

**BINDURA UNIVERSITY OF SCIENCE EDUCATION**  
**FACULTY OF SCIENCE AND ENGINEERING**  
**DEPARTMENT OF SUSTAINABLE DEVELOPMENT**



**The Effects Of Adolescent Pregnancies In Harare Province. The Case Of Hopely Ward 1**

**BY**

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## APPROVAL FORM

This research project is suitable for presentation to Bindura University of Science Education. It has been checked for conformity according to the departmental guidelines.

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Student Signature



Date 26/09/24

2. To be completed by Supervisor

Supervisor's signature



Date 26 /09 /24

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**DECLARATION.**

I Yvette Tariro Nyakuwa declare that this study is my own piece of work and nothing has been copied from any source without acknowledging the source.

Signed:



Date: 09/06/2024

**DEDICATION**

I dedicate this research report to Hopely Ward 1 community, adolescents in other distinguished areas and my family who have been very supportive throughout the period of research.

**ACKNOWLEDGEMENTS.**

The utmost appreciation goes to the Lord Almighty for the strength, courage and protection during this period. I am grateful to my supportive supervisor, Dr Siziba for his patience, support and guidance during the period of this research. I would like to appreciate my parents Mr. F and Mrs. E Nyakuwa together with my siblings who were my greatest pillars of strength and source of encouragement during the period of research. I also appreciate the love and support that my relatives showed during this journey.

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**ABSTRACT.**

This research was conducted in Hopely Ward 1 in Harare province to identify the effects of adolescent pregnancies in the Ward. The aim of the study was to assess and explore the effects of adolescent pregnancies in Hopely. The main instruments used in data collection were questionnaires and key informant interview guides. Through the use of these research tools, the study was able to reveal the effects of adolescent pregnancies which were poverty, segregation and discrimination, forced marriages and as well as health complications. The research was able to highlight the strategies which are being employed in reducing adolescent pregnancies and the effectiveness of their extent in curbing adolescent pregnancies. Engagement of religious and traditional leaders, youth empowerment, strong policies and laws, and awareness campaigns are the strategies which have been put in place in Hopely to reduce adolescent pregnancies. The study also shows that in the implementation of these strategies there are challenges which are being faced which includes social norms and cultural resistance, lack of interest, lack of sex education and stakeholder disengagement. Therefore, this research was able to make a difference from past studies that were done by comparing the effects, strategies and challenges which are being put in place to reduce adolescent pregnancies in different communities. Thus, based on the findings recommendations were able to be drawn out which includes the government to coordinate with non-governmental agencies in awareness campaigns, to provide fully serviced and equipped recreational facilities and innovation hubs or projects which are closely monitored that promotes youth empowerment through employment creation, engaging religious and traditional leaders (stakeholders) in all programs that support the youths, accessible and affordable health services and that the community should install or have their own bi-laws which are in support of their vision and mission to end teenage pregnancies.

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**ACRONYMS.**

**NGO - Non-Governmental Organizations**

**NAC - National Aids Council**

**WHO - World Health Organization**

**UNICEF – United Nations Childrens Fund**

**SAYWHAT- Students and Youth Working on Reproductive Health Action Team**

**CSE- Comprehensive Sexuality Education**

## **CHAPTER ONE (1)- INTRODUCTION**

### **1.0 Introduction**

This chapter evaluates the economic, social, and/or environmental effects of adolescent pregnancies in Hopely, Harare. The backdrop of the study/problem, the problem's statement, the study's purpose or significance, the research questionnaire's delimitations, and the study's restrictions will all be explained or discussed in this chapter.

### **1.1 Background of the study**

Low educational attainment and poverty are among the socioeconomic concerns that are linked to adolescent pregnancies Sheeran et.al (2018). In affluent nations, adolescent pregnancies typically occur outside of marriage and are frequently stigmatized by society. In poor nations, adolescent pregnancies frequently occur during marriage, and half are intended. Due to the country's present economic changes, there are many adolescent pregnancies. Some of these pregnancies result in single motherhood, stillbirths, and suicides since some youths are neglected by their parents and ridiculed by the community Wado et.al (2019). Adolescent pregnancies are now to blame for a significant rise in the adolescent death rate.

In addition to the difficulties in the social and economic spheres, peer pressure is another factor in adolescent pregnancies. An adolescent would want to take the same actions regardless of the repercussions because the majority of pregnancies are caused by friends, relatives, or someone who is considered as a role model who has forced them to get pregnant Smith (2018). Adolescent experience peer pressure in a variety of ways. In order to demonstrate their love and sincere feelings for their spouse, one may feel pressured by their partner to engage in unsafe and unprotected intercourse Poudel et.al (2022). This ultimately results in an undesired and unplanned pregnancy. Additionally, Couples may also feel driven to engage in unprotected sex as a result of their surroundings or circumstances, such as when adolescent view an adult film by themselves in a private setting. WHO (2022) states that because of fear and pressure from an older male partner, women are frequently coerced or forced into having unprotected intercourse without having a choice.

Later, adolescent pregnancies have also been strongly associated with sexual abuse. Prior to reaching adolescence, the majority or some of the youngsters unhappily experienced sexual

abuse from either family members or strangers. Because of their fear of retaliation, they are unable to tell a trusted adult about the abuse Chingono (2021). Adolescent pregnancy risk is frequently increased by these circumstances.

The majority of adolescent boys and girls have lived in harmful practices like drug abuse and alcohol consumption to forget their homestead background, which has led to child pregnancies that are frequently uncontrolled Chingono (2021). As a result of economic hardships that have caused inflation and increased poverty in the country. The majority of adolescent pregnancies are caused by families with low socioeconomic position. Some families will not be able to raise their children with all the resources they need due to poverty, therefore their children will grow up with low educational aspirations and achievement Rice et.al (2019). As a result, these adolescents will associate with other adolescent or kids who are in similar situations to them or who act as though they do, which encourages them to try with drugs and alcohol and shapes their opinions. Low levels of familial closeness are also associated with low socioeconomic position. As a result, children raised in these situational homes frequently lack positive role models or mentors Hans et.al (2019).

Adolescent pregnancies have negative consequences for the woman, child, and family, which may be social or economic in nature. Adolescents are more likely to drop out of school as a result of adolescent pregnancy because they have lower educational aspirations and commitments. According to Cressey et.al (2020) estimates that 38% of female adolescent who will give birth before turning 18 will not finish their education by the time they are 22. As a result of the difficulties associated with pregnancy, pregnant adolescent will not have time to complete their education, and some may not be able to continue on to university education Malunga et.al (2023). This also leaves a void of illiteracy because these young females lack the necessary credentials for future employment, which could lead to high unemployment rates or people holding lower-paying positions Decker et.al (2017). Poor living conditions and an inability to maintain a clean, safe, and resourceful environment for oneself or the child going forward.

Another problem with adolescent pregnancy is that the mother effectively sacrifices her identity for the child or abandons the child while assuming a motherly role Jones and Johnson et.al (2019). Due to socioeconomic pressures, some adolescent may feel that it is necessary to abort the child or end the pregnancy because they have nothing to offer the unborn child. This

is another bad or wrong decision that puts their health system or way of life in danger because some may not be able to recover from these circumstances and end up barren.

Adolescent pregnancy remains a major contributor to maternal and child mortality. Adolescent pregnancies are related to social issues, including lower educational levels and poverty. Adolescent pregnancy in developed countries is usually outside marriage and is often associated with social stigma. According to Harrison et.al (2017) adolescent pregnancy in developing countries often occurs within marriage and half are planned. Due to the currently economic shifts in the country, this have led to high adolescent pregnancies and some adolescent will result in being single mothered, death during birth and also the committing of suicide as some are being neglected by parents and mocked by the community Afrose et.al (2015). Henceforth, a high increase in youth mortality rate is due to adolescent pregnancies.

Besides, economic and social hardships, there is also the issue of peer pressure playing a role in adolescent pregnancies. Most of the pregnancies are due to friends or relatives who have forced them or someone viewed as a role model is pregnant and an adolescent would also want to follow the same steps regardless of the consequences that will follow. Peer pressure manifests in different forms in the lives of adolescent Wado et.al (2019). Firstly, it may arise while in a relationship, one may be pressured by her partner to be engaged in unsafe and unprotected sex in order to prove their love and true feelings for their partner, henceforth, leads to unintended and unplanned pregnancy Poudel et.al (2022). It is also that partners maybe pressured to have unprotected sex due to the situation or place they are in, for instance, adolescent watching an adult movie alone while in a private area or place. According to WHO (2022), females are often pressured into unprotected sex without a choice due to fear as they are pressured or forced by an older male partner to engage in a sexual activity.

Sexual abuse has been also greatly linked to later adolescent pregnancies. Most or some of the children have been unfortunately sexually abused either by a family member or predators prior to entering puberty stage, in which with fear of being harmed they are unable to inform a trusted adult about the abuse Chingono (2021). These situations often increase the chances of adolescent pregnancy.

