

# **Psychological Impact Of Unwanted Pregnancy On Adolescents: A Literature Review**

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## **Abstract**

The unwanted pregnancy in adolescents is increasing every year. The impact of unwanted pregnancy towards the adolescents can form as physical and psychological. The psychological impact which is not resolved can result in depression and even suicide. The purpose of this literature review is to determine the psychological impact on adolescents who experience the unwanted pregnancy. This literature review used narrative review related to the psychological impact of adverse events on adolescents. The databases used for this study are Google Scholar, Science Direct, Proquest, Pubmed, Researchgate, and Garuda Portal. The keywords used in Indonesian are, dampak psikologis” dan “kehamilan tidak diinginkan” dan “remaja”. The English keywords are “impact” and “unwanted pregnancy” OR “unintended pregnancy”, “teenager” OR “adolescent”. 32 articles were obtained according to the inclusion criteria were open access, full texts with publication years between 2010-2020 and 9 articles were selected for further review. The results showed the psychological impact of the unwanted pregnancy on adolescents are shame, fear, disappointment, anxiety, crying, guilt, irritability, being introverted, frustrated, angry, aggressive, panic, regret, stress and depression. Suggestion: The results of this literature review are expected to be a reference in further and in-depth research regarding the impact of unwanted pregnancy on adolescents so that the number of unwanted pregnancies in adolescents will no longer increase if they know the impact of unwanted pregnancies.

**Keywords:** Adolescents; Psychological Impact; Unwanted Pregnancy.

## **Introduction**

The increased incidence of unwanted pregnancies in adolescents each year more and more alarming. It is said that adolescents are in a period of transition and development of sexual maturity (Nurjanah et al., 2021). Moreover, the data from the Republic of Indonesia Ministry of Health in 2015 explained that in general, adolescent in Indonesia stated that they had had pre-marital sex (intercourse) due to curiosity, it just happened, and being forced by partners (Mulya et al., 2020). The results of a survey by the Central Statistics Agency in 2012 stated that the pregnancy rate for adolescents aged 15-19 years reached 48 out of 1,000 pregnancies (Badan Kependudukan dan Keluarga Berencana Nasional [BKKBN], 2014). WHO reported that teenage pregnancy in the age range is 15-19 years is 49: 1000 women. In comparison, UNICEF in Wulandari et al. (2019) states that teenage pregnancies with an age range of 15-19 years are more at risk of experiencing complications of pregnancy and childbirth compared to adults with a range of 20-24 years.

