

The Effects and Consequences of Uncontrolled Teenage Pregnancy in Sabah, Malaysia

Shameer Khan bin Sulaiman¹, Rozita Hod², Idayu Badila Idris²

¹Student, Department of Public Health, Faculty of Medicine and Health Science, Universiti Kebangsaan Malaysia, Selangor, Malaysia.

¹Associate Professor, Department of Community Health, Faculty of Medicine and Health Science, Universiti Kebangsaan Malaysia, Selangor, Malaysia.

Corresponding Author: shameerkhan85@gmail.com

Abstract: - Teenage pregnancy is described to be the uncontrolled pregnancy among girls between 13-19 years. Hence, it is becoming the major concern among Malaysian population mostly in Sabah. It is further assumed that mostly over 1500 girls get pregnant in every month. The consequences and the effects have been described effortlessly in this paper. Furthermore, the data collection procedure has also been described which shows that a mixed method of data collection has been indicted. Hence, the journals and articles have helped to achieve the aims and objectives of the paper that helps to accomplish the better understanding and knowledge.

Key Words: —Adolescent fertility rate, low socioeconomic status, lack of proper education, unemployed or low paid jobs.

I. INTRODUCTION

Teenage pregnancy has been gaining much more importance as a cause of concern in Sabah, Malaysia; therefore, the state plans for putting in place strategies in order to identify this issue. One of the major causes stated by the State Community Development and Consumer Affairs Minister is that females intend to get married at an early age in Sabah. On the other hand, the Health Ministry statistics that around 1500 teenage girls mostly gets pregnant every month, and some of them were led to early marriage also finds it [1]. However, 25% of the teenagers were not eventually married. The key focus must be on the lifestyle of the people, especially teenage girls, to raise awareness on unsafe sex and thus to strengthen the family institution throughout the state.

The busy schedule of the parents has indulged children in unhealthy activities due to a lack of parental care and love.

A. Situation In Malaysia

In Malaysia, teenage births have always been high in the year 2012, hit 18000, whereas at least 7700 in the year 2018. Almost around 14 out of 1000 under aged girls get pregnant every year [2]. Thus, it adds up to 18000 girls every year.

It is also reported that girls from low-income families, unmarried as well as school dropouts, have faced such scenario. Therefore, Sabah has been ranked 8th among the ASEAN countries in the case of teenage pregnancy.

Several risk factors that contribute to teenage pregnancy include poverty, lack of parental supervision, and lack of educational experiences as well as peer influences. Therefore, the research aims and objectives have been developed to ensure a significant outcome [3].

It is also assumed that there are several effects of unwanted or uncontrolled teenage pregnancy and mostly it affects the health of the mother and the newborn. It is owing to the denial as well as the fear of rejection from their families. The teenage parent has the tendency to avoid any antenatal care, which is assumed in most of the scenario. On the other hand, it is further assumed that the consequence of uncontrolled pregnancy can disrupt the teenage health development that prevents her from achieving any potential to enjoy basic human rights [4].

B. Research Aim

The paper aims at understanding the effects and the consequence of increased uncontrolled teenage pregnancy in Sabah, Malaysia.

C. Research Objectives

Some of the research objectives are:

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- To understand the increased rate of uncontrolled pregnancy in Sabah
- To evaluate the consequences and the effects of teenage pregnancy in Sabah
- To determine the factors that led to such a situation in Sabah
- To recommend strategies to overcome such situation in Sabah

Therefore, the research paper has helped to summaries the “published literature” on the chosen topic in order to discuss about the effect of uncontrolled pregnancy on teenage girls in Sabah, Malaysia.

II. IDENTIFY, RESEARCH AND COLLECT IDEA

A. Research Philosophy

Research philosophy is a vast area that helps to gather viewpoints of the study. There are different types of research philosophy that are probably used are like “positivism, realism, interpretivism”. However, the used research philosophy, in this case, is positivism research philosophy [15]. Positivism research philosophy adheres to the view that factual knowledge is gained through observation. However, the role of the research may be limited in terms of data collection and interpretation in an objective manner.

The knowledge that is relevant to the study matter can be understood in different beliefs as well as assumptions that may have a significant impact on the study. The utility of positivism research philosophy is that it may have a specific impact on the practical implications in terms of the data being collected.

