

BINDURA UNIVERSITY OF SCIENCE EDUCATION

FACULTY OF SOCIAL SCIENCES AND HUMANITIES



THE EXPERIENCES OF PARENTS WITH PREGNANT TEENAGERS: A CASE OF

CHINHOYI WARD 8

By

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A Dissertation Submitted to the Department of Social Work in partial fulfillment of the
requirements for the Bachelor of Science Honours Degree in Social Work

Bindura, Zimbabwe

June, 2024

Declaration form

I declare that this dissertation is my original work. It is being submitted in partial fulfillment of the requirements for Honors Degree in Social Work at Bindura University of Science and Technology. It has never been submitted before for any degree or examination purposes in any other university.

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Approval form

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I am writing to certify that I have read and understood and hereby recommend for the acceptance by the Bindura University of Science Education a dissertation entitled "Experiences of parents with pregnant teenagers: A case of Chinhoyi ward 8". It is in partial fulfillment of the requirements for the Bachelor of Social Work Honors Degree.

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The Department Board of Examiners is satisfied that the dissertation report meets the examination requirements and I therefore recommend Bindura University to accept a research project by Gracious Mupako B200687B titled "Experiences of parents with pregnant teenagers: A case of Chinhoyi ward 8" in partial fulfillment of the requirements for the Bachelor of Science Honors Degree.

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ABSTRACT

This qualitative study delves into the intricate emotional and social experiences of mothers whose teenage daughters find themselves pregnant. The in-depth interviews conducted with these mothers shed light on the multifaceted challenges they encounter, such as grappling with overwhelming feelings of shame, guilt, and societal stigma. For instance, one mother shared how she initially felt isolated and judged by her community when her daughter revealed her pregnancy, showcasing the pervasive societal attitudes surrounding adolescent parenthood.

Moreover, the study delves into the various support systems and coping strategies that these mothers employ to navigate through the complexities of their daughter's pregnancy and subsequent parenthood. These strategies range from seeking guidance from support groups to leaning on close friends and family members for emotional reinforcement. By sharing such personal anecdotes, the study underscores the resilience and resourcefulness of these mothers in the face of adversity.

Furthermore, the findings of this study underscore the pressing need for enhanced support and resources tailored specifically for mothers in similar circumstances. By shining a spotlight on the

challenges faced by these mothers, the study advocates for a more empathetic and understanding approach towards adolescent pregnancy within society. This deeper understanding is crucial for informing the development of effective interventions and programs aimed at assisting families impacted by teenage parenthood, thus breaking the cycle of inter-generational challenges. Ultimately, this study serves as a poignant reminder of the importance of fostering a supportive environment for mothers navigating the complexities of adolescent pregnancy within their families.

Dedication

I dedicate this dissertation to my beloved family, whose unwavering love, support, and encouragement have been the driving force behind my academic journey. To my parents, who have always believed in me and instilled in me a strong work ethic and a thirst for knowledge, I am forever grateful. Your sacrifices and constant encouragement have been instrumental in shaping the person I am today. This achievement is as much yours as it is mine.

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LIST OF ACRONYMS AND ABBREVIATIONS

AYSRHR – ADOLESCENTS AND YOUNG PEOPLE’S SEXUAL AND REPRODUCTIVE
HEALTH AND RIGHTS

GWEN – GIRLS AND WOMEN EMPOWERMENT NETWORK

UNICEF – UNITED NATIONS INTERNATIONAL CHILDREN EDUCATION FUND

GCN – GIRL CHILD NETWORK

WHO – WORLD HEALTH ORGANIZATION

Key words: teenage, pregnancy, care-giving,

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CHAPTER ONE: INTRODUCTION AND BACKGROUND OF STUDY

1 Introduction

This chapter introduces the phenomenon of teenage pregnancy and provides the background that led to the research expedition. The chapter is divided into subsections, starting with the background of the experiences of parents with pregnant teenage children in the Chinhoyi urban area. It aims to understand the emotional, social, and practical aspects of the parents' journey and how they navigate this new phase of their lives. The chapter also presents the statement of the problem, the research aims and objectives, and the research questions. It further justifies the study, identifies the limitations and delimitations, and concludes with a summary. From the introduction, the study will establish its intellectual framework and provide the logical sequence upon which each facet of the research derives meaning as the study progresses. The experiences of parents with pregnant teenagers are complex and multifaceted; therefore, it is a crucial stage of the research to adequately address the main objectives, as they form the core of the study.

1.1 Background of the study

Teenage pregnancy remains a world-wide public health concern. Zimbabwe is among countries in the Sub-Saharan Africa with a huge problem of teenage pregnancy. The United Nations Children's Fund (UNICEF), (2020) reports that Sub-Saharan Africa suffers from adolescent pregnancy. Teenage pregnancy remains a challenge requiring urgent resolution the world over. Different advocates put the blame on Corona Virus lockdown in 2019 and poverty for exacerbating the preexisting factors for this problem due to a multitude of factors. Moreover, teenage pregnancies are increasingly becoming a problem in Zimbabwe due to inter alia, poverty, peer influence, lack of sex education, religion and lack of contraceptives among teenagers according to Mukoyi (2015) and Mutanana and Mutara, (2015). Research by WHO, (2013), observes that globally approximately one million girls aged 10-11 years and 16 million girls aged 15 to 19 give birth every year and Africa has 18.8% prevalence rate of teenage pregnancy. This has generated a set of problems such as frequent absenteeism and form repetition in schools, dropping out of schools and poor academic performance. Due to the fact that children come from different backgrounds, as others are raised by both parents and some by single parents. Parents go through different experiences when their teenage children get pregnant. Palamuleni, (2002), identifies countries such as Kenya, Zambia, South Africa and Zimbabwe as countries

where teenage pregnancy is one of the major impediments to social development, job opportunities and the educational success of the child. Teenage pregnancy has become a big problem in societies and it disturbs the functioning of the family for it requires many adjustments and changes since it just occurs without parents being prepared for it.

Furthermore, parents with pregnant teens are often discriminated by society and they are often seen as if they have failed to the upbringing of their children. Therefore, this research project seeks to unveil the various experiences that parents with pregnant teenage children go through.

According to UNFPA Zimbabwe (2020) high prevalence together with rural urban disparities add to poverty and other health risks in the country. Zimbabwe has one of the highest teenage pregnancy rates in sub-Saharan Africa, with approximately 1 in 5 girls aged 15-19 having been pregnant at least once. Zimbabwe National Statistics Agency (2019) posits that teenage pregnancy rates are higher in rural areas (24%) compared to urban areas (14%). Teenagers from low-income families and those with limited education are more likely to become pregnant.

Cultural and social factors explain the problem of teenage pregnancy in Africa. Early marriage, peer pressure, and a lack of comprehensive sex education contribute to teenage pregnancy. More specifically, teenage mothers face higher risks of maternal mortality, complications during childbirth, and sexual transmitted infections. Chetty and Chigona ,(2007) , discovered that teenage motherhood is a significant factor of females dropping put of school , and that social , economic , and cultural issues frequently force girls to make difficult choices as young mothers. Teenage pregnancy often leads to school dropout, limiting future opportunities and perpetuating cycles of poverty.

In addition, economic burden, limited opportunities, emotional stress, care giving burden, financial strains, social stigma are some of the experiences faced by mothers of pregnant teenagers. Teenage pregnancy can lead to economic burdens on the mother and her family, as they may struggle to provide for the baby's needs. Teenage mothers may have limited opportunities for personal and economic development, making them more vulnerable to poverty and dependence.

Emotional strain, concern, and anxiety are common among parents regarding the welfare of their daughter and the repercussions of adolescent pregnancy. It can be mentally and physically taxing

for parents to provide the substantial care that their children require. In addition to the financial strain of raising their daughters and grandchildren, care givers may find it difficult to maintain their own finances.

