

Half Child, Half Adult: The Perception of Teen Parenting Among High School Students

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ABSTRACT

Teen pregnancy and parenthood pose significant global challenges, particularly affecting teenagers in low- and middle-income countries. In the Philippines, college students are aware of teenage pregnancy but face challenges due to inadequate knowledge of contraceptives and societal pressures. Within the Cordillera Administrative Region (CAR) of the Philippines, teenage pregnancy rates are notably high, impacting adolescent mothers' health, education, and social integration. This study's aim was to investigate the perception of teen parenting among Science High School students at the University of Baguio, utilizing a descriptive quantitative research design and a structured questionnaire. With a study size of 195 senior high school students from the University of Baguio Science High School, descriptive statistics show mean scores that indicate if the participants believe the indicator will or will not occur. Notably, the senior high school students expressed a high level of agreement that the indicators would occur. Despite this positive level of agreement, there remains a crucial necessity to promote awareness about preventing teenage parenting among future students.

Keywords: Teenage Pregnancy, Teen Parenthood, Teen Parenting, Perception, High School Students

INTRODUCTION

Teen pregnancy and parenthood constitute significant social issues globally, particularly affecting teenagers and posing substantial challenges in various nations. The United Nations Children's Fund (UNICEF) (2020) reports that approximately 16 million teenage women, aged 13-19, give birth each year, contributing to 11% of all births worldwide, with 95% occurring in low- and middle-income countries. This underscores the global nature of the problem, emphasizing the importance of addressing it within the context of societal and cultural factors (Benito, 2022). Adolescent parents feel pressured and are not ready to become new parents, causing stress and depression when becoming new parents. In contrast to developing countries, psychological problems in the transition to parenthood tend to focus on social support and barriers to becoming new parents. Social support is what they need when they are transitioning to parenthood, while the barrier is their lack of knowledge, which makes them feel worried about becoming new parents in their teens (Sari et al., 2022). A study conducted by Kayiranga et al. (2019) Titled "Perceptions of Adolescent Parenting among High School Adolescent Students from Selected Rural and Urban Schools in Rwanda" revealed that over half (54.7%) of adolescents had positive perceptions of

parenting, and nearly half (45.3%) had negative attitude of adolescents toward teen parenting and highlights that there is a need to provide adolescents-centered education on adolescent parenting. Policymakers would greatly benefit from controlling adolescent parenting to identify the contributing factors to adolescents' perception of teenage parenthood. An increase in female education aimed at improving their economic prospects, reducing the fertility rate, and early parenting would contribute to achieving the Sustainable Development Goals by 2030. This would help in ending extreme poverty and promoting well-being for all.

In the Philippine context, Soon et al. (2022) stated that the perception of college students on teenage pregnancy based on the sources of knowledge of adolescent pregnancy, as discussed and presented in the previous study, shows that college students are aware of teenage pregnancy cases, the study reveals that the majority of college students accurately define adolescent pregnancy and the consequences that come with it, with only about 12% providing inaccurate definitions. The primary sources of knowledge about teenage pregnancy are identified as schools, mass media, and parents. Regarding factors predisposing to adolescent pregnancy, students highlight inadequate knowledge of contraceptives, lack of parental guidance, and frequent sex. While students demonstrate awareness of contraceptive methods, their primary source of knowledge is the school. Reasons for not using contraceptives include fear of side effects and reluctance to make others aware of their sexual activities. Despite engaging in sexual activities, more than half of the respondents admit to having insufficient knowledge about contraceptives. Most students identify healthcare providers as the individuals most likely to discuss sexual health matters.

Furthermore, for the local context, CPD-CAR Population Program Officer III David Manalang conveyed in the World Population Day Kapihan forum that the Cordillera Administrative Region (CAR) is positioned 7th nationally concerning the teenage pregnancy rate, witnessing an ascent from 3.5% in 2017 to 6.1% in 2022. Manalang emphasized that the local teenage fertility rate stands at 5.4%, surpassing the national average. Additionally, according to the Local Civil Registry Office of Baguio City, 108 teen pregnancies were registered from January to May 2022, the youngest being 13 years old. In 2018, Baguio City recorded 809 teen pregnancies. The number dropped to 350 in 2019 but again increased in 2020 to 445.

Kiwang et al. (2023) discovered that adolescent mothers from Benguet State University experienced various health problems, including common colds, bleeding, anxiety, postpartum depression, and gastrointestinal reflux diseases (GERD). The study also indicated that adolescent mothers faced challenges and adjustments as both parents and students simultaneously. Balancing parenthood and pursuing their education became challenging for them, ultimately leading to the discontinuation of their schooling to care for their baby. The gap that arises is that there needs to be more knowledge regarding teen parenting in the local context. This study aims to determine the perception of teen parenting among Science High School students at the University of Baguio. The findings from this study will further benefit future researchers who aim to research teen parenting.

