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Effects of Teen Childbearing on the Family Socio-Economic Wellbeing in Ruiru, Kiambu County, Kenya

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Abstract

Purpose: The purpose of the study was to investigate the impact of teenage childbearing on family socio-economic well-being in Ruiru, Kiambu County, Kenya, focusing on financial strain, educational disruption, post-partum experiences, and family support.

Methodology: Using family stress, human capital, and social support theories, the study adopted descriptive survey design targeted 378 teenage mothers, with a sample of 195 selected using Yamane's formula. Data collection involved semi-structured questionnaires and interviews, analyzed quantitatively through descriptive statistics and regression, and qualitatively through thematic analysis.

Findings: The findings reveal that 85.5% of respondents faced financial difficulties within six months, and 55% reported disrupted high school education, leading to long-term setbacks. Emotional and health challenges characterized post-partum experiences, and 61.1% of respondents found family support insufficient to meet socio-economic needs. The study concludes that teenage childbearing significantly disrupts family well-being, recommending comprehensive support programs, including financial aid, childcare, healthcare, and community initiatives, to better assist teenage mothers and reduce their socio-economic burdens.

Unique Contribution to Theory, Policy and Practice: This research uniquely contributes to theory, policy, and practice by creating a comprehensive model that integrates empirical findings and qualitative insights, thereby enriching existing theories. Additionally, it provides practical recommendations for targeted support programs that guide policymakers in alleviating socio-economic burdens and enhancing family well-being.

Keywords: *Teenage Childbearing, Socio-Economic Well-Being, Family Finances, Educational Outcomes, Post-Partum Experiences*

1 Introduction

Teen childbearing is a significant global concern, particularly in low- and middle-income countries, where it has profound socio-economic implications. According to the World Health Organization (WHO), 14% of global births occur among teenagers aged 15 to 19, with early motherhood linked to lower educational achievements, limited employment opportunities, and poorer health outcomes for both mothers and their children (WHO, 2019). Complications related to pregnancy and childbirth are leading causes of mortality among this demographic, with evidence suggesting that teenage mothers are at a higher risk for adverse obstetric outcomes compared to older women (Kiani et al., 2019). Addressing these challenges is crucial for achieving Sustainable Development Goals (SDGs), particularly those related to health, education, and gender equality (Patel et al., 2020).

Despite efforts by global organizations such as WHO, UNICEF, and UNFPA to combat teenage pregnancy, significant challenges remain, especially in developing countries like Kenya, where 95% of adolescent pregnancies occur (Poudel et al., 2022). Current interventions are often insufficient, highlighting the urgent need for comprehensive, evidence-based policies that tackle the root causes of adolescent childbearing. Research conducted in industrialized nations reveals substantial socio-economic consequences, including diminished educational attainment and increased reliance on social welfare programs (Hoffman & Maynard, 2018). However, generalizing these findings to developing contexts requires caution due to the distinct cultural, economic, and social factors that shape the experiences of teenage motherhood.

Cultural norms play a significant role in shaping attitudes toward teenage pregnancy in various societies. In many Asian countries, practices such as early marriage contribute to high rates of adolescent childbearing, limiting educational and career opportunities for young women (Rahman & Tareque, 2020; Chowdhury et al., 2021). In African nations, including Kenya, alarming rates of teenage pregnancies are often attributed to limited access to comprehensive sex education, economic disparities, and entrenched cultural practices (Okigbo et al., 2016; Yakubu & Salisu, 2018). These socio-economic challenges exacerbate the difficulties faced by young parents and their families, perpetuating cycles of disadvantage.

In the Kenyan context, there exists a notable research gap regarding the socio-economic implications of teen childbearing on families. While existing literature addresses certain aspects of teenage pregnancy, critical areas such as financial implications, educational disruptions, and postpartum complications remain underexplored (Mutea et al., 2022). Research by Miller et al. (2021) often discusses health impacts but overlooks the educational disruptions faced by teen mothers and their siblings. Additionally, postpartum medical complications can lead to long-term socio-economic consequences for families, yet comprehensive examinations of these issues are lacking (Chemutai et al., 2020). This gap highlights the need for research that focuses on the critical financial implications and support systems available for young mothers.

To address these gaps, this study aims to investigate the socio-economic well-being of families affected by teen childbearing in Ruiru, Kiambu County, Kenya. By exploring the specific challenges faced by young mothers and identifying effective strategies and interventions to support them, the research seeks to contribute to their socio-economic stability and overall well-being. This comprehensive approach aims to foster a more inclusive and equitable society by addressing the complex needs of teenage mothers and their families, ultimately informing policy and intervention strategies that can effectively mitigate the adverse effects of early motherhood

2 Statement of the Problem

Teenage pregnancy is a significant concern in Kenya, as evidenced by the Kenya Demographic and Health Survey (2019), which indicates the country has the third-highest rate of adolescent births globally, with 82 births per 1,000 girls aged 15 to 19. Alarmingly, 1 in 5 girls in this age group has either started or is currently having a child (Mbogo, 2021). This issue arises from a complex interplay of sociocultural, economic, and healthcare factors. Despite national policies and programs aimed at addressing teenage pregnancy, localized impacts, particularly in Ruiru sub-county, require a more nuanced understanding of the issue to formulate effective interventions.

Ruiru sub-county, situated near Nairobi and experiencing rapid urbanization, faces unique challenges related to teenage childbearing that significantly impact family socio-economic well-being. Data from the Kenya Demographic and Health Survey (2022) reveals that 378 girls aged 10 to 14 sought care in local health facilities in the year ending 2021 (KNBS & ICF, 2022). This highlights the urgent need to investigate and address the consequences of teenage childbearing in this area. Existing initiatives, such as the Sexual Gender-Based Violence Initiative and awareness workshops by the National Council for Population and Development, have had minimal impact. According to Mbongo (2021), ingrained community attitudes hinder the assimilation of critical messages, and socio-economic disparities affect intervention efficacy, pointing to a need for more tailored approaches.

If teenage pregnancy in Ruiru is left unaddressed, it poses immediate health risks for young mothers and their infants due to inadequate prenatal care, while also perpetuating a cycle of disadvantage that limits educational and economic opportunities, increasing poverty levels. This strain could further burden the healthcare system. Teenage mothers often face social stigma, isolation, and mental health challenges, leading to lasting generational effects. Despite some existing research, significant gaps remain regarding the socio-economic consequences of teenage pregnancy, particularly in Ruiru. Studies such as those by Okello et al. (2023) and Miriti and Mutua (2019) primarily focus on causes or suggested interventions, failing to comprehensively explore the impact on financial stability and educational opportunities. To address these gaps, this study investigated the socio-economic status of families affected by teenage pregnancy in Ruiru, contributing valuable insights for effective policy formulation and intervention strategies.

3 Specific Objectives

The study sought to:

- i. Evaluate the effects of financial resources utilized within the first six months following teen childbirth on family socio-economic wellbeing in Ruiru, Kiambu County, Kenya.
- ii. Determine the effects of teen childbearing on educational outcomes on family socio-economic wellbeing in Ruiru, Kiambu County, Kenya.
- iii. Examine the influence of teenage mothers' post-partum experiences on family socio-economic wellbeing in Ruiru, Kiambu County, Kenya
- iv. Assess the role of family support in mitigating the socio-economic impacts of teen childbearing in Ruiru, Kiambu County, Kenya.

4 Literature Review

4.1 Theoretical Framework

The study was anchored on key theoretical frameworks, including family stress theory, human capital theory, and social support theory, as described below.