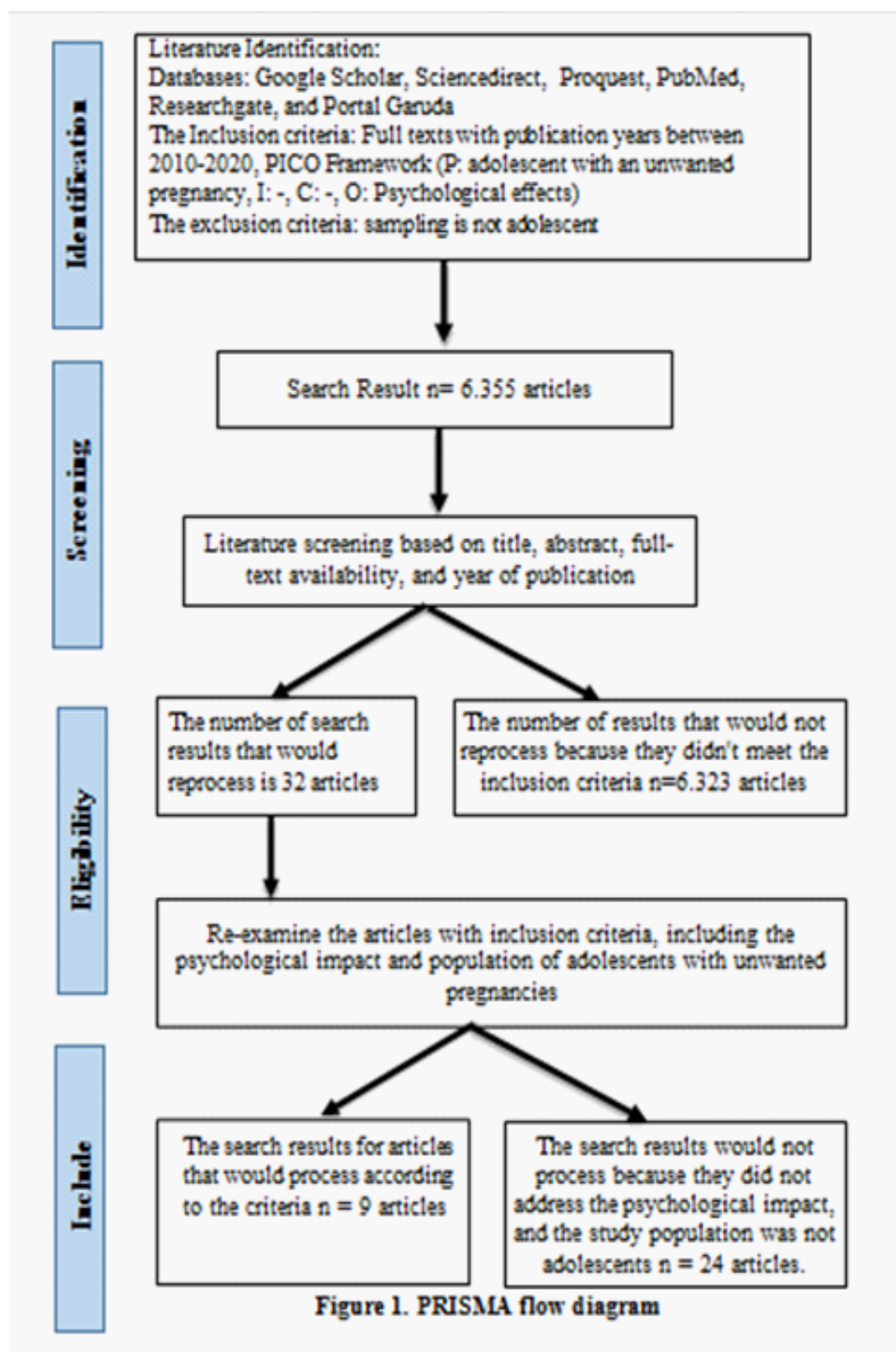
The factor of unwanted pregnancies in adolescents comes from within and from outside the adolescents themselves. Factors that come from adolescents themselves include lack of knowledge about reproductive health, such as not using contraceptives during intercourse, lack of knowledge of the meaning and function of sex, and adolescents' lack of understanding of their role as students (Kusmiran, 2014). Free sex becomes one of the factors behind the occurrence of unwanted pregnancy in adolescents (Lestari et al., 2019; Suwarni & Selviana, 2015). Other factors that influence adolescent sexual behavior include family and intra-familial or kinship characteristics such as family communication, family structure, and teenage perceptions (Susanti & Widyoningsih, 2019). World Health Organization [WHO] (2020) explained that adolescent pregnancy occurs in underdeveloped societies, generally due to poverty and a lack of education and job opportunities

Women's readiness for pregnancy determined by physical, psychological, and economic readiness. If a teenager who

is not ready psychologically, physically, and economically experiences pregnancy, it can cause problems in various aspects of himself, his environment, and other people. If adolescents cannot accept the pregnancy, it will have a psychological impact on a risky pregnancy. This literature review aims to identify and assess the psychological effect of unwanted pregnancy on adolescents.

## **Methods**

The research method uses Narrative Literature Review using qualitative methods with a phenomenological approach which aims to determine the psychological impact of unwanted pregnancy on adolescents. The population in the article discussed is adolescents with unwanted pregnancies and aged 10-19 years. Literature review searches use several journal search engines in electronic databases, including Google Scholar, Scindirect, Proquest, Pubmed, Researchgate, Garuda Portal. The keywords used in Indonesian are, "dampak psikologis" dan "kehamilan tidak diinginkan" dan "remaja". Keywords in English "impact" AND "unwanted pregnancy" OR "unintended pregnancy," "teenager" OR "adolescent." The search results obtained 32 articles according to the inclusion criteria, namely articles or publications from 2010-2020, with full text availability and based on the PICO framework (Population, Intervention, Comparison, Outcome; P: Adolescents with an unwanted pregnancy, O: Psychological impact). The number of articles being screened that didn't meet the inclusion criteria are 6.323 articles. Afterwards, those 32 articles were re-examined with inclusion criteria, including the psychological impact and population of adolescents with unwanted pregnancies. It was determined that 23 articles would not process because they did not address the psychological impact, and the study population was not adolescents, therefore the number of articles that would be processed according to the criteria are 9 articles.



## Results

The incidence of unwanted pregnancy in adolescents causes psychological effects such as feeling stressed, depressed, embarrassed, feeling afraid, disappointed, angry, panic, feeling guilty, irritable, introverted, frustrated, aggressive, anxious, crying, and regretful. The results of each article's content analysis can be seen in the table below.

