

**TEENAGE MOTHERS CHALLENGES ENCOUNTERED,
COPING STRATEGIES AND THEIR
PSYCHOLOGICAL WELL-BEING**

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ABSTRACT

Teenage mothers encounter challenges such as social stigma, financial constraints, and a vast deal of anxiety. Teenage mothers face various challenges during their journey into motherhood and require effective coping strategies to manage stressors, thereby maintaining their psychological well-being despite numerous obstacles. This study determines the challenges encountered, coping strategies, and the psychological well-being of the teenage mothers living among the three barangays in Ozamiz. This study used a quantitative, descriptive correlational research design. There were 80 mothers from three selected barangays in Ozamiz City, Misamis Occidental, Philippines, participated in the study. Respondents were chosen using stratified random sampling and purposive sampling methods. Statistical analysis achieved complete results, including average weight value and regression analysis. The findings revealed that the respondents encountered challenges in terms of social, financial, and emotional aspects. Respondents exhibited high coping strategies, indicating their adeptness in overcoming challenges. Their good psychological well-being scores further underscore these coping strategies' effectiveness.

To conclude, the study suggests that the respondents use coping strategies that have worked for them. They also seek professional guidance and collaborate with mental health experts to customize and enhance coping strategies based on their needs and situations. This strategy is critical for ensuring their well-being and effectively navigating the obstacles of early motherhood.

Keywords: *challenges encountered, coping strategies, psychological well-being, teenage mother*

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INTRODUCTION

Background of the Study

Teenage pregnancy is a common phenomenon with established reasons and long-term consequences that can affect their health, relationships, and financial status. Although the global rate of childbearing in teenagers has dropped, regional variations that have taken place at different intensities correspond to these other places. There is a significant difference in the national and international standards. Teenage pregnancy is associated with low socioeconomic status and lower levels of education. In addition, the rate of decline in adolescent first births is slower for these and other disadvantaged groups, which further explains increasing inequalities (WHO 2023).

Teenage pregnancies are recognized to have some impacts on the body, whether it is in physical, emotional, or psychological effects. Unsafe and illegal abortions, which carry a higher risk of illness or even death, are more common among teenage mothers. In addition, teenage mothers have a higher chance of getting widespread infections and various health issues. Other long-term effects of teen pregnancy extend to a woman's social and financial status. Apart from the social stigma and ostracism from their respective families and peers, having a kid before turning 18 also carries a higher risk of suffering violence in their relationship with their spouse or partner (Pepito et al., 2022).

The World Health Organization (WHO) reported in 2019 that teens aged 15-19 in low- and middle-income countries (LMICs) had about 21 million pregnancies. Around half of these were unplanned, leading to 12 million births (WHO, 2019). The Philippine Statistics Authority (PSA) noted 3,135 teenage pregnancies in 2022, a 35% jump from 2,320 cases in 2021. PSA has seen a worrying increase in pregnancies among girls under fifteen since 2017 (Reliefweb, 2024).

Transitioning to motherhood requires physical, psychological, social, and cognitive challenges; however, most teenagers raise babies with inadequate preparation (Kotoh et al., 2022). During the past few decades, teenage pregnancy has become a significant health concern in several nations. A woman going from single to parenthood faces enormous obstacles and increased vulnerability. Teenagers becoming mothers usually have inadequate information and skills to address early motherhood, which adds stress to their already challenged developmental level (Erfina et al., 2019).

Teenagers are on the edge of adulthood, yet they lack the life stability of a secure job, their place to live, or money in the bank. These individuals encounter challenges in pursuing further education, rely on their parents who have custody, and experience a more difficult entry into the job market. A pregnant teen or already a mom might have an easier time finding work, but they often get fewer hours and less pay than women who have kids later in life (Balanda et al., 2020).

Coping strategies are defined as individuals' internal and external determination of how people act and think when stressed out (Stephenson & Delongis, 2020). This term stands apart from 'defense mechanisms,' which kick in without us realizing it. Both coping strategies and defence mechanisms aim to cut down on stress or make it more bearable, but coping strategies are things we choose to do on purpose (Algorani & Gupta, 2023). Teenage pregnancy, primarily unplanned, is a social problem. It cuts short the teenage years and puts teens' right to grow up at risk, forcing them into adult roles before they are developmentally, emotionally, and socially ready (Gloza et al., 2022).

The capacity of teenagers to handle their pregnancy and early motherhood appears to rely on the support and acceptance of their family members, who are willing to embrace their pregnancy and provide assistance throughout this period (Sehularo, 2022). Teenagers face numerous difficulties that can impact their social and psychological well-being if they lack sufficient support. Nonetheless, some teenage mothers can cultivate a certain level of adaptability to navigate these challenges (Mukuna et al., 2021).

Teenage mothers utilize diverse coping strategies to manage the obstacles they encounter effectively. These strategies involve reaching out for help from partners, parents, and other family members, relying upon their spirituality and faith, concentrating on their own and their children's futures, and adopting an optimistic outlook on their current situation (Vargas & Batilantes, 2023).

According to Dhanabhakym & Sarath (2023), Psychological well-being pertains to a person's subjective experiences of a positive frame of mind, such as a positive mindset, contentment with life, and way-finding skills. It is a broad notion encompassing many facets of an individual's emotional and psychological well-being, including developing harmonious relationships, growing personally, having self-worth, accepting oneself, and feeling in control of one's life. Psychological well-being entails having a positive self-perception and contentment with life, cultivating fulfilling relationships and a sense of meaning, and navigating life's difficulties effectively.

Limited studies in the Philippines attempted to investigate the teenage mother's challenges encountered, coping strategies and well-being. Studies by Jakubowski et al. (2023) and Mueller et al. (2019) highlighted different obstacles or challenges teenage mothers encounter, such as financial problems, social stigma, lack of support, and educational opportunities. However, knowing more about how these challenges affect their ability to cope and adapt is significant. Moreover, most of the research often focuses on coping strategies employed by teenage mothers without thoroughly investigating how effective these strategies are in improving the psychological well-being of this specific group. This study is an attempt to address this gap in the literature.

Theoretical Framework

The study utilized the Adaptation Model by Sister Callista Roy (1970) to give a theoretical basis as a guide. The Adaptation Model of Nursing, developed by Sister Callista Roy, is a well-known nursing theory that seeks to explain and define nursing practice. According to this model, individuals are seen as interconnected

systems striving to maintain equilibrium amidst stimuli. The Roy Adaptation Model debuted in the nursing literature in 1970 through an article titled "Adaptation: A Conceptual Framework for Nursing," published in *Nursing Outlook*. In that same year, the Adaptation Model of Nursing by Sister Callista Roy was implemented at Mount St. Mary's School in Los Angeles, California (Gonzalo, 2023).

According to Roy, adaptation is the process by which people and communities integrate themselves into their surroundings through conscious knowledge, self-reflection, and choice in response to beneficial environmental changes. This process involves actively engaging with the environment, recognizing the need for change, and making deliberate decisions to achieve equilibrium. Individuals can navigate the challenges by employing coping mechanisms, behavioural adjustments, and practical problem-solving strategies. This model acknowledges individuals as dynamic entities functioning within a bio-psycho-social context that involves continuous interaction with an ever-evolving environment. To adapt, individuals employ both inherent and learned mechanisms. This model includes individuals and groups, such as families, organizations, and communities. This encompasses society in its entirety (Petiprin, 2023).

The adaptation model will guide this study in evaluating the relationship between the difficulties faced by teenage mothers and coping strategies for their psychological well-being. The adaptation model can relate to our research in ways that teenage mothers operate within a dynamic bio-psycho-social framework and continuously interact with their environment. This model highlights that teenage mothers utilize both inherent and learned coping mechanisms to adapt to the unique challenges they face, such as stigma, lack of support, financial constraints, and educational barriers. The adaptation model stresses how individuals interact with their environment and emphasizes the importance of effective coping strategies to improve psychological well-being during challenging times.

Conceptual Framework

Challenges are circumstances when a person's abilities are tested by a factor that requires a lot of mental or physical effort to do successfully (Cambridge Dictionary, n.d.). The challenges associated with teenage pregnancy are complex and hold solid sociocultural foundations. From the standpoint of the beneficiaries, ignorance was the most frequent obstacle; from the perspective of the service providers, behavioural barriers were the main problem. Collective efforts at the individual, family, community, and societal levels are required to safeguard and improve maternal health, particularly in a nation where teenage pregnancy is common (Naskar et al., 2022).

