St. Paul's University Repository

EFFECTS OF TEEN CHILDBEARING ON THE FAMILY SOCIO-ECONOMIC WELLBEING IN RUIRU, KIAMBU COUNTY, KENYA

ROSE NYAMBURA MAINA

ST. PAUL'S UNIVERSITY

A DISSERTATION SUBMITTED TO THE SCHOOL OF EDUCATION AND SOCIAL SCIENCES IN PARTIAL FULFILMENT OF THE REQUIREMENT FOR THE DEGREE OF MASTERS OF DEVELOPMENT STUDIES AT ST. PAUL'S UNIVERSITY, KENYA

NOVEMBER, 2024

St. Paul's University Repository

DECLARATION

This dissertation is my original work and has not been presented to any academic University Institution for an award of any Academic qualifications except where properly acknowledged through citation. The author reserves and shares this document's reproduction rights with St Paul's University.

Signature:…… Date:……

Rose Nyambura **Maina**
MDS/NRB/364220

Word Count: 29,219

We confirm that this dissertation has been submitted for examination with our approval as the University Student's Supervisors.

Signature:……. Date:……..

Dr. Petronila Otuya
First Supervisor

Signature:……..…… Date:……...

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

Dr. Antony Odek
Second Supervisor

DEDICATION

This study is dedicated to my parents, whose support and inspiration have been invaluable, and to all who have offered encouragement along the way, including my supervisors, friends, relatives, classmates, and the Almighty God, for His guidance and blessings.

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

ACKNOWLEDGEMENT

I sincerely extend my gratitude to my esteemed supervisors, Dr. Petronilla Otuya and Dr. Anthony Odek, whose exceptional mentorship, guidance, and unwavering support have been the cornerstone of this endeavor. Their expertise, dedication, and invaluable insights have not only steered me through the intricacies of the research process but have also played a pivotal role in shaping the direction and depth of this study. Their encouragement during moments of doubt and their constructive feedback throughout the project have been indispensable in refining and elevating the quality of my work. I am deeply grateful for their commitment and investment in my academic and professional growth.

To my beloved family and friends, I am deeply grateful for your continuous encouragement, understanding, and spiritual support throughout this difficult road. Your confidence in my abilities, combined with your unwavering love and support, has been an ever-present source of inspiration and motivation. Your patience, empathy, and unwavering presence have sustained me through the challenges and triumphs of this research endeavor, and for that, I am eternally grateful.

Additionally, I would like to sincerely thank St. Paul's University for offering the tools, infrastructure, and learning environment required for the successful completion of this study. The institution's commitment to developing an excellent research culture has provided me with the platform and opportunities to engage in meaningful scholarly pursuits and contribute to the advancement of knowledge in my profession. I am appreciative of the university's steadfast assistance and dedication to fostering academic endeavors.

To all who have contributed to this project in various capacities, whether through their expertise, encouragement, or practical assistance, your invaluable contributions have left an indelible mark on this research journey. The results of this study are largely the result of your combined efforts and unrelenting dedication to knowledge acquisition. I am deeply humbled and honored to have had the opportunity to collaborate with such remarkable individuals, and I offer my heartfelt gratitude for your unwavering support and dedication.

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

ABSTRACT

This study investigated the effects of teenage childbearing on family socio-economic well-being in Ruiru, Kiambu County, Kenya. It specifically evaluated the financial resources utilized within the first six months after childbirth, assessed the influence of teen childbearing on educational outcomes, examined post-partum experiences of teenage mothers, and analyzed the role of family support in mitigating these socio-economic impacts. Based on family stress theory, human capital theory, and social support theory, the research employed a descriptive survey design targeting 378 pregnant teenagers attending post-natal clinics, from which a systematic sample of 195 participants was selected using the Yamane formula. Data were collected through semi-structured questionnaires and interviews. Quantitative data was analyzed using descriptive statistics and regression analysis to examine relationships among financial resources, educational outcomes, and family support as independent variables, and family socio-economic well-being as the dependent variable. Qualitative data from interviews were thematically analyzed. Findings indicated that 61.1% of respondents reported increased financial difficulties post-childbirth, and 55% viewed early parenthood as a significant barrier to completing high school. Additionally, 80.2% noted worsened relationships with family and friends, while 61.1% recognized the crucial role of family support, although 69.5% felt financial assistance was inadequate. The study concludes that financial challenges and educational disruptions significantly affect families' socio-economic well-being, underscoring the need for targeted interventions and support systems. This study recommends the establishment of financial support systems, targeted educational programs for young mothers, enhanced postpartum support, and family education initiatives to strengthen support networks. The findings would help policymakers and stakeholders come up with practical strategies to address the challenges faced by teenage mothers and their families.

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

TABLE OF CONTENTS

DECLARATION....I
ABSTRACT....IV
TABLE OF CONTENTS....V
LIST OF TABLES....VIII
LIST OF FIGURES....X
LIST OF ABBREVIATIONS AND ACRONYMS....XI

CHAPTER ONE....1
INTRODUCTION....1
1.1 Background to the Study....1
1.2 Statement of the Problem....3
1.3 Main Objective....4
1.3.1 Specific Objectives....5
1.4 Research Questions....5
1.5 Significance of the Study....5
1.6 Scope of the Study....6
1.7 Limitations of the Study....7
1.8 Study Assumptions....8
1.9 Definitions of Key Terms....8

CHAPTER TWO....11
LITERATURE REVIEW....11
2.1 Introduction....11
2.2 Theoretical Framework....11
2.2.1 Family Stress Theory....11
2.2.2 Human Capital Theory....12
2.2.3 Social Support Theory....13
2.2.4 Relevance of the Three Theories....14
2.3 Review of Empirical Studies....15
2.3.1 Financial implications of teen childbearing on family....15
2.3.2 Teen Childbearing and Educational Outcomes within the Affected Families....17
2.3.3 Post-Partum Experiences and Socioeconomic wellbeing of their Families....19
2.3.4 Family Support and Mitigation of the Socio-Economic Impacts of Teen Childbearing 21
2.4 Research Gap....23
2.5 Conceptual Framework....24
2.6 Chapter Summary....26

CHAPTER THREE....28
METHODOLOGY....28
3.1 Introduction....28
3.2 Research Design....28

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

3.3 Study Area....29
3.4 Target population....30
3.5 Sample Size and Sampling Procedures....31
3.5.1 Sample Size....31
3.5.2 Sampling Procedures....31
3.6 Data Collection Instruments....32
3.6.1 Questionnaires....32
3.6.2 Interview Schedule....32
3.7 Research Procedures....33
3.7.1 Pilot Study....33
3.7.3 Validity of Research Instruments....35
3.6.3 Reliability of Research Instruments....36
3.8 Data Analysis and Presentation....36
3.9 Ethical Consideration....38

CHAPTER FOUR....39
DATA PRESENTATION, ANALYSIS INTERPRETATION AND DISCUSSION....39
4.1 Introduction....39
4.2 Sample Response Rate....39
4.3 Demographic Profiles of Respondents....40
4.3.1 Respondents' Age....40
4.3.2 Education Level....42
4.3.3 Household Size....44
4.4 Impacts of Financial resources utilized following teen childbirth on family socio-economic wellbeing....46
4.5 Teen childbearing and educational outcomes on family socio-economic wellbeing....50
4.5.1 Extent of Educational Disruption Caused by Teen Childbearing....50
4.5.2 Ways Through Which Teen Childbearing Affects Educational Outcomes....51
4.5.3 Perceived Impacts of Teen Childbearing on Educational Trajectories Within the Family....54
4.6 Post-partum experiences of teenage mothers and their implications on family's socio-economic wellbeing....56
4.6.1 Post-partum experiences of teen childbearing....56
4.6.2 Impact of Teen Childbearing on Relationships with Family Members and Friends....58
4.6.3 Perceptions of Post-Partum Medical Complications Associated with Teen Childbearing....60
4.7 Role of family support in mitigating the socio-economic impacts of teen childbearing...64
4.8 Regression Analysis....69

CHAPTER FIVE....73
SUMMARY OF FINDINGS, CONCLUSIONS AND RECOMMENDATIONS....73
5.1 Introduction....73
5.2 Key Findings' Summary....73

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

5.2.1 Impacts of Financial resources utilized following teen childbirth on family socio-economic wellbeing....73
5.2.2 Teen childbearing and educational outcomes on family socio-economic wellbeing....74
5.2.3 Post-partum experiences of teenage mothers and their implications on family's socio-economic wellbeing....74
5.2.4 Role of family support in mitigating the socio-economic impacts of teen childbearing in Ruiru, Kiambu County, Kenya....74
5.3 Conclusions....75
5.4 Recommendations....76
5.5 Suggested Areas for Further Research....77

REFERENCES....78
APPENDICES....84
Appendix i. Consent Form....84
Appendix ii. Questionnaire for Teenage Mothers....86
Appendix iii. Educational Officers' Interview Schedule....92
Appendix iv. Krejcie and Morgan's Formulae for Calculating Sample Size....93
Appendix v. NACOSTI Permit....94
Appendix vi. Approval Letter....97

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

LIST OF TABLES

Table 4.1 Response Rate....39
Table 4.2 Age- Brackets of Respondents....40
Table 4.3 Respondents' Education Levels....42
Table 4.4 Financial Implications of Teen Childbearing on Family Wellbeing....46
Table 4.5 Ways Through Which Teen Childbearing Influences Educational Outcomes....51
Table 4.6 Respondents' Agreement on the Impacts of Teen Childbearing on Educational Trajectories Within the Family....55
Table 4.7 Impact of Teen Childbearing on Relationships with Family Members and Friends 58
Table 4.8 Perceptions of Post-Partum Medical Complications Associated with Teen Childbearing....61
Table 4.9 Perceived Impact of Family Support on Mitigating the Effects of Teen Childbearing....64
Table 4.10 Perceptions of the Effectiveness of Family Support in Mitigating the Socio-Economic Impacts of Teen Childbearing....66
Table 4.11 Regression Analysis of Teen Childbearing-Related Impacts on Family Socio-Economic Well-being in Ruiru, Kiambu County, Kenya....69

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

LIST OF FIGURES

Figure 2.1 Conceptual Framework.....25
Figure 4.1 Household Size.....44
Figure 4.2 Extent of Educational Disruption Caused by Teen Childbearing.....50
Figure 4.3 Incidence of Post-Partum Bleeding After Teen Childbearing.....63

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

LIST OF ABBREVIATIONS AND ACRONYMS

FGDs	Focused Group Discussions
IDIs	In-Depth Interviews
NACOSTI	National Commission for Science, Technology, and Innovation
UNFPA	United Nations Fund for Population Activities
UNICEF	United Nations International Children's Emergency Fund
WHO	World Health Organization

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

CHAPTER ONE
INTRODUCTION

1.1 Background to the Study

Teenage pregnancy is a pressing global issue with significant and far-reaching consequences. The World Health Organization (WHO) reports that approximately 14% of global births involve adolescents aged 15–19 years, with higher prevalence in low- and middle-income countries (WHO, 2019). Early motherhood is linked to various socio-economic challenges, including lower educational achievements, restricted employment prospects, increased poverty risk, and compromised health outcomes for both mothers and children (Nuru, 2023). Medical complications during pregnancy and childbirth are the leading cause of death for girls aged 15 to 19 worldwide (Kiani et al., 2019). Research indicates that adolescent mothers aged 15 to 19 face higher risks of adverse obstetric outcomes, such as premature delivery and low birth weight, compared to women aged 20 to 24 (Todhunter et al., 2021).

