

Parenting self efficacy among teen mothers : a scoping review

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Abstract

Parenting self-efficacy (PSE) is the ability of parents to influence children's behavior and development positively. Psychologically, Teen mothers are considered less competent to become parents than adolescents on controlling their emotions and actions. This scoping review aims to review the literature on PSE on teen mothers. This scoping review technique uses the Arskey and O'melley 2005 approach, namely identifying research questions, identifying relevant studies, selecting articles, charting data and compiling, followed by reporting results. From 19 articles that have been reviewed, 7 articles describe PSE's success factors and PSE barriers among teen mothers.

Keywords: *self efficacy, parenting, teen mothers*

INTRODUCTION

Family is a means of realizing a prosperous and happy life, incredibly when a family is blessed with a baby (Gao, Sun, & Chan, 2014). Based on UNICEF data in 2018, it is estimated that about 21 percent of young women are married at child age (UNICEF, 2018). In Indonesia, more than one million women were married before the age of 18 (1.2 million people), while the number of married women of less age of 15 was reported as 61.3 thousand women (Badan Pusat Statistik, 2020).

Early marriage is a marriage among teenage or marriage between a man and a woman before the right or ideal age limit for marriage (Romauli & Vindari, 2012). Early marriage of teenage couples impacts losing of women's rights and opportunities to obtain further education and enjoyment in childhood (Rustiana, Hermawan, & Triana, 2020). Generally, a teenage couple's marriage will have several negative impacts or problems, namely the child's growth and mother's psychological condition (Riva Crugnola, Ierardi, Gazzotti, & Albizzati, 2014). According to the World Health Organization (WHO), young women have married 15-19 years are usually unable to negotiate with their husbands, make decisions in their families and protect their mental health. There is a strong correlation between early marriage and divorce (Yumarni & Suhartini, 2019). Teens who do early marriages expect that life will be happy because they get love and affection from the people they love (Indah & Mardhiah, 2020).

Turning into a parent at a youthful age joined by absence of abilities to really focus on kids as grown-ups have can put youngsters who are brought into the world in



danger of being abused and additionally ignored (Fadlyana & Larasaty, 2009). The absence of status and abilities to really focus on kids in young adult moms can later influence how moms see their capacities in the nurturing system. This is on the grounds that one of the elements that can influence the mother's degree of nurturing self-adequacy is the preparation to turn into a parent as far as intellectual and social (Coleman & Karraker, 2000). The most common way of changing the job of youthful moms to become guardians is a significant stage during the time spent doing Parenting Self Efficacy. In the examination of Azmoude (2015) that passionate wellbeing and mental prosperity during the post pregnancy time frame are vital to improve (Azmoude, Jafarnejade, & Mazlom, 2015).

During the parenting process, parents are one of the most important contributors to children's growth (Rafferty, Griffin, & Lodise, 2011). One of the competencies that parents need to have is parenting self-efficacy (PSE) (Istikomah, Aryanti, & Rilyani, 2019). PSE is a parent's assessment of their competence or ability to carry out their role as parents to influence children's behavior and growth positively. Parents who have a strong belief in their ability to care for them have more positive emotional well-being, better attachment to their children, and have a better role as parents (Coleman & Karraker, 2000). According to research conducted by Elek (2003) revealed that mothers who have high self-confidence or PSE have a better ability to perform responsibilities as parents, are more responsive in responding to every cue and need of babies as in the process (Elek, Brage Hudson, & Bouffard, 2003).

Confidence in the capacity to really focus on infants and do the job as a mother is additionally called maternal self-adequacy (Bandura, 1997). Trust is a significant marker. In light of examination by Mark Ribiczey, Miklosi, and Szabo (2016), low maternal self-viability will prompt the rise of a self-fault mentality. Also, maternal self-viability is decidedly related with solid sustenance and sound actual work (Rohde et al., 2018). So that assuming the mother's self-adequacy is low, sustenance and solid actual work will likewise be low for the child.