Social challenges of teenage mother refer to their position in society, including how they are treated, viewed, and valued by others. Numerous factors, including cultural norms, community views, and individual situations, impact this position. Teenage mothers' social status varies based on these factors, which affect their general experiences and psychological well-being. Teenage mothers may experience substantial changes in their societal customs. Some may leave school to focus on caring for their children. In contrast, others remain in school but must give up extracurricular activities or seek employment to provide for their child's necessities (Texas Adaption Center, 2021).

Teenage mothers' financial challenges often go beyond covering the day-to-day costs of raising a child. Many teenage mothers struggle to complete their education, which hampers their ability to earn higher incomes over their lifetime. Having enough or not enough money can lead to various issues that, if ignored, can have negative consequences. Ample resources facilitate the provision of mental and physical support, but a deficiency or lack of finances can lead to inadequate upbringing and unfulfilled basic needs (Atwood, 2023).

Emotional challenges of teenage mothers relate to the challenges they face in controlling their emotional health, such as how to deal with stress, worry, sadness, and other psychological aspects of being a teenage mother. Pregnancy is often a period of emotional stability for most individuals. However, teenagers'

mental well-being may be significantly impacted by pregnancy, which can differ from older individuals' experiences. Research suggests that approximately 20% of pregnant people have mood or anxiety disorders, highlighting the need for teens and parents to recognize and understand the emotional challenges faced by teenage mothers. Support and understanding can significantly reduce pregnancy-related stress (HennepinHealthcare, 2023).

According to Owuonda (2022), Both prosperous and developing countries have issues with teenage pregnancy, although the rate is higher in less wealthy countries. They conducted a study about the Challenges that teenage mothers experience in Nyatike Sub-County, Kenya. According to this study, teenage pregnancy results in low academic performance and unfavourable behaviour changes for teenage mothers, both those who attend educational institutions and those who do not. For youth, their families, and society at large, teenage pregnancy is a significant issue. While a small percentage of teens choose to become parents, most do so unintentionally and usually without the proper guidance or education to manage the obligations of being a parent (HealthCoreClinic2023).

Teenage pregnancy poses a severe risk to one's ability to reproduce. It is far more common in underdeveloped countries; this might be due to societal norms around early marriage or existing cultural and socioeconomic status standards. Teenage pregnancies are more prevalent in struggling populations that face poverty, lack of access to education, and unemployment. Due to a lack of options for employment and education, women in these societies where becoming a mother is highly valued are compelled to select marriage and childbearing as their final resort (Dutta et al., 2022). The issue of teenage motherhood is a significant global concern. Teen mothers face numerous challenges that may hinder their academic aspirations and achievements without adequate support. Nevertheless, some teenage mothers exhibit resilience and adaptability in navigating these difficulties (Mukuna et al., 2021).

According to Kassa et al. (2021), teens encounter barriers to receiving contraception, such as stigmatization of health professionals and laws and policies

that discriminate against them based on factors like age or marital status. Teenagers observe that there are several obstacles to using contraception. Engaging in sexual activity without it can raise the likelihood of an unwanted pregnancy and the health concerns that come with it (Wondimagegne et al., 2023). Teenagers' usage of contemporary techniques of contraception and youth is impacted by a confluence of obstacles, such as personal, social, cultural, and healthcare system aspects (Dioubaté et al., 2021).

Coping strategies refer to these young mothers' techniques or actions to deal with their challenges. These strategies could include emotional support from family or friends, seeking professional assistance, time management, or building resilience early on to handle the challenges of teenage mothers. The research likely explores how these coping strategies impact the overall well-being of teenage mothers in the face of the unique challenges they encounter.

The study by Musese (2019) in the Kavango Region of Namibia reveals teenage mothers' experiences, difficulties, and coping mechanisms. The study's findings point to themes of anxiety, tension, regret, and guilt, along with social stigma and a lack of or inadequate financial assistance. Teenage moms struggle to balance their simultaneous responsibilities as mothers and learners. These teenage mothers use specific coping strategies to deal with the difficult circumstances they find themselves in, such as keeping the pregnancy a secret from their parents or deciding to terminate the child (Arsadh, 2020).

According to Kisanga & Matiba (2021), It has been discovered that social support networks, particularly those from spouses and family, are essential for helping teenage mothers at higher education institutions manage the many responsibilities they bear. Part-time work and small companies are examples of coping techniques that presented extra time management issues for teenage mothers who were also students. This happens especially when teenage mothers still go to school and are afraid to be judged by others. Teenage mothers often face unique challenges as they navigate motherhood responsibilities while still being teenagers. Coping strategies can help them manage stress and maintain their well-being.

According to Kotoh et al. (2022), teenage pregnancy is a concern because it may compromise the safe passage of adolescents into adults, which impacts not only the teenagers themselves but also their families, offspring, and the larger community. Moreover, consensual, transactional, and sexually abusive relationships all resulted in teenage pregnancy. Teenagers who are pregnant and decide to drop out of school tend to withdraw themselves, turn to God, and engage in prayer, even when support from their parents is provided. Mental stress and the risk of depression increased as a result of being unprepared for early motherhood and receiving insufficient psychosocial care. The relationship between the factors that lead to mental stress and the welfare of teenage mothers highlights the necessity for a multifaceted approach (Wainaina et al., 2021).

Psychological well-being relates to the general and emotional well-being of an individual. It comprises meaningful interpersonal interactions, independence, environmental mastery, acceptance of oneself, a feeling of direction, and personal development (Dierendonck et al., 2023). Psychological well-being is fundamental to mental wellness and can be characterized as including resilience (coping, emotion control, constructive problem resolution), as well as hedonic, enjoyment and eudaimonic (meaning, satisfaction) happiness (Božek et al., 11 2020). The concept of well-being is intricate and multifaceted. Sometimes, measurements of well-being are separated into two categories: subjective measures, which are based on people's cognitive and emotional assessments of their lives and capture psychological, social, and spiritual components of life, and objective measures, which primarily relate to "standard of living." These measurements are sometimes referred to as measures of psychological well-being when they deal with psychological elements such as happiness (Trudel-Fitzgerald et al., 2019).

According to Agnafors et al. (2019), becoming a parent symbolizes a significant shift in one's life, which includes the experience of encountering new obstacles. Giving birth during adolescence is challenging, as it occurs amidst a profoundly influential cognitive and physiological phase, presenting difficulties or compelling 26 the transition from childhood to adulthood. In addition to high levels

of stress from handling an undesired pregnancy, lack of financial means, being unprepared for parenthood, and challenges during pregnancy and delivery, teenage mothers also frequently have psychological challenges. The stigma they encounter from friends, family, and the community makes these circumstances far more challenging. The stigma they face from friends, family, and the community makes these situations much more difficult. The health of the mother and the unborn child may suffer if unresolved psychological issues surrounding teenage pregnancy are not addressed (Ntshayintshayi et al., 2022).

According to Erfina E et al. (2019), teenage mothers deal with various challenging experiences during their whole pregnancy and delivery, including joy and worry, as they grapple with the new responsibility that awaits them. Negative emotions towards motherhood were articulated as sentiments of deprivation and remorse associated with their previous experiences and anticipated prospects. Adolescent mothers who are primiparous have voiced this sentiment. However, being a teenage mother must not prevent a young lady from succeeding. They must consider the challenges experienced by previous young moms about their general well-being, financial security, and the health of their offspring (Nall et al., 2024).

Teenage pregnancy and parenthood have been issues of regular discussion in the realm of public health. Teenage pregnancy extends beyond physical condition experience, as well as the physical representation of moral judgment, conflict, and social standards. An increasing number of people are concerned that, despite the majority of this field's study focusing on the health and physical effects of early childbirth, the psychological problems that teenage mothers experience go unrecognized (Govender et al., 2020).