Investigating the perspectives of students, particularly those in high school, on teen parenting is crucial for gaining a comprehensive understanding of the multifaceted issue of adolescent pregnancy. By exploring the attitudes and beliefs of students towards teen parenting, researchers can uncover valuable insights that contribute to the development of effective interventions and policies. Understanding how students perceive teen pregnancies can inform educational programs, support systems, and awareness campaigns, ultimately aiming to reduce the prevalence of adolescent pregnancy and its associated challenges. By incorporating the voicess of non-parenting teens, the research seeks to provide a holistic

perspective that enhances the design of prevention strategies and ensures the well-rounded development of initiatives addressing this significant societal concern.

In Tanzania, Nyangarika et al. (2020) identify teenage pregnancies and marriages as primary causes of secondary school dropouts, with a higher prevalence among girls. The study reveals that factors such as lack of parental guidance, poverty, peer pressure, attitudes, and limited knowledge about reproductive health contribute to this trend. Understanding the root causes and consequences of teen pregnancies is crucial for developing effective interventions and policies (Nyangarika et al., 2020).

Recognizing the need to understand teenagers' perspectives, recent studies have aimed to explore attitudes and beliefs, especially regarding teen births. Many of these studies adopt a qualitative approach, primarily collecting data from teen parents to uncover a range of perceptions about the impact of teen births on various aspects of their lives, including social life, family relationships, education, careers, finances, intimate relationships, and personal development (Clemmens, 2003; Herrman, 2006; Paskiewicz, 2001; Rentschler, 2003; Rosengard et al., 2006; Spear, 2001, 2004).

However, relying solely on retrospective accounts from teen parents may present limitations, as participants might be hesitant to disclose negative perceptions that could influence other teens' reproductive decisions (Kelly et al., 2008). In response to this concern, researchers suggest a shift in focus to include the perspectives of non-parenting teens in future studies to better inform the design of teen pregnancy prevention interventions (Jewell et al., 2000).

The consequences of adolescent pregnancy extend beyond the immediate challenges faced by teen mothers, impacting the life outcomes of their children (Anthony Nyangarika et al., 2020). Understanding the complex interplay of factors contributing to teen pregnancies is crucial for developing targeted interventions and policies that address the root causes and provide support to vulnerable populations.

Significance of the Study

The significance of the study can provide insights on the attitudes or perceptions of extensive insights and attitudes confronting teenage parents, which will serve as a foundation for improving legislative measures and instructional tactics. These findings have the potential to assist policymakers and educators in establishing targeted interventions such as specialized educational frameworks, healthcare initiatives, and strong community support systems. The findings of this study can also be used to advise teenagers on whether having a child at such a young age will benefit their education, social life, and personal life.

Furthermore, the study emphasizes the importance of specialized healthcare services that address the unique physical and mental health needs of young mothers. It also underlines the importance of educational changes to assist young parents in reconciling parenthood and academic pursuits, arguing for adaptive learning frameworks within educational institutions.

This study, which aligns with the Sustainable Development Goals, intends to contribute to breaking the cycle of poverty and encouraging increased well-being by empowering young parents. Furthermore, it acts as a foundational resource, serving as a standard for future research endeavors aimed at delving into the specific perspectives, attitudes, and issues of the University of Baguio Science High School demography, thereby enhancing scholarly understanding in this vital field.

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Objectives of the Study

The general aim of this study was to determine the perception on teen parenting among High School students through the following:

1. To determine the perception of teen parenting among University of Baguio Science High School students along with the following areas:
 - a. Friendship
 - b. Relationship of a boyfriend and girlfriend
 - c. Relationship of family and guardians
 - d. Money Status
 - e. Education
 - f. Career and Work
 - g. Personal Characteristics
 - h. Life in general
2. To create infographics that highlights the challenges and impacts teenage parents may face, and to provide guidance to existing teenage parents.

METHODOLOGY

Research Design

The study used a revised version of Hermann's questionnaire, titled "Development of a Survey to Assess Adolescent Perceptions of Teen Parenting" (2012). This revision retained the original areas while modifying and adding questions/indicators, which were administered through Google Forms to collect respondents' agreement on whether they believe certain indicators will or will not occur. The use of Google Forms allows the questionnaire to reach a broader audience, although factors such as the mood of the respondents may influence their willingness to participate.

The research design used was descriptive quantitative because data was collected from the students of the University of Baguio Science High School. This systematic method was used to collect statistical data on the level of agreement of the University of Baguio Science High School senior high school students on whether they believe certain indicators will or will not occur.

The study focused on the perception of the University of Baguio Science High School. The dependent variable under investigation was the "Perception of University of Baguio Science High School Students." The primary objective of the research was to quantify and evaluate the level of awareness among the students of the university. Conversely, the independent variable in this study was "Teenage Parenting." This variable represented the factors or conditions that researchers believed could exert an influence or have an impact on the dependent variable, which was the students' awareness.

Population of the Study

The study's sample was from the students of the University of Baguio Science High School. Specifically, grades 11–12 from the University of Baguio Science High School, with a 15–19 age range.

Random sampling was used to choose study participants. The students who fulfilled the inclusion requirements were chosen at random by the researchers. The sample size, using Cochran's calculation and a 93% confidence level, was 119 from the 394 total population of students in grades 11–12.

Senior high school students were chosen for this study because the researchers considered the maturity level of the respondents. This ensured that the obtained responses from individuals aged 15 to 19 were sufficiently knowledgeable to provide appropriate responses.