B. Research Approaches

There are mostly three main types of research approaches such as deductive, inductive and abductive research approaches. In the case of the deductive approach, it helps to acquire in-depth knowledge regarding the study that helps to make the research more valid [16]. On the other hand, an inductive approach focuses on theories and other features that are highlighted in the study. The focus of the research paper is to consider the deductive approach that entices the nature of the study.

On the other hand, the main advantage that has been gained by considering this research approach is that this topic has related to scientific investigation that helps to develop a better understanding.

C. Research Design

The research design is to understand the different kinds of variables that can be helpful for the paper. There are also different types of research design, such as explanatory, exploratory research design [16]. To understand the consequences and the impact of uncontrolled pregnancy among teenagers, the explanatory research design has been used. Explanatory research design mainly focuses on significant areas that can be helpful in the case of developing evidence that can be helpful to a certain extent. On the other hand, it can further help to depict the descriptive part that may help to achieve the requirement of the study.

D. Data Collection Method

There are mainly two different types of data collection procedure, such as primary and secondary research methods. However, to accomplish the research paper, a mixed method of data collection is used. The data is collected by using questionnaires and reviewing the scholarly article related to the approved topic on uncontrolled pregnancy among teenagers in Sabah. It ensures that quantitative and qualitative data can be seen in a single investigation. The study has followed both methods to collect data that is through secondary and primary [17]. It has helped to understand the contradictions between quantitative and qualitative results as well as qualitative findings. It also ensures participants' point of view along with fostering scholarly interactions.

E. Research Instruments

Significant research instruments must be adopted in order to ensure that the desired result has been gained. In the case of collecting primary data, a survey or interview can be considered among the teenaged girls in Sabah. This can be analyzed by using graphs charts to ensure visual data representation [17]. On the other hand, the secondary data will be collected through peer-reviewed journals and scholarly articles. This can help to achieve relevant knowledge about the effects and the consequences of uncontrolled teenage pregnancy in Malaysia. Hence, the collected data is then analyzed through different graphs and charts that would provide an in-depth understanding of the effects and consequences.

F. Research Reliability and Validity

Research reliability and research validity is the most important part of the research paper. The data collected from different sources must ensure that they exhibit data authenticity. In the case of data reliability, the consistency of the result through time and across different observers must be relevant [15]. On

the other hand, the validity of the research establishes theories and other measures to ensure data authenticity.

The result achieved must be constant under the same method and under the same circumstances; thus, it may be said that the research is reliable. On the other hand, the accuracy of the data measures must be accurate. Thus, the data reliability and validity would enable it to focus on achieving proper evidence of increased uncontrolled pregnancy rate in Sabah, Malaysia, among the teenagers.

III. FINDINGS

In this section, the research information is combined in the form of a research journal or a research paper. The different literature has been reviewed in order to develop building blocks of the research.

A. The Adolescent Fertility Rate in Malaysia

Age in first marriage has a relevant implication for women's health as well as fertility status. However, in Malaysia, the family law has some restrictions in terms of teenage marriage, whereas there are women getting married at a very early age. In 2004, the Family survey conducted which assumed that almost "2.6% of 3700 married women" in the peninsular region marry before 15 years of age. On the other hand, only 2.01% married between the ages of 15 to 19 years. Similarly, on the other hand, in the year 2010, the "Population And Housing Census" have estimated that almost "60% of the entire population who are the age of 15 years get married, whereas only 35.1% seems to have reported of being unmarried [5].

Adolescent fertility rate among the women is aged between 15-19 years and thus it depicts the higher risk of post birth or childbearing. Sabah has the largest rate of uncontrolled teenage pregnancy cases. Hence, the trend of non-marital childbearing is worried as well as amplified by statistics through "National Registration Department"[6]. It is further observed that in Malaysia, especially in Sabah, the importance of sexual and reproductive health is low. Their peers in their development process significantly influence teenagers. Furthermore, a qualitative study by considering interviews of teenagers residing at rehabilitation centers shows that peer influence is the most common influence that has contributed to teenage pregnancy. On the other hand, teenage involvement in sexual practices among Sabah teenagers has also enhanced the increasing rate of pregnancy among teenagers. It is also believed that uncontrolled teenage pregnancy has a significant risk in terms of "adverse maternal and neonatal outcomes". This

is caused because teenage mothers are biologically and physically immature so that they can go through pregnancy. Further studies have also reported "maternal deaths" in Sabah, Malaysia, women who are below 20 years of age mostly faces "Maternal Mortality" of almost 32.0 per 10000 live births in the year 2006.