Due to economic hardships which have led to inflation and increased poverty in the country, most of the adolescent boys and girls have resided in harmful practices such as drug abuse and alcohol consumption to forget their homestead background, henceforth, resulting in child pregnancies which are often uncontrolled Shorten and Smith (2017). Most of the adolescent

who become pregnant comes from a family of low socio-economic status. Due to poverty, some of the families, will not have the ability to provide all the necessary resources to raise their child, thus, they grow up with low educational goals and success (Smith, 2018). Therefore, these adolescents will link up with other adolescent or children who are or poses to have the same situations as them, forces them to experiment with drugs and alcohol which entrenches their thinking. Low socio-economic status is also further linked to low levels of family connectedness. This means that youths who grow up in these situational homes will often grow up without a strong role model or someone to learn from Jones and Johnson et.al (2019).

Adolescent pregnancies have consequential effects that it poses both to the mother, child and family which may be either social or economic. Due to adolescent pregnancy, adolescents are likely to drop out of school because of their low ambitions and dedications to getting an education. According to Cressey et.al (2020), it is estimated that about 38% of female adolescents who will have a child before the age of 18 will not complete their school education by the age of 22. This means that adolescent with pregnancy will not have time to pursue education due to pregnancy challenges, some may not be able to proceed to tertiary education. This also creates a vacuum of illiteracy as these young girls will not have full qualifications for proper jobs in the future which may result in high unemployment rates or having those owning fewer paying jobs Nkhoma et.al (2020). Henceforth, poor living conditions and the inability to maintain a safe, resourceful and clean environment for themselves or the child.

Another issue which is associated with adolescent pregnancy is that of essentially giving up of her identity for the baby or dumping the baby while switching into a maternal role Rice et.al (2019). Due to socio-economic constraints, some of the adolescent may see or deem it necessary to dump the baby or terminate the pregnancy because they don't have anything to offer to the child, making another bad or wrongful decision which poses to be a danger to their health system or their lifestyle as some may not be able to recover from these situations and become barren Chirozva (2014).

## **1.2 Why Hopely as the study area**

Due to adolescent pregnancies, which are caused by social, economic, psychological, and environmental causes, there are high rates of school dropouts. The major objective of this research, and the explanation for why I chose Hopely as my study region, is to identify the exact causes of adolescent pregnancies in the communities there. to develop practical solutions that could aid in reducing or terminating adolescent pregnancies. The results of the study will be utilized to guide the establishment and implementation of policies, as



identifying the effects will facilitate the development of effective strategies. Strolling around Hopely and its neighbouring towns discloses that a significant proportion of girls are becoming pregnant at their teenage years; in spite of laws preserving them, these adolescents are still becoming pregnant and appear content with their situation. This pattern is not specific to Hopely; it is prevalent throughout Zimbabwe's rural areas and informal settlements.

### **1.3 Statement of the problem**

Adolescent pregnancies have been identified as one of the global problems for adolescent as it has resulted in a number of effects both socially, parental or even to the adolescent themselves. According to Chingono (2021), adolescent pregnancies are a global issue but it mostly occurs in the poor and marginalized communities. Calle et.al (2021) states that, Zimbabwe have recorded about 5000 adolescent pregnancies with 2500 expecting in 2020, hence, public health advocates have been blaming the crisis on the existing laws which are said to be too vague and do not take into consideration other important factors about girl child. The study seeks to ascertain what are the socio-economic effects of adolescent pregnancies. Furthermore, to seek possible solution, if any have been put in place to solve this problem.

### **1.4 Aim of the study**

The aim of this study is to explore the effects of adolescent pregnancies in Hopely.

### **1.5 Objectives of the study**

**The objectives are;**

To determine how adolescent pregnancy affects Hopely's socioeconomic situation.

To investigate the methods used in Hopely to lower adolescent pregnancies.

To determine the obstacles Hopely faces in lowering the rate of pregnancies among adolescents.

### **Research Questions**

- a) What are Hopely's adolescent pregnancies' socioeconomic effects?
- b) What methods are being used to reduce adolescent pregnancy?

c) What obstacles must be overcome in Hopely in order to reduce adolescent pregnancies?

### **1.6 Significance of the study**

The research of adolescent pregnancies in Hopely aims to evaluate the effects on adolescent and the difficulties they encounter in their communities. The research's conclusions will be useful to the following parties:

#### **Communities**

The community will then act as a tool to reduce adolescent pregnancies and also how to provide guidance and counselling so that they may remain strong during the period of their pregnancies and after. This research will provide a great deal of detailed information on what motivates adolescent to engage in unprotected sex that results in pregnancies and what challenges they are facing that are the drivers.

#### **Policy Makers**

In order to make policies that are acceptable and supportive of pregnant adolescent, policy makers will need access to transparent and valuable information about the difficulties faced by adolescent expectant mothers as well as what is expected of or viewed as such in the community.

#### **Adolescent Pregnancy**

The research will assist in how adolescent with pregnancy cope with the challenges they are facing. Through the research, adolescent will also be able to know the complications that are posed by adolescent pregnancies and how best to assist other adolescent with pregnancy expecting in the community either than laughing or mocking them which may lead to depression or suicidal thoughts.

#### **Researcher**

Due to the worsening of the economic structure of the country, adolescent pregnancies are likely to increase, thereby, the research will act as a tool towards reducing the numbers by offering guide and counselling, and also reducing adolescent pregnancies by providing qualitative and quantitative information, hence acting as an educational awareness to the adolescent.

## **Delimitations**

This research is going to be mainly focused on adolescent especially adolescent with pregnancy or have been pregnant in Hopely. The information to be presented in this research only seeks to assess and explore the effects of adolescent pregnancies in Hopely

## **Limitations**

The success of this research depends on how willing are they to communicate and do they wish to disclose information to the researcher about the socio-economic effects that adolescent with pregnancy is facing in Hopely. The researcher will abide in transparent and community-based values and ethics thus only sourcing of information or primarily and secondarily.

### **1.7 Definition of the key terms**

**Adolescent pregnancy** - refers to female adolescent between the ages of 13-19 becoming pregnant either intentionally or unintentionally by being engaged in a sexual activity WHO (2022)

**Social effect** – is the result of an action or inaction, program, policy, activity, or project that at least addresses social inequality and difficulties and has an impact on people and communities. Chingono (2021)

**Economic effect:** it looks at how an experience, consequence, or event affects the local economy, from an individual level to a community one Bitew et.al (2023)

**Case** - An instance or event used as a research topic

**Strategy:** is an action or a plan to accomplish one or more long-term or short-term goals

### **1.8 Chapter Summary**

The research's goals and objectives, which are to disclose the effects of adolescent pregnancies, were successfully met in this chapter. The study's background was successful in examining the main causes of adolescent pregnancies and strategies for reducing them. The problem's definition, its boundaries, its restrictions, and the definitions of topics connected to the project were also provided.

## **CHAPTER TWO (2): LITERATURE REVIEW**

### **2.1 Introduction**

This chapter will draw on the research that has already been done by other academics to examine the effects of adolescent pregnancy and possible prevention strategies. Also offered was the theoretical framework that was utilized to understand the effects of adolescent pregnancies. With the aid of the conceptual framework, this chapter went into detail on the socioeconomic effects of adolescent pregnancy, steps to prevent it, and the difficulties encountered in doing so.

### **2.2 Theoretical Framework**

The Social Cognitive Theory, which analyses the causes, consequences, and best course/solutions of action for reducing adolescent pregnancies, will serve as the theoretical foundation for this thesis. Adolescent pregnancies are analysed theoretically using the Social Cognitive Theory. According to the hypothesis, adolescent pregnancies, particularly in developing nations, increase the risk of poor maternal and child health, loneliness, unsafe abortions, school dropouts, and increased poverty. Although Uganda's adolescent pregnancy rate of 25% may seem low in comparison to the 28% in Sub-Saharan countries, West and Central Africa, it is alarming, according to Nkhoma et.al (2020). It offers viewpoints on why adolescent pregnancies are still on the rise, their causes, and suggestions for how to stop them.

According to the theory, factors that influence adolescent pregnancies include a lack of knowledge about how to prevent pregnancy, low acceptance or use of contraceptives, a lack of life and social survival skills, a lack of civic engagement, peer pressure, cultural norms that encourage childbearing, a lack of role models, and the pressure to support one's family. Adolescent in Uganda who become pregnant must deal with a variety of health issues, including poor mother and child health, segregation and prejudice, unsafe abortion attempts, school dropout (failure to complete school), and poverty Agampodi et.al (2021).

The theory also offers suggestions based on the involvement of Ugandan stakeholders in the study on how to lower adolescent pregnancies. Sensitized seminars, parental counselling, the implementation of anti-rape laws, the establishment of jobs for parents and adolescent, locally accessible schools, and awareness campaigns regarding unplanned births are all necessary Iradukanda (2024). Additionally, to provide areas of capacity building, such as providing separate rooms to preserve parents' privacy and training instructors and community members in the transfer of empowerment and vocational skills to adolescent or young people. According to a study done in Uganda, vocational training may be important in assisting girls and

empowering them to make wise decisions, hence lowering the number of adolescent pregnancies in Uganda.