Parents or caregivers may experience feelings of guilt and shame due to social stigma and judgment from friends, family, and the community. They are essential in helping their daughters through this difficult time by offering them emotional support and direction. According to Mukoyi ,(2015) ,the effects of teenage pregnancy can extend across generations, as parents may relive the feelings and experiences they had as young mothers. They frequently show incredible fortitude and tenacity in helping their families get through trying times.

The vital role that care givers play in supporting their daughters and grandchildren during adolescent pregnancies must be acknowledged. We can provide the right resources and support to assist them in navigating this journey if we acknowledge their experiences and difficulties.

1.2 Statement of the problem

Teenage pregnancy is a complex issue that affects not only the pregnant teenager but also their immediate family, particularly parents. The impact of teenage pregnancy goes beyond just the physical aspect, delving into emotional, social, and financial realms. For instance, parents may experience a mix of emotions ranging from shock and disbelief to worry and concern about their child's future. These emotions can be further compounded by societal stigmas and judgments that parents may face.

Despite numerous studies conducted on teenage pregnancies, there is a limited understanding of the experiences and challenges faced by parents of pregnant teenagers. This lack of understanding can lead to a lack of adequate support and resources for parents who find themselves in this situation. It is crucial to delve deeper into the perspectives of parents to comprehend the intricacies of their journey.

The study aims to explore the experiences, perspectives, and support needs of parents with pregnant teenage children by examining the unique challenges they encounter throughout the process. From the initial disclosure of the pregnancy to navigating healthcare systems, educational institutions, and societal expectations, parents are faced with a myriad of obstacles

that can be overwhelming. By shedding light on these challenges, we can better understand the complexities involved.

Furthermore, exploring the effectiveness of existing support systems and identifying potential gaps is essential. For example, some parents may struggle to access adequate healthcare services or may face discrimination in educational settings. By pinpointing these gaps, policymakers, healthcare providers, educators, and other stakeholders can work towards developing targeted interventions and resources to provide better support to parents during this critical period. It is imperative that we address the holistic needs of parents to ensure the well-being of both the teenager and their family.

1.3 Aim

To explore the experiences of parents with pregnant teenagers in Chinhoyi urban.

1.4 Research objectives

- To identify the roles played by parents of pregnant teenagers
- To explore the challenges faced by parents of pregnant teenagers
- To assess the social work interventions that can be adopted to deal with the challenges faced by parents of pregnant teenagers.

1.5 Research questions

1. What are the roles played by parents of pregnant children?
2. What are the main challenges being faced by parents with pregnant teenage children?
3. What programs are there to support parents of pregnant teens and are they effective?

1.6 Assumptions

The research is based on assumptions provided by the participants. Given the sensitive nature of teenage pregnancy, some participants may not fully disclose information. The researcher must interpret the articulated assumptions by participants, which could be challenging due to potential language barriers or limited speech skills of some participants.

1.7 Justification of the study

The study sought to unpack the experiences of parents with pregnant teenage children in Chinhoyi urban. Given the rate of early pregnancies, which has been estimated to be 5.5 percent at national level (Zimbabwe National Statistical Agency ,2013), this study is important for the researcher to understand their experiences, challenges they face and identify ways to provide effective support and by exploring dynamics this can help identifying more strategies and resources to strengthen communication, promote healthy family relationships and enhance parent-child bonds. Parents are often the primary caregivers and support systems of their teenage daughters, therefore understanding how parents cope with and respond to their daughter's pregnancy can provide valuable insights into the ways in which families can be supported during this difficult time. This research also sought to explain the legal frameworks that are used in dealing with issues of teenage pregnancy and this will help in identifying gaps in current support systems and develop more effective interventions and services tailored to their specific needs.

The study contributes to greater cause in the broader community. By focusing on teenage pregnancy, one will have also added significant contribution to the attainment of social development goals which specifically pinpoint health as an important sector of the community and country at large. This will also help social workers to gain an understanding about the experiences of parents with pregnant teenagers and come up with possible interventions to help them cope with their situations. Fanning, (2018), posits that Social Workers are responsible for helping individuals, families, and groups of people to cope with problems they are facing to improve their parent's lives. Therefore, this study aims to help with unfolding the various issues that parents of pregnant teenagers encounter, help them by developing effective support systems and come up with informed policy and practice.

1.8 Limitations

Fear of disclosing, conducting research on sensitive topics such as teenage pregnancy and its impact on parents requires clear and careful ethical considerations.

1.9 Delimitations

The issues mentioned in the limitations are by-passed by the fact that this research is guided by ethics. These ethics allow the legal processes of attaining a letter from the local authority to enable the researcher to be trusted with confidential material in the process.

1.10 Possible interventions

Creation of rapport might be helpful with the help of the organization and other informants to gain trust from parents who have pregnant teenage children.

1.11 Definition of key terms

Experiences

- Refers to the events or situations that individuals encounter and engage with throughout their lives.

Parents

- These are individuals who have given birth to or taken responsibility of raising and nurturing a child.

Pregnant teenagers

- Refers to pregnancies that typically happen between the ages of 15 and 19 in girls and young women under the age of 20. Teenage pregnancy is defined by the World Health Organization (WHO) as pregnancy in women between the ages of 10 and 19.

Children

- According to Zimbabwean law, a child is defined as anyone below the age of 18 years. The international definition, particularly in reference to the African Charter on the Rights and Welfare of the Child, defines a child as a human being under the age of 18.

1.12 Structure of the Research Study

Chapter 1: Introduction and Background of the study

This chapter will provide the background of the study, statement of the problem, research objectives and questions, research assumptions, and the significance of the study. It will also define key terms, outline the delimitations, and highlight possible interventions related to the research topic.

Chapter 2: Literature Review

This chapter will examine the existing literature and theoretical framework related to the challenges faced by parents with pregnant teenage children, the programs being implemented to support them, the effectiveness of these programs, and the perceived strategies for improvement.

Chapter 3: Research methods and Methodology

This chapter will focus on the research design, study area, targeted population, sample size and sampling techniques, data collection methods and analysis procedures and ethical considerations.

Chapter 4: Data presentations, analysis and discussions

The information acquired from the research study will be analyzed and data will be presented in this chapter. The experiences and difficulties encountered, the programs being put into place, and the success of those programs in addressing the issues faced by parents of adolescent children who are pregnant will all be covered in this chapter. The study will also demonstrate that parents deal with their circumstances well despite the difficulties they face.

Chapter 5: Summary, Recommendations and Conclusion.

The chapter unpacks the summary, conclusion from the research study. The chapter also noted recommendations from the research findings.

1.13 Chapter Summary

The chapter took into account the background of the study which has led to the purpose of the research being conducted. It also gave a detailed account on the research problem, aim of the study, research objectives, research questions, limitations, delimitations as well as definition of key terms which are fundamental to the study. It is in this context that the next chapter will review literature pertaining to the study in which it will focus on the theoretical framework as well as being guided by the research objectives.

Chapter Two: Literature Review

2 Introduction

This chapter invites the wealth of published literature which resonates with the research study. The literature provided in the chapter is in systematic adherence with the study's prevailing core objectives which are identifying the programs implemented to support parents with pregnant teenage children, examine the effectiveness of programs implemented to support parents with pregnant teenagers and assess the strategies that can be adopted to curb the challenges faced by parents with pregnant teenage children. This chapter also includes the theoretical framework upon which the practice of social work celebrates the utmost regard of empirically objective standpoint.

2.1 Theoretical Framework

The research aligns with the principles of feminism as a comprehensive theory and utilizes various concepts to support the idea that parents of pregnant teenagers face significant challenges. This study recognizes that feminist theory is extensive, hence it focuses on Marxist Feminism as an effective approach to addressing the core issues under investigation. Feminist theory includes a wide array of ideas, highlighting the diverse experiences of women globally. It challenges traditional philosophy by proposing new ways to tackle issues affecting humanity, advocating for the replacement of the prevailing patriarchal system with one that emphasizes equal rights, justice, and fairness, as noted by Tong (2001).