The implications of teenage pregnancy align with several Sustainable Development Goals (SDGs), significantly impacting adolescent risks across gender-disaggregated indicators (Patel et al., 2020). This research promotes SDG 3 by exploring postpartum medical complications related to teenage childbearing. By examining the effects of teen childbearing on educational trajectories, the study intersects with SDG 4, which emphasizes inclusive and equitable quality education (United Nations, 2015). Additionally, the investigation addresses SDG 5, which aims for gender equality and empowerment, particularly concerning sexual and reproductive health (WHO, 2020). The study also resonates with SDG 10, which focuses on mitigating inequalities. This holistic approach is essential for addressing the multifaceted challenges associated with teenage pregnancy.

Despite global efforts led by organizations such as WHO, UNICEF, and UNFPA, significant inadequacies remain, particularly in developing countries where 95% of adolescent childbearing occurs (Poudel et al., 2022). There is an urgent need for evidence-based policies and strategies in adolescent reproductive health to effectively reduce adolescent pregnancy and mitigate its socio-economic impacts on families.

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

Research from developed nations consistently highlights the socio-economic consequences of teenage childbearing. For instance, a study by Hoffman and Maynard (2018) in the United States indicates that teenage motherhood often leads to reduced educational attainment and increased reliance on social welfare programs, highlighting the long-term economic disadvantages of young mothers. Emotional challenges linked to financial difficulties are also prevalent, as suggested by Kerobo (2022), indicating that socio-economic pressures can result in significant mental health issues for these young women. In the United Kingdom, Koniak,Griffin et al. (2018) demonstrate that teenage mothers face higher risks of preterm births and low birth weight, with broader implications for their families' socio-economic well-being. Similar patterns emerge across various European countries, emphasizing the need for targeted interventions to support young mothers and mitigate these adverse effects.

In Asian societies, cultural norms and traditions significantly influence attitudes toward teenage pregnancy. In countries like India, Bangladesh, and parts of Southeast Asia, early marriage and childbearing are culturally entrenched practices that perpetuate cycles of early childbearing, adversely affecting educational attainment and socio-economic opportunities for young women (Rahman & Tareque, 2020). In India, early marriage is closely tied to traditional values that limit opportunities for young women (Singh & Bhatia, 2018). In Bangladesh, these cultural practices result in high rates of adolescent childbearing, linked to various negative health outcomes, including maternal mortality (Chowdhury et al., 2021). Understanding these cultural influences is crucial for developing effective interventions to address the challenges faced by teenage mothers in these contexts.

South Asia has some of the highest global rates of adolescent pregnancy, with prevalence rates of 35%, 21%, and 21% in Bangladesh, Nepal, and India, respectively (Poudel et al., 2022). These high rates stem from a complex interplay of traditional norms endorsing early marriage and constrained autonomy for adolescent girls (Scott et al., 2021). Teenage mothers in these countries often face heightened poverty levels and reduced economic prospects, limiting their future job opportunities (Poudel et al., 2022). The financial burdens associated with raising children lead to increased reliance on social support systems, further entrenching families in poverty.

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

African countries exhibit some of the highest rates of teenage pregnancies globally, with Niger leading at 203.6 births per 100,000 teenage women (Yakubu & Salisu, 2018). Limited access to comprehensive sex education leaves adolescents uninformed about contraception, exacerbating the issue (Okigbo et al., 2016). Cultural norms, including early marriage and strict gender roles, perpetuate early childbearing and its associated challenges (Bagnol & Mariano, 2018). In East Africa, societal norms contribute to early childbearing, reflecting broader gender dynamics (Ochen et al., 2019).

In Kenya, there exists a significant research gap regarding the socio-economic implications of teen childbearing on families. Although literature addresses teenage pregnancy, specific areas such as financial implications, educational outcomes, and postpartum complications remain underrepresented. Existing studies often overlook detailed examinations of financial strains and educational disruptions (Mutea et al., 2022; Miller et al., 2021). Failure to address these socio-economic implications could worsen the plight of young mothers and their families, leading to a cycle of poverty and limited opportunities.

This study investigated the effects of teen childbearing on family socio-economic well-being in Ruiru, Kiambu County, Kenya. The findings will help identify effective strategies and interventions to support teen mothers and their families, ultimately contributing to their socio-economic stability and well-being. Comprehensive research and targeted interventions are crucial for improving the lives of teenage mothers in Kenya, addressing both the immediate challenges they face and the long-term consequences for their families.

ST. PAUL'S UNIVERSITY

1.2 Statement of the Problem

The issue of teenage pregnancy in Kenya is alarming, with the Kenya Demographic and Health Survey (2019) reporting the third-highest adolescent birth rate in the world at 82 births per 1,000 girls aged 15–19. Studies indicate that 1 in every 5 girls aged 15-19 has initiated childbearing, reflecting a complex interplay of socio-cultural, economic, and healthcare factors (Mbogo, 2021). Despite existing national policies addressing teenage pregnancy, there is a pressing need for localized understanding, particularly in the Ruiru sub-county, which faces unique challenges despite its proximity to Nairobi and rapid urbanization.

St. Paul's University Repository

Ruiru's teenage pregnancy statistics reveal significant concerns, with 378 girls aged 10-14 seeking maternal health services in 2021 (KNBS & ICF, 2022). While this figure raises questions about whether these girls were pregnant or seeking other reproductive health services, national data indicates that approximately 12% of girls aged 10-14 have begun childbearing. Among young women aged 15-19, 14% have initiated childbearing, highlighting broader challenges in accessing reproductive health services. The situation in Ruiru may surpass averages in other regions, underscoring the need for targeted support systems for young mothers and their families.

Despite efforts like sensitization workshops by the National Council for Population and Development, the impact has been minimal due to ingrained community attitudes and socio-economic disparities, which affect the efficacy of interventions (Mbongo, 2021). The limited effectiveness of these efforts raises concerns about implementation gaps, resource availability, and the need for a more nuanced approach to tackle the complexities of adolescent pregnancy in Ruiru. If left unaddressed, teenage pregnancy will exacerbate immediate health risks for young mothers and infants, perpetuate cycles of disadvantage, and strain economic and healthcare systems.

Current research lacks comprehensive insights into the specific socio-economic impacts of teenage pregnancy on family well-being in Ruiru, particularly regarding financial stability and educational outcomes. While studies by Okello et al. (2023) primarily examined the socio-economic factors contributing to teenage pregnancy, they fell short of addressing the direct consequences of early childbearing on family dynamics and well-being. Similarly, Miriti and Mutua (2019) focused on causes and suggested interventions without exploring the long-term socio-economic repercussions for affected families. This study sought to fill these gaps by investigating how teenage pregnancy influences financial stability, educational opportunities, and overall family socio-economic well-being in Ruiru, providing valuable insights for targeted interventions and policy formulation.

ST. PAUL'S UNIVERSITY

1.3 Main Objective

The primary goal of the study was to explore the effects of teenage childbearing on the socio-economic well-being of families in Ruiru, Kiambu County, Kenya.

St. Paul's University Repository

1.3.1 Specific Objectives

The study's specific objectives include 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 post-partum experiences of teenage mothers on their family socio-economic well-being 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.

1.4 Research Questions

i. What are the impacts of financial resources utilized within the first six months following teen childbirth on family socio-economic wellbeing in Ruiru, Kiambu County, Kenya?
ii. How does teen childbearing influence educational outcomes and its subsequent effects on family socio-economic wellbeing in Ruiru, Kiambu County, Kenya?
iii. How do the post-partum experiences of teenage mothers affect their family socio-economic wellbeing in Ruiru, Kiambu County, Kenya?
iv. What is the role of family support in mitigating the socio-economic impacts of teen childbearing in Ruiru, Kiambu County, Kenya

1.5 Significance of the Study

The study's findings offer significant potential for transforming support structures for teenage parents in Ruiru, Kiambu County, and beyond. These insights can play a pivotal role in influencing policy development, healthcare provision, community engagement, and academic research at national and international levels. By providing context-specific data, the study could guide legislative changes to address the unique educational, healthcare, and employment needs of teenage parents.

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

Healthcare providers can utilize these findings to design targeted services, including specialized prenatal and postnatal care, mental health support, and culturally sensitive health education. This approach can significantly improve the overall quality of care for teenage parents, ensuring they receive the support necessary for healthy motherhood. Furthermore, local businesses and community organizations can leverage these insights to develop vocational training, entrepreneurship initiatives, and employment opportunities tailored to teenage parents, fostering economic growth and reducing social stigma.

On a broader scale, the study's findings could inform government agencies and NGOs in crafting tailored policies and programs, serve as models for other regions, and contribute to global discussions on teenage parenthood. This could facilitate international collaborations and the sharing of best practices. Academically, the study enriches the literature on teenage childbearing by providing a detailed, context-specific analysis that can serve as a foundation for future research and comparative studies. Overall, these findings have the potential to drive meaningful changes across various sectors, ultimately enhancing the lives of teenage parents and their families.

1.6 Scope of the Study

This study focused on Ruiru Constituency in Kiambu County, Kenya, aiming to explore the socio-economic implications of teenage childbearing. The target population consisted of teenage mothers who frequently visited post-natal clinics at designated health centers in the area. To provide a comprehensive understanding of the challenges faced by adolescent mothers, insights were also gathered from key respondents, including community health workers, healthcare providers, and community leaders.

The content scope of the research examined various socio-economic effects of teen childbearing, specifically focusing on financial resources utilized in the first six months following childbirth, educational outcomes, postpartum experiences, and the role of family support in mitigating these impacts. The study aimed to evaluate how these factors contribute to the overall well-being of families in Ruiru, thereby highlighting the complexities surrounding teenage motherhood.

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

The temporal scope included recent data related to teenage mothers, ensuring the study addressed contemporary issues. A descriptive survey approach was employed, utilizing self-reported data from participants and insights from key informants. The main objectives were to evaluate the effects of financial resources on family socio-economic well-being, determine the impact of teen childbearing on educational outcomes, examine postpartum experiences, and assess the role of family support. However, it is important to note that the study did not encompass regions outside Ruiru or address long-term outcomes beyond the first six months post-childbirth, which may limit the generalizability of the findings.

