



# The Psychology Changes and Self-Concept Adolescent Has Given Birth Premarital in Dealing with Change of Role as a Mother

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## ABSTRACT

Birth in premarital changing roles as mothers Changes in the role of a mother cause many problems for women, especially when the role as a mother is obtained as a result of premarital pregnancy. Women who become mothers due to premarital pregnancy will experience unpreparedness in their new role. The aim of this study was to describe the psychological changes and self-concepts carried out by adolescents who face changes in their motherhood as a result of premarital pregnancy. This study used a qualitative with descriptive phenomenological approach to seven adolescent participants who had given birth to premarital birth used purposive sampling with semi-structured interviews. Validity test that has been carried out by credibility, transferability, dependability, confirmability. This study showed that psychological changes felt by participants were stress, irritability, and unstable emotions. Changes in the participants' self-concept included shyness, withdrawing from the environment, wanting to continue their education, wanting to work first to help their parents' economy, feeling displeased with their body parts and having low self-esteem as a mother. For further researchers should increase the number of participants to dig deeper related to changes in psychology and self-concept of adolescents who have given birth to premarital births.

**Keywords:** *Customize Adolescent Psychology; Changing Roles; Premarital Adolescents; Self-Concept*

## 1. INTRODUCTION

Adolescence is a transition period between children and adults, marked by biological and psychological growth and development based on WHO 2018 vulnerable Teenagers are 10-19 years old [1]. The phenomenon of teenage pregnancy has become a health problem that requires special attention. According to Basic Health Research Data [2], the pregnancy rate for women aged 10-54 years in Indonesia is 2.68%, of which 0.02% for pregnant women under 15 years and 15-19 years at 1.99%. Based on data from the Indonesian population profile, the results show that teenage pregnancies have increased, namely the number of pregnancies vulnerable to the age of 15-19 years is 40.1% and the age group from 16-20 years in 2017 demographic welfare statistical data shows 45.99 % includes those aged less than 16 years 6.21%, in the vulnerable age 17-18 years 5.99% and 19-20 years 23, 78% [5]. According to the Central Java Ministry of Religion records, there were 3,275 underage marriages in 2018. This number increased to 3,863 in 2019, until November 2019 showing that 108 couples

received a letter of dispensation from the Semarang Religious Court, this figure is higher than in 2018 with only 91 pairs. According to data from Banyumas Regency, the number of adolescents who were pregnant with premarital pregnancies was 676 (0.89%) while the number who gave birth was 199 (0.26%) [6]. Field data show that many school-age couples have sex before marriage. The results of the Demographic and Health Survey research, premarital sex adolescents are female (59%) and male (57%).

Indonesia is very concerned about the high rate of teenage pregnancy and childbirth. Supported by the International Journal of Public Health Science (IJPHS), Indonesia's 2017 demographic survey data found that 7% of women aged 15-19 years became mothers, of which 5% gave birth and 2% had their first pregnancy. Unprotected sex can carry the risk of teenage pregnancy, such as miscarriage, bleeding, infection, high blood pressure, mobilization, childbirth complications, and an increased risk of maternal death. The level of sexual protection for Indonesian adolescents is still low [7]. Associated with premarital birth, it can have a physical,

psychological, and social impact, psychological effects on adolescents include feelings of fear, sadness, despair, guilt, shame with their condition, refusing and avoiding everything about pregnancy. The psychological effects that occurred were shame, low self-esteem, fear, panic, guilt, and regret of the pregnancy she experienced [5].

Based on research from Saputro, K. Z [4] related to "psychological changes in anxiety in pregnant adolescents outside of marriage". The results of the study show that the feelings of adolescents who experience premarital pregnancy appear confused, afraid, and feel guilty with their parents and feel ashamed of the surrounding environment. In addition, adolescents who experience premarital pregnancy experience anxiety in the form of difficulty sleeping, decreased appetite, restlessness, worry about their condition, nausea, lazy activities, confusion with the conditions experienced, unstable emotions, for example, participants become irritable and easily out of control.

This research was taken in the Sumpiuh District for these reasons. The number of young teenagers who become mothers at an early age based on the results of preliminary studies conducted by researchers 7-8 December 2020 in the District of Sumpiuh there are psychological problems in adolescents who had given birth to a prenuptial including anxiety, stress, and depression. Based on the results of interviews with 2 teenagers who had given birth, the first participant said that they had psychological changes, such as stress, irritability, regret, feeling like a failure as a child, and worried about their new role. to build a new family, raise children, provide for and educate children and take care of children. The second participant was not too far from the first participant, broadly speaking, both participants experienced changes in psychology and self-concept experienced by participants. Based on the description above, it encourages researchers to research with the title "Psychological changes and self-concept of adolescents who have given birth to premarital births in the face of changing roles as mothers".

