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## **The experience of adolescents being mothers at a young age: scoping review**

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### **Abstract**

*Life changes that occur in adolescents who marry at a young age provide challenges for adolescents in living a new life. The period of marriage, pregnancy and childbirth experienced by adolescents at a young age becomes a new transition stage for them to take on a new role to become a mother. The aim of the scoping review is to review evidence related to adolescent experiences of motherhood at a young age. This scoping review used the Arksey and O'Malley framework. Identification of relevant studies used 4 databases. The results of this scoping review consisted of 15 selected articles. The results of the thematic analysis emerged 2 themes, which were the psychological state of adolescents to become mothers at a young age and the support needed by adolescents when they become mothers at a young age.*

**Keywords:** *adolescents; experience; mother; young age*

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## **INTRODUCTION**

Adolescence becomes a transitional stage which is a period of extraordinary changes in physical, cognitive and psychosocial conditions. The occurrence of marriage and pregnancy in adolescents at a young age adds to a complex problem because at this time there is a change in the role of being a mother more quickly without proper preparation both physically and psychologically (Al-kloub, Al-zein, Abdalrahim, Abed, & et al, 2018). Education level, location of residence, religion, economic, and cultural factors are several factors that influence the occurrence of marriage and pregnancy that occurs in adolescents (Islam, Islam, Hasan, Hossain, & et al, 2017).

Adolescents who have become mothers at a young age face many challenges in conducting their new roles as mothers. Research conducted (Watts, Liamputtong, McMichael, & et al, 2015) states that adolescents face the challenges of a new life and a big responsibility to improve the welfare of life, especially after giving birth. The support that adolescents receive when they become mothers greatly affect the level of success in performing their new role as a mother. Various kinds of support are needed by adolescents who become mothers at a young age, both from the support of their closest people, such as support from husbands and families, then support from health workers and social support from the community and the surrounding environment (Ngai, Chan, & Holroyd, 2011).

Based on the background, the researchers conducted a literature review to explore how adolescents experience being mothers at a young age. The aim of this



scoping review was to review evidence related to the experiences of adolescents being mothers at a young age, including the psychological state of adolescents becoming mothers at a young age, including a lack of physical and psychological readiness, mental and emotional stress, pressure from the surrounding environment, changing responsibilities and roles, and feelings dilemmas and uncertainty and support needed by adolescents when becoming mothers at a young age including support from husbands, families, health workers and social support from both the surrounding community and the environment.

## RESEARCH METHODS

This review used the framework from (Arksey & O'Malley, 2005). There are four reasons for scoping reviews including, to examine the range and nature of research activities, to determine the value of conducting a systematic review, to summarize and disseminate research findings, and to identify research gaps in the existing literature. The steps of the Arksey and O'Malley framework are identifying research questions, identifying relevant studies, selecting articles, charting data, mapping data, collecting and summarizing.

### Step 1: identifying research questions

The question in this scoping review is "how are the experiences of adolescents being mothers at a young age?" In developing search strategies and formulating scoping questions, review articles used the PEOs (Population, Exposure, Outcomes) format.

Table 1. POEs

Population	E	Os
Adolescent Young mother	Experience	Early motherhood
Teenagers		
Women		

