effect of distress throughout the family. Given the significant emotional and psychological impacts identified in the literature, this study underscores the importance of developing family-centred interventions. Such interventions could focus on providing emotional support not only to the teenage parent but also to their family members.

2.2.4 Physical Consequences of Teenage Pregnancy on Families

Structural functionalism, as developed by Talcott Parsons (1951), views the family as a central institution responsible for maintaining the health, emotional support, and social reproduction of society. However, teenage mothers seldom have the luxury to assume the sick role due to the immediate and sustained demands of childcare. Battle (2000) qualitative research is central to understanding how teenage pregnancy physically impacts families, particularly the maternal grandmother. This intergenerational caregiving dynamic disrupts the normative life course of older family members and can have long-term health implications, especially in low-income households where resources are already strained.

East, Chien, and Barber (2012) examined the effects of teenage pregnancy on younger siblings in the household. The researchers found that siblings often took on additional household responsibilities, including babysitting and chores, which contributed to stress and physical symptoms such as headaches, fatigue, and poor sleep. This supports the structural functionalist view that when one family member deviates from the expected role, others must compensate, often at a cost to their own well-being. These perspectives suggest that the impact varies depending on cultural context, family preparedness, and access to external support systems. Frank Furstenberg

(2003) argues that while teenage pregnancy may initially cause disruption, many families adapt over time

2.2.5 Social Consequences of Teenage Pregnancy on Peace and Stability of Families

Communication between teenage parents and their families often becomes strained as a result of teenage pregnancy. Studying the effects of teenage pregnancy on family communication is vital because improved communication strategies could help families navigate the challenges of teenage pregnancy more effectively. By fostering open, supportive communication, families may be better equipped to address the concerns and needs of teenage parents, thereby reducing conflict and promoting family unity. Giddens and Sutton (2017) argue that teenage pregnancy disrupts the normal lines of communication within the family, often leading to misunderstandings and conflicts. Parents may struggle to communicate their concerns constructively, while teenagers may feel defensive, misunderstood, or judged. This breakdown in communication can lead to emotional distance between family members, further undermining family cohesion. Mavhunga (2019) also says that the authoritarian communication styles often emerge in families dealing with teenage pregnancy. Parents may try to reassert control over their child's life, making decisions for the teenage parent without involving them in the discussions. This can create resentment and result in a communication impasse, where both the parents and the teenage parent are unable to express their feelings or needs effectively. Murdock (2018) argues that teenage parents are frequently sidelined in family decision-making processes. Parents of teenage mothers may assume control over important decisions, such as whether the teenager will continue her education or how the baby will be raised.

Therefore, this study is fundamental as it would help restore balance and reduce conflicts, allowing teenage parents. Chigwanda (2017) argues that this dynamic is often influenced by cultural norms that place decision-making power in the hands of the older generation. In many African societies, including Zimbabwe, parents are seen as the primary decision-makers for their children, even when those children become teenage parents themselves. Moyo (2018) argues that teenage parents are often heavily dependent on their families for long-term support, particularly in terms of financial and emotional resources. However, this support system can become strained as families struggle to meet the needs of both the teenage parent and the new baby. Many families, especially in economically disadvantaged areas like Mabvuku District, are already facing financial challenges, and the added burden of supporting a teenage parent and their child can exacerbate these difficulties. Chigwanda (2017) states that this is when the importance of extended family networks jumps, in providing long-term support to teenage parents.

However, this reliance on extended support can also create tensions within the family, particularly if the extended family feels burdened by these responsibilities. Williams and Jackson (2020) notes that over time, family support for teenage parents tends to diminish as families become fatigued by the ongoing demands of raising a child. Teenage parents may find themselves increasingly isolated, particularly if they are unable to secure independent financial resources or if the family is unable to maintain long-term support. This can lead to a cycle of dependency and poverty, as teenage parents struggle to provide for themselves and their children without adequate support.

The existing literature provides valuable insights into the dynamics of family relationships affected by teenage pregnancy.. For instance, Giddens and Sutton (2017) highlight that teenage pregnancy disrupts family communication, leading to misunderstandings and conflicts. However, the literature lacks comprehensive studies on specific communication strategies that families can adopt

to enhance dialogue and support between teenage parents and their families. Adding on, Mavhunga (2019) notes the emergence of authoritarian communication styles, where parents make decisions without involving the teenage parent. This leads to feelings of resentment and emotional distance. However, the research does not bring out how to encourage collaborative decision-making between teenage parents and their families as a way promoting autonomy and reducing conflict. As Murdock (2018) argues, teenage parents are often side-lined in family decisions. There is a gap in understanding how cultural norms specifically influence decision-making power between generations within families dealing with teenage pregnancy.

2.2.6 Chapter summary

The chapter required reviewing the literature related to this study. It dealt with scholarly views concerning the effects of teenage pregnancy on peace and stability. This chapter highlights the importance of studying these issues to develop supportive interventions, strengthen family dynamics, and reduce the social stigma associated with teenage pregnan

CHAPTER THREE

3.0. RESEARCH METHODOLOGY AND DESIGN

3.1. Introduction

Using a case study of the people living in Mabvuku, this chapter explained the research technique employed in the study and examined the stages and procedures taken in assessing the impacts of adolescent pregnancy on peace and stability in families. Additionally, this chapter sought to support the design, data collection techniques, study methodology, and ethical issues that were selected.

3.2 Research Approach

By asking participants about their understanding, perceptions, and experiences in relation to a specific problem, qualitative research offers a deep understanding of the issue. It also deals with values, perceptions, aspirations, beliefs, motivations, and human feelings that are obtained from research participants in their subjectivity to living contexts.

The researcher chose qualitative method because it allows for flexibility in data collection and analysis enabling researchers to adapt to emerging themes. . However, qualitative approaches are crucial to comprehending the various experiences of family members. Focus groups and interviews can provide insight into how adolescent pregnant children handle emotional difficulties, how they feel about their treatment within the family, and how family roles change as a result of migration. These realizations are essential for meaningfully interpreting the quantitative data.

3.3 Research design

Research designs refer to plan, strategy or a structure of conducting a research as noted by Jakaza and Nyoni (2018), from its conception to the final data analysis thus it serves as the blueprint of how the researcher collects and analyses data. The researcher made use of the case study as a research design. Heale (2018) defines a case study research design as a thorough, methodical examination of a single person, group, community, or other unit in which the researcher looks closely at data pertaining to many factors. In order to fully comprehend the experiences, the researcher used a case study in this investigation, behaviours and outcomes thus helps the researcher to have critical and significant information regarding the effects of teenage pregnancy on the stability of families in Mabvuku. This therefore helps the researcher to have discussions, interactions and meet the respondents about how effective awareness campaigns have been in reducing cases of drug and substance abuse.

3.4 Target Population

Families impacted by adolescent pregnancy are among the target population. A target population is a particular group of persons about whom a researcher wants to make inferences, according to Babbie (2019).

