ABSTRACT

FACTORS ASSOCIATED WITH THE QUALITY OF LIFE AMONG TEENAGE MOTHERS

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Keywords: teenage mothers, quality of life, teenage motherhood

RATIONALE: Teenage mothers are women who had their first child under the age of 20 (Luong, 2014). The number of teenage mother in the Philippines has increased by 60% from the year 2000 to 2016. Young mothers are commonly associated with negative social outcomes resulting in a low QOL. Adolescent mothers have a significantly low quality of life in the physical and social relationship domains than non-mothers.

AIM: This study aimed to determine the factors associated to the quality of life among teenage mothers and to determine the association of high and low quality of life according to physical, psychological, social and environmental domains.

METHODS: This study utilized a quantitative descriptive design which purposively selected 385 teenage mothers aged 15-19 who gave birth to a live infant who is 6-12 months old, is able to read and write and resides in Baguio City, Philippines. The teenage mothers were evaluated through demographic data and the WHOQOL-BREF questionnaire. Gathered data were tallied then analyzed using descriptive statistics specifically the chi-square test.

RESULT AND CONCLUSIONS: Majority of the teenage mothers perceive their QOL as high in terms of the four domains, the physical domain scored the highest in this study. It concluded that the factor that is significantly associated to high QOL, among teenage mothers under the physical domain is sufficiency of financial support ($p=0.003$).

RECOMMENDATIONS: For those teenage mothers who have no support for education, funding programs and organizations helps in supporting teenage mothers returning to educational opportunities and training. For those who have educational support, encourage the teenage mothers to continue their education to secure a better start in life for their children.