1.7 Limitations of the Study

This study encountered several limitations that may have affected the generalizability of its findings. First, the sample was limited to teenage mothers in Ruiru Constituency, Kiambu County, which may not fully represent adolescent mothers across Kenya. This geographical limitation could have reduced the applicability of the findings to other regions or demographics, thus impacting the external validity of the research. To address this limitation, the study employed a rigorous sampling strategy and tailored data collection tools to the socio-economic and cultural context of Ruiru. While the findings are most relevant to this region, the research incorporated broader literature and theoretical frameworks to ensure alignment with similar settings. Additionally, the use of diverse data sources, including interviews and surveys, allowed the study to capture a detailed understanding of teenage childbearing that could inform policies in comparable contexts.

Another limitation was the narrow focus of the study, which specifically examined financial resources, educational outcomes, postpartum experiences, and family support related to teen childbearing. While these areas were critical, the study may have overlooked other significant factors, such as mental health and social stigma, that could also have influenced the socio-economic well-being of adolescent mothers. To counter this limitation, the researcher acknowledged the need for a more comprehensive approach and encouraged future research to encompass a range of variables. By doing so, subsequent studies could provide deeper insights into the multifaceted challenges of teenage mothers.

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

Additionally, the study relied on self-reported data, which may have introduced biases such as social desirability bias, where participants might have presented responses they perceived as more favorable. This subjectivity could have compromised data reliability. To mitigate this, the researcher emphasized the importance of honesty during data collection and implemented triangulation techniques by cross-referencing self-reported data with objective indicators and insights from key informants, such as community health workers and healthcare providers. Furthermore, the study's temporal scope was limited to experiences within the first six months post-childbirth, potentially missing long-term socio-economic impacts. To counter this limitation, the researcher suggested that future research adopt a longitudinal design to examine ongoing effects, as well as consider external contextual factors that may have influenced the findings, thus providing a more holistic understanding of the challenges faced by teenage mothers.

1.8 Study Assumptions

The study was predicated on the assumption that financial resources utilized by teenage mothers within the first six months after childbirth significantly impacted their families' socio-economic well-being. The findings confirmed this assumption, showing a strong correlation between financial resources and improved family circumstances. Another key assumption was that teen childbearing adversely affected educational outcomes for adolescent mothers and their families. This assumption was supported by the data, which indicated a clear relationship between early motherhood and decreased educational attainment, ultimately contributing to a cycle of poverty. Finally, the study assumed that the postpartum experiences of teenage mothers, including their emotional and social challenges, played a crucial role in influencing their families' socio-economic conditions. The findings provided mixed support for this assumption, revealing that while some mothers thrived in supportive environments, others faced significant difficulties that negatively impacted their families' socio-economic status.

1.9 Definitions of Key Terms

Defining key concepts is essential for clarity and consistency in research. In this study, terms were refined to align with its objectives, ensuring that data collection, analysis, and interpretation accurately addressed the impact of teenage childbearing on family socio-economic well-being, as detailed below.

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

Educational Outcomes: This broadly refer to the measurable academic achievements of individuals, including literacy levels, test scores, and educational attainment. In this study, educational outcomes pertain specifically to the academic achievements and educational attainment levels of teenage mothers following childbearing. This includes measures such as school enrollment rates and completion of educational programs, with a focus on assessing how teen childbearing affects young mothers' ability to pursue their education and its subsequent impact on their family's socio-economic status. By defining educational outcomes in this manner, the study was able to evaluate the direct and indirect effects of teenage pregnancy on the academic trajectory of young mothers.

Family Socio-Economic Well-Being: This is the overall financial health and living standards of a family, often measured by income, employment, and access to resources. In this study, the term refers to the overall economic status and quality of life of a family unit. It encompasses indicators such as income levels, access to essential services (healthcare, education, and nutrition), employment status, and social support systems. These factors collectively assess the family's ability to meet its basic needs. This definition allowed the study to evaluate the broad economic and social impacts of teenage childbearing on the household's quality of life.

Family Support: This is typically defined as the emotional, financial, and practical assistance provided by family members to individuals during times of need. In the context of this study, family support includes the emotional, financial, and practical assistance provided by members of the family to a teenager who becomes pregnant and ultimately becomes a parent. This concept was essential to understanding how different types of support influence the ability of teenage mothers to manage both childbearing and their socio-economic responsibilities.

Financial Implications: This refers to the economic consequences resulting from any event or decision, often involving costs, losses, or required expenditures. The term, as used in the study, refers to the monetary consequences and burdens that arise due to teenage pregnancy and childbirth. The study examined the financial strain that teenage parents and their families experience, offering insight into how these costs impact family socio-economic well-being.

Financial Resources: This broadly refer to the monetary assets available to an individual or family, including income, savings, and other forms of financial support. In this study, financial resources denote the monetary assets available to a family, including income from employment,

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

savings, and any financial assistance received. Specifically, the study evaluated the funds utilized by teenage mothers and their families during the first six months after childbirth to understand their impact on family economic stability and well-being. This definition helped assess the economic strain imposed by teenage pregnancy on households.

Postpartum Experiences: This refers to the physical and emotional changes a woman undergoes after childbirth, often associated with recovery and adjustment to motherhood. In this study, postpartum experiences refer to the physical, emotional, and social challenges faced by teenage mothers after childbirth. These include mental health issues, social support, and adjustments to motherhood. This definition helped capture the broader social and emotional impacts of teenage pregnancy beyond just financial or health factors.

Postpartum Medical Complications: These include health issues that occur in the mother following childbirth, which can range from minor problems to severe medical conditions requiring intervention. In the context of this study, the term refers to health issues or conditions that may arise in a teenager after giving birth. The study focused on these complications to highlight the health risks associated with teenage pregnancy and their subsequent socio-economic effects on families.

Teen Childbearing: This is generally defined as the occurrence of pregnancy and childbirth among individuals below the age of 20. In this study, teen childbearing refers to childbirth occurring among individuals aged 13 to 19 years. It encompasses the entire process from pregnancy to birth during adolescence. Although those aged 18 and above are legally considered adults in Kenya, they are included in the study to ensure a comprehensive understanding of teenage childbearing. This definition allowed the research to focus on the unique challenges faced by adolescent mothers and the broader socio-economic implications of early motherhood.

Overall, each concept defined above was carefully operationalized to ensure it aligned with the study's goals. These terms framed the research questions, guided the methodology, and enhanced the study by providing clarity and consistency in data collection and analysis. This, in turn, ensured that the findings were directly applicable to the socio-economic context of teenage childbearing and family well-being in Ruiru, Kiambu County.

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

CHAPTER TWO
LITERATURE REVIEW

2.1 Introduction

This chapter examines existing scholarship on teenage childbearing and its impact on family socio-economic status in Ruiru, Kiambu County, Kenya. It begins with an overview of relevant theories and then analyzes empirical studies globally and regionally. The focus then narrows to Ruiru, discussing studies on teenage pregnancies and their effects on family well-being in this specific area. The review aims to identify gaps, disparities, and emerging themes to understand the socioeconomic implications of teen pregnancies on families in Ruiru.

2.2 Theoretical Framework

This section explores the relationship between teenage childbearing and family socioeconomic wellbeing in Ruiru, Kiambu County, using key theoretical constructs like family stress theory, human capital theory, and social support theory, and critiques these theories.

2.2.1 Family Stress Theory

Family Stress Theory, proposed by Hill (1949), examines how families change in response to stressful events. Hill argued that family stress is not static but follows a dynamic process of initial disorganization, recovery, and eventual reorganization. This pattern finds relevance in the context of teen childbearing, given its substantial impacts on the family (Rosino, 2016). Based on the ABC-X model, Hill's modern theory of family stress provides a framework for comprehending this phenomenon. The stressor in this model is denoted by factor A, which stands for the event or occurrence in life that upsets the equilibrium of the family. Factor B comprises the abilities or assets utilized to manage the strain. Family members' perspectives of the causative event, or how they understand it, are accounted for in Factor C. The X factor, which appears after coping mechanisms are used, represents the result of the stress or crisis.

Hill's family stress theory, applied to the financial implications of teen childbearing, identifies economic strain as a stressor (Factor A), encompassing challenges due to early parenthood. Factor B includes resources like financial support and employment opportunities, while Factor C involves family perceptions influencing how they navigate financial challenges. The X factor results in

ST. PAUL'S UNIVERSITY

economic instability, affecting overall family well-being. Similarly, when examining educational impacts, the model identifies stressors in disrupted academic pursuits, considers resources and perceptions, and predicts potential outcomes. For post-partum medical complications, the theory aids in recognizing health-related stressors, evaluating available resources, understanding family perceptions, and predicting potential outcomes. In assessing family support, the model identifies stressors, available resources, family perceptions, and potential positive outcomes, making Hill's family stress theory a comprehensive lens for studying teen childbearing in Ruiru, Kiambu County, Kenya covering financial, educational, medical, and support-related dynamics.

Like other theories, the family stress theory has its limitations, but it offers a useful framework for understanding how pressures such as teen pregnancy affect families. The theory often adopts a somewhat linear and simplified perspective on family dynamics, concentrating predominantly on external stressors and their immediate consequences on the family system. This approach may not fully embrace the complexity and intricacies of individual differences, family relationships, or the enduring effects of stress on family functioning. Such an oversimplified view might not adequately capture the complex interplay of various factors within families. To overcome this constraint, the research integrated the human capital theory, which provides a more all-encompassing viewpoint on the socio-economic facets of learning, work, and personal growth.

2.2.2 Human Capital Theory

According to human capital theory, which was first put forth by Becker and Rosen (Xu & Fletcher, 2017), investing in education and training can increase an individual's productivity. This hypothesis states that those who are more productive will also earn more money and have greater employability. The net gain in lifetime wages that an individual would have as a result of their investment in education or training would therefore be a measure of the private economic return on that investment, or the benefit to them (Holden & Biddle, 2017).

This perspective is particularly pertinent to the study of the second research goal, which is to ascertain how adolescent pregnancy affects the educational paths of the impacted families in Ruiru, Kiambu County, Kenya. According to this notion, people spend money on education to increase their earning potential and productivity throughout their lives. The hypothesis sheds light on how

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

early motherhood deviates from the conventional educational trajectory when it comes to teen pregnancy. The time, effort, and resources directed towards child-rearing at a young age may divert attention from pursuing education, affecting human capital development and limiting future earning potential. Human capital theory, which emphasises the economic benefits of education in the job market, offers a framework for evaluating how early parenthood may affect the development of human capital via education and provides insights into possible long-term socio-economic ramifications for individuals and their families in the given setting. In the context of Ruiru, Kiambu County, this theory provides a framework for understanding how early childbearing may disrupt educational pathways and limit future economic opportunities. It allows for an examination of how the investment in education is altered due to the challenges posed by early parenthood and provides insights into potential long-term socio-economic consequences for individuals and their families.