The study frames teenage pregnancy as primarily the mother's responsibility, a common belief in patriarchal societies like Zimbabwe, including the Chinhoyi area where the research is conducted. Marxist feminism explains this status quo by addressing power relations shaped by capitalist dominance. It highlights how male dominance in economic production marginalizes women, despite their crucial role in maintaining the system. Marxist feminism is a critical,

emancipatory framework aimed at systematically understanding and explaining gender oppression (Holmstrom, 2002).

Relevance of theory

The Marxist feminism theory resonates with the study's objectives. The roles played by parents of pregnant teenagers revolve around power relations which at the end of the day contracts women to family duties and men in economic production. The Marxist feminism theory aids the discussion with deeper understanding of the challenges faced by women. It underpins power relations and economic production as the center of the challenge. The below literature and oncoming arguments will consistently refer to the theory hence it is invaluable relevant in the research study.

2.2 Global Overview of teenage pregnancies and experiences of the parents

Teenage pregnancies are frequently depicted as a widespread issue globally. The rising number of teenage mothers remains a significant concern, prompting ongoing discussions for effective coping strategies. The World Health Organization reports that around 16 million teenage girls give birth each year worldwide, with South Korea having the lowest rates and sub-Saharan Africa the highest. In Iran, out of every 1,000 adolescent girls, 27 become mothers. As noted by J Family, Reproductive Health (2017), early motherhood has a profound impact not only on the young mothers themselves but also on their spouses, families, schools, and society as a whole.

2.2.1 Roles of parents in teenage pregnancies

Teen mothers often rely on others, expecting support from their mothers, other family members, friends, and school training teams in their parenting roles. The absence of such support creates difficulties in child care, covering child-related expenses, continuing education, and integrating into the community. Health care providers are considered the most professional source of support for teenage mothers, tasked with addressing their educational and care giving needs. Without adequate support from health care providers, teenage mothers and their children may face significant health challenges. Research into the negative consequences of teenage childbearing highlights numerous social and economic disadvantages, such as expulsion and exclusion from educational institutions, lack of material and social support, and the inability to continue education (Manzini, 2001; Kaufman et al., 2001; Ojwang and Maggwa, 1991, cited in

Makiwane, 2010, p. 193). Additionally, teenage mothers often face stigma, and their perspectives and experiences have been insufficiently researched.

A 2009 UNICEF report offers foundational insights into teenage pregnancy in schools, attributing it largely to the social and economic conditions adolescents face, including poverty and unemployment (UNICEF report, 2009).

2.2.2 Programs implemented to support parents with pregnant teenagers

Exploring teenage mothers' experience of motherhood can generate new insights for policymakers and health care providers resulting in efficient response to the challenges of teenage pregnancy and the experience of their mothers.

2.2.3 Social Security Policy

In South Africa, the teenage childbearing debate has been escalated by the introduction of the child support grant (CSG). Concerns have been voiced as others have argued that the introduction of the CSG has caused many teenagers to fall pregnant in order to access the money. Arguments also assert that the CSG encourages dependence on the state (DoE, 2008).

Policy-makers and wider societal discourse increasingly problematise teenage motherhood with teenage mothers perceived as a homogeneous group of immature people, benefit-dependent, irresponsible and unfit-parents (Yardley, 2010).

2.2.4 Education and Research policy

According to the education policy, teenage mothers are allowed to return to school after giving birth, yet around half of them end up dropping out (Manzini, 2001; Kaufman et al, 2001). South Africa has set ambitious goals for 2030, including reducing poverty and inequality, growing the economy by an average of 5.4%, and lowering unemployment rate to 6%. Education is crucial for achieving these objectives, and educating young girls is a critical step in ensuring sustainable economic growth (National Development Plan, 2030).

Research on the challenges faced by pregnant and parenting adolescents remains limited, despite the significant burden of teenage childbearing in many African countries. While studies have documented how early pregnancy can lead to social and educational exclusion for girls, few

interventions exist to support this population. Further research is needed to address these gaps (A.I Ajayi et al., 2023).

Patton et al. (2019) argues that adolescence presents a crucial opportunity to alter negative trajectories and improve future health outcomes. Their Lancet Commission demonstrates that investing in adolescent health, education, and family support can yield a triple dividend of benefits - developing capabilities during adolescence, improving adult health trajectories, and securing the welfare of the next generation.

2.2.5 Comprehensive sexual reproduction health policy

Mangeli (2017) argues that the challenges faced by adolescents, such as low accountability, emotional instability, lack of knowledge/experience, peer influence, and high-risk behaviors, highlight the important role of healthcare providers. In developed countries, early motherhood is considered a significant public health concern, and it is assessed by various medical professionals, including obstetricians, gynecologists, pediatricians, child psychologists, sociologists, family physicians, and nurses. Providing high-quality services to teenage mothers requires understanding their unique needs, challenges, and capabilities, which can only be achieved through comprehensive qualitative studies across different cultures. Often, pregnant teenagers fail to access healthcare facilities due to the embarrassment and discrimination they face within the healthcare system (Kaufman et al., 2001; Varga, 2003, as cited in Doe, 2008).

2.2.6 Cultural practices

The payment of damages is also critical to the maintenance of the child, as in some families, fathers are denied access to the child if a father has not paid damages. As found by the study conducted by Swartz and Bhana (2009) on teenage fathers, the researchers found that while there is widespread talk that teenage fathers do not take care of their children, this study found on the contrary. It was revealed in the study that young fathers want to be part of their children but are often denied access due to unemployment, or not having paid damages and other cultural factors that hinder young fathers from being part of their children's lives.

2.3 Perceived challenges faced by parents of pregnant teenagers

Cultural factors, such as the African tradition that views young girls as responsible for caring for and raising children, while men are expected to be the providers, further exacerbate the experiences of teenage mothers, particularly those in this study. These deeply rooted cultural

norms and gender roles place additional burdens and expectations on teenage mothers, contributing to the challenges they face in navigating motherhood.

2.3.1 Cultural impact

In most African families, having a child is generally accepted, regardless of the circumstances leading to the pregnancy (Hunter, 2005, as cited in Nkani, 2012). Additionally, termination of pregnancy is viewed negatively by African families, as it is seen as a violation of cultural norms and beliefs (Mkhwanazi, 2010).

Socially constructed beliefs about femininity often encourage young women to maintain their virginity and discourage sexual activity, while beliefs about masculinity tend to value young men's sexual prowess and promiscuity, even if the men themselves prefer monogamy or abstinence (Hanson et al., 2014).

2.3.2 Access to health services

Several reasons were cited for the failure to utilize contraception, including ignorance, fear of weight gain, disapproval from mothers, fear of being discovered by mothers, and boyfriends not wanting to use condoms. Ehlers (2003) argues that if these barriers to contraceptive use could be addressed, South African adolescents would be more likely to access the available contraceptive services.

2.3.3 Limited access to education opportunities

Despite the existence of school reentry policies in most African countries intended to facilitate the return to school, available estimates show that the majority of pregnant and parenting adolescents remain out of school, even though they would like to return. The few who do manage to return describe the school environment as hostile, discriminatory, and inflexible, with teachers unfairly targeting them, leading to frequent absences or dropout.

Many teenage mothers are said to return to school for the sake of their children, but continuing their education is often an overwhelming burden, especially for those living in unstable home environments (Pillow, 2004, as cited in Chigona and Chetty, 2008). A study by Bhana, Morrell, Shefer, and Ngabaza (2010) found that teenage pregnancy is often shamed and punished in schools, with some teachers holding the ideology that pregnant girls should not be allowed in school, as they set a bad example for their peers.