Students were eligible for this study based on the following criteria: (1) a grade 11-12 student (2) currently enrolled in the University of Baguio Science High School. The study was strictly limited to these students who fit the criteria. On the other hand, students were not eligible if: (1) enrolled in another school, (2) they were from the Junior High School, specifically, the grades of 7-10 and (3) were not within the age range of 15-19. As such, this research study aimed to determine the perception of teen parenting among senior high school students of the University of Baguio Science High School and enhance their understanding of this vital field.

Data Gathering Tool

The data was gathered through a well-structured questionnaire from the study of Judith Herrman and Ratna Nandakumar called "Development of a Survey to Assess Adolescent Perceptions of Teen Parenting" through Google Forms. The questionnaire was changed from its original 5-point Likert scale to a 4-point Likert scale by the researchers in order to omit the neutral choice and has undergone validity and reliability tests. The level of agreement in each question from strongly disagree to strongly agree indicated that the question or item was true for the participant. Given the target audience of students at the University of Baguio Science High School, an online platform like Google Forms was convenient and widely accessible. It allowed for easy distribution, collection, and analysis of responses.

Data Gathering Procedure

Before distributing the questionnaire to participants, the research team initiated contact with the Research and Institutional Ethics Committee Office (RIECO) through a formal written request for permission to conduct the study. Upon receiving approval from RIECO, the researchers compiled a comprehensive list of departments within the UB Science High School. Subsequently, the survey questions were transformed into a Google Form for ease of distribution and data collection. Within this Google Form, a consent form outlining the study's purpose, procedures, confidentiality measures, and the rights of participants was embedded to ensure that every respondent was fully informed and consented to participate. Moreover, for participants under the age of 18, an assent form, explaining the study in age-appropriate language, was included alongside the consent form. The finalized questionnaire link, including both consent and assent forms, was then disseminated through the UB Science High School advisory Google classrooms. To facilitate distribution and ensure maximum participation, the assistance of class advisers and beadles was sought. The questionnaire remained accessible for a minimum of one month, allowing respondents ample time to review the information, seek clarification if needed, and complete the survey at their convenience, ensuring their informed and voluntary participation in the study.

Treatment of Data

Mean and standard deviation were used in answering the first objective which is related to the perception of University of Baguio Science High Students on teen parenting with regards to different areas. The average of responses within each area provided a quantitative summary of the central tendency and offered a clear representation of the students' overall perceptions. By computing the mean for each identified area,

researchers were able to easily compare the levels of perception across different dimensions, identifying which areas had higher or lower average perceptions.

Table 1: Verbal Interpretation of the Mean Ranges

Point	Mean Range	Description	Verbal Interpretation
4	3.26 - 4.00	Strongly Agree	The participants strongly believe that the scenario will occur.
3	2.51 - 3.25	Agree	The participants believe that the scenario will occur.
2	1.76 - 2.50	Disagree	The participants believe that the scenario will not occur.
1	1.00 - 1.75	Strongly Disagree	The participants strongly believe that the scenario will not occur.

Ethical Considerations

The participation of respondents in the research study was purely voluntary. Participants in the study were allowed to leave at any moment if they felt it was necessary and were not required to do so. The confidentiality of participants was taken very seriously, and strict measures were put in place to maintain anonymity. Responses submitted via Google Forms were kept private, and only researchers had access to them. Participants under the age of eighteen (18) were required to confirm their agreement by clicking the "agree" button on the Google form after gaining parental authorization via Google Forms.

To avoid any potential hazards, the researchers carefully explained the study's aims and objectives in the Google Forms. To avoid any potential harm, participants were encouraged to ask clarifying questions about any unclear components. Participants were also informed that they could contact the researchers with any questions about filling out any questionnaires. The researchers did not require any further documents or materials in addition to what was provided in the questionnaire and discussed with the participants. The research findings were presented in the form of an infographic.

RESULTS AND DISCUSSION

This segment provides relevant information obtained while carrying out the study.

Perception of Teen Parenting along with the Following Areas

The agreement of students regarding their perception of teenage parenting in the different areas (Friendship, Relationship of boyfriend and girlfriend, Relationship of family and guardians, Money Status, Education, Career and Work, Personal Characteristics, and Life in general) was measured. The succeeding tables show the result of the survey for each area.

Table 2.1: Perception of respondents on teen parenting along with identified areas

Area	Mean	SD	VI
1. Friendship	2.98	0.83	Agree

2.Relationship of a boyfriend and girlfriend	3.25	0.71	Agree
3.Relationship of family and guardians	3.57	0.65	Strongly Agree
4.Money Status	3.57	0.61	Strongly Agree
5.Education	3.11	0.78	Agree
6.Career and Work	3.11	0.82	Agree
7.Personal Characteristics	3.30	0.75	Strongly Agree
8.Life in general	3.34	0.75	Strongly Agree
Overall	3.28	0.74	Strongly Agree