While the theory provides valuable insights for this study, it also has notable limitations. For instance, the theory's focus on the economic benefits of education overlooks the broader spectrum of non-monetary values associated with education. Additionally, it fails to account for the complexities inherent when a teenager becomes a parent, including emotional and social development, which can significantly impact educational attainment beyond purely economic considerations (Marginson, 2019). To address these limitations and gain a deeper understanding of the factors influencing teenage parenting and its impact on educational outcomes, the current study focused on social support theory.

2.2.3 Social Support Theory

Social support theory can be traced from the work of Don Drennon-Gala and Francis Cullen (1994) both of whom drew on insights from several theoretical traditions (Sendra et al., 2020). The theory is based on the principle that social support which include instrumental, informational, and emotional supports have a direct and indirect effects on indicators of well-being. Social support is commonly conceptualized as the social resources on which an individual can rely when dealing with life problems and stressors (Hsu et al., 2018).

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

The relevance of Social Support Theory becomes evident in addressing the fourth objective of the study, which focuses on examining the impact of family support in alleviating the effects of teen childbearing in Ruiru, Kiambu County. This theory posits that social support is vital to an individual's well-being, particularly during stressful situations. In the specific context of teen childbearing, family support emerges as a crucial factor in buffering against the adverse consequences associated with early parenthood. The theory suggests that family support, emotional, practical, or financial, can improve coping, psychological well-being, and resilience, especially for teenage parents.Through the application of Social Support Theory, the research seeks to investigate how diverse aspects of family support influence the experiences of teenage parents in Ruiru, Kiambu County. This exploration aims to unveil potential strategies for enhancing the supportive environment for young families navigating the challenges of early parenthood.

While Social Support Theory remains relevant by highlighting the significance of support systems and resources for individuals or families, it is recognized as a complex phenomenon with potential drawbacks, as observed by Schilling (1987). The theory's overarching principles about social support may not seamlessly align with the specific cultural nuances of the region. This misalignment could impact its applicability and effectiveness in accurately capturing the intricacies of family dynamics and support mechanisms in Ruiru, Kiambu County.

2.2.4 Relevance of the Three Theories

The utilization of Family Stress Theory, Human Capital Theory, and Social Support Theory in this study provided a comprehensive framework for understanding the multifaceted impacts of teen childbearing on family socio-economic well-being in Ruiru, Kiambu County, Kenya. Family Stress Theory helped identify the economic and emotional stressors associated with early parenthood and the resources families can leverage to cope with these challenges, offering insights into the overall family dynamics affected by teen childbearing. Human Capital Theory framed the investigation into how early motherhood can disrupt educational trajectories, emphasizing the long-term socio-economic implications of such disruptions on individual productivity and family welfare. Lastly, Social Support Theory highlights the vital role that family and community support play in mitigating the negative effects of teen childbearing, providing a lens through which to

ST. PAUL'S UNIVERSITY

explore the coping mechanisms available to adolescent mothers. Collectively, these theories guided the research design, informed the data collection process, and shaped the analysis, ensuring a holistic understanding of the various dimensions influencing the socio-economic well-being of families affected by teen pregnancy.

2.3 Review of Empirical Studies

2.3.1 Financial implications of teen childbearing on family

Several empirical studies have explored the financial implications of teen childbearing and its impact on family socio-economic well-being, particularly during the first six months following childbirth. Early parenthood introduces significant financial burdens on teenage mothers and their families, such as medical expenses, childcare costs, and the necessity of additional household resources. For example, Kerobo's (2022) US-based study provides valuable insights into the emotional challenges faced by teenage mothers, particularly due to financial difficulties during pregnancy. However, the study has notable gaps, focusing primarily on short-term financial hardships while overlooking the long-term socio-economic impacts, such as employment opportunities and career development. To address these gaps, the present study adopts a more comprehensive approach, examining not only immediate financial concerns but also the broader aspects of financial stability and career prospects for teenage mothers. Furthermore, recognizing the potential bias in studies from developed nations, this research incorporates perspectives from developing countries, offering a more inclusive understanding of the global financial impact of teen childbearing. By explicitly addressing these gaps, this study contributes significantly to the literature, offering a deeper and more relevant analysis of the socio-economic implications of teenage pregnancy.

Madume and Dibia (2021) revealed that childbearing leads to significant financial strain within families when teenage parents are involved. Their study, conducted among female secondary school students in Abua/Odual Local Government Area of Rivers State, Nigeria, found that 68% of teenage parents experienced limited educational attainment, leading to reduced employment opportunities and lower earning potential. This resulted in decreased household income and

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

financial instability, with 75% of families reporting financial hardship directly linked to teenage childbearing. These findings illustrated how the economic challenges associated with teenage parenthood further entrenched poverty within affected families, severely limiting their socio-economic mobility. While Madume and Dibia 's study provided valuable insights, their focus was primarily on teenage mothers. The present study broadened the scope by adopting a family-level perspective to examine the multifaceted financial implications of teen childbearing on overall family socio-economic well-being in Ruiru, Kiambu County. Specifically, the study evaluated the effects of financial resources utilized within the first six months following childbirth, including medical expenses, childcare, and the loss of income due to disrupted education or employment. The relevance of Madume and Dibia's findings to the present study lies in the shared emphasis on the financial burden of teenage parenthood. However, the current study extends their conclusions by investigating how these financial challenges affect not only the teenage mother but the entire family unit. By doing so, the study offers a more comprehensive understanding of the broader socio-economic impacts of teenage childbearing in Ruiru, providing insights into the first six months postpartum, a critical period for family stability.

Furthermore, teen parents might encounter challenges in completing their education or pursuing career opportunities, impacting their long-term earning capacity and perpetuating the cycle of economic hardship within the family, as revealed by Odu, Ayodele, and Isola (2015) in their examination of the socio-economic consequences of teenage pregnancy and motherhood. The study highlighted that "teenage pregnancy and motherhood have long-term adverse socio-economic impacts on adolescent mothers... they are more likely to continue in poverty, and this is capable of truncating their future and that of their children" (p. 15). The study's relevance to the present research lies in its indication that teen childbearing has economic implications. However, a limitation is that it solely relies on a review of secondary data, lacking firsthand information from the respondents. To address this gap, the study collected primary data from selected participants in Ruiru, Kiambu County, Kenya.

Mugo and Karanja's (2017) study, titled "Financial Implications of Teen Childbearing on Family Socioeconomic Well-Being in Kenya," provides crucial insights into the economic challenges

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

faced by families due to adolescent pregnancies. The study is highly relevant to understanding the immediate financial strain teen childbearing places on families, highlighting increased household expenses, reduced income, and long-term economic instability. Conducted across rural and urban settings, the research effectively identifies the immediate financial burdens experienced by teenage parents and their families, offering a foundation for understanding the financial repercussions of early parenthood. The findings are particularly valuable in contexts like Ruiru, Kiambu County, where teenage pregnancies may exacerbate socio-economic vulnerabilities within families. Mugo and Karanja's findings show that 75% of affected families experienced financial hardship within the first year after childbirth, primarily due to increased medical and childcare expenses and lost income opportunities resulting from disrupted education and employment, especially for teenage mothers. Furthermore, 68% of teenage parents reported having limited education, severely restricting their employment opportunities and earning potential, thereby contributing to their financial instability.

These findings underscore the short-term economic consequences of teen childbearing, emphasizing the immediate need for financial and educational support to alleviate these pressures. However, while Mugo and Karanja's study sheds light on immediate financial challenges, it has notable shortcomings. The study focuses on short-term impacts and does not thoroughly explore long-term economic effects, such as sustained poverty or intergenerational economic repercussions. Moreover, the research relies heavily on self-reported data, which may introduce bias, and lacks a detailed examination of how community and government support systems could mitigate these financial hardships. By addressing these gaps, the present study explored both short-term and long-term financial implications of teen childbearing, specifically within Ruiru, Kiambu County, while also incorporating a more comprehensive analysis of the role of support systems and policy interventions.

ST. PAUL'S UNIVERSITY

2.3.2 Teen Childbearing and Educational Outcomes within the Affected Families

The consequences of teen childbearing on educational attainment are substantial as revealed by several studies. For instance, a study conducted in Barangay by Madelo and Plaza (2021) in the Philippines revealed that teenage mothers were more likely to drop out of school. Most of the

St. Paul's University Repository

teenage mothers were demotivated to go back to school and opted to stay at home. The findings also uncovered that the few who were willing were thwarted by their parents/ hesitance to support their plans to go back to school, especially due to economic instability. The study is pertinent and provides useful insights into the understanding of how teen childbearing impacts their educational trajectories. However, it fails to give the extent of the impacts due to overreliance on qualitative research design, particularly a phenomenological approach. To bridge this gap, the present study used a descriptive research design with both quantitative and qualitative approaches. The integration of both quantitative and qualitative data occurred through a systematic process of triangulation. This involves comparing and contrasting findings from the two approaches to validate and enhance the overall robustness of the study.

Additionally, Gbogbo's (2020) research in Ghana, focusing on the transition into young motherhood through a phenomenological perspective with 8 Focus Group Discussions (FGDs) and 12 In-Depth Interviews (IDIs) with adolescent mothers and pregnant adolescents, reveals that teenage mothers grapple with managing the dual responsibilities of motherhood and education, often due to inadequate family, educational, and societal support. While the study offers valuable insights into the experiences of teenage parents, the critique notes a potential limitation in fully understanding the impact of teen childbearing on educational attainment due to an overreliance on qualitative methods. Although the qualitative component enriches the study by providing depth and context, acknowledging its susceptibility to subjectivity and limited generalizability is essential. Thus, the current study addressed this gap by employing a balanced descriptive research design that combines both quantitative and qualitative approaches, maximizing the depth and breadth of insights into the experiences of teenage parents in Ruiru, Kiambu County, Kenya.

Moreover, research conducted in South Africa by Panday et al. (2015) suggests that unmarried teenage mothers who return to school after the birth of their children often experience marginalization and a lack of educational support, compromising their chances of achieving economic independence. While this information is valuable, it is essential to note that the context of South Africa differs from that of Kenya, particularly in terms of cultural setup. The present

ST. PAUL'S UNIVERSITY

study aimed to fill the gaps by exploring the effects of teen childbearing on educational outcomes and family socio-economic well-being in Ruiru, Kiambu County, Kenya.

Miriti and Mutua's (2019) study in Nzambani, Kenya, offers valuable insights into the effects of teen childbearing on educational outcomes within affected families. The research identifies poverty as a significant contributor to teenage pregnancies, leading to increased school dropout rates, particularly among girls in the first two years of secondary school, with nearly 60% of respondents reporting that they had to leave school due to early motherhood. The study also shows a drop in academic performance, with over 70% of teenage mothers reporting that their educational progress was greatly affected by the demands of parenthood.By emphasizing the urgent need for community sensitization programs to support the education of pregnant and parenting teenage mothers, the research underscores the critical link between teen pregnancies and disrupted educational trajectories, which can hinder the socio-economic well-being of these young mothers and their families. Despite its contributions, the study has limitations that affect its generalizability, primarily due to its exclusive focus on the Nzambani sub-county. This context-specific nature makes it challenging to apply the findings to other regions with different socio-economic conditions. Additionally, while the research addresses the educational challenges faced by teenage mothers, it lacks a detailed exploration of their long-term educational trajectories and the potential impacts on their families' socio-economic status. The present study sought to fill these gaps by examining the broader impacts of teen childbearing on education in Ruiru, Kiambu County, providing a more comprehensive understanding of how early motherhood affects academic outcomes and, ultimately, the socio-economic stability of affected families.