Adolescent pregnancies are still widespread in South Africa, according to Poudel et.al (2022), despite the regulations, services, and education about adolescent sexual and reproductive health. The main obstacles are societal norms and cultural resistance.

In conclusion, social, economic, and physical environmental determinants are elements that contribute to adolescent pregnancy. Adolescent or girls, families, and community members can all be empowered by community and government involvement as well as family-wide efforts to prevent adolescent pregnancy.

### **2.3 The Socio-economic effects of adolescent pregnancies**

The socio-economic effects of adolescent pregnancies will be the main theme of this part, which will also evaluate previous research or literature on the subject.

#### **2.3.1 Infant mortality/ maternal mortality**

According to Afrose et.al (2015), the main causes of maternal mortality to adolescents are complications when giving birth and from unsafe abortions, haemorrhage. Infant mortality is mainly caused by preterm birth and low birth weight, injuries for example suffocation and birth defects Sipma (2017). Both the adolescent mother and the child will not be able to take care of each other in the absence of a grown experienced mother or elder as they are both children henceforth leading to infant and maternal mortality.

#### **2.3.2 Health related problems**

Health-related issues that arise during adolescent pregnancies harm both the mother and the unborn child. WHO (2022) states that due to their ignorance, pregnant adolescent and their offspring are more likely to contract HIV. As lethal morbidity and mortality might raise the likelihood of obstetric difficulties, Althabe et.al (2015) highlighted that adolescent maternal and child complications are both associated to adolescent pregnancies. The academics also pointed out that in both poor and developed nations, adolescent pregnancies are more frequently linked to stillbirths and infant deaths. WHO (2022) also noted that delivery difficulties frequently cause developmental impairments and behavioural problems in children in the instance of Hopely, this study aims to give such information.

#### **2.3.3 Poverty**

According to Chirozva (2014), poverty is the inability to access necessities for basic safety such as food, housing, basic health care, and sanitization services. Another indication of

poverty is a lack of participation in various elements of life. According to Fatusi (2016), it is assumed that the majority of pregnant adolescent are born into families who live in economically depressed areas and who are themselves poor. As a result, they experience pre-existing disadvantages and may even hasten the family's descent into poverty. According to WHO (2022), around 60% of pregnant adolescent are already living in poverty. Althabe et.al (2015) note that there is evidence linking poverty with adolescent pregnancies in several developing nations. This study aims to evaluate the impact of poverty on adolescent pregnancies in Hopely.

#### **2.3.4 Forced Marriages**

Adolescent pregnancies and marriages are connected or associated, and as a result, they have had negative effects. According to Nyoni (2023), forced marriages are one of the main effects of adolescent pregnancies, which increases the chance of domestic abuse, exploitation, and sexual abuse. Anyone coerced into marriage, according to WHO (2022), runs the risk of being raped and sexually abused because they might not want to have a sexual connection or might not be of legal age to have one. According to Nyoni (2023), forced weddings can happen when family members or other people threaten, coerce, or physically or emotionally abuse adolescent into getting married against their will.

#### **2.3.5 Stigma and discrimination**

WHO (2022) states that adolescent pregnancy, especially among those who are not married, is stigmatized in many communities because the majority of their pregnancies are unwanted and unplanned. When they need assistance, pregnant adolescents are likely to experience prejudice from institutions including schools, healthcare professionals, and service providers Althabe et.al (2015). In response to a stigmatizing encounter, people often feel fear, embarrassment, rage, resentment, suicidal thoughts, and worthlessness. WHO (2022) asserted that adolescent who become pregnant experience maternity stigma and parenting discrimination, which forces them to leave their parents' custody because they are afraid of the rumours spread by the community. Adolescent who are pregnant are frequently marginalized by society, particularly by friends, in developing nations' rural areas. As a result, they are cut off from or excluded from all societies Althabe et.al (2015). Mavhunga (2021), asserted that because they are regarded as lower and less educated in society, they may even have fewer chances of securing opportunities like work. In order to understand how stigmatization and discrimination are affecting pregnant adolescent in Hopely, research is being conducted in this area.

### **2.3.6 Poor education and lack of comprehensive sex education**

According to Decker et.al (2017), adolescent pregnancies increase or hasten school dropout in order to avoid embarrassment in front of other students. According to Chirozva (2014), one of the reasons why girls are compelled to leave school is due to a lack of funding and societal biases to educate boys at the expense or expense of girls. This is because some parents do not recognize the value of the girl child; as a result, she may be coerced into marriage and the revenues from the lobola are then used to pay the boy child's education expenses WHO (2022). According to Hamilton and Lawson et.al (2018), raising a child takes time and effort, it also interferes with the time and energy needed to study and attend classes. As a result, pregnant adolescent frequently leave school before completing their coursework. A study by Chireshe and Rutendo (2017) found that a large number of teens in Zimbabwe lack access to reliable information regarding sexual health and contraception, which encourages risky sexual behaviour and unwanted pregnancies. Teenagers' ignorance is further compounded by societal taboos and conventions around the discussion of sex and contraception. Therefore, the goal of this study is to determine how adolescent pregnancies affect Hopely's socioeconomic situation.

## **2.4 Strategies employed in reducing adolescent pregnancies**

### **2.4.1 Awareness campaigns**

Spreading knowledge through campaigns about facilities for reproductive, sexual, and girls' health in order to safeguard them against abuse and provide them with knowledge. Important decisions regarding their bodies and future will henceforth be made Hans et.al (2019). By providing services or raising awareness in both rural and urban areas, international organizations and development partners including Child Line, UNICEF, and Girl Child Network have been collaborating with the Zimbabwean government to reduce adolescent pregnancies (WHO, 2022). But due to ignorance, progress on this issue is still sluggish and unequal. According to Althabe et.al (2015), there is a need to raise awareness of adolescent pregnancies in the community or society by educating adolescent girls about the risks associated with unsafe abortions and also providing parents of adolescent girls with pregnancy with knowledge. The main strategy used to try to lower adolescent pregnancies in Zimbabwe has been awareness campaigns, but none of the efforts seem to be working Nyoni (2023). This is a result of the community's ignorance and adherence to traditional beliefs and conventions, which prevent the decline in adolescent pregnancies. The current study therefore aims to investigate this in the case of Hopely.

#### **2.4.2 Implementation of laws and policies**

Adopting and implementing policies pertaining specifically to adolescent pregnancies and marriages in relation to Sustainable Development Goal number 5 is necessary to reduce adolescent pregnancies. According to Afrose et.al (2015), rules and laws preventing child marriages and pregnancies may make it easier to forbid adolescent pregnancies before the age of 20, hence strictly upholding those laws aids in lowering adolescent pregnancies. According to Althabe et.al (2015), government and community leaders should be involved in the creation and implementation of laws and regulations that prohibit child marriage and pregnancy, ensuring that those who engage in forced sexual acts are punished. Although this has NOT always worked because of corruption, where offenders can bribe officials and get away with their crimes Bell et.al (2014). As a result, the study aims to demonstrate the methods used in Hopely to combat or lessen adolescent pregnancies.

#### **2.4.3 Provision of health services**

The nation should make it easier for young people to access resources for sexual and reproductive health, including contraception and medical facilities, without regard to their age. According to WHO (2022), up to 500 young people in Malawi have benefited from the assistance of trained specialists in sexual and reproductive health and rights who have helped them obtain contraception, support, and important sexual health knowledge, so as to address the underlying reason for adolescent pregnancies. Clinics and hospitals should be welcoming to young people by guaranteeing their privacy, offering them private services, and teaching them about pregnancy, sex, and safe, effective contraceptives Hamilton and Lawson et.al (2018). Privacy and confidentiality will continue to be a concern since some nurses might believe that by alerting parents about minors, they are doing them a favour. This could lead to adolescent being afraid to seek treatment at a hospital. Therefore, the study aims to determine whether offering health care is effective in Hopely's instance in lowering adolescent pregnancies.

#### **2.4.4 Youth empowerment**

Monitoring programs, youth groups, peer education, community services, job training and support, entrepreneurship development, talent identification and development, as well as sports and entertainment, are all part of youth empowerment Mavhunga (2021). These factors may help to reduce adolescent pregnancies. According to Afrose et.al (2015), academic support, career and vocational preparation, and referrals for recreation, physical health, and mental health help shape the kind of support or empowerment that young people need, which lowers the number of adolescent pregnancies. This research aims to demonstrate the techniques used



in Hopely in the battle against adolescent pregnancies since the literature review conducted by these researchers highlighted the strategies that are being used at a national level.

#### **2.4.5 Engagement of religious and cultural practitioners/stakeholders**

This helps to terminate and prevent harmful behaviours that encourage adolescent pregnancies by involving religious and traditional leaders. Traditional and religious leaders influence the community's values and beliefs in rural areas, and the society might choose to abide by their rules without questioning or critiquing them Nyoni (2023). Mavhunga (2021) asserted that traditional beliefs and practices can be modified to better meet present-day social needs for rights and safety. However, given that some religious and traditional leaders are the ones who encourage adolescent pregnancies, this may still be an issue. This study aims to document whether Hopely was affected.