### Step 2: identifying relevant studies

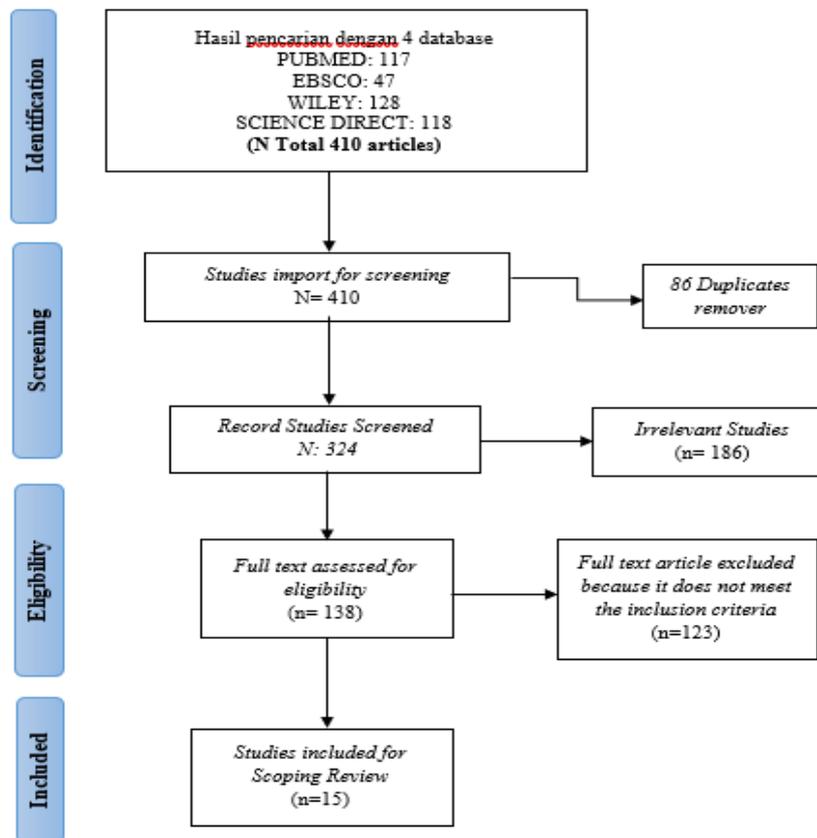
This study used tools through four databases, which were PubMed, Science direct, EBSCO, and Wiley. The words that become keywords in the search process include "experience, adolescent, young mother and early motherhood". Then perform screening according to inclusion and exclusion criteria. Data were filtered according to the inclusion criteria used, including articles published in 2009-2019.

Table 2. Criteria inclusion and exclusion

Inclusion criteria	Exclusion criteria
1. Articles Publish between 2009–2019	1. Opinion article
2. Article published in English	2. Letters as well as book reviews
3. Primary research or review article published in peer reviewed Journal	3. Articles in another language
4. Accepted Manuscript Article	4. Articles not full text available
5. Document / report / policy draft / guideline from WHO/certain formal organization	5. Out of Context Article

### Step 3: selection of articles

Search results from four databases, obtained 410 articles. The next stage of the article is a screening process, to see whether the articles obtained are in accordance with the inclusion and exclusion criteria that have been set. Moreover, the final number of articles is 15 articles that will be scoping reviews. The process of identifying articles is outlined in Figure 1 of the flowchart prism.



Picture 1. Prisma flowchart

The tool used to assess the quality of articles is the Joana Briggs checklist from the Joana Briggs Institute which is an assessment tool used to assess the methodological quality of a study and to determine the extent to which research has addressed possible biases in its design, implementation and analysis.

### Step 4: charting data

Data from fifteen articles were then extracted to collect and sort key information from the selected articles such as title/author/year, research location, research objectives, methods, data collection, study population and significant findings or recommendations.

**Table 3.** Charting data

<b>Title / Author / Years</b>	<b>Country</b>	<b>Aim</b>	<b>Type of Research</b>	<b>Method of data collection</b>	<b>Partisipan / sample</b>	<b>Result</b>
<i>Exploring the Challenges of Adolescent Mothers From Their Life Experiences in the Transition to Motherhood : A Qualitative Study</i> (Massoumeh Mangeli, Rayyani, Cheraghi, & Tirgari, 2017)	Iran	The aim of this study to explore the challenges faced by mothers of Iranian adolescents during the transition to motherhood.	Qualitative	This survey using interviews semi-terstruktur face to face (in-depth semi-structured interviews )	16 Adolescent	The findings of this examine indicate that adolescent mothers experience many bodily, psychological, mental and social challenges. consequently, it have to be noted that unique attention and care help is available to them by means of the health care company. A comprehensive understanding of the demanding situations confronted through adolescent mothers will help inside the development of culturally appropriate hints and fitness promoting techniques.
<i>A qualitative exploration of the emotional wellbeing and support needs of new mothers from Afghanistan living in Melbourne,</i>	Australia	This study aims to explore the experiences of Afghan women living in Melbourne during pregnancy , birth and early	Qualitative	Data were collected through two focus group discussions (Focus GroupDiscussion) and interviews semi structure (in-depth	38 women aged 18 years and older, who recently migrated to Australia and have at least one Australian born child.	The findings of this study indicate the importance of the social context for the emotional wellbeing of new mothers and provide strategic opportunities for community development to support the fulfillment of emotional well-