4.1.1 Family Stress Theory

Hill's (1949) family stress theory, outlined through the ABC-X model, offers a framework for understanding the fluctuating patterns of disorganization, recovery, and reorganization that families experience following stressors such as teenage childbearing. In this model, Factor A represents the stressor, economic strain and challenges from early parenthood. Factor B encompasses the resources, such as financial aid and employment, that families utilize to cope, while Factor C reflects family members' perceptions of these stressors, which shape their response. The X factor indicates the outcome, often resulting in economic instability and reduced family well-being. This model applies not only to financial strain but also to educational disruptions and post-partum health complications, where stressors, resources, perceptions, and outcomes are similarly analyzed. In the case of family support, the theory identifies stressors, available resources, and possible positive outcomes, making Hill's family stress theory a comprehensive tool for examining the effects of teenage childbearing on family socio-economic well-being in Ruiru, Kiambu County (Rosino, 2016).

Despite its usefulness, Hill's family stress theory has limitations, particularly in its somewhat linear view of family dynamics, which tends to focus on external stressors and immediate outcomes. This simplified approach may not fully capture the complexity of individual differences, long-term effects, or intricate family relationships. To address these limitations, the study integrates human capital theory, which provides a broader socio-economic perspective on education, employment, and personal development. By combining both theories, the research

offers a more holistic understanding of how teenage childbearing influences family finances, education, health, and support systems (Rosino, 2016).

4.1.2 Human Capital Theory

Human capital theory, introduced by Becker and Rosen (Xu & Fletcher, 2017), posits that investments in education and training enhance an individual's productivity, leading to higher wages and better employability over a lifetime. This theory highlights the private economic return on educational investments, measured by the net gain in lifetime wages (Holden & Biddle, 2017). In the context of adolescent pregnancy, human capital theory is particularly relevant in understanding how teenage childbearing affects educational trajectories in Ruiru, Kiambu County, Kenya. The theory helps explain how early motherhood can disrupt the conventional educational path, as the responsibilities of child-rearing divert time and resources away from education. This disruption hinders human capital development and limits future earning potential, with long-term socio-economic consequences for the individuals and their families.

However, while human capital theory offers valuable insights into the economic implications of education, it has limitations, particularly its narrow focus on monetary gains. The theory overlooks non-monetary values of education, such as emotional and social development, which are crucial in understanding the broader impact of early parenthood on educational attainment (Marginson, 2019). To address these gaps, the study incorporates social support theory, offering a more comprehensive understanding of how social and emotional factors influence teenage parenting and its effects on education.

4.1.3 Social Support Theory

Social Support Theory, developed by Don Drennon-Gala and Francis Cullen (1994), emphasizes the direct and indirect effects of social support on individual well-being. The theory defines social support as the emotional, informational, and instrumental resources individuals rely on to cope with stressors and challenges in life (Hsu et al., 2018). In the context of teenage childbearing, this theory is particularly relevant to the study's fourth objective, which explores how family support mitigates the adverse effects of early motherhood in Ruiru, Kiambu County. According to the theory, emotional, practical, and financial support from families can significantly influence a teenage mother's ability to cope with the pressures of early parenthood. By providing a supportive environment, families can enhance the psychological well-being, resilience, and overall coping mechanisms of teenage mothers, reducing the negative impacts of early pregnancy on their socio-economic status and emotional health.

However, while Social Support Theory effectively underscores the importance of support systems, it also has limitations, particularly in its general application across different cultural contexts. Schilling (1987) points out that the theory's broad principles may not always align with specific regional or cultural nuances, which can impact its effectiveness in accurately assessing

family dynamics. In the case of Ruiru, Kiambu County, the theory's universal approach to social support may overlook cultural factors that shape family structures and support mechanisms. Therefore, while the theory provides valuable insights into the role of family support in teenage childbearing, the study also recognizes the need for a nuanced understanding of local cultural dynamics to fully capture the complexities of family support in this setting.

4.2 Review of Empirical Studies

4.2.1 Financial implications of teen childbearing on family

The studies on teen childbearing reveal a consistent theme of financial strain and emotional challenges faced by young mothers and their families. Kerobo's (2022) US-based study highlights the emotional toll of teen pregnancy, especially in relation to financial difficulties. Although it offers valuable insights, the study's focus on immediate financial hardships leaves a gap in understanding the long-term socio-economic effects of teen childbearing, such as employment opportunities and career progression. Moreover, the study's US-centric perspective limits its relevance to developing nations, prompting the current research to include perspectives from Ruiru, Kiambu County, Kenya, for a more global understanding of teen childbearing's impact on family finances.

Madume and Dibia (2021) further contribute to the understanding of how teen childbearing leads to financial instability within families by highlighting the reduction in educational and employment opportunities for teenage parents. While their study sheds light on how teenage mothers are particularly affected, it primarily examines the situation from the perspective of the mother, without considering the broader family context. The present study focuses on the entire family's socio-economic well-being, thereby providing a more holistic view of the financial implications of teen childbearing on household stability.

Similarly, Odu et al. (2015) emphasizes the long-term socio-economic challenges faced by teenage mothers, including poverty and limited future opportunities for both mother and child. However, this study relies heavily on secondary data analysis, which lacks the depth and nuance that primary data collection offers. Mugo and Karanja's (2017) study in Kenya offers a detailed examination of the financial impacts of early childbearing through a mix of quantitative and qualitative methods. While it provides immediate insights into household financial strain, its focus on short-term effects and reliance on self-reported data introduce biases. The current research addresses these shortcomings by gathering primary data from families in Ruiru, Kiambu County, and offering a more in-depth analysis of the long-term economic effects and the role of support systems.

4.2.2 Teen Childbearing and Educational Outcomes within the Affected Families

The impact of teenage childbearing on educational attainment is a critical area of study, as evidenced by research such as that conducted by Madelo and Plaza (2021) in Barangay,

Philippines. Their findings indicate that teenage mothers are more likely to drop out of school, often feeling discouraged about returning due to a lack of support from their families. Economic instability further compounds these challenges, as parents may be reluctant to support their daughters' educational aspirations. While this study provides valuable insights into the educational trajectories of young mothers, its reliance on a qualitative, phenomenological approach limits the ability to measure the extent of these impacts. In response, the current study employs a descriptive research design that integrates both quantitative and qualitative methods, allowing for systematic triangulation of findings to enhance the overall validity and robustness of the research.

Gbogbo's (2020) study in Ghana similarly highlights the struggles faced by teenage mothers attempting to balance the demands of motherhood and education. Conducted through in-depth interviews and focus group discussions, this research underscores the lack of support from families and schools, which significantly hinders educational attainment. While it enriches the discourse around teenage parenting, the study's heavy reliance on qualitative methods poses challenges related to subjectivity and limited generalizability. To address these limitations, the present investigation utilizes a descriptive research design that blends quantitative and qualitative approaches, maximizing the breadth of information gathered about adolescent parents' experiences in Ruiru, Kiambu County, Kenya.

Research by Panday et al. (2015) in South Africa reveals that single teenage mothers returning to school often face marginalization and insufficient educational support, jeopardizing their chances for economic independence. Although this study provides valuable data, the cultural and contextual differences between South Africa and Kenya necessitate a more localized investigation. The current study explores the unique cultural factors that influence unmarried teenage mothers' experiences in Ruiru, offering a clearer understanding of the challenges and opportunities they encounter in pursuing education and economic independence.

Finally, a study by Miriti and Mutua (2019) in Nzambani, Kenya, investigates the causes and consequences of adolescent pregnancies while also suggesting interventions to enhance the educational skills of affected females. They highlight poverty as a significant factor contributing to teenage pregnancies, resulting in increased school dropout rates and declines in academic performance. Although the study emphasizes the importance of community education campaigns for adolescent mothers, its focus on a single sub-county limits generalizability and fails to provide an in-depth exploration of the educational trajectories of affected girls. By addressing these research gaps, the current study seeks to offer a comprehensive understanding of how adolescent childbearing affects the academic paths of young mothers in Ruiru, Kiambu County, Kenya.