The study’s findings offer insights into how individuals perceive the impact of teenage parenting on various aspects of life including social life, family relationships, education, careers, finances, intimate relationships, and personal development. Considering the “Overall” score combining all areas along with its indicators, which stands at 3.35 with a standard deviation of 0.67 showing a high unified level of agreement that the following indicators will occur, there appears to be a strong belief among the students that the consequences of teenage parenting will occur. Notably, with a mean of 3.57, the highest scores in the subscales are attributed to the "Money Status" and "Relationship of family and guardians," indicating that most of the participants perceive that teenage pregnancy would have a significant impact on the following subscales. Conversely, "Friendship" yielded the lowest mean of 2.98, although it is the lowest, the participants still agree that teenage pregnancy would have an impact on their relationship with their friends. In a study conducted by Erfina et al. (2019) entitled “adolescent mothers’ experiences of the transition to motherhood: An integrative review. International Journal of Nursing Sciences” stated that the teen parents received no social support due to the negative perception of teen parents, which then increased the isolation of young mothers. Additionally, stated in the study that there were practical difficulties with housing, transport and financial strain significantly impacted on experiences of some young mothers. Some adolescent mothers regret having a baby while still at school, when they are unable to finish their education, this then led to difficulty finding work compounding financial stressors. Even with the strong belief that the consequences of teenage parenting will occur, it is still important to actively promote the prevention of teenage parenting among future students, it is also important to teach students the importance of providing social support to teen mothers to be able to provide better parenthood to their children and also help their psychological wellbeing.

Table 2.2: Friendship

Indicators	Mean	SD	VI
1. I would have less time to spend with friends.	3.36	0.77	Strongly Agree
2. I would lose friends.	2.61	0.89	Agree
Subscale Overall	2.98	0.83	Agree

Friendship. The study's findings offer insights into how individuals perceive the impact of having a baby as a teen on friendships. Concerning the first indicator regarding reduced time for friends, the majority strongly agree, giving it a score of 3.5, with a relatively consistent response (standard deviation of 0.76). This indicates that most people believe this factor would indeed limit their time spent with friends. Turning to the second indicator regarding potential friendship loss, although the mean score is slightly lower at 2.68, there is still a tendency toward agreement, despite some variability in responses (standard deviation of 0.82). This suggests that, overall, individuals generally agree that this factor could strain friendships. Considering the "Overall" score combining all indicators, which stands at 3.09 with a standard deviation of 0.79, there appears to be a broad consensus that the factor under examination could have a negative impact on friendships.

Examining the potential stigmatization of pregnant teens, the findings challenge initial assumptions of society, revealing that presently or previously pregnant teens did not indicate having fewer friends in comparison to those who would become pregnant in the future. However, they were less frequently nominated as potential friends by their peers, indicating a potential social stigma attached to teenage pregnancy. In a study conducted by Ellis-Sloan and Tamplin (2018) titled "Teenage Mothers and Social Isolation: The Role of Friendship as Protection against Relational Exclusion," participants reported experiencing a range of reactions from friends upon revealing their pregnancy. Consistent with prior research findings, the inability to participate in the same activities as peers has been identified as a factor leading to the breakdown of friendships (Formby et al., 2010). Overall, there was a general understanding that having a baby as a teenager could potentially result in the loss of friendships, as seen by the inclination towards agreement on this point. Additionally, peers were less likely to offer pregnant youths as possible friends, which may indicate that there is a social stigma associated with teenage pregnancy.

Table 2.3: Relationship of a boyfriend and girlfriend

Indicators	Mean	SD	VI
1. Leads to conflicts and disagreements within the relationship.	3.28	0.68	Strongly Agree
2. Makes couples break up.	3.04	0.79	Agree
3. Is usually an unwelcome surprise.	3.43	0.68	Strongly Agree
Subscale Overall	3.25	0.71	Agree

Relationship of boyfriend and girlfriend. The study's findings offer insights into how individuals perceive the impact of having a baby as a teen on the relationship of boyfriend and girlfriend. Concerning the first indicator regarding conflicts and disagreements within the relationship, the majority strongly agree, giving it a score of 3.42, with a relatively consistent response (standard deviation of 0.64) This indicates that most people believe this factor would indeed lead to conflict and disagreements within the relationship. Moving to the second indicator regarding couples break up, the mean score is slightly lower

at 3.08, which means there is an agreement, (standard deviation of 0.80). This suggests that, overall, individuals broadly agree that this factor could make Couples break up. Moving to our third indicator which says that it is usually an unwelcome surprise, the mean score is the highest among the three with 3.60, which means that the majority strongly agree (standard deviation of 0.53). Suggests that the majority of individuals would indeed strongly agree that this is usually an unwelcome surprise. Based on the "Overall" score, which stands at 3.37 with a standard deviation of 0.66, there seems to be a widespread agreement suggesting that the factor being examined could potentially have a negative impact on the relationship of Boyfriend and Girlfriend, in a study conducted by Watts et al. (2015) entitled “Early motherhood: a qualitative study exploring the experiences of African Australian teenage mothers in greater Melbourne, Australia.”, stated that the teen mothers rarely receive support from the father of their baby and felt that teenage mothers are frowned upon by their wider ethnic communities, which left them with feelings of shame and embarrassment, despite the personal perceived benefits of achieving motherhood. Overall the participants also agree that there would be negative impact of teenage pregnancy on the relationship between the couples, which suggests that the awareness of participants is high in this subscale.