<p><i>Australia</i></p> <p>(Russo, Lewis, Joyce, Crockett, &amp; Luchters, 2015)</p>		<p>motherhood, and gain insight into aspects of their experiences that they perceive as having a positive and negative impact on their emotional well-being</p>		<p>interviews )</p>		<p>being in adolescent mothers. Which is found that teenage mothers face many challenges at the beginning of changing their roles, both emotional and physical challenges. So it really needs support and the surrounding social role so that the experiences they get at the beginning of their motherhood can have a positive impact on their emotional well-being.</p>
<p><i>experiences of pregnancy and motherhood among teenage mothers in a suburb of accra, ghana: a qualitative study</i></p> <p>(Konadu Gyesaw &amp; Ankomah, 2013)</p>	<p>Ghana</p>	<p>The aim of this study was to explore the experiences of teenage mothers during pregnancy, childbirth, and care for their babies.</p>	<p>Qualitative</p>	<p>Data were collected using 2 group interviews (focus group discussion) and in-depth interviews (indepth interview). Informant recruitment used snowball sampling.</p>	<p>54 teenage mothers (FGD group) and 9 teenage mothers (in-depth interview group) aged 14-19 years</p>	<p>This observe identifies a number of the demanding situations faced through teenage mothers. answers to adolescent mothers' holistic issues cannot be determined in man or woman activities or unmarried services. answers can only be discovered via the coordinated efforts of multidisciplinary and pass-sectoral teams. The function of the college fitness nurse ought to be multiplied to offer statistics approximately pregnancy and its</p>

						<p>dangers, contraceptive use, abortion and its headaches, and the onset of shipping and its outcomes. there is also a want for health educators to attention on nearby excessive-threat corporations and high-threat behaviors. similarly, teenagers need to be trained assertively the improvement of interpersonal competencies, together with negotiation and rejection abilities, in packages that allow young humans to exercise these capabilities.</p>
<p><i>Adolescent Mothers' Experiences Over Time</i>  (Sheeran, Jones, Rowe, &amp; McDonald, 2018)</p>	Australia	To examine the patterns and trajectories of Australian teenage mothers in transitioning to adulthood.	qualitative	Data were collected using semi-structured interviews.	10 women who gave birth as teenage mothers.	two topics emerge that capture the studies of teenage mothers: stability chaos and I am person, but I cannot reach the stars. balance within the areas of circle of relatives, relationships, geography, and making plans or habitual is associated with whether younger women have sufficient resources to awareness on their own increase.
<p><i>Becoming a mother:</i></p>	South Africa	This study aims to	qualitative	The method	10 young mothers	Our examine observed that

<p><i>perspectives and experiences of young women in a South African Township</i> (Mjwara &amp; Maharaj, 2018)</p>		<p>explore various perspectives and experiences of early mothers among young women in a city in KwaZulu-Natal, South Africa.</p>		<p>used is in-depth interviews</p>	<p>aged 18-24 years</p>	<p>younger women war to stay up to their duties as moms and feel crushed via their dual roles. The younger moms on this examine provide an indepth account of some of the difficulties they face in having to control some of their roles. younger mothers must juggle their studies, at the same time as at the identical time that specialize in meeting the needs in their children and, for those fortunate to have part time safe, casual jobs, running to offer economic help for his or her children.</p>
<p><i>Early motherhood: a qualitative study exploring the experiences of African Australian teenage mothers in greater Melbourne, Australia</i> (Ngum Chi Watts, Liamputtong, &amp; McMichael, 2015)</p>	<p>Australia</p>	<p>This study aims to determine the life experiences of young female refugee women from Africa who have experienced Australian motherhood.</p>	<p>Qualitative</p>	<p>This research used in-depth interviews</p>	<p>16 young women</p>	<p>mothers deliver improved responsibility, social recognition, and a sense of motive to younger moms. despite the high-quality factors of motherhood, participants faced challenges that affected their lives. most often, demanding situations include managing multiplied responsibilities after the start of a child, dealing with the competing demands of faculty,</p>

