



Experiences of the Transition to Parenthood in Teenage Married Couples

Aninda Ayu Putri Fuspita Sari^{1*)}; Andari Wuri Astuti²; Dwi Ernawati²

^{1*)} Master of Midwifery Faculty of Health Sciences Universitas 'Aisyiyah Yogyakarta

² Faculty of Health Sciences Universitas 'Aisyiyah Yogyakarta

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ABSTRACT

The transition to parenthood is a difficult and stressful time for many couples, and those who become parents in their teens will most likely experience stress and challenges. The objective of this review is to scrutinize evidence related to the experiences of the transition to parenthood in teenage married couples. The scoping review method used was the Arksey & O'Malley framework consisting of 5 stages including identification of the PICO framework, identification of relevant articles, searching for articles from databases such as Science Direct, Pubmed, and Willey, selecting in Prisma Flow Charts, conducting Critical Appraisal on articles, doing data charting, compiling, summarizing, and reporting the results. Based on the search results from the databases, 11 articles were obtained. Of the 11 articles, an assessment was carried out and all articles got a grade of A, 4 articles with the quantitative method and 7 articles with the qualitative method. Furthermore, 3 themes were identified, namely social support, psychological impact, and barriers. The conclusion of the study found a gap in the results of review articles in developed countries and developing countries. In developed countries, the results of review articles tend to focus on psychological problems in the transition to parenthood. The adolescent parents feel pressured and are not ready to become new parents, causing stress and depression when becoming new parents. In contrast to developing countries, psychological problems in the transition to parenthood tend to focus on social support and barriers to becoming new parents.

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Kata kunci:

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*) corresponding author

Aninda Ayu Putri Fuspita Sari

Midwifery Study Program Masters Program
Faculty of Health Sciences, Universitas
'Aisyiyah Yogyakarta

Email:
anindaayuputri12071997@gmail.com
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ABSTRAK

Transisi menjadi orang tua adalah masa yang sulit dan penuh tekanan bagi banyak pasangan apalagi pasangan yang menjadi orangtua pada usia remaja akan berpotensi mengalami stress dan tantangan. Tujuan Review untuk mereview evidence terkait pengalaman transisi menjadi orang tua pada pasangan yang menikah pada usia remaja. Metode scoping review yang digunakan adalah framework Arksey & O' Malley terdiri atas 5 tahap meliputi identifikasi framework PICO, identifikasi artikel relevan, melakukan pencarian artikel dari database yaitu Science Direct, Pubmed, dan Willey, menyeleksi dalam Prisma Flow Chart, Critical Appraisal pada artikel, melakukan data Charting, menyusun meringkas kemudian melaporkan hasil. Berdasarkan hasil pencarian dari database didapatkan 11 artikel. Dari 11 artikel tersebut dilakukan penilaian dan didapatkan semua artikel mendapat grade A dengan metode penelitian kuantitatif dengan rincian 4 artikel dan metode qualitative study dengan rincian 7 artikel. Selanjutnya didapatkan 3 tema yaitu dukungan sosial, dampak psikologis, dan hambatan. Kesimpulan hasil penelitian ditemukan gap antara hasil

review artikel pada negara maju cenderung fokus pada masalah psikologis pada transisi menjadi orangtua, orang tua remaja merasa tertekan dan belum siap untuk menjadi orangtua baru sehingga menyebabkan stress dan depresi saat menjadi orang tua baru, berbeda dengan di negara berkembang masalah psikologis pada transisi menjadi orangtua remaja cenderung fokus pada dukungan sosial dan hambatan menjadi orang tua baru.