2.3.3 Post-Partum Experiences and Socioeconomic wellbeing of their Families

Another set of claims in the literature revolves around the theme of negative health outcomes attributed to teenage motherhood. Many researchers, contributing to this body of work, argue strongly against teenage motherhood because of its associations with negative health outcomes for the mother, a fact that is linked to the incomplete development of their genital tract and musculoskeletal system predisposes them to worse overall obstetric outcomes (WHO, 2020). An earlier study conducted in the UK by Oakley (2016) identified postpartum hemorrhage (>1000ml blood loss), caesarean delivery, low birth weight, and preterm birth associated with teen

ST. PAUL'S UNIVERSITY

childbearing. While this study provides valuable background information for the present research, it is essential to note that it compared the outcomes of older mothers with those of teenage mothers, potentially raising questions about the conclusions. This is because, in many cases, it only establishes an association between the outcomes of interest and teenage pregnancy rather than determining the true causal effect. To address this limitation, the study specifically focused on teenagers, excluding older women from the analysis, ensuring a more targeted investigation into the unique outcomes and factors associated with teenage childbearing.

Building on the insights of a retrospective study conducted in Indonesia by Indarti et al. (2020), which examined obstetric and perinatal outcomes among teenagers compared to women of average maternal age (AMA), significant findings emerged. The study revealed a heightened prevalence of eclampsia, preterm delivery, anaemia at labor, postpartum hemorrhage, and low birth weight among teenagers, juxtaposed with a notably lower incidence of caesarean sections. While this study offers valuable contributions to the understanding of obstetric and perinatal outcomes in teenage pregnancies, it is crucial to acknowledge potential limitations inherent in retrospective analyses. These limitations include inherent biases associated with reliance on existing medical records and the possibility of unaccounted confounding variables such as socioeconomic status, access to healthcare, and maternal health behaviors. Moreover, the findings may lack generalizability to diverse populations due to variations in healthcare systems, cultural norms, and socio-economic circumstances. To address these gaps the present study incorporated comprehensive assessments of socio-economic factors, healthcare access, and maternal health behaviors, thereby providing a more comprehensive understanding of the determinants of medical complications among teenage mothers in this specific context.

Regionally, Ijarotimi et al. (2019) conducted a study documenting the prevalence pattern, presentation, and obstetric outcomes of teenage pregnancy and labor at the Ife Hospital unit of the Obafemi Awolowo University Teaching Hospitals Complex in Nigeria. The findings indicated that antepartum hemorrhage, abnormal presentations, obstructed labor, and anemia were the most common complications, occurring in 54.5%, 36.5%, 14.1%, and 11.4% of teenagers, respectively. Importantly, these rates were significantly higher compared to adult pregnant women (P= 0.000).

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

While this study provides valuable insights, its context in Nigeria with distinct social and cultural factors necessitates a parallel investigation in the Kenyan setting. The present research study contributed to filling this gap by offering context-specific findings relevant to the socio-cultural dynamics of teenage pregnancy in Ruiru, Kiambu County.

Another study by Moraes et al. (2018) investigated obstetric and perinatal outcomes among adolescents compared to mothers aged 20-24 years in Kawambwa and Mansa districts of Luapula. Findings indicated that mothers below 20 faced an elevated risk of complications, including eclampsia, anemia, hemorrhage, cephalopelvic disproportion, prolonged labor, and caesarean section. Additionally, infants born to mothers below 20 exhibited increased risks of low birth weight, pre-term delivery, low Apgar score, and neonatal death. The study, although insightful, focused on a different geographical context, overlooking specific cultural and socio-economic factors influencing post-partum medical complications in teenage mothers in Ruiru, Kiambu County. This underscores a research gap, urging a localized study to probe the unique post-partum medical challenges faced by teenage mothers in Ruiru, yielding context-specific insights for targeted interventions and support mechanisms.

Karanja and Ngugi's (2016) study offers a focused examination of the health impacts related to the post-partum experiences of teenage mothers in Kenya. The research reveals that adolescent mothers face significant health challenges post-childbirth, including heightened rates of post-partum depression, chronic fatigue, and complications from childbirth. These health issues are compounded by inadequate access to medical care and support services, which exacerbates the physical and emotional strain on young mothers. The study highlights that these health impacts not only affect the well-being of the mothers but also have broader implications for family stability and financial security. However, the study has limitations, including its focus on urban areas and a lack of exploration into the long-term health consequences of post-partum experiences. It does not fully address how these health challenges influence educational attainment and family dynamics over time. The present study fills these gaps by expanding the focus to include both urban and rural settings in Ruiru, Kiambu County, and by providing a more detailed analysis of how post-partum health issues affect long-term educational and socio-economic outcomes. This broader scope

ST. PAUL'S UNIVERSITY

enhances the understanding of the comprehensive health impacts of teenage pregnancy and offers insights into the need for targeted health interventions and support systems.

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

In order to minimise the negative effects of teenage pregnancy, family support is essential since it provides the stability and direction that are vital for the growth of the adolescent parents as well as their children. Existing studies underscore the positive impact of supportive family environments on teenage parents, recognizing them as valuable sources of strength. The numerous obstacles experienced by young mothers juggling childcare responsibilities with education were the subject of Lin's (2016) study conducted in the United States. The research identified factors such as insufficient family and social support, peer intimidation, and obstacles from family, school, and community contexts hindering the reintegration of teenage mothers into the educational system. Emphasizing the vital role of a supportive social environment in building confidence, the study acknowledged a limitation in its reliance on secondary data, restricting interpretations to historical perspectives. To address this, the current study adopts a comprehensive approach, integrating both primary and secondary data sources. Employing questionnaires, document analysis guides, and interviews with teenage mothers, education officials, health professionals, and social workers, the updated approach sought to offer a more comprehensive picture of current circumstances about the difficulties teenage moms encounter and the function of social support in mitigating these effects.

According to a UK-based study by Ellis-Sloan and Tamplin (2019), friends and peer support, especially from other young mothers, play a crucial role in defending against the stigma attached to adolescent pregnancy. The study introduces the concept of 'relational exclusion,' shedding light on its impact on teenage mothers and emphasizing the significance of understanding social dynamics beyond economic factors in the context of exclusion. Additionally, it highlights the crucial role of friendships, often overlooked, as an important source of support for teenage mothers.The study examined how adolescent pregnancy affects adolescent mothers' social networks, providing light on the challenges of establishing new connections and the range of assistance these ties might offer.

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

Despite its contributions, its findings are specific to the UK context and may not fully generalize to other cultural or geographical settings such as that of Kenya. Secondly, as with any qualitative research, there may be limitations in terms of representativeness and potential biases in data collection and analysis. The current study used a mixed-methods approach to fill up these gaps by combining quantitative surveys with qualitative interviews. This guaranteed a thorough examination of peer support dynamics and how they affect the experiences and results of young moms. By making these efforts, the study hoped to increase understanding of the impact that peer support has on the lives of teenage moms and provide information for the creation of more specialized support systems and treatments that better meet their requirements. This comprehensive approach was expected to generate findings that are not only statistically meaningful but also deeply grounded in the lived experiences of the community, contributing to more informed decision-making and targeted interventions.

The aforementioned results are consistent with a study carried out in Ghana by Bain et al. (2020), which shows that partner and family support are essential in helping young mothers adjust to motherhood and make a seamless return to school. In the Jamestown neighbourhood of Accra, Ghana, the mentioned study set out to comprehend the perceived preferences for decision-making as well as the factors that contribute to early adolescent pregnancy. While the study provides valuable insights, it is essential to underscore the significance of conducting research within the local context. A study based in Ruiru, Kiambu County, Kenya would offer more relevant and contextualized findings, considering the unique socio-cultural dynamics and challenges faced by teenage mothers in that specific region.

With the use of purposive sampling on a sample of twenty-four children from two schools, Mutua, Miriti, and Mogeni (2019) studied the application of the back-to-school policy for young mothers in Narok County, Kenya. The results demonstrated how important family support is to teenage moms' decision to re-enroll in school. However, limitations in the study included the qualitative approach's inability to quantify the impact of parental support and the small sample size, restricting generalizability. To overcome these gaps, the present study in Ruiru, Kiambu County, Kenya

St. Paul's University Repository

adopted a comprehensive research design utilizing both quantitative and qualitative data. To accurately gauge how much each sub-variable affected the cause-and-effect relationship, the researcher used logistic regression analysis. This approach was aimed at providing a comprehensive understanding of the role of family support in mitigating the effects of teen childbearing in Ruiru.

2.4 Research Gap

The review of empirical studies has highlighted significant gaps in understanding the socio-economic impacts of teenage pregnancies. Research such as Kerobo's (2022) and Madume and Dibia's (2021) has concentrated on immediate financial challenges, leaving a gap in understanding the broader socio-economic effects. Additionally, the focus on developed nations in these studies underscores the need for insights from developing countries. Studies like those by Madelo and Plaza (2021), Gbogbo (2020), and Panday et al. (2015) offer valuable information on educational outcomes but lack a deep exploration of the full extent of these impacts. Furthermore, while research by Lin (2016) and Ellis-Sloan and Tamplin (2019) has examined the role of family support, there is a gap in quantifying the effectiveness of such support, including friendship support. Research from Ghana and Narok County highlights the importance of family support but calls for a localized study in Ruiru, Kiambu County, Kenya.

The present study addresses these gaps by focusing on Ruiru, Kiambu County, Kenya, providing a comprehensive analysis of both immediate and long-term effects of teen childbearing on financial stability and educational attainment. It expands the geographical scope to include a developing country context and offers an in-depth examination of educational disruptions and the effectiveness of various forms of family support. This research fills critical gaps in the literature, offering valuable insights that inform targeted interventions and enhance understanding of the socio-economic impacts of teen pregnancies in specific regional contexts.

2.5 Conceptual Framework

The present research on the effects of teen childbearing in Ruiru, Kiambu County, Kenya, encompasses independent variables (financial implications, educational trajectories, post-partum

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

medical complications, and family support), a dependent variable (family socioeconomic well-being), and intervening variables (counseling and sensitization) as summarized in Figure 2.1.