Positive effect, high maternal self-viability can influence the conduct and improvement of the child. This is upheld by research by Bojczyk, Haverback and Pae (2018) which clarifies that moms with high maternal self-viability can establish a more certain home learning climate. Furthermore, high maternal self-viability is excited about the energy, commitment and dedication of moms in focusing on children (Jafarnejade, and Mazlom, 2015). Coleman and Karraker's (1998) research additionally clarifies that moms with high self-viability are fruitful in creating warmth and affectability to the child's necessities. Mariana (2016) additionally clarified that in case the mother's self-viability diminishes, the danger of the mother encountering post pregnancy anxiety diminishes. The clarification above shows that the mother should believe in her own capacity to really focus on the child. This will make the mother attempt to the greatest and not experience pressure in focusing on the child. Likewise, trust in the capacity to really focus on infants will likewise make moms more persistent in focusing on and really focusing on babies. The purpose of this scoping review is to review the literature on parenting self-efficacy in young mothers.

Literary Gap

Based on the literature conducted through the scoping review method, it was found that PSE greatly influences the growth and development of children. Several studies have also succeeded in finding a positive impact that is found if a high maternal PSE can affect the psychology of children and mothers. So that research on parenting self-efficacy in young mothers is important so that people can increase parenting self-efficacy for young mothers.

RESEARCH METHODS

The method used in this research is scoping review. Scoping review is an approach to classify the key concepts that underpin the research area, the primary sources, and the available evidence and form a methodological framework in which researchers can identify relevant research literature (Tricco et al., 2015). This study uses a scoping review with the framework of the Arksey and O'Malley (2005), while the stages carried out in this scoping review consist of: (1) identifying the review questions; (2) identify literatures; (3) selecting article; (4) data mapping (data charting); and (5) compiling, summarizing and reporting the results (Arksey & O'Malley, 2005).

A. Identifying Questions

The framework used is PEOS (Population, Exposure, Outcome, Study Design). The use of PEOS aims to help identify key concepts in the focus review, develop keywords to describe the problem, and select inclusion and exclusion criteria (Bettani & Saltikov, 2012).

Table 1. Framework of PEOS

P	E	O	S
Adolescent Mother Young Mother Teen Mother	Self Efficacy	Parenting self efficacy on young mother	Quantitative and Qualitative Method

B. Identifying Literatures

1. The Inclusion and Exclusion criteria

a. The Inclusion Criteria

- 1) The article published between 2013-2020
- 2) The article is written in English or Indonesian language
- 3) The Primary Research published in peer-review journal.
- 4) Quantitative and Qualitative Method

b. The Exclusion Criteria

- 1) Opinion article, review article, commentary
- 2) Book Review

2. Database Used

There are 4 database, namely PubMed, Science direct, Wiley and Gray literature namely Google Scholar.

3. Finding Literature Strategy

Keyword used in finding literature Self efficacy* OR capability OR self-confidence* AND Parenting AND Young mother* OR adolescent mother* OR teen mother*

C. Selecting Article

The data reduction process is using PRISMA Flowchart. PRISMA is used to assist authors in Reporting Systematic Reviews and Meta-Analysis. Prisms are used because they can improve the quality of the report (Peters et al., 2015). The data were classified according to the criteria that the researcher specified. The data reduction process are shown in Figure 1.