Teachers had the ideology that teenage girls who fall pregnant in school, bring a bad example to other girls and therefore should not be allowed in schools. However, Ferguson and Woodward (2000) argue that the level of family support and the timing of the pregnancy primarily influence how teenage pregnancy affects educational outcomes. The more support a teenage mother receives from her family, the more likely she is to return to school.

2.4 Assessment of the perceived strategies

It is important that healthcare providers give them extra consideration and caring support. Developing guidelines and tactics for health promotion that are culturally acceptable will be made easier with a thorough awareness of the difficulties faced by adolescent moms.

2.4.1 Government support

In South Africa, the Child Support Grant (CSG) was introduced in 1998 to assist teenage mothers with their children's basic needs. Emphasis has often been placed on the importance of support in teenage motherhood, as it plays a positive role in the lives of teenage mothers and improves their parenting behaviors (McAuley and uBunting, 2004; Kaufman et al., 2001).

According to a quantitative analysis of the CSG's impact, conducted by the Department of Social Development and UNICEF (2008), children receiving the CSG are attending school at a considerable rate. The CSG also has a positive impact on school enrollment for recipients compared to non-recipients. Research has found that cash transfers like the CSG have a significant impact on human capital development, as they promote the ability to seek employment and reinforce long-term employment outcomes (Samson, 2009). Additionally, Case and Deaton (1998, as cited in Samson, 2009) state that social pensions are often pooled with other household income, resulting in potential effects on the labor market decisions made within the household.

2.4.2 Multi-sectorial approach

From the radical feminist perspective, the concept of collective responsibility is critical. In contrast to the liberal view, which places sole blame on the perpetrator, radical feminists argue that with the institutionalized oppression of women as the primary concern, there are two key considerations. Firstly, the offender's responsibility may be mitigated due to the systemic nature of this oppression. Secondly, the broader community shares responsibility for the perpetuation of this oppressive system.

2.5 Knowledge Gaps

The literature reviewed in this study helps to bridge the existing knowledge gap, which is a contributing factor to the issue of teenage pregnancy and the burden it places on parents. The feminist theory employed in the research supplements the efforts to elevate the status and position of women in society, by emphasizing the importance of addressing women's sexual health and reproductive rights.

This research project adds to the ongoing discourse and efforts towards achieving greater gender equality within the Zimbabwean community. By drawing on the feminist perspective, the study aims to shed light on the gendered dynamics and inequities that contribute to and are exacerbated by the problem of teenage pregnancy. Overall, the literature review and the theoretical lens used in this study serve to enhance the understanding of the multifaceted challenges faced by women, particularly grandparents, in the context of teenage pregnancy. In doing so, the research contributes to the broader struggle for gender equality and the empowerment of women in Zimbabwean society.

2.6 Chapter Summary

The offered literature adds much needed perspectives from local and international sociocultural contexts to the study's main area of concentration. The study's goals, which are to investigate how women negotiate the demands of pregnancy within patriarchal capitalist power structures as demonstrated by the case study that is provided are further expanded by the incorporation of Marxist feminism. The literature review emphasizes the teenagers' own experiences, but it also stays true to the necessity of placing their experiences within the framework of motherhood. The next chapter will provide an overview of the research methods used in this investigation.

Chapter Three: Research Methodology

3 Introduction

Chapter three of this study focuses on outlining the research methodology that was applied to evaluate the experiences of parents with teenage children who are pregnant. In order to create a comprehensive study, the research design, study area, target population, sampling procedure, and sample size are all covered in detail in this chapter. Additionally, the chapter discusses the research instruments that were used in this study to gather data as well as data collection, data analysis procedures, and ethical considerations.

3.1 Methodology

A research methodology outlines the techniques and procedures used to identify and analyze information related to a specific research topic. Methodology encompasses the approaches, rules, and hypotheses employed within a particular discipline - it is a specific set of procedures and techniques (Merriam-Webster, 2016). It includes all the critical aspects of research, such as the research design, data collection methods, data analysis techniques, and the overall framework guiding the research process. In this investigation, a qualitative research approach was utilized, as it helps to better understand the diverse experiences of parents with pregnant teenage children.

3.2 Research paradigm

The philosophical framework underlying a research project is a crucial component that offers patterns of beliefs and understandings from which the theories and practices of the project operate (Proof, 2022). The experience of parenting a pregnant teenager is inherently complex in nature, and this research aims to understand why the situation is worsening. Therefore, a paradigm is a useful approach for this study. The constructive paradigm is based on the premise that individuals construct their own understanding and knowledge of the world through experiencing and reflecting on those experiences. This paradigm is well-suited to exploring the complex and subjective experiences of parents with pregnant teenage children, as it allows the researcher to develop an in-depth understanding of the multiple realities and perspectives within this context.

3.3 Research Approach

Qualitative research is a process of naturalistic inquiry that seeks an in-depth understanding of social phenomena within their natural setting. Rather than focusing on the "what", qualitative research emphasizes the "why" of social phenomena, and relies on the direct experiences of human beings as meaning-making agents in their everyday lives (University of Texas Arlington, 2022). Morse (2005) noted that qualitative studies are well-suited to capturing complex social issues and offer new ways of understanding the complexities of society. According to Creswell (2012), qualitative research is defined as a process of understanding based on distinct methodological traditions of inquiry that investigate a social or human problem. Qualitative research involves acquiring the experiences, attitudes, and perceptions of the research respondents. It is well-suited to collecting information on values, opinions, behaviors, and social contexts of particular populations (Creswell, 2009). In this study, the qualitative research approach facilitated the gathering of valid and reliable data from the respondents.

3.4 Research Design

Creswell (1998) regards a phenomenological study as one that describes the meaning of experiences related to a particular phenomenon, topic, or concept. Phenomenological research is based on a worldview that emphasizes the importance of personal perspectives and subjectivity, and gives greater attention to personal experience and understanding (Wertz, 2005). Phenomenology, as a type of qualitative research, allows the researcher to focus solely on studying an individual's experiences within a specific context (Neubauer, 2019). Manen (2007) inferred that the phenomenologist's duty is to uncover where meaning arises from, which instills trust in the quality and authenticity of the data.

This phenomenological approach also enabled an in-depth and multifaceted exploration of the complex issues faced by parents with pregnant teenage children in their real-life settings. Moreover, the case study method, which selects a small geographical area or a very restricted number of individuals as the subjects, was suitable for this study covering the Chinhoyi area.

3.5 Study area

The study was conducted in Chinhoyi, located in the Mashonaland West Province. Chinhoyi is a center of productive agricultural and mining activities, with gold, copper, and mica being the primary mineral resources. As mining is a major economic driver for the majority of the town's

population, there is a significant amount of activity and a large number of gold buyers coming in and out of Chinhoyi. Chinhoyi ward 8, situated approximately 700 meters from the central business district, is an area with a large population and a lot of ongoing activity. Due to these factors, a high number of young girls in this area have become vulnerable to teenage pregnancy. The researcher aims to explore the experiences of parents with pregnant teenage children in this context. The geographic location and economic activities of Chinhoyi, have contributed to the increasing incidence of teenage pregnancies, which has led the researcher to focus on understanding the experiences of parents navigating this challenging situation.

3.6 Targeted population

The targeted population includes parents of pregnant teenage children in Chinhoyi urban ward 8. The researcher targeted the listed population so as to gain in-depth knowledge and understanding as this information is coming straight from them.

3.7 Sampling technique

Sampling is a process used in statistical analysis where a predetermined number of observations are taken from a larger population (Tuovilla, 2020). The two main advantages of sampling are faster data collection and lower cost. For this study, the researcher will employ purposive sampling, which is a non-probability sampling technique. The purpose is to gain insights into the experiences of parents with pregnant teenage children. Whittaker (2012) notes that purposive sampling, also known as judgement sampling, involves the researcher's judgement in selecting participants based on their characteristics and the relevance of the data they can provide. In this case, the researcher has identified individuals who are well-informed and can offer data that is directly relevant to the research.