## 2. METHOD

This study used a qualitative with descriptive phenomenological approach to seven adolescent participants who had given birth to premarital birth used purposive sampling with semi-structured interviews. Validity test that has been carried out by credibility, transferability, dependability, confirmability. This research was conducted in Sumpiuh Subdistrict, Banyumas District, Central Java Province for two months from June to July 2021. The research instruments were interview guide, recorder, and field note. The process of this study used by in-depth interview method. Researchers met with participants three to four times.

## 3. RESULT AND DISCUSSION

### 3.1. Result

The results of the study identify the process of psychological change after giving birth to premarital births, namely psychological responses and adolescent self-concepts that obtained from the results of interviews.

#### 3.1.1. Psychological responses

*"It's stressful, Miss, especially since I'm separated with my parents, thinking about kitchen needs, snacks for children, not to mention the cost of children's education in the future" (P1)*

*I often cry alone, cry a little, get angry quickly, get offended by people... .... I'm a little tired, I want to be angry....Seeing children cry...crying too, seeing children laughing, smiling, I cry too...." (P2)*

*".....At the beginning, I was really stressed.... after what else do I have to do with it, easy to get angry ...There's no way I'm not working, it's also stressful when I'm at home taking care of the kids ...." (P3)*

*"At first I was confused about my child's future, then I think if I'm sad all the time, then what about my son? I mean, that My son doesn't have anyone yet. He really relies on me like that. So I'm not sad all the time" (P4)*

*"Confused, scared, Miss, because this is a new role for me, it's stressful, especially children's education, I don't think about going to college anymore, Ms. The important thing is that the child's education is fulfilled" (P5)*

*"I'm stressed, disappointed, why is my life's problem like that. I received like this, perhaps this has become my way' P6*

*At the beginning I was stressed, easily offended, Ms. sometimes I am also sad to think about my future fate, Ms" (P7)*

#### 3.1.2. Change of self-concept responses

##### 1) Self - esteem

*I'm embarrassed. Miss, rather than me taking care of what people's talk, it's better to stay at home" (P1)*

*What's that. my husband left me, Miss, now I have a child but she doesn't have a father, I'm ashamed, yes, I feel very humiliated, I'm the subject of gossip, so I spend more time at home" (P3)*

*"Yes, I'm obviously embarrassed, Ms, more often at home, Ms, if it's not busy or it's really important" (P4)*

##### 2) Self – ideal

*"Yes, Ms. Mmmmm I want to go to school like my friends, but I can't. I failed to make my parents proud of me" (P1)*

*"I want to work first, repair my house" (P4)*

*"I really want to study in nursing, Ms...now Now, I don't think about it again, it is like my parents have also put their hopes on me, I'm the first child, instead I disappointed my parents" (P5)*

### 3) Self – image

*“...My butt that used to go up, now goes down, my body is getting fat.... My tits are big and loose, belly to be big” .... (P1)*

*“...The body must have changed huh.... I used to not be so fat like now... my breasts get bigger, especially after breastfeeding, my stomach becomes loose...” (P2)*

*“...My breasts are bigger, the nipples are blacker and the surroundings.... Then one more thing, Ms. I have a lot of black marks on my stomach like it was clawed...” (P7)*

### 4) Self – identity

*“I don't know what side I am satisfied with, I don't have satisfaction. If I am not pregnant before marriage, sure I'm really grateful I am very grateful to have a child” (P4)*

*Emmm..there is no satisfaction, it's sad to see my friends are busy taking the exam, I only see their activities from the Whatsapp status, but I'm grateful because my husband is responsible, loves me and my child like that” (P5)*

*“Mmmm how about ...Even though I'm not as lucky as my friends, because I already have children at teenage age, but I'm satisfied because my husband is very responsible, thankful to God because of my husband has a permanent job as an electrician, even if the salary is low, but enough for us. I also already have my own house even though it's small. What is it, I'm grateful, Miss” (P1)*

### 5) Self role

*“I take care of my child from taking care of bathing, breastfeeding, taking care when my son is sick, staying up late if he is not sleeping” (P6)*

*“Fulfilling the duties of being a mother, including bathing my child, breastfeeding, feeding, all kinds of meeting my child's needs” (P7)*

## 3.2. Discussion

Based on the results of the interviews, two themes were found, namely psychological changes and adolescent self-concepts in dealing with changing roles.