### **2.5 Challenges faced in reducing adolescent pregnancies**

The difficulties that are being faced in the effort to reduce adolescent pregnancies are the main topic of this section. Social conventions, cultural opposition, and low status empowerment (lack of interest) in reducing adolescent pregnancies are the issues that are explored.

#### **2.5.1 Lack of interest/ low status empowerment**

As they are responsible for providing services like health facility access, information, and awareness to prevent and break the cycle of adolescent pregnancies, institutions play a significant role in the battle against adolescent pregnancies. In order to increase involvement, decision-making authority, and transformative action, empowerment is a process of raising awareness and developing capability WHO (2022). Caffè et.al (2017) suggested that certain civilizations lack interest in the measures being promoted to minimize adolescent pregnancies because of societal and cultural conventions. As a result, it hinders the effort being done to stop adolescent pregnancies. The study aims to demonstrate whether the issue being faced in Hopely is the same one.

The study aims to address or exhumate the obstacles that the community in Hopely is facing in the battle against adolescent pregnancies since these researchers were interested in issues at the national and regional levels.

#### **2.5.2 Social norms and cultural resistance**

The suppression of adolescent pregnancies is still hindered by social norms and cultural resistance. Despite the taboos and the impact of adolescent pregnancies on adolescents' sexual and reproductive health, adolescents still struggle to obtain health services and information since cultural norms are the only thing influencing these aspects Cressey et.al (2020). Due to

the beliefs that are either enforced by the community or parents install fear in adolescent, they lose interest in visiting sexual and reproductive health services, and culture is therefore used to explain health-related behaviours and people's responses to health challenges Sipma et.al (2017). This study aims to determine whether Hopely is dealing with the same problem.

### **2.5.3 Poverty and socioeconomic inequality:**

These factors can make teenagers more susceptible to getting pregnant at a young age. In underprivileged communities, a lack of access to economic, healthcare, and educational opportunities can exacerbate the cycle of poverty and raise the number of teenage pregnancies Malunga et.al (2023). Due to poverty, socioeconomic inequality and technological advancement, young children (adolescent girls) have engaged in risky sexual behaviours and prostitution as a surviving strategy which is leading to rise of adolescent pregnancies in Hopely community and emergence of STIs.

## **2.6 Chapter Summary**

The literature review was able to illustrate the socioeconomic effects of adolescent pregnancy, strategies for lowering it, and difficulties encountered in the struggle to do so.

## **CHAPTER THREE (3): RESEARCH METHODOLOGY**

### **3.0 Introduction**

This chapter explains the research strategy, demographic, sample, sampling techniques, and primary data collection methods that were employed in this study. The presentation also included the procedures for the data analysis used in this chapter. By choosing pertinent data and a suitable research design, the research methodology helped the researcher to address the questions for this research. The summary will mark the conclusion of the chapter.

### **3.1 Research Design**

Data collection will be done using a mixed research approach. In order to comprehend a research problem, this technique entails gathering and analysing both qualitative and quantitative data in a single study Agampodi et.al (2021). Shorten and Smith (2017) claim that using a combination of research methods can assist a researcher better comprehend the subject or phenomenon they are studying as well as gather more convincing evidence to support their conclusions. As a result, a gap in one research design is covered by the other. Facts and information were gathered using a key informant interview guide and questionnaire. Mobile devices are also used in the research to collect data and directions to the study's interest areas Bell et.al (2014). From that point forward, both primary and secondary data were gathered from government agencies, NGOs, private citizens, and interested parties, then they were analysed and evaluated.

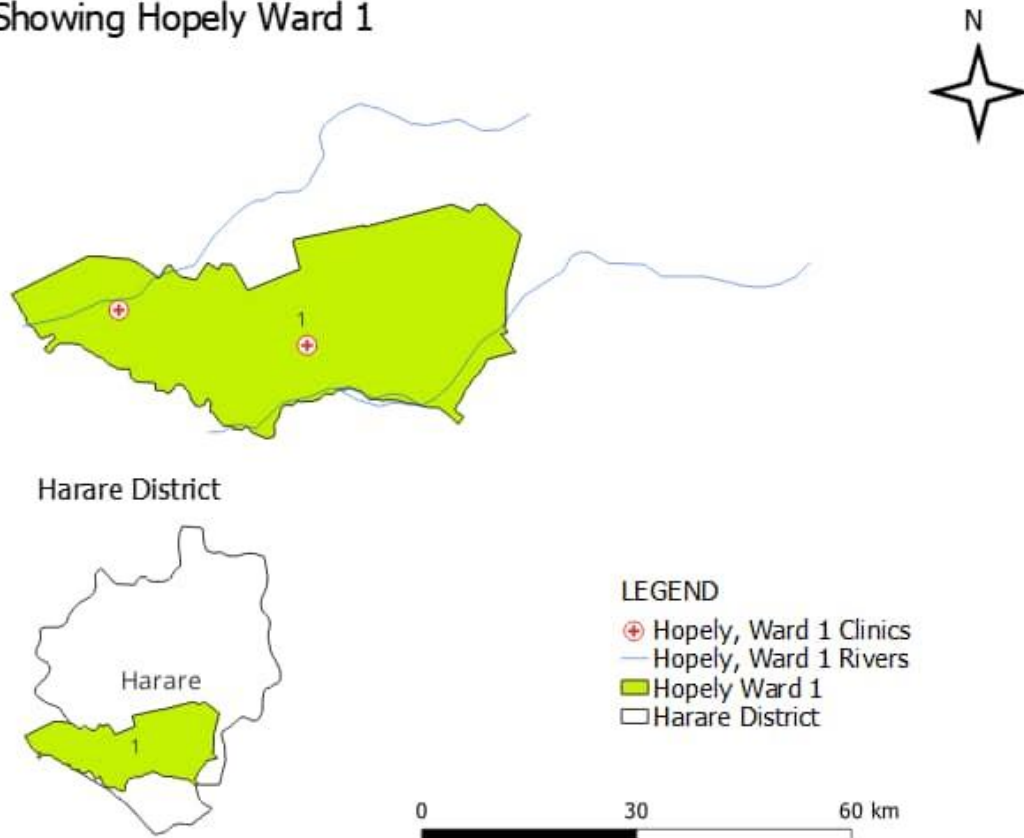
### **3.2 Study Area**

Hopely is a suburb in Harare, Zimbabwe and has an elevation of 1,434 metres. It is situated nearby to the suburb Southview Park. Hopely is a section of populated place in Harare Province.

### 3.3 Map of Hopely

Fig 3. 1 (Map of Hopely)

A Map Showing Hopely Ward 1



### 3.4 Sample Size

One aspect of the population that has been recognized is a sample size. During the data collection for the study, participants were chosen, including key informants from the relevant Ministries and other organizations, adolescents who were pregnant or had recently given birth, community youth, parents, and members of the community itself, thirteen adolescent key informant interviews, 40 questionnaire responses. The sample will allow the researcher to make generalizations about the population.

### 3.5 Target Population

Adolescents who are pregnant are the research's target population because they provided the necessary data. The units for which the research's findings are intended to be generated are thus defined as the target population. In Hopely, Harare, the target demographic was young mothers-to-be or adolescent mothers who had given birth between the ages of 13 and 19.

### **3.6 Sampling Methods**

The target population was sampled using a random and purposeful sampling approach. WHO (2022) defines random sampling as a method where each data point has an equal chance of being chosen. In order to save time, potential participants—particularly pregnant adolescent—will be chosen at random, the study claims. Random sampling makes sure that the results match those that would have been gathered if the entire population had been assessed. Nkhoma et.al (2020) defines "purposeful sampling" as a non-probability sampling method by which researchers select individuals from the population to take part in their surveys by using their discretion. Adolescent girls who fall pregnant between the ages of 13 and 18 while enrolled in school were the participants.

### **3.7 Data Collection**

Prior to conducting the study, the researcher obtained a permit.

#### **3.7.1 Primary Data**

Nyoni (2023) claims that this information was compiled by the researcher using surveys, interviews, and tests with the specific goal of comprehending and resolving the current research topic. This includes data that the researcher has personally collected in real time. Primary data is significant since it can provide information that has been obtained for the research study's particular goal Afrose et.al (2015). WHO (2022) claimed that because primary data can take longer to collect and access to sources of information may be difficult to come by, the period may also be too long. According to Poudel et.al (2022) asserts that primary data, which is information gathered directly from sources such as questionnaires and key informants, gives accurate and pertinent information.

