

Nursing Strategies To Prevent Unwanted Pregnancy In Teenager From 15 To 19-Year-Old, Lima Peru

Ambrocio Teodoro Esteves Pairazamán, Jorge Guillermo Morales Ramos, Lorenzo Edmundo González Zavaleta, Wilder Enrique Melgarejo Ángeles, Jeanette Karina Melgarejo Reyes

Abstract: This research was designed with the objective of analyze nursing strategies in unwanted pregnancy in teenagers between 14 to 19 years old in the woman section of San Martin Health Center from Villa El Salvador District 2020. In this district we collect documented information in order to carry out studies about the variables as nursing strategies and unwanted pregnancy prevention. This research is an applied, descriptive, non-experimental, cross sectional, quantitative research. Its sample universe was made up of 220 teenagers patient attended on a monthly basis with an anonymous survey questionnaire that was applied to quantify their knowledges and attitudes before to implementing nursing strategies. The collected information was achieved with SPSS version 25, the T-Student Hypothesis was applied, which resulted in the value being less than (0.05), concluding that the nursing strategies are correct to avoid unplanned pregnancy, therefore, the reliability level was used at 95%.

Index Terms: Nursing strategies, Unwanted pregnancy prevention, Women's area.

1 INTRODUCTION

The teenagers women pregnancy means that they do not assume the role of consistent and responsible mothers, with this situation since they do not reach the adulthood and believe they have no responsibilities. According to the INEI (National Institute of Statistic and Informatics) The teenager pregnancies begins at 11 years old and increase in subsequent years up to 15 years old, this problem involves socio-cultural, economics and psychological aspects which implies promoting family, social, personal values and specially educational, in order to reduce this incidence and avoid dangerous pregnancies for health due to the inconsistency of being mothers at teenage ages that normally leads to dangerous pregnancy. Teenager are considered vulnerable with health risk due to inequity and different barriers they face to access health services in both reproductive and sexual aspects. This panorama describes a population affected by morbidity maternal and newborn death [1]. Irasema, Wendy (2018), in the research entitled "Factors that affect the increase of pregnancy in teenagers from 12 to 17 years old in Cruz Roja Hospital in the period from February to July 2018. This research was to determine the causes in the increases of pregnancies at an early age, being of a descriptive, observational, no experimental with a simple of 129 teenagers, she concluded, that being teenagers between 11 to 13 years old represents a main cause in the increase of pregnancies at an early age. The use of contraceptive methods before and after a pregnancy can trigger a new pregnancy, as well as sexual pathologies [2].

2 THEORETICAL BASES

According to the OMS, it is the time of preparation for adulthood in which various experiences are generated for their

development that are essential, transcend the physical and sexual and include both economic and social independence, developing attitudes and their own identity. Therefore, this capacity is considered a disadvantage with respect to its exploration in the sexual field, dangerous behaviors, customs, laws that affect the teenagers because restrict the arrival of information and health services in the reproductive aspect [3]. Teenage according to (Piaget, 2007) is a period where the formal operations are improved, which are found at two different levels, they early one that includes between 10 -14 years old that begins at puberty when concrete thinking becomes the form where it begins the develop independence, the second one is average between fifteen to eighteen years old in which internal thought and physical development are used to solve philosophical and literally issues characterized by an interest in the sexual for the search for their identity and acceptance [4] .

Adolescence according to OMS, is a population in the development stage beginning at the end of the childhood and the beginning of their adulthood, they comprise from ten to nineteen years old. The teenage pregnancy includes the cycle where the person obtains their reproductive capacity and transfer the psychological models from childhood to adulthood. Individual factors: They are linked to the knowledge, emotions, and perception of individuals. Social factors: They are associated with social perception shared with people within a group. Family Factors: they originate in the family environment since it is the first environment where the teenagers develop. Emotional education: According to (Rafael Bizquerra) it refers to the evolution in the aspect of knowledge since it is continuous and permanent which aims to reinforce fundamental emotional changes for its cognitive process [5]. Emotional health: It is the optimal state that is characterized by the fact that each one feels good about themselves; their relationships and capacities improves in front of the control of their feelings before the problems. Sexual health: according to OMS, it is defined as an optimal situation in the mental, social and physical sphere regarding their sex and their incorporation of intellectual, somatic and emotional aspects enrich the communication, the love and personality. Consequently, it is presented as a problem in this study to verify how nursing