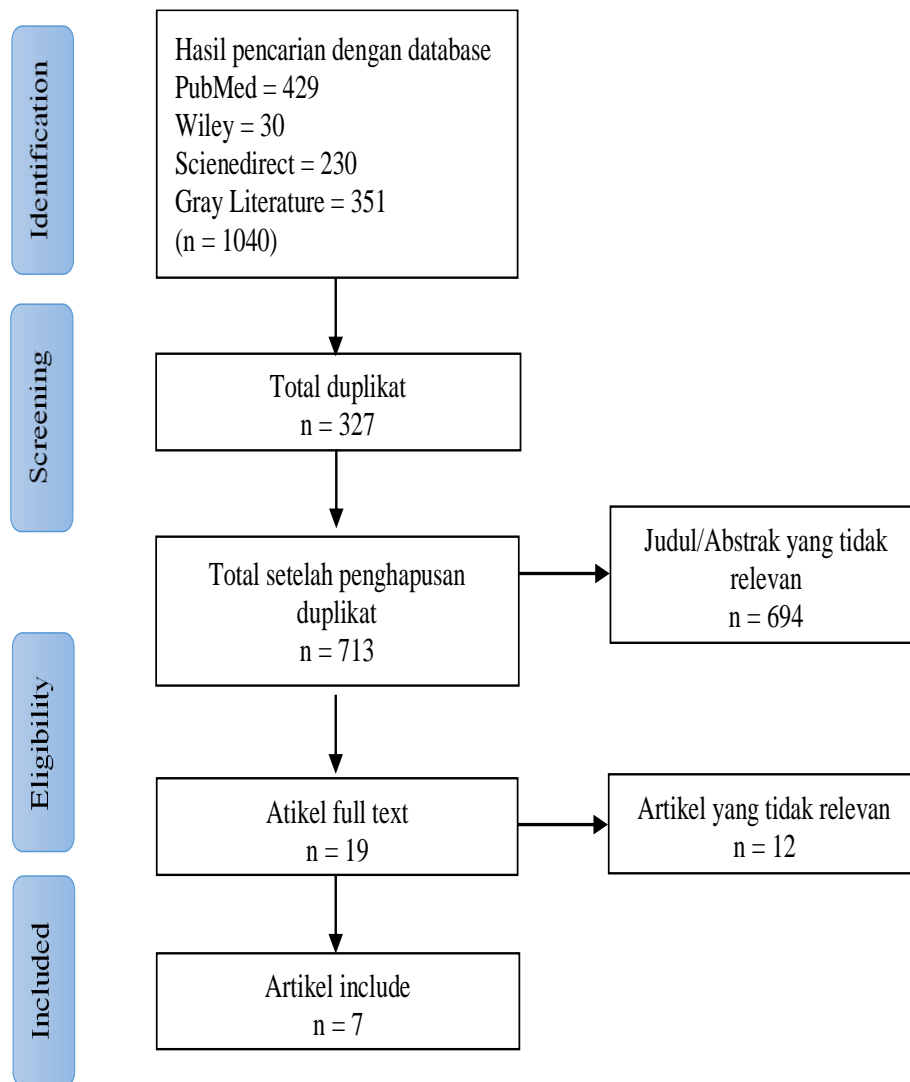


Figure 1. Prism Flowchart (Peters et al., 2015)

After searching four databases, 1040 articles were obtained. After identifying duplications, 327 identical articles were found so they were deleted, the remaining 713 articles. From 713 articles, then filtered based on abstract and title, after filtering there were 694 articles that did not match the title, there were articles that were not in English and there were articles in the form of reviews so that the number was reduced. to 19 articles. From 19 articles, full text selection was conducted and 7 articles were obtained. After submitting, from 7 articles, critical assessment will be synthesized. The results of the critical assessment are findings which will then be explored and arranged in a map for the discussion chapter

D. Data Charting

In this step what is done is to do a synthesis in the form of a table to make it easier for readers to read this report. The results from the literature are as follows:

Table 2. Data Charting

Code	Research Title/Authors/Year	Country	Research Purpose	Method	Sample	Research Finding
A1.	Social Support, Family Functioning and Parenting Competence in Adolescent Parents (Meghan Angley, 2016)	America	Knowing the relationship of social support, the role of family and social in parenting self-efficacy competencies, and satisfaction of young mothers and adolescent partners.	Cohort Studies Method	231 parents (N = 462)	This study found that a strong support structure during pregnancy is vital on perceived parenting competence in the early postpartum period for young mothers and fathers. During pregnancy, social support and family roles were associated with a greater sense of parenting competence, and its association was mediated by parental depression.
A2.	Hidden human capital: Self-efficacy, aspirations and achievements of adolescent and young women in India (Roy, Morton, & Bhattacharya, 2018)	India	This study aims to know the role of non-cognitive skills such as self-efficacy in explaining education and job aspirations and outcomes of teenagers and young women.	cross-sectional	150 young women	Individual non-cognitive skills such as self-efficacy are strongly related to young women education aspiration and job, in turn to their actual achievements.
A3.	Development of parenting self-efficacy in mothers of high-risk infants (Vance et al., 2020)	America	This research aims to develop PSE in mothers of high-risk infants.	Cohort Studies Method	67 mothers of medical diagnosed babies	The older mother and have more than one child are significantly higher predictors of PSE. Higher PSE also predicted positive maternal psychological well-being at 3 months after discharge and decreased infant medical complexity was associated with higher maternal psychological well-being