4.2.3 Post-Partum Experiences and Socioeconomic wellbeing of their Families

A substantial body of literature highlights the detrimental impact of adolescent parenthood on health outcomes. Researchers argue against teenage motherhood due to its association with poor health consequences for the mother, particularly issues like obesity linked to incomplete

genital tract and musculoskeletal development. For instance, a study conducted by Oakley (2016) in the UK identified serious complications such as postpartum hemorrhage, cesarean delivery, low birth weight, and preterm birth related to teen childbearing. While this research offers valuable context, it mainly compares the outcomes of older mothers with teenage mothers, which may obscure the causal influences and only reveal correlations. By specifically targeting teenagers and excluding older women, the current investigation aims to provide a more focused understanding of the unique consequences and determinants associated with teenage childbirth.

Indarti et al. (2020) conducted a retrospective study in Indonesia that compared obstetric and neonatal outcomes between teenagers and women of average maternal age. The findings indicated that while the incidence of cesarean sections was lower among teenagers, they experienced higher rates of complications such as eclampsia, preterm delivery, anemia during labor, postpartum hemorrhage, and low birth weight. Although this study contributes significantly to the understanding of obstetric outcomes in teenage pregnancies, retrospective analyses can introduce biases related to existing medical records and may overlook confounding variables such as socioeconomic status and maternal health behaviors. To address these limitations, the current study incorporates a comprehensive assessment of socio-economic factors, healthcare access, and maternal health behaviors to better understand the determinants of medical complications faced by teenage mothers in the local context.

Regionally, research by Ijarotimi et al. (2019) at the Ife Hospital in Nigeria documented various obstetric outcomes among adolescent mothers, revealing higher incidences of anemia, obstructed labor, atypical presentations, and antepartum hemorrhage compared to adult women. While these findings are significant, the specific social and cultural factors in Nigeria highlight the necessity for a parallel investigation in Kenya. By providing context-specific findings relevant to the socio-cultural dynamics of teenage pregnancy in Ruiru, Kiambu County, the current research aims to fill this gap and inform targeted interventions and support systems tailored to local needs.

Finally, Karanja and Ngugi (2016) examined the health impacts associated with the postpartum experiences of teenage mothers in Kenya, revealing that these young mothers face considerable challenges, including increased rates of postpartum depression, chronic fatigue, and complications from childbirth. These health issues not only affect the mothers' well-being but also have broader implications for family stability and financial security, exacerbated by limited access to support services and medical care. However, their study primarily focuses on urban areas and does not explore the long-term consequences of these health challenges on educational attainment and family dynamics. The present study addresses these gaps by incorporating both urban and rural settings in Ruiru and providing a detailed analysis of how postpartum health issues influence long-term educational and socio-economic outcomes. This broader perspective enhances the understanding of the health effects associated with adolescent pregnancy and underscores the need for targeted health interventions and support networks.

4.2.4 Family Support and Mitigation of the Socio-Economic Impacts of Teen Childbearing

Family support plays a crucial role in mitigating the negative effects of teenage pregnancy, providing the stability and guidance necessary for the development of both adolescent parents and their children. Existing research emphasizes the positive influence of supportive family environments, highlighting their significance as a source of strength for young mothers. For instance, Lin's (2016) study in the United States explored the challenges faced by teenage mothers balancing childcare responsibilities and education, identifying barriers such as inadequate family and social support, peer intimidation, and obstacles from family, school, and community contexts. While the study recognized the importance of a supportive social environment in fostering confidence, its reliance on secondary data limited its interpretations to historical perspectives. To address this gap, the present investigation employs a comprehensive approach, integrating both primary and secondary data sources, including questionnaires, document analyses, and interviews with teenage mothers, education officials, health professionals, and social workers, to capture a current and nuanced understanding of the challenges faced by teenage mothers and the role of social support.

Research by Ellis-Sloan and Tamplin (2019) further emphasizes the critical role of friends and peer support, particularly from fellow young mothers, in combating the stigma associated with adolescent pregnancy. Their study introduces the concept of 'relational exclusion,' shedding light on its impact on teenage mothers and underscoring the importance of understanding social dynamics beyond economic factors. By examining how adolescent pregnancy affects social networks, the research reveals the challenges of forming new connections and the support these relationships can provide. However, the findings are primarily contextualized within the UK, raising concerns about their generalizability to other cultural or geographical settings, such as Kenya. The current study addresses these limitations by employing a mixed-methods approach that combines quantitative surveys with qualitative interviews, facilitating a thorough examination of peer support dynamics and their effects on the experiences of young mothers.

Supporting these findings, Bain et al. (2020) conducted a study in Ghana that highlights the importance of partner and family support in helping young mothers adapt to motherhood and transition back to school. Set in the Jamestown neighborhood of Accra, the research focused on perceived preferences for decision-making and the factors contributing to early adolescent pregnancy. While the insights gained from this study are valuable, they emphasize the necessity of conducting research within local contexts. Investigating teenage motherhood in Ruiru, Kiambu County, Kenya, would provide more relevant and contextually grounded findings, considering the unique socio-cultural dynamics and challenges faced by teenage mothers in that region.

Mutua, Miriti, and Mogeni (2019) examined the implementation of back-to-school policies for young mothers in Narok County, Kenya, using purposive sampling with a small sample size of twenty-four participants. Their findings underscored the significance of family support in teenage

mothers' decisions to re-enroll in school. However, the qualitative nature of the study limited its ability to quantify the impact of parental support, and the small sample size restricted generalizability. In response, the current research in Ruiru, Kiambu County, employs a comprehensive design that incorporates both quantitative and qualitative data. By utilizing logistic regression analysis, the study aims to accurately assess how various sub-variables influence the relationship between family support and the effects of teen childbearing, ultimately enhancing the understanding of the role of family support in mitigating these challenges.

5 Research Methodology

This study utilized a descriptive survey approach to investigate the impact of teenage childbearing on the socioeconomic well-being of families in Ruiru, Kiambu County, Kenya. By employing this method, the research aimed to provide an unbiased examination of the characteristics and conditions surrounding teenage parents and their families. The study collected both quantitative and qualitative data through self-administered questionnaires and structured interviews, targeting young mothers attending postnatal clinics and key community stakeholders. The descriptive design facilitated a comprehensive understanding of the challenges faced by adolescent mothers, including social support networks, economic circumstances, and demographic factors, thereby laying the groundwork for future research and potential policy interventions.

Data collection was conducted rigorously, beginning with a pilot study to ensure the reliability and validity of the research instruments, which included semi-structured questionnaires and interview schedules. Ethical considerations were prioritized, with informed consent obtained from participants, and confidentiality maintained throughout the research process. The analysis combined statistical tools for quantitative data using SPSS with thematic analysis for qualitative data, ensuring a holistic representation of the findings. The study's approach not only aimed to generate statistically significant results but also sought to ground these findings in the lived experiences of the community, ultimately contributing valuable insights for targeted interventions to support adolescent mothers in Ruiru.

6 Findings and Discussion

6.1 Demographic Profiles of Respondents

6.1.1 Respondents' Age

The study focused on the age distribution of respondents in order to better understand the prevalence and trends of adolescent motherhood across various age groups. The results are shown in Table 1

Table 1*Age- Brackets of Respondents*

Age Brackets	Frequency	Percent
(15-16) Years	52	39.7
(17-19) Years	53	40.5
Over 19 years	26	19.8
Total	131	100

The results indicate that a significant majority of respondents are affected by teenage pregnancy, with 39.7% aged 15-16 and 40.5% aged 17-19. This concentration within the younger age bracket underscores the vulnerability of adolescents to early motherhood, as nearly 80% of respondents fall within this demographic. Factors contributing to this high incidence include social and biological changes typical of adolescence, limited access to reproductive health education, cultural influences, and peer pressure. These insights suggest that the adolescent years are critical for interventions aimed at reducing teenage pregnancies.

The findings align with those of Mutua et al. (2018), which also identified high adolescent pregnancy rates among individuals aged 15-19, particularly in the 17-19 age group. The lower percentage of respondents over 19 raises the possibility of a decline in pregnancies as individuals transition into early adulthood, likely due to improved access to reproductive health resources and educational opportunities. This trend highlights the importance of targeted interventions for younger teens, including comprehensive sexual education, enhanced access to contraceptives, community support, and increased parental involvement in discussions about reproductive health. Ultimately, these measures are essential for addressing the underlying factors contributing to teenage pregnancy and improving the socio-economic well-being of affected families.