3.5 Sample

Anderson, (2010) defines research sample as the people who participate in carrying out the research and as according to Fatima (2020), is a subset of data that a researcher selects or chooses using a predetermined selection procedure from a broader population. In this case, the researcher targeted 30 participants in this study. The sample has approximately 30 families, ensuring diversity

in terms of socio-economic status and cultural background. This is of importance in carrying out the research because it gives room for many researchers to be able to undergo the same research and as well find the same results and this is according to (Dean, 2021).

3.6 Sampling Method

According to Kothari (2014), sampling method refers to a systematic and deliberate approach used to select a representative group of individuals (a sample) from a larger population with the goal of collecting data that accurately reflects the characteristics of that population. Purposive sampling was chosen due to its effectiveness in selecting individuals who possess specific characteristics relevant to the study focusing on social capital and family relationships impacted by teenage pregnancy. This approach guarantees that participants can share detailed information about their viewpoints and experiences with relation to how adolescent pregnancy affects family harmony and stability. Purposive sampling enables researchers to get detailed information on specific occurrences by concentrating on subsets of a population that are most pertinent to their study. This approach works well for exploratory research where comprehending complicated problems, like teen pregnancy, is more crucial than extrapolating results to a broader population.

3.7 Purposive Sampling

Purposive sampling, according to Mills (2024), is a method used in qualitative research to choose a particular set of people or units for study because participants are picked deliberately rather than at random. Selective sampling or judgmental sampling are other names for it. When choosing a sample for purposive sampling, the researcher has a specific goal in mind. As a result, the traits or

qualities that the researcher is interested in examining are used to choose the sample. This study will employ purposive sampling to identify participants who have experience with unstable families brought on by adolescent pregnancies and victims of gender-based violence. Therefore, participants are chosen on the grounds that they are assumed to have experience and knowledge in the area of investigation providing important information for the research process and is of importance as it allows the researcher to select a sample highly representative of the characteristics or attributes they are interested in studying, relatively quickly (Dovetai, 2023).

3.8 Data collection methods

According to Manawis (2023), data collection methods refers to methodological techniques used to collect and analyse different forms of data or the process of gathering information concerning a specific subject. Data collection instruments are tools or methods used to collect data from participants or respondents in a research study. According to Creswell (2014), data collection instruments can be used to collect quantitative or qualitative data, depending on the research design and objectives.

3.8.1 Key Informant Interviews

The researcher used key informant interview tool to collect data from the participants. An interview is the process where the researcher will be asking the participants some systematic questions on a topic of interest and in this case, the researcher serves as the facilitator (Aspers & Corte, 2019). Interviews can be structured or unstructured but this study used the semi structured interview

Since in-person interviews enable the researcher to get highly individualized information straight from the source, they are among the most popular techniques for gathering data in qualitative

research. The researcher must use semi-structured interviews to explore participants' beliefs, experiences, opinions, and motivations. Interviews are especially useful when collecting data on sensitive topics.

3.8.2 Semi-Structured Interviews

Semi-structured interviews are a mix of unstructured and structured interviews, according to Jurisic (2020). They include a number of pre-planned questions, but they also provide interviewers and interviewees the chance to stray and elaborate in order to explore more complex thinking. Gaining the trust of respondents and creating a comfortable atmosphere are crucial for collecting high-quality data, and one-on-one structured interviews allow the researcher to do just that (Dean, 2021). The researcher also observes the participants' body language as a means of communication (Carter, 2021).

Semi-structured interviews are usually preferred because they can quickly reveal detailed information while highlighting topics that may not have been thought to be pertinent in earlier studies.

3.8.3 Questionnaire

In order to investigate the lived experiences and viewpoints of 30 participants from 30 families—each participant representing a family a questionnaire was employed as the main instrument for gathering data. Open-ended questions on the survey prompted respondents to describe their ideas, beliefs, and experiences in their own words.

Questionnaires aim to be deeper into subjective meanings and contextual factors (Braun & Clarke, 2021). This method is particularly effective in capturing complex social phenomena, as it allows

participants to reflect and elaborate on issues that are significant to them. According to Flick (2022), qualitative questionnaires are valuable for their ability to generate rich, descriptive data, especially when face-to-face interviews are not feasible. Guest, Namey, and Mitchell (2023) highlight that open-ended questionnaires can uncover patterns and themes that might not emerge through more rigid data collection techniques and by selecting individuals from 30 different families, the study ensured a broad and varied dataset

3.8.4 Secondary Data Collection

According to George (2023), secondary data collecting is a research technique that makes use of previously obtained data that has been analyzed and gathered by others in order to improve the overall efficacy of the study. Prior to the research, a number of pertinent sources were examined in order to supplement the primary data collection techniques and gain a better understanding of the context for more insightful information. The following published books, newspaper articles, journals, and research papers from governmental and non-governmental organizations were among the documents examined, albeit they weren't the only ones.

3.8.5. Data presentation and analysis

In this study, data presentation involves organizing and displaying the collected information in a clear and visually engaging way. The act of examining the notes, interview transcripts, and other materials gathered by the researcher in order to gain a deeper understanding of the subject under investigation is known as data analysis (Sharma, 2017).

The study uses charts, which are graphical tools for data representation, in addition to tables and figures. Depending on the type of data being displayed, these charts comprised tables and pie charts. Effectively conveying the research findings to the audience is the main objective of data presentation. Information accessibility and clarity are enhanced by the use of visual aids. The kind of data and the goals of the study served as a guide for choosing charts and other visual aids. Thematic analysis is a helpful technique for investigating issues pertaining to people's experiences and viewpoints since it entails finding, analyzing, and documenting patterns and themes in the data.

Thematic analysis was applied to the data analysis in this study. The first step in thematic analysis is to become acquainted with the data by reading it several times. After that, the researcher creates preliminary codes, which are labels or tags applied to data segments that highlight significant concepts or ideas. Following the establishment of the final themes, the researcher applies them to the entire dataset, methodically coding the pertinent data points. Throughout the analysis process, the researcher pays close attention to the research questions and objectives, using them as a guide to find themes that address the research aim.

Finding underlying meanings, patterns, or links in the data using thematic analysis gave the researcher a deeper understanding of the information. Finding shared experiences, viewpoints, or difficulties throughout the dataset is beneficial. In order to demonstrate the themes found and offer proof for the interpretations drawn, the analysis is frequently accompanied by quotes or instances taken from the data.

3.9 Ethical Considerations

It is imperative that participants be protected by following the relevant ethical criteria in any research investigation. Maintaining the standards of professional behavior and conduct is part of

ethics (Haider, 2022). In order to shield the participants and the researcher from potential harm and misunderstandings, ethical concerns are essential. The following ethical guidelines were followed by the researcher during this investigation:

3.9.1 Informed Consent

When people voluntarily consent to a study endeavor after being fully informed about its possible dangers and benefits, this is known as informed consent (Sandu, 2021). The participants received a thorough explanation from the researcher about the study's methods. At any time, they were able to leave the study without incurring any fees. By clearly outlining the study, the researcher made sure that participants knew what they were getting into. Explaining the steps, possible results, advantages, and hazards involved was part of this. The researcher underlined how crucial it was that participants fully comprehend the research study in order to make sure they knew exactly what was expected of them.