- Universidad Autónoma de Ica, Perú. Phone: +51953612044. E-mail: esteves.ambrocio@autonomadeica.edu.pe
- Universidad De San Martín de Porres – Filial Norte, Perú. Phone: +51947529900. E-mail: jmoralesr1@usmp.pe
- Universidad Nacional San Luis Gonzaga de Ica, Perú. Phone: +51954662773. E-mail: wmelgarejo@unica.edu.pe
- Universidad Autónoma de Ica, Perú. Phone: +51999004420. E-mail: edmundo.gonzalez@autonomadeica.edu.pe
- Universidad Nacional San Luis Gonzaga de Ica, Perú. Phone: +51979775356. E-mail: kari_0099@hotmail.com

strategies allow preventing unwanted pregnancy in teenagers from 14 to 19 years old, in the Women area of the Health center in San Martin in Villa el Salvador district, 2020 within this strategies, sexual, education, emotional health, individual and social factors of teenagers between 14 to 19 years old in the in the health center San Martin from Villa El Salvador.

3 MATERIALS Y METHODS

3.1 Kind of investigation

This research is applicative, since it seeks to obtain and collect information to support the knowledge that is incorporated into the preliminary information.

3.2 Research level

Descriptive. The design obeys a cross- sectional investigation (data collection at a given time and moment) and not experimental (variables are not altered).

3.3 Study population

Made up of teenagers from 14 to 19 years old whom went to the Women area of the San Martin Health center in Villa El Salvador 2020, in total 520 people in this research. A random sample was taken with a confidence level of 95 % and 0.5 of success or failure. The sample was made up of 220 teenager patients between fourteen to nineteen years old.

3.4 Techniques and instruments

In the present study nursing survey techniques (individual, social and family factors) and prevention of unwanted pregnancy (sexual education, emotional health, sexual life) were used, for the evaluation the Likert scale was used: (5) always, (4) almost always, (3) Sometimes, (2) almost never, (1) never. In the present research were used SPSS 25 and Microsoft Excel that analyze the data independent. Likewise, the T-STUDENT was used as a probability distribution to estimate the measurement of a population. According to the reliability of Cronbach’s Alpha in the variable Nursing strategies with a number of 13 elements, the value obtained was 0.835 and the variable prevention of unwanted pregnancy with a number of 12 elements, the value obtained was 0,792.

4 RESULTS - TABLES Y HYPOTHESIS TESTS

4.1 General hypothesis

HA: Nursing strategies allow the prevention of unwanted pregnancy in teenagers from 14 to 19 years old in the Women area in the San Martin Health Center in Villa El Salvador, 2020.

HO: Nursing strategies NOT allow the prevention of unwanted pregnancy in teenagers from 14 to 19 years old in the Women area in the San Martin Health Center in Villa El Salvador, 2020.

Sample E.					
		Media	Deviation	Desv. Average error	Paired differences 95% confidence interval of the difference. Inferior
Par 1	Independent variable – depended variable	-4,050	1,437	,131	-4,310
Sample E.					
Paired differences 95% confidence interval of the difference. Superior		t	gl	Sig. (bilateral)	
Par 1	Independent variable – depended variable	-3,790	-30,876	119	,000

Figure 01: Variable 1: Nursing strategies and Variable 2: Prevention of unwanted pregnancy.

Source: Questionnaire applied.

After having processed the information of the selected sample, the hypothesis is tested taking into account that is sig./bilateral is < 0.05 then it is observed that the mean is -4.050, the deviation is 1,437, the mean error deviation is 131 and the confidence interval is 95%, so it can be concluded that nursing strategies allow for predicting pregnancies at an early age

4.2 Specific hypothesis

HA: The nursing strategies allow the sexual education of unwanted pregnancy in teenagers from 14 to 19 years old in Women area in the San Martin Health Center in Villa El Salvador, 2020.

HO: The nursing strategies NOT allow the sexual education of unwanted pregnancy in teenagers from 14 to 19 years old in Women area in the San Martin Health Center in Villa El Salvador, 2020.

Sample E.					
		Media	Deviation	Desv. Average error	Paired differences 95% confidence interval of the difference. Inferior
Par 1	Independent variable - d4	31,925	2,557	,233	31,463
Sample E.					
Paired differences 95% confidence interval of the difference. Superior		t	gl	Sig. (bilateral)	
Par 1	Independent variable - d4	32,387	136,746	119	,000

Figure 02: Variable 1: Nursing strategies and y dimension 4: Sexual Education

Source: Questionnaire applied.

After having processed the information of the selected sample, the hypothesis is tested taking into account that the

sig./bilateral $es < 0.05$ then it is observed that the mean is 31,925, the deviation is 2,557, the media error deviation is 233 and the interval of confidence is 95%, therefore it can be concluded that nursing strategies allow sexual education against pregnancies at early age.

