DOI: https://doi.org/10.67203/gjhrr.2021.a1mn6y6n

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PERCEIVED CAUSES AND HEALTH IMPLICATIONS OF UNINTENDED PREGNANCY AMONG SECONDARY SCHOOL STUDENTS IN ILORIN SOUTH LOCAL GOVERNMENT AREA, KWARA STATE

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Abstract
Unintended pregnancy is associated with increased risk for the mother and child, especially when the mother is under-aged. This study examined the perceived causes and health implications of unintended pregnancy among secondary school students in Ilorin South Local Government Area, Kwara State. The study investigated mass media and the influence of peer groups as perceived causes of unintended pregnancy as well depression and reproductive health problems as perceived health implications of unintended pregnancy among secondary school students. A descriptive research design of survey type was employed for the study. Population for the study comprised all-female secondary school students in Ilorin south local government area put at 7,378 students. A multistage sampling technique of purposive, simple random and proportionate sampling techniques was used to select 150 female respondents across selected secondary schools. A researcher structured questionnaire validated by three experts in the Department of Health Promotion and Environmental Health Education and tested for reliability was used for data collection. Frequency count and percentages were used to analyze demographic information while Chi-square was used to analyze hypotheses set at 0.05 alpha level. The findings from the study revealed that: mass media and influence of peers were perceived as causes of unintended pregnancy among secondary school students of Ilorin South Local Government, Kwara State with calc. x^2 value of 128.40 > table value of 16.92 and calc. x^2 value of 43.07 > table value of 16.92 respectively at the df 9 and 0.05 alpha level; depression and reproductive health problems were perceived as health implications of unintended pregnancy among secondary school students in Ilorin South Local Government Area, Kwara State with calc. x^2 value of 121.412 > table value of 16.92 and calc.x^2 value of 100.95 > table value of 16.92 respectively at df 9 and at 0.05 alpha level. Based on the findings of the study, it was concluded that mass media and the influence of peer groups were perceived as causes of unintended pregnancy while depression and reproductive health problems were perceived as health implications of unintended pregnancy among secondary school students. It was thus recommended among others that appropriate subjects about sexuality should be aired on the broadcast systems as well as enlightenment programs be organized to educate adolescents on health risks associated with unintended pregnancy among secondary school students.

Keywords: unintended pregnancy, health implications, depression, mass media

Introduction

Unintended pregnancy is associated with increased risk for the mother and child, especially when the mother is under-aged. Unintended pregnancy occurs when a child is not desired that is, unwanted or when the pregnancy is mistimed. When this happens to a girl within the ages 13-19years, it is termed teenage pregnancy. Teenage pregnancy usually refers to women who have not reached legal adulthood

to become pregnant. Alabi and Oni (2017) posited that teenage pregnancy is a serious cankerworm that has eaten deep into the fabric of our societies in this contemporary period.

Pregnancy at whatever stage in life can be a life-changing experience that cuts across boundaries, race, educational attainment and socioeconomic status (Krost, Henshaw & Carlin, 2010). It is expected to occur by default after marriage. According to Alabi and Oni (2017), the act of pregnancy in the African context is the responsibility of grown-up young adults, who are prepared physically, emotionally, economically as well as physiologically. However, pregnancies now occur in children especially those in their teens. Nyakubega (2009) explained that this is a result of a lack of knowledge or ignorance about sexual behaviour. When a girl that should be in school becomes pregnant, her entire life could be completely altered as her life dreams and aspirations could be shattered. Teenage pregnancy is a social as well as an economic issue as it portends low education and employment, a high rate of poverty and the psycho-social stigma it carries more so when it is out of wedlock. The correlation between earlier childbearing and failure to complete high elementary school reduces career opportunities for many young mothers (Adeyanju & Afolayan, 2012).

According to the World Health Organization (WHO) (2017), approximately 12 million girls aged 15-19 years and 770,000 girls under 15 years give birth each year in developing regions. At least 10 million pregnancies out of these reported births among adolescents are unintended. Several factors contribute to unintended pregnancies among teenagers. Count (2010) opined that adolescence marks the onset of sexual maturity, hence it is a period for adolescents to show interest in the opposite sex and curiosity about topics of sex. This brings to light that pregnancy that happens at this stage is due to lack of sex education, increased sexuality and careless approach of mass media among others. Carrera (2012) also posited that unrestricted interaction with the opposite sex ignites sparks of lust in teenagers especially when alcohol and drugs are involved, not excluding this age of unrestricted access to social media.