#### **3.7.1 Qualitative Design**

##### **3.7.1.1 Surveys**

Surveys are both qualitative and quantitative data collection techniques, according to Hans et.al (2019). According to Wado et.al (2019), surveys are generally used so that researchers can swiftly and easily gather a large amount of information and data in a way that is not threatening, making them entirely anonymous and low-cost to conduct. Considering that surveys may be conducted offline, online, through social media, and even anonymously, Chirozva (2014), they are a wonderful way to get data. Rice et.al (2019) argued that while surveys can be distributed to a large number of individuals, language can prejudice clients' responses, therefore one needs to be cautious with feedback. Bernea et.al (2018) highlighted that surveys provide anonymity because it is simple to conceal the respondent's identity. These studies involved participants who were pregnant as adolescent or who had experience with pregnancies as adolescent. The

sample which was used to gather information from surveys where the same people were used in gathering information from questionnaires

### **3.7.1.2 Key Informant Interview Guides**

Wado et.al (2019) claims that is a qualitative research technique used to comprehend someone's perceptions or experiences; as a result, it guarantees flexibility and offers complete depth of information. Anino et.al (2024) also asserted that it had drawbacks, including that it takes time and might be challenging to compare and analyse data. Cressey et.al (2020) claims that interviews can be conducted both in-person and over the phone, allowing for more direct questioning and a better comprehension of the respondent's perspective. Key informants targeted by these interviewing tools include headmasters from high schools in Hopely and nearby suburbs, local clinics and ministry of Health, NGOs like New Dawn of Hope, SAYWHAT, Youth (For youth by youth), Social Welfare and churches (Roman Catholic). In order to gather information on the effects of adolescent pregnancies in Hopely, 13 key informant interviews and surveys were conducted.

## **3.7.2 Quantitative Design**

### **3.7.2.1 Questionnaires**

A substantial sample of data can be quickly and inefficiently gathered using questionnaires, making them useful data gathering methods Chireshe and Rutendo (2017). A questionnaire is a research tool with a number of questions and an interview-style structure, according to Bell et.al (2014). According to Chandra-Mouli et.al (2013) questionnaires may be qualitative or quantitative, done over the phone, on paper, online, or in person, and that they may include both open-ended and closed-ended questions. They were distributed to the society and other willing participants or interested parties in the process to gather data about adolescent pregnancies Decker et.al (2017). A total of 40 respondents were given questionnaires, which are easy to analyse, standardized, comparably speedy, cost efficient, and practical.

### **3.7.2.2 Population Size and Sample**

For the purpose of learning more about the effects of adolescent pregnancies in Hopely, the researcher selected 53 persons at random, of which 13 served as key informants and 40 as questionnaire and survey responders. This data was collected using a random and purposeful sampling strategy, in which respondents were chosen at random to answer survey questions and questionnaires and purposeful sampling was utilized to gather information from key

informant interviews. The survey was carried out in Hopely, which has an estimate of about 134 076 inhabitants, the majority of whom are women.

### **3.8 Data Analysis**

Two analysis methods deductive and content analysis were used because the research is both qualitative and quantitative. According to Caffè et.al (2017), deductive analysis follows a top-down methodology by moving from the general to the specific. It makes sure that all of the goals outlined in the research's first chapter are achieved. The general theoretical framework for the study's specific issues can be found in the literature that has been supplied. The study of the qualitative and quantitative data collected from the interviews was done using content analysis. I did thematic analysis for qualitative data and for quantitative data I used Microsoft Excel to analyse the data. By coding and evaluating textual data, content analysis is a method that uses reliable inferences Shorten and Smith (2017). To express the information that has to be gathered, data will be presented either textually, tabular, or graphically using pie charts, bar graphs and tables.

#### **3.8.1 Data Presentation**

Quantitative data presentations will use frequency tables, bar graphs, and pie charts to represent a data set; for qualitative data presentations, I will highlight and comment on the themes that emerge from the analysis. These comments will frequently be illustrated with excerpts from the raw data; in text-based studies, this will compromise quotations from primary sources.

### **3.9 Ethical Considerations**

Before beginning the study, authorization must be obtained from the local government and council in Hopely so as to recruit a number of participants. Parents of potential participants and potential participants themselves, as well as those who are under the legal age of consent, are asked for consent to conduct the poll. As their identify would be concealed using alphabet letters, confidentiality will be ensured. Participants are also made aware of the goals and methods of the study, which promotes accountability and transparency.

### **3.10 Chapter Summary**

The collection of data for the study was made easier by the use of a mixed research design. Tools for content and inductive data analysis made it easier to analyse the obtained data.

## **CHAPTER FOUR (4)**

### **DATA ANALYSIS, PRESENTATION AND DISCUSSION**

#### **4.0 Introduction**

The study approach and its application were covered in the preceding chapter. Analysis and discussion of data presentation are the main topics of this chapter. Key informant interviews, questionnaires, and surveys were used to gather the data. Utilizing a mixed research approach, the investigator gathered study data through the application of both qualitative and quantitative data collection techniques.

#### **4.1 Response Rate**

This is the proportion of participants in the research who answered the questions. In response to the percentage of research participants, this will establish the validity of the study. The response rate to surveys, questionnaires, and key informant interviews is displayed in Table 4.1 below.

**Table 4. 1: response rate of research participants**

**(n=53)**

<b>Category</b>	<b>Response rate</b>	<b>Those who did not respond</b>	<b>Sample size</b>
<b>Key informant interviews</b>	13	N/A	13
<b>Questionnaires and survey responders</b>	40	N/A	40
<b>TOTAL</b>			53

The researcher moderated and distributed surveys and questionnaires to adolescents who were pregnant, their parents, and other interested parties who were worried about adolescent pregnancies. The research yielded a response rate of almost 94%, with just a small percentage of participants choosing not to express interest. The information regarding the effects of



teenage pregnancy in Hopely was made possible through key informant interviews. Completely at 100%. Additionally, every interview that was planned went off without a hitch. The key informants voluntarily cooperated in the study since the researcher could tell they were really interested in the topic.

#### 4.2 Socio-economic effects of adolescent pregnancies

The socioeconomic effects of adolescent pregnancies in Hopely are shown in Table 4.2, which was created using primary data collected from questionnaires and key informant interviews. These effects include forced marriages, poverty, school dropout, discrimination, and health complications.

**Table 4. 2: Socio-economic effects of adolescent pregnancies according to questionnaire, survey responders and key informant respondents.**

(n=53)

Socio Economic Effects	Percentage
1. Infant mortality/ maternal mortality	8%
2. Health complications	6%
3. Poverty	18%
4. Forced marriages	13%
5. Segregation and discrimination	15%
6. Poor education and lack of comprehensive sex education	40%

Poor education and lack of comprehensive sex education (40%) was the most significant socioeconomic effect of teenage pregnancies in Hopely. In Hopely, poverty (18%), segregation (15%), forced marriages (13%) and infant or maternal mortality (8%). According to the Ward, health issues had the least socioeconomic impact (6%) according to Table 4.2 above.

##### 4.2.1 Infant mortality /maternal mortality

Respondents noted that the majority of pregnant teenagers drop out of school (see Table 4.2 above). Adolescent maternal mortality is primarily caused by difficulties during childbirth and unsafe abortions, including haemorrhaging (Smith, 2018). Preterm birth, low birth weight, suffocation injuries, and birth deformities are the leading causes of infant mortality. As noted by key informant from Hopely Clinic;

*“The increased number of infant mortality and maternal mortality is occurring mostly in adolescent girls due to low birth weight, haemorrhaging, lack of equipment and their muscles are not strong yet for child bearing.”*

Because they are still young, hence they face difficulties in child bearing due to lack of equipment and their muscles are not strong yet for child bearing. As supported by Sipma et.al (2017), the adolescent mother and the child will not be able to care for one another in the absence of an adult, experienced mother or elder, which will result in infant and maternal mortality Afrose et.al (2015).

#### **4.2.2 Health complications**

Adolescent pregnancy-related health problems are detrimental to both the expectant woman and the unborn child WHO (2022). Are adolescents who become pregnant and their children more prone to get HIV because of their ignorance? Adolescent pregnancies are linked to challenges for both the mother and the child, since fatal morbidity and mortality may increase the risk of obstetric difficulties (Sheeran et.al, 2018). As supported by a key informant from Athlone Family Clinic;

*“Adolescent pregnancies are more often associated with stillbirths and infant fatalities in both developed and developing countries.”*

The risks of adolescent pregnancies are being experienced in both developed and developing countries as their muscles are still developing for child bearing processes. Developmental delays and behavioural issues in children are sometimes the result of delivery complications. This study attempts to provide such information in the case of Hopely.

#### **4.2.3 Poverty**

Poverty is a significant contributing factor to teenage pregnancies in Zimbabwe. In Zimbabwe, a large number of youths come from low-income homes and are therefore deprived of resources like healthcare and education (Chirozva, 2014). Because of this, people might participate in dangerous sexual activities in return for cash or other necessities, which could result in unwanted pregnancies. The financial cost that teenage pregnancies can have on families and society can be very high. Particularly for families with limited finances, the expense of prenatal care, labour, and childcare can be high (Fatusi 2016). This is supported by a respondent who noted that;

*“Due to poverty, most adolescent girls are engaging in risky sexual activities with multiple partners in return for cash or other necessities, which could result in unwanted pregnancies and transmission of STIs”*

To sustain themselves and their children, adolescent mothers are also more likely to rely on public assistance programs like food stamps and Medicaid. Increased taxes on the general public and a pressure on government resources are possible outcomes of this (Bitew et.al, 2023).