HA: Nursing strategies favor the emotional health of unwanted pregnancy in teenagers from 14 to 19 years old in Women area in the San Martin Health Center in Villa El Salvador,2020.
 HO: Nursing strategies NOT favor the emotional health of unwanted pregnancy in teenagers from 14 to 19 years old in Women area in the San Martin Health Center in Villa El Salvador, 2020.

Sample E.					
		Media	Deviation	Desv. Average error	Paired differences 95% confidence interval of the difference. Inferior
Par 1	Independent variable – D5	14,775	5,607	,512	13,762
Sample E.					
Paired differences 95% confidence interval of the difference. Superior		t	gl	Sig. (bilateral)	
Par 1	Independent variable – D5	15,788	28,867	119	,000

Figure 03: Variable 1: Nursing strategies and dimension 5: Emotional Health

Source: Questionnaire applied.

After having processed the information of the selected sample, the hypothesis is tested taking into account that the sig./bilateral is < 0.05 then it is observed that the mean is 14,775, the deviation is 5,607, the deviation average error is 512 and the confidence interval of the difference is 95%, so it can be concluded that nursing strategies favor health emotional against pregnancy at early age.

HA: Individual factors favor the prevention of unwanted pregnancy in teenager from 14 to 19 years in Women area in the San Martin Health Center in Villa El Salvador,2020.

HO: The individual factor does not favor the prevention of unwanted pregnancy in teenager from 14 to 19 years in Women area in the San Martin Health Center in Villa El Salvador,2020. After having processed the information of the selected sample, the hypothesis is taking into account that the sig./bilateral $es < 0.05$ then it is observed that the mean is - 21,083, the deviation is 5,964, la deviation average error is 544 and the confidence interval of the difference is 95%, so it can be concluded that individuals favor avoiding pregnancy at early age (Fig. 4)

Sample E.					
		Media	Deviation	Desv. Average error	Paired differences 95% confidence interval of the difference. Inferior
Par 1	D1 Dependent variable	-21,083	5,964	,544	-22,161
Sample E.					
Paired differences 95% confidence interval of the difference. Superior		t	gl	Sig. (bilateral)	
Par 1	D1 Dependent variable	-20,005	-38,723	119	,000

Figure 04: Dimension 1: Individual factors and Variable 2: Prevention of unwanted pregnancy.

Source: Questionnaire applied.

5 DISCUSSION

It is proved that the general hypothesis: Nursing strategies allow the prevention of unwanted pregnancy in teenagers from 14 to 19 years old in Women area in the San Martin Health Center in Villa El Salvador,2020. Allowing to collaborate with the thesis develop by Cruz k. y Juárez I. (2016) in their thesis entitled: "Estrategias para la prevención del embarazo adolescente" (Strategies for the prevention of teenager's pregnancy) [6]. It is corroborated that, like, the first thesis mentioned. There is similarity with the Nursing strategies prevent the unwanted pregnancy. It is essential to note that for pregnancies at an early age it is necessary to propose strategies to combat sexual pathologies, morbidity and mortality where 25 % worldwide are teenagers with reproductive capacity which is not adequately managed because they are not trained and take unnecessary risks.

6 CONCLUSIONS

In the present research one hundred and twenty teenagers between 14 to 19 years old were considered as a sample, from whom information was obtained with anonymous techniques, resulting in: It was analyzed that the nursing strategies allowed to prevent the unwanted pregnancy in teenagers from 14 to 19 years old in Women area in the San Martin Health Center in Villa El Salvador,2020. Based on the fact that nursing strategies are evaluated by reducing unwanted pregnancies in teenagers. The result that was obtained is that the p value is less than 0.05 so it is concluded that it was improved in the reduction of pregnancies at an early age.

REFERENCES

- [1] Mendoza L., Claros D., Peñaranda C. Actividad sexual temprana y embarazo en la adolescencia: estado del arte 2016; vol 81. 717-752.
- [2] Irasema A., Wendy R. "Factores que inciden en el aumento del embarazo en el adolescente de 12 a 17 años en el hospital cruz roja en el periodo de tiempo Febrero-Julio 2018". Tamaulipas Julio 2018.
- [3] Organización mundial de la salud. "Salud de la madre, el recién nacido, del niño y del adolescente". Enero 2020.
- [4] Ortega O. Adolescencia según la teoría de Jean Piaget.

Outline: Prezi. Setiembre 2015. <https://prezi.com/85qfy-t79tmk/adolescencia-segun-la-teoria-de-jean-piaget/>

- [5] Bizquerra R. Educación emocional. Organización Rieeb. España.2020.
- [6] Cruz K., Juárez I. "Estrategias Para La Prevención Del Embarazo Adolescente". Estado de México October 2016.