**BIRZEIT UNIVERSITY**

**Faculty of Pharmacy , Nursing and Health professions**

**Department of Nursing**

**Seminar in Nursing Research and Evidence – Based Practice ( NURS334 )**

**An exploration of the causes of student pregnancy and psychological stressors experienced by pregnant students at University of Venda, South Africa**

**Student : Lana Alkhatib – 1182665**

**Instructor : Dr. Sahar Hassan**

**17th October 2021**

Contents

[**Abstract:** 1](#_heading=h.30j0zll)

[**Introduction :** 2](#_heading=h.1fob9te)

[**Main body:** 3](#_heading=h.3znysh7)

[**Conclusion :** 5](#_heading=h.2et92p0)

[**References** 5](#_heading=h.3dy6vkm)

# **Abstract:**

Stress and the problem of anxiety and a decline in academic performance during pregnancy among girls while studying at universities is a global problem that is not limited to specific countries or universities, and developing countries constitute a noticeable rise in these percentages, such as South Africa, due to the presence of wars, poverty, and underage marriage, which in turn affects on young people in terms of cognitive, emotional and physiological aspects, at the age of 15-18 years young men engage in sexual activities, and at the age of 18 -20 years they have given birth to their first child, and because of the wrong use of contraceptives, it poses a health problem other than social and economic problems and challenges, and girls face various problems from poverty, poor academic performance and dropout from their institutions because of the inability to focus on their studies, and this would cause more poverty because it affects their future career. Pregnancy rates in universities differ from one province to another in South Africa, but Limpopo Province recorded the highest pregnancy rates, and studies were conducted at the University of Venda. However, the reasons for pregnancy of female students and coping mechanisms used by pregnant female students were not discovered. by exploring the causes and psychological stresses associated with female pregnancy at Venda University in Limpopo Province, these studies aim to reduce the rate of pregnancy and instruct female students how to deal with their bodies and the physical and psychological changes that they may face. Psychological distress during pregnancy ,from the sample taken from girls, the reasons for girls’ pregnancy were presented, and they will be explained in detail during your reading of this review, and then a presentation of the problems and psychological pressures of loneliness, emotional changes and other problems faced by pregnant women.

# **Introduction :**

In this article, the problem of psychological pressure faced by university students in South Africna in the Limpopo Province is presented. Studies have been conducted at Venda University, and the reasons for girls’ pregnancy and the influences that drive them to become pregnant are presented from poverty, pressure from friends and other reasons, and these studies aim to reduce the rate of pregnancy. Pregnancy and guidance for pregnant students and the physical and psychological changes they may face a qualitative exploratory research design was adopted to reveal more knowledge and gain a broader understanding of the psychological stresses faced by unmarried students during pregnancy. the exploratory research design was chosen because it focuses on exploring the lived experiences of the participants and provides the researcher with information collected through close relationships with individuals who lived relevant experiences, 10 pregnant women were selected to be interviewed, and this target group was unmarried students, at the University of Venda in South Africa. their age criteria were between the ages 18-30 , and they were in the first trimester of pregnancy, i.e. in the period when the psychological pressure is greatest, information was obtained through interviews, and the consent of each interviewer was obtained, with reservations about the names of the students, and four aspects were taken into account. Including: age, educational level, status and ethnic group . The researchers identified, Credibility, integrity and objectivity were taken into consideration while working on the research. it received October 08, 2020 and posted online: January 21, 2021

# **Main body:**

The study has two main themes, namely, causes of student pregnancy and psychological stressors experienced by pregnant students .

Causes of student pregnancies :

1-poor socio-economic status : participants reported that poor socioeconomic status was a contributing factor to their pregnancy. They reported that due to poor socioeconomic status, they had sexual relations with older males who could support them financially; This led to their pregnancy .

2-Peer pressure : the students reported that peer pressure increases the pregnancy of the students, due to several reasons, the most important of which is the competition of friends to get a friend.

3-Lack of parent-child communication : some participants in the study reported that the lack of parent–child communication played a significant role in their behaviors which caused them to be pregnant. They reported that their parents did not communicate about sexual matters as it was viewed as a taboo.

4-Attitudes of health-care professionals : the attitude of health-care professionals on campus contributed to students’ pregnancies. the results indicated that health-care professionals are judgmental and unfriendly when providing health-care services to students, creating students’ reluctance to attend the campus clinic.

5-Unfamiliarity and negligence : according to some participants they became pregnant because of ignorance and some from negligence.

Psychological stressors experienced by pregnant students :

1.Lonelines: participants reported that they experienced loneliness as their boyfriends distanced themselves from them after learning about the pregnancy.

with them.

2.Emotional distress : the participants encountered emotional distress as one of the psychological challenges from balancing the two roles of being a student and potential mother.

3. Difficulty to disclose their pregnancies : the participants indicated that they had trouble disclosing their pregnancies to their parents as they feared their parents’ reactions.

Financial support :the participants indicated that they cope very well with their pregnancies when they have financial support.

All the studies that were conducted confirmed that poverty and material deprivation lead female students to engage in sexual activities that expose them to sexual exploitation, and thus do not negotiate for safe sex and thus risk pregnancy. undesirable, as they reminded the students that their pregnancy was due to the fact that they want to integrate into the same social situation as their friends who have children, and the lack of communication with parents and the child leads to the students getting pregnant, and that the parents did not give their children enough sexual information to protect themselves, and consequently the girls’ lack of Sexual information exposes them to sexual exploitation ,also one of the reasons for the increased pregnancy is the lack of appropriate contraceptive methods and their misuse among female students. Studies have confirmed that a large percentage of pregnant girls are exposed to great psychological pressure, loneliness, and lack of support from those around them from family and friends. it is difficult, which leads to a large number of pregnant female students dropping out of school. therefore, it is important to provide an enabling and supportive learning environment for pregnant students, and to encourage students to share their academic problems with lecturers and caregivers.

# **Conclusion :**

Studies have shown that most pregnant students are subjected to psychological pressure, decline in their academic level, or abandon their studies, due to their inability to balance between motherhood and study duties, and therefore the duty of health care providers is to improve the atmosphere among students, take care of pregnant students, and provide psychological support. them, assisting them with matters of study, encouraging them to continue with academic education to protect their future, and spreading sufficient awareness among students of the need to know the boundaries between students, and to continue guiding them, because they need continuous guidance in this age stage. The study also has limitations and recommendations. The study was conducted on a small number of female students, which is ten students. therefore, the results cannot be generalized to the entire female population, due to the small sample taken, and also any comparison of data between the group of different races is considered restricted, because Venda University is not considered The university is ethnically diverse, as most of its students are black Africans.

# **References**

<https://www.tandfonline.com/doi/full/10.1080/23311908.2020.1863176?fbclid=IwAR1AHRJqF8l0auI8ye3z1b79LIYCmaY8aWXS26mAcw7UhRmALXAvr_U3X6E>