#### **4.2.4 Forced marriages**

Due to their connection or association, adolescent pregnancies and marriages have had unfavourable outcomes. One of the primary outcomes of adolescent pregnancies is forced marriages, which raises the risk of sexual, domestic, and exploitative abuse Nyoni et.al (2023). Malunga et al (2023) states that coerced marriage exposes the victim to sexual abuse and rape because the coerced individual may not want a sexual relationship or may not be of legal age for one. A key informant from the Roman Catholic Church stated;

*“Forced marriages can occur when a teenager is physically or emotionally abused by family members or other individuals, or when they are threatened or coerced into getting married against their will”*

In support with the quotation above some teenagers are being abused at their homes and ended up escaping or rushing into marriage and some are just being forced to marry against their will due to poverty.

#### **4.2.5 Stigma and discrimination**

Adolescent parents may become even more marginalized as a result of societal stigma and discrimination brought on by adolescent pregnancy (Fatusi, 2016). Peers, neighbours, and even members of their own families may pass judgment and provide criticism Althabe et.al (2015). A respondent noted that;

*“I got pregnant at 16, my whole family, friends and the society cut ties with me and segregated me had no choice but to relocate but however I survived.”*

The respondent above faced stigma and discrimination from the community and her family. Their ability to contact support networks may be hampered by this stigma, which can also have an impact on their social interactions, mental health, and sense of self (Caffe et.al,2017).

#### **4.2.6 Poor education and lack of comprehensive sex education**

Adolescent pregnancies accelerate or raise school dropout rates because the women want to avoid looking foolish in front of their associates. Chireshe and Rutendo (2017) claims that prejudices in society to educate boys at the expense of girls and a lack of financing are two of the reasons why girls are forced to drop out of school. This is due to the fact that some parents do not value their daughters, which can lead to her being forced into marriage and the proceeds from the lobola being used to fund the boy child's college expenditures Poudel et.al (2022). Raising a child requires time and effort, and it also consumes time and energy that should be used for studying and attending lectures, according to Bell et.al (2014). Teenagers who are pregnant therefore often drop out of school before finishing their studies. A key informant from SAYWHAT noted that

*“Many teenagers in Zimbabwe lack access to trustworthy information about sexual health and contraception, which promotes risky sexual behaviour and unintended pregnancies”*

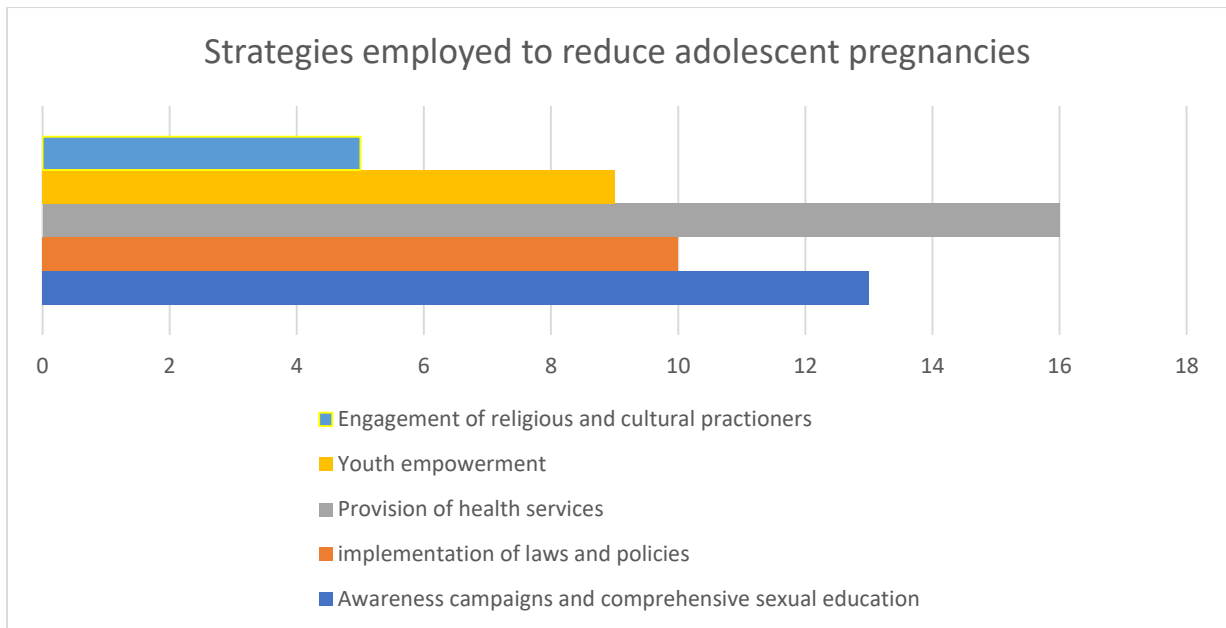
Social taboos and customs around the conversation of sex and contraception exacerbate the ignorance of teenagers Chandra-Mouli et.al (2013). Determining how Hopely's socioeconomic status is impacted by adolescent pregnancies is the aim of this study.

#### **4.3 Strategies employed to reduce adolescent pregnancies**

The strategies that Hopely utilizes to reduce teen pregnancies are displayed in the pie chart below. Questionnaires were used to acquire the data.

**Figure 4. 1: The effectiveness of interventions employed to reduce adolescent pregnancies**

**(n =53)**

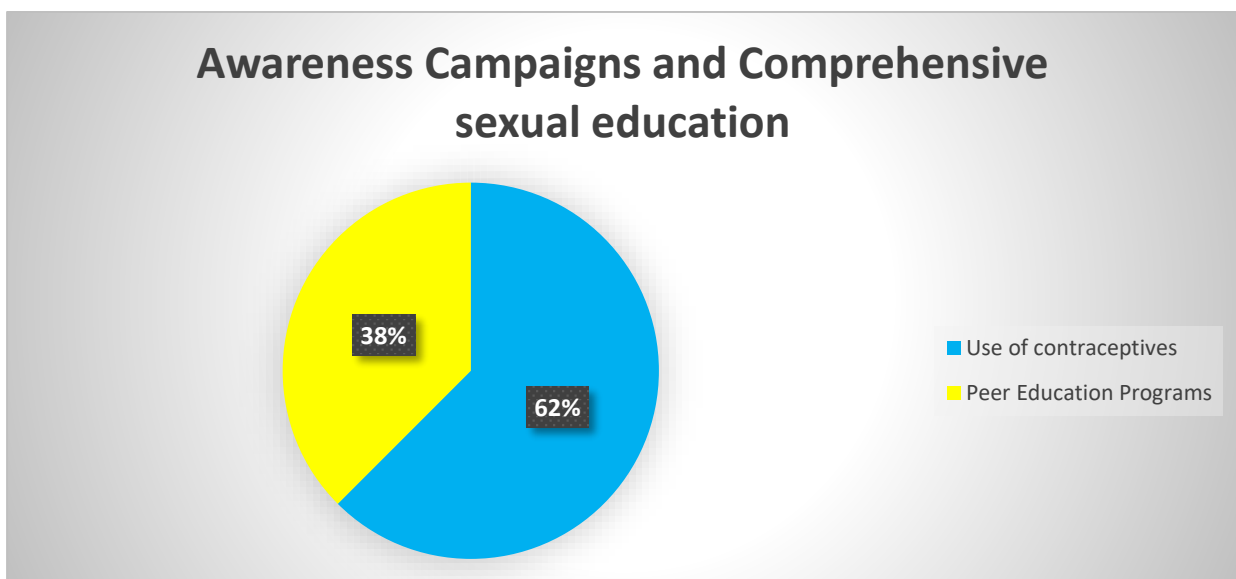


#### 4.3.1 Awareness campaigns and Comprehensive Sexuality Education

Awareness campaigns and Comprehensive Sexuality Education (CSE) are necessary. Adolescents can receive accurate information about sexual and reproductive health, contraception, and making responsible decisions if comprehensive and age-appropriate sexuality education is introduced in schools Hans et.al (2021). The purpose of CSE is to enable youth to make responsible decisions, build wholesome relationships, and avoid unwanted pregnancies.

**Figure 4. 2: Awareness campaigns and comprehensive sexual education**

(n=40)



The fig above shows that 38 percent of the population sampled are aware of peer education and 62 percent are aware of use of contraceptives in Hopely community. The Hopely community awareness of teenage pregnancies is depicted in the pie chart above fig 4.2. revealing what is known in the community about adolescent pregnancies. The sources of this data were from questionnaires.