A4.	Motherhood in adolescent mothers: Maternal attachment, mother–infant styles of interaction and emotion regulation at three months (Riva Crugnola et al., 2014)	Europe	This study aims to analyze microanalytical the effect of motherhood in teens on the quality of mother-baby interaction and emotional regulation at three months by considering the effect of maternal bonding on these variables at the same time.	Qualitative Method	30 teen mothers-baby pairs compared with adolescents mothers-baby pairs	Teen mother-baby pairs adopt emotional regulation and interaction with less adequate objects than the adolescents' mothers. The uncomfortable bonding among teen mother-baby pairs with adolescent mothers (adolescents mother-baby pairs) was more potential as a risk factor.
A5.	Family support and maternal self-efficacy of adolescent mothers (Puspasari, Nur Rachmawati, & Budiati, 2018)	Indonesia	This research aims to know the relationship between family support and teen mothers' self-efficacy.	cross-sectional Method	100 primiparous teenagers mother	The findings revealed that there is a significant relationship between family support and teen mothers' self-efficacy. The most effective family support on teen mothers' self-efficacy is family support.
A6.	Effect of a brief training program for primigravid adolescents on parenting self-efficacy and mother- infant bonding in the southeast of Iran. (Moudi, Talebi, & Pour, 2017)	Iran	This research aims to know the effect of a short intervention for primigravida teenagers on parenting self-efficacy and mother-baby bonding..	Experimental Method	116 married pregnant teenagers	Primigravida teenagers got benefits of short intervention during pregnancy through the improvement of parenting self-efficacy and mother-baby bonding.
A7.	Grandmothers' Familism Values, Adolescent Mothers' Parenting Efficacy, and Children's Well-Being (Zeiders, Umaña-taylor, & Updegraff, 2015)	Mexico	This study examines the intergenerational process associated with family values among grandmothers, teenage mothers, and their children.	Cohort Studies Method	180 families	The study finding explains the behavioral correlations of familism values in Mexican families with teenage mothers and highlights the need to consider developmentally salient factors (e.g. autonomy) when understanding how family behavior benefits teenage mothers and their children.

After the assessment process, a Critical Assessment is carried out which is useful for assessing the quality of the articles to be used. The tool chosen to assess article quality is the Joana Briggs checklist of the Joana Briggs Institute. The selection of the Joana Briggs checklist is intended to assess the methodological quality of a study and to determine the extent to which it has overcome possible biases in its design, implementation and analysis. The articles carried out by Critical Appraisal are 5 articles using, 1 article using a quantitative research design, 3 cross sectional articles, 1 article using qualitative methods and 1 article using a longitudinal research design. Of the 7 articles that were carried out by the critical assessment process, the results were 5 articles that were judged to be in grade A or in a good category, namely article 1, article 3, article 4, article 6 and article 7. Then there were 2 articles that were rated grade B or in category quite good, namely article 2 and article 5.

E. Compile, Summarize, and Report Results

1. Characteristic distribution

Based on 7 articles that have been selected and in accordance with good quality, then data extraction is carried out to classify several points or parts of the article. A total of 7 articles were found in developed countries and in developing countries including America, there were 2 articles, India 1 article, Europe 1 article, Indonesia 1 article, Iran 1 article, Mexico 1 article.

2. Map data

Based on 7 articles that are suitable and of good quality, then data extraction is carried out to find out in detail and classify several points from the article, such as the research country, research objectives, methods used, and research results or findings. research conducted. Of the 7 selected articles, 3 articles used the cohort study method, 2 articles used the cross sectional method, 1 article used the qualitative method, and 1 article used the experimental method.