3.7.1 Sample size

Sample size refers to the number of subjects or participants selected from the general population to represent that larger population in a particular study. Salkind (2010) emphasized that an appropriate sample size is necessary for any research, as a sample that is too small may not be a good representative of the population.

For this study, the sample comprised 3 key informants and 10 primary participants, who were parents of pregnant teenage children living in Chinhoyi urban ward 8. This sampling approach was deliberately chosen to minimize bias and over-generalization, while also ensuring the

collection of sufficient and diverse information, as people may have varying views and experiences related to the research topic. The sample sizes were justified as being manageable, cost-effective, and highly representative, which would allow the research findings to be reasonably generalized to the broader population under investigation. The inclusion of both key informants and primary participants provided a balanced and comprehensive perspective on the complex phenomenon being studied.

3.8 Data collection methods

Semi-structured interviews and focus group discussions were employed by the researcher as strategies of data collection since they are methods and skills used to obtain information for research purposes.

3.8.1 In-depth interviews

In-depth interviews are one of the important research methods in qualitative research and were conducted one on one and they allow the researcher to focus on the interviewee's answers while paying close attention to accompanying signals such as body language, emotion, nodding and maintain eye contact. Legard et al, (2003) state that in-depth interview intends to combine structure with flexibility and is interactive in nature as material is generated by interaction. Building interpersonal connection to cultivate comfort and trust is a crucial aspect of the research process. The researcher interacts with the interviewees using techniques such as inductive probing, following up on their remarks, and asking for explanations to add depth and clarity to the interviewees' perspectives. This interpersonal connection, coupled with the meticulous documentation of the interviews, enables the researcher to gather rich, contextual data that can provide valuable and in-depth understanding of the phenomenon under investigation.

3.8.2 Focus group discussions

The researcher utilized face-to-face focus group discussions to gain an in-depth understanding and knowledge of the lived experiences of parents with pregnant teenage children. This method allowed the participants to expand on, clarify, or add to their initial descriptions of the phenomenon. The focus group discussions were conducted with the key informants to collect data. Focus groups provide a social context within which the phenomenon is experienced, revealing how the surrounding context can shape people's views. As Ritchie and Lewis (2000) note, focus groups generate data through the dynamic interactions and conversations among the

participants. The focus group discussions served multiple purposes in this study. They helped gather general background information about the parents' experiences, stimulated new ideas and creative concepts, and provided insights into how the participants discuss and interpret the phenomenon of concern. Focus groups are a natural forum for generating new perspectives and ideas.

3.9 Research procedure

The researcher had to first select the organization with which to collaborate and where the informants would be accessible using the letter that the university had sent. The investigator employed the pre-planned study questions predicated on the goals, and information was gathered by the aforementioned techniques while adhering to ethical guidelines.

3.10 Ethical considerations

In order to uphold the highly regarded standards of the field, ethical issues play a crucial role in social work practice. We consequently go into length about the following ethical issues.

3.10.1 Informed consent

In this research study, the researcher obtained informed consent from the participants by clearly explaining the study's objectives, ensuring confidentiality, and outlining the interview process. As BERA (2004:6) states, researchers must seek the "voluntary informed consent" of every participant before any data collection takes place. By providing the participants with full information about the importance and purpose of the study, the researcher ensured that the participants were able to make an informed decision about their involvement. This was of great significance to the researcher, as it enabled the collection of the necessary data from the participants in an ethical and transparent manner.

3.10.2 Confidentiality and anonymity

There was need for participants to be assured of their anonymity and confidentiality, so that there could be significant establishment of trust and rapport between the researcher and the participants. It is upon the researcher to uphold every necessary confidentiality and anonymity principle to protect the privacy of the subject, according to Novak, (2014) and Cohen et al, (2017). The respondents were assured that the information they provided would be treated with the utmost confidentiality. This guarantee was necessary to ensure that the interviewees felt comfortable in their own environment and did not feel intimidated during the interviews.

3.10.3 Voluntary participation

Voluntary participation is the right of the participants to choose either to participate or not. Participation in research is always voluntary, and everyone who takes part has to be assured of their safety influenced by privacy (Brandimatre et al.,2013). Accordingly, in this case parents with pregnant teenage children were treated as self-directed agents by notifying them about the study and permitting them to willingly choose to take part in the study.

3.11 Data analysis approach

The collected data was presented in a summarized form that explored the experiences of parents with pregnant teenage children. Data analysis is a crucial component of the research process, as it involves the interpretation, transformation, and cleaning of the gathered data through analytical and logical reasoning. This process helps to identify patterns, relationships, and trends within the data. As Ibrahim (2015) explains, data analysis is the act of performing calculations and evaluations to extract relevant information from the data, with the purpose of summarizing the collected information and organizing it in a way that provides answers to the research questions. Additionally, the participants' involvement in the research process helped to stimulate new ideas and creative concepts, and provided insights into how the respondents discuss and interpret the phenomenon of concern, as well as shed light on previously obtained qualitative results. The thematic analysis was a key aspect of the data analysis, as it allowed the researcher to explore the data from an exploratory perspective. This approach facilitated a deeper understanding of the complex and nuanced experiences of the parents with pregnant teenage children.

3.12 Limitations

Language obstacles and variations in cultural norms and values can be difficulties when conducting research in a different cultural setting. which might have an impact on the precision and caliber of the data collected. The student did, however, make an effort and start using the colloquial language that everyone was familiar with. Furthermore, the study's conclusions might not apply to parents in other areas or cultural contexts; rather, they might only represent the experiences of parents in Chinhoyi urban ward 8.

3.13 Chapter summary

In short, Chapter Three of the study focused on describing the methodology used to assess the experiences of parents with pregnant teenage children in Chinhoyi. It provided a detailed discussion of the research design, study area, target population, sampling approach, and

procedures employed to conduct a comprehensive study. Additionally, the chapter outlined the research instruments utilized to collect data, as well as the data collection and analysis procedures adopted. It also highlighted the ethical considerations taken into account throughout the research process. The next chapter, Chapter Four, will shift the focus to the analysis, presentation, and discussion of the study's findings. By building upon the methodological foundation laid in Chapter Three, Chapter Four will delve deeper into the data collected and draw insights to address the research objectives and contribute to the understanding of the lived experiences of parents with pregnant teenage children in the specified context.

CHAPTER FOUR DATA ANALYSIS

4 Introduction

This chapter centers on the analysis of the data collected through the research endeavor. The analysis is structured in alignment with the core objectives of the study, which are to explore the roles of parents of pregnant teenagers, the challenges they face, and the available social work interventions.

The discussion will utilize a thematic analysis approach, which will guide the prioritization and examination of the relevant themes that emerge from the interview data provided by the participants. This thematic analysis will facilitate a systematic and in-depth exploration of the experiences, perspectives, and insights shared by the research participants.

4.1 Demographics

Fig.1

P	Primary Participants	Parent (1-10)	Response Rate	10 Parents
K	Key Informants	Social Worker (1), Community Worker (1), Local Authority (1)	Response Rate	3 key informants

The response rate in the findings from the research gave good results. The findings also provide reasoning why it is at that level. Key informants helped the researcher with accuracy in visiting homes where teenage pregnancy had been experienced.

Parents – Mothers of teenage girls with pregnancy (care givers)

Key Informants – Professional social worker, community worker and local authority (councilor)

4.2 THE ROLES PLAYED BY PARENTS OF PREGNANT TEENAGERS

The first objective sought to explore the roles played by parents of pregnant teenagers. This exploration covered mainly the duties that mothers are found accountable which include care giving, counseling and child support infrastructure.

4.2.1 Caregiving

The participants in this study cited care giving as a common role played by parents of pregnant teenagers. Participants revealed that the virtue of motherhood pays a courtesy call when a teenage child gets pregnant.