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INTRODUCTION

According to the World Health Organization (WHO), adolescents are defined as young people aged 10-19 years or those in the transition period between childhood and adulthood (WHO, 2017). The highest number of teen marriages occurs in African and Southeast Asian countries (Yastirin, 2019). Indonesia is the 37th country out of 158 countries with the highest teen marriage rate in the world, while according to ASEAN (Association of South East Asia Nations), Indonesia is in second place after Cambodia in the highest teen marriage rate with a total of 36% (Mugni, 2019). In response to this, the Indonesian government has attempted to formulate prevention strategies, one of which is by ratifying the Marriage Law No. 16 of 2019 regarding the age limit for child marriage that marriage is only permitted if the male and female parties are 19 years old (Perpres, 2019). This teen marriage has also been proven to have consequences for teenagers, one of which is teenage pregnancy with the consequence that they turn into parents at an immature age (Farida et al., 2019). The transition to parenthood is a difficult and stressful time for many couples, and those who become parents in their teens will most likely experience stress and challenges (Jones et al., 2018).

Factors that cause marriage in adolescence can occur due to the poor family economic problems. No good knowledge regarding the bad consequences of marriage in adolescence and knowledge of reproductive health were recognized (Hadiono, AF, 2018). Psychological factors of the transition to parenthood in teenage married couples include the unpreparedness of teenagers to be responsible in terms of morals, and they often face mental shocks due to still having mental tendencies that are inclined to be emotionally inconsistent or unstable (Ratnawati, A, 2017). The impact of marriage in adolescence in going through the transition to parenthood is the psychological matters such as anxiety and stress caused by the inability of adolescents to accept the changes and new roles in a marriage, and they are not yet fully mature for parental responsibilities (Tahir, NQ, 2020).

Family social support plays a prominent role in improving parenting competence by providing positive

resources and encouragement during the transition to being a caring, responsible and productive young father (Uengwong sapat, 2020). In dealing with problems that occur in adolescents, especially in teen marriages, the government has made various efforts by establishing the Youth Care Health Service Program (PKPR) (Muntamah et al., 2019). Married adolescents who become parents assuredly have special needs and problems that need mutual attention. Therefore, the latest evidence is needed as information for stakeholders regarding the needs and expectations of married adolescents (Kurniawati & Astuti, 2020). The objective of this scoping review is to conduct a review of the experiences of the transition to parenthood in teenage married couples.

METHOD

This research method is Scoping Review, which is a structured view used to interpret research problems based on the truth, research, origins, existing data and information. In this Scoping Review, the process includes grouping the articles, formulating research questions, identifying relevant literature sources, selecting the literature, mapping the research data, compiling research results, summarizing research results, and reporting discussion results.

The inclusion criteria for this scoping review were articles published in English and Indonesian, articles published from 2011-2020, articles published in the original form, articles published in the full-text form, documents/reports/draft and policies/guidelines from WHO/Organization, and articles published to discuss the transition to parenthood. Meanwhile, the exclusion criteria for this scoping review were opinion articles, letters or book reviews. In search of scoping review articles, this study utilized the Science Direct, Willey, and Pubmed databases, and the keywords used to search the literature are: *teenage pregnancy** OR *adolescent pregnancy** AND *adolescent parenthood** AND *Support** AND *Psychological** AND *Transition** AND *Experience**.

Table 1
Framework

Population	Intervention	Outcome (Theme)
1. Young married couples	1. Married at a young age	1. View
2. Teenage mother	2. Transition to parenthood	2. Experience
3. Teenage husband		3. Support
		4. Opinion

