

## **Examine the Causes and Effects of Teenage Pregnancy in Lusaka (Case Study of Kalingalinga Compound)**

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### **Abstract**

*The study identified the causes and effects of teenage pregnancy in kalingalinga compound of Lusaka province. Teenage pregnancy is a case of which the under aged girl usually within the ages of thirteen to nineteen years gets pregnant, it is both a social and economic problem of each and every country that has not been solved. Therefore, the study examined the general causes and effects, and measures and strategies that can be used to prevent teenage pregnancy. Its focus was on women and teenage girls only. And the targeted population was 50 respondents (interviewees) of which 35 were women and 15 where teenage girls.*

*A non-probability technique which is the purposive (judgemental) sampling method was used when interviewing people. The study, therefore, used a descriptive method to identify the basic causes and effects of teenage pregnancy as they affect our communities. And the main causes are; peer pressure, environmental influence, lack of financial support, lack of sex education, early marriage and media influence. And the main effects are; economic hardship, school dropout, early marriage and pregnancy complications during birth.*

*It was recommended that the government should come up with sensitization programs in order to notify teenagers about the effects that may arise if they engage themselves in sexual activities. And also, that the government should start to reach out to orphans and vulnerable in every part of a country.*

### **Introduction**

Public health is an integral part of the social system. It is influenced by society, and society by public health. A range of social and economic factors have created a distinct group in most societies, who are no longer children and not yet adults known as adolescence. It is considered as a period of transition from childhood to adulthood. It is characterized by rapid physical growth, significant physical, emotional, psychological and spiritual changes. Adolescents are classified as Early adolescence (10 - 13yrs) a spurt of growth of development of secondary sex characteristics, Middle adolescence (14-16yrs) separate identity from parents, new relationship to peer groups, with opposite sex and desire for experimentation and Late adolescence (17-19yrs) with distinct identity, well-formed opinion and ideas. The problems of adolescents are multi-dimensional in nature and require holistic approach and one of the emerging problems of adolescence is teenage pregnancy. The importance of society lies in the fact that it controls and regulates the behavior of the individual both by law and customs. Many teenage girls face considerable peer and parental pressure to marry early and become mothers while they are still teens especially among traditional settings that are ruled or organized by customs and practices that disadvantage the girl child.

“Teenage pregnancy is a term used to refer to girls who get pregnant before attaining the age of twenty (20) years old. Therefore, teenage pregnancy can be defined as any pregnancy that is from a girl who is within the ages of thirteen (13) to nineteen (19) years old,” (World Health Organization, 2017).

Teenage pregnancies are a global economic, social and health problem that occur in communities and countries that are facing economical melt down and poor educational policies and also a public health issue that can be able to bring down the mortality rate to low levels and the life expectancy at birth to soar to very high levels. Every year, an estimated 21 million girls aged 15 to 19 years and 2 million girls aged under 15 years become pregnant in developing regions and approximately 16 million girls aged 15 to 19 years and 2.5 million girls under age 16 years give birth in developing regions (WHO 2018).

According to the Zambian Demographic and Health Survey (2013-2014), 29% of girls aged 15 to 19 years old are either mothers already or pregnant with their first child. Teenage pregnancy is much higher in rural areas where it is (36%) than in urban areas where it is (20%). Zambia's high levels of teenage pregnancy rate are in the North-Western province where it is (41%), the Western province is (40.4%) and the lowest is the Copper-belt province which stands at (16%).

Pervasive issues such as norms, male/ female roles, ethnic discrimination, poverty, unemployment, and educational opportunities may limit the ability of some of the sections of the community to behave in a healthy manner especially the adolescents who may end up with pregnancies due mainly to Social Influence which highlights the changes in a person's behavior induced by the presence or actions of others (Peer pressure). The increase in teenage pregnancy is mainly due to lack of information and education on the physiology of the female body and its development including the inability of parents to educate and inform their children on sexual issues and family planning as they shy away from this responsibility due to traditional beliefs that it's a taboo. Teens lack the knowledge on and access to health care services especially the availability of family planning services in adolescent health because young girls are denied the right to decide on their own sexual and reproductive health and well-being.