3.9.2 Confidentiality

Maintaining confidentiality is crucial to upholding moral and legal requirements in the fields of peace and governance (Raines and Cox, 2021). By preventing unwanted access to sensitive material, maintaining confidentiality helps to preserve privacy, security, and trust in interpersonal and professional interactions (Raines & Cox, 2021). The researcher made sure that participants understood their right to secrecy with relation to the information they shared in order to address this. It is the duty of peace professionals to fully and accurately inform participants about the goals and parameters of the study. This gives participants the information they need to decide whether to continue with the study or not.

3.9.3 Anonymity

According to Hollway and Jefferson (2014), anonymity is the practice of keeping a participant's identity hidden or secret in order to prevent identification. Respondents' names are concealed by

anonymity, making it impossible to identify the data they submit. This ethic was applied by the researcher to safeguard the research participants' identities.

3.9.4 Voluntary Participation

The flexibility of research participants to choose whether or not to participate in a study is known as voluntary participation (Sharma, 2017). Participants can answer questions using this approach without feeling pressured or manipulated, which makes them feel at ease and eager to take part. In order to build integrity and confidence with participants, the researcher used voluntary participation, which allowed them to select their own participation schedule. In keeping with peace practitioners' ethical duty to give participants' free will and subjective experiences first priority, this method made sure that participants' answers were sincere and unaffected by force.

3.10 Validity and Reliability

Triangulation was used to verify validity by contrasting interview results with secondary data sources. Consistent interviewing procedures and comprehensive documenting of the study method allowed for replication in subsequent investigations, which addressed reliability. According to Bryman (2016), reliability is the stability and consistency of the measurements or data collected.

3.11. Chapter summary

This chapter provides a thorough framework for examining how adolescent pregnancy affects family harmony and stability. This study attempts to address ethical issues that are essential for researching disadvantaged populations while shedding light on how separation impacts family and

community ties through the use of qualitative methodologies based in constructivist philosophy. Additionally, the chapter was able to give a summary of the research design, population and sample size, sampling strategies, data collection methods, data processing, and data presentation.

CHAPTER FOUR

4.0. DATA PRESENTATION, ANALYSIS AND DISCUSSION

4.1. Introduction

The results of a study on the impact of adolescent pregnancy on family harmony and stability a case study of Mabvuku are presented, examined, and discussed in this chapter. To begin, the chapter outlines the demographic traits that were taken into consideration while choosing study participants. then presents, evaluates, and talks about the replies that were obtained.

4.2. Demographic Information

This section contains the demographic data pertaining to the study participants. Age, marital status, sex, and level of education are all significant considerations. Participants' demographic data is important because it enables the identification of participant tendencies consistent with their demographic traits.

4.2.1 Sex

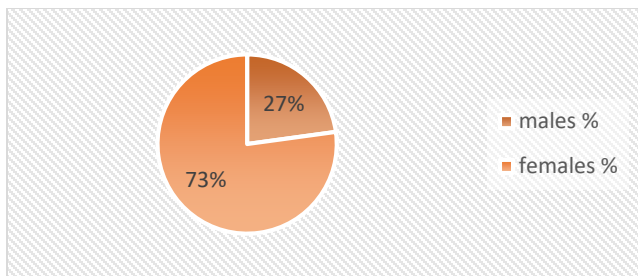


Figure 4.1. Sex (No. 30);

Figure 4.1 showed that the majority of participants 22 (73%) were female whilst 8(27%) were male. Demographic information revealed that the research was female dominant which is

important in my study because they are direct subjects and they provide first hand insights of how teenage pregnancy is affecting the peace and stability in families.

4.2.2 Age

Table 4.1: Age (No. 30);

Age groups in years	Frequency	Percentage (%)
18-25	15	50%
26-35	8	27%
36-40	7	23%
Total	30	100%

Table 4.1 showed that the majority of participants 15(50%) were between the age of 18 – 25 years, the least were 7 (23%) participants from 36 -60 age group. Demographic information revealed that the majority participants were teenagers which was important because they have first-hand experience with teenage pregnancy and its immediate effects to the family and those above 20 most of them have recently experienced it or still depend or live with their parents

4.2.3 Marital status

Table 4. 2 Marital status (No 30);

Single	47%
Married	30%
Divorced	23%

Table 4.2 indicated that most participants 14(47%) were single, whilst the least number of participants 7 (23%) were divorced. Demographic information revealed that single mother were dominant in the study and it was important as they provide first-hand information which provides well detailed information of their experiences of how teenage pregnancy affect peace and stability in families.

4.2.4 Level of education

Table 4.3 : Level of education (no.30)

Level of Education	Frequency	Percentage (%)
Primary	0	0%
ZJC level	6	20%
O level	18	60%
Tertiary	6	20%
Total	30	100%

Table 4.3 showed that majority of participants 18 (60%) had attained Ordinary level education whilst the minority 6 (20%) participants had only completed the tertiary and ZJC level of education. Demographic data shows that Ordinary level participants may have limited formal education due to teenage pregnancy and this reflects that in the society teenage pregnancy is more prevalent which was important in this study.

4.3 Teenage pregnancy and its psychological effects.

The findings show that teenage pregnancy results in psychological effects which affects the family including the parents and siblings. As a result, anxiety, depression, and guilt among family members, particularly parents and siblings manifest whereas parents may experience feelings of failure or shame, believing that they have not successfully fulfilled their role as socializing agents affecting the relationships.

Table 4.4 Teenage pregnancy and psychological effects(No.30):

Psychological effects on families	Frequency	Percentage
Parents of teenage mothers face psychological challenges	8	27%
Teenage pregnancy affects the relationship of family members	7	23%
Psychological strain of teenage pregnancy cause family instability	5	17%
Feelings of disappointment affect peace within the family after teenage pregnancy	4	13%
Societal pressure worsens the psychological effects on families	3	10%
Teenage pregnant mothers experience feelings of isolation	3	10%
Total	30	100%

Table 4.3 above shows that psychological effects on parents was recognised as the most effect that causes family instability with 8(27%). Participants were asked on their knowledge on how the parents and their relationship between the mother and father is affected psychologically and how it is affecting the peace and stability in families.

4.3.1 Psychological effects on Family relationships

Table 4.3 showed that most participants 8(27%) highlighted that the relationships of family members is affected is affected psychologically and it makes it one of the most effective contribution of family instability. One of the respondents stated that;

It created a lot of tension. My husband was very angry not just at our daughter, but at me as well. He said I had been too lenient, that I had allowed her too much freedom. In many African families, fathers expect mothers to be the primary caregivers and disciplinarians, so when something like this happens, the blame falls on us. We argued a lot, and there were times when he would not even speak to me he even beat me one day. I felt alone in the struggle, as if I was carrying all the shame and responsibility by myself. (Participant 1, 40 years old)

Teenage pregnancy has psychological effects on the relationship between the parents of the teenage girl. In Zimbabwean society, where cultural expectations place a high value on whereas the mother is often blamed when a daughter becomes pregnant at a young age. This is echoed by one of the participants who said that;

When a child is only given attention at school, it becomes a big issue for me and their mother because their father always claims that I am the only one responsible for their upbringing and education. If I had taught him our culture and values, things wouldn't be this way. But the truth is that a child grows up in the whole community, so it's not right to put all the blame on the mother alone. In our society, you should work together as parents, some are too strict, while others are too shy in front of the family and community. (Participant 2, 38 years old)