3. Reposrt result

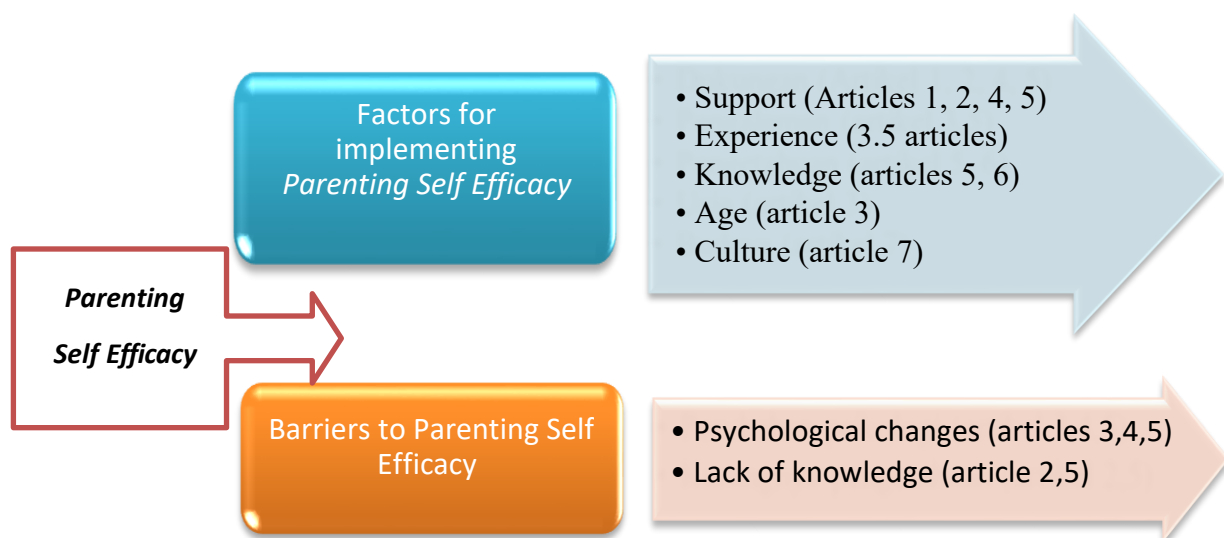


Figure 2. Reposrt result

RESULTS AND DISCUSSION

A. Results

1. Article Characteristics

a. Articles by Country

Of the 7 articles that were suitable and of good quality, based on the inclusion criteria, all selected articles were from developing and developed countries. The articles obtained from the selection of this article come from America, there are 2 articles, India 1 article, Europe 1 article, Indonesia 1 article, Iran 1 article, Mexico 1 article.