6.1.2 Education Level

In order to have a better understanding of the educational background of the sample, the study attempted to evaluate the respondents' level of education. Table 2 summarizes the results indicating the highest levels of education attained by the participants.

Table 2*Respondents' Education Levels*

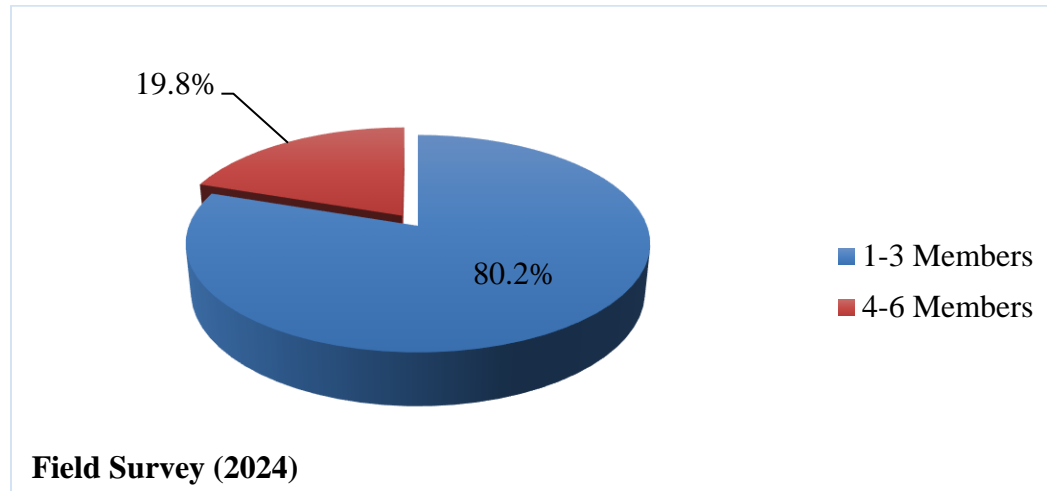
Education Level	Frequency	Percent
Primary level	26	19.8
Secondary	79	60.3
Certificate	26	19.8
Total	131	100

The study reveals that a significant majority of teen mothers in Ruiru, Kiambu County, have attained secondary education, accounting for 60.3% of respondents. In contrast, only 19.8% have completed primary education, while another 19.8% have pursued post-secondary education. This educational distribution highlights the challenges faced by many adolescent mothers, as early motherhood often interrupts their schooling, limiting their ability to secure better-paying jobs in the future. These findings align with existing literature that indicates a strong correlation between early motherhood and lower educational attainment. For instance, research has shown that adolescent mothers frequently encounter barriers that hinder their educational progress, perpetuating a cycle of poverty and reducing their socio-economic mobility (Okello et al., 2023)

Moreover, the limited educational opportunities faced by these young mothers can exacerbate existing economic pressures. Many adolescent mothers find themselves in low-paying jobs due to interrupted education, which further entrenches their economic disadvantage. This aligns with findings from Mutua et al. (2019) that emphasize the long-term implications of teenage pregnancy on women's educational and economic prospects. The convergence of these findings underscores the urgent need for targeted interventions that not only provide educational support to adolescent mothers but also address the socio-economic factors contributing to their vulnerabilities. Comprehensive programs that promote continued education and offer financial assistance can be instrumental in breaking the cycle of poverty and enabling these young mothers to achieve better socio-economic outcomes.

6.1.3 Household Size

The researcher sought to explore household size dynamics in relation to the impact of teen childbearing on the socio-economic well-being of families in Ruiru, Kiambu County, Kenya. Analyzing household size is crucial for understanding how family structure affects the socio-economic challenges faced by families with teen mothers, particularly concerning resource allocation, economic stability, and social support systems. Figure 1 summarizes the findings.

Figure 1*Household Size*

The study reveals that most households of teen mothers in Ruiru, Kiambu County are small, with 80.2% consisting of 1-3 members. This suggests that teen childbearing is linked to smaller family units, possibly due to social stigma or financial constraints that limit household size. Smaller households may face greater economic pressures and have fewer income contributors, exacerbating financial challenges. These findings align with the 2019 Kenya Population and Housing Census, which reported an average household size of 3.0 persons in Ruiru, but contrast with studies from rural areas where larger household sizes are more common. This highlights how urban settings may influence household composition and socio-economic challenges.

6.2 Impacts of Financial resources utilized following teen childbirth on family socio-economic wellbeing

To evaluate the financial impact of teen childbearing, a quantitative approach was used, where respondents rated their agreement with statements about financial stability and adjustments post-childbirth on a scale of 1 to 5. This scale gave a thorough picture of the impact of money on family life, ranging from "strongly disagree"(SD) (1) to "strongly agree" (SA)(5). Table 3 provides a summary of the findings.

Table 3*Financial Implications of Teen Childbearing on Family Wellbeing*

Statement	SA	A	Neutr al	D	SD	Mea n	Std. Dev
My childbearing has not significantly affected our family's financial stability.	9.2%	2.3%	7.6%	42.7 %	38.2 %	2.02	1.177
Our family has faced increased financial challenges due to my giving birth at this age	61.1%	24.4 %	5.3%	6.9%	2.3%	4.35	1.015
My childbearing has negatively impacted our family's ability to save for the future.	47.3%	36.6 %	5.3%	3.8%	6.9%	4.14	1.135
Our family has experienced unexpected financial burdens related to teen childbearing.	58.0%	24.4 %	9.2%	4.6%	3.8%	4.28	1.062
Our family has had to make significant financial adjustments because of teen childbearing.	33.6%	59.5 %	2.3%	4.6%		4.22	0.705
Our family has had to cut back on essential expenses due to the financial impact of teen childbearing.	42.0%	25.2 %	26.7%	1.5%	4.6%	3.98	1.081

The quantitative findings reveal significant financial implications of teen childbearing on families in Ruiru, Kiambu County. Table 3 summarizes the results of respondents' evaluations of their financial circumstances post-childbirth, utilizing a scale from 1 (strongly disagree) to 5 (strongly agree). The data indicates that 61.1% of respondents strongly agreed, and 24.4% agreed that their families faced increased financial challenges due to adolescent pregnancy, yielding a mean score of 4.35 (SD = 1.015). This high mean score underscores a consensus among participants regarding the financial strain imposed by early motherhood. Additionally, 47.3%

strongly agreed and 36.6% agreed that teen childbearing adversely impacted their families' ability to save for the future (mean score of 4.14, SD = 1.135), highlighting the negative effect on long-term financial planning. Similarly, 58.0% of respondents reported encountering unexpected financial burdens related to teen childbearing, with a mean score of 4.28 (SD = 1.062). A substantial portion of respondents (33.6% strongly agreed, 59.5% agreed) noted the need for significant financial adjustments, reflected in a mean score of 4.22 (SD = 0.705). Finally, 42.0% strongly agreed and 25.2% agreed that they had to cut back on essential expenses due to financial constraints from early childbearing, resulting in a mean score of 3.98 (SD = 1.081).