### 3.2.1. Psychological responses

The results showed that as many as 7 participants (P1, P2, P3, P4, P5, P6, P7) had psychological responses such as stress, anxiety, fear, confusion when taking on a new role for the first time, emotional instability, feeling sad, easy to cry, disappointed because she lost her youth and could not continue her education. This is due to the unpreparedness of adolescents in dealing with the problems they face, ranging from knowledge, age, economy, and the roles that participants must live to face a new life. The demands of adulthood and the demands of being a mother at a young age are not easy for teenagers. In addition, fatigue after giving birth is also a factor that causes depression. All participants stated that the psychological changes that occurred became more irritable, more sensitive and prone to stress.

Emotional states that are still vacillating between adult behavior and child-like behavior, because of these unstable emotions, adolescents are often referred to as the unstable, inconsistent and unpredictable phase. These immature emotions cause teenagers to need support in dealing with various existing problems. Research conducted by Morningstar [5] shows that the stress level of adolescent mothers who have given birth is higher than other adolescents who have never given birth. This is in accordance with the statement of Booth et., all who found that adolescents who become mothers are more prone to experiencing symptoms of depression than adolescents who are not married and become mothers. This is reinforced by the results of research conducted by Niratharadorn et al, which showed that adolescents who became mothers (23%) had a higher prevalence of depression than adult women who became mothers (12%).

Burnard [10] said that the stress of adolescents who have given birth can be related to three aspects, namely stress within the individual, stress caused by other parties, and stress caused by adjustment to social pressures. Burnard also added that the stress that occurs in oneself is usually caused by anxiety with the ability to adapt to a new role. Stress is a situation that usually occurs in all aspects of life, including parenting, other factors that encourage parenting pressure are economic problems and family structure. Financial manifestations can be in the form of low household income and high expenditure [11]. A similar study conducted by Mortazavi who conducted a descriptive phenomenological study of 19 pregnant women at an early age, experienced calm disorders such as stress with new routines in daily life, new challenges, resilience and strength in the face of economic changes during the covid pandemic.

The participants' expressions that said they were easily emotional included P2, P3, P7. This is because they have to carry out their roles as mothers and fathers, as well as husbands who are less responsible for causing unstable emotions. In accordance with the research of Bobak, Lowdermilk & Jensen [13] some teenage mothers find it difficult to get used to, especially teenage mothers who do not have husbands because they are forced to take care of babies, and generally teenagers do not like responsibilities at home. So, in this phase there is often mental stress. Indications of mental stress such as frequent crying because of feelings of sadness, irritability, no appetite, unable to sleep, tired, difficult to carry out activities, high suspicion of something, self-blame, lack of hope, lack of attention to the baby, having feelings of inadequacy able to play a role as a mother [14].

### 3.2.2. Self-Concept Changes Responses

#### 1) Self - esteem

Self-concept is also one of the factors that influence the achievement of the mother's role. Bee and Oetting in Bryar [15], the assumption that underlies Merce's theory about the achievement of the position of mothers who have a relatively normal self-concept. Of the 7 participants, P1, P2, P3, P4, P5, P6, P7 said they were ashamed of their new role as mothers because they were pregnant before marriage. Premarital pregnancy which is considered taboo and is a disgrace is a major problem for teenage mothers, feeling humiliated, feeling unworthy, feeling ashamed for what has been done. Shame on their peers who still carry out their roles at their age as students.

Adolescents who give birth at an early age, cannot be separated from the comments and thoughts of others, this can easily affect how they stigmatize themselves, so that it can affect their psyche and social life. Adolescents who have two bodies and give birth are thought to have behaved outside the norm [16]. From there emerged the stigma of naughty teenagers, unable to protect themselves, children who were not cared for by their parents and perpetrators of free sex [17]. Adolescents who have children due to premarital pregnancy at a young age have several dilemmas, including feeling powerless in making decisions, feeling ashamed to meet peer groups, and being afraid to visit health services, so they decide to stay at home [18].

#### 2) Self – ideal

Participants who wished to remain in education included P1, P3, P5, P6. The task of adolescents is to fulfill the highest possible education, teenagers who have given birth to premarital births still have a desire to continue their education because they see their peers who are still in school. As for this expectation, for Schubotz, et al [19], adolescents participate in the education world process (either school, university or other higher education). Teenagers also still have the opportunity to be active in various scientific activities, sports and others, which are beneficial for the future of teenagers. Young people have an aspect of thinking about what they might be in the future. Participants have expectations for themselves to become perfect selves. At the age of adolescence, girls generally have a lot of desired expectations, such as going to university or continuing their learning to a higher level. Marriage at a young age limits many teenagers in continuing their education. Participants who want to work include P2, P4. On the other hand, the unwillingness of participants to continue their education is the environment and low economy, participants are in a low-education environment, participants will also think that education is not an important thing, because many people around them have low education and are more concerned with finding work to help their needs. family economy.