						<p>working and taking care of toddlers on a residential site. young mothers indicated that they received desirable assist from their mothers, relatives and near friends, however rarely from the father of their infant and the broader community. individuals felt that teenage mothers were desired via the wider ethnic network, which left them with feelings of disgrace and disgrace, despite the fact that the perceived personal benefits reached the mothers.</p>
<p><i>Iranian mothers' experiences of the outcomes of early motherhood: A qualitative study</i> (Maasoumeh Mangeli, Rayyani, Cheraghi, &amp; Targari, 2018)</p>	Iran	<p>The aim of this study was to explore "Iranian mothers" experiencing an outcome from early motherhood.</p>	Qualitative	<p>The data were collected through semi-structured in-depth interviews</p>	18 mothers with early motherhood experiences	<p>The results showed that early motherhood become related to each fine and terrible consequences for Iranian mothers. The fine consequences of early motherhood are increased highbrow and intellectual maturation, strengthening of own family relationships, development of sturdy identities, and nearer friendships with infants.</p>

<p><i>Adolescent mothers' perspectives regarding their own psychosocial and health needs: A qualitative exploratory study in Belgium</i> (Aujoulat, Libion, Berrewaerts, Noirhomme-Renard, &amp; Deccache, 2010)</p>	<p>Belgium</p>	<p>To explore experiences and perspectives of adolescent mothers regarding health needs and health education. And see the views on early pregnancy and parenthood.</p>	<p>Qualitative</p>	<p>Interviews were conducted using in-depth interviews</p>	<p>12 teenage mothers</p>	<p>Being a mother at a young age is considered meaningful to all participants. The need for improvement for teenage mothers as parents. Which they want the best for their child. Various psychosocial and health needs are needed.</p>
<p><i>Exploring Indonesian adolescent women's healthcare needs as they transition to motherhood : A qualitative study</i> (Erfina, Widyawati, McKenna, Reisenhofer, &amp; Ismail, 2019)</p>	<p>Indonesia</p>	<p>To explore the experiences of adolescent mothers in postnatal care and their health needs towards their role of motherhood.</p>	<p>Qualitative</p>	<p>Data were collected using in-depth interviews</p>	<p>11 adolescent mothers aged &lt;20 years.</p>	<p>There are 4 essential topics: breastfeeding issues, helplessness in caring for toddlers, health care encounters, health care needs for maternal transition from adolescence. Breastfeeding issues and feelings of helplessness in being concerned for his or her babies after delivery had been skilled by all teenage moms in this examine. further, the health care supplied is limited to clinic group of workers. The findings suggest that adolescent mothers want loving health training, assist and psychological care</p>

						from midwives at the puerperal ward before being discharged from the health center.
<i>Psychological factors that impact on women's experiences of first-time motherhood : a qualitative study of the transition</i> (Darvill, Skirton, & Farrand, 2010)	United Kingdom	The aim of this study is to explore experiences of transitional mothers from a women's perspective and to identify needs that are not being met with support.	Qualitative	Data were collected using semi-structured interviews . The method used with Grounded Theory	13 women aged > 16 years who have given birth to children	The resulting 3 essential themes (control, help and family formation) all make contributions to a center class: 'change in women's self-idea'. women experience that they have got misplaced manipulate of their lives in the early degrees of pregnancy and after birth. The initial adjustments in their self-photo and the shift in consciousness from themselves to fetal wishes advise that the transition can begin at a totally early level within the first trimester. The unknown period of pregnancy and early motherhood created a need for mentors to assist guide them via the transition, and to 'normalize' their feelings and stories. eventually, girls recognize that the act of childbirth essentially transforms them and their partners from people or partners to