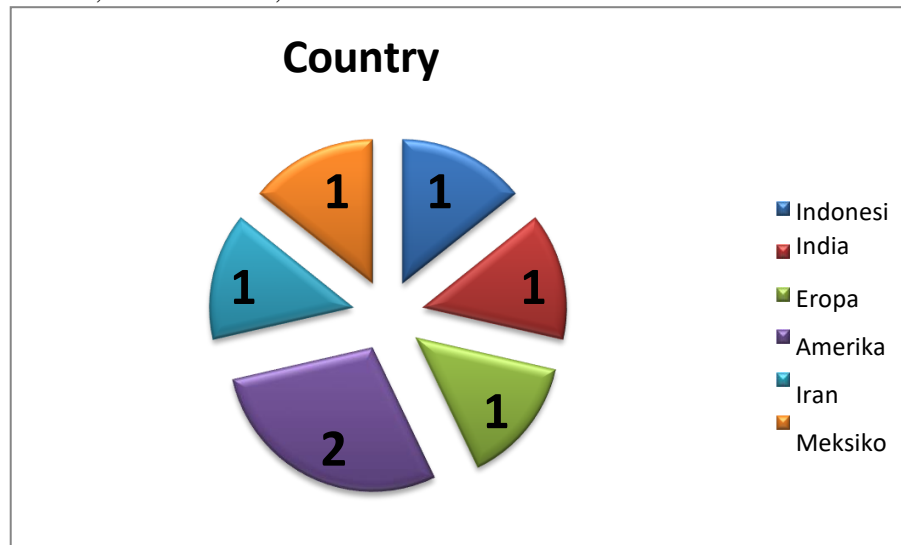


Figure 3. Country Characteristics

2. Based on Research Design and Method

Based on 7 articles that are suitable and of good quality, then data extraction is carried out to find out in detail and classify several points from the article, such as the research country, research objectives, methods used, and research results or findings. research conducted. Of the 7 selected articles, 3 articles used the cohort study method, 2 articles used the cross sectional method, 1 article used the qualitative method, and 1 article used the experimental method.

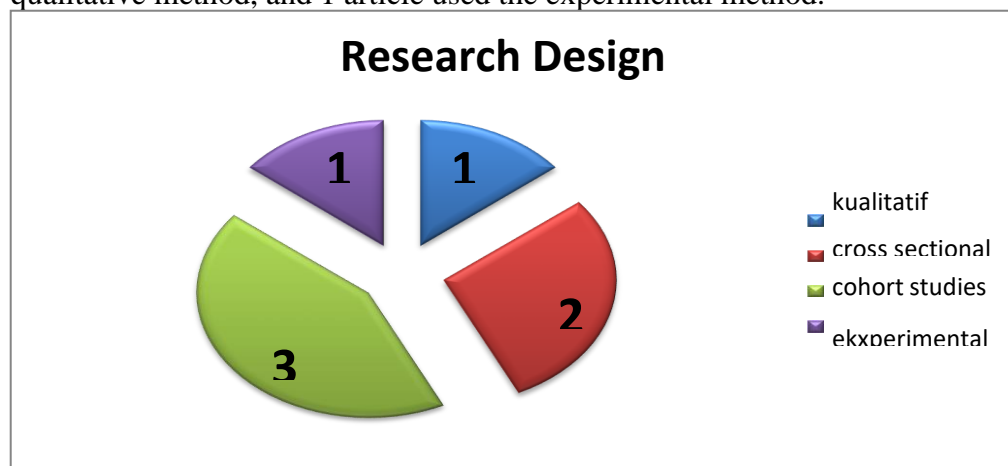


Figure 4. Research Design

3. Based on Article Value

Of the 7 articles that were carried out by the critical assessment process, it was found that 5 articles were considered to be in grade A or good category and 2 articles were in grade B or quite good category.

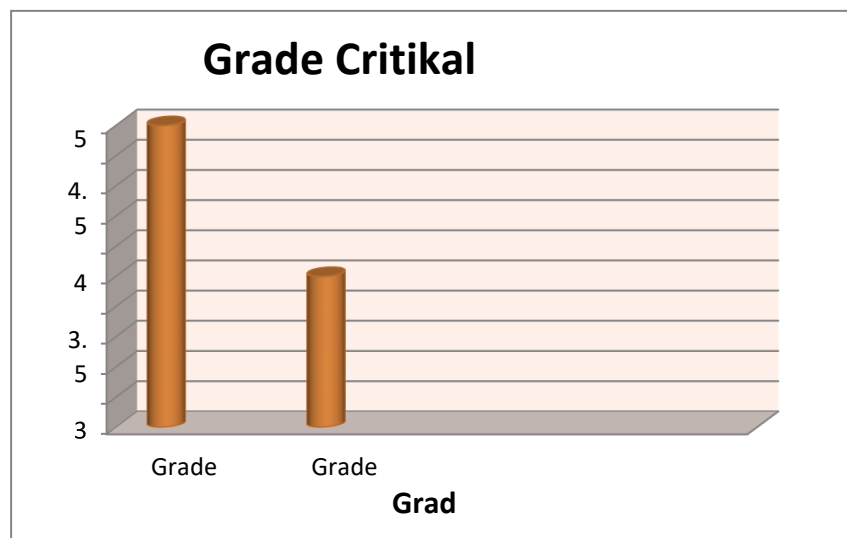


Figure 5. Grade Critical Appraisal

4. Theme

Table 3. The Theme of Scoping Review

Theme	Sub Theme	Number of the Article
Theme 1: Factors contributing to Parenting Self Efficacy	✓ Support	A1, A2, A4, A5
	✓ Experience	A3, A5
	✓ Knowledge	A5, A6
	✓ Age	A2, A3
	✓ Culture	A7
Theme 2: Barriers to Parenting Self Efficacy	✓ Psychological Changes	A3, A4, A5
	✓ Lack of Knowledge	A2, A5