**Table 1. Characteristics of Research Articles**

Titles	Authors	Methods	Results
Dampak Psikologis Kehamilan Tidak Diinginkan pada Remaja (Studi Eksplorasi di Desa Watutulis di Desa Prambon Sidoarjo)	Sri Mukhodim Faridah Hanum (2016)	Qualitative Descriptive	Adolescents experience psychological disorders such as stress, depression, discontinuation of education, and abuse of babies.
Pengalaman Psikologis Kehamilan Pranikah pada Usia Remaja di Kelurahan Purwosari Kecamatan Mijen	Priharyanti Wulandari, Piji Fihastutik, Arifianto (2019)	Qualitative Descriptive	The psychological problems experienced by the participants were related to fear and stress about environmental responses and readiness to become a mother.
Fenomena Emosional Remaja Dengan Kehamilan Tidak Diinginkan Di Kecamatan Ambarawa Kabupaten Semarang	Ella Herlina, Puji Lestari, & Raharjo Apriyatmoko (2016)	Qualitative research with a phenomenological approach	The psychological impact experienced by adolescents is fear, panic, depression, unstable emotions, lack of attention to health conditions and the baby.
Pengalaman Hidup Remaja Yang Hamil di Luar Nikah (Studi Fenomenologi Di Desa Baru Kecamatan Ibu Halmahera Barat)	Devisolita Malik, Athanasia Budi Astuti, Natalia R. Yulianti (2015)	Qualitative research with a phenomenological approach	An unwanted premarital pregnancy made both participants introverted, avoiding the environment, apathetic by showing shame, fear, worry, depression, anxiety, frustration, and aggression.
Kecemasan Pada Remaja Hamil Di Luar Nikah (Studi Kasus Remaja Surakarta Tahun 2011)	Novarianto Wijaya Saputra (2011)	Field Research	Fear of the baby's future and worry about keeping it secret from parents and the environment by showing feelings of sadness and anger.
Pengambilan Keputusan Pro Life Pada Remaja Dengan Kehamilan Tidak Diinginkan (KTD) di Semarang	Lia Mulyanti (2017)	Qualitative Approach with Case study design	The consequences include educational, psychological, and social effects such as being expelled from school, stress, and feelings of shame with the surrounding community.

<b>Perilaku Perawatan Kehamilan pada Remaja dengan Kehamilan Tidak Diinginkan di Kecamatan Widodaren Kabupaten Ngawi</b>	<b>Desti Puji Lestari, Husni Abdul Gani, Iken Nafikadini (2019)</b>	<b>Qualitative Descriptive</b>	There is pressure and opposing views from others on adolescents for pregnancy care and barriers to antenatal care such as reluctance and embarrassment to access health services.
<b>Depresi Remaja Putri yang Hamil Di Luar Nikah</b>	<b>Latifah Husaeni (2012)</b>	<b>Intrinsic case study</b>	The existence of emotional problems, decreased social activity, changes in motor behavior, changes in cognitive behavior, and levels of severe depression.
<b>Adolescents Responses to an Unintended Pregnancy in Ghana: A Qualitative Study</b>	<b>Lydia Azito, Michelle J Hidin, Ernest Tei Maya, Abubakar Manu, Susan Ama Amunisi, Racheal mahoe Lawerh, Augtine Ankomah (2016)</b>	<b>A vignette-based Group</b>	Adolescents feel sadness, depression, and regret from unintended pregnancy, unsupportive parental attitudes and behavior, and social changes in the local environment.

**Table 2. The Psychological Effects by Articles**

<b>The Psychological Effects</b>	<b>Articles</b>
Feeling stressed	Article 1, 2, 6
Being depressed	Article 1, 3, 4, 8, 9
Being embarrassed	Article 2, 4, 6, 7
Feeling afraid	Article 2, 3, 4, 5
Being disappointed	Not mentioned
Getting angry	Article 5
Getting panic	Article 3
Feeling guilty	Not mentioned
Feeling irritable	Article 3, 5, 9
Being introverted	Article 4, 8, 9
Being frustrated	Article 4
Being aggressive	Article 1, 4
Getting anxious	Article 4, 5
Crying	Not mentioned
Feeling Regretful	Article 9