Mohasse (2012) opined that teenage pregnancy could lead to incomplete education, unemployment and other numerous emotional traumas. Early motherhood has been found to affect the psychological development of the child adversely. Aside from psychological risks and effects of teenage pregnancy, physiological and physical risks are also present. A teenage girl's body is not as developed as that of an adult woman, thus certain complications are faced by pregnant teenagers. The WHO (2017) reported that complications during pregnancy and childbirth are the leading causes of death among 15-19 years olds globally. These deaths result from complications such as unsafe abortions, eclampsia, systemic infections, preterm delivery and severe neonatal conditions among others (WHO, 2020). The worldwide incidence of premature birth and low birth weight is higher among adolescent mothers.

Unintended pregnancies among teenagers also impact the rural economy due to the loss of productive man-hours especially when teenage mothers are having complications attributed to the immature nature of reproductive organs. As opined by Adeyanju and Afolayan (2012), teenage pregnancy is a single factor adversely affecting female education in Nigeria. The reason for this is that most teenage mothers often drop out of school thereby limiting their access to post-secondary education consequently limiting their chances of getting better-paid jobs. Teenage pregnancy has therefore become a social menace that prevents many Nigerian youths from reaching their goals in life (Alabi & Oni, 2017).

Unintended pregnancy matters among secondary school girls are arguably still very sensitive in Africa, particularly Nigeria, the most populous black nation in the world. It is a major medical and socio-economic burden and is becoming prevalent in recent times (Briggs, 2001). The increasing trend of unintended pregnancy among secondary school students is attributed to social permissiveness favouring early exposure to casual sexual activity, unmet needs for contraceptives, maternal depression and pre-existing psychological problems in the family. Teenage pregnancy is a social as well as an economic

issue as it portends low education and employment, a high rate of poverty and the psycho-social stigma it carries more so when it is out of wedlock. The correlation between earlier childbearing and failure to complete high elementary school reduces career opportunities for many young mothers.

Since unintended pregnancies among teenage girls are becoming alarming and found to have a negative and social long-lasting effect, it thus becomes imperative to examine the perceived causes and health implications of unintended pregnancies among secondary school students in Ilorin South Local Government Area in Kwara State.

Research Hypotheses

1. Mass media will not significantly be perceived as a cause of unintended pregnancy among secondary school students in Ilorin South L.G.A, Kwara State.
2. The influence of peer groups will not significantly be perceived as a cause of unintended pregnancy among secondary school students in Ilorin South L.G.A, Kwara State.
3. Depression will not significantly be perceived as a health implication of unintended pregnancy among secondary school students in Ilorin South L.G.A, Kwara State.
4. Increased risk of maternal death will not significantly be perceived as a health implication of unintended pregnancy among secondary school students in Ilorin South L.G.A, Kwara State.

Material and Methods

The research design used was the descriptive research of survey type. The population comprised all secondary school students in Ilorin South Local Government Area of Kwara State totalling fourteen thousand and ninety-eight students (14,098). The total number of female students at the time of the study was seven thousand, three hundred and seventy-eight (7,378).

A multistage sampling procedure consisting of purposive, simple random and proportionate sampling techniques was employed to select 150 female students. The purposive sampling technique was used in selecting all-female secondary school students for this study. A simple random sampling of balloting with replacement was adopted in selecting nine (9) secondary schools in Ilorin South Local Government. The proportionate sampling technique was used to select respondents from each of the selected secondary schools to give every sample equal opportunity of being selected for the study. The instrument used for data collection was a researcher designed questionnaire which was validated by three experts and subjected to a reliability test of the split-half method which yielded a co-efficient of 0.76r. Data collected were analyzed using frequency count and percentages for the demographic information while Chi-square was used to analyze the hypotheses set at 0.05 alpha level.