Based on scoping review process on parenting self-efficacy of young mothers, 2 themes were found namely factors contributing to parenting self efficacy and barriers to parenting self efficacy.

a. Factors Contributing To Parenting Self Efficacy

1) Support

In view of the articles that have been acquired (Articles 1, 2, 4, 5). The significance of solid help structures during pregnancy on saw supporting insights in the early post pregnancy time frame for both youthful moms and fathers (M Angley, Divney, Magriples, & Kershaw, 2014).

2) Experience

In light of the articles that have been gotten (Article 3, article 5). Being a more established mother ($\beta = 0.15, p < 0.05$) or having more than one kid ($\beta = 0.6, p < 0.03$) was essentially distracted with higher PSE. Hitched ($\beta = 1.9, p < .03$), or living with an accomplice ($\beta = 2.4, p < .05$) contrasted with being extra energy with diminishing PSE over the long run. Encounters with and more freedoms for explicit nurturing practices will in general improve with age and a few kids are reliable with Bandura's

hypothesis that creating encounters add to by and large self-adequacy (Vance et al., 2020).

3) **Information**

Information is required for youthful moms in doing PSE which is as per (article 5, article 6). Information support for juvenile moms was observed to be the principle factor influencing PSE (Puspasari et al., 2018).

4) **Age**

In view of the articles that have been gotten Article 3. Nurturing will in general improve with age and a few youngsters are steady with Bandura's hypothesis that dominating experience adds to by and large self-viability (Vance et al., 2020).

5) **Culture**

In light of the articles that have been gotten Article 7. The significance of culture-explicit qualities and practices in understanding the kid raising course of young adult moms. Social qualities can impact different parts of the cycle, including wellsprings of help, alluring and tolerating young adult moms (Zeiders, Umana-Taylor, Jahromi, & Updegraff, 2015).

b. Hindrances to Parenting Self Efficacy

1) **Mental changes**

In view of the articles that have been gotten (Article 5, article 3, article 4) Several components impact this, including family support (Puspasari et al., 2018) (data, instruments, feelings, and gifts) and the child's demeanor. Higher PSE with better maternal mental prosperity (Vance et al., 2020).

2) **Absence of information**

In light of the articles that have been acquired (Article 2, article 5) Generally, high school moms are not prepared to become guardians, so they should follow to find out about child care and kid care. This is vital, on the grounds that deficient and less merciful connection between juvenile moms and their children can prompt negative long haul impacts on development and advancement (Puspasari et al., 2018).

B. Discussion

Based on the articles that have been obtained, there are several themes including:

1. Factors Contributing to Parenting Self Efficacy

a. Support

Support from others, such as family, significantly affects teenage mothers' self-efficacy (Puspasari et al., 2018). The self-efficacy factors in young women is age, previous intervention experience, and Abling's environment, where girls receive family support (Roy et al., 2018). The Family environment positively affects PSE, the importance of family support, and the quality of interactions during the postpartum period (Vance et al., 2020). Strong family support positively impacts teenage mothers and babies and babies development (Puspasari et al., 2018). Strong support during pregnancy on perceived potential parenting perceptions in the early postpartum period for young couples can increase self-confidence (Meghan Angley, 2016). Girls who received family / social support are factors of self-confidence (Roy et al., 2018).

b. Experience

Mothers with positive experiences resulted in higher self-efficacy (Bartle & Harvey, 2017). The experience of having a sick baby has a significant impact on the infant, parent, and extended family, that Parenting Self Efficacy increases significantly over time the continuation of the high complexity of care required by their babies (Vance et al., 2020). Being an adolescent mother or having more than one child is significantly associated with higher PSE (Puspasari et al., 2018). Multiparous women who have positive or negative experiences can influence their intention and self-efficacy to their next child (Kronborg, Foverskov, Væth, & Maimburg, 2018). Other studies have shown that between negative experiences and lower self-efficacy, is more substantial in primiparous women than in multiparous women (Nilsson, Kronborg, Rahbek, & Strandberg-Larsen, 2020).