## **Discussion**

Unwanted pregnancy in adolescents impacts adolescents and their environment, be it family, friends, and society. Some of the negative impacts of unwanted pregnancy on adolescents on psychological aspects such as depression, anxiety, shame, emotional instability, stress, fear, and others. There are other negative impacts related to the incidence of unwanted pregnancy among adolescents, according to (Hanum, 2016), including discontinuation of their education, abuse of their babies, and adolescents being expelled from the surrounding environment. The various pressures and problems that occur can affect the teenager. Psychological problems that arise as a result of unwanted pregnancy in adolescents are as follows:

### **1. Depression**

One of the psychological effects that will arise as a result of unwanted pregnancy in adolescents is a depressive condition (Herlina, 2016; Husaeni, 2012; Malik et al., 2015). A depressed state will occur, stimulated by a sense of hopelessness, feeling that they have a terrible future because they cannot do the right thing anymore and withdraw from their surroundings due to shame, coupled with psychological conditions that are still unstable. Adolescents who experience unwanted pregnancies will experience psychological problems from the stress that does not resolve quickly. They will cause feelings of depression which will eventually lead to anger at themselves, their partners, or even the environment (Fajrina, 2012).

### **2. Anxious and Worried**

According to Saputra (2011), the premarital pregnant adolescents must feel confused because they are afraid that their boyfriend will be irresponsible, scared, and feel guilty towards their parents. So one of the effects of an unwanted pregnancy is that the teenager experiences anxiety. Anxiety is an emotional response with physiological arousal, unpleasant tense feelings, and a feeling of worry about something terrible about the future (Hardiani & Purwanti, 2012) (Wijaya

et al., 2014). According to Solihat (2013), adolescents who experience anxiety during pregnancy will have difficulty sleeping, have no appetite, fear, worry about their condition, nausea, lazy activities, dizzy head, often feel confused about the conditions they are experiencing, and emotionally unstable. Therefore, anxiety is very bad for both adolescents and their babies.

### **3. Feelings of Shame**

One of the psychological effects on adolescents who experience unwanted pregnancies is a shame. This feeling of guilt arises due to an unwanted pregnancy that is a disgrace in the perspective of the surrounding community, where usually adolescents who experience an unwanted pregnancy will receive social punishment from the surrounding community. This feeling of shame arises because this unwanted pregnancy is a disgrace that is afraid of not being accepted by the family and the surrounding community. This feeling of guilt will also impact the interruption of educational activities obtained, disrupt the family economy due to embarrassment because it disgraces one of his family members (Fajrina, 2012).

### **4. Stress Condition**

The incidence of unwanted pregnancy in adolescents causes stress. Stress is triggered by various factors, including because you think that pregnancy is undesirable as a shame, feelings of sin and regret, and panic due to a growing stomach. Pressure from parents to adolescents who experience unwanted pregnancy events aggravates the adolescent's psyche. Hanum (2016) explains that excessive stress during pregnancy can lead to hyperemesis gravidarum (extreme nausea and vomiting), which is due to an increase in blood pressure (pre-eclampsia or progress to eclampsia), and this can lead to death.

### **5. Feelings of Fear**

The psychological problems of adolescents who have unwanted pregnancies tend to experience fear and panic. The fear



experienced by these adolescents caused by various things, including being afraid if their pregnancy is known by their parents or by the surrounding environment with harmful stigmatization because unwanted pregnancy is a disgrace for someone who experiences it (Saputra, 2011).

## **6. Emotionally unstable and aggressive**

The initial responses and reactions felt by adolescents who experience unwanted pregnancies are distrust, confusion, fear, and panic. This feeling arises due to unpreparedness of the consequences they will face in the future, both by parents and the surrounding environment. Teenagers try to cover up their pregnancy from various parties. The multiple feelings she experiences make teenage emotions erratic and tend to be aggressive, such as intending to abort her pregnancy to get rid of her pregnancy. Emotions of hatred, resentment, and disappointment arise when they find out that the teenage partner does not want to be responsible for his actions. The feeling of sadness felt by adolescents who experience unwanted pregnancies occurs because no one supports them. Instead, their environment isolates them and creates a negative stigma for them.

## **Conclusion**

The psychological impact experienced by adolescents with unwanted pregnancies varies widely. Teens feel ashamed, fearful, anxious, disappointed, angry, panicked, guilty, and irritable. The stress felt by adolescents also makes them be introverted, aggressive, and even depressed.

With this literature review, it is hoped that further and in-depth research can be carried out regarding the impact of unwanted pregnancy on adolescents so that the incidence of unwanted pregnancy in adolescents is no longer occurs when knowing the effects of the unwanted pregnancy. Other than that, it is expected that the result of this this literature review itself is able to be one of the educational programs and health promotion programs of institution related to adolescents and their environment (school, family, and

social environment).

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