Table 2.4: Relationship of family and guardians

Indicators	Mean	SD	VI
1. It would conflict with my family’s values.	3.64	0.62	Strongly Agree
2. My parents/guardians would be angry.	3.77	0.53	Strongly Agree
3. My family would frequently be disturbed with babysitting while I’m busy.	3.29	0.81	Strongly Agree
Subscale Overall	3.57	0.65	Strongly Agree

Relationship of family and guardians. The data on the relationship between family and guardians concerning potential conflicts or concerns related to having a baby as a teen. The mean scores indicate that respondents generally perceive that engaging in having a baby as a teen could conflict with their family's values (Mean = 3.72), (SD = 0.54) means that most individuals Strongly agree. The second indicator anticipates that their parents or guardians would likely express anger (Mean = 3.88), (SD = 0.33) which means that most of the individuals Strongly Agree. Furthermore, in the third indicator, respondents tend to believe that their family would frequently face disruptions, particularly in terms of babysitting responsibilities, while they are occupied with the activity (Mean = 3.56), (SD = 0.67) means that many of the individuals strongly agree. Overall, the data suggests a consistent perception among respondents regarding the negative implications of the activity on their family and guardians, as evidenced by the overall mean score of 3.72 (SD = 0.51), indicating a prevailing agreement across all indicators. A research

conducted by Angley et al. (2014) suggests that pregnant adolescents and their partners may experience a more positive perception of their ability to parent if they perceive higher levels of support during pregnancy. This enhanced sense of support may contribute to greater parenting satisfaction. Recent findings indicate that first-time mothers often receive informational and appraisal support from friends, family, and professionals, which assists them in learning about infant care practices and evaluating their parenting abilities. Additionally, a study by Beers and Hollo (2009) proposes that adolescent mothers might overestimate the extent and availability of support from family members and peers during pregnancy. Consequently, they may feel dissatisfied with the level of support and communication following the birth of the child.

Table 2.5: Money Status

Indicators	Mean	SD	VI
1. I would need more money.	3.87	0.37	Strongly Agree
2. My family and I would be short of money.	3.08	0.95	Strongly Agree
3. I would have to learn how to budget more.	3.76	0.50	Strongly Agree
Subscale Overall	3.57	0.61	Strongly Agree

Money Status. The data on the perceived financial implications of teenage pregnancy, with indicators reflecting respondents' concerns regarding money status. The mean score for the first indicator, "I would need more money," is 3.98, with a low standard deviation of 0.14, indicating a strong consensus among respondents who strongly agree with this statement. Similarly, for the second indicator, "My family and I would be short of money," the mean is 3.32, with a higher standard deviation of 0.82, suggesting more variability in responses; however, most respondents still strongly agree with this statement. In the third indicator, "I would have to learn how to budget more," the mean is 3.76, with a moderate standard deviation of 0.48, indicating a notable but not extreme level of agreement among respondents. Overall, the data indicates a prevailing concern among respondents regarding the financial implications of the activity, with a mean score of 3.69 and a standard deviation of 0.48, suggesting a consistent perception among respondents, particularly in terms of needing more money and potential budgeting challenges. The study reveals significant financial concerns among potential teenage parents, evidenced by a strong consensus on needing more money mean score of 3.98, and improving budgeting skills mean score of 3.76. Financial shortages within families are also anticipated with a mean score of 3.32. Despite acknowledging the significant financial challenges that teenage parents face, it remains essential to roll out financial literacy programs tailored to budgeting and financial management. Additionally, providing enhanced support services like counseling and subsidies is crucial to help these young parents navigate their economic challenges effectively. In a study conducted by Zimmerman et al. (2016), interviews revealed that many adolescents did not receive consistent financial support from their parents, opting

instead to request money on an as-needed basis. They were discerning in their requests, avoiding asking for items they believed their parents might reject. Teenagers encountered difficulty in prioritizing their spending without a regular income, thus limiting their capacity to exhibit decision-making to their parents. The study indicated that unconditional transfers proved effective by granting teenagers autonomy and enabling parents to comprehend their priorities, thereby influencing their decisions.

Table 2.6: Education

Indicators	Mean	SD	VI
1. I would have a hard time balancing school and being a parent.	3.82	0.49	Strongly Agree
2. I would drop out of school.	2.48	1.00	Disagree
3. I would do worse in school.	3.05	0.84	Agree
Subscale Overall	3.11	0.78	Agree