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Results and Discussion

Hypothesis 1: Mass media will not significantly be perceived as a cause of unintended pregnancy among secondary school students in Ilorin South Local Government Area, Kwara State

Table 1: **Chi-square analysis on mass media as a perceived cause of unintended pregnancy**

S/N	ITEMS	SA (%)	A (%)	D (%)	SD (%)	df	Cal. χ^2 Val.	Tab. χ^2Val.	Decision
1.	Internet access exposes teenagers to pornographic contents	78 (52.0%)	58 (37.7%)	12 (8.0%)	2 (1.3%)				
2.	Newspapers and magazines contain illicit sexual content	66 (44.0%)	70 (46.7%)	12 (8.0%)	2 (1.3%)	9	128.04	16.92	H_0 rejected
3.	Home Videos and television programmes can potray negative sexual content	33 (22.0%)	60 (40.0%)	51 (34.0%)	6 (4.0%)				
4.	Misuse of mass media and internet by teenagers can develop into sexual urge	26 (17.3%)	57 (38.0%)	48 (32.0%)	19 (12.7%)				
	TOTAL	**203 (33.8%)**	**245 (40.8%)**	**123 (20.5%)**	**29 (4.8%)**				

As revealed by Table 1, the calculated chi-square (x^2) value (128.04) is greater than the critical value (16.92) thus the null hypothesis was therefore rejected. This means that mass media will be a perceived cause of unintended pregnancy among secondary school students in Ilorin South Local Government, Kwara State.

Hypothesis 2: Influence of peer groups will not significantly be perceived as a cause of unintended pregnancy among secondary schools in Ilorin South Local Government Area, Kwara State

Table 2: Chi-square analysis on Influence of Peer group as a Perceived Cause of Unintended Pregnancy.

S/N	ITEMS	SA (%)	A (%)	D (%)	SD (%)	df	Cal. χ^2 Val.	Tab. χ^2Val.	Decision
5.	Having friends with poor parenting can influence one to engage in acts which can lead to unintended pregnancy	25 (16.7%)	42 (28.0%)	58 (38.7%)	25 (16.7%)				
6.	Friends who regularly talk about sex and sexuality issues encourage one to engage in the act	23 (15.3%)	75 (50.0%)	37 (24.7%)	15 (10.0%)	9	43.07	16.92	H_0 rejected
7.	Friends who watch pornographic contents encourage one to do so which can lead to premarital sex	43 (28.7%)	51 (34.0%)	41 (27.3%)	15 (10.0%)				
8.	Friends who engage freely in unsafe sex encourage one to do same which leads to unintended pregnancy	39 (26.0%)	63 (42.0%)	27 (18.0%)	21 (14.0%)				
	TOTAL	**130 (22.7%)**	**231 (38.5%)**	**163 (27.2%)**	**76 (12.7%)**				

Table 2 shows a calculated chi-square (x^2) value of 43.07 and a critical value of 16.92 with the degree of freedom of 9 at a 0.05 level of significance. Since the chi-square (x^2) value (43.07) is greater than the critical value (16.92), the null hypothesis was rejected. Therefore, the influence of peer groups will be perceived as a cause of unintended pregnancy among secondary school students in Ilorin South Local Government, Kwara state.

Hypothesis 3: Depression will not be perceived as a health implication of unintended pregnancy among secondary school students in Ilorin South Local Government Area, Kwara State

Table 3: Chi-square Analysis on depression as a Perceived Health Implication of Unintended Pregnancy.

S/N	ITEMS	SA (%)	A (%)	D (%)	SD (%)	df	Cal. χ^2 Val.	Tab. χ^2Val.	Decision
9.	A teenager with an unintended pregnancy can become depressed	47 (31.3%)	70 (46.7%)	19 (12.7%)	14 (9.3%)				
10.	Teenage pregnancy predisposes the victim to prolonged delivery which can lead to psychological trauma	21 (14.0%)	54 (36.0%)	51 (34.0%)	24 (16.0%)	9	90.24	16.92	H_0 rejected
11.	Unintended teenage pregnancy can result in the inability to concentrate on daily activities which can affect meeting up with daily life demands	37 (24.7%)	54 (36.0%)	39 26.0%)	20 (13.3%)				
12.	Unintended teenage pregnancy can result in rejection by family and friends which can lead to loneliness and insecurity	38 (25.3%)	47 (31.3%)	47 (31.3%)	18 (12.0%)				
	TOTAL	**143 (23.8%)**	**225 (37.5%)**	**156 (26.0%)**	**76 (12.7%)**				