The results show that, psychological effects cause so much damage which results in the disruption of family peace. It was mentioned that she was stressed felt isolated she also had anxiety making matters worse she was a victim of gender-based violence because she was beaten due to teenage pregnancy. The results also show that the society is deeply rooted in to the culture as the mother is being accused of not enforcing a duty. However, according to the structural functionalism theory both parents has a duty in the socialization of the child therefore teenage pregnancy will be a result of their poor parenting and cannot be pinned on an individual. This supported by Gukurume (2017) who states that patriarchal norms place the responsibility of child-rearing on the mother, meaning any perceived failure in moral upbringing is attributed to her. This paragraph highlights how

teenage pregnancy disrupts family peace through psychological harm, social blame, and gender-based violence. From a structural functionalist view, it shows a breakdown in the family's role in child socialization, a key function of the family unit. The unfair blame placed solely on the mother reflects a dysfunction in societal role distribution, contradicting the theory's view that both parents share this duty. Gukurume reinforces how patriarchal norms distort functional responsibilities, leading to imbalance and social strain.

4.3.2 Psychological strain of teenage pregnancy on family instability

Table 4.3 shows that participants identified narratives on the psychological strains of teenage pregnancy as one of the reasons of family instability with 5 (17%). One of the participants averred that;

Teenage pregnancy disrupts family dynamics because parents may feel disappointed in their teenage daughter leading to strained relationships. This can result in unending conflicts between family members as they navigate their feelings about the situation therefore the lack of understanding from family members can increase feelings of isolation for the young mother further causing further destabilisation in families. (Participant 8, 19 years old)

The result showed that, disappointment and anger within the family due to teenage pregnancy lead to an environment filled with tension and conflict thus communication may breakdown creating a home life where peace is elusive. This is supported by Furstenberg (2007) who states that teenage pregnancy disrupts family stability by introducing emotional stress and he suggests that parents often feel a sense of failure, leading to strained relationships between the pregnant teen and her family. R.Jay turner & John B. Turner also supports apply social stress theory explaining that teenage pregnancy acts as a significant life stressor that disrupts family cohesion. This stress can manifest as anxiety, depression, and even estrangement among family members. Teenage pregnancy often causes emotional stress within families, leading to conflict and poor

communication. This disrupts the family's cohesion and creates psychological strain on both parents and the teen. Furstenberg highlights how parents feel guilt and failure, which worsens family tension. Using structural functionalism theory teenage pregnancy disrupts the social structures that ,makes up a stable family rather causing a conflict related environment for the family.

4.3.3 Societal pressure worsens the psychological effects on families

Table 4.3 showed that participants identified narratives on the societal pressure about teenage pregnancy worsening the psychological effects in families as one of the reasons that causes family instability and unstable peace with 3(10%). Two of the participants said that;

Our bodies and appearance during adolescence can be a source of embarrassment. Parents may struggle to teach their children good cultural practices. When I saw my ten-year-old daughter going through puberty, people in our community started talking about our family. Some blamed me, saying I had failed as a parent. I felt ashamed and began to withdraw. I started avoiding social gatherings and could no longer confidently interact with people, and I even stopped attending community meetings because I could not bear the judgment and stares from people around me. (Participant 7 , 38 years old

The results above showed that, teenage pregnancy is met with harsh societal scrutiny, intensifying the emotional and psychological burden on both the pregnant adolescent and her family. Families frequently experience stigma, judgment, and even social exclusion, which worsens their distress and makes it harder for them to cope with the situation. Therefore, worsening the psychological impacts on family. According to Smith and Wilson (2020), societal pressure can create an overwhelming sense of guilt and failure among parents of pregnant teenagers Lee and Carter (2019) supports that teenage mothers themselves face significant psychological challenges due to societal stigma thus when families feel pressured to hide or downplay the pregnancy, it can lead to feelings of isolation and secrecy, which further deteriorates mental well-being. The society has

so much societal pressure due to the settlement patterns the teenage pregnancy issues are more likely to spread like wild fire and being discussed which therefore will increase the psycho

4.4. Teenage pregnancy and its physical effects

The findings show that health is a critical component of a functioning society, and the family plays a vital role in caregiving and health maintenance. Structural functionalists argue that disruptions to health can hinder an individual's ability to fulfil societal roles, thereby affecting the family stability. Teenage pregnancy causes the physical strain on the young mother combined with the caregiving burden borne by family members creates additional stress and dysfunction.

Table 4.5 Physical effects and Teenage pregnancy (No.30)

	frequency	percentage
1.Physical strain affect the mother's ability to contribute to family responses	8	27%
2. Teenage pregnancy affects the health and wellbeing of the new born	5	17%
3. Complications during teenage pregnancy affect family stability	7	23%
4.Families manage the medical expenses of health of teenage mother	6	20%
5. families manage the physical care associated with teenage pregnancy	4	13%
Total	30	100%

4.4.1 Physical strain affect the mother's ability to contribute to family responsibilities

Table 4.4 showed that majority of participants (27%) agreed that the physical strain of teenage pregnancy compromises the teenage mother's ability to participate in family duties such as housework, childcare, and income generation. One participant mentions that:

After I had the baby, I was always tired. I couldn't help my mom around the house like before. I just didn't have the strength.

The results showed that, participant is acknowledging that the physical strain resulting from teenage pregnancy significantly impacts the teenage mother's capacity to engage in essential family responsibilities which therefore leads to instability within the family because the teenage mother cannot contribute anything to the family thus exacerbating conflicts. The participants highlighted how the demands of pregnancy and early motherhood, such as fatigue, physical discomfort, and health complications, hindered their ability to contribute effectively to household tasks. This strain often led to reduced involvement in activities like housework, childcare, and income generation, thereby affecting the overall family dynamic. Teenage pregnancy, which introduces adult responsibilities prematurely, can disrupt this developmental phase (Erikson, 1968). The physical demands of pregnancy especially in underdeveloped or undernourished bodies can lead to complications like anemia, fatigue, and preeclampsia (WHO, 2018), all of which restrict the young mother's ability to participate in daily tasks. Structural functionalism, shows how teenage pregnancy can disrupt family stability by hindering the teenage mother's ability to fulfill essential roles. The strain of early motherhood can hinder contributions to household tasks, impacting family dynamics. This disruption can interfere with adolescent identity formation as per Erikson's theory, exacerbating physical complications and limiting participation in daily activities thus causing unending conflicts that hinder family peace and stability.

4.4.2 Teenage pregnancy affects the health and wellbeing of the newborn

Table 4.4 showed that, 17% of participants noted that teenage pregnancy has adverse effects on the newborn's health, indicating concerns about low birth weight, premature delivery, and developmental delays. One participant stated that:

“My baby was born too early and had to stay in the hospital for weeks. The doctors said it was because I was too young and my body wasn't ready.” (Participant 6, 17 years old)

The results showed that, 17% of respondents expressed concerns about the adverse effects of teenage pregnancy on the health. Participants noted issues such as low birth weight, premature delivery, and developmental delays that were commonly associated with pregnancies in adolescents. These findings emphasize the potential challenges faced by infants born to teenage mothers, highlighting the need for focused interventions to address the health outcomes of both the mother and the new born in these circumstances. By so doing this further brings financial burden on the family through the hospital bills and all financial bills which will further exacerbates conflicts within the family due to worsened economic situation.