#### **4.3.1.1 Use of contraception**

The goal of these initiatives is to increase public awareness of the various forms of contraception that are accessible to adolescents. They aim to clarify misunderstandings and false beliefs about contraception and emphasize how, when used appropriately, it can effectively prevent pregnancy Agbor et. al (2017). Information regarding a variety of contraceptive methods, including implants, birth control tablets, condoms, and intrauterine devices (IUDs), may be offered through these programs WHO (2022). A key informant from New Dawn of Hope responded that

*“As an organization that deals with youths we are distributing condoms in communities, hotspot areas in Hopely like Antony (shopping centre) so as to reduce transmission of STIs and adolescent pregnancies in our community”*

Organisations in Zimbabwe are working hand in glove to reduce adolescent pregnancies and the transmission of STIs by distributing condoms in hotspot areas.

#### **4.3.1.2 Peer education programs**

Through training and engagement, young people are trained to become peer educators who can provide their peers with correct knowledge on sexual and reproductive health. Through these programs, young people can talk about delicate subjects in a secure and accepting setting and ask their peers, who have received training as educators, for assistance Sipma et.al (2017).

#### **4.3.2 Implementation of laws and policies**

Adolescent pregnancies can be prevented in part through the implementation of supporting policies and legislative measures into place. This could include age-appropriate rules and laws pertaining to access to contraception, sexual consent, and reproductive health services Bell et.al (2014). A key informant from social welfare noted that:

*“Policies that support inclusion, gender equality, and social protection can also help lower the number of teenage pregnancies.”*

Implementation of laws and policies that sue people who marry young girls below the age of 18 can help in reducing adolescent pregnancies and also laws that allow access to free sexual education and contraception in schools and communities.

#### **4.3.3 Provision of health services**

Ensuring teenagers have access to a variety of contraceptive options and reproductive health services is essential to preventing unwanted pregnancies. This entails offering services that are youth-friendly, private, easily accessible, reasonably priced, and devoid of bias or condemnation Hamilton et.al (2018). A key informant from NAC responded that:

*“We donate condoms in most community-based organizations weekly and also provide free sexual information to everyone who wishes to know more about it. We are hoping this will reduce adolescent pregnancies in communities like Hopely.”*

#### **4.3.4 Youth empowerment**

It is essential to involve youth in the development, execution, and assessment of policies and initiatives pertaining to pregnant adolescents. Adolescents' viewpoints, needs, and concerns can be better met by including them in decision-making processes Afrose et.al (2015). Peer education initiatives and youth-led activism can also be quite effective in reaching and influencing their peers. A key informant from for youth by Youth (organization) noted that:

*“We are currently recruiting youths who are interested in gardening so as to reduce dependence syndrome in communities and also to include youths in decision making processes.”*

Youth engagement in different types of community projects helps in distracting them and in reducing adolescent pregnancies and substance abuse in communities.

#### **4.3.5 Engagement of religious and cultural practitioners/stakeholders**

It can be beneficial to involve parents, families, and communities in discussions and interventions around adolescent pregnancies. A supportive atmosphere can be established by giving parents the knowledge and tools they need to talk to their adolescents about sexuality and reproductive health Mavhunga (2021). Initiatives rooted in the community can also challenge social conventions, increase awareness, and give young people strong role models.

#### **4.4 Challenges faced in reducing adolescent pregnancies**

The prevalence of awareness of the difficulties in lowering adolescent pregnancies is the main topic of this section. The data was collected from the targeted respondents using a Likert scale.

*Likert scale (SA [Strongly Agree] A [Agree] DA [Disagree] SDA [Strongly Disagree])*

**Table 4. 3: shows challenges faced in reducing adolescent pregnancies in Hopely (n=40)**

Questions	SA	A	DA	SDA
Are socio cultural norms and attitudes challenges of reducing adolescent pregnancies?	40%	20%	25%	15%
Is restricted information and service access a challenge of reducing adolescent pregnancies?	35%	25%	25%	15%
Is lack of comprehensive sexuality education a challenge of reducing adolescent pregnancies?	50%	30%	20%	10%
Is in adequate Legal frameworks and policy a challenge of reducing adolescent pregnancies?	30%	25%	35%	10%

#### **4.4.1 Socio-cultural Norms and Attitudes**

According to Sipma et.al (2017), implementing comprehensive sexuality education and providing access to reproductive health care may be challenging due to stigma, taboos, and conservative attitudes that hinder candid conversations about sexuality and contraception. A key informant from East hill Christian College (headmaster) pointed out that:

*“Reducing adolescent pregnancies can be severely hampered by societal norms and cultural attitudes on sexuality, gender roles, and reproductive health.”*

Societal cultural norms and attitudes safeguard the community however they also hinder or limit the passing of information on sexual reproductive health as it is considered sacred.

#### **4.4.2 Restricted Information and Service Access**

A large number of teenagers lack access to thorough and accurate information regarding sexual and reproductive health, including family planning and contraception Caffé et.al (2017). A key informant from Athlone clinic responded by saying that:

*“Adolescents may be discouraged from seeking appropriate counsel and support if they have limited access to youth-friendly healthcare facilities, especially in rural or underprivileged regions.”*



Limited access to sexual information and services is a dangerous risk to adolescents as they are just engaging into risky sexual activities with multiple partners without protection.

#### **4.4.3 Lack of Comprehensive Sexuality Education**

Conservative opposition, a lack of age-appropriate and evidence-based curricula, and inadequate teacher preparation can all thwart attempts to equip young people with the knowledge and abilities they need to manage relationships and avoid unplanned births Malunga et.al (2023). A key informant from Hopely clinic supported that by saying:

*“One enduring issue is the inadequate execution of comprehensive sexuality education programs in schools.”*

All schools should include the teaching of sexuality education so that adolescents may be fully informed to know the consequences of indulging in sexual activities at tender ages.

#### **4.4.4 Inadequate Policy and Legal Frameworks**

According to Bernea et.al (2018), the reduction of adolescent pregnancies may be hampered by the lack of age-appropriate consent laws, restricted access to contraception without parental approval, and insufficient funding for initiatives. A respondent pointed out that:

*“Effective prevention efforts may be hampered by inconsistent or insufficient policies and legal frameworks pertaining to teenage sexual and reproductive health.”*

The reduction of adolescent pregnancies may be hindered by inadequate policies and representation of the youths as adolescents are not allowed access to contraception without a parent’s approval.

#### **4.5 Chapter Summary**

The researcher's conclusions regarding the effects of pregnancies among adolescents in Hopely were aided by the data collected from surveys and questionnaires. The researcher was able to develop or come to a conclusion on the consequences of adolescent pregnancy and the efficaciousness of methods to lessen them using the information gathered from the key informant interviews. The following chapter aims to provide an overview, offer suggestions, and wrap up the research.

## **CHAPTER FIVE (5)**

### **SUMMARY, CONCLUSION AND RECOMMENDATIONS**

#### **5.0 Introduction**

This chapter's main objective is to provide an overview of the research being studied and provide any required conclusions that are solely based on the study's findings. This chapter will provide the study's general implications. The recommendations that follow will therefore be for additional research on this topic, since it is by not entirely comprehensive.

#### **5.1 Summary of findings**

The purpose of the study was to evaluate the impact of Hopely's adolescent pregnancy in Harare. Participants' answers to the questionnaire and the key informant interview were roughly 93%. This provided a large portion of the information needed to meet the research objectives for the subject matter. The socioeconomic effects of pregnancies among adolescents, the tactics used to lower adolescent pregnancies in Hopely, and the difficulties encountered in the fight against adolescent pregnancies in Hopely were all explored through questionnaires, surveys, and key informant interviews.

##### **5.1.1 Adolescent pregnancies' socioeconomic effects Hopely**

The majority of teenagers who become pregnant drop out of school for a variety of reasons, including being criticized by other students, according to the research. Unlawfully marriages

are directly associated with rates of school abandonment. Parents of adolescents who are pregnant typically pressure their daughters to get engaged or married to the child's responsible father.

Adolescents who are pregnant often face discrimination and exclusion from various community possibilities, resulting in their social marginalization. Additionally, they are being kept apart from their friends, family, and parents in the neighbourhood, which causes some of them to evacuate and some of them to get abortions.

Poor education has been linked to poverty and health issues, and some of the adolescents are already burdened with poverty because they come from impoverished families. Poverty also contributes to health issues since some adolescents lack the resources or family to meet all of their prenatal demands. It is noteworthy that these detrimental consequences on the welfare of the teenage girls who become adolescent mothers and the communities in which they reside.

### **5.1.2 Strategies employed in reducing adolescent pregnancies**

The study was able to conclude that the reduction of pregnancies among adolescents has been more successfully facilitated by awareness efforts and easy access to contraceptives. The community was informed through awareness campaigns on the effects of pregnancies among adolescents, as well as where to get birth control pills and contraceptives. The majority of adolescents have demonstrated that they are aware of the measures that can prevent teenage pregnancy, but the difficulty is in knowing how to utilize or obtain them. Effective regulations and legislation have also been identified as aiding in the decrease of adolescent pregnancies by helping to regulate the community in the fight against adolescent pregnancies.