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

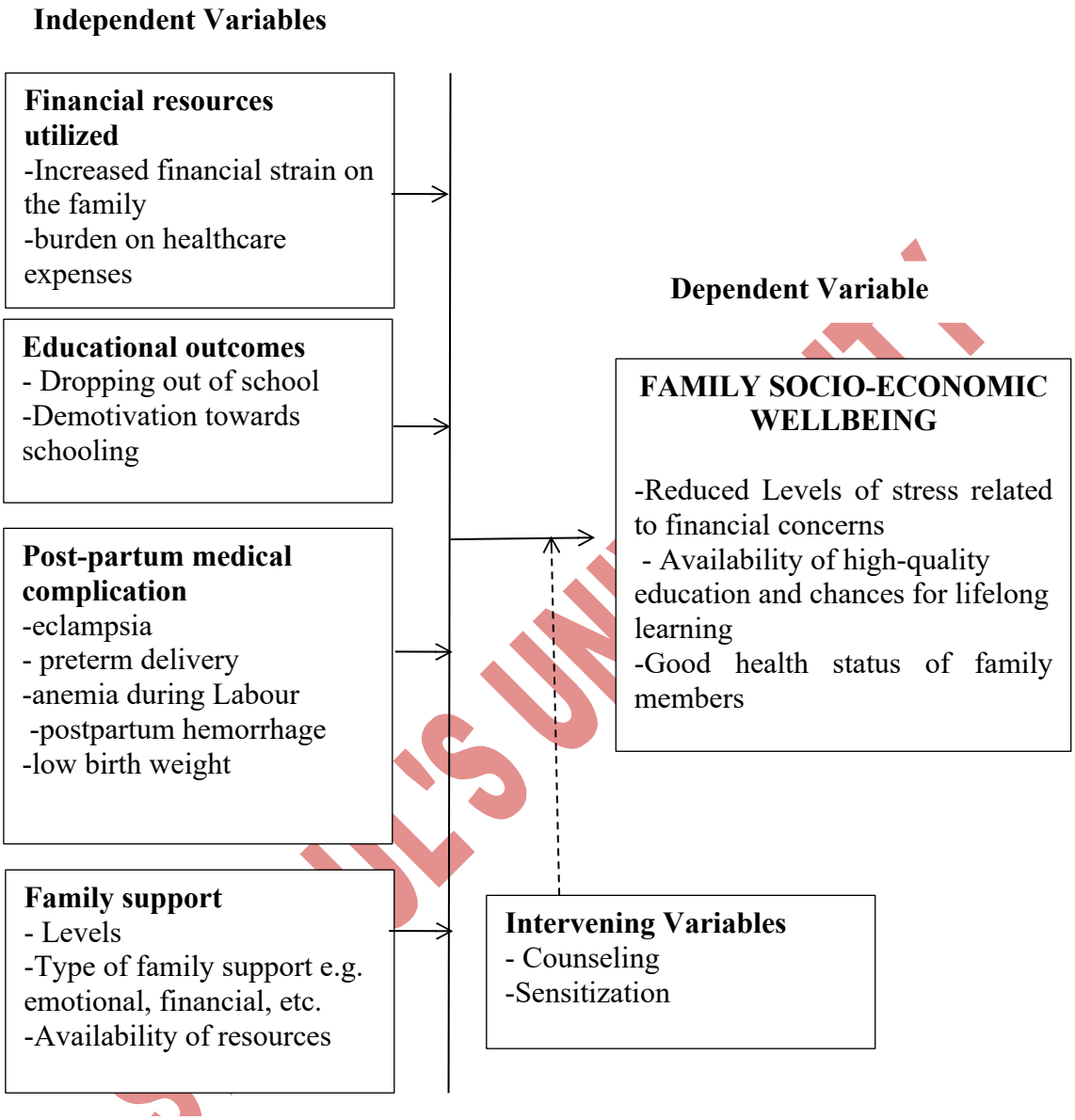


Figure 2.1 Conceptual Framework

The conceptual framework, illustrated in Figure 2.1, provides a structured depiction of the various dimensions involved in studying the effects of teen childbearing on family socioeconomic well-being in Ruiru, Kiambu County, Kenya. Financial implications, as a crucial independent variable, illuminated the economic challenges families faced due to teen childbearing, encompassing heightened financial strain and increased healthcare expenses. The study measured this variable

St. Paul's University Repository

through structured questionnaires that captured data on household income, expenses related to childbirth and childcare, and the financial support received from external sources. Educational outcomes delved into the academic consequences of early motherhood, including the risk of dropping out of school and demotivation among teenage mothers, assessed through surveys measuring academic performance, school attendance rates, and perceptions of educational aspirations among teenage mothers.

The lens of post-partum medical complications, such as eclampsia and preterm delivery, added a medical perspective to the framework, acknowledging the health-related impacts of teen childbearing. This aspect was measured by collecting data on reported medical issues and healthcare utilization through interviews with teenage mothers and health records. Family support indicators—covering emotional and financial support, along with resource availability—recognized the vital role of the family structure in mitigating the challenges associated with teen childbearing. This support was evaluated using a scale measuring perceived levels of emotional and financial assistance from family members, as well as access to community resources.

The dependent variable, family socio-economic well-being, integrated key indicators such as reduced stress levels, access to quality education, and overall family health. This variable was measured through surveys assessing family members' overall well-being, educational attainment, and health status. Intervening variables, specifically counseling and sensitization, acknowledged support mechanisms to mitigate negative effects. Counseling addressed emotional challenges, while sensitization initiatives aimed to raise awareness about the consequences of teenage pregnancies, were evaluated through participant feedback and engagement levels in community programs. In summary, the conceptual framework presents a comprehensive and structured approach to understanding the multifaceted impacts of teen childbearing on family well-being in Ruiru, Kiambu County. It identified key variables and their relationships and also highlighted potential areas for positive intervention, contributing to the existing body of knowledge in this area.

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

2.6 Chapter Summary

This chapter reviewed global and Kenyan literature on teenage motherhood, focusing on the social aspects and negative consequences for affected families. It highlights that while teen childbearing is often seen as problematic with adverse outcomes, simple cause-and-effect links (e.g., between teen childbearing and medical or financial issues) can oversimplify the problem. The literature emphasizes the role of cultural practices and discourses in limiting opportunities for teenage girls and perpetuating poverty. The study aimed to fill gaps in the literature by exploring the effects of teen childbearing on family socioeconomic well-being in Ruiru, Kiambu County, Kenya, and to provide a deeper understanding of its local impact.

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

CHAPTER THREE

METHODOLOGY

3.1 Introduction

The description of the systematic approach used to investigate the effects of teenage childbearing on family socio-economic wellbeing within the specific context of Ruiru, Kiambu County, Kenya, is presented in this chapter. The methodology encompasses a multifaceted research design aimed at understanding the complexities surrounding this issue. Thus, this chapter thoroughly addresses the research design, study area, population, sampling techniques, determination of sample size, data collection instruments, data analysis and presentation as well as ethical considerations

3.2 Research Design

The study adopted a descriptive survey design due to its effectiveness in capturing the current state of a population without manipulating variables or attempting to establish causality. This design was particularly suitable for investigating the impact of teenage childbearing on the socio-economic well-being of families in Ruiru, Kiambu County. As recommended by Cameron (2018) and supported by Bordens and Abbott (2017), descriptive research accurately portrays the characteristics of a specific population. By allowing the study to examine natural variables, it provided an unbiased depiction of the realities faced by teenage mothers and their families without the need for experimental controls or interventions.

This design was especially helpful in achieving the study's objectives, such as assessing financial implications, educational outcomes, and the role of family support for teenage mothers. The descriptive survey enabled the collection of quantitative data that mirrored real-world conditions, capturing trends and patterns regarding financial struggles, educational disruptions, and family dynamics. Compared to other designs, such as experimental or longitudinal studies, the descriptive survey was practical and resource-efficient, delivering valuable insights that could inform policy and intervention strategies in a timely manner.

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

Moreover, the study incorporated triangulation of data sources to enhance the robustness of the findings. By integrating quantitative survey data with qualitative insights from interviews, the study gained a more comprehensive understanding of the socio-economic effects of teenage childbearing. This approach not only highlighted statistical trends but also provided personal narratives that deepened the interpretation of the data. As a result, the study offered a well-rounded analysis that could guide targeted interventions and policies aimed at improving the socio-economic outcomes of teenage parents in the region.

3.3 Study Area

The study investigated the impact of teen childbearing on family socio-economic well-being within Ruiru Sub-County, Kiambu County, Kenya, located approximately 26 kilometers from Nairobi. According to the 2019 Census, Ruiru encompasses 129,470 households, highlighting its significant urban growth and diverse socio-economic composition. This diversity includes affluent residential areas, middle-income housing, and informal settlements, reflecting a wide spectrum of ethnic, cultural, and economic backgrounds. The local economy thrives with industries, real estate developments, and a dynamic small to medium enterprise sector. However, challenges such as unemployment and inadequate infrastructure in informal settlements persist, alongside prevalent social issues like teen pregnancies (Kenya National Bureau of Statistics, 2019).

Research conducted in Ruiru is particularly justified by its reported prevalence of teen pregnancies compared to other regions within Kiambu County. Recent health statistics indicate that Ruiru Sub-County has a teenage pregnancy rate of approximately 22%, significantly higher than the county average of 15% and the national average of 18% (Ministry of Health, 2021)This alarming trend underscores the need for targeted interventions and a deeper understanding of the socio-economic implications for families affected by teen childbearing in this specific context. The unique socio-economic dynamics in Ruiru, characterized by its rapid urbanization and varying socio-economic conditions, provide a critical backdrop for examining the consequences of teen pregnancies on family well-being.

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

By focusing on Ruiru, the study aims to provide insights that are relevant locally and also applicable to similar urbanizing contexts both nationally and potentially internationally. The findings will contribute evidence-based insights to shape policies and interventions aimed at effectively supporting adolescent mothers and their families. Ruiru, with its higher prevalence of teen childbearing and socio-economic diversity, is a key area for this research. It highlights the urgent need for targeted approaches to address the unique challenges faced by adolescent mothers and their families in this rapidly developing urban setting.

3.4 Target population

Ruiru Sub-County had 129,470 households, according to the 2019 Census. However, young moms who frequently visit post-natal clinics at particular health centres in Ruiru, Kiambu County, Kenya, were included in the study's target population. According to the Kenya Demographic and Health Survey (2022), 378 pregnant teenagers in Ruiru sought care in various medical institutions in the year that ended in 2021 (KNBS & ICF, 2022). Engaging with this demographic was crucial, as their firsthand experiences offered valuable insights into the socio-economic challenges they encounter as teenage parents.

The research team collaborated with local health facilities specializing in maternal and child health to access young mothers. By partnering with these clinics, the researchers could directly engage with the target population. Healthcare providers were briefed on the study's objectives and played a crucial role in identifying eligible young mothers through their established relationships. During post-natal visits, staff personally approached the mothers, explaining the study's purpose and relevance. This direct engagement-built trust and encouraged young mothers to share their insights, enhancing the data collection process. As a result, the study focused on the perspectives of those directly impacted by teenage childbearing.