Parenting may be a wonderful and affirming experience for some young women, and not all of them who are pregnant or have children struggle with mental health issues. However, high-risk groups, such as those without support, those who have previously experienced the care system, and those with psychological distress, may have a higher proportion of problems. Furthermore, it is possible that young women who are experiencing abuse or exposed to violence would, therefore, be

related to increased depressive symptoms. It is also well-acknowledged that mental health issues in young, expectant, and parenting women are significantly influenced by poverty (Lucas et al., 2019).

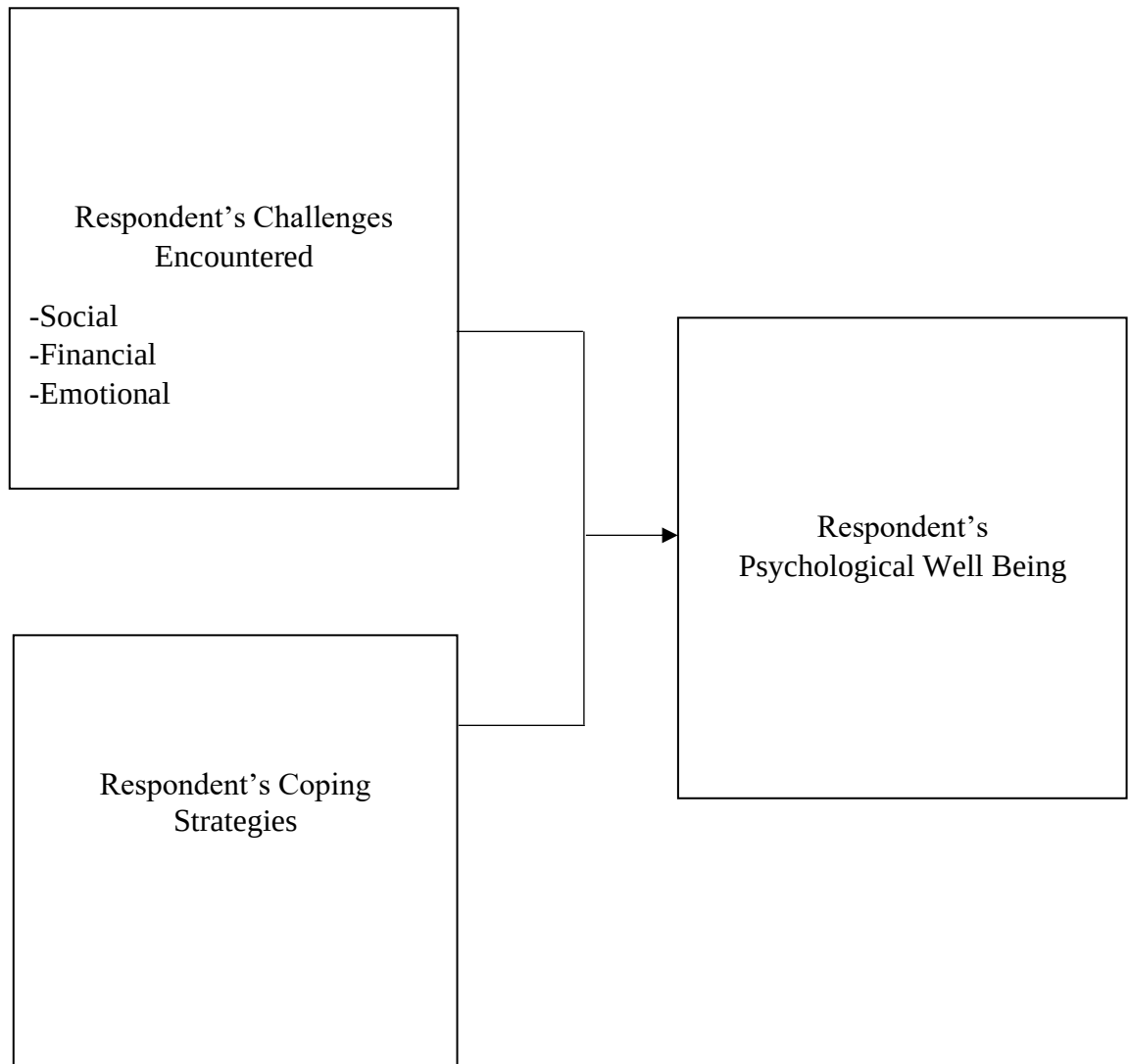


Figure 1. *Schematic Diagram of the Study*

Objectives of the Study

This study aims to determine and investigate the teenage mother's challenges encountered, coping strategies and their psychological well-being. This study sought to determine the challenges encountered, coping strategies, and psychological well-being of the teenage mothers living among the three barangays in Ozamiz. Specifically, the study aims to answer the following questions: (1) Identify the respondent's challenges encountered; (2) Identify the respondent's coping strategies used; (3) Determine the respondent's psychological well-being; (4) Explore a significant relationship on the respondent's challenges encountered and their psychological well-being; (5) Explore significant Relationship between the respondent's coping strategies and their psychological well-being.

It is hypothesized that there is no significant relationship between the challenges encountered and their psychological well-being. It is also hypothesized that there is a significant relationship between their coping strategies and their psychological well-being among teenage mothers.

Significance of the Study

This study aims to contribute by providing answers to the importance of having support during pregnancy. By doing so, we will gain insight into how teenage mothers navigate their journey, handle their challenges, and how it can affect their psychological well-being. We can observe that teenage pregnancy is a relevant three topic, as it is one of the global issues that most nations are concerned about. The incidence of teenage pregnancy is currently on the rise. Therefore, this study aims to raise awareness among all teenage mothers and provide valuable insights to benefit young mothers during their pregnancy journey.

METHODOLOGY

This study section outlines the methodology, including the research design, research setting, participants, sampling method, data collection tools and process, validity and reliability checks for the tools, scoring criteria, data analysis approach, statistical methods used and ethical considerations.

Research Design

This research employs an approach specifically utilizing a descriptive-correlational design. This design choice was deemed suitable as it aimed to explore the extent of the Relationship, between the independent and dependent variables. Descriptive correlational research involves a research approach that seeks to understand the connection between two or more variables without attributing causation. It entails gathering and examining data related to two variables to explore potential relationships between them (Bhat, 2023). Moreover, the current research examines facts pertaining to the awareness and attitude of reproductive health and sexual practices. The researcher views it as a research design.

Research Environment

The research was conducted in Ozamiz City, Misamis Occidental. Particularly in the three barangays of Ozamiz City, the town is in Misamis Occidental province. It had a population of 2,746 according to the 2020 Census, making up 1.96% of Ozamiz's population. Barangay 1 is located around 8.1479, 123.8383 coordinates, on the island of Mindanao. At these coordinates, the height is around 8.0 meters, equivalent to 26.2 feet, above sea level. Their community has a range of housing structures, from traditional homes to modern concrete buildings, and essential utilities like water, electricity, and waste management are available but may experience occasional disruptions. Located in the province of Misamis Occidental is the city of Ozamiz, wherein Barangay 2 is formerly Poblacion. Its population, based on the 2020 Census, was 6,878. This represented 4.90% of the total population of Ozamiz—a range of housing structures, from traditional homes

to modern concrete buildings. Houses are often made from locally sourced materials, such as wood and stone, and a diverse age group of people, with many young families and elderly residents. Lastly, Barangay 3 is located in Ozamiz City, in the province of Misamis Occidental. According to the 2020 Census, it has a population of 5,902. This represented 4.21% of the total population of Ozamiz. Communities are close-knit, with homes built nearby. Their social values emphasize respect for elders and authority figures, which is deeply ingrained.

Unit of Analysis, Respondents and Sampling Procedure

The respondents of this study were 80 teenage mothers currently residing in the three barangays of Ozamis City, Misamis Occidental, where teenage mothers are prevalent. We chose the 80 respondents by employing a method known as stratified random sampling. This involves dividing the population into groups based on specific characteristics related to the study and then randomly selecting participants from each group to ensure fair representation. Stratified random sampling and purposive sampling were used to choose the desired and actual respondents of the study. The following were the criteria in selecting the respondents: (1) teenage pregnant mothers/teenage mothers ages 13-19 years old, and (2) obtained consent to take part in the research.

Data Gathering Instruments and Procedure

The following research tools are questionnaires created by researchers that were used to collect information and data. The questionnaire comprised three parts. The first part focused on the challenges, divided into social, financial, and emotional constructs. The second part assessed their coping strategies, measuring their effectiveness in managing encountered challenges. The final part of the questionnaire explored their psychological well-being when employing these effective coping strategies. These questionnaires were explicitly tailored to the research objectives and were used to gather responses from respondents in a structured format.