### **Aim of the study**

The research is a primary research that aims at finding a solution for an immediate problem facing a society which is teenage pregnancy. Underemployment is high among residents of Kalingalinga compound where only few members benefit from formal employment. Most of those that do not benefit from formal employment concentrate mostly on make shift locally known as "Tutemba" selling different types of products and second hand goods or they undertake piece works where they can just to have something at the end of the day (hand to mouth). This aim of the study was undertaken to look at the causes of teenage pregnancy as well as its effects. In Zambia teenage pregnancy has become the main concern nowadays, as teenagers get unintended pregnancies whilst others get married before they are actually biologically and physically matured. The above information is important to find ways of mitigating teenage pregnancy among teens, because it has a ripple effect to the individual, family and society at large. The aim of this proposed study is not to replicate any of the initial work already conducted, which mostly were carried out in schools and none was done in compounds such as Kalingalinga. The study aims to explore the causes and effects of teenage pregnancy on the disadvantaged girls in Kalingalinga compound of Lusaka province. This will further reduce the number of deaths among teenage girls during pregnancy, whilst increasing in the number of educated teenage girls in the compound. And when a lot of girls are educated, this will benefit the people of Kalingalinga compound as well as the country as a whole, especially in terms of economic stability as the population growth levels will slow down.

### **Background to the study**

A community is a group of individuals and families living together in a defined geographic area, usually comprising a village, town or city and functions within a particular social structure and exhibits and creates certain norms, values, and social institutions. Kalingalinga is a poor low-income, high-density community east of Lusaka, in Zambia governed by a social structure in which members of the community socialize. It borders the wealthier townships of Mtendere and Kabulonga, and many of its occupants are poor people who were discouraged from settling in Lusaka and moved as squatters to outlying regions of the city. Kalingalinga has a total population of 39, 139 residents with an age distribution of 0-9 years 9,410 10-19 years 9,742 20-29 years 8,926 30-39 years 5,821 40-49 years 2,941 50-59 years 1,368 60+ years 931 with almost 70% of women and slightly over 40% of men in

Kalingalinga were involved in agriculture; over 30% of women and less than 20% of men were involved in (dry-season) gardening (Central Statistical Office Zambia, 2010).

It is one of Lusaka province compounds with a low standard of living that is experiencing high levels of teenage pregnancies among its teens who become pregnant whilst in school and most of them who become pregnant are at the age range of thirteen to seventeen years old. It is to this effect that the government is trying to find ways and means of reducing the number of teenage pregnancies through knowing the causes and effects which this study may be a key to find answers to this problem.

## **Significance of the study**

This study is important because it will enable the people of kalingalinga compound on what has really been happening in their compound among its teens, and find a way in which they can raise and educate them on things that they are not supposed to do whilst in their teenage stage. By doing so, there will be a reduction in the levels of teenage pregnancy in kalingalinga compound among its teenagers. And hence, a number of deaths among teenage girls during pregnancy will also be reduced, whilst increasing in the number of educated teenage girls in the compound. And when a lot of girls are educated, this will benefit the society as well as the country as a whole, especially in terms of its economy.

This study is also relevant in that it's going to help in reducing the levels of social and economic problems in the country as a whole. When the levels of teenage pregnancy in the country reduces, the country's rapid population growth also slows down and hence the country's economy also stabilizes enabling the country to provide goods and services to its people and invest its revenue in programs or projects that can enhance more income in a country.

## **Literature review**

Literature review was focused on two areas. Firstly, to search for the causes of teenage pregnancy, secondly, the effects of teenage pregnancy on the individual, family and society as a whole. Teenage pregnancy which is considered as one of the main cause of social and economic problems in each and every country worldwide, is caused mainly by social stress inducing conditions such as the wave of migration from rural to urban areas and the consequent diminution in the traditional family support system; a greater exposure through mass media to ideas that had been previously culturally alien are mostly felt where young people have little control over their own destinies, where rapid population expansion means greater competition in the younger age groups, and where resources are inadequate to meet their needs. Other factors include lack of knowledge and ignorance on sex education, poverty, broken homes, rape or sexual abuse (defilement), and peer pressure or group influence. And these causes, therefore, lead to many complications (effects) such as; spread of diseases like (HIV/AIDS and cervical cancer), increase in economic hardship, as well as deaths like (mortality and infants' death), and school dropout.