						founding individuals of latest households.
<i>Seeking safety and empathy: Adolescent health seeking behavior during pregnancy and early motherhood in central Uganda</i>  (Atuyambe, Mirembe, Annika, Kirumira, & Faxelid, 2009)	Uganda	To discover adolescent fitness behaviors for the duration of pregnancy and early motherhood in order to contribute to fitness coverage method and advanced get right of entry to fitness care. with a view to have a protracted-term impact on reducing morbidity and mortality among adolescent mothers and their toddlers.	Qualitative	This study used focus groups (FGD) and semi-structured interviews.	92 teenage girls with ages ranging from 16-19 years	This study determined that the behavior of adolescents in seeking health services during pregnancy and early pregnancy depends on the needs and availability of health care providers. Teenage mothers feel 'open and empowered' because they feel a dilemma that they are not too young to get pregnant but too young to give birth safely and take on the role of motherhood.
<i>Young women's experience of adolescent marriage and motherhood in Jordan</i>	Jordan	This study explores the experiences of marriage and motherhood among young	Qualitative	This study used semi-structured interviews. The sample was selected using the snow ball	15 women aged 15-37 years	The findings indicated that marriage and motherhood stories amongst Jordanian youngsters had been largely negative they feel that they have misplaced their

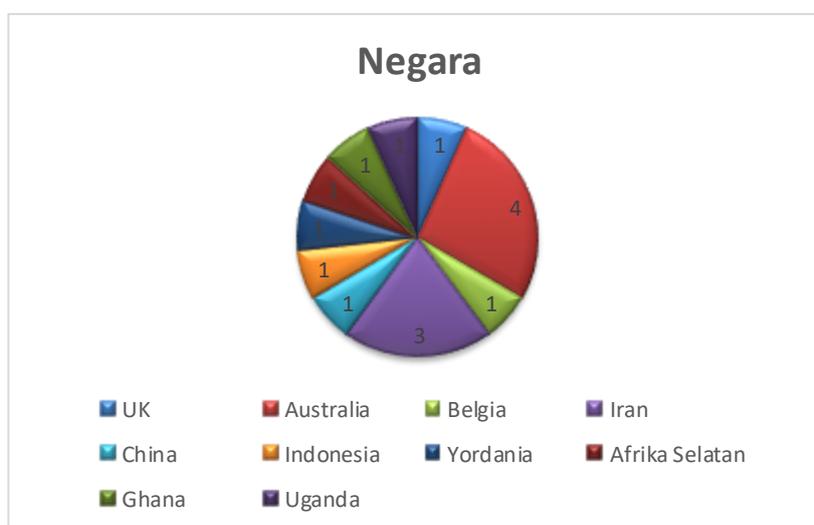
(Al-Kloub, Al-Zein, Abdalrahim, & Abed, 2019)		Jordanian women		sampling.		rights, admire and the revel in of being younger humans. similarly, they experience that the transition to motherhood could be very hard, and that they may be pressured to unexpectedly transfer grownup roles and social duties, which causes them many demanding situations. Teenage mothers are a vulnerable group that should be higher focused with preventive measures and interventions
<i>Chinese primiparous women's experiences of early motherhood: Factors affecting maternal role competence</i>  (Ngai et al., 2011)	China	The aim of this study have a look at changed into to discover chinese language women's perceptions of maternal role competence and the elements that make contributions to maternal position competence during early childhood.	Qualitative	This research uses in-depth interviews	26 primiparous women aged 18 years and over	women view ready moms as able to creating a dedication to caring for the physical and emotional nicely-being of children, while growing values appropriate to adolescence. private information and experience of infant care, success in breastfeeding, infant well-being, availability of social support and conflicting data from various assets are the primary elements affecting maternal position competence.
<i>Motherhood as the Vehicle for</i>	Australia	aims to describe the	Qualitative	Data were collected using	14 primiparous	The consequences obtained there are numerous