Before administering the research instrument, the researcher sought permission from the Dean of the College of Nursing, Midwifery, and Radiologic Technology to conduct the study. The questionnaire was administered to gather data.

After approval of the letter of request, the questionnaire is individually distributed to the identified subjects by the research. The researcher assured that the study's respondents were thoroughly informed of the terms and conditions of the questionnaire and the confidentiality of the matter.

Validity & Reliability of the Instruments

The instrument was then presented to the research adviser for checking and evaluation to have further improvements. The researcher prepares and validates all the questions in the questionnaire through pretesting. We picked 20 respondents first for the pilot test of the target population, and these will not be included in the final conduct of our study. Afterwards, the questionnaire was submitted to the adviser for further recommendations; the panellists' and adviser's remarks and suggestions were considered in revising the questionnaire items. Upon having received an average Cronbach's alpha test result of 0.71225, the data collection begins. This is geared toward ensuring the validity of the tool in data gathering.

Scoring Guidelines

To collect relevant data and information, the following researcher-made questionnaires were employed:

Respondents Challenges Encountered. This adapted questionnaire gathered information about respondents' social, emotional, and financial challenges. This Likert scale has four points. The continuums used to analyze and interpret the collected data are shown below.

Score	Continuum	Responses	Interpretation
4	3.41 – 4.00	Most of the Time (M)	Very High (VH)
3	2.61 – 3.40	Quite Often (QO)	High (H)
2	1.81 – 2.60	Rarely (R)	Low (L)
1	1.00 – 1.80	Almost Never (AN)	Very Low (VL)

Respondents Coping Strategies. This tool investigated the respondents' coping strategies. This is a four-point Likert scale. The continuum that was used to interpret the collected data is shown below.

Score	Continuum	Responses	Interpretation
4	3.26-4.00	Most of the Time (M)	Very High
3	2.51-3.25	Quite Often (QO)	High
2	1.76-2,50	Rarely (R)	Low
1	1.00-1.75	Almost Never (AN)	Very Low

Respondents' Psychological Status. This tool, a four-point Likert scale, investigated the respondents' psychological status. The continuum that was used to interpret the collected data is shown below.

Score	Continuum	Responses	Interpretation
4	3.26-4.00	Most of the Time (M)	Very Good
3	2.51-3.25	Quite Often (QO)	Good
2	1.76-2,50	Rarely (R)	Poor
1	1.00-1.75	Almost Never (AN)	Very Poor

Mode of Analysis, Statistical Treatment

The researchers used the frequency that the respondents presented. The following statistical procedures and methods were applied to obtain thorough, accurate, and dependable results:

Average Weight Value. This tool was used to investigate and understand the psychological health and coping mechanisms of primipara mothers. It served as a means to gather detailed insights into how these mothers navigate and manage the challenges they face during their initial experience of motherhood.

Regression Analysis. This method was applied to quantify the significant Relationship between independent variables and their corresponding dependent variables in the study.

Ethical consideration

Data confidentiality is vital as it protects participants' privacy, fosters trust, prevents harm from unauthorized access and upholds ethical standards in research. Once the data was collected, it was stored in secure locations accessible only to authorized researchers. This may involve using locked rooms or secure digital storage systems to keep the data confidential and protected from unauthorized access. When no longer required, the data was safely and permanently disposed of to prevent misuse or confidentiality breaches.

Before starting the actual process of collecting data, the researcher took all ethical considerations into account. The researcher strictly implemented the following: (1) A letter of request addressed to the Dean of the College of Nursing, Midwifery, and Radiologic Technology; (2) The consent of the respondents was sought to respond to points that called for clarity before the actual distribution of the questionnaires took place, immediately after reading the consent form; (3) The respondents were fully informed about the purpose, benefits, and risks of the study; (4) The respondents were also told that they could withdraw, leaving the study whenever they like, with the assurance of confidentiality of the information they had given; (5) The respondents were free and informed that they were encouraged to contact the investigator if they had any concerns or questions; and (6) It was of paramount consideration that anonymity and confidentiality would always be observed at all times during the conduct of the study.

RESULTS AND DISCUSSIONS

This chapter contains the analysis and interpretation of the data acquired for this study, which are arranged to the following topics:

Respondents' challenges encountered in terms of social, financial, and emotional

Respondents' coping strategies used

Respondents' psychological well-being

Significant Relationship between the respondents' challenges encountered and their psychological well-being

Significant Relationship between the respondents' coping strategies and their psychological well-being.

Respondents' challenges encountered in terms of social, financial, and emotional.

The data presented in Table 1 show that the respondents' social, financial, and emotional challenges had a total weighted average of 2.84 and a standard deviation (StDev) of 0.62481, which is considered high and signifies that they encountered difficulties in these areas.

Social challenges. The weighted mean (WM) is 2.68, with a standard deviation .76612. This is interpreted as 'High' (H), suggesting that teenage mothers experience difficulties in terms of social aspects. The respondents experience hardships in providing for their child's needs and their own. Balancing early parenting with personal growth can make it hard for teenage mothers to get stable jobs and finish their education, which may lead to ongoing poverty and fewer opportunities. Good support and understanding from society are crucial to helping them overcome these difficulties and improve their futures. Another review by Erfina et al. (2019) suggests that the transition to parenthood is a remarkable period in women's lives. The transition begins during pregnancy and proceeds during the postpartum period. This is heightened for young mothers, while literature also illustrates that adolescent women have an added burden during the transition to parenthood.

Financial. It has a weighted mean (WM) of 2.85 and a standard deviation (StDev) of .75134. This is interpreted as 'high' (H). The respondents suffered stress and worry when dealing with financial issues. Teenage moms frequently encounter financial considerable problems, which may be detrimental to their health as well as the health of their children. Limited education and job opportunities can lead to struggles with basic needs, impacting their mental health and their ability to provide for their child. This financial instability may bring about a cycle of poverty that affects both mother and child. According to research, financial stress experienced by parents, especially mothers, is linked to problem behaviour in teenagers, with low-income households being more vulnerable (Libo-on et al., 2021).

Emotional. It has a weighted mean (WM) of 3.00 and a standard deviation (StDev) of .46198. This is interpreted as 'high' (H). This suggests that teenage mother encounter difficulties in their emotional aspects. The respondents felt under pressure to succeed as teenage mothers. This pressure frequently results in a constant battle to manage parenting duties alongside personal ambitions, causing increased stress and a strong drive to demonstrate their ability despite being young. The statement emphasizes the diverse pressures confronting teenage mothers and the complex motivations propelling them to pursue success despite their challenges. Ben et al. (2023) report that throughout the crisis era, pregnant women experienced confusion and worry due to numerous challenges. Teenage mothers' confusion and fear during the crisis show how tough things were for them. It also proves they need sound support systems to help them through uncertain times.

Table 1. Challenges encountered by the teenage mothers in terms of social, financial, and emotional.

Challenges Encountered	WM	StDev	Remarks
Social	2.68	.76612	High
Financial	2.85	.75134	High
Emotional	3.00	.46198	High
Overall Weighted Mean	2.84	0.62481	High
<i>Scale: 3.25-4.0 (Very High)</i>	<i>1.75-2.49(Moderately High)</i>		
<i>2.50-3.24 (High)</i>	<i>1.0-1.74(Low)</i>		

Coping strategies used by teenage mothers.

The data provided in Table 2 shows the coping strategies of teenagers. Its standard deviation (StDev) is 0.49616, and its weighted mean (M) is 2.71. This is considered to be "high" (H). This implies that respondents had positive coping strategies. The statement means that respondents effectively managed their challenges through positive coping strategies. This suggests they utilized healthy stress-management techniques, built resilience, used available resources well, and employed proactive problem-solving skills. Their ability to handle difficulties constructively indicates strong emotional regulation and adaptability, which helps them balance their responsibilities and maintain well-being. In certain circumstances, a variety of coping mechanisms become effective. In the study of Nkansah et al. (2022), a problem-solving technique is quite beneficial, but others show a persistent link between specific coping approaches and poor outcomes. Maladaptive coping, for instance, describes strategies associated with worsening mental health consequences and elevated psychological symptoms. These consist of emotional repression, avoidance, and disengagement.