Globally, teenage pregnancy remains a main public health concern. Worldwide, sixteen millions of girls give birth during adolescent stage annually, with an estimated three million of those teenage girls who have unsafe abortions. And in most cases, adolescent pregnancies occur mostly in developing countries whilst in developed countries, a teenager who has a higher risk of teenage pregnancy are those that live in socio-economically disadvantaged area settings as compared to those living in a broader population, (BMC Public Health, 2015).

## **Effects of teenage pregnancy**

Another prospective study was conducted by S. Madhu Chander and, B. Vijaya Lakshmi (2016), aim of this study was to assess the quantum of problem of teenage pregnancy and to ascertain the different risk factors associated with teenage pregnancy. 110 were teenager pregnancies and 20 - 25 years of age group cases of equal number were taken as control group. Interview schedule was used as a data collection tool along with consideration of the socioeconomic data, age, number of pregnancies, antenatal care and complications, mode of delivery, and neonatal outcomes. This research identified various risk factors such as cultural practices, poor socioeconomic conditions, low literacy rate and lack of awareness of the risks are some of the main contributory factors. This study identified that timely antenatal care and institutional delivery, good care during pregnancy should be the ultimate aim and proper utilization of contraceptive services can prevent the incidence and complications in this high-risk group. This was good study, well-constructed and was able to identify risk factors for teenage pregnancy.

“Teenage pregnancy (adolescent pregnancies) remains a major contributor to maternal, and child mortality, and to intergenerational cycles of ill-health and poverty. In most case, pregnancy and childbirth complications are the leading cause of death among teenagers in each and every country, more especially girls who are fifteen to nineteen years old globally. Where in low and middle-income

countries it accounts for ninety-nine (99) percent of global maternal deaths of women" (World Health Organization, 2018).

Most teenagers with the unplanned pregnancy are at a greater risk especially those that live in low socioeconomic statuses, and those with the family that has a history of teenage pregnancies, and those who experienced abuse. Teenagers who dropped out of school early due to lack of financial support are at a greater risk of them getting pregnant. Furthermore, health risks that are involved during pregnancy among teenagers are; stillbirth, low birth weight, risk of dying in the few months of life and the risks of the increase in young maternal age (Ibid).

Regionally, a total of 24 countries from East, West, Central, North and Southern African sub-regions were included in a study done by G. M. Kassa et al to determine the prevalence and determinants of adolescent pregnancy. The databases used to search for studies were: MEDLINE, PUBMED, Cochrane Library, EMBASE, Google Scholar, CINAHL, and African Journals Online (AJOL). The overall pooled prevalence of adolescent pregnancy in Africa was 18.8% (95%CI: 16.7, 20.9) and 19.3% (95%CI, 16.9, 21.6) in the Sub-Saharan African region. The study postulated that the prevalence of adolescent pregnancy was highest in East Africa (21.5%) and lowest in Northern Africa (9.2%). Factors associated with adolescent pregnancy include rural residence (OR: 2.04), ever married (OR: 20.67), not attending school (OR: 2.49), no maternal education (OR: 1.88), no father's education (OR: 1.65), and lack of parent to adolescent communication on sexual and reproductive health (SRH) issues (OR: 2.88). The study was well-constructed and was able to identify the prevalence and determinants or factors for teenage pregnancy.