4.4.3 Complications during teenage pregnancy affect family stability

Table 4.4, 23% of respondents believed that complications during teenage pregnancy whether medical, emotional, or financial destabilize family life by adding stress and disrupting normal routines. One participant said that:

When I had to stay in the hospital, my mom missed work, and my younger siblings had no one to cook for them. It was hard for everyone and this caused conflicts in the family everyone blaming me for being careless and foolish in having the pregnancy (Participant 5, 26 years old)

The results showed that, 23% of participants recognized that complications arising during teenage pregnancy have a significant impact on family stability. Participants noted that medical, emotional, or financial challenges resulting from teenage pregnancy often lead to heightened stress levels within the family unit, disrupting normal routines and causing strain on familial relationships. This disruption in family stability underscores the broader implications of teenage pregnancy beyond the individual. Family Systems Theory (Bowen, 1978) suggests that a crisis affecting one member of the family, such as a teenage pregnancy, can ripple through the entire system. The stress of medical complications may lead to emotional exhaustion, financial strain, and disrupted family roles. Research by SmithBattle (2007) supports this, showing that teen pregnancy often results in temporary breakdowns in family functioning, especially in low-income households. Structural functionalism, highlights how teenage pregnancy disrupt family stability by introducing medical, emotional, and financial challenges. These disruptions can lead to stress levels within the family system, affecting normal routines and straining family relationships. Teenage pregnancy impacts the entire family. The references to Family Systems Theory and empirical research further reinforce the idea that disruptions within the family unit can have broader implications, showcasing the relations of family structures within society.

4.4.4 Families managing the medical expenses cause family instability

Table 4.4 revealed that, 20% of participants expressed concerns about the financial impact of teenage pregnancy, particularly in relation to medical costs like prenatal visits, delivery, and postnatal care which causes unending conflicts in families. One participant state that:

We had to borrow money for my doctor's visits and the delivery. It was a big burden on my parents which resulted in everyday conflicts and there was no peace I was always

reminded that I was the reason why we were in that situation. (respondent 28, 20 years old)

The results showed that, 20% of respondents raised concerns about the financial burden associated with teenage pregnancy, particularly in relation to managing medical expenses. Participants highlighted challenges related to covering costs for prenatal visits, delivery, postnatal care, and other medical necessities. The findings emphasize the economic strain experienced by families of teenage mothers, underscoring the need for accessible and affordable healthcare services to support adolescents and their families during this critical period thus causing conflicts which results in family instability. According to the Guttmacher Institute (2016), teenage pregnancies are more likely to occur in socioeconomically disadvantaged groups, exacerbating financial strain. Structural Functionalist Theory views the family as a unit meant to meet basic needs when one-member drains resources. Structural functionalism theory also highlights, how the financial strain induced by teenage pregnancy can destabilize families by hindering their ability to meet basic needs. The burden of managing medical expenses exacerbates conflicts within the family leading to instability. Economic challenges caused by teenage pregnancy upsets the family's function as a unit meant to provide support and resources, highlighting the relationship between financial strain and family dynamics within society.

4.4.5 Families manage the physical care associated with teenage pregnancy

Table 4.4 showed that only 13% of participants believed that families effectively manage the physical caregiving demands linked with teenage pregnancy, indicating that most families struggle or are unprepared. one participant echoed that:

My mom tried to help, but she works two jobs. Most of the time, I had to figure things out on my own. (Participant 11, 20 years old)

The results showed that participants believed that families effectively manage the physical caregiving demands linked to teenage pregnancy. Participants shared insights on the difficulties faced in providing adequate physical care and support to teenage mothers, highlighting challenges such as balancing caregiving responsibilities with work commitments, lack of resources, and inadequate support systems. These findings underscore the complexities involved in addressing the physical care needs of teenage mothers and emphasize the importance of holistic support structures to ensure the well-being of both the mother and the new born. Teenage mothers often rely heavily on family for caregiving support, yet many families are ill-equipped. This is supported by Mollborn and Morningstar (2009) who says that grandparents and siblings often assume caregiving roles, which can overburden the family system. Structural functionalism theory reveals how the strain of managing physical caregiving demands related to teenage pregnancy can disrupt family peace and stability. Therefore, the challenges of balancing caregiving responsibilities limited resources and insufficient support systems can overwhelm families, hindering their ability to function effectively. The reliance on extended family members like grandparents and siblings to assume caregiving roles highlights a breakdown in the family's capacity to meet these essential needs, potentially leading to conflict and instability.

4.5. Teenage pregnancy and its Social effects

The findings showed that social effects play a critical role in the disruption peace and stability in families. The findings from this study illustrate how teenage pregnancy imposes considerable social consequences, particularly on family relationships, communication, and societal perception. Table 4.5 below presents frequency and proportion of distribution of respondents' views on the social effects of teenage pregnancy.

Table 4.6. Teenage pregnancy and social effects (no.30)

	frequency	percentage
1.Teenage pregnancy affect family relationships and communication patterns	6	20%
2.Teenage pregnancy increases conflict within families	8	27%
3.Families face social stigmatization	7	23%
5.Teenage pregnancy affect the family's ability to maintain a peaceful environment	5	17%
6.Teenage pregnancy affect the reputation of the family.	4	13%
Total	30	100%

4.5.1 Teenage Pregnancy Increases Conflict Within Families

Table 4.5 showed that the most frequently cited social effect of teenage pregnancy is the increase in family conflict, reported by 27% of participants. This suggests that teenage pregnancy often acts as a stressor that exacerbates existing family tensions or creates new ones. Two participants stated that:

When my daughter got pregnant, everything changed in the house. My husband blamed me for not being strict enough, and we started arguing all the time and most of the time it ended in fights. (Participant 12, 40 years old)

When my younger sister got pregnant, it was like a bomb went off in our home. My father stopped talking to her, and my mother cried for weeks. We argued about what to do, and the house felt like a war zone it was no longer a peaceful environment which disadvantaged other siblings (Participant 10, 23 years old)

The results revealed that teenage pregnancy leads to a breakdown in parental unity, increased blame-shifting, and heightened emotional stress. Conflict arise from disagreements over how to handle the pregnancy, decisions about the young mother's future, or the perceived shame brought upon the family. The increased conflict is often a result of emotional reactions, economic pressure,

and diverging parental opinions. When not addressed constructively, such tensions can lead to long-term damage in family cohesion and psychological well-being for all members involved. According to SmithBattle (2013), teenage pregnancy often triggers intergenerational tension, especially when cultural or religious values are strongly opposed to premarital sex. The strain of preparing for a new family member often with limited financial resources can contribute to familial disputes (Pirog, 2015). The disruptions caused by teenage pregnancy leads to long-term damage in family cohesion and psychological well-being, showing the breakdown of essential family functions in maintaining peace. The consequences of these disruptions include blame-shifting, emotional turmoil, and potentially irreparable damage to family relationships, underscoring the interplay between societal norms, family dynamics, and the broader implications of teenage pregnancy within the structural functionalism framework.