c. Knowledge

Information support for teenage mothers is the main factor affecting PSE (Puspasari et al., 2018). Short parenting training programs for primigravida teenage mothers can increase self-confidence (Moudi et al., 2017). Research conducted that education is an essential factor for mothers to understand infant behavioral cues, increasing more positive interactions with their children (Gumussoy et al., 2020). The higher the level of education, the easier it is to receive information. Sufficient health information for mothers and husbands who marry early significantly affects couples' health services (Warsiti, Rosida, Gustiani, & Mutiara, 2020).

d. Age

Parenting tends to improve with age is consistent with Bandura's theory of mastering experience, contributing to overall self-efficacy (Vance et al., 2020). The key to self-efficacy is individual and household-level factors such as age (Roy et al., 2018). As you get older, you will experience changes in physical and psychological (mental) aspects. At an older age, maturity will be formed. As you get older, more information and experience will be obtained (Warsiti et al., 2020). Teenage and adolescent mothers with a high level of parenting self-efficacy also feel that they can do tasks parenting self-efficacy (Fajriyah, Qodariah, & M, 2019).

e. Culture

The importance of culture-specific values and behaviors in understanding the parenting process of teenage mothers. Cultural values can influence various aspects of the process, including sources of support for adolescent mothers (Zeiders, Umaña-taylor, et al., 2015).

Accordingly, support around the mother, past mother's insight, mother's information, mother's age and culture in the mother's current circumstance extraordinarily influence PSE.

2. Parenting Self Efficacy Handicap

a. Psychological Changes

The emotional well-being of teenage mothers can increase teenage mothers' confidence (Puspasari et al., 2018). Higher PSE affects the psychological well-being of the mother (Vance et al., 2020). Teenage mothers with negative emotional involvement with their babies than adolescent mothers. Their baby also showed lower levels of positive emotional involvement and higher negative emotional involvement (involving anger, protest, or withdrawal) towards their mothers than adolescent mothers (Riva Crugnola et al., 2014). Anxiety can also affect the husband to provide support to his wife; support levels are lower in women if they experience anxiety (Tseng et al., 2020). Depressed mothers experience difficulty in PSE and dissatisfaction during initiating and maintaining behavior (Zubaran & Foresti, 2013).

b. Lack of Knowledge

The experience of having a sick baby has a significant impact on the baby, parents, and extended family. PSE increased significantly over time from the continuation of care's complexity of care or high knowledge to their infants' needs (Vance et al., 2020). Generally, teenage mothers are not ready to become parents; they have to catch up to learn about baby care and childcare. It is essential because inadequate and less compassionate interactions between a teenage mother and her baby can lead to negative long-term impacts on growth and development "(Puspasari et al., 2018).

In this way, psychological changes and lack of knowledge extraordinarily influence PSE, so it needs support from wellbeing laborers, particularly birthing assistants to go with youthful moms and give counsel and more schooling about nurturing to build self-assurance in youthful moms

Limitation Of This Study

The limitation in this study is that there are still limited sources of articles that only use 4 databases. It is hoped that further research will add a database so that the results obtained are wider.

CONCLUSION

Factors contributing to PSE achievement in teenage mothers include the need for support from the mother's environment. Furthermore, the family environment positively influences PSE that is really needed is family support and quality interaction. The experience of having previous children has a significant impact on the parenting process. PSE increased significantly over time due to the high complexity of care their child needed. Mother's knowledge in parenting plays a vital role in PSE, and culture and age can influence PSE's achievement in young mothers. Besides, there are inhibiting factors in implementing PSE, namely changes in maternal psychology where young mothers are emotionally unstable and still focus on themselves, which can cause obstacles to achieving PSE, and lack of knowledge in PSE can inhibit PSE in young mothers.

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