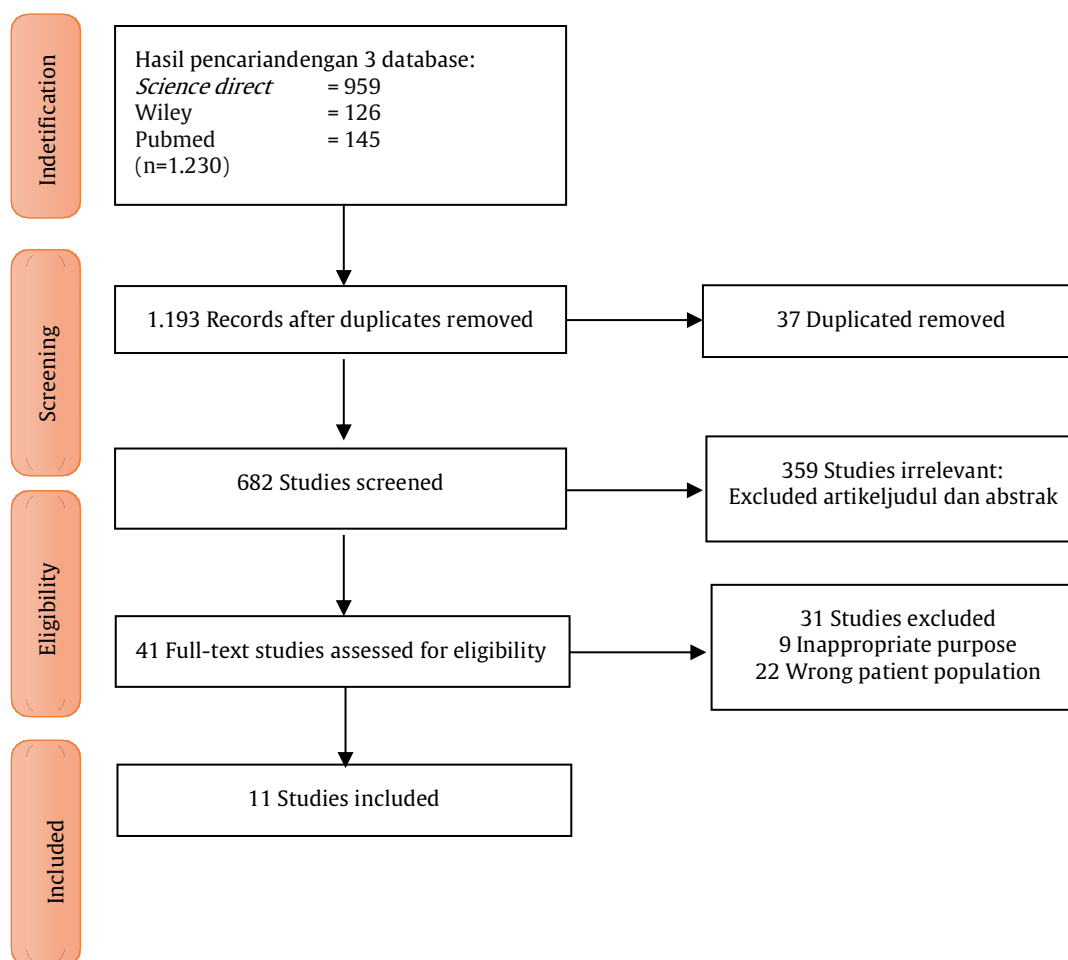


Figure 1 PRISMA Flow Diagram

Based on the figure above, the research articles that the researchers imported into Mendeley and screened were 1,230 articles which were able to help answer the research questions. Then, of the 1,230 articles obtained, 37 duplicate articles were removed, leaving 1,193 articles. After that, the articles were screened or filtered, resulting in 682 selected articles. Furthermore, article elimination was conducted based on the title and abstract with the results of 359 articles excluded due to their irrelevance, leaving 286 relevant articles. Then, a full text-reading of articles was carried out with the results of 41 articles, and 31 of 41 articles were excluded with 9 articles that were not in accordance with the research objectives and 22 articles that contain errors in the population. Thus, the total articles to be analyzed using scoping review are 11 articles, and the articles were assessed using Critical Appraisal with Hawker attachments.

RESULTS AND DISCUSSION

The results of this scoping review were obtained through data extraction on articles that have been selected by categorizing the title, year, research objectives, methods, number of samples, and research results. Hence, the results of article mapping are obtained, namely:

a. Year of publication

From 11 articles, the year of publication obtained includes 2 articles in 2015, 2 articles in 2016, 1 article in 2017, 1 article in 2018, 1 article in 2019, 2 articles in 2020 and 2 articles in 2021.