4.5.2 Families Face Social Stigmatization Due to Teenage Pregnancy

Table 4.5 showed that the second most cited effect was social stigmatization, noted by 23% of respondents. Families often experience judgment or exclusion from their communities, leading to feelings of isolation and shame. One participant stated:

People in my neighborhood started treating us differently. They stopped inviting us to gatherings, and some even told their children to stay away from my daughter. (Participant 13, 43 years old)

The results showed that such experiences demonstrate that teenage pregnancy is not solely an individual issue but a communal one, where the family's social standing becomes compromised. The stigma can be especially intense in close-knit or conservative communities, where adherence to social norms is strongly enforced. Social stigmatization places emotional and psychological pressure on families, leading to social isolation and reduced support from the community. It

reinforces moral judgments and can hinder the family's ability to seek help and recover from the situation. Luker (2006) says that social stigma surrounding teenage pregnancy is rooted in moral judgments about female sexuality and parental failure. This stigmatization not only affects the teenage mother but also diminishes the family's social capital, reducing their access to communal support and resources. The result is a cycle of marginalization that compounds the challenges facing teenage mothers and their families. Teenage pregnancy extends beyond an individual issue to become a communal concern, impacting the family's social standing and triggering intense stigma in communities. This social stigma exerts emotional and psychological pressures on families, leading to social isolation and diminished community support. The moral judgments and stigma surrounding teenage pregnancy can hinder families from seeking assistance and recovering from the situation effectively. The text emphasizes how this stigmatization, rooted in societal norms and values, not only affects the teenage mother but also erodes the family's social capital, therefore leading to the dysfunctionality of the family thus there is need of solutions to ensure that families find help and ensure peace and stability in families.

4.5.3 Teenage Pregnancy Affects Family Relationships and Communication Patterns

Table 4.5 showed that the third most common social effect, cited by 20% of respondents, is the deterioration of family relationships and communication which further cause conflicts and hinder peace within families. Pregnancy during adolescence can alter how family members interact, often reducing openness and trust. One participant revealed:

After I got pregnant, my parents stopped talking to me the way they used to. They were either angry or silent. It felt like I was no longer part of the family. (participant14, 19 years old)

The results showed that breakdowns in communication may stem from disappointment, fear, or confusion, leading to emotional distance. In some cases, families may resort to punitive measures or silence, rather than engaging in supportive dialogue. Poor communication in the wake of a teenage pregnancy can undermine trust and emotional security, not only for the pregnant teen but for the entire family unit. Rebuilding these relationships requires intentional dialogue and often external support. According to Furstenberg (2007), teenage pregnancy often disrupts the developmental trajectory of family dynamics, especially when parents are unprepared to take on caregiving roles for their grandchildren. The shift in attention and responsibilities can create tension between siblings, parents, and the pregnant teen, weakening family bonds. Structural functionalism theory emphasizes that each part of the society plays a role in maintaining stability and functionality. Therefore, in this case family peace is disrupted by teenage pregnancy which alters roles and responsibilities. Lack of communication within the family leads a dysfunction of the whole family.

4.5.4 Teenage Pregnancy Affects the Family's Ability to Maintain a Peaceful Environment

Table 4.5 showed that, 17% of participants indicated that teenage pregnancy undermines the family's ability to maintain a peaceful home environment thus resulting in family instability. This effect is closely linked to increased conflict and communication breakdowns but also includes the emotional and psychological climate of the household. A respondent stated that:

There's always tension at home now. Even when no one is arguing, you can feel that things aren't the same. It's like walking on eggshells. (participant 20 , 39 years old)

The results showed that, the general atmosphere in the home is marked by stress, resentment, and unpredictability, which can affect other siblings and family members. Younger children in the

household experience emotional insecurity, while parents feel overwhelmed by competing responsibilities. A disrupted emotional environment can lead to long-term psychological effects for both the pregnant teen and other family members. Restoring peace requires emotional processing, counseling, and in some cases, community intervention. Mollborn and Morningstar (2009), states that families dealing with teenage pregnancy often report increased household stress and decreased emotional well-being. This can hinder the development of a nurturing environment, which is crucial for both the adolescent mother and her future child. Teenage pregnancy on family dynamics, causes stress and emotional insecurity within the household, younger siblings also suffer from emotional instability, while parents feel overwhelmed by their responsibilities. This disrupted environment can lead to long-term psychological effects for both the pregnant teen and other family members. Hence, the family is viewed as a crucial institution responsible for nurturing and socializing children and when teenage pregnancy occurs, it disrupts the family's ability to function effectively, leading to increased stress and decreased emotional well-being. This instability hinders the family's role in providing a supportive environment necessary for healthy development. Through counseling and community support the family's function can function well again, promoting peace and stability of families

4.5.5 Teenage Pregnancy Affects the Reputation of the Family

Table 4.5 showed that the least cited effect, though still significant, was the damage to the family's reputation within the community, reported by 13% of participants. While this may overlap with stigma, it specifically refers to how the family's image and standing are perceived. One participant noted:

People used to respect our family, but now it's like we've lost that respect. They look at us differently, like we failed in raising our daughter. (Participant 25, 45 years old)

The results showed that damaged reputation have long-term consequences, such as loss of trust, diminished social networks, and exclusion from community decision-making. In some cases, families relocate to escape social judgment. Damage to family reputation can lead to exclusion, reduced opportunities, and a sense of communal shame. This effect underscores the need for cultural sensitivity and social reintegration programs for affected families. The loss of reputation is particularly impactful in cultures where family honor and prestige are highly valued. According to Ahmed et al. (2012), in many traditional societies, teenage pregnancy is not only a personal issue but a collective shame. Therefore, societal perceptions lead to exclusion and diminished opportunities for families, especially those from marginalized backgrounds. This aligns with structural functionalism, which says that social structures and norms contribute to societal stability. When a family's reputation is harmed, it disrupts social cohesion and trust within the community, leading to instability. The collective shame associated with teenage pregnancy can further exacerbate these issues, as it does not only affect individuals but also impacts family honor and community dynamics.

Chapter summary:

This chapter is about the research findings obtained in the research. The findings conclude that teenage pregnancy cause family instability. The teenage mothers also face challenges experienced by teenage mothers include financial difficulties, school dropout, and family rejection, stigmatization and isolation and medical complications. In order to cope with these difficulties of adolescent pregnancy in communities, respondents tend to seek for help in organization and the church or they may find work in order to continue their studies or provide for their family.

CHAPTER FIVE

5.0. SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

5.1 Introduction

. The structural functionalism theory, a sociological theory that helps us understand how society's institutions such as the family operate to maintain social order and stability. Summary of key findings were presented in line with the specific objectives of the research. Conclusions were drawn from the overall findings of the research whilst recommendations were formulated on the basis of the analysis of participants views.

5.2 Summary

5.2.1 Summary of the Whole Project

Chapter One, contributed the study's introduction, outlining its background and importance. This chapter also included an explanation of the study's purpose, research questions, and objective. The definitions of important terminology, the study's boundaries and restrictions, and the chapter's conclusion were all covered in Chapter one.