### **5.1.3 Challenges faced in reducing adolescent pregnancies**

The efforts to lower the number of pregnancies among adolescents have been undermined by social conventions and cultural beliefs. The social norms and cultural beliefs of the society have led to an increase in forced marriages as well as a persistent rise in the occurrence of adolescent pregnancy. The survey also revealed that certain adolescents are disinterested in the initiatives being taken to lower adolescent pregnancies, which means that the number of adolescent pregnancies will continue to rise.

## **5.2 Recommendations**

### **5.2.1 The Community**

Adolescents' interactions with others and the community's overall social structure are profoundly affected by the community. As a result, they ought to abandon categorizing adolescents who are pregnant, as accomplishing so makes them feel more alienated and may

contribute to moral decline and a higher risk of isolation due to prejudice. In order to lower the number of adolescent pregnancies, the community should also teach young girls about safe sex practices, abstinence, and the use of contraception at the age of concern thus assisting in the process of lessening the socioeconomic effects that many communities are experiencing. Additionally, the community should set up its own legislation with the goal of lowering adolescent pregnancies.

### **5.2.3 The Government**

The government ought to devise strategies to lower adolescent pregnancies by enacting laws and policies that uphold and regulate the community. The government should organize awareness campaigns to inform and educate communities about the consequences of adolescent pregnancy, working in partnership with non-governmental groups to do so and offer them with the knowledge that will help them go forward. Additionally, it should develop or supply completely furnished and equipped entertainment centres, innovation hubs, or initiatives that are closely watched and support youth empowerment by creating jobs, so guaranteeing a decrease in adolescent pregnancies. The government should address the engagement of religious and traditional leaders in the fight against adolescent pregnancies in considering the difficulties encountered in reducing teenage pregnancies. In order to prevent adolescents from blaming their government for the rise in adolescent pregnancies in their neighbourhoods, it should also offer easily available and reasonably priced health care to young people who are pregnant or even just adolescents.

### **5.2.3 Ministries and Non -Governmental Organizations**

adolescents with or without pregnancies should be kept safe by ministries like the Ministry of Women Affairs, Community, Ministry of Social Welfare, Ministry of Youth, Sports, and Recreation, to name a few. These ministries should provide adolescents with full access to information and contraceptives and foster a safe environment where they can speak freely without fear of their identity being discovered. Consider taking advantage of the increasingly popular social media platforms, such Twitter and WhatsApp. Campaigns for awareness and education additionally serve to engage the community and provide them with information about the effects of adolescent pregnancies, strategies for reducing them, and community capacity building. Long-term programs that support adolescent pregnancy should also be implemented in order to lessen depression, which poses a risk to the adolescent and the unborn child. Additionally, projects assist to lower stress, which lowers the risk of health concerns for pregnant adolescents.

### **5.3 Conclusions**

The results of the research led to the conclusion that adolescent pregnancies significantly affect Hopelys. In order to gather information from various informants and respondents who could outline the socio-economic effects of pregnancy among adolescents, the strategies employed to decrease adolescents' pregnancies, and the difficulties encountered in the fight against adolescent pregnancy in Hopely, research instruments such as questionnaires, key informant interviews, and surveys were utilized.

The researcher has been able to determine the socio-economic effects of adolescent pregnancies and determine the level to which each effect negatively impacts the community, as demonstrated in Chapter 4. People in the periphery are incapable or impacted by cultural views, a lack of interest, and restricted access to contraceptives, as the study was able to illustrate.

The study also evolved to the conclusion that forced marriages, poverty, school dropout, stigmatization, and prejudice were the social and economic effects of adolescent pregnancies. In an attempt to lower the number of adolescent pregnancies, regulations and laws are being put into position, along with awareness campaigns, health services, youth empowerment, and the involvement of religious and traditional leaders. The obstacles in the fight against adolescent pregnancies include cultural and societal norms, apathy among community members, and ineffective stakeholder participation.

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**APPENDIX 1**  
**QUESTIONNAIRE SURVEY QUESTIONS**

**THE EFFECT OF ADOLESCENT PREGNANCIES IN HOPELY, HARARE DISTRICT**

My name is Yuvette Tariro Nyakuwa and I am an undergraduate student at Bindura University of Science Education. With an emphasis on Hopely, I am undertaking research on the effects of adolescent pregnancy in Hopely, Harare Province. I respectfully ask for your assistance in conducting my research by providing answers to my questions. Please be aware that any responses you provide will be kept private and used solely for the purposes of this study. To protect their privacy, children who are old enough to provide consent will be arranged alphabetically.

Thank you for your responses

**PART 1**

1. What is your age?

.....

2. Which gender are you?

MALE  FEMALE

3. Are you aware of the effects of teen pregnancy?

YES  NO

4. Able to name a minimum of two contraceptive types.

YES  NO

5. Aware of contemporary techniques of birth control.

YES  NO

6. Was aware of at least two adolescent pregnancy difficulties.

YES  NO

7. At least two preventative techniques adolescent motherhood

YES  NO

8. Is adolescent pregnancy an issue in your neighbourhood or the nation at large?

YES  NO

9. Do you believe that adolescent pregnancies should be the fault of parents or guardians?

YES  NO

10. Do you believe that adolescent pregnancies are the fault of society?

YES  NO

## PART 2

### LEVEL OF AWARENESS ON ADOLESCENT PREGNANCIES

**Instructions:** Please select whether you are by answering each statement as follows:

**3- Completely conscious    2-Aware    <1-Ignorant**

<b>ITEM</b>	<b>1</b>	<b>2</b>	<b>3</b>
Health risks for both the mother and the child arise from teen pregnancy.			
Teenage pregnancies are usually unintended. You can avoid teen pregnancy by not having sex (Abstinence)			
Teen moms encounter prejudice and stigma.			
aware of the many birth control options.			
The age at which teen pregnancies occur is decreasing.			
Minors have early on bf/gf relationships			

**Knowledge of the causes, consequences, and difficulties in preventing adolescent pregnancies**

**AT [Totally Agree] A [Agree] DA [Disagree] TDA [Totally Disagree]**

<b>QUESTIONS</b>	<b>TA</b>	<b>A</b>	<b>DA</b>	<b>TDA</b>
Do you think becoming pregnant when young affect your academic performance?				
Do you think an early pregnancy could have an effect on your future relationship?				
Do family disputes arise from early adolescent pregnancy?				
Do you think contraception and abortion will reduce the number of teen pregnancies?				
Is the high rate of pregnancy among adolescents due to a lack of sexual education?				
Reducing pregnancies among adolescents still faces obstacles due to social norms and cultural traditions.				

Do you think that including stakeholders will help to lower the number of adolescent pregnancies?				
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**APPENDIX 2  
QUESTIONNAIRE**

**THE EFFECT OF ADOLESCENT PREGNANCIES IN HOPELY, HARARE DISTRICT**

[Key informant interviews will be facilitated by these questionnaires, which will be sent to key informants].

My name is Yuvette Tariro Nyakuwa. I study at Bindura University of Science Education as an undergraduate. My study topic focuses on the effects of adolescent pregnancy in the Hopely area, specifically examining the Harare Province. I respectfully ask that you assist me in my research by responding to my questions. Please be aware that your responses will be kept private and used exclusively for the intended purpose.

1. What is your age?

.....

2. At what age did you become pregnant?

13-15 years

16-18 years

19-20 years

3. How were you feeling?

a) Disappointed

b. Excited

c) Betrayed

d. Alright

4. Is the child's father available?

YES

NO

5. What are socioeconomic effects are you dealing with?

.....  
.....

6. What was the reaction of your friends or parents?

.....  
.....

7. How successful are the methods for adolescent pregnancy?

.....  
.....  
.....

8. What obstacles are being faced in your community in an effort to lower the number of adolescent pregnancies?

.....  
.....  
.....

9. What obstacles are expected to arise in the effort to lower the number of teenage pregnancies?

.....  
.....  
.....

**APPENDIX 3**  
**KEY INFORMANT INTEVIEW GUIDES.**

My name is Yuvette Tariro Nyakuwa. I study at Bindura University of Science Education where I am an undergraduate student. In Hopely area, specifically in the Harare Province, I am researching the effects of pregnancy among adolescents. Please be aware that your responses will be kept private and used only for the intended purpose. I kindly ask for your assistance in addressing my research questions.

**NAME OF ORGANIZATION.....**

**POSITION/ ROLE.....**

1. How frequently do you know about pregnancies among adolescents at your organization?

.....  
.....

2. What percentage of Hopely adolescents become pregnant?

.....  
.....

3. What socioeconomic effects are you dealing with?

.....  
.....  
.....

4. What difficulties are expected to arise in reducing the number of adolescent pregnancies?

.....  
.....  
.....

5. How are efforts being made to prevent adolescent pregnancies being made?

.....  
.....  
.....  
.....

6. How does your organization support or assist adolescent mothers?

.....  
.....  
.....  
.....  
.....



## Yvette docs

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