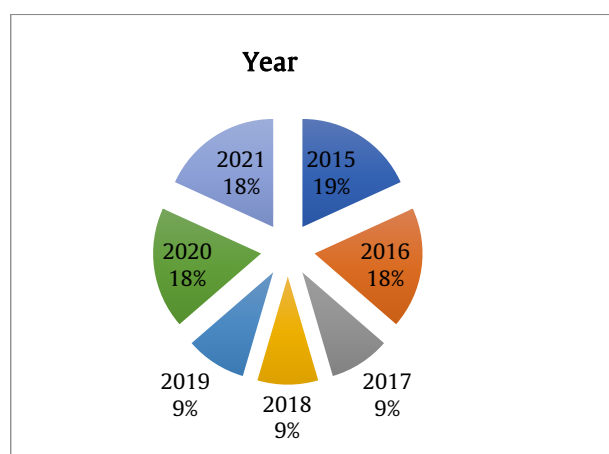


Figure 2 Year Diagram

Extracting Data from Selected Paper

Table 2
 Data Charting

No	Title/Author/Years/Grade	Country	Aim	Type of Research	Data Collection	Participants/ Sample Size	Result	Score
1	Early Parenting Support and Information: A Consumer Perspective. (Morawska et al., 2018)	Australia	The objective of this study is to investigate family support for couples transitioning into parents	Quantitative research.	The study design was cross-sectional with two separate parent groups, using an online survey in the form of a questionnaire.	The number of samples in this study was 77 pairs of prospective parents and 123 people who had become parents	The results showed that the transition to parenthood in this study indicated that they were satisfied with the level of support and information about parenting, although they rated the quality of this support and information as "average."	A
2	Struggling with motherhood and coping with fatherhood – A grounded theory study among Thai teenagers. (Sriyasak et al., 2016)	Thailand	The purpose of this study is to understand the perspectives, experiences, and reasons of adolescent parents to become parents from a gender perspective	Qualitative research	The study design was exploratory by employing grounded theory methodology with an interview	The number of samples in this study was 6 pairs of adolescent parents	The results of the study found that adolescent couples struggle with the roles of being a mother and father, overcoming life changes and becoming a parent, becoming a caring mother and a father who earns a living.	A
3	Pre-parenthood Sense of Self and the Adjustment to the Transition to Parenthood. (Chen et al., 2021)	Singapore	The aim of this study is to identify the moderating role of pre-parental self-esteem and sense of mastery in psychological well-being throughout the transition to parenthood.	Quantitative research	Longitudinal	The number of samples in this study was 2,588 people collected from adolescence through their transition to parenthood.	The transition to parenthood decreases the psychological well-being of new parents. A positive pre-parental self-esteem during adolescence may not protect against the immediate and long-term effects of the parenting transition.	A
4	Transition to parenthood during the transition to modernity in Jordan: New parents' views on family and healthcare support systems. (Mrayan et al., 2016)	Jordan	This study aims at investigating the parenting experience of young Jordanian couples.	Qualitative Research	Analyzing through interview with manual thematic content analysis tool (TCAT)	The number of participants is 60 with semi-depth structures. 20 mothers, 20 fathers and 20 family members	This study identified the existence of family support during the transition period for young parents and lack of information from the childcare health system. They only got experience from their families so that rejection often occurred and created stress and	A