A qualitative and cross-sectional study was conducted by Ibrahim Yakubu and Waliu Jawula Salisu, (2018) with the objective of identifying factors influencing adolescent pregnancies in sub-Saharan Africa in order to design appropriate intervention program. The Joanna Briggs appraisal tool was used independently by the authors to appraise and certify for inclusion or exclusion of articles. The search identified a total of 229 articles, which composed of 244 original research articles and 5 review articles. After the screening of titles and abstracts, 54 articles were excluded because they did not address adolescent pregnancy. Articles that addressed adolescent pregnancy were 170 and 5 reviews. Therefore, 24 research articles were sieved and included in the study. The study was good and sample size selection was done in a systematic way using inclusion and exclusion criteria. The study highlighted sociocultural, economic, individual and health service factors as the main determinants of adolescent pregnancy in sub-Saharan Africa, similar to the developed world.

A community-based cross-sectional study done by Yohannes Ayanaw Habitu et al 2018 was conducted among 514 teenagers in Wogedi, northeast Ethiopia, from April to May 2017. Data were collected using a structured questionnaire, entered, and analyzed appropriately. It postulated that there is high prevalence of teenage pregnancy in the area. Teenage pregnancy is more common among teenagers that come from the poor households as compared to those that come from the rich households. In that, some of the families that live in poverty tend to put pressure on their daughters by forcing them to get married so as to reduce the cost of food and education. It was a good cross-sectional study with aims and objectives clearly stated. A multistage sampling technique used to select study units was appropriate and methodology was clearly stated including the model used for computation to determine association. There were limited chances of selection bias since it involved three researchers in the study. Data collection and data analysis was done effectively and results were highlighted to aid in further research.

"Where employment opportunities for girls are scarce, marriage can be an option to secure a girl's future, since marriage becomes a way to improve a woman's economic situation and social status. In qualitative research conducted in Uganda, young people described poverty as an impetus for having children as a source of income, labor and old age insurance" (Beyeza et al, 2010).

Furthermore, studies have shown that in developing countries and Zambia is not an exception, poor and marginalized girls are among those that are more likely to become pregnant, not only after getting married very young. In some contexts, in exchange for a dowry but also because they may engage in sexual activities in order to satisfy their basic needs and wants and also to provide or support their families with some finances required for them in order to keep on moving (UNFPA, 2013).

According to the UN population agency (UNFPA), in Zambia early and forced marriages are common in Luapula Province, where the prevalence of early pregnancy and under-age marriage is estimated at about 70 percent among teenage girls.

A considerable amount of literature has been published on teenage pregnancy using qualitative studies and others used a systematic review and meta-analysis (PRISMA) of published and unpublished studies. These studies looked at factors associated with teenage pregnancy but limited literature in relation to the effects.

### **In conclusion**

Teenage pregnancy is a crisis affecting the individual, community and society at large as well as resources of the community in so many ways such as lack of education and financial security, mental, emotional and physical immaturity. Despite the numerous elements that can influence teen pregnancy, for many teenagers, the lack of safe sex education from schools that are supposed to teach teens birth control methods and how to avoid peer pressure sexual indulgence and parents are the root cause of teenage pregnancy.

Many countries include comprehensive sex education in school curriculum to help teens avoid unwanted pregnancies through abstinence and practicing safer sex. The main effects of teenage pregnancy include low-birth weight babies and premature births, pre-eclampsia, divorces resulting from early marriages, abortions, depression and suicidal ideation.

### **Study design and setting**

According to Muhammad Yousaf (2019) a research design is a systematic approach that a researcher uses to conduct a scientific study. It is the overall synchronization of identified components and data resulting in a plausible outcome. To conclusively come up with an authentic and accurate result, the research design should follow a strategic methodology, in line with the type of research chosen. Qualitative research design is exploratory in nature as it tries to explore not predict the outcome. It seeks to answer the questions what and how. A qualitative research design is used to explore the meaning and understanding of complex social environments, like the nature of people's experience, using case studies. A good research design is characterized by its flexibility, efficiency, appropriateness etcetera. A research design is one that has little to no error.

Adi Bhat (2019) defines a research design as a framework of methods and techniques chosen by a researcher to combine various components of research in a reasonably logical manner so that research problem is efficiently handled. It provides insights about "how" to conduct research using a particular methodology. They include: data collection, data analysis, and report writing. Madrigal and McClain (2012) argue that data from qualitative studies can provide the details about human behavior, emotions and personality characteristics that quantitative studies cannot match. Qualitative research is suitable for this study as researcher can understand human behavior in a naturalistic observation. through structured interviews.