Table 3 shows the Chi-square Analysis on Depression as a Health Implication of Unintended Pregnancy and it shows that the calculated chi-square (x^2) is 90.24 and the critical value is 16.92 with the degree of freedom of 9 at a 0.05 level of significance. Since the chi-square (x^2) value (90.24) is greater than the critical value (16.92), the null hypothesis was rejected. This implies that depression will significantly be perceived as a health implication of unintended pregnancy among secondary school students in Ilorin South Local Government, Kwara State.

Hypothesis 4: Reproductive Health Problems will not significantly be perceived as a health implication of unintended pregnancy among secondary school students in Ilorin South Local Government Area, Kwara State

Table 4: Chi-square analysis on Reproductive Health Problem as a Perceived Health Implication of unintended pregnancy among secondary school students in Ilorin South Local Government Area, Kwara State.

S/N	ITEMS	SA (%)	A (%)	D (%)	SD (%)	df	Cal. χ^2 Val.	Tab. χ^2Val.	Decision
13.	Teenage Pregnancy exposes the victim to premature delivery as a result of under-developed body system	75 (50.0%)	58 (38.7%)	13 (8.7%)	4 (2.7%)				
14.	Teenage pregnancy can lead to prolonged labour due to underdeveloped pelvis	74 (49.3%)	65 (43.3%)	4 (2.7%)	7 (4.7%)	9	100.95	16.92	H_0 rejected
15.	Teenage pregnancy can result in Vesico-Vagina Fistula (VVF)	61 (40.7%)	58 (38.7%)	21 (14.0%)	10 (6.7%)				
16.	Teenage pregnancy can result in severe neonatal conditions such as low birth weight babies	92 (61.3%)	47 (31.3%)	4 (2.7%)	7 (4.7%)				
	TOTAL	**302 (50.3%)**	**228 (38.0%)**	**42 (7.0%)**	**38 (6.3%)**				

Table 4 shows that the calculated chi-square (x^2) value is 100.95 and the critical value is 16.92 with the degree of freedom of 9 at a 0.05 level of significance. Since the chi-square (x^2) value (100.95) is greater than the critical value (16.92), the null hypothesis was rejected. Therefore, reproductive health problems will significantly be perceived as a health implication of unintended pregnancy among secondary school students of Ilorin South Local Government Area, Ilorin, Kwara State.

Discussion of findings

Hypothesis 1 stated that mass media will not significantly be perceived as a cause of unintended pregnancy among secondary school students in Ilorin South Local Government Area, Kwara State. The calculated (X^2) value is 128.04 and the critical value is 16.92 with a degree of freedom of 9. This shows that the calculated (X^2) value is greater than the critical value thereby rejecting the null hypothesis. Therefore, mass media will be a perceived cause of unintended pregnancy among secondary school students in Ilorin South Local Government

Area, Kwara State. The finding of this study agrees with Hust, Brown & L'Engle (2008), who stated that popular media glorifies teen sex and makes it seem like the norm, and it lacks any information about safe sex practice. Television shows also featuring pregnant teenagers are also becoming popular, and seem to promote this. The media is portraying sex in a degrading manner and the media makes it appear as if this is something that everyone does.

Hypothesis 2 stated that the influence of peer groups will not significantly be perceived as a cause of unintended pregnancy among secondary school students in Ilorin South Local Government, Kwara state. Chi-square was used to test the hypothesis at a 0.05 level of significance. From table 8, it is indicated that the calculated X^2 value is 43.07 and the critical value is 16.92 with a degree of freedom of 9. This shows that the calculated X^2 value is greater than the critical value thereby rejecting the null hypothesis. Therefore, the influence of peer groups will be a perceived cause of unintended pregnancy among secondary school students in Ilorin South Local Government, Kwara State. The finding of this study is in agreement with Bragg (2006), young adolescents are curious, wants to experience things, and will also engage in sexual activity if they hear that their peers are as well. According to L'Engle & Jackson (2008), peers may play an especially important role in sexual socialization- the process through which adolescents adopt attitudes and norms regarding sexual behaviours and relationships. The importance of peer influence for adolescents' sexual behaviours is not surprising, given the key characteristics of this developmental period. Although peers (and perhaps especially popular peers) have been shown generally to exert strong influences on adolescents' behaviours, individual adolescents vary in the degree to which they acquiesce to conformity pressures.