A total of 6 participants P1, P3, P4, P5, P6, P7 said that they had withdrawn from the environment, this was because teenagers who gave birth and had children due to pre-marital relations would become a conversation in society. To avoid talking people that can cause hurt, participants decided it was better to spend more time at home. This situation is similar to the results of research by Olivari et., all [20] which states that adolescents will always try to avoid topics or other things that can touch on the new role they are experiencing.

#### 3) Self-image

Participants (P1, P3, P5) said that they experienced changes in their bodies such as changes in their breasts and made them uncomfortable, even they did not like them because they were considered not as disproportionate as they used to be. Teen mothers have a response to changes in feelings and body image, young mothers feel not as sexy as they used to be, young mothers do not mind that they are not virgins because their virginity is due to the desired marriage. Young mothers feel that her husband is not like he used to be when they were dating, when she had a beautiful body with firm breasts, so she was worried that her husband would choose a relationship with another woman [23]. A total of 4 participants P1, P3, P5, P6, said that changes in body shape after giving birth caused unideal image. Many young women who already have children complain that their physical condition becomes fat after giving birth. Young women have feelings of lack of confidence in the state of their bodies. The dissatisfaction experienced by individuals is influenced by several factors, one of which is body weight and perceived levels of fatness and thinness, culture, social, self-concept, gender roles and body image distortion proposed by Honigman and Castle [22], body image is a reflection of self. a person to the shape and dimensions of her body, how a person perceives and shares an evaluation of what she thinks and feels about her body dimensions and shape, and other people's evaluation of her. A total of 4 participants P2, P4, P6, P7 said that the change in the abdomen and did not like being distended made them not confident and not as good as they used to be. The results of the analysis of researchers with distended stomach causes not confident with their appearance. Teenagers who have given birth sometimes get around using a corset, so it is not too visible. This is in accordance with research by Fitri Nuriya Santy [24], it showed that the changes experienced by all participants during motherhood, both physically and psychologically. The statements stated by the participants were related to physical changes, including an enlarged stomach and sagging.

#### 4) Self-identity

Participants (P2, P3, P4, P5, P6, P7) said there was no satisfaction felt when being a teenage mother.

According to the researchers' analysis, participants who became young mothers had low satisfaction due to regret and lack of confidence in the future. Participants feel that their material needs have not been met (unable to pay for food, clothing, education and do not have a job). Marce cit Alligod & Tomey says mother identity is the thought of a woman who has been integrated within herself to become a real mother. The achievement of the role of self as a mother is that there is self-confidence, satisfaction in carrying out the mother's position, and living the mother's love relationship with the baby. The results of this study indicate that participants are less confident in their current condition and lose confidence in their children's future. This is in line with research [20] that the loss of self-confidence is caused by emotional vulnerability, decreased ability to make decisions and confidence to build bonds as adults [26].

This is caused by the reproductive organs of mothers who are not ready to accept birth and the lack of expertise of young mothers in caring for their babies. [1] Studied the bond between mother's age and skills in caring for babies, it was found that a very young mother's age accompanied by a low level of learning led to a decrease in maternal satisfaction. The results of the [28], young mothers tend to have low satisfaction compared to mothers who are more mature, have greater satisfaction when taking care of and spend more time caring for children.

On the other hand, P1 accepts her condition because her psychological needs are met, feel grateful, accept the presence of new children and families who give new colors to his life. According to the results of the researcher's analysis, participants who are able to accept their situation because they can accept that this is a path that they must face, in addition, participants have husbands who are alert and responsible both in terms of economy and role as husbands so that a sense of satisfaction arises in participants.

### 5) Self-role

A total of 7 participants said that they experienced changes in their roles including being responsible for children, nurturing, caring for providing physical and economic needs, and educating children. Being a mother certainly has a responsibility to take care of her baby. According to the results of the researcher's analysis, the role of a mother in her teens is nurturing, providing for children's physical and economic needs. Changes in extreme growth and development are accompanied by changes in position and responsibilities that must be carried out by mothers at an early age in accordance with Minarni's research [29] which says that if a person is married and has children, the freedom to play with friends is limited, plus the demands of responsibility are high. they are obliged to do such as taking care of and educating children.

## 4. CONCLUSION

Psychological changes felt by participants were stress, irritability, and unstable emotions. Changes in the participants' self-concept included shyness, withdrawing from the environment, wanting to continue their education, wanting to work first to help their parents' economy, feeling displeased with their body parts and low satisfaction as a mother.

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