### **Overview of the study**

In this study, the researcher used qualitative research design and interview schedule methods. Qualitative research is the "Development of concepts which help us to understand social phenomena in natural (rather than experimental) settings, giving due emphasis to the meanings, experiences and views of the participants." (Pope & Mays BMJ 1995; 311:42-45 5) The researcher used open-ended interview schedule to answer the study aims and research question. Open-ended interview questions were developed and the developed interview questions were used to interview the people of Kalingalinga compound in Lusaka province.

A descriptive research design was used in this research because of its advantage in terms of describing the overall causes of teenage pregnant and its effects. According to [www.cleverism](http://www.cleverism.com) website they define an interview as a conversation where questions are asked by the interviewer and corresponding answers are given by the interviewee with the objective of collecting data and information by asking questions and probing the answers that are given by the interviewee.

## **Sampling methods**

The sampling technique employed in the study was purposeful sampling. A sampling technique refers to the statistical and research means used to arrive at the sample size. It is the strategy a researcher adopts in order to arrive at a good representativeness of the population.

A non-probability sampling method was used to obtain information from the people of Linda compound. From all the types of non-probability sampling method, a purposive (judgmental) sampling method was used. Purposive method made it possible for the researcher to interview people of Linda compound respectively. This was done by asking them interview question on what they thought were the causes and effects of teenage pregnancy in their compound and the society at large.

Purposive sampling is used to access knowledgeable people who have in-depth knowledge about particular issues; this is by virtue of their professional role. Purposeful sampling is a sampling technique where the characteristics or special feature of a subject grant him/her the qualification to be included in the sample.

## **Sampling size**

According to Creswell (2008), a sample size is the number of participants selected for a study.

This research used a purposive method in selecting the respondents respectively. And the sample size of 50 people was used by the researcher, of which 35 were women and 15 were teenage girl.

The researcher interviewed females only because, they are the most affected ones when it comes to pregnancy (i.e. death, operations during birth, incompleteness of school and so forth), while men do not pass through these challenges.

## **Data collection**

The study used open-ended interview schedule as a tool to allow respondents to include more information, including feelings, attitudes and understanding of the subject further allowing the researcher to better access the respondents' true feelings on the issue (<https://writing.colostate.edu>). The interviews will be based on both the primary and secondary data sources using a semi structured in depth interviews consisting of a dialogue between researcher and respondent guided by a flexible interview protocol and supplemented by follow-up questions, probes and comments.

This method allows the researcher to set the ball rolling and use the list of questions to guide the interview (Dejonckheere and Vaughn 2018). Open-ended interviews provide the researcher complete explanations which can lead the interviewer in new directions, letting them see perspectives and opportunities they did not consider before. Open-ended questions may yield more candid information and unique insight for researchers as respondents may find them less threatening than scaled questions. The respondents are also not faced with a selection of answer but answer according to what they know and able to reflect on what they have to answer. The respondents need to be respected and the researcher non-judgmental to enable them feel secure and allow the development of trust between the researcher and the respondent making it conducive for both to freely interact.

The disadvantages of this method are the possibility of interviewer and respondent bias which can be overcome by making the questions clear and to the point or inclusion of an opt-out choice to eliminate a lot of inaccurate answers from the study. The presence of the interviewer on the spot may over-stimulate the respondent and it is best for the interviewer to explain why the interview is necessary and the benefit to keep the respondents at ease and focused.

Audio, video and digital recordings of research participants are considered identifiable data as they include images and voices of research participants. Recording enables the researcher to go back after the fact to see if there is anything missed and to improve the interview. The cohort that I interviewed did not wish to be taped due to personal reasons.