No	Title/Author/Years/Grade	Country	Aim	Type of Research	Data Collection	Participants/ Sample Size	Result	Score
							anxiety. This study also found that not all social support was a benefit for couples transitioning to parenthood.	
5	A Randomized Controlled Trial of Brief Coparenting and Relationship Interventions During the Transition to Parenthood. (Doss et al., 2015)	United States of America	The purpose of this study is to identify parenting stress and difficulties during the transition to parenthood	Quantitative research	The analysis was carried out using the HLM program and multivariate equations	The number of respondents in this study were 90 pairs who became parents	Results revealed that women and high-risk men in both the couple and coparenting interventions showed fewer declines in relationship satisfaction (Cohen's D = 0.53-0.99) and other areas of relationship functioning.	A
6	Facilitating and inhibiting factors in transition to parenthood – ways in which health professionals can support parents. (Barimani et al., 2017)	Sweden	The purpose of this study is to describe transitional conditions that parents perceive as facilitating and inhibiting in their transition to parenthood	Deductive qualitative study	In secondary analysis, data are analyzed according to Meleis transition theory	Conducting interviews with 60 parents in Sweden between 2013 and 2014.	These factors facilitated transition to parenthood: perceiving parenthood as a normal part of life; enjoying the child's growth; being prepared and having knowledge; experiencing social support; receiving professional support, receiving information about resources within the health care; participating in well-functioning parent-education groups; and hearing professionals' comment on gender differences as being complementary	A
7	Exploring Trajectories and Predictors of Depressive Symptoms Among Young Couples During Their Transition to Parenthood (Sipsma et al., 2016)	United States of America	This study aims to explore the trajectory of depressive symptoms from pregnancy to 1 year postpartum among young pregnant women and their partners	This research used quantitative method	Data were collected using correlation coefficient and Chi square test.	A total sample of 220 women and 190 men.	Results from the study showed that depressive symptoms significantly decreased from pregnancy to 1 year postpartum among young women. Overall, depressive symptoms do not change rapidly and significantly in young men.	A
8	Indonesian adolescents' experiences during pregnancy and early parenthood: a qualitative study (Astuti, Hirst, et al., 2020)	Indonesia	This study aims to investigate Indonesian youth to find out in depth about their experiences during pregnancy and becoming new parents	Qualitative Research	Data collection technique with purposive sampling	Twenty participants with in-depth interviews	Adolescents engaged in premarital sexual relationships because they were in-love, despite limited knowledge of contraception and social expectations. When unplanned pregnancy occurred females were shocked, most attempted to terminate the pregnancy, and some had ideas of suicide. Males overwhelmingly wanted to continue with the pregnancy and undertake their responsibilities	A
9	Parenthood and Physical Activity in Young Adults: A	United States of	The aim of the study was to find	Qualitative research	Research methods were	Participants in this study were 49 pairs	Physical activity significantly decreased in parents across the time	A

No	Title/Author/Years/Grade	Country	Aim	Type of Research	Data Collection	Participants/ Sample Size	Result	Score
	Qualitative Study (Hull et al., 2015)	America	out how having children impacts new parents' beliefs and physical activity behaviors over a period of 2 to 3 years		identified from longitudinal studies	using interviews	period, and parents attributed this decrease to having a child and being pregnant. Parents mentioned they lack time, energy, and motivation for physical activity as a result of caring for a new child.	
10	Transition to parenthood: consequences on health and well-being. A qualitative study (Martins, 2019)	Portugal	This study aimed to explore the effects on the health and well-being of parents during the first six months of transition to parenthood.	Qualitative research	Research method with grounded theory approach	Participants in this study were 5 pairs with in-depth interviews	The category 'living on the edge of one's capacities' was described, which is composed of the subcategories 'feeling exhaustion', 'perceiving exhaustion in the mother', 'overflowing emotions' and 'feeling less exhaustion', to explain the impact that the birth of a child had on the parents' lives, when taking on all the tasks and responsibilities of parenthood.	A
11	Adolescent fathers' experiences in Indonesia: a qualitative study (Astuti et al., 2021)	Indonesia	This study aims to gain an understanding of the world seen through the eyes of Indonesian teenage fathers who experienced unplanned premarital pregnancies	Explorative qualitative	This research method uses purposive and snowball techniques	In this study, there were 8 participants with 16 in-depth interviews	They experienced emotional distress, they were controlled by strong social and cultural expectations and nurtured by older family members. Resourcefulness emerged as ways of coping through renewed faith and hope for a better future. The enduring impact of their distress on economic opportunities, marital harmony, social integration, faith and happiness is worthy of further enquiry.	A

b. Method

The methods obtained in 11 articles include 1 article in quantitative study with HLM approach, 1 article in longitudinal study, 1 article in cross-sectional study, and 1 article in correlational study and Chi square test. Besides, the methods obtained also include 2 articles in qualitative method with a grounded theory approach, 1 article in TCAC, 1 article in deductive qualitative study with secondary data, 1 article in qualitative study with a purposive sampling technique, 1 article in a longitudinal approach, and 1 article in qualitative study with purposive and snowball techniques.