P3

When your daughter has been impregnated as a mother you are burdened with more family responsibility. You cannot wait and be told by anyone that your daughter needs maximum attention to the needs brought in by pregnancy at an early stage.

P5

Some of our daughters need a lot of care giving and imagine when they are pregnant, it is a whole different thing and mind you these daughters are young and have no experience in taking care of a child

P6

The experience that we normally have begins with providing care despite that in hearts we will be hurt. So care giving is our role as mothers in most cases because of that underlying maternal instinct that this is my own child

K1

Care giving is a broad phenomenon which also applies as a role for mothers with pregnant teenagers

The information presented above was taken from mother interviews. Family Reproductive Health, (2017) states that early motherhood has a profound impact on adolescent girls as well as their spouse, family, school, and the community. In a family setting, parents of adolescent girls expecting take up the role of caretaker. As soon as they find out that their teenage daughter is pregnant, this position is demonstrated. The fact that parents do not always react or respond in the same way should also be recognized, although being a parent still entails providing care.

4.2.2 Counseling

Participants highlighted that counseling is one of the roles played by mothers of pregnant teenagers. Participants shared experiences connoting the role of counseling.

P4

As parents we have to provide counseling for our children. We do this by talking to them in environments that do not stigmatize but show some love and hope that this is not the end of the world because in many instances young teenagers may end up feeling bad and having challenges emotionally when they feel unwanted

P2

We play the role of counselors in situations like this one, because some will not have reached good decision making. These children get stressed too when they find out that they are pregnant and some even try to kill themselves or run away from home. So we are there to help them understand and accept the situation in as much as it is difficult.

K3

Parents are active participants who deliver therapy for teenagers especially with pregnancy. Counseling is a family responsibility in African culture.

The above sheds light on the role of counseling played by mothers when their teenage daughters get pregnant. The evidence gives insight that fathers and other guardians are responsible to fulfill this role.

The social work discipline of counseling advances the crucial role that family involvement plays. The teenager's ability to make decisions for their short- and long-term planning is not diminished by this role.

4.2.3 Child Support

Participants relayed the role of child support. Parents interviewed alluded to the reality that teenagers might not have the full capacity to support the child when they give birth.

P5

One pressing issue is the fact that as a parent you end up strained trying to support both daughter and child in waiting. They do not have enough resources to cater for the present family members present right now and the thought of having another one on the way stresses us a lot.

P7

Sometimes teenage pregnancy is managed by simply being there to support your girl child, ignore the negatives and make them understand and accept the situation so that they do not make similar mistakes in the future

K2

It is critical to have parents giving support to their children and even beyond where the child is now able to fend for them. Having support strengthens them and gives them hope that they can be able to overcome all the challenges together

The topic of child support is central to the aforementioned opinions. The parents of the teenage moms are implicated in the childbearing circumstances. Researchers Swartz and Bhana (2009) found that although there is a common belief that young fathers do not care for their children, their study revealed the opposite.

One source of conflict resulting from child support is having to share responsibility with the child's father. Family plays a major role in negotiating legal and cultural expectations. In the event that the responsible father is unable to marry the teenager, these expectations primarily call for him to provide maintenance.

4.3 THE CHALLENGES FACED BY PARENTS WITH PREGNANT TEENAGERS

The second objective of the study sought to explore the challenges faced by parents with pregnant teenagers. Emotional constraints and socioeconomic challenges were recorded in the process.

4.3.1 Emotional Constraints

Parents communicated that having teenage pregnancies is emotionally drowning. They went on to explain the circumstances from an emotional perspective. The parents indicated the following;

P1

Having your child you love so much get pregnant outside marriage causes stress. Vanhu havazvinzwisise vanenge vachikunongedzera, unotoshaya kana pekutarisa (people will be talking behind your back because of the predicament and its not okay)

P2

The fact that the damage is already done is painful, you cannot help thinking about the future in waiting. Sometimes you have to accept the situation as a parent and just be there for your child

K3

Most parents advancing toward old age are emotionally strained especially when they have underlying chronic illnesses

Adolescent mothers are viewed as a homogeneous group of immature, benefit-dependent, irresponsible, and unfit parents by policymakers and the general public, who are increasingly problematizing teenage motherhood (Yardley, 2010).

The explanation provided above highlights how sensitive and emotionally taxing teenage pregnancy can be. As a result, parents bear the heavy responsibility for their adolescent's complex emotional health and are also subjected to a challenging psycho-social environment.

4.3.2 Family dispute

Parents explained that when a teenager is impregnated there is often room for conflict within the family. Parents said that it is unfortunate that the whole family is implicated and clash when putting forward suggestions.

P2

Teenage pregnancy brings into family unforeseen dynamics because it is not in the plans hence we have everyone on the table pushing their suggestions

P6

As mothers we try by all means to understand that our daughter has been impregnated whilst on the other hand the father may pin the blame on you. Vana baba kana mwana akapihwa pamuviri vanenge vakut mwana ndewako ndiwe wakatadza kurera mwana. All the burdens are left into our hands

K1

Usually conflict of interest arises from the different moral standpoints in the family which is a point of family dispute

This is the subject of a family conflict. The preceding discusses in more detail the difficulties parents of teenage pregnancies encounter. It has been discovered that within the immediate context of adolescent pregnancy, there is controversy surrounding teenage pregnancies.

Due to the stigma and discrimination that young women experience in the medical system, teenage girls who become pregnant frequently choose not to seek treatment at medical facilities (Kaufman et al, 2001 and Varga, 2003, cited in Doe, 2008).

In this instance, family disputes can be harmful to the future of all parties involved because they strain ties. The feminist viewpoint supports the strategy used to lessen the effects of patriarchal tendencies, particularly in Chinhoyi's communal areas where male patronage is still existing due to stunted social development.

4.3.3 Socio-economic challenges

The research study adequately captured the theme of socioeconomic status. Participants, who were parents of pregnant teenagers, expressed that having a pregnant teenager disrupted the family's developmental progress.

P6

The other challenge that we face as parents is lack of economic means to provide for the child before and when their born. Not of us have stable jobs, usually it's hand to mouth so it really strains us when we face such issues because having a child demands a lot of finances

P3

The major challenge in all this is assisting the teenager with preparation which is usually expensive

K3

Owing to prevailing economic circumstances a new born baby may strain family livelihood in order to accommodate the baby.

The verbatim revealed reveals the parent's underlying challenges brought on by teenage pregnancies. The family, as an element of society, is important because it consumes goods from the socioeconomic market. Social pensions are frequently combined with other household income, which may have an impact on the choices the household makes about the labor market (Cited in Samson 2009, p. 181).

Numerous social and economic drawbacks are linked to teenage parenthood, according to research on the detrimental effects of adolescent pregnancy (Manzini, 2001; Kaufman et al., 2001). These drawbacks could include being kicked out of or excluded from educational institutions, not having enough material or social support, and not finishing school (Ojwang and Maggwa, 1991, cited in Makiwane, 2010 p. 193). Furthermore, the perception of their own world and understandings of their experiences have received very little research attention, and teenage mothers are frequently stigmatized.

4.4 ASSESSMENT OF SOCIAL WORK INTERVENTIONS THAT CAN BE ADOPTED

The third objective of this research is also an assessment of social work interventions that can be adopted. This discussion will develop from main themes that were extracted from the interviews conducted including key informants' proposed remedies. The main themes were concluded to be, cultural and indigenous knowledge systems, government social grants and multi-sectorial approaches.

4.4.1 Adoption of Indigenous Knowledge Systems

Participants highlighted existing culture and moral fabric as an area social work is related. Participants voiced concern on the rapid deterioration of the social fabric. They further indicated the progress that is likely to be achieved if social work is embedded in indigenous knowledge systems.