## **Conducting the interviews**

This involves asking questions, listening to and recording answers from an individual or group on a structured, semi-structured or unstructured format in an in-depth manner (Tilahun Nigatu 2009) Preparations has to be made to conduct interviews in a setting with less distractions for the comfort of both the interviewer and respondent such as their own homes. The researcher must have good

communication skills so as to communicate the purpose of the interview effectively as semi-structured interview needs experience and skill to create balance between listening and focus on questions. The researcher will explain that open-ended questions is where respondents are free to choose how to answer the questions. The interviews will be conducted by first asking simple general questions or some facts in order to easily engage the respondents in the interview before touching personal matters and the interviewer must attempt to remain as neutral as possible. Respondents should be encouraged to respond with occasional nods of the head and not to lose control of the interview but to be focused.

The researcher will involve an assistant to transcribe data from individual interviews for any observations made during the interview and these will be transcribed verbatim (the art of converting spoken words into text such that a message is captured exactly the way it has been spoken). This data will be checked and rechecked for accuracy to avoid any transcription errors (Silverman 2011). The researcher will become immersed in the data to gain a more in-depth insight into the problem. This process will be followed with each interview informing the next until saturation is achieved. Whilst this approach is intensive it will allow the researcher to develop the interview schedule to answer the research question (Silverman 2011).

### **Focus group discussion**

Focus Group is a focused (guided by a set of questions) and interactive discussion session with a group small enough for everyone to have chance to talk and large enough to provide diversity of opinions. A focus group discussion (FGD) is a good way to gather together people from similar backgrounds or experiences to discuss a specific topic of interest. The group of participants is guided by a moderator (or group facilitator) who introduces topics for discussion and helps the group to participate in a lively and natural discussion amongst themselves. The strength of FGD relies on allowing the participants to agree or disagree with each other so that it provides an insight into how a group thinks about an issue, about the range of opinion and ideas, and the inconsistencies and variation that exists in a particular community in terms of beliefs and their experiences and practices (Research tools 2009). Focus group discussion was done after completing all the interviews to aid in getting feedback from the members of the community for validation, accuracy and to ascertain appropriateness of the research findings. The researcher will conduct two focus groups of a population of 10 in a group. Focus group discussion requires a team consisting of a skilled facilitator and an assistant (Burrows & Kendall, 1997; Krueger, 1994). The facilitator is central to the discussion not only by managing existing relationships but also by creating a relaxed and comfortable environment for unfamiliar participants. Similarly, the assistant's role includes observing non-verbal interactions and the impact of the group dynamics, and documenting the general content of the discussion, thereby supplementing the data (Kitzinger, 1994, 1995).

Focus group discussion is a flexible technique and is adaptable at any stage of the research and offers an opportunity to explore issues that are not well understood or where there is little prior research on the topic. This is because, focus group discussion builds on the group dynamics to explore the issues in context, depth and detail, freely without imposing a conceptual framework compared with a structured individual interview (Nyumba O et al 2018).

### **Data analysis**

Qualitative data refers to non-numerical information such as interview transcripts, notes, video and audio recordings, images and text documents. Content analysis refers to the process of categorizing verbal or behavioral data to classify, summarize and tabulate the data. The data collected in this study has to be organized and analyzed by using the thematic content analysis to create meaning and ensure the truthfulness of the research findings. It is considered as a powerful means of analyzing and coding detailed qualitative data.

### **Thematic analysis**

Thematic analysis is used in qualitative research and focuses on examining themes within data. This method emphasizes organization and rich description of the data set. Thematic analysis goes beyond simply counting phrases or words in a text and moves on to identifying implicit and explicit ideas within

the data (Wikipedia). Individual statements relevant to study aims are identified and tagged, then numerically coded, these are then brought together under themes and then reduced accordingly. Related concepts will be grouped together to facilitate the coding process. Coding or reduction of data or data simplification is the process of breaking data up through analytical ways and in order to produce questions about the data, providing temporary answers about relationships within and among data (Coffey et al 1996). The reduction of codes is initiated by assigning tags or labels to the data set based on the research questions asked during interviews and focus groups. Most researcher consider thematic analysis to be a very useful method in capturing the intricacies of meaning within a data set (Guest Greg (2012). A potential data analysis pitfall occurs when researchers use the research question to code instead of creating codes and fail to provide adequate examples from the data (ibid).