Education. The data on perceived challenges and potential impacts on education related to being a teen parent had a mean score for the first indicator, "I would have a hard time balancing school and being a parent," is 3.92, with a relatively low standard deviation of 0.27, indicating a strong consensus among respondents who strongly agree with this statement. Conversely, for the second indicator, "I would drop out of school," the mean is 2.34, with a higher standard deviation of 1.00, suggesting considerable variability in responses; however, the majority of respondents disagree with this statement. In the third indicator, "I would do worse in school," the mean is 3.02, with a moderate standard deviation of 0.89, indicating a notable level of agreement among respondents. Overall, the data indicates a prevailing concern among respondents regarding the challenges of balancing education and parenthood, with a mean score of 3.09 and a standard deviation of 0.72, suggesting a consistent perception among respondents, particularly in terms of potential difficulties in balancing responsibilities. The data shows that teen parents often face significant challenges in managing their education, reflected in an average challenge score of 3.09. Particularly, balancing school with parenting proves to be quite difficult, scoring 3.92, which clearly indicates the need for schools to implement flexible policies and offer additional support. On a positive note, a lower score of 2.34 for dropping out suggests that with the right help, not all teen parents feel compelled to quit school. Concerns about slipping grades, indicated by a score of 3.02, emphasize the importance of academic support. This highlights a crucial need for educational institutions to modify their policies and support systems to better meet the unique needs of teen parents, ensuring they not only remain in school but also thrive academically. In a research conducted by Kotoh et al. (2022) entitled, Pregnant adolescents' lived experiences and coping strategies in peri-urban districts in Southern Ghana, found that all in-school adolescents stopped going to school immediately their pregnancy became obvious. While another research conducted by Akella and Jordan (2015) entitled Impact of Social and Cultural Factors on Teenage Pregnancy, indicated that to some participants the baby had now become a symbol of

motivation and determination. The baby now made the girls want to better their lives and future. It made them serious about their education and studies. They all came across as ambitious and career minded about their future plan.

Table 2.7: Career and Work

Indicators	Mean	SD	VI
1. I would not achieve as much in my future work.	2.78	0.93	Agree
2. I would have a hard time reaching my dreams and goals.	3.13	0.84	Agree
3. I would have a hard time balancing work and being a parent.	3.40	0.68	Strongly Agree
Subscale Overall	3.11	0.82	Agree

Career and Work. The data on the perceived challenges and potential impacts on career and work related to teen parenthood had a mean score for the first indicator, "I would not achieve as much in my future work," is 2.78, with a standard deviation of 0.93, indicating a moderate level of agreement among respondents. Similarly, for the second indicator, "I would have a hard time reaching my dreams and goals," the mean is 3.13, with a standard deviation of 0.84, suggesting a notable level of agreement among respondents. In contrast, the third indicator, "I would have a hard time balancing work and being a parent," shows a higher mean of 3.40, with a lower standard deviation of 0.61, indicating a stronger consensus among respondents who strongly agree with this statement. Overall, the data suggests a prevailing concern among respondents regarding the challenges of balancing work and parenthood with a mean score of 2.78, there is a moderate consensus that parenthood may limit their career achievements, potentially stunting professional growth and affecting motivation. Additionally, a notable agreement with a mean score of 3.13 indicates worries about the restriction of broader personal and professional ambitions, underscoring the need for support measures to help balance these goals with parenting duties. The strongest consensus, evidenced by a mean score of 3.40, points to substantial challenges in balancing work and parenting responsibilities, highlighting the urgent need for flexible work arrangements, childcare support, and resources tailored to young working parents. Overall, these findings, with an overall mean score of 3.11, indicate that teen parents consistently perceive significant difficulties in managing career and parenthood, influenced by their attitudes, societal pressures, and control beliefs. Theory of Planned Behavior provides a framework suggesting that improving these perceptions could help teen parents more effectively manage their roles and achieve their career goals. This highlights the importance of interventions to enhance perceived control and shift subjective norms and attitudes positively.

Table 2.8: Personal Characteristics

Indicators	Mean	SD	VI
1. I would get into more trouble.	2.77	0.96	Agree
2. I would feel the pressure of being more responsible.	3.67	0.51	Strongly Agree
3. I would feel bad about myself	3.34	0.74	Strongly Agree
4. It would have a bad effect on my (or a girl's) body.	3.44	0.78	Strongly Agree
Subscale Overall	3.30	0.75	Strongly Agree

Personal Characteristics. The data on the perceived personal characteristics and potential effects of teen pregnancy had a mean score for the first indicator, "I would get into more trouble," is 2.90, with a standard deviation of 0.89, indicating a moderate level of agreement among respondents who agree with this statement. For the second indicator, "I would feel the pressure of being more responsible," the mean is 3.78, with a lower standard deviation of 0.42, suggesting a stronger consensus among respondents who strongly agree with this statement. Similarly, for the third indicator, "I would feel bad about myself," the mean is 3.38, with a standard deviation of 0.67, indicating a notable level of agreement among respondents. Lastly, for the fourth indicator, "It would have a bad effect on my (or a girl's) body," the mean is 3.44, with a standard deviation of 0.79, suggesting a relatively consistent perception among respondents. Overall, the data suggests a prevailing concern among respondents regarding the potential personal effects of the situation, with a mean score of 3.38 and a standard deviation of 0.69, indicating a consistent perception among respondents, particularly in terms of feeling pressure to be responsible and potential negative effects on self-esteem and health. The data indicates respondents' concerns about potential personal effects and characteristics of a situation, such as feeling pressure to be responsible and negative impacts on self-esteem and health.