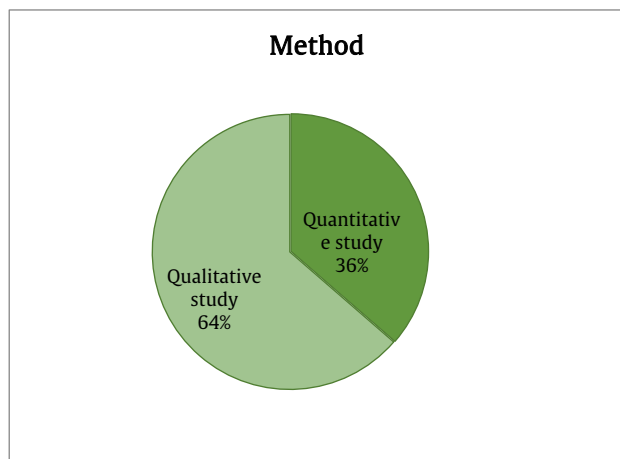


Figure 3 Method Diagram

c. Country

In the articles collected, the research was carried out in several countries including developing countries and developed countries. In developing countries, such as in the Asian continent, it was found 1 article from Thailand, 1 article from Jordan, and 2 articles from Indonesia. On the other hand, it was found 1 article from one of developing countries in the European continent, namely Sweden, and 1 article from Australia. It was also found 1 article from one of developed countries in Asia, namely Singapore, 3 articles from USA, one of developed countries in American continent, and 1 article from one of developed countries in the European continent, namely Portugal.

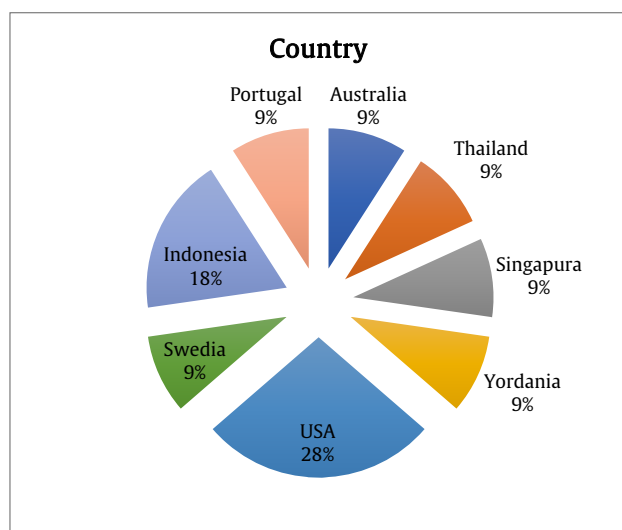


Figure 4 Country Diagram

d. Grade

Based on the results of the Critical Appraisal conducted in this scoping review, the scores are categorized according to the grade of the article. After the assessment, all articles in this study received grade A with good quality.

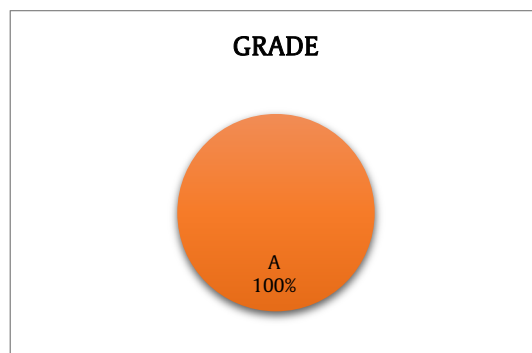


Figure 5 Grade Diagram

e. Theme

Based on the results of the scoping review, the research are categorized into three research themes, namely family support provided for couples transitioning into adolescent parents, the psychological impact that occurs on couples transitioning into adolescent parents, and the barriers during the transition to adolescent parents.