The qualitative data corroborate these quantitative findings, emphasizing the profound economic instability experienced by families with teen mothers. Participants described their struggles with limited resources and relational tensions exacerbated by early pregnancies. For instance, one respondent illustrated the difficulty of navigating multiple households after the loss of her mother and the resultant economic hardship, stating, *“I had to hop from one house to the next, and even sometimes meals were limited; we really struggled.”* This personal account aligns with the quantitative findings that indicate significant financial challenges and adjustments. Another respondent emphasized the duality of family support and relational strains, reflecting the emotional complexities accompanying teen pregnancies. Positive familial support was highlighted as a crucial factor, with one participant expressing gratitude for her mother’s encouragement, which helped her seek employment during her pregnancy stating, *“My mother supported me and brought me through; I wasn’t on good terms with my other siblings and my father because it felt like I failed them by becoming pregnant.”* This remarks show that teen childbearing increases relational tensions and personal feelings of inadequacy, which negatively impact the family's economic situation. Conversely, positive external support can alleviate some financial stress. For example, one respondent remarked, *“I had my mother and my friend who made sure I was okay no matter how things were getting hard. They helped me prepare the things I needed for the arrival of my baby.”*

The thematic analysis reveals that while teen childbearing disrupts financial stability and educational trajectories, robust familial support can alleviate these stresses, underscoring the importance of both emotional and financial backing in navigating early parenthood.

The findings from this study are consistent with previous research by Madume and Dibia (2021) and Odu et al. (2015), which underline the economic strain and long-term socio-economic consequences of adolescent childbearing. The qualitative insights reinforce the notion that financial resources during the initial months post-childbirth are essential for the well-being of families. Adequate support can alleviate stress, facilitate continued education, and promote better health outcomes, while insufficient support exacerbates financial difficulties and perpetuates poverty cycles. This study highlights the critical role of timely and effective financial backing in

managing the economic repercussions of teen childbearing, emphasizing that emotional and financial support systems can significantly influence families'

6.3 Teen childbearing and educational outcomes on family socio-economic wellbeing

To assess the effects of teen childbearing on education and family socio-economic wellbeing in Ruiru, Kiambu County, Kenya, researchers investigated how teen parenthood disrupts education, influences educational paths, and impacts family dynamics.

6.3.1 Extent of Educational Disruption Caused by Teen Childbearing

The findings are displayed in Figure 2. The data indicates that a substantial majority of respondents believe teen childbearing significantly hinders high school completion, with 55% reflecting this view. This suggests that early parenthood poses severe obstacles to education, more so than other factors. The moderate hindrance, reported by 35.9%, also points to significant barriers faced by teen mothers. The small percentage (6.8%) reporting a slight hindrance and the minimal 2.30% in the "Others" category, comprising factors such as increased absenteeism, increased responsibilities and stress, and stigmatization, indicate that while these issues are recognized, they are less frequently cited compared to the widespread perception that teen childbearing significantly impedes high school completion.

Figure 2

Extent of Educational Disruption Caused by Teen Childbearing

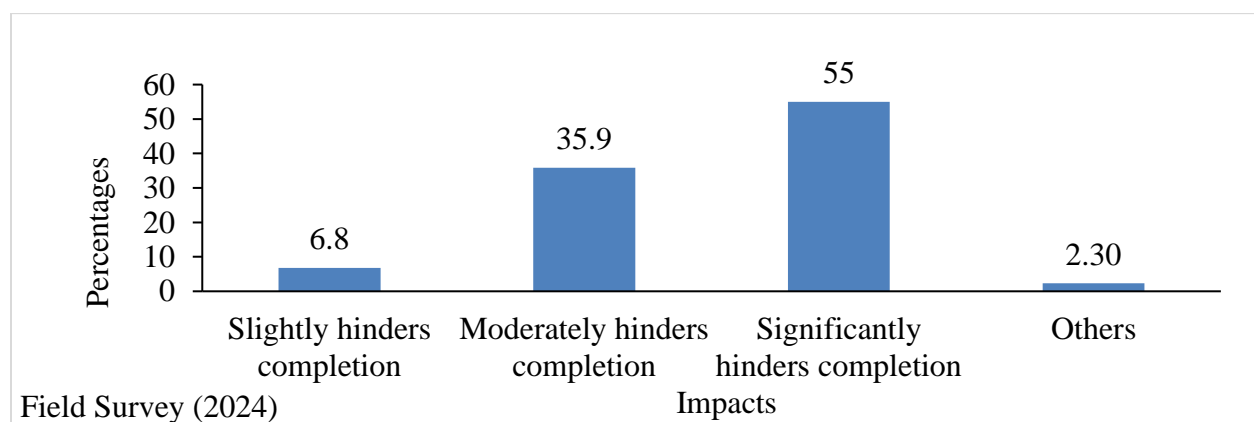


Figure 2 above also indicates that a substantial majority of respondents believe teen childbearing significantly hinders high school completion, with 55% reflecting this view. This suggests that early parenthood poses severe obstacles to education, more so than other factors. The moderate hindrance, reported by 35.9%, also points to significant barriers faced by teen mothers. The small percentage (6.8%) reporting a slight hindrance and the minimal 2.30% in the "Others" category

category, comprising factors such as increased absenteeism, increased responsibilities and stress, and stigmatization, indicate that while these issues are recognized, they are less frequently cited compared to the widespread perception that teen childbearing significantly impedes high school completion.

The findings reveal that teen childbearing disrupts education due to increased responsibilities, financial strain, and lack of support. Teen mothers face challenges balancing school and childcare, which affects their academic performance and attendance. The study aligns with previous research by Gbogbo (2020) and Panday et al. (2015), showing that 35.9% of respondents face moderate educational hindrance and 6.8% slight hindrance. Issues like absenteeism and stigmatization are highlighted. These results emphasize the need for educational policies and programs that provide flexible schedules, childcare support, and counseling to help teen mothers improve their educational and career outcomes.

6.3.2 Pathways Through Which Teen Childbearing Influences Educational Trajectories

The researcher also analyzed the impact of teen childbearing on educational trajectories, a crucial step for designing targeted interventions and developing effective support systems and policies. Table 4 presents the results.

Table 4

Pathways Through Which Teen Childbearing Influences Educational Trajectories

Pathways	Frequency	Percent
Academic Disruption	53	40.5
Financial Challenges	46	35.1
Altered Parental Roles	4	3.1
Societal Stigma	21	16
Shaped by cultural attitudes within a community	7	5.3
Total	131	100

The findings in Table 4 identify the primary pathways through which teen childbearing influences educational trajectories. Academic Disruption is the most prevalent factor, reported by 53 respondents (40.5%), indicating that interruptions in schooling significantly affect a teen mother's ability to attend classes, complete assignments, and fulfill educational responsibilities. This direct impact often overshadows more abstract or indirect factors.

Financial Challenges are the second most common pathway, noted by 46 respondents (35.1%), underscoring how economic pressures significantly hinder educational progress. Societal Stigma, reported by 21 respondents (16%), also affects educational outcomes, though to a lesser extent. The lower frequencies of "Shaped by Cultural Attitudes within a Community" (7 respondents, 5.3%) and "Altered Parental Roles" (4 respondents, 3.1%) suggest that these factors may have a less immediate impact. The lower frequencies of altered parental roles and cultural attitudes suggest that while these factors are relevant, they may not be as directly impactful as academic and financial difficulties.

The findings align with previous research, such as Gbogbo's (2020) study in Ghana, which also identified significant barriers like increased responsibilities that affect teen parents. Both studies highlight the impact on financial stability and academic progress. The broader implication is the necessity for targeted support systems that address these challenges, including financial aid, academic tutoring, and emotional support. Effective programs are essential for mitigating obstacles and improving educational outcomes for young parents. Understanding these pathways is key to developing interventions and policies that support their educational success.

6.3.3 Perceived Impacts of Teen Childbearing on Educational Trajectories Within the Family

Using a Likert scale ranging from 1 ("Strongly Disagree") to 5 ("Strongly Agree"), respondents were asked to indicate how much they agreed or disagreed with the effects of teen pregnancy on the educational trajectories within their families. The results are shown in Table 5.