Chapter Two, provided the literature evaluation, emphasizing stories from secondary data sources that helped to shape the research. The chapter outlined the approach adopted by earlier scholars who were interested in the consequences of adolescent pregnancy and how it affected the stability of families. Finding gaps in the current literature and directing her research to complement other studies were the goals of the chapter. The chapter also introduced the theoretical framework.

Chapter Three, research design, the methods used to sample the target population, and the instruments and techniques used for data collecting and analysis. Additionally, the chapter shed light on the ethical issues raised throughout the study's execution.

Chapter Four presented, examined and spoke about the research's conclusions. Tables, pie charts, and graphs were used to provide visual support for the data, which was presented in text inside this chapter. In accordance with the research questions and objectives, the findings were categorized into themes and subthemes.

Chapter Five is the final chapter, which examined and spoke about the research's conclusions. Tables, pie charts, and graphs were used to provide visual support for the data, which was presented in text inside this chapter. In accordance with the research questions and objectives, the findings were categorized into themes and subthemes.

5.2.2 Summary of the research findings

The first objective was to examine how teenage pregnancy affects the psychological well-being of family members. The research therefore revealed that the majority of participants are being affected with psychological effects caused by teenage pregnancy that cause family conflicts which therefore leads to family instability in Mabvuku. These identified psychological effects include parents of teenage mothers facing psychological challenges, it affects the relationship of parents of the teenage mother, psychological strain of teenage pregnancy cause family instability and societal pressure worsening about teenage pregnancy which therefore cause psychological effects on families. Table 4 indicated that the majority of respondents indicated that the parents and their relationship is affected psychologically. The relationship between the parents of the teenage girl is often affected with the teenage pregnancy whereas cultural expectations place a high value on where the mother is blamed when a daughter becomes pregnant at a young age because they are

expected to instil discipline in children and family honour therefore leading to resentment and marital conflicts which cause family instability and this cause psychological strain on family members.

The second objective was to examine physical consequences of teenage pregnancy on family's peace and stability. Physically, teenage mothers face higher risks of complications such as preterm labor, low birth weight, and pregnancy induced hypertension due to their bodies not being fully developed for childbirth. These health challenges lead to increased medical expenses and emotional stress within the family, as they must provide additional care and financial support. The strain of managing a high-risk pregnancy at a young age also interfere with the mother's education and future career prospects, limiting her ability to contribute financially to the household, further deepening the family's hardships therefore leading to unending conflicts in family which includes gender-based violence erasing the sense of peace within the family.

The third objective was to examine the social consequences of teenage pregnancy on peace and stability of family. The results of the research also revealed that the majority of participants in Mabvuku social effects caused by teenage pregnancy also leads to family instability by creating tension between the pregnant teenager and her parents as well as the community which makes it difficult for the family as they are face shame in the society. Many families experience emotional distress, disappointment, and even social stigma, which can lead to strained relationships or breakdowns in communication. In some cases, teenage mothers may face rejection from their families, forcing them to rely on external support systems or drop out of school to care for their child. Additionally, the financial burden of raising a child can lead to conflicts over resources, especially in low-income households. These factors contribute to instability within the family unit, making it difficult for both the teenage mother and her relatives to maintain a stable and supportive

home environment. Research findings indicated that there is authenticity of impacts which hinder family peace and stability in Mabvuku. Most participants therefore indicated that teenage pregnancy was hindering family instability because it causes unending conflicts that may also lead to suicide as there are also cases of teenage pregnant children who commits suicide because they were neglected and could not find help. Most participants were of the opinion that teenage pregnancy causes psychological and social impacts that causes to instability of families.

5.3 Conclusions

The first research question was on how teenage pregnancy affects the psychological well-being of family members. Based on the findings, teenage pregnancy is playing a pivotal role in the today in destructing family peace and stability. The research answered the question on how the teenage pregnancy affect the psychological well-being of family members whereas it revealed that teenage pregnancy has far-reaching effects on the peace and stability of families, often leading to emotional distress, financial strain, and social challenges. The unexpected responsibility of raising a child can create conflicts within the family, as parents and guardians struggle to provide support while coping with disappointment and societal judgment. Financially, the burden of caring for both the teenage mother and her child can strain household resources, leading to increased tension and instability. Additionally, the stigma associated with teenage pregnancy may isolate families, limiting their access to community support and further disrupting their sense of unity. Therefore, the community is being affected and Zimbabwe at large is also facing the same problems which needs to be ended so as to achieve SDG 1 which states that no poverty because the financial burden of teenage pregnancy pushes family into deeper economic hardships and causing psychological effects.

The second research question was on the physical consequences of teenage pregnancy on peace and stability of the families. The research finding therefore answered this question by showing that physical effects of teenage pregnancy exacerbates the conflicts within the families this leading to unending conflicts. The physical consequences do not only affect the teenager but also the entire family whereas gender-based violence and health implications on the teenage mother result in further financial burden on the family which only results in unending conflicts. These physical effects hinder SDG goal 3 of good health and well-being whereas it is becoming hard to achieve thus through awareness's and education on how to solve conflicts caused by effects of teenage pregnancy SDG goal 3 will be achieved.

The third research question was on how the social consequences of teenage pregnancy affect the peace and stability of families. The research findings therefore answered the question by showing that teenage pregnancy has social implications on family peace through affecting the social standing of families, particularly in communities where early pregnancy carries stigma and families may also face discrimination or isolation leading to reduced support systems. In most case teenage mothers are forced in to early marriages which therefore affects their education which hinder their future opportunities thus perpetuating poverty cycle levels. Therefore, there is need for advocacy so as to end these social implication so as to achieve SDG 4 of quality education to all teenagers removing issues of school dropouts and SDG 5 of gender equality by providing children with reproductive education and child marriage to ensure peace is achieved to have family stability.

5.4 Recommendations

The study showed that majority of participants are affected with psychological Effects within family members including teenage which is causing family conflicts leading to

family instability. It is recommended that families should have access to counseling and mental health support to help them cope with the emotional distress caused by teenage pregnancy. Schools and community organizations should conduct awareness programs on teenage pregnancy to help families prepare for and manage the psychological impact.

Physical consequences caused by teenage pregnancy is contributing to family instability and also health casualties which therefore is hindering SDG 3 of good health and wellbeing. It is recommended that the government and NGOs should enhance access to prenatal and postnatal healthcare services for teenage mothers to reduce health risks. Social welfare programs should provide financial aid or vocational training to teenage mothers and their families to alleviate economic strains.

The study portrayed that majority is affected with the social implications of teenage pregnancy thus leading to family instability. It is recommended that public campaigns should be conducted to reduce stigma and discrimination against teenage mothers and their families. Schools should implement policies that allow teenage mothers to continue their education rather than being forced to drop out. Governments should also enforce laws against child marriages and gender-based violence to protect teenage girls from forced unions and exploitation. For further studies I would recommend a topic on the Solutions to solve conflicts in families that are caused by teenage pregnancy

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List of Appendices

Appendix 1: Interview guide

I am Nzuwa Everjoy a fourth-year student at Bindura University of Science Education doing Bachelor of Science Honor's Degree in Peace and Governance. It is a pre-requisite for final year students to undertake research and per project and I am carrying out a research on the effects of teenage pregnancy on peace and stability in families. A case study of mabvuku tafara. I am appealing for your assistance, contributions and relevant information regarding to the study. The aim is to know your experience, perceptions and knowledge on the effects of teenage pregnancy on peace and stability in families. The information gathered will be used for academic purposes only.