The teenage mother's family helped her come up with coping mechanisms to deal with her pregnancy, like praying, relying on God, and avoiding other people.

Despite society's disapproval of teenage pregnancies and the misery they cause, they rejected abortion. Instead, their social group aided as teenagers developed coping methods (Kotoh & Glozah, 2022).

Table 2. Coping strategies used by teenage mothers

Statements	M	SD	Remarks
Coping Strategies	2.71	.49616	High

Scale: 3.25-4.0 (Very High); 2.50-3.24 (High); 1.75-2.49 (Moderately High); 1.0-1.74 (Low)

Psychological well-being of teenage mothers

The data provided in Table 3 shows the psychological well-being of teenage mothers. Based on the data, it appears that teenage mothers have an average psychological well-being score of 3.05, with a standard deviation of .37681, within the "good" category on the given scale. This suggests that the respondents in this study generally have good psychological health. Their good mental health comes from strong coping skills that help them cope with stress and stay balanced. These skills enable them to handle the challenges of teenage motherhood effectively, maintain a positive attitude, and provide a stable environment for themselves and their child.

However, there are instances where teenage mothers experience low psychological well-being. High levels of parental stress affect how parents care for their children, making it harder for them to use effective parenting techniques and support their child's development. This stress often leads to less adoration between parents and children, resulting in bad parenting. The main factors causing this stress are how parents react to it, their view of stressful events, their strategies to deal with it, and outside influences (Angeline & Rathnasabapathy, 2023).

Some young women described pregnancy and parenthood as a period of reparation that improved their well-being. In certain instances, healing childhood wounds were associated with this restitution, as young women understood that their

early experiences were not their fault. They were having children catalyzed change and a source of inspiration. It forced young women to use strength they had never used before, which improved self-esteem for some. (Salmon et al., 2019). While not every young woman who is pregnant or parenting struggles with mental health concerns—parenting may be a fulfilling and enjoyable experience for some—problems can be prevalent in high-risk populations, like those who are unsupported (Olander & Ayers, 2019).

Teenage mothers are a unique group since they must make some significant improvements to who they are and what they can be especially susceptible to experiencing postpartum anxiety, tension, and a sense of loneliness. However, entire support services can prevent many of the challenges frequently encountered by teenage mothers since they provide a range of assistance, data, events, and chances (Cyhlarova & Robotham, 2022). Furthermore, inadequate aid for mental health issues can hurt parenting techniques and may hinder a teenage mother's capacity to form a strong attachment with her child (Jenkins et al., 2022).

Table 3. Psychological well-being of teenage mothers.

Statements	M	SD	Remarks
Psychological Well-being	3.05	.37681	Good
<i>Scale: 3.25-4.0 (Very Good)</i>		<i>1.75-2.49(Poor)</i>	
<i>2.50-3.24 (Good)</i>		<i>1.0-1.74(Very {Poor)</i>	

Significant Relationship between the challenges encountered and their psychological well-being

The data provided in Table 4 shows teenage mothers' Social and Psychological Well-being. It has a computed r-value of .235 with a p-value of .036. The analysis reveals an r-value of .235, showing a modest positive relationship between the variables and a p-value of .036, less than the standard significance level of 0.05. This p-value implies that the Relationship observed is statistically

significant and unlikely to be random, causing the null hypothesis to be rejected. It was determined that these two variables have a significant relationship. According to Ntshayintshayi et al. (2022), one of the primary subjects of their research was social issues. Teenagers who identified with this topic believed they had let their community and family down. The pregnant teens in the study faced shame from family members. According to Ellis-Sloan et al. (2019), friendship is compromised as a support mechanism. Teenage pregnancy may shatter friendships and leave the teenage mother lonely and isolated.

Financial and Psychological Well-being. It has a computed r-value of .235 with a p-value of .036. Similarly to the connection between psychological and social well-being, the connection between financial and psychological well-being yields the same result. This implies that the null hypothesis (H_0) is rejected. These two variables have a significant relationship, according to the data that is being presented. Respondents faced financial restrictions throughout their teenage pregnancy. Early parenting has a severe detrimental impact on teenage mothers, and a major obstacle during pregnancy is a lack of vital social support (Ntshayintshayi et al., 2022). Many teenage mothers struggle financially, which affects their children as well. Teenage mothers will get poor income throughout their lives as a result of their low educational success, with nearly one in every four relying on welfare services (Gselamu et al., 2019).

Emotional and Psychological Well-being. It concluded that there is a significant relationship among these two variables. Based on the computed results ($r = .716$; $p = .000$), the p-value is less than 0.05. The results show an r-value of .716, signifying a significantly positive relationship between the variables, and a p-value of .000, which falls far short of the 0.05 cutoff. This incredibly low p-value suggests that the correlation is statistically significant and unlikely to be due to chance. These findings highlight a clear and dependable relationship between the two variables. Therefore, it is decided to reject the null hypothesis.

Teenage mothers' emotional challenges have a significant relationship with these two variables. Teenage pregnancy may be depressing since it affects not only

the teenage mother but also their school and social lives. It also presents feelings of regret and disappointment, emotional damage experienced throughout the pregnancy and after birth, and psychological problems. Another challenging experience is rejection by men in your life, relatives, and peers, resulting in a decreased connection between them (Gselamu et al., 2019). However, (Zainudin et al., 2019) mention that teens found it difficult to make a significance of their experience, and several revealed profound feelings of regret, disappointment, and guilt for engaging in sexual activities. After learning about their pregnancy, pregnant teenagers appear to be in a depressed mood.

Table 4. Test of Significant Relationship between the challenges encountered and their psychological well-being.

Challenges Encountered and Psychological Well Being	Test Statistics		Remarks
	r-Value	p-value	
Social	.235	.036	Significant
Financial	.235	.036	Significant
Emotional	.716	.000	Significant

*Note: * means $p \leq 0.05$ –Significant*

Significant Relationship between coping strategies and their psychological well-being among teenage mothers

Table 5 presents the Relationship between coping strategies and their psychological well-being. The r-value of .716 reveals a strong positive correlation, signifying a meaningful connection between the variables. Additionally, the p-value of .000 is far below the 0.05 threshold, confirming that this Relationship is statistically significant and unlikely to be due to random chance. This suggests that

the research hypothesis (H_1) is accepted. The information provided indicates a strong correlation between psychological well-being and coping mechanisms.

According to Kotoh et al. (2022), the teenage years are a period of transition filled with mental health problems. The stress level, development of coping mechanisms, and overall well-being of teenagers from low-income homes are more complicated than those of other teenagers. The effects of poverty, the link between coping mechanisms and psychological well-being, and the efficiency of coping mechanisms. Research has demonstrated positive and negative associations between coping mechanisms and psychological well-being. Emotional, adaptive, and problem-oriented coping all lean more toward the positive.

Table 5 Test of Significant Relationship between coping strategies and their psychological well-being among teenage mothers

Variables	Test Statistics		Remarks
	r-Value	p-value	
Coping Strategies and Psychological Well Being	.549	.000	Significant

*Note: * means $p \leq 0.05$ –Significant*

CONCLUSIONS AND RECOMMENDATIONS

Summary

This study seeks to examine the problems encountered, methods of coping, and the well-being of teenage mothers living among the three barangays in the city of Ozamiz. Specifically, the study investigates the following problem statement: 1. Identify the respondent's challenges encountered; 2. Identify respondents' coping strategies used; 3. Determine the respondents' psychological well-being; 4. Explore the significant Relationship between the respondents' challenges and psychological well-being; 5. Explore the significant Relationship between the respondents' coping strategies and psychological well-being.

The study used quantitative research methods, particularly a descriptive correlational design, and was conducted in three selected barangays in Ozamiz City, Misamis Occidental. Eighty teenage mothers were selected using stratified random sampling and purposive sampling. A researcher-made questionnaire was utilized to collect relevant data and information. The data were analyzed using regression analysis and the average weighted mean and standard deviation.