In a study conducted by Dallas et al: Results showed that both adolescent mothers and young fathers need significant assistance and support to recognize relationships between performing day to day child care tasks and achieving successful long term child outcomes. Young fathers expressed more interest in how they might provide long term influence in their children's life such as teaching them the importance of education. The survey results reveal varied concerns among teens about the consequences of teen pregnancy. A moderate agreement score of 2.90 suggests that teens are somewhat apprehensive about the increased difficulties stemming from the complex life changes that accompany becoming parents. However, there is a stronger agreement (score of 3.78) that becoming a parent presses them to mature quickly, underlining a strong sense of increased responsibility. Moreover, the scores of 3.38 and 3.44 for impacts on self-perception and physical health respectively, indicate a consistent concern about the

negative effects on self-esteem and physical well-being. Support and counseling services can play a crucial role, not just in helping teen parents handle these immediate challenges, but also in equipping them with skills for long-term success and stability. Corroborating these findings with the Theory of Reasoned Action (TRA). TRA suggests that an individual's behavior is shaped by their intentions, which are influenced by their attitudes toward the behavior and the social norms surrounding it. When we apply this theory to the study results, it explains why there's a strong consensus among teens about the increased responsibility and the negative self-perception that comes with parenting. Essentially, teens anticipate that parenthood will significantly change their daily lives and that society expects parents to shoulder a high level of responsibility. This expectation motivates them to either rise to meet these norms or fear the consequences of not doing so.

Table 2.9: Life in general

Indicators	Mean	SD	VI
1. I would not be able to participate in sports and school activities.	3.14	0.87	Agree
2. It would have a negative effect on my life.	3.20	0.80	Agree
3. My life would be more stressful.	3.51	0.66	Strongly Agree
4. I would get labeled in a bad way.	3.49	0.69	Strongly Agree
Subscale Overall	3.34	0.75	Strongly Agree

Life in general. The data on the perceived implications for life in general stemming from teen pregnancy had a mean score for the first indicator, "I would not be able to participate in sports and school activities," is 3.22, with a standard deviation of 0.86, indicating a moderate level of agreement among respondents who agree with this statement. Similarly, for the second indicator, "It would have a negative effect on my life," the mean is 3.16, with a standard deviation of 0.79, suggesting a notable level of agreement among respondents. In contrast, the third indicator, "My life would be more stressful," exhibits a higher mean of 3.62, with a lower standard deviation of 0.57, indicating a stronger consensus among respondents who strongly agree with this statement. Likewise, for the fourth indicator, "I would get labeled in a bad way," the mean is 3.60, with a standard deviation of 0.57, suggesting a relatively consistent perception among respondents. Overall, the data suggests a prevailing concern among respondents regarding the potential negative impact on various aspects of life, with a mean score of 3.40 and a standard deviation of 0.70, indicating a consistent perception among respondents, particularly in terms of increased stress and potential social stigma. The data reveals respondents' concerns about potential negative impacts on various aspects of life due to a particular situation, including limitations on activities, increased stress, and

potential social stigma. Using the Theory of Planned Behavior (TPB) as corroboration, the findings align with TPB's principles of attitudes, subjective norms, and perceived behavioral control influencing behavioral intentions. This suggests that respondents' attitudes, perceptions of societal expectations, and perceived control over the situation shape their concerns regarding its potential implications for life.

Promoting Awareness Regarding the Prevention of Teenage Parenting

TEENAGE PARENTS: CHALLENGES AND IMPACTS

CHALLENGES

- 1. Educational Disruption:**
Teen parents struggle to continue schooling due to parenting demands.
- 2. Financial Strain:**
Limited resources hinder their ability to provide for themselves and their child.
- 3. Social Stigma:**
Teen parents face judgment and isolation from peers and community.
- 4. Support Systems:**
Lack of adequate support from family and friends due to age and circumstances.
- 5. Emotional Stress:**
Coping with parenting responsibilities at a young age leads to high stress levels.

IMPACTS

- 1. Lower Education:**
Reduced likelihood of completing high school or pursuing higher education.
- 2. Financial Insecurity:**
Long-term financial struggles for both parent and child.
- 3. Mental Health:**
Feeling excluded and unaccepted takes a toll on your mental health.
- 4. Health Risks:**
Higher risk of health complications during pregnancy and childbirth.
- 5. Cycle of Poverty:**
Teen parenthood perpetuates economic hardships.

SOLUTIONS

- 1. Sex Education:** Implement comprehensive sex education in schools.
- 2. Reproductive Healthcare:** Ensure access to contraception and reproductive healthcare services.
- 3. Parenting Support:** Join programs or support groups offering guidance, resources, and mentorship.
- 4. Education and Training:** Search for flexible educational and vocational training opportunities.
- 5. Community Acceptance:** Promote inclusivity and acceptance within communities to reduce stigma.