INTERVIEW GUIDE

SECTION A

Social effects of teenage pregnancy on peace and stability in families

1.How teenage pregnancy affect family relationships and communication patterns

- Can you describe how communication within the family changes after teenage pregnancy?
- Have you observed any long-term effects on family relationships after dealing with teenage pregnancy?

2.How teenage pregnancy increases conflict within families

- **What are** the most common sources of conflict in families facing teenage pregnancy ?
- How do families typically resolve these conflicts?

3.How teenage pregnancy affect the family's ability to maintain a peaceful environment?

- What factors disrupt peace in a family when teenage pregnancy occurs?
- Have you seen families successfully restore a peaceful environment ?and how

SECTION B

Physical effects of teenage pregnancy on peace and stability in families

4.What are the common physical health challenges faced by teenage mothers during pregnancy ?

- How do these health challenges affect the mother's ability to participate in family life ?
- How does the family respond or adapt to these physical health challenges?

5.In what ways does teenage pregnancy affect the wellbeing of the newborn ?

- What common health challenges do new-borns of teenage mothers face?
- How do families address these challenges to ensure the newborns' health and well being?

SECTION C

Psychological effects of teenage pregnancy on peace and stability in families

6.How teenage pregnancy affect the mental health of other family members ?

- Have you observed parents experiencing emotional distress due to teenage pregnancy
- How do these psychological effects affect the relationships within the family especially between parents influence family instability?

7.Teenage mothers experience isolation and this impacts family stability?

- How do families help teenage mothers cope with feelings of isolations?
- Do teenage mothers 's isolation leads to further disconnect with the family?

Appendix 2: Questionnaire

I am Nzuwa Everjoy a fourth year student at Bindura University of Science Education doing Bachelor of Science Honor's Degree in Peace and Governance. It is a pre-requisite for final year students to undertake research and per project and I am carrying out a research on the effects of teenage pregnancy on peace and stability in families.a case study of mabvuku tafara dsistrict. I am appealing for your assistance, contributions and relevant information regarding to the study. The aim is to know your experience, perceptions and knowledge on the effects of teenage pregnancy on peace and stability in families. The information gathered will be used for academic purposes only.

Instructions:

Place a tick where appropriate.

SECTION A: DEMOGRAPHIC DATA

1. Age group

Below 18 -25years	26-35years	36-40years	41years and above

2. Marital status

Single	Married	Divorce	Widowed

3. Level of education

Primary [] ZJC [] O level [] A level []

Other (State).....

4. Occupation

Employed [] self-employed [] unemployed []

SECTION B: Physical effects of teenage pregnancy on peace and stability in families

(Tick where applicable)

	Yes	No
1. Physical strain affect the mother's ability to contribute to family responsibilities		
2. Teenage pregnancy affects the health and wellbeing of the new born		
3. Complications during teenage pregnancy affect family stability		
4. Physical recovery period after childbirth influence family peace		
5. Families managing the medical expenses causes conflict		

SECTION C: PSYCHOLOGICAL EFFECTS OF TEENAGE PREGNANCY ON PEACE AND STABILITY IN FAMILIES

Tick YES / NO and fill in where possible.

	TRUE	FALSE
6. Parents of teenage mothers face psychological challenges.		
7. Teenage pregnancy affects the family relationships.		
8. Feelings of disappointment affect peace within the family after teenage pregnancy.		
9. Teenage pregnant mothers experience feelings of isolation and cause family instability.		
10. Societal pressure worsens the psychological effects on families.		

SECTION D: SOCIAL EFFECTS OF TEENAGE PREGNANCY ON PEACE AND STABILITY IN FAMILIES

TICK TRUE OR FALSE and fill in where possible

	TRUE	FALSE
11.Teenage pregnancy affect family relationships and communication patterns		
12.Teenage pregnancy increases conflict within families		
13.Families face social stigmatization due to teenage pregnancy		
14.Teennage pregnancy affect the family's ability to maintain a peaceful environment		
15.Teenage pregnancy affect the reputation of the family		

Appendix 3: letter of the university research

FACULTY OF SOCIAL SCIENCES AND HUMANITIES

Bindura University
of Science Education

P.Bag 1020
Bindura
Zimbabwe
Tel+263-66216229
DR J. KUREBWA
+263772121563
jkurebwa@buse.ac.zw

DEPARTMENT OF PEACE AND GOVERNANCE

28 November 2024

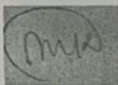
TO WHOM IT MAY CONCERN

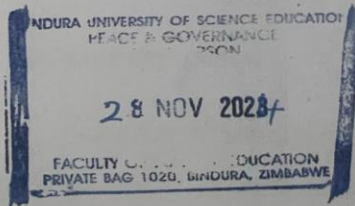
RE: REQUEST TO UNDERTAKE RESEARCH IN YOUR ORGANISATION

This serves to introduce the bearer, FIRESOY NEUWA, Student
Registration Number 62113435, who is a HBSC PEACE AND GOVERNANCE
student at Bindura University of Science Education and is carrying out a research project in your
area/institution.

May you please assist the student to access data relevant to the study, and where possible, conduct
interviews as part of a data collection process.


Yours respectfully


J.KUREBWA (DR)
Acting Chairperson



1

Appendix 4: Permission letter


 CITY OF HARARE

HUMAN CAPITAL DEPARTMENT
 TOWN HOUSE, HARARE, ZIMBABWE
 POST OFFICE BOX 990
 TELEPHONE 752979 / 753000
 EMAIL: hrd@hararecity.co.zw
 ADDRESS ALL CORRESPONDENCE TO HUMAN CAPITAL DIRECTOR

Bindura University of Science Education
 P. Bag 1020
Bindura

10 February 2025


RE: AUTHORITY TO UNDERTAKE RESEARCH: EVERJOY NZUWA


This letter serves as authority for Everjoy Nzuwa to undertake a research survey on the topic:
**“EVALUATE THE EFFECTS OF TEENAGE PREGNANCY ON PEACE AND
 STABILITY IN FAMILIES: A CASE STUDY OF MABVUKU-TAFARA.”**

The City of Harare has no financial obligation and neither shall it render any further
 assistance in the conduct of the research. The researcher is however requested to avail a soft
 and hard copy of the research to the undersigned so that residents of Harare can benefit out of
 it. The research should not be used for any other purpose other than the study purpose
 specified.

This letter is issued upon payment of 5usd administration fee.
 Receipt number:14717091

Yours faithfully



MR B. MATENGAFUFU
 ACTING HUMAN CAPITAL DIRECTOR
 YN/sn


CITY OF HARARE
HUMAN CAPITAL DEPT.
12 FEB 2025
P.O. BOX 990, HARARE
TEL 752979

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