Findings

From the study, the following significant findings were revealed:

1. The respondents encountered high social, financial, and emotional challenges.
2. The respondents have high coping strategies
3. The respondents have good psychological well-being.
4. There is a significant relationship between the challenges encountered and their psychological well-being.
5. There is a significant relationship between coping strategies and their psychological well-being.

Conclusion

Based on the analysis of the collected data, the following conclusions are formulated:

1. The respondents faced substantial social, financial, and emotional challenges; it is evident that there is a critical need for focused interventions and assistance to alleviate these complex issues.
2. Additionally, the respondents have high coping strategies; they are well-equipped to manage and navigate their challenges effectively.
3. The respondents exhibit good psychological well-being, indicating that they are generally in a positive mental state and effectively managing their emotional and psychological health.
4. Furthermore, a significant relationship exists between the challenges the respondents encounter and their psychological well-being.
5. The significant relationship between coping strategies and psychological well-being demonstrates that effective coping strategies play a key role in maintaining and improving psychological well-being.

Recommendation

The researchers provide the following recommendations derived from the study's conclusions:

1. Teenage mothers should be encouraged to use appropriate coping techniques. This involves providing them with the tools and resources to manage stress effectively, whether via discussing things, looking for outside assistance, or taking care of themselves.
2. Teenage mothers may maintain the coping strategies that work for them and can also attend a seminar that improves their coping strategies. Also, they can join a support group focused on coping strategies that can help the individual face different challenges.
3. For the teenage mother with good psychological well-being to share their experiences that get to that state. Consider participating in community

programs or mentoring others to share her positive experiences and offer support to peers in similar situations.

4. The local government unit may have a program to support the respondents by offering comprehensive reproductive health information, parenting classes, psychological support services, and economic opportunities.
5. To teenage mothers to seek professional guidance and collaborate with mental health experts to customize and enhance coping strategies based on their specific needs and situations.
6. Finally, future researchers might study deeper into the challenges faced by teenage mothers in terms of financial status, cultural background, and support system. Moreover, a qualitative method that extends to thorough focus group discussions and interviews may provide further insight into adolescent mothers' subjective experiences and the efficacy of various coping strategies.

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APPENDIX A

SAMPLE QUESTIONNAIRES

TEENAGE MOTHERS CHALLENGES ENCOUNTERED, COPING STRATEGIES

Instruction: Please indicate your response to each statement according to whether or not to you:

4-Most of the Time (M)

2-Rarely (R)

3-Quite Often (QO)

1-Almost Never (AN)

Challenges Encountered

Items	4	3	2	1
Social				
1. I feel isolated because I'm afraid of the people's criticism.	4	3	2	1
2. I find it extremely difficult to balance personal growth and development with the responsibilities of motherhood.	4	3	2	1
3. I have experienced a lack of support from friends, family, and the community ever since becoming a young mother.	4	3	2	1
4. I have limited access to education and job opportunities due to early motherhood creates significant hurdles for teenage mothers.	4	3	2	1
5. I experienced social exclusion from gatherings or had a little opportunity to socialize because of the commitments as a new parent.	4	3	2	1
6. I encountered financial hardships or found it difficult to provide for my child's needs as well as my own.	4	3	2	1
Items	4	3	2	1
Financial				
1. I have a difficulty buying the needs for myself just to give the needs of my child.	4	3	2	1
2. I accumulated debt or experienced difficulties paying off loans, credit card debt, or utility expenses.	4	3	2	1

APPENDIX A Cont'd

3. I experienced lack of financial support from the child's father.	4	3	2	1
4. I struggled in paying for my child's medical expenses, including prescription drugs, doctor visits, and operations.	4	3	2	1
5. I struggled in paying for necessities like rent, groceries, or childcare, or fought to make ends meet.	4	3	2	1
6. I encountered challenges in finding my child and myself secure and stable home.	4	3	2	1

Items	4	3	2	1
Emotional				
1. I feel alone or isolated due to the role of being a teenage mother,	4	3	2	1
2. I am battling emotions of shame or guilt over the situation as a teenage mother.	4	3	2	1
3. I find it difficult to strike a balance between personal ambitions and goals and the obligations of a teenage mother.	4	3	2	1
4. I experience any mental health problems, such as depression or anxiety, since being a teenage mother.	4	3	2	1
5. I doubt my capacity to raise a child well as a teenage mother.	4	3	2	1
6. I feel under pressure to succeed as a teenage mother.	4	3	2	1

APPENDIX A Cont'd

TEENAGE MOTHERS COPING STRATEGIES

Instruction: Please indicate your response to each statement according to whether or not to you:

4-Very good (VG)

2-Fair (F)

3-Good (G)

1-Poor (P)

Coping Strategies

Statements	4	3	2	1
1. My family and I go outings to spend quality time	4	3	2	1
2.I take a lighthearted approach to financial problems as part of my coping strategy	4	3	2	1
3.I pray, meditate and enhance my spiritual life	4	3	2	1
4.I engage in regular exercises as a component of my coping mechanisms	4	3	2	1
5.I seek help from parents or experienced individuals in raising a child when needed	4	3	2	1
6. I seek out friends for conversation and support	4	3	2	1
7.I share my thoughts and problems with my family	4	3	2	1
8. I reframed negative ideas or used positive thinking strategies to help me deal with the difficulties of being a teenage mother.	4	3	2	1
9. I applied problem-solving strategies to address the challenges faced as a teenage mother.	4	3	2	1
10.I go out for shopping or buy something that will make me feel good.	4	3	2	1

APPENDIX A Cont'd

TEENAGE MOTHERS PSYCHOLOGICAL WELL BEING

Direction: Please indicate your answer to this statement by checking (/) the scale opposite to the questions according to the following options.

4-Most of the Time (M)

2-Rarely (R)

3-Quite Often (QO)

1-Almost Never (AN)

Psychological Well Being

Statements		4	3	2	1
1	I found a balance in my emotions as a teenage mother, experiencing both excitement and challenges.	4	3	2	1
2	I am proud and happy about my pregnancy	4	3	2	1
3	I have access to adequate resources and support networks that help me cope with the demands of teenage motherhood.	4	3	2	1
4	I feel positive and optimistic about my future and my child's future despite the circumstances of being a teenage mother.	4	3	2	1
5	I feel empowered and in control of my life despite the challenges of being a teenage mother.	4	3	2	1
6	I like to baby sit or play with other babies	4	3	2	1
7	I embrace the changes my pregnancy will bring to my body figure.	4	3	2	1
8	I am satisfied with the level of assistance and guidance provided by healthcare professionals regarding parenting and maternal care.	4	3	2	1
9	I receive adequate emotional support from family and friends in my journey as a teenage mother.	4	3	2	1
10	I can balance my personal goals and aspirations with the responsibilities of being a young parent.	4	3	2	1

APPENDIX B

Approved Letter of Request



MISAMIS UNIVERSITY
Ozamiz City 7200, Philippines
COLLEGE OF NURSING, MIDWIFERY, & RADIOLOGIC TECHNOLOGY
Tel. No. (088) 521-0431/Telefax No. (088) 521-2917
Email Address: mu@edu.ph



LETTER OF REQUEST

April 22, 2024

DR. JESUS OCAPAN, PhD, RN

Dean of the College of Nursing, Midwifery, and Radiologic Technology
Misamis University
Ozamiz City, 7200

Dear Dr. Ocapan,

The undersigned are Level III Nursing students of Misamis University who will conduct a research study entitled **"TEENAGE MOTHERS CHALLENGES ENCOUNTERED, COPING STRATEGIES, AND THEIR PSYCHOLOGICAL WELL BEING"** In partial fulfillment of the requirement for the Nursing Research 2 subject. With this, we would like to ask approval from your good office to allow researchers to conduct the said research study. The research will be conducted at Ozamiz City, Misamis Occidental, particularly in three (3) barangays namely: Brgy. Lam-an, Brgy. Bañadero and Brgy. Carmen Annex as the respondents from April 2024 to May 2024. Rest assured that all information derived herein will be treated with utmost confidentiality.

We are hoping for your positive response on this matter. Thank you very much and God Bless!