<p><i>Change in Australian Adolescent Women of Preterm and Full-Term Infants</i></p> <p>(Sheeran, Jones, &amp; Rowe, 2016)</p>		<p>experience of being a mother adolescent women who had a premature birth or were born in Australia.</p>		<p>interviews</p>	<p>adolescent mothers aged 15-19 years</p>	<p>variations in the experience of being a mother because of the fame of the baby's beginning. alternatively, the enjoy of being a mom is essentially about self-transformation. young women broaden themselves otherwise due to motherhood. exchange includes shifting far from mischievous conduct, developing internal assets, growing a fine outlook on self, gaining which means of their lives, and reconciling ideal and real thoughts about self and others.</p>
<p><i>Experiences of Iranian Teen Mothers with Parenting Stress: A Qualitative Study</i></p> <p>(Tirgari, Rayyani, Cheraghi, &amp; Mangeli, 2019)</p>	<p>Iran</p>	<p>The current study aims to explore the knowledge of experiences of some mothers with stress and early maternal stress.</p>	<p>Qualitative</p>	<p>The data collection method used in-depth interviews</p>	<p>18 Iranian teenage mothers</p>	<p>Being a mother from an early age can be accompanied by various pressures that threaten the mental health of teenage mothers. This pressure is associated with early life, the function of the mom, and the encompassing environment. loss of physical and psychological readiness in adolescent mothers to become moms and cognitive disabilities and</p>

						talents in motherhood are some of the maximum influential causes of pressure.
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**Step 5: mapping data, collecting and summarizing**

Based on the 15 articles selected, all articles were obtained using qualitative research methods. The articles obtained were from Upper Middle-Income Countries (UK, Australia and Belgium) and Low Middle-Income Countries (Iran, China, Indonesia, Jordan, South Africa, Ghana and Uganda).



**Picture 2.** country characteristics

In the mapping step, the authors classified interesting findings from these articles, including psychological conditions are lack of physical and psychological readiness; mental and emotional stress; pressure from environmental conditions; changing responsibilities and roles; feeling of dilemma and uncertainty. Support needed are husband support; family support; health worker support; social support.

**RESULTS AND DISCUSSION**

This review is to explore the experiences of adolescents being mothers at a young age, covering the psychological state of adolescents being mothers at a young age and the support needed.

**Psychological Conditions**

The lack of comprehensive understanding possessed by adolescents who become mothers at a young age is very influential in the process of performing their new role as a mother. Having a good and comprehensive understanding of preparation for the transition period to become a mother will be very helpful in developing guidelines and strategies in facing the challenges faced at the beginning of motherhood (Massoumeh Mangeli et al., 2017).

Being a mother at the age of adolescence has a bigger challenge that will be experienced by an adolescent in performing his new role as a mother. In the early stages of transitioning to become mothers, adolescents are encountered with various challenges that they must face, both mental and emotional pressures that are experienced in this transition period. At the beginning of the transition period, an adolescent who becomes a mother at a young age struggles to live a new life and also many of them have to change their focus and initial activities, including quitting their education, and having to live a new life (Mjwara & Maharaj, 2018).

Psychological state of young women who have a higher level of education tend to think more about developing a level of autonomy and prefer to take better opportunities in terms of work and choose not to at an early marriage (Patel & Sen, 2012). Another emotional challenge that is often experienced by adolescents who become mothers at a young age at the beginning of their time as a mother often occurs in the early days after giving birth. It is a condition in which they feel identified common symptoms of depression which they feel their new state will occur separation between family and culture which can lead to feelings of loneliness and isolation (Russo et al., 2015). With adequate support for mothers of adolescence, this is a provision to prepare for their new role of being a mother, which every mother and parent really wants and tries to provide the best for their children. Various social and psychosocial needs are urgently needed by adolescent mothers when they become mothers (Aujoulat et al., 2010).