Reliability with this method is a concern because of the whole wide range of interpretations that arise from the themes as well as applying themes to large amounts of text. Increasing reliability may occur if multiple researchers are coding simultaneously which is possible with this form of analysis. To increase reliability, the researcher should plan for monitoring themes and codes tables throughout the process (ibid). Validity in this study is assured through the use of triangulation which means using more than one method to collect data on the same topic. In this study the researcher used literature review, open-ended question schedule and group discussion using reflexive notes and nonreplicable individual interactions and interview questions as a tool to capture data allowing the researcher to scrutinize findings of the study. The data collected should be focused on the respondent's viewpoint and not the researcher in order to enhance trustworthiness and validation of data. The researcher will make sure that the principles of ethics are adhered to in order to promote trust and mutual understanding. The researcher's actions must aim to 'benefit' people's health, welfare, comfort, well-being, improve a person's potential, improve quality of life(beneficence) and doing no harm (nonmalfeasance) are practiced throughout the study.

### **Ethical considerations/approval**

Ethical approval is needed for any research that involves human respondents, their data to ensure that the dignity, rights, safety and wellbeing of all respondents are the primary consideration of the research from Research Ethics committee. To ensure that the study complied with the ethical requirements pertaining to research, consent was developed (Autonomy), indicating a full disclosure of all the activities of the study and the study intention. The respondents were given a consent form which they indicated their voluntarily participating in the study. It is only after the respondent agrees, were they allowed to take part in the study and no coercion (intimidation) of any kind was used in this study. The respondents were also allowed to withdraw from the study whenever they want. In respect to the informants and in order to protect them from physical, mental and emotional harm resulting from the data they gave, the researcher ensured that inquiry into personal matters is avoided without consent from the participant involved (Confidentiality).

### **Conclusion**

Teenage pregnancy is a public health, social and economic problem that is associated with social exclusion which leads to school dropout among teenagers, loss of school interest, economic burden, death, operation and abortions, STDs, increase number of street kids and rejections from those responsible as well as early marriage.

It can therefore be concluded that teenage pregnancy is not a good thing that has to happen to teenagers at a tender age as it comes in with many outcomes and problems. And these problems do not only affect the disadvantaged teenager but also the family members or guardians as well as the society as a whole.

It can also be concluded that teenage pregnancy is not something that comes out of nowhere but is as a result of many factors such as peer groups, poverty, lack of financial support, lack of love and affection from parents and guardians, environmental influence, and defilement and rape, prostitution, irresponsible parents, and disobedient are all the causes of teenage pregnancy among teenagers.



Lack of sex education has also led to many teenage girls to fall into the trap of getting pregnant at a tender age, as the majority of them have not received any kind of education about sex. And also, that many children disobey the advices given to them by their parents.

Therefore, it is of good interest that the government and parents or guardians develop a learning package that can be used to teach teenager both boys and girls on issues concerning sex and safer sex. And more especially parents have to be restrictive on the things that they let their children do. And finally, the government should develop a number of programs that will support and teach the teenager on these issues

## Limitations

The limitations of this study are that it was concentrated on one area of the province and it would have been beneficial if it had covered two to three compounds to have a large sample size so that generalization is representative. Other limitations are diversion of information where the respondent would go off the topic and start talking about their problems and not answering the questions. And the other limitation is that some of the people within the compound were busy to an extent where they could not spare some of their time to answer the questions. Data interpretation done by only one researcher is likely to be biased compared to when there two or more researchers.

From the findings of this study, the following are the recommendations; there is need for policy makers, community leaders and school curriculum to act towards raising age at marriage to after 19 years and make the methods of contraception accessible to teenagers. Qualitative techniques like focus groups discussions could be helpful in reflecting on the root cause of the problem. Recommendations include interventions to keep girls in school, to provide them with technical and life skills training, to support them in adopting healthy lifestyles and a successful transition to motherhood, and to help their children reach their full potential.

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