Very respectfully yours,

CHANLEY FUENTES
Research Student

MIKAELA JO MARIE B. GUTIERREZ
Research Student

MARIALYN L. HANGAD
Research Student

KIESHA CASSANDRA V. JARA
Research Student

JUNREY N. MUTAS
Research Student

Noted by:

JUDY JANE S. REVELO MAN, RN
Adviser

Approved by:

DR. JESUS OCAPAN, PhD, RN
Dean of the College of Nursing, Midwifery, & Radiologic Technology

APPENDIX B Cont'd



MISAMIS UNIVERSITY
Ozamiz City 7200, Philippines
COLLEGE OF NURSING, MIDWIFERY, & RADIOLOGIC TECHNOLOGY
Tel. No. (088) 521-0431/Telefax No. (088) 521-2917
Email Address: mu@edu.ph



LETTER OF REQUEST

May 22, 2024

Hon. Roland Llantos Sr.
Barangay Captain
Brgy. Bañadero, Ozamiz City

Greetings!

The undersigned is presently conducting a research study on **“Teenage Mothers Challenges Encountered, Coping Strategies, and Their Psychological Well-Being”** in partial fulfillment of the course requirements in Research 2 Subject. Anent to this, we would like to ask permission from your good office to allow us to conduct our study in this community. This provides opportunity for the researchers to gather pertinent data related to the challenges encountered, coping strategies, and psychological well-being of teenage mothers. The result of this study will be beneficial as it can help gain insight into how teenage mothers navigate their journey and handle the challenges they face and how it can affect to their psychological well-being. Any data gathered from several tests will be treated with utmost confidentiality and for research purposes only.

Thank you in anticipation of your favorable response on our request.

Very respectfully yours,

CHANLEY FUENTES
Research Student

MIKAELA JO MARIE B. GUTIERREZ
Research Student

MARIALYN D. HANGAD
Research Student

KIESHA CASSANDRA V JARA
Research Student

JUNREY N. MUTAS
Research Student

Noted by:

JUDY JANE S. REVELO MAN, RN
Research Instructor

Approved by:

Hon. Roland Llantos Sr.
Barangay Captain

APPENDIX B Cont'd



MISAMIS UNIVERSITY
Ozamis City 7200, Philippines
COLLEGE OF NURSING, MIDWIFERY, & RADIOLOGIC TECHNOLOGY
Tel. No. (088) 521-0431/Telefax No. (088) 521-2917
Email Address: mu@edu.ph



LETTER OF REQUEST

May 20, 2024

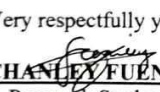
Hon. Nelson B. Canumay
Barangay Captain
Brgy. Carmen Annex, Ozamiz City

Greetings!

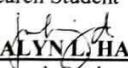
The undersigned is presently conducting a research study on **“Teenage Mothers Challenges Encountered, Coping Strategies, and Their Psychological Well-Being”** in partial fulfillment of the course requirements in Research 2 Subject. Anent to this, we would like to ask permission from your good office to allow us to conduct our study in this community. This provides opportunity for the researchers to gather pertinent data related to the challenges encountered, coping strategies, and psychological well-being of teenage mothers. The result of this study will be beneficial as it can help gain insight into how teenage mothers navigate their journey and handle the challenges they face and how it can affect to their psychological well-being. Any data gathered from several tests will be treated with utmost confidentiality and for research purposes only.

Thank you in anticipation of your favorable response on our request.

Very respectfully yours,


CHANLEY FUENTES
Research Student


MIKAELA JO MARIE B. GUTIERREZ
Research Student


MARIALYN L. HANGAD
Research Student

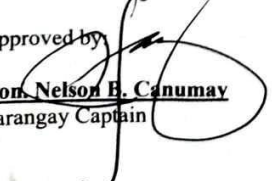

KIESHA CASSANDRA V. JARA
Research Student


JUNREY N. MUTAS
Research Student

Noted by:


JUDY JANE S. REVELO MAN, RN
Research Instructor

Approved by:


Hon. Nelson B. Canumay
Barangay Captain

APPENDIX B Cont'd

 **MISAMIS UNIVERSITY**
Ozamiz City 7200, Philippines
COLLEGE OF NURSING, MIDWIFERY, & RADIOLOGIC TECHNOLOGY
Tel. No. (088) 521-0431/Telefax No. (088) 521-2917
Email Address: mu@edu.ph


LETTER OF REQUEST

May 24, 2024

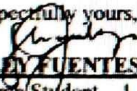
Hon. Amado H. Baul Sr.
Barangay Captain
Brgy. Lam-an, Ozamiz City

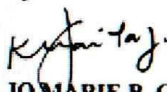
Greetings!

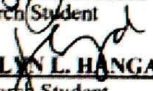
The undersigned is presently conducting a research study on **"Teenage Mothers Challenges Encountered, Coping Strategies, and Their Psychological Well-Being"** in partial fulfillment of the course requirements in Research 2 Subject. Anent to this, we would like to ask permission from your good office to allow us to conduct our study in this community. This provides opportunity for the researchers to gather pertinent data related to the challenges encountered, coping strategies, and psychological well-being of teenage mothers. The result of this study will be beneficial as it can help gain insight into how teenage mothers navigate their journey and handle the challenges they face and how it can affect to their psychological well-being. Any data gathered from several tests will be treated with utmost confidentiality and for research purposes only.

Thank you in anticipation of your favorable response on our request.

Very respectfully yours,


CHANLEY FUENTES
Research Student


MIKAELA JO MARIE B. GUTIERREZ
Research Student


MARIALYN L. HANGAD
Research Student

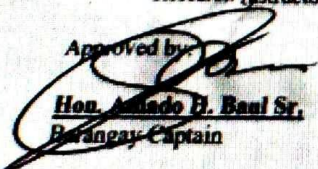

KIESHA CASSANDRA V. JARA
Research Student


JUNREY N. MUTAS
Research Student

Noted by:

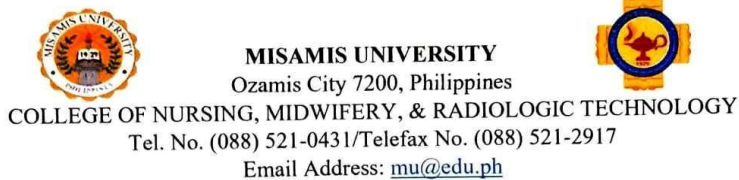

JUDY JANE S. REVELO MAN, RN
Research Instructor

Approved by:


Hon. Amado H. Baul Sr.
Barangay Captain

APPENDIX C

Informed Consent Form (Bisaya Translation)



INFORMED CONSENT FORM (PORMA SA NASABTAN NGA PAGTUGOT)

Titulo

Kini nga pagtuon giulohan og “Teenage Mothers Challenges Encountered, Coping Strategies and Their Psychological Well Being” isip partial nga katumanan sa mga kinahanglanon alang sa degree sa Bachelor of Science in Nursing.

Mananaliksik

Kini nga pagtuon pagahimuon ni Chanley Fuentes, Mikaela Jo Marie B. Gutierrez, Marialyn L. Hangad, Kiesha Cassandra V, Jara, Junrey N. Mutas nga nagpadayon sa kursong Bachelor of Science in Nursing sa Misamis University College of Nursing. Ang nagpahigayon sa pagtuon mahimong makontak pinaagi niining mobile number +639106369005 o email address fuenteschanley7@gmail.com, mikaelagutierrez2301@gmail.com, hangadmarialyn5@gmail.com, jarakiesha123@gmail.com, ug junreymutas@gmail.com.

Katuyuan sa Pananaliksik

Ang katuyoan sa pagtuon mao ang pagkahibalo ug pag-imbetigar sa mga pagsulay sa tin-edyer nga mga inahan nga iyahang nasugatan, mga estratehiya sa pagsagubang ug sa ilang kaayohan. Ang mosunod mao ang kanunay nga mga tumong 1. Pag-ila sa mga pagsulay nga nasugatan sa tin-edyer nga mga inahan; 2. Pag-ila sa mga estratehiya sa pagsagubang nga gigamit sa tin-edyer nga mga inahan; 3. tin-edyer nga mga inahan ug ilahang sikolohikal nga kaayohan; 4. Aduna bay mahinungdanong relasyon sa mga pagsulay nga nasugatan ug sa ilang sikolohikal nga kaayohan; 5. Aduna bay mahinungdanong relasyon sa ilang mga estratehiya sa pagsagubang ug sa ilang sikolohikal nga kaayohan sa mga tin-edyer nga inahan.