Hypothesis 3 stated that depression will not significantly be perceived as a health implication of unintended pregnancy among secondary school students in Ilorin South Local Government Area, Kwara State. Chi-square was used to test the hypothesis at a 0.05 level of significance. From table 9, it is indicated that the calculated X^2 value is 90.24 and the critical value is 16.92 with a degree of freedom of 9. This shows that the calculated X^2 value is greater than the critical value thereby rejecting the null hypothesis. Therefore, mental health problems will be a perceived health implication of unintended pregnancy among secondary school students in Ilorin South Local Government, Kwara State. The finding of this study agrees with the study of Hodgkinson (2010) which noted that few studies examine depression among pregnant teenagers, even though reports are suggesting that pregnant teenagers are at a higher risk of depression than pregnant adults. Hodgkinson (2010) agrees with the risk factors for depression such as family history, childhood adversity, social isolation, and exposure to stressful life experiences. One of the main concerns associated with pregnant teenagers having depression is that this mental illness may go untreated. If depression remains untreated it may lead to suicidal ideation and attempts. The relationship between maternal depression and birth outcomes remains poorly understood, especially among pregnant teenagers.

Hypothesis 4 stated that reproductive health problems will not significantly be perceived as a health implication of unintended pregnancy among secondary school students of Ilorin South Local Government, Kwara state. Chi-square was used to test the hypothesis at a 0.05 level of significance. From table 4, the calculated X^2 value is 100.95 and the critical value is 16.92 with a degree of freedom of 9. This shows that the calculated X^2 value is greater than the critical

value thereby rejecting the null hypothesis. Therefore, physical health problems will be a perceived health implication of unintended pregnancy among secondary school students of Ilorin South Local Government, Kwara State. The finding of this study agrees with World Health Organization/GuttmacherInstitiute report (2007), which shows that nearly half (48%) of all unintended pregnancy results in complications which increase maternal morbidity and 0maternal death, nearly all of which occur in low-income countries and mostly among teenagers. Also, WHO (2005) reported that an average of 529, 000 women die due to pregnancy and child birth-related complications yearly. Nowadays, teenage pregnancy has become a growing concern and therefore various causes of teenage pregnancy have become crucial.

Conclusion

Based on the research conducted, the following conclusions were deduced:

1. Mass media use significantly leads to unintended pregnancy among secondary school students in Ilorin South Local Government, Kwara state.
2. The influence of peer groups significantly leads to unintended pregnancy among secondary school students in Ilorin South Local Government, Kwara state.
3. Unintended pregnancy significantly leads to depression among secondary school students in Ilorin South Local Government, Kwara State.
4. Unintended pregnancy significantly leads to reproductive health problems among secondary school students of Ilorin South Local Government, Kwara State.

Recommendations

The following are the recommendations for this research;

1. Since the usage of mass media cannot be overemphasized as a result of its utmost importance, it is recommended that the appropriate subjects about sexuality should be aired on the broadcast systems or published in articles.
2. As a way to curb bad peer influence, it is recommended that enlightenment programs should be organized to educate adolescents on having high self-esteem. Also, organization of comprehensive education programs such as Teen outreach to help adolescents' self-esteem and to develop a sense of awareness of issues occurring in the world. There should also be an increment in parental guidance to checkmate adolescents' activities.
3. The researcher strongly recommends that enlightenment programs should be organized to educate students on the mental health risk of having an unintended pregnancy. This will go a long way in educating not only students but the larger populace. Mental health specialists and other related professionals should also develop an action plans that can limit the mental health effects of unintended pregnancy through behavioural modifications strategies and others.
4. The need to use protection before sex should be stressed as this is the ultimate form of preventing unintended pregnancy, however, adolescents can also be encouraged to use and access services at Adolescent and Youth Friendly Health Centres (AYFHS) that have recently been incorporated into Primary Health care Centres (PHCs) in Nigeria

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