P2

In our culture, pregnancy is celebrated as a sign of fertility. This can be a pick up point and adjust to the new reality. Tinotenda kuti mwana chipo chinobva kuna Mwari saka tinogamuchira .(We believe a child is a gift from God so we have to accept the situation as it is)

P6

It is also important to consider our cultural practices as they allow even extended family to chip in with whatever help, be it advice or material provision and we believe everything happens for a reason

K1

Most African traditions refer to Ubuntu as a guiding moral compass. This is crucial to consider in social work interventions so that pregnant teenagers are fully assisted.

The passages above attest to the boundless wealth that results from providing social work interventions with context and pre-existing capacities. Fergusson and Woodward (2000) contend that the primary factors influencing how a teenage pregnancy impacts a teen's educational outcomes are the degree of support the woman receives from her family and the time of the pregnancy in her life.

Indigenous Knowledge Systems offer social work practice a complex contextual framework. Through stressing the overpowering child care entrenched in the battle towards developing communities using the philosophic conviction of Ubuntu in Chinhoyi, the facility facilitates the use of ethical and legal procedures when it comes to teenage pregnancy.

4.4.2 Government Support

Participants related government support with the social work interventions. Participants assume the prevailing dependency on government support from the maternity needs arising from teenage pregnancy.

P3

The rate at which miscarriages and death are occurring in government hospitals needs to be attended to

P4

Without infrastructural support from government to health sector it continues to be a nightmare for both pregnant teenagers and unborn baby.

K2

Social work interventions need to advocate for government support. if they cannot give grants they at least need to maintain a functional health sector

The issues explained above echo a shared wisdom that government support is integral for parents with pregnant teenagers. Parents however lamented the sorry state of infrastructure in the broader spectrum of health provision in Zimbabwe.

According to education policy, teenage moms are permitted to return to school after giving birth, but approximately half of them do not (Manzini, 2001; Kaufman et al, 2001). South Africa aims to eradicate poverty, reduce inequality, grow the economy by 5.4% on average, and bring down the unemployment rate to 6% by 2030, as stated in the National Development Plan (2030). Thus, education is still essential to achieving these objectives.

In this sense, ensuring that the nation's economy and growth are sustainable requires continuing to prioritize the education of young girls. The government serves as the primary institution for providing social security to its citizens, so it is a widespread phenomenon. Interventions in social work interventions can be effective on the basis of enabling government policy and attitude towards social welfare.

4.4.3 Social grants

Participants recognized that social grants are an integral component of social work interventions. They emphasized the significance of these grants in supporting parents of pregnant teenagers.

P5

We see other countries budgeting social grants to cater for the needs of a child from birth, our country still lags behind despite evidence that it can solve the challenges of teenage pregnancy.

K2

Under normal circumstances social grants are part and parcel of a country's social security mechanism hence social work can consider this as a boost to their intervention models.

The sentiments expressed above refer to the social work intervention of poverty alleviation. The Child Support Grant was established in South Africa in 1998 to help adolescent mothers provide for their children's basic needs. As a result, the significance of support in adolescent motherhood has frequently been emphasized, as it enhances the parenting practices of teenage mothers and has a positive impact on their lives (McAuley & Bunting, 2004; Kaufman et al, 2001).

4.4.4 Sustainable Livelihoods Approach

The participants expressed the need to revitalize livelihoods of parents and pregnant teenagers. The verbatim below is insightful assessment of sustainable livelihoods approach.

P7

The fact that most of the teenage pregnancies are unplanned call for effective social development that can cater for such predicaments

P1

The challenges that we face as parents can be resolved by having sufficient means in the manner of our economic capacity.

K3

You will find that teenage pregnancies are less of a challenge for people in upmarket spheres as compared to the majority who do not have sustainable livelihoods

The above analysis by parents and key informants relays the impact of livelihoods on the perceived social work interventions.

Various advocates blame poverty and the 2019 Corona Virus lockdown for aggravating the preexisting factors of this issue because of a variety of factors. Furthermore, according to Mukoyi (2015) and Mutanana and Mutara (2015), teenage pregnancies are becoming a bigger issue in Zimbabwe because of a variety of factors, including poverty, peer pressure, a lack of sex education, religion, and a lack of contraception among teenagers. The report (UNICEF report, 2009) states that poverty and unemployment, in addition to the social and economic circumstances that adolescents face, are major causes of teenage pregnancy.

4.5 Chapter Summary

The chapter managed to prioritize data from the research and derive themes that are coherent with core objectives. Thematic analysis managed to explore roles played by parents of pregnant teenagers, the challenges faced and in the end assess social work interventions that can be adopted. The following chapter will cater for the summaries and conclusions as well as propose recommendations to relevant stakeholders.

CHAPTER FIVE SUMMARIES, CONCLUSIONS AND RECOMMENDATIONS

5 Introduction

The chapter brings the expedition to its final phase. The fundamental duty carried by the chapter is bringing together coherent themes captured by summaries and conclusions. Furthermore, this chapter speaks to relevant stakeholders such as the government and civic society organizations

about recommendations they can adopt in assisting against challenges parents face when they have pregnant teenagers.

5.1 Summaries

The collection of summaries is presented below in respect of the study's overall and core objectives. These summaries curtail an understanding of specific focal points which coherently weave the fabric of wisdom presented throughout the study.

5.1.1 Roles played by parents of pregnant teenagers

The first objective relays the need to identify the role played by parents when their teenage girls are impregnated. These roles have been discussed in chapter four and namely include, care giving, counseling and child support

5.1.1.1 Caregiver

Teenage parents who are pregnant take on the role of caregiver. Participants and key informants described one of the roles as care giving, which is a broad duty that one is accountable to assist their child by virtue of their very existence as a parent, especially if the child is a pregnant teenage daughter.

5.1.1.2 Counselor

The role of counselor connotes the deliberation of emotional support to teenagers who have been impregnated. This role is also assumed based on broad factors including proximity of being the guardian or elderly person around. The research established that counseling is an essential process which lifts the weight of psychological strain off the tender shoulders of a teenager.

5.1.1.3 Child Support

The obligation to provide child support is ingrained in one's identity and is influenced by cultural norms and personal characteristics like emotional intelligence. Because of their emotional attachment to a child, parents are responsible for their offspring as well. This is mainly reflected in the culture, where the richness of Ubuntu culture is still evident in Chinhoyi. Because grandchildren are viewed as members of the family in Shona culture, the first step in providing child support is to address the pregnancy.

5.1.2 Understanding the challenges faced by parents of pregnant teenagers

The second objective brings in the issue of challenges associated with teenage pregnancy built in the context of parental experience. The following themes were derived from literature to the discussions in the last chapter and are hereby summarized.

5.1.2.1 Emotional stress

The research managed to establish an understanding of the emotional stress associated with parents of teenagers with pregnancy. Participants revealed that having a teenager pregnant is emotionally daunting because it normally comes earlier than expected therefore there is fear that the pregnant child might not fulfill a projected future.

5.1.2.2 Family dispute

Family disputes are a complicated topic. The study was able to reveal that families frequently get caught up in opposing ideas when it comes to resolving similar problems. Another significant issue brought up has to do with sharing responsibilities with the father. It is also noted that there is a great deal of potential for conflict when a father declines or is hesitant.

5.1.2.3 Economic constraints

Financial limitations are the third challenge in the research that is discussed. Due to pregnancy-related health restrictions, the teen who is pregnant is probably not going to compete in the market. Therefore, parents are asked to assist in meeting their needs, even though doing so can undoubtedly put a strain on a family's finances.

5.1.3 Assessing social work strategies

Third and final core area in this study is the aspect of remedies in place to deal with the challenges that are faced by parents of pregnant teenagers. The strategies explained below summarize what can be a remedy to the challenges relayed.