The theme mapping carried out by the authors is classified as an interesting study from article reviews:

Table 3 Mapping

TOPIC	SUBTOPIC
Social support provided for couples transitioning into adolescent parents	- Family support - Health worker support
Psychological impact on couples transitioning into adolescent parents	- Stress - Depression
Barriers during the transition to adolescent parents	- Knowledge Factor

1. Social support provided for couples transitioning into adolescent parents

a. Family support

Study by (Morawska et al., 2018) confirmed that the transition to parenthood affects the individual level of both mother and father because family support in the process of receiving early caregiving support is a consideration in self-acceptance. Supportive families are considered beneficial for adolescent couples who turn into parents in terms of material, emotional, and psychosocial support (Mrayan et al., 2016).

This is in line with research by (Sriyasaki et al., 2016) that adolescent parents reported receiving support from their families in the form of emotional, physical, financial, material, and informational support.

b. Health worker support

According to research by (Morawska et al., 2018), parents really need support from doctors. Most of them also accessed support from pediatricians and child health nurses. Parents indicated that they felt very satisfied with the support provided by health workers to find out information during the transition to become new parents. The role of health can share experiences obtained when being a parent and share mental, emotional knowledge and readiness to become parents (Barimani et al., 2017).

This is in line with research by (Muzik et al., 2016) that various forms of support emerge in physical and mental health through support for pre- and postnatal medical care, i.e. there is a clear need for accessible community-based obstetrics and gynecology services.

2. Psychological impact on couples transitioning into adolescent parents

a. Stress during the transition to being a new parent

The transition to parenthood is considered a major life transition event that can be awfully stressful for new parents (Chen et al., 2021). The transition to new parenthood can involve preparation, adaptation, and transfer to adult services in a multifaceted process where medical, educational, vocational, and psychosocial needs play a significant role (Wright et al., 2017).

Severe anxiety can interfere with daily activities and affect relationships and major lifestyle changes. Roles can affect relationships by the increasing level of stress and affect the lifestyle of married couples who are becoming parents (Martins, 2019).

b. Depression during the transition to being a new parent

In the transition to being new young parents, they are very vulnerable to poor mental health, and young mothers experience higher rates of depression (Sipsma et al., 2016). The increased stress may also occur due to the natural transition from adolescence to adulthood, during which time the young father may have taken on additional responsibilities to care for his family. The symptoms of depression occurring among young fathers may increase after postpartum.

This is in line with research by (Coelho et al., 2013) regarding depression which tends to be interpreted as the emergence of pregnancy in a pessimistic manner so that it is not in tune with the mood. The birth of a child is an unwanted event, and life events during pregnancy are full of stresses that increase the risk of depression.

3. Barriers affecting couples transitioning into adolescent parents

a. Lack of knowledge factors can affect the barriers of couples transitioning into adolescent parents

Barriers can be identified in parents' knowledge about parenting practices, and lack of information about breastfeeding demands is an obstacle (Barimani et al., 2017). Barriers occurring in adolescent parents make them find it difficult in their new role. Adolescent parents need guidance to become a partner of adolescent parents and to deal with the pressures of marriage and their responsibilities in life as parents (Astuti, Hirst, et al., 2020).

This is in line with previous research which explained that the barriers often occurring in the transition of adolescent parents are such the emotional burden exacerbated by their disrupted and stopped education, making it difficult to get direct and long-term jobs (Astuti et al., 2021).

CONCLUSIONS AND SUGGESTIONS

The conclusion of this scoping review found a gap in the results of review articles in developed countries and developing countries. In developed countries, the results of review articles tend to focus on psychological problems in the transition to parenthood. The adolescent parents feel pressured and are not ready to become new parents, causing stress and depression when becoming the new parents. In contrast to developing countries, psychological problems in the transition to parenthood tend to focus on social support and barriers to becoming new parents. The social support is what they really need when they are transitioning to parenthood, while the barrier is their lack of knowledge which makes them feel worried about becoming new parents in their teens.

Suggestion for further research is to be able to develop and reproduce references and good knowledge that researchers can get when conducting research in the form of scoping review so that they can be used as further qualitative research.

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ETHICAL CONSIDERATIONS

This type of research is a scoping review, so the researchers do not register an ethical review.

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Declaration of Conflict of Interest

The authors declare that no conflict of interest was found in the research or preparation of the manuscript.

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