B. Risk Factors of Teenage Pregnancy

It is further seen that there are various factors that contribute to pre-dependency, which have been further researched. The assumed and the most important risk factors for teenage pregnancy that need to be considered are like poverty stricken families, inadequate supervision of parents, least educational expectation as well as peer influence. The research conducted by "United Nations Children's Fund Malaysia" has stated that in Sabah, the higher rate of "teenage pregnancy" that is mainly associated with teenage poverty. The teenaged mothers are mostly concerned with either unemployment or less paid jobs. It is due to the low socioeconomic status at the time of pregnancy as compared to their adult counterparts [7].

The families that have low socio-economic conditions are mostly associated with social problems among adolescents. Hence, adolescents from low-income families mostly act a common phenomenon negatively towards other adolescents. This makes them get involved in crimes and sexual activities at an early age [8]. The income level of the teenagers below the poverty line mostly gets involved in such activities.

Furthermore, questionnaires have been developed in the women's shelter homes which shows the communication gap among the parents when it comes to personal discussing problems at an early teenage. The busy working schedule of the parents has led to such causes [8]. The lack of attention from the parents is the major cause of premarital sex and become pregnancy.

However, there are factors that are evident from different research, like poor academic achievements regarding the effects and cause of teenage birth is the other major cause of teenage pregnancy. It is assumed that teenagers have not received any formal education regarding reproductive health. Thereby they end up in risky sexual activities.

Most of the time, teenagers gets involved in premarital sex and thus are unaware of the consequences and its adverse effect on uncontrolled childbirth [19]. Thus, it may lead to negative things among teenagers in Malaysia.

On the other hand, research has also been conducted in order to understand that impact of adolescent childbearing on the

family. It may affect the pattern of residential living thereby it eventually eliciting the family support. In addition the quality of care drops down by the teen aged mother because of family pressure. Most of the time the uncontrolled teen pregnancy is not respected which further increases the health consequences among the teenagers.

Therefore, the adolescent mother often seems to have high physical as well as emotional consequences. Therefore, it gives rise to complication in pregnancy that further leads to rising depression and drugs and alcohol uses.

C. Effect and Consequences of Teenage Pregnancy

The uncontrolled pregnancy among the teen may have several effects, such as it is observed that pregnant teens may have the risk of not getting the right parental care. This is because they do not have significant support from their parents due to uncontrolled pregnancy. Unmarried pregnancy is regarded to be a phenomenon that is mostly seen among female adolescents [11]. It is further becoming an epidemic in the world community. The uncontrolled teenage pregnancy initiates several problems such as mental problems, social well as financial problems, and sometimes it also causes the risk of death.

The first and the foremost consequence that occurred during uncontrolled teenage pregnancy is the impact on adolescent mental health [9]. The teenager who is going through the pregnancy stage is at higher risk of attracting mental health problems like depression, intense pressure and tends to be a parent. Teenagers mostly go through depression and anxiety, which are serious health consequences. They are also sometimes admitted to rehabilitation centers to cope with the changes and to get recent medical treatments.

Teenage parents also face a lack of support from the family, and parents die from early pregnancy detection. This lack of family support also pushes the teenagers towards depression and provokes them to make wrong decisions as well as abusing drugs.

There are also higher chances among the parents to induce abortion or terminate the early pregnancy detection among the teenagers [10]. Thus, it also has serious consequences in a future pregnancy, and induced abortion also results in psychological effects on the teenagers that also includes post-traumatic stress disorders, feeling of guilt, developing an anxiety disorder or sleeping problem.

Adolescent pregnancy also hampers their social life; the teenagers are unable to enjoy the adolescent stage freely. It is

further assumed that teenagers feel isolated while they are going through the uncontrolled pregnancy stage, as they do not get support from the family as well as the society.