The study included key respondents, community health workers, healthcare providers, and community leaders, to gain a broader understanding of the socio-economic impacts of teenage childbearing. Accessed through local health organizations and community structures, community health workers provided insights from their outreach programs, while healthcare providers

ST. PAUL'S UNIVERSITY

contributed clinical perspectives from local health facilities. Community leaders were approached through local governance and community meetings, highlighting their role in shaping attitudes and resources related to teenage pregnancy. Engaging these respondents allowed for a comprehensive exploration of the factors affecting the socio-economic well-being of young mothers and their families.

3.5 Sample Size and Sampling Procedures

3.5.1 Sample Size

To achieve the desired number of respondents, the researcher utilized the list of teenage mothers attending postnatal clinics in selected hospitals and health centers within Ruiru, Kiambu County, Kenya. The target population is 378 (KNBS & ICF, 2022). In the study, sample sizes were determined using Yamane's formula in the event of finite populations.

Using the following formula, the sample size was determined in light of this:

$$n = \frac{N}{1 + N.e^2}$$

Where:

- n = required sample size
- N = total population size
- e = margin of error (expressed as a decimal, e.g., 0.05 for 5%)

$$n = \frac{378}{1 + 378.(0.05)^2}$$

n=1.945378≈194.5

So, using Yamane's formula, the initial sample size is approximately 195 respondents.

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

3.5.2 Sampling Procedures

The research employed a systematic sampling approach with the aim of improving the sample's representativeness. Systematic sampling involves selecting every kth member from a list or sampling frame, providing a structured approach to participant selection (Lavrakas , 2018) . In this research, the sampling frame consisted of all teenage mothers who had given birth and were currently receiving care at designated health centers in Ruiru, Kiambu County, Kenya. To establish the sampling frame, the researcher collaborated with the administration, health specialists, and counseling personnel from the selected areas to compile a comprehensive list of eligible teenage mothers.

This strategy increased the validity and relevance of the study findings by ensuring that participants had firsthand experiences related to the research aims through the use of systematic sampling processes. Additionally, systematic sampling minimized potential biases associated with purposive sampling, further strengthening the rigor of the study methodology.

3.6 Data Collection Instruments

3.6.1 Questionnaires

To explore the effects of teen childbearing on family socio-economic well-being in Ruiru Sub-County, Kiambu County, Kenya, this study employed self-administered semi-structured questionnaires as a key data collection tool. The questionnaires were structured in two sections: the first section collected demographic information, while the second focused on specific study objectives. These objectives aimed to assess the effects of financial resources used during the first six months after teen childbirth, the impact of teen childbearing on educational outcomes, and the influence of postpartum experiences on teenage mothers.

Additionally, the study sought to assess the role of family support in mitigating the socio-economic challenges associated with teen parenthood. By exploring these interconnected factors, the research aims to provide a comprehensive understanding of how teen childbearing influences the socio-economic landscape for families in Ruiru, highlighting critical areas for intervention and support.

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

The questionnaires were administered directly to adolescent mothers in community settings such as clinics, schools, and community centers, ensuring a conducive environment for open and honest responses. Trained research assistants facilitated the process, guiding questionnaire completion while maintaining confidentiality and anonymity to encourage candid sharing. The self-administered format allowed respondents to answer at their own pace, fostering a comfortable atmosphere that promoted accuracy and reflection in their responses.

3.6.2 Interview Schedule

The interview schedule was well-designed to gather comprehensive information from adolescent mothers regarding their personal experiences with teenage pregnancy. It included exploring the role and influence of family support, as well as the impact of adolescent pregnancy on job opportunities and employment prospects. The interviews also investigated how teenage pregnancy affected educational attainment, economic challenges, changes in financial status, mental health, and the prevalence of depression among these mothers. Furthermore, the effectiveness and availability of social support systems were assessed based on the respondents' experiences.

Key respondents such as community health workers, healthcare providers, and community leaders were interviewed to enrich the study's findings. Their insights provided a broader understanding of the socio-economic implications of teen childbearing. The interviews were aligned with specific research objectives aimed at evaluating the effects of financial resources utilized within the first six months after teen childbirth on family socio-economic well-being; determining the educational outcomes associated with teen childbearing; establishing the postpartum experiences of teenage mothers and their implications for family welfare; and assessing the role of family support in mitigating the socio-economic influences of teen childbearing in Ruiru, Kiambu County.

The interviews were conducted in a semi-structured format, allowing for flexibility in responses and enabling deeper exploration of the participants' experiences. Trained interviewers carried out the sessions in private settings, such as homes or quiet community spaces, to ensure confidentiality and comfort. The interviewers explained the purpose of the study, obtained informed consent and encouraged participants to share their thoughts and experiences freely. This approach facilitated rich, qualitative data collection that complemented the quantitative findings from the

ST. PAUL'S UNIVERSITY

questionnaires, enabling a comprehensive understanding of the challenges faced by adolescent mothers and the support available to them. By integrating both qualitative and quantitative methods, the research aims to inform targeted interventions that enhance the socio-economic well-being of adolescent mothers and their families, contributing to effective strategies that address the complex realities of teen parenthood.

3.7 Research Procedures

In this section description of pre-testing, validity and reliability of the research instruments is provided.

3.7.1 Pilot Study

The pilot study was conducted at a hospital setting in Juja, one of the 12 sub-counties in Kiambu County, located north of Nairobi between Ruiru and Thika towns. Juja was chosen for the pre-test due to its socio-economic and demographic characteristics, which closely resembled those of Ruiru, the main study area. The hospital setting was selected because the target respondents for the main study were teenage mothers, and conducting the pre-test in a similar environment helped ensure that the conditions closely mirrored those of the actual study.

A total of 10 respondents, representing 10% of the target population of 113 teenage mothers, participated in the pre-test. This number was determined based on the guidance from statistical literature, which suggests that a pilot study should ideally include a sample size between 5% to 10% of the target population to ensure sufficient variability and to effectively test the research instruments (Babbie, 2017). In this case, selecting 10% allowed for a robust assessment of the questionnaire's clarity, relevance, and applicability among the intended demographic, while also being manageable for analysis. This approach facilitated the identification of any issues with the data collection tools, ultimately enhancing the reliability and validity of the main study. The hospital setting was crucial as it provided a realistic context where teenage mothers often seek maternal health services, allowing the research instrument to be tested in an appropriate environment and ensuring that the findings were relevant to the main study objectives.

The primary aim of the pilot study was to identify and resolve any potential shortcomings or issues with the research instrument. This included assessing content validity to ensure comprehensive

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

coverage of the study's objectives and evaluating face validity to confirm the relevance and clarity of the questions for teenage mothers. Feedback from the pre-test participants highlighted ambiguous questions, which were subsequently reworded for clarity. The pilot also revealed areas where additional context or examples were needed, leading to the inclusion of explanatory notes within the questionnaire.

The findings from the pilot study were systematically integrated into the main study by refining the research instrument based on the feedback received. This iterative process improved the clarity and comprehensiveness of the response options, enhancing the instrument's validity and increasing the reliability of the data collected. By addressing these issues, the main study was better equipped to capture the socio-economic impacts of teenage childbearing on young mothers in Ruiru, Kiambu County, ultimately supporting the achievement of its research objectives.

The reliability of the instrument was measured using Cronbach's alpha, and a high coefficient of 0.82 was obtained. This indicated that the instrument consistently measured what it was intended to measure. Based on the feedback from the respondents and the reliability analysis, any ambiguities or confusing questions were revised. This thorough preliminary testing phase was essential for refining the questionnaire, ensuring that it was robust, valid, and reliable for the main study conducted in Ruiru, Kiambu County, Kenya.

ST. PAUL'S UNIVERSITY

3.7.2 Validity of Research Instruments

Ensuring the validity of research instruments was crucial for the credibility and trustworthiness of the study. In the research on the effects of teen childbearing on family socio-economic well-being in Ruiru, Kiambu County, Kenya, measures were taken to assess both content and face validity of the research instruments.

To evaluate content validity, which ensured that the instrument comprehensively covered all relevant aspects of the study's objectives, an expert review and pilot testing were conducted. Insights were sought from lecturers in research methods, as well as from experts in adolescent health, family dynamics, and socio-economic well-being. These experts assessed whether the questionnaire aligned with the study's objectives and adequately addressed the relevant areas.

St. Paul's University Repository

Additionally, a pilot test was conducted with a small sample of respondents from Juja, a neighboring sub-county in Kiambu County. This pilot test helped assess the clarity and relevance of the questions. Feedback from experts and pilot test participants prompted several key revisions to enhance the content validity and clarity of the research instrument.

Ambiguous questions were reworded for better comprehension, simplifying complex phrases and minimizing technical jargon to ensure accessibility for teenage mothers. Additionally, some questions were expanded to include specific response options, allowing for a broader range of answers that reflected diverse experiences, such as detailing sources of financial support. Furthermore, important aspects like mental health challenges and access to social support systems were integrated, making the instrument more comprehensive and better aligned with the study objectives. These revisions ultimately improved the reliability and validity of the data collected in the main study.

Face validity, which confirmed that the questions appeared relevant and clear to respondents, was assessed through adjustments based on feedback received during the pilot testing phase. This process ensured that the questionnaire was understandable and pertinent to the target population of teenage mothers and their families in Ruiru, Kiambu County. By addressing these aspects of validity, the research aimed to develop a robust instrument capable of providing accurate and meaningful insights into the effects of teen childbearing on family socio-economic well-being.

3.6.3 Reliability of Research Instruments

In assessing the reliability of the research instruments for the study on the effects of teen childbearing on family socio-economic well-being in Ruiru, Kiambu County, Kenya, Cronbach's alpha coefficient was used. This statistical measure assessed the extent to which items within the questionnaire consistently measured the same underlying construct.

To apply this method, data were collected from a sample of respondents in Ruiru using the finalized research instrument. The questionnaire included multiple items or questions intended to measure similar aspects of the study's objectives, such as maternal depression, socio-economic status, and family support systems. Once the data were collected, they were inputted into statistical software for analysis.

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

The Cronbach's alpha coefficient was calculated for each section of the questionnaire, yielding a high coefficient of 0.82. This value, which exceeds the acceptable threshold of 0.70, indicates strong internal consistency among the items in that section, suggesting that they reliably measure the same construct. In contrast, a low alpha value would have indicated inconsistencies or redundancies among the items, necessitating a review and potential revision of the questionnaire to enhance its reliability.

3.8 Data Analysis and Presentation

The study employed a mixed-methods approach, combining both quantitative and qualitative analysis to gain a thorough understanding of the impact of teen childbearing on family socio-economic well-being.Initially, the dataset underwent a meticulous cleaning process, addressing errors, missing values, and outliers to enhance its reliability. Quantitative analysis was conducted using SPSS Version 28, where descriptive statistics, including mean, median, mode, standard deviation, and range, were calculated to summarize central trends and data dispersion. The results were visually represented through graphs and charts to improve clarity and interpretation.