COMMUNITY SUPPORT GROUPS

Kasiyana: Youth in Action
<https://www.facebook.com/KasiyanaTulongKabataan>

Kaisahang Buhay Foundation, Inc.
<https://www.kbf.ph/>

ProtectTEEN DSWD
<https://stb.dswd.gov.ph/protectteen-launching-social-media-card/>

TEEN MOMMYS & DADDYS HELP AND GUIDANCE

Financial Assistance

- **Government Programs:**
 - **PhilHealth Coverage:** Access to healthcare services for pregnant women and children.
 - **Pantawid Pamilyang Pilipino Program (4Ps):** Cash grants for families to support health and education needs.
- **Local NGOs and Charities:**
 - **Baguio Community Foundation:** Provides financial aid, counseling, and resources for teen parents.
 - **Philippine Red Cross:** Offers assistance and support for healthcare needs during pregnancy and childbirth.

Your Mental Health Matters

- **Counseling Services:** Baguio City Health Department: Counseling sessions for teen parents dealing with stress, anxiety, and depression.
- **National Center for Mental Health (NCMH):** Helpline and counseling services for individuals struggling with mental health issues.
- **Support Groups:** Teen Parenting Support Group: Weekly meetings for teen parents to share experiences and receive emotional support.
- **Family Planning Organizations:** Provide counseling on contraception and family planning to alleviate mental health stressors.

COMMUNITY SUPPORT GROUPS

- **Baguio City Teen Parenting Group:** Weekly meetings and workshops on parenting skills, childcare, and accessing resources.
- **Philippines Alliance of Youth and Adolescent Reproductive Health (PAYARH):** Nationwide network of support groups, educational workshops, and advocacy for young parents.
- **Local Churches and Religious Organizations:** Offer support networks, childcare assistance, and counseling services for teen parents.
- **Kasiyana: Youth in Action**
<https://www.facebook.com/KasiyanaTulongKabataan>
- **Kaisahang Buhay Foundation, Inc.**
<https://www.kbf.ph/>
- **ProtectTEEN DSWD**
<https://stb.dswd.gov.ph/protectteen-launching-social-media-card/>

It's okay, we're here, we care.

Despite the existing awareness among students about the consequences of teenage parenting, there remains a crucial necessity to promote awareness about preventing teenage parenting among future students through the use of infographics. The researchers created two infographics for the prevention of early teen parenting and guidance for existing teenage parents. These infographics reflect the study's findings, which

indicate strong agreement across all sections of the survey. The researchers concluded that the senior high school students understand that teenage parenting leads to significant issues, including financial strains, lack of support systems, and a toll on mental health. Therefore, the infographics cover these issues while providing solutions.

The first infographic contains illustrations of the challenges and impacts teenage parents may face, along with strategies to address these issues. This aims to promote awareness for those who aren't ready to enter parenthood at an early age. The second infographic provides guidance and solutions for existing teenage parents who struggle financially, mentally, and who aren't aware of the available help in our local and national communities.

Conclusion

The study underscores the perception of students on the challenges relating to teenage parenthood and highlights the urgent need for comprehensive support systems to address these challenges effectively.

The perception about teenage parenthood among students at the University of Baguio's Senior Science High School, has been proven to be at a high awareness level, because of the high level of awareness among the participants, the participants seem to agree that teenage pregnancy would overall negatively affect one's lifestyle, for this reason, it can be stated that there is a need for more awareness on the realities of a teenage parent, and how can they be supported so that the social stigma would be lessened to encourage adolescent parents. Since the awareness level of the University of Baguio's Senior Science High School has shown to be at a high awareness it can also be stated that this research would be more suitable in places with less awareness in regards to the topic of teenage pregnancy.

Despite many students already understanding the challenges of teenage parenting, there is a vital need to keep pushing this awareness. Teenage parenting comes with a host of tough issues: interrupted education, financial instability, social stigma, and emotional strain all of which can trap young families in poverty and stunt social mobility. Addressing these problems head-on requires a comprehensive strategy, including accessible sex education, proper healthcare, strong parenting support, and flexible educational opportunities.

Recommendation

Given the findings of this research, the following recommendations are suggested:

1. The school may implement educational programs in its curriculum that cover important topics like sexual health, contraception, and building healthy relationships.
2. The Department of Health may strengthen support services for young parents, including healthcare, childcare, and academic assistance tailored to their needs.
3. The Local Government Units may invest resources in addressing the root causes of adolescent pregnancy, such as poverty and inequality, by creating job opportunities and promoting gender equality.
4. The school may coordinate efforts to empower young people with knowledge and support, aiming to reduce teen pregnancy rates and promote the well-being of students at the University of Baguio Science High School.
5. The local government units may advocate for increased access to counseling services for teenage parents, both in schools and within the community.

6. The local government may aid adolescent parents by setting up peer support groups that provide them a sense of belonging and a forum for exchanging experiences and mutual encouragement.
7. The future researchers may look into using the qualitative measures to measure the perceptions of teenage parenting for their related research literature which can serve as a foundation for their own studies.
8. Given the small sample size of the study, future researchers might consider broadening the geographic scope to obtain more comprehensive results. Increasing the number of participants in a quantitative study on teenage parenting could reveal fresh and varied perspectives.

Authorship contribution statement

The researchers contributed to the design and implementation of the research, to the analysis of the results and to the writing of the manuscript.

Conflict of Interest

The authors affirm that they have no known financial or interpersonal conflicts that would have appeared to have an impact on the research presented in this study.

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