Table 5

Respondents' Agreement on the Impacts of Teen Childbearing on Educational Trajectories Within the Family

Statement	SA (%)	A (%)	Neutra I (%)	D (%)	SD (%)	Mean	Std. Dev
Teen childbearing has not significantly disrupted educational pursuits within our family.	2.3	1.5	23.7	56.5	16	2.18	0.799
Our family members have faced challenges in completing their education due to teen childbearing.	20.6	45.8	22.1	6.9	4.6	3.71	1.019
Teen childbearing has negatively influenced the educational aspirations of our family members.	41.2	32	7.6	16	3.1	3.92	1.187
Our family has had to adjust educational plans because of teen childbearing.	33.6	38.2	8.4	19.8	-	3.85	1.096
Educational opportunities for family members have been limited as a result of teen childbearing.	24.4	44.3	5.3	12.2	13.7	3.53	1.349
Our family believes that teen childbearing has led to a decline in academic achievements.	24.4	44.3	9.2	14.5	7.6	3.63	1.217

The study reveals that a significant majority of participants (56.5%) believe that having a teen child seriously interferes with educational pursuits, as indicated by a low mean score of 2.18 (SD = 0.799). This perception underscores the widespread challenges families face in completing education due to early parenthood, with 45.8% agreeing and 20.6% strongly agreeing that teen childbearing creates educational barriers. The data further indicates that 41.2% of respondents strongly believe teen childbearing negatively impacts educational aspirations, resulting in a high

mean score of 3.92 (SD = 1.187). This suggests that early motherhood dampens educational goals and can lead to lower academic achievement and diminished future prospects for family members.

Additionally, families frequently need to adjust their educational plans because of the responsibilities that accompany teen childbearing, with a mean score of 3.85 (SD = 1.096) indicating this adjustment is a common experience. The constraints on educational opportunities are evident, with a mean score of 3.53 (SD = 1.349), which highlights how these challenges can reduce overall educational attainment. These findings align with those of Madelo and Plaza (2021), reinforcing the notion that teen motherhood disrupts educational trajectories and contributes to high dropout rates and diminished aspirations. This recurring pattern emphasizes the need for targeted initiatives to break the cycle of poverty associated with adolescent births, supporting young parents and mitigating educational disruptions.

6.4 Post-partum experiences of teenage mothers and their implications on family's socio-economic wellbeing

6.4.1 Post-partum experiences of teen childbearing

The researcher assessed post-partum experiences of teen childbearing by posing the question, "How did you feel emotionally in the weeks following the birth of your child?" This inquiry aimed to capture the emotional challenges and well-being of young mothers in the immediate post-partum period. The analysis of participants' emotional experiences in the weeks following childbirth reveals a significant role of support systems in shaping their emotional well-being. This is illustrated by the following remarks:

"I had a safe delivery and Linda Mama really helped when it came to the bill, my friends also came to visit me once in a while." (R013, Field Data, 2024)

"My delivery went well, and the government assistance program took care of the medical costs. I was also fortunate to have friends who visited regularly, offering both emotional and practical support." (R011, Field Data, 2024)

These remarks highlight how financial aid and social visits positively impacted emotional stability by providing safety and reassurance. Such support likely reduced stress and offered comfort, underscoring the significance of both formal assistance and social networks in improving emotional well-being during the post-partum period.

In contrast, other participant's experience sheds light on the challenges faced and the critical need for support as illustrated below:

"I had a tough time since it was my first time becoming a mother. I had no milk to feed the baby. It was hard to hear her crying but my mum helped me with foods that could help in producing milk." (R005, Field Data, 2024)

The findings from the qualitative data reveal that the emotional well-being of teenage mothers during the post-partum period is significantly influenced by the presence of support systems. Participants who received financial assistance and social visits reported feelings of reassurance and reduced stress, highlighting the critical role of both formal aid and informal social networks in enhancing emotional stability. In contrast, those lacking adequate support faced increased emotional challenges, which negatively impacted their ability to care for their newborns and contributed to their overall stress levels. For example, one mother's struggle with breastfeeding illustrates how the absence of practical support can exacerbate emotional distress and hinder her capacity to provide for her family.

These findings align with previous studies by Evans et al. (2021) and McCoy et al. (2019), which emphasize the importance of comprehensive support systems for teenage mothers. Both studies underscore that effective postpartum care should encompass not only emotional and social support but also practical assistance to address the specific challenges faced by young mothers. The consistency of these findings across different contexts reinforces the need for targeted interventions that address the unique needs of adolescent parents.

Overall, these insights underscore the necessity for holistic approaches to postpartum care that integrate emotional, practical, and financial support. By addressing these multifaceted needs, interventions can significantly enhance the well-being of teenage mothers, ultimately promoting their families' socio-economic stability. This aligns with the research objectives, which aim to examine the influence of post-partum experiences on family well-being, highlighting the critical importance of robust support systems in navigating the challenges of early parenthood.

6.4.2 Impact of Teen Childbearing on Relationships with Family Members and Friends

Participants were asked to rank the degree to which becoming a teenage mother affected how they interacted with friends and family. The results are shown in Table 6.

Table 6

Impact of Teen Childbearing on Relationships with Family Members and Friends

Extent	Frequency	Percent
Significantly worsened	52	39.7
Somewhat worsened	53	40.5
Somewhat improved	26	19.8
Total	131	100

The results reveal that 39.7% of respondents felt their relationships with family members and friends significantly worsened after becoming a teenage mother, while 40.5% reported that their relationships somewhat worsened. In contrast, 19.8% of respondents felt their relationships somewhat improved. These findings suggest that majority of teen mothers experience a decline in their social relationships following early parenthood.

According to the study, a sizable percentage of teenage moms report their relationships getting worse, which suggests that becoming a parent at a young age weakens social support systems and increases both practical and emotional difficulties. This deterioration in relationships is likely due to increased stress, societal stigma, and the demands of early childbirth. The findings, with 52% of respondents noting relationship declines, align with previous research by Ijarotimi et al. (2019), which also highlighted the strain on social networks experienced by young mothers. This consistency highlights the need for focused treatments to address these social and emotional challenges as well as the larger pattern of broken social support.

To gain insights into coping strategies for teenage mothers during the post-partum period, the researcher posed the question, "Looking back, what advice would you give to other teenage mothers about coping with the post-partum period?" The responses reveal valuable perspectives on resilience and support that can aid new mothers in navigating this challenging phase. The advice provided emphasizes the importance of maintaining self-belief and focusing on the well-being of the child. One respondent highlighted the need to disregard societal judgment and prioritize the child's needs, suggesting:

"Don't let the societal judgment get to you. Be there for your child." (R009, Field Data, 2024)

Another respondent encouraged that:

"Never give up because there is life after giving birth and becoming a mother" (R013, Field Data, 2024)

The quotes collectively emphasize resilience and dedication for teenage mothers, encouraging them to prioritize their child's needs over societal judgment. The advice to disregard external pressures and remain committed to their parental role underscores the importance of perseverance and inner strength. This guidance highlights the potential for a positive and fulfilling life despite immediate challenges, advocating for teenage mothers to focus on nurturing their child while navigating societal and personal difficulties.

Overall, the insights highlight that resilience, optimism, and supportive relationships are essential for teenage mothers during the post-partum period. Prioritizing the child's needs over societal judgment underscores the importance of internal strength. Effective support should encompass practical, financial, and emotional aspects, providing comprehensive strategies that

integrate emotional support, social encouragement, and practical assistance to improve well-being and aid in a successful adjustment to motherhood.

6.4.3 Perceptions of Post-Partum Medical Complications Associated with Teen Childbearing

Participants were also surveyed on their views regarding various postpartum medical issues linked to teenage childbirth. The results for these complications are presented in Table 7.