A multiple linear regression analysis was performed to assess the impact of teenage pregnancy on family socio-economic well-being, focusing on three independent variables: financial concerns, educational outcomes, and health-related impacts. The regression model was specified by the equation: $y = \beta_0+\beta_1x_1+\beta_2x_2+\beta_3x_3+e_i$

Where;

y = Family Socio-Economic Well-being

x_1 = Financial Concerns

x_2= Educational outcome

x_3= Health related impacts

e_i = error term

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

This analysis provided crucial insights into the extent to which these factors influence the overall economic stability of families affected by adolescent pregnancies.

For qualitative data, thematic analysis was employed to identify and analyze patterns and themes within participants' narratives. The analysis began with the researcher thoroughly examining the data to gain a deep understanding of the participants' experiences. Initial codes were generated to capture significant features, and subsequently refined into broader themes. This process illuminated key insights, such as the financial strain faced by families, aspirations for educational opportunities, health challenges related to inadequate healthcare access, and the importance of social support systems in navigating the difficulties of teen pregnancies.

The integration of quantitative and qualitative findings enriched the study's conclusions, providing a multifaceted perspective on the impact of teenage pregnancy on family well-being. The regression analysis offered numerical evidence of the significant relationships between financial, educational, and health-related factors and family socio-economic stability. Simultaneously, the thematic analysis captured the personal stories that contextualized these findings, highlighting the resilience and coping strategies employed by affected families. This comprehensive methodology underscored the urgency of addressing the challenges posed by adolescent pregnancies through targeted interventions that consider both the statistical trends and the lived experiences of young parents.

ST. PAUL'S UNIVERSITY

3.9 Ethical Consideration

To uphold ethical standards, the research underwent scrutiny by the St. Paul's University Ethics Review Board to ensure all ethical considerations were addressed. It was submitted to the National Commission for Science, Technology, and Innovation (NACOSTI) for approval to collect data.

Confidentiality was a major concern, especially given the topic's sensitive nature of teen childbearing in Ruiru, Kiambu County, Kenya. Before administering the questionnaires, a comprehensive process for obtaining informed consent was conducted. Participants were engaged in detailed discussions where the study's purpose, potential risks, benefits, and t voluntary nature of

St. Paul's University Repository

participation were explained in clear and accessible language, tailored to their diverse backgrounds. Emphasis was placed on the voluntary nature of their involvement, reassuring participants that they could withdraw at any point without facing consequences. Consent forms were provided, outlining the key elements discussed, including confidentiality assurances and the commitment to anonymity. An interactive session was held to allow participants to ask questions and seek further clarification.

Assurances regarding anonymity were provided to participants. Each individual was assigned a unique code to ensure accuracy during data collection and confidentiality during analysis.This coding system replaced the use of participants' names or personally identifiable information. During the initial data cleaning process, all personally identifiable information, including names, addresses, and other identifying details, was systematically separated from the main dataset. This de-identification process ensured that subsequent analysis was conducted exclusively on anonymized data, significantly minimizing the risk of accidental disclosure and maintaining participant confidentiality. These ethical safeguards were implemented to build trust with participants and uphold the principles of ethical research conduct.

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

CHAPTER FOUR

DATA PRESENTATION, ANALYSIS INTERPRETATION AND DISCUSSION

4.1 Introduction

This chapter presents, analyzes, interprets, and discusses the data collected through the research methods described in Chapter Three. It includes the sample response rate, demographic characteristics of the sample, and the impacts of financial resources, teen childbearing, and postpartum experiences of teenage mothers on the socio-economic status of affected families in the region.

4.2 Sample Response Rate

Table 4.1 presents the results according to the response rate.

Table 4.1 **Response Rate**

Questionnaires	**Frequency**	**Percentages (%)**
Returned	131	96.3
Not Returned	5	3.7
Total Issued	**136**	**100.0**

Of the 195 respondents initially sampled, 136 questionnaires were distributed due to logistical constraints and the unavailability of some participants during data collection. While it is common in surveys to encounter challenges in reaching every selected respondent, concerted efforts were made to engage as many as possible through effective planning and follow-ups. Despite these limitations, an impressive response rate of 96.3% (131 questionnaires returned) was achieved. This high response rate not only demonstrates the success of the data collection process but also aligns with Kothari's (2019) guidelines, which classify a response rate of 50% as adequate, 60% as good, and 70% or higher as excellent.The 96.3% response rate exceeds these benchmarks, underscoring the reliability and robustness of the collected data. Additionally, the proactive measures taken, such as personalized reminders and rapport-building with participants, further contributed to this strong engagement, reinforcing the validity and representativeness of the study's findings.

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

4.3 Demographic Profiles of Respondents

4.3.1 Respondents' Age

The study focused on the age distribution of respondents to better understand the prevalence and trends of adolescent motherhood across various age groups. The results are shown in Table 4.2.

Table 4.2 **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**

Table 4.2 presents the age distribution of respondents. The data shows that 39.7% of respondents were aged 15-16 years, 40.5% were aged 17-19 years, and 19.8% were over 19 years. This distribution suggests that the majority of the respondents fall within the 15-19 years age bracket, with a slight predominance in the 17-19 years group. The relatively smaller percentage of respondents over 19 years highlights a declining trend of adolescent motherhood beyond the teenage years. These percentages reflect the prevalence of adolescent motherhood among younger teenagers, which is consistent with findings from a report by WHO (2020) which indicate that early pregnancy rates peak during the ages of 15-19 in sub-Saharan Africa. Similarly reported that the highest rates of adolescent pregnancies occur in this age group, confirming a global trend of early motherhood among adolescents.

Several studies show similar trends in adolescent motherhood across different regions. For instance, Mutua, et al. (2019) found that the highest rates of adolescent pregnancies in urban Kenya were among teenagers aged 15-18, with a sharp drop in pregnancies for those over 19 years. This aligns with the current study's findings, suggesting that the early teenage years represent a critical period for adolescent mothers. In contrast, Gbogbo's (2020) observed in Ghana

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

that pregnancies among adolescents aged 18-19 were slightly higher compared to the 15-16 age group, indicating some regional variability in trends, though both studies highlight the early teenage years as critical for addressing adolescent pregnancy.

The high percentage of adolescent mothers within the 15-19 age range is significant, as this group is often the most vulnerable to the socio-economic impacts of early pregnancy. Studies such as Todhunter et al. (2021) emphasize the importance of targeting interventions towards teenagers in this age group to reduce pregnancy rates and mitigate the negative consequences for young mothers, including interrupted education, poor health outcomes, and limited economic opportunities. The current study's findings, showing nearly equal distribution between the 15-16 and 17-19 age groups, underscore the need for tailored approaches that address both younger and older teenagers differently, as their needs may vary.

These results enhance understanding of the prevalence and trends of adolescent motherhood across different age groups, contributing to the broader conversation on how age influences the experiences and outcomes of young mothers. For instance, Panday et al. (2015) suggest that younger adolescent mothers, such as those aged 15-16, often face more significant challenges in accessing reproductive health services and education compared to their older counterparts. The current study supports this view, highlighting the importance of addressing these barriers through targeted interventions, such as age-appropriate sexual education and improved healthcare access, especially for younger adolescents.

The study's findings are crucial for shaping public health policies aimed at reducing adolescent pregnancies, particularly in the 15-19 years age group. The high prevalence of teenage pregnancies in this age bracket calls for urgent action to provide comprehensive sexual education, expand access to contraception, and support young mothers in completing their education. These findings not only corroborate existing research but also stress the need for interventions that are sensitive to the diverse challenges faced by different age groups. As the researcher, these results highlight the need to strengthen community engagement, promote family planning programs, and ensure that young adolescents, especially those between 15-16 years, receive the support necessary to prevent early motherhood and its associated risks.

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

4.3.2 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 4.3 summarizes the results indicating the highest levels of education attained by the participants.

Table 4.3 **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 most teen mothers in Ruiru, Kiambu County, have attained secondary education, with 60.3% reaching this level. In contrast, a smaller proportion has only completed primary education (19.8%) or has pursued post-secondary education (19.8%). This distribution suggests that while most adolescent mothers have achieved a basic level of education, only a small fraction progresses to higher education, indicating potential disruptions in their educational attainment due to early childbearing, an issue prevalent among adolescent mothers globally.

The fact that 60.3% of these teen mothers have completed secondary education reflects their resilience and ability to continue their education to some extent despite the challenges of motherhood. However, the relatively low percentage of those who advance to post-secondary education points to significant barriers that may arise from their early childbearing responsibilities. The 19.8% who have only completed primary education likely represent individuals who experienced earlier educational disruptions, while the 19.8% pursuing post-secondary education may indicate exceptional cases where supportive environments have facilitated continued learning amid the challenges of motherhood.

Similar findings are corroborated by research from Mutea et al. (2022), who identified early childbearing as a leading cause of school dropouts in Kenya, particularly for those transitioning from secondary to post-secondary education. In contrast, a report by the World Health Organization (2020) highlighted those countries with robust social support systems, including

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

family planning education and childcare services, tend to have higher rates of teen mothers continuing their education. This suggests that in Ruiru, where access to post-secondary education is limited for adolescent mothers, the absence of structured support systems can significantly hinder their educational progress.

The literature further emphasizes the complex interplay between education, early childbearing, and socio-economic outcomes. A key study by Okello et al. (2023) examined adolescent mothers in Uganda, finding that while more than half had completed secondary education, many still faced barriers to advancing further due to inadequate support services and societal stigma. This finding resonates with the current study's results, highlighting a shared challenge in balancing educational pursuits with the demands of motherhood. Similarly, Miriti and Mutua (2019) reported a lower completion rate of 45% for adolescent mothers in Kenya, indicating that local factors may provide better educational support in Ruiru, resulting in higher secondary education attainment.

The relatively low proportion of respondents with post-secondary education raises concerns about the long-term socio-economic well-being of teen mothers in Ruiru. Nakibuye (2021) noted that young mothers with only secondary education or less are likely to remain in low-income brackets, often relying on informal employment or family support, which perpetuates cycles of poverty. The 60.3% of teen mothers with secondary education in this study are at risk of falling into this category, as higher education is typically associated with better economic opportunities. This highlights the urgent need for policies to help adolescent mothers return to school or pursue vocational training to improve their skills and opportunities.

The distribution of educational attainment among teen mothers in Ruiru, predominantly at the secondary education level, mirrors broader regional and global patterns, highlighting the negative effects of early motherhood on educational advancement and socio-economic outcomes. The low rates of post-secondary education indicate a significant gap in support systems for young mothers, emphasizing the need for targeted educational and economic interventions to improve their long-term well-being and disrupt cycles of poverty. Addressing these challenges is essential for empowering adolescent mothers and fostering their educational and economic progress within the community.