5.1.3.1 Indigenous Knowledge Systems

The majority of the problems faced by parents of teenage girls expecting have been attributed to the importance of the indigenous knowledge systems. These are the current capabilities found in the perceived remedies component. Whenever people meet down to discuss the methods they want to use, it is crucial to emphasize the need of accessible context and nuance.

5.1.3.2 Government support

Government is fingered as the central command where most policies are initiated. Government support includes provision of social security mechanism. These coping strategies also include provision of grants and training programs that improve service provision in sectors like health for example capacitating hospitals with counseling facilities.

5.1.3.3 Sustainable livelihoods approach

Regarding the particular context of Chinhoyi, it is imperative that sustainable livelihood approaches be implemented effectively in order to alleviate the conditions that burden parents of teenagers who are pregnant. This is accomplished by giving the girl child in Chinhoyi access to means of production.

5.2 Conclusion

The conclusions derived from the chapters in this study assist with giving out a solid trail of thought. The conclusion is therefore a clear indication of the relationship that trickles down in the manner of roles played by parents, their challenges and what else can be done on the present support systems in order to effectively deal with problems related with teenage pregnancy.

The study also concluded that in order to provide a good environment for the teenager who is pregnant the caregivers who in this case are their mothers need to be capacitated with resources. These include being empathetic and considerate to the predicament that their child is in so that it is thoroughly navigated.

5.3 Recommendations

The essence of this chapter is the fact that it brings the argument to the shores of problem solving. It also provides a reservoir of probable solutions to a problem. The following recommendations are directed toward social work practice, government and civic society.

5.3.1 Recommendations to Social Work

The discussion intends to equip social work practice with nuanced policy enactment.

- Social workers must continue advocating for social security measures such as the issuance of social grants to mothers when they give birth
- Social workers also need to continuously represent the wealth of indigenous knowledge systems through practice which compliments the existing capacity of Chinhoyi

- Social work is recommended to collaborate with relevant stakeholders without judgment or selective preference based on community's background

5.3.2 Recommendations to government

- The Zimbabwean government is criticized for neglecting the healthcare sector, as evidenced by the appalling mortality rate among young mothers in hospitals. As a sovereign nation, Zimbabwe is urged to fulfill its responsibility of providing a functional and effective healthcare system.
- The government is also recommended to initiate multi-sectorial approaches which invite variety of stakeholders to the table

5.3.3 Recommendations to civic society

- Non-governmental organizations are recommended to adopt I.K.S in order to provide services that are effective and not waste resources
- Civic organizations in Zimbabwe are advised to maintain discipline in their operations, despite the highly polarized political climate, to ensure their efforts are not wasted due to pushing certain agendas.
- The civic organizations are likewise advised to collaborate more with stakeholders

5.4 Chapter Summary

This chapter concludes at this point, marking the end of the research expedition. The key takeaway is that despite being emphasized in policy frameworks, little has been done to address the issue of teenage pregnancy.

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Appendix A: Participant information sheet

My name is Gracious Mupako I am an undergraduate student registered for a bachelor's degree in Social Work at Bindura University of Science Education.

The researcher has obtained clearance and permission from all participating organizations and ministries. I am therefore kindly inviting you to participate in this study. I am carrying out a study on the experiences of parents with pregnant teenagers from Chinhoyi. The information you share with me shall only be used for the purpose of this study and shall be kept private and confidential. Your name shall be kept private with the use of pseudonyms, removing all linkages to you. Participation is voluntary and do not hesitate to withdraw at any time you feel the need to.

Title of the study

Experiences of parents with pregnant teenagers :a case of Chinhoyi urban ward 8.

Purpose of the study

The research seeks to explore the experiences of parents with pregnant teenagers.

Procedure

This research will make use of one on one in-depth interviews for primary participants and key informants as well as focus group discussions for primary participants. Audio recordings will be used to capture information being shared by participants.

Duration

If you agree to participate in this research, the research will take about 20 minutes per interview. Focus group discussions will take about 2 hours to allow for comprehensive gathering of information. Total time for the whole gathering of information is yet to be determined.

Potential risks and discomforts

There are no known risks and discomforts that may emanate from this study. However, the research may trigger other participants' emotions. Opening up about that possible stressor may cause potential discomfort.

Potential benefits

Participants shall not receive any incentive in exchange for their information. They may however benefit a deeper knowledge and understanding of the phenomenon.

Rights as a participant

It is the right of the participant to willing fully consent to being part of the study or refuse, as well as to know everything there is to know about it. The participant also has the right to willing fully withdraw from the study if it becomes overwhelming for them and there shall be no penalty for that.

Confidentiality

Information collected shall be kept private and confidential as it shall only be available to the researcher and the researcher's direct supervisor. Pseudonyms shall be used in this study, where the participant's real name is replaced with a fictional name. Any information that may reveal the participants name shall not be presented.

Permission for participation in the research study

I have read and understood the content above and thereby consent to voluntarily participate in this study by signing this letter of consent:

CONSENT FORM FOR PARTICIPANTS

I.....have read and understood the participation sheet and hereby give my consent to participate in this study being conducted by Gracious Mupako. I fully understand that this study is designed to gather information about academic work which is part of the requirements needed in the fulfillment of a Bachelor's Degree in Social Work. My contribution to this study is voluntary. I understand that I will not be

paid for my participation. I may withdraw and discontinue participation at any time without penalty. I have also understood that my name and information will not be disclosed without my consent.

Participant's name.....

Participant's signatureDate.....

Researcher's name.....

Researcher's signature.....Date.....

YOU WILL BE OFFERED A COPY OF THIS CONSENT FORM TO KEEP.

Appendix B: Tape Recording Consent forms

CONSENT TO TAPE-RECORD THE INTERVIEWS

This study involves the audio or video recording of your interview with the researcher. Neither your name nor any other identifying information will be associated with the audio or audio recording or the transcript. Only the researcher will be able to listen to the recordings.

The tapes will be transcribed by the researcher and erased once the transcriptions are checked for accuracy. Neither your name nor any other identifying information such as your voice or picture will be used in presentations or in written products resulting from the study.

By signing this form, I am allowing the researcher to audio or video tape me as part of this research. I also understand that this consent for recording is effective until the following date: _____ . On or before that date, the tapes will be destroyed.

Participant's Signature:

Researcher's Signature:.....

Date:.....

Appendix C

Guide for Participant In-depth Interview

Tape recorded

THE EXPERIENCES OF PARENTS WITH TEENAGE PREGNANT DAUGHTERS IN CHINHOYI URBAN

Primary Participants

Theme 1: Demographics

1. Gender : Age :
2. Religion
3. Level of education
4. Marital status
5. Employment status

Theme 2: Experiences of parents with pregnant teenagers

6. At what age did you teenage daughter got pregnant?
6. How did you know of the pregnancy?
7. Can you explain your reaction?
8. Who were the first people you engaged for assistance?
9. What changes did that bring to the family set up?
10. What can be done to assist parents in these circumstances?
11. What is your comment on the legal frameworks and policies of the country on the issues of teenage pregnancies.

Thank you for participating in this study.

Key Informant Interview Guide

Theme 1 : Demographics

1(a) Gender

(b) Age

(c) Level of Education

(d) Marital Status

e) Occupation

Theme 2: Experiences of parents with pregnant teenagers

1. What is the prevalence of teenage pregnancies in Chinhoyi
2. In your view, what is the normal reaction when the parents find out that their daughter is pregnant
3. What are the impacts of teenage pregnancy on the family
4. Can you briefly explain on the challenges faced by parents with pregnant teenagers
5. What do you think are the views of people when it comes to issues of teenage pregnancy

Theme 3: Perceived strategies to respond to their experiences

6. Can you suggest remedies that can be adopted to mitigate the challenges faced by caregivers of teens with pregnancy
7. What can be done to improve the attitude of policies in catering for teenage pregnancies?

THANK YOU FOR PARTICIPATING IN THIS INTERVIEW