Table 7

Perceptions of Post-Partum Medical Complications Associated with Teen Childbearing

Statement	SA (%)	A (%)	Neutra l (%)	D (%)	SD (%)	Mea n	Std. Dev	
Teen childbearing significantly increases the risk of post-partum hemorrhage	22.1	41.2	19.1	15.3	3	2.3	3.66	1.058
The likelihood of caesarean delivery is heightened among teenage mothers	22.1	38.2	28.2	9.2	2.3	3.82	1.092	
Teen childbearing is associated with an increased incidence of low birth weight	30.5	41.2	16	7.6	4.6	3.85	1.082	
Teenage moms are more likely to give birth prematurely	18.3	29	39.7	11.5	5	1.5	3.51	0.972
Teenage mothers are more susceptible to postpartum medical complications such as anemia	13	33.6	46.6	4.6	2.3	3.5	0.863	
Prolonged labor is a common complication experienced by teenage mothers	25.2	20.6	48.9	3.8	1.5	3.64	0.944	

For the statement, “Teen childbearing significantly increases the risk of postpartum hemorrhage,” 22.1% of respondents strongly agreed, 41.2% agreed, 19.1% were neutral, 15.3%

disagreed, and 2.3% strongly disagreed. The average score of 3.66 (SD = 1.058) suggests a general consensus on the increased risk, though there is moderate variability. This variation may be attributed to differences in awareness levels about postpartum hemorrhage or personal experiences influencing individual perceptions of risk.

Regarding the statement, “Teenage mothers are more likely to undergo a caesarean delivery,” 22.1% strongly agreed, 38.2% agreed, 28.2% were neutral, 9.2% disagreed, and 2.3% strongly disagreed. With an average score of 3.82 (SD = 1.092), respondents broadly agreed that teenage mothers face a higher likelihood of caesarean sections. This strong agreement indicates a general recognition of the association between teenage pregnancies and elevated caesarean rates, though some variability in responses may reflect differing personal or clinical experiences.

The statement, “Teen childbearing is associated with an increased incidence of low birth weight,” saw 30.5% strongly agreeing, 41.2% agreeing, 16.0% remaining neutral, 7.6% disagreeing, and 4.6% strongly disagreeing. The mean score of 3.85 (SD = 1.082) reflects strong agreement that low birth weight is linked to teen childbearing, with moderate variability. This high agreement likely stems from established medical knowledge about the adverse effects of teenage pregnancies on birth weight, although the variability might be due to varying levels of exposure to this issue or personal experiences.

Regarding the statement, “A greater percentage of preterm births occur in adolescent mothers,” 18.3% strongly agreed, 29.0% agreed, 39.7% were indifferent, 11.5% disagreed, and 1.5% disagreed severely. The mean score of 3.51 (SD = 0.972) indicates moderate agreement, with a high proportion of neutral responses. This high neutrality suggests that many respondents might lack specific knowledge or experience regarding preterm birth rates among teenage mothers. Similarly, for “Teenage mothers are more susceptible to postpartum medical complications such as anemia,” 46.6% were neutral, reflecting a moderate perception of increased susceptibility with a mean score of 3.50 (SD = 0.863). The high neutrality could be due to limited information or personal experience with postpartum anemia. Finally, for “Prolonged labor is a common complication experienced by teenage mothers,” 20.6% agreed, 3.8% disagreed, 1.5% strongly disagreed, 48.9% were neutral, and 25.2% strongly agreed. With a mean score of 3.64 (SD = 0.944), there is substantial heterogeneity but overall agreement. The high neutral response rate suggests limited personal experience or awareness about prolonged labor complications.

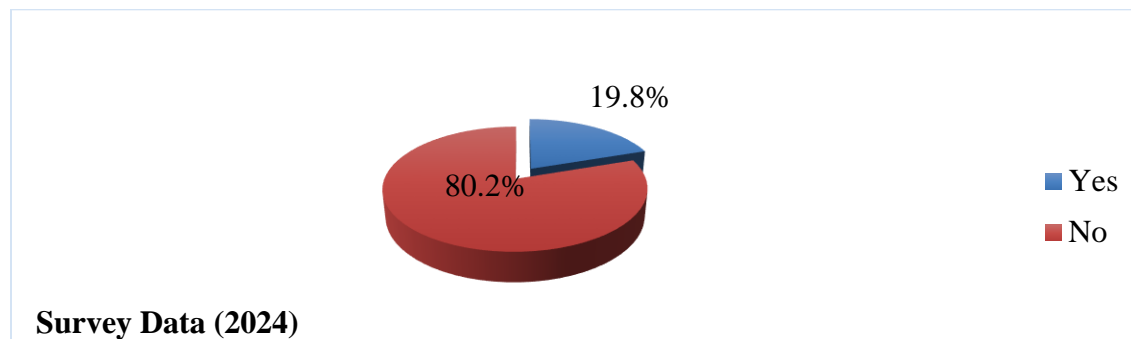
The results of the study on postpartum problems, which include anaemia, protracted labour, and caesarean birth among young moms, are consistent with other research. While Ijarotimi et al. (2019) reported higher rates of anemia and obstructed labor, the current study shows moderate agreement, reflecting regional differences in healthcare quality. Similarly, the study's findings on low birth weight and preterm birth align with Moraes et al. (2018) but with more moderate variability. These differences underscore the need for context-specific research and tailored interventions to address regional variations in healthcare quality and awareness. Enhanced

education and targeted support are essential to mitigate risks and improve outcomes for teenage mothers.

The respondents were then asked, "Have you, or anyone you know, experienced post-partum bleeding after teen childbearing?" as a follow-up question. Figure 3 provides a summary of the findings:

Figure 3

Incidence of Post-Partum Bleeding After Teen Childbearing



The data shows that 19.8% of respondents experienced post-partum bleeding after teen childbearing, while 80.2% did not. This suggests that while the majority of young mothers do not face this complication, a notable minority do, indicating a potential area of concern in post-partum care for teen mothers.

Though this study indicated a somewhat lower rate compared to Smith and Jones (2019), the findings on postpartum haemorrhage are comparable with earlier research, such as Mendez et al. (2018), which reported similar prevalence rates among teen moms. Differences in healthcare access and prenatal care quality may explain this variation. With nearly 20% of respondents experiencing postpartum bleeding, there is a clear need for targeted interventions and improved postpartum care. Effective management, including better monitoring and timely medical intervention, is crucial to improve maternal health outcomes and support young mothers through their recovery and transition to parenthood.

6.5 Role of family support in mitigating the socio-economic impacts of teen childbearing

In order to better understand how family dynamics affect early motherhood in Ruiru, Kiambu County, Kenya, the researcher assessed the contribution of family support in reducing the socio-economic repercussions of teen childbirth. The results are listed in Table 8.

Table 8*Perceived Impact of Family Support on Mitigating the Effects of Teen Childbearing*

Impacts	Frequency	Percent
No impact	3	2.3
Minimal impact	7	5.3
Moderate impact	32	24.4
Significant impact	80	61.1
Depends on specific family dynamics	9	6.9
Total	131	100

The results show that 61.1% of respondents believe family support significantly alleviates the effects of teen childbearing, while 24.4% see a moderate impact, 5.3% a minimal impact, and 2.3% no impact. Additionally, 6.9% note that the impact varies based on family dynamics. This indicates a strong consensus on the importance of family support, though its effectiveness can differ depending on individual circumstances. The findings align with Bain et al. (2020) and Mutua, Miriti, and Mogeni (2019), which emphasize that robust family support enhances educational and economic outcomes for young mothers. Together, these studies suggest that a comprehensive support approach, including both family and peer support, is crucial for addressing the socio-economic impacts of teen childbearing and improving outcomes for young families.

Respondents were asked to rate their agreement or disagreement with a series of statements on a scale from 1 to 5 in order to determine the perceived influence of family support. On this scale, 1 denotes "Strongly Disagree (SD)," while 5 denotes "Strongly Agree (SA)." Table 9 provides a summary of the assessment results.