Paglaraw sa Pananaliksik

Kini usa ka kwantitatibong diskriptibo-korelasyonal nga klase sa pagtuon, ug ang datos matigom pinaagi sa mga pangutana nga gihimo sa mga maniniksik. Ang pagtuon mogamit sa kwantitatibong diskriptibo-korelasyonal nga klase nga naglakip sa pagkolekta sa datos gikan sa target nga populasyon aron mahibawan ang mga pagsulay nga nasugatan, mga estratehiya sa pagsagubang ug ang kaayohan sa mga tin-edyer nga mga inahan. Ang diskriptibo-korelasyonal nga klase haom tungod kay ang pagtuon magtan-aw sa ang-ang sa relasyon tali sa independent ug dependent variables.

APPENDIX C Cont'd



MISAMIS UNIVERSITY
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Email Address: mu@edu.ph



Mga Potensyal na Benepisyo

Kini nga pagtuon makapahimo sa mga tin-edyer sa pag-ila sa mga maka alarma nga mga rate sa pagmabdos sa mga tin-edyer ug ang dinalian nga mga kabalaka sa panglawas sa publiko nga ilang gipahinabo, labi na sa usa ka batan-on nga edad. Sa ingon, ang mga tubag sa kini nga pagtuon labi nga gipabilhan, nga giisip nga hinungdanon aron makaamot ug hinungdanon nga mga panan-aw sa mga hinungdan nga nakaimpluwensya sa mga pagsulay nga ilang nasugatan, mga estratehiya sa pag-atubang, ug ilang sikolohikal nga kaayohan sa panahon niining kritikal nga yugto sa pag-uswag sa usa ka tin-edyer.

Kasumpay sa Kahibalo

Ang miulo sa pagtuon mao lamang ang adunay access sa impormasyon ug mga tubag sa mga partisipante. Ang personal nga impormasyon sa pag-ila sa mga partisipante gamiton lamang alang sa pag-analyze sa research ug pagatagdon kini nga labing kompidensyal. Atol sa pagtuon, ang tanan nga datos ibutang sa usa ka sirado, luwas nga kabinet sa pag-file, diin ilabay 6 ka bulan pagkahuman sa pagmantala sa mga resulta.

Pagpahayag

Ang mga resulta niini nga pagtuon mahimong ipresentar sa final defense sa researcher. Labut pa, ang mga nakit-an sa pagtuon mahimong bahinon pinaagi sa mga publication ug konferensya, nga masiguro nga ang mga pagkaila sa mga respondente magapabilin nga kompidensyal. Ang usa ka printed nga kopya sa nahuman nga pagtuon ihatag ngadto sa mga partisipante.

Partisipasyon

Ang imong pag-apil kinahanglan nga boluntaryo ug dili makaapekto sa imong kahimtang o katungdanan sa bisan unsang paagi, apil kini ang imong relasyon sa researcher. Ikaw may kagawasan sa pagbawi o paghunong sa pag-apil sa bisan unsang bahin sa pagtuon, nga wala nay panginahanglan nga maghatag ug bisan unsang rason. Dili ka tukuron sa pag-undang sa pag-apil.

Pagtugot nga Nahibalo

Akong nabasa ang nahisgotan nga Informed Consent Form, o gibasa na kini kanako. Nakahigayon ko sa pagpangutana, nga pagkahuman natubag ra kini. Ako boluntaryong mitugot nga mahimong partisipante niini nga pagtuon. Ang akong pirma nagpakita sa akong kaandam nga moapil sa pagtuon.

Pangalan ug Lagda nga sa Respondent

Adlaw

APPENDIX D

Documentation



APPENDIX E

Grammarly Report, and Turnitin Results

 grammarly

Report: 5.-Teenage-Mothers-111

5.-Teenage-Mothers-111

by lavberi

General metrics

81,347	11,490	1104	45 min 57 sec	1 hr 28 min
characters	words	sentences	reading time	speaking time

Score

98

This text scores better than 98% of all texts checked by Grammarly

Writing Issues

154	37	117
Issues left	Critical	Advanced

Plagiarism

This text hasn't been checked for plagiarism

Report was generated on Thursday, Nov 21, 2024, 09:50 PM

Page 1 of 82

APPENDIX E Cont'd



Similarity Report ID: oid:28447:67001587

PAPER NAME

MUTAS, JUNREY N_docx

WORD COUNT

9524 Words

PAGE COUNT

41 Pages

CHARACTER COUNT

58563 Characters

FILE SIZE

107.7KB

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• 10% Internet database

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• Crossref database

• Crossref Posted Content database

• 24% Submitted Works database

● Excluded from Similarity Report

• Bibliographic material

• Manually excluded sources

48

CURRICULUM VITAE

Personal Background

Name: Chanley Fuentes

Address: P-1 Baybay Triunfo, Ozamiz City

Date of birth: May 01, 2002

Father's Name:

Mother's Name: Ms. Charlyn A. Fuentes

Sex: Female

Civil Status: Single

Age: 22 years old



Educational Background

College:	Misamis University
	H.T Feliciano St. Ozamiz City 7200 Philippines
	2021-2024
Secondary:	Misamis University
	H.T Feliciano St. Ozamiz City 7200 Philippines
	2015-2021
Intermediate:	Misamis University
	H.T Feliciano St. Ozamiz City 7200 Philippines

CURRICULUM VITAE

Personal Background

Name: Marialyn L. Hangad

Address: Purok 4 aguada, Ozamis city

Date of birth: September 12, 2001

Father's Name: Mr. Alfredo O. Hangad

Mother's Name: Ms. Nelsie I. Lumantas

Sex: Female

Civil Status: Single

Age: 22 years old



Educational Background

College:	Misamis University H.T Feliciano St. Ozamiz City 7200 Philippines 2021-2024
Secondary:	Misamis Occidental National High School Poblacion 1 Oroquieta city 7207 Philippines SY: 2015-2021
Intermediate:	Upper Lamac Elementary School Upper Lamac Oroquieta city 7207 Philippines SY: 2009-2015

CURRICULUM VITAE

Personal Background

Name: Mikaela Jo Maire B. Gutierrez

Address: Panoloon, Sapad, Lanao del Norte

Date of birth: December 1, 2002

Father's Name: Mr. Rolando V. Gutierrez

Mother's Name: Mrs. Cynthia B. Gutierrez

Sex: Female

Civil Status: Single

Age: 21 years old



Educational Background

College: Misamis University
H.T Feliciano St. Ozamiz City 7200 Philippines
2021-2024

Secondary: Panoloon National High School
Panoloon, Sapad, Lanao Del Norte, 9213
Philippines
2015-2020

Intermediate: Panoloon Elementary School
Panoloon, Sapad, LDN 9213 philippines
2009-2015

CURRICULUM VITAE

Personal Background

Name: Kiesha Cassandra V. Jara

Address: Kauswagan, Diplahan Zamboanga Sibugay Province

Date of birth: May 15, 2003

Father's Name: Mr. Freddie M. Jara Jr.

Mother's Name: Mrs. Enelyn V. Jara

Sex: Female

Civil Status: Single

Age: 21 years old



Educational Background

College: Misamis University
H.T Feliciano St. Ozamiz City 7200 Philippines
2021-2024

Secondary: Diplahan National High School
Poblacion, Diplahan, Zamboanga Sibugay 7039
Philippines
2015-2020

Intermediate: Kauswagan Elementary School
Kauswagan, Diplahan, ZSP 7039 Philippines
2009-2015

CURRICULUM VITAE

Personal Background

Name: Junrey N. Mutas

Address: Tabo-o, Jimenez, Misamis Occidental

Date of birth: March 24, 2002

Father's Name: Mr. Jovito D. Mutas Jr.

Mother's Name: Mrs. Rosanie R. Neri

Sex: Male

Civil Status: Single

Age: 22 years old



Educational Background

College: Misamis University
H.T Feliciano St. Ozamiz City 7200 Philippines
2021-2024

Secondary: Sinonoc National High School
Sinonoc, Sinacaban, Misamis Occidental, 7203
Philippines
2014-2020

Intermediate: Tabo-o Annex Elementary School
P-6, Tabo-o, Jimenez, Misamis Occidental
2007-2014