Based on the study mentioned (Tirgari et al., 2019) being a mother at a young age can be faced with various challenges that can threaten the mental health of the mother. The threat that threatens here can be in the form of pressure from various sources, including from the surrounding environment, condition of the environment is very influential on the success rate of a teenage mother in conducting her new role as a mother. Due to the lack of readiness and cognitive disability and skills in performing their new roles, it is one of the most influential causes of stress in adolescent mothers.

Being a mother is based on a condition where there is a self-transformation from the beginning of an adolescent and changing roles to become a mother. Including changes in behavior, activities and development of internal resources as well as a more positive outlook on the future (Sheeran et al., 2016). Not all adolescent mothers experience changes and see the changes they experience when becoming mothers at their teens have a positive impact, many of them experience the negative impact of the experiences they have gone through. They feel that they have lost their rights and experiences at a young age, and feel a sense of responsibility. They have now become more difficult (Al-Kloub et al., 2019).

The situation and the feeling of dilemma and uncertainty experienced by adolescents who have become mothers at a young age while performing their new roles of motherhood often occur, one of which is influenced by the lack of knowledge they have in preparation for their new roles. With the support and attention given to adolescents who have become mothers at a young age, it can reduce the sense of self-doubt and indecision experienced in performing their new role as a mother, so that in undergoing the transition period, it can run well and smoothly without any doubt and dilemma (Atuyambe et al., 2009).

### **Support Needed**

Based on the findings (Ngum Chi Watts et al., 2015) that being a mother is a challenge and a big responsibility. The support given by the husband is a form of concern that is also very influential in the success of an adolescent in applying his role as a mother at the age of an adolescent.

The initial changes experienced by adolescents when undergoing the transition to become a mother, they feel they have experienced a change in their concept. It begins with the changes they feel at the beginning of pregnancy, in which conditions they really need support from their closest people, including their families who accompany and provide support for them (Darvill et al., 2010). With assist from the family, it could provide advantageous results, which includes highbrow and intellectual maturation and strengthening of family relationships and the development of a strong identity (Maasoumeh Mangeli et al., 2018).

The importance of the role of a multidisciplinary and cross-sectoral team is very much needed and with a well-coordinated effort from those who can provide solutions to overcome the problems and challenges faced by adolescents who have become mothers at a young age when they become mothers (Konadu Gyesaw & Ankomah, 2013). Common sources of support that a teenage mother needs are from a health professional, family, husband and community. The main source of the most influential is the support of the husband, this greatly affects the quality of the mother's condition both physically and psychologically (Wu & Hung, 2016). The participation and support provided by health workers is one form that can affect the success rate of an adolescent in performing his new role as a mother at a young age. The form of support needed by adolescents from health personnel can be in the form of health education and knowledge related to preparation for the transition period to become a mother in adolescence. As it is known, many adolescent mothers have difficulty in conducting their new role as a mother, both in caring for their babies, breastfeeding and also taking care of themselves (Erfina et al., 2019).

An able mother is someone who is able to make a dedication to being concerned for both bodily and emotional properly-being. In this case, a teenage mother really needs support that is not only obtained from family and closest people. However, support from the surrounding environment and society is also needed which has a positive impact on an adolescent mother in performing her new role as a mother at a young age (Ngai et al., 2011).

### **CONCLUSION**

Based on the results of the review article above, it can be concluded that the experience of adolescents being mothers at a young age is influenced by psychological conditions which include a lack of physical and psychological readiness, mental and emotional stress, pressure from environmental conditions, changing responsibilities and roles, a sense of dilemma and uncertainty. What most influences the physical and psychological state of adolescents when they become mothers at a young age is the lack of physical and psychological readiness.

Moreover, adolescents who have become mothers at a young age also need a lot of support from all parties including their husbands, families, health workers, and social support from the community and the surrounding environment. This scoping review is expected to be a reference for conducting original research in order to find out more into the latest information related to the experiences of teenagers who become mothers at a young age.

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