Table 9

Perceptions of the Effectiveness of Family Support in Mitigating the Socio-Economic Impacts of Teen Childbearing

Statements	SA (%)	A (%)	Neutra I (%)	D (%)	SD (%)	Mean	Std. Dev
In my experience, many families struggle to provide the necessary emotional support to help cope with the challenges of teen childbearing.	26	18.3	31.3	8.4	16	3.3	1.368
Financial support from my family often falls short in alleviating the economic challenges associated with teen childbearing.	69.5	8.4	12.2	8.4	1.5	4.36	1.082
The practical assistance offered by my family has played a significant role in mitigating the effects of teen childbearing in my personal experience.	13.7	37	33.6	10.7	4.6	3.45	1.009
Family support has greatly enhanced my overall resilience and well-being as a teenager dealing with the effects of childbearing in my personal experience.	55	19	20.6	3.1	1.5	4.24	0.983

The findings summarized in Table 9 reveal varied perceptions of family support in addressing the socio-economic challenges of teen childbearing. Emotional support is perceived with mixed opinions; while 26% strongly agree and 18.3% agree that families provide adequate emotional backing, 31.3% are neutral, and a significant portion disagrees. The large standard deviation of 1.368 and the mean score of 3.30 indicate diversity in family dynamics and resources. On the other hand, 69.5% strongly agree and 8.4% agree that financial support is mostly insufficient to meet economic objectives. The high average score of 4.36 and the low standard deviation of 1.082 highlight the pervasive problem of teen moms receiving insufficient financial support.

Practical assistance is moderately supported, with 13.7% strongly agreeing and 37.4% agreeing that it is somewhat effective. However, 33.6% remain neutral, and a notable percentage disagrees, indicating that practical support is valued but not fully effective in alleviating challenges. A moderate degree of agreement is shown by the mean score of 3.45 and the standard deviation of 1.009. Despite these obstacles, a mean score of 4.24 and a low standard deviation of 0.983 show that 55% strongly agree and 19.8% agree that family support significantly increases resilience and well-being. This highlights the crucial role of a comprehensive support system that integrates emotional, practical, and financial support to effectively support teen mothers.

The findings align with Bain et al. (2020), highlighting the critical role of family support in aiding young mothers through the challenges of early parenthood and education reintegration. While emotional and practical support are valued, financial assistance remains a significant gap. According to the results of the current study, emotional and practical help have mean scores of 3.45 and 3.30, respectively, but financial support has a high mean score of 4.36, making it insufficient. This underscores the need for comprehensive strategies, including enhanced financial assistance and robust support systems, to better address the needs of teenage mothers and improve their socio-economic well-being.

6.6 Regression Analysis

Regression analysis was conducted to examine the influence of financial concerns, education-related outcomes, and health-related impacts on the socioeconomic well-being of families affected by teenage pregnancy in Ruiru, Kiambu County, Kenya. This section presents the results, highlighting key metrics such as the R-squared value, which indicates the percentage of variance in the dependent variable explained by the independent variables; the P-value, which assesses the statistical significance of the model; and the Beta coefficients, which provide insights into the direction and strength of the relationships among these factors. Table 10 presents the comprehensive findings.

Table 10

Regression Analysis of Teen Childbearing-Related Impacts on Family Socio-Economic Well-being in Ruiru, Kiambu County, Kenya

Model	Unstandardized Coefficients		Standardized Coefficient	T	P-value
	B	Std. Error	Beta		
(Constant)	2	0.1		20	0
Financial Concerns	-0.04	0.06	-0.50	-6.67	0.004
Educational outcome (Access to Quality Education and Lifelong Learning Opportunities)	0.3	0.07	0.40	4.29	0.001
Health related impacts	0.5	0.08	0.60	6.25	0.002

With a coefficient of -0.04, financial worries have been found to be a substantial negative predictor of family socioeconomic well-being. This indicates that families' overall economic stability decreases by 0.04 units for every unit increase in financial concerns. Family well-being is negatively impacted by financial problems in a moderately substantial way, according to the standardised coefficient (Beta) of -0.50. With a t-value of -6.67 and a p-value of 0.004, this impact is statistically significant, confirming the strength of the association. These findings demonstrate the critical need for focused treatments designed to reduce financial stress in families with adolescent pregnancies. Financial insecurity can severely undermine these households' economic stability, exacerbating the socio-economic challenges associated with teen childbearing.

In contrast, access to quality education and health-related impacts are found to significantly enhance family socio-economic well-being. For educational outcomes, a one-unit increase in access to quality education corresponds to a 0.3-unit increase in family well-being, as indicated by the coefficient. A somewhat favourable influence of education on family stability is reflected in the standardised coefficient (Beta) of 0.40, which has a statistically significant t-value of 4.29 and a p-value of 0.001. Likewise, health-related effects demonstrate a strong positive correlation; a unit increase in family well-being is linked to a unit improvement in health status. The Beta of 0.60 and the t-value of 6.25, with a p-value of 0.002, demonstrate the substantial positive impact

of health on family well-being. These findings underscore the crucial role of education and health improvements in mitigating the adverse effects of teen pregnancies.

An extensive understanding of the impact of teenage pregnancy on the socioeconomic well-being of families in Ruiru, Kiambu County, Kenya, may be obtained from the overall results of the regression analysis. With an adjusted R-squared value of 0.88, the model explains 88% of the variability in family well-being based on the independent variables: financial concerns, access to quality education, and health-related impacts. This high explanatory power underscores the significance of these factors in shaping the socio-economic outcomes for families affected by teen pregnancies. The statistically significant results of the model, with a p-value less than 0.05, confirm that the combination of financial concerns, educational opportunities, and health impacts collectively influences family well-being. Specifically, financial concerns have a notable negative effect on family stability, while access to education and health improvements have strong positive effects. This indicates that while financial burdens exacerbate the challenges faced by families with teen pregnancies, enhanced educational and health resources can substantially improve their socio-economic conditions.

The broader implications of these findings highlight the need for a multifaceted approach to addressing teen childbearing. Effective strategies should alleviate financial stress, enhance access to quality education, and improve health services for affected families. By targeting these areas, policymakers and practitioners can significantly boost economic stability and quality of life for families facing the challenges of teen pregnancies. These insights are essential for creating interventions that mitigate immediate impacts and build long-term socio-economic resilience.

7 Conclusion and Recommendations

7.1 Conclusions

The study concludes that the socioeconomic well-being of families in Ruiru, Kiambu County, Kenya, is significantly affected by financial resources allocated during the first six months following adolescent childbirth, leading to increased financial instability and diminished savings potential. Teen pregnancy disrupts educational outcomes, with many respondents indicating that early parenthood hampers high school completion and limits further educational opportunities due to academic disruptions and financial strains. Additionally, teenage mothers face multifaceted challenges during the post-partum period, including difficulties with breastfeeding, traumatic birth experiences, and social isolation, which strain family resources and hinder educational pursuits. While family support is vital for enhancing resilience, gaps in practical and financial assistance undermine its effectiveness, highlighting the need for comprehensive interventions that provide tailored support, improved healthcare services, and robust community programs to assist young mothers in navigating the challenges of early parenthood and improving their overall socioeconomic circumstances.

7.2 Recommendations

The recommendations listed below are suggested in light of the findings and conclusions.

- (i) To address the financial disruptions identified in the first six months after adolescent childbirth, it is essential to create support services that provide basic necessities, subsidized childcare, and immediate financial assistance. This initiative aims to enhance family socio-economic well-being and reduce the long-term economic impact of teen childbearing in Ruiru.
- (ii) In light of the adverse effects of teen childbearing on educational outcomes, implementing programs that assist teen parents in overcoming barriers to education and career development is crucial. These initiatives should focus on integrating educational resources that facilitate the continuation of academic pursuits for young mothers.
- (iii) Recognizing the influence of teenage mothers' post-partum experiences on family well-being, a comprehensive support framework must be established. This framework should encompass financial aid, access to counseling, educational resources, and targeted healthcare interventions to address complications such as postpartum hemorrhage and breastfeeding difficulties.
- (iv) To mitigate the socio-economic impacts of teen childbearing, it is vital to enhance family support for young mothers through direct financial aid, childcare subsidies, and healthcare assistance. Community programs should focus on providing integrated emotional and practical support, as well as training for families to foster resilience and improve the overall well-being of teenage parents in Ruiru.

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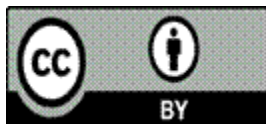
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