D. Health Consequence of Uncontrolled Teenage Pregnancy

Early pregnancy among teenagers has severe health consequences in terms of the teenage mother as well as their newborn. However, it is also estimated that childbirth complications, as well as early pregnancy, is the major cause of death among teenagers who are probably the age of 15-19 years globally [14]. Adolescent mothers who are probably at the age of 10-19 years intend to face a higher risk of "eclampsia, puerperal endometritis as well as a systemic infection". In addition, it is known that 3.9 million unsafe abortion has been faced by girls who are the age of 15-19 that contributes to maternal mortality, lasting health problems as well as morbidity [12]. There are also social as well as economic consequences for an unmarried teenage pregnancy as peers, their parents and their partners may reject them as well. It is assumed that girls with uncontrolled pregnancy at the age of 18 years are likely to experience violence in terms of marriage or even partnership. It also leads to the teenagers dropping out of schools, whereas efforts are underway that would help them to return to school after their childbirth. Hence, it leads to jeopardizing the future education of the teenage girls along with the relevant employment opportunities.

Uncontrolled pregnancy is also a major risk factor in terms of poor mental health, including lower psychological well being as well as life satisfaction. The risk of maternal depression also increases along with parenting stress among teenagers [13]. On the contrary, the previous studies of consequences of uncontrolled pregnancy on teenager's mental health were probably cross-sectional, and thus, limited study were conducted in Asian countries.

Similarly, the consequences of uncontrolled pregnancy and the mental help of teenage girls has not been significantly established [22]. It is stated that the significant relationships between uncontrolled pregnancy and child outcome are provided by different factors that also include socioeconomic status. It has significantly highlighted the need in order to conduct well-designed studies they may provide information to casualties.

E. Pertaining stress

Studies have been conducted in order to understand the parenting stress that the teenager goes through during their

uncontrolled pregnancy. Maternal depression was significantly addressed by using Kessler 6-item psychological distress scalar. It is the ablest instrument that can be used to understand mental illness in the general population. It is assumed that teenagers in Malaysia mostly have different times, such as at the time of childbirth and during postpartum [10]. Hence, it is assumed that education can be the most significant way to reduce sexual misconduct among adolescents. Thus, it can be the most effective way to reduce uncontrolled pregnancy among teenagers. Furthermore, the community also assumes that sexuality education is inappropriate and is a sensitive discussion; it is avoided. Hence, the teenagers develop stress among themselves without being able to share the problem with the community or with their peers.

On the other hand, the teenager also faces other health consequences due to uncontrolled pregnancy at an early age such as anemia, gestational hypertension [20]. The early pregnancy among the teenagers causes health related problem lack of hemoglobin among the teen girls. The effect it causes to the teenagers is extreme tiredness along with other complications. Most of the teen in Sabah faces this because they lack in taking healthy caloric intake that is necessary during the pregnancy.

On the other hand the other effects that is faced by teenage girls during their uncontrolled pregnancy is the high blood pressure. It is caused mostly because of the premature delivery or even low birth weight of the newborn [21]. Therefore, the consequences of high blood pressure can be life threatening to the teenager girls as they sometime also lack in close monitoring.

IV. GET PEER REVIEWED

Getting peer review is the most significant aspect of the research paper thus would allow improving the paper further more to ensure that the readers can achieve the best knowledge out of it. Therefore, the paper has been reviewed by 5 members who have an expertise knowledge regarding research paper that is to be published for the members. Below are the peer-reviewed comments that has been achieved after completion of the paper.

Reviewer 1:

“According to my prospective I feel that the paper has been systematically organized which shows has helped to better understand of the subject matter. The clear objective and aim of the paper has enabled to ensure that the researcher have definite

focus on to the research areas. Different articles and journals has been also considered while doing the paper which is also a relevant significant as it shows that he paper is based on reliability and validity. Furthermore, the clear research methodology has been discussed that shows that that a systematic way has been followed by the researcher to accomplish the paper. Hence I feel that the overall research is precise and relevant”.

Reviewer 2: The comment received from the peer is:

“As per my view I think that the paper could have been much more organized and precise as I feel that the research must have been focused more on the consequence which is the actual topic. However, the overall presentation is appropriate. The paper has maintained a sequence starting from research objectives and the research aim. On the contrary, I also feel that the findings could have been more elaborated with other research papers or any government publication. Although there are factual data that has been provided on Malaysia however the specific region could have been great for the research”.

Reviewer 3: The third peer review is

“Starting with the introductory part to conclusion the paper has maintained its authenticity. By this, I mean that the appropriate journal article and other research papers have been used in an appropriate manner. The most innovative thought that I believe the researches have maintained is that by developing the research aim and objectives. It has guided through the paper in a specific manner. In addition I would also like to state about the methodology part of the research as it shows the way the researcher have acquired such informative information. Hence according to me the paper is so far good”.

Reviewer 4: The fourth review acquired is:

“I have found the paper to be interesting at the same time I feel like that the research could have been elaborated or focused on the consequences or the affect that the teenage girls go through due to their uncontrolled pregnancy in Sabah.

The research have depicted the area however more could enhance the quality of the research paper. However the overall discussion and the research findings has been a greatest plus point for this research”.

Reviewer 5: The fifth review received

“The research has been up to mark as different research articles and a journal has been used to acquire the data or the spastics that has been shown. However, I feel that more focus could have been provided to the area of concern such as uncontrolled

pregnancy among teen age and its consequences. Thus, this area could have been more improved. The overall paper is quite a significant one”.

V. IMPROVEMENT AS PER REVIEWER COMMENTS

The overall comment that has been acquired by the five reviewer’s show that research on the provided topic is relevant and all the data provided is significant. Hence, the information is valuable for those who are likely to understand the consequences of uncontrolled pregnancy among the teenagers. The reviewers have commented right from the beginning, which is the introductory part of the paper. In the introduction, the reviewers have appreciated the way of writing and starting the topic so that it can help people to understanding the research topic this is going to be discussed in the later stage.

In the introductory part the reviewer has stated that they felt that the research aims and objectives is a the most significant aspect as it enables the readers to estimate the overall research significance. Therefore, in the first section there is no change that is necessarily required.

On the other hand, the methodology section also provides an efficient knowledge about different research methods that has been initiated to acquire these findings. However, the paper has followed both quantitative and the qualitative data collection procedure which is the most significant aspect of the research findings.

Furthermore, it has been also evident from the review that the findings could have been much more concrete a precise relevant to the research topic. Through this review it is assumed that the findings could have been done much better as there are several other consequences and effects on teenagers that also could have been covered such medical issues which leads to unfavorable condition among the teenagers.

Hence, the area that needs to be rectified is the findings where much informative detail could have been incorporated to ensure that the overall topic is justified

VI. CONCLUSION

Through the above study, it is evident that the teenage birth hit is major in Malaysia, most significantly Sabah. Through different literature and study, it has been seen that in the year 2017, almost 7.3% of teenagers who were probably at the age of 13 to 17 years are sexually active, and therefore the increased rate of uncontrolled pregnancy among teenagers have

increased. The Malaysian adolescent knowledge in terms of reproductive health has shown that teenagers barely have any appropriate knowledge. Thus, it has a serious effect on their health and mental distress. The consequences being faced by the teenagers are mental stress, depression, prenatal stress, being deprived of leading a normal life and others. They also develop complications regarding their health because of their early pregnancy. They also stop schooling, which affects their future economic perspectives. Studies have also shown that girls belonging to lower socio-economic income groups intend to be affected more due to the uncountable pregnancy as they lack parental support, which enhances the stress level among them.

Hence, by considering the appropriate research methods such as mixed-method analysis, the result has been depicted significantly regarding the consequences and effects of uncontrolled pregnancy among teenagers in Sabah, Malaysia. Thus, it can be concluded that the paper has been achieved in an appropriate manner.

VII. ACKNOWLEDGMENT

It would like to show my gratitude towards my professor who has helped me to research on the chosen topic “Effect And Consequences Of Uncontrolled Teenage Pregnancy In Sabah, Malaysia”. I would also like to thanks my peers and my parents who have also supported me throughout to complete my research paper. I have gained significant knowledge regarding the topic that I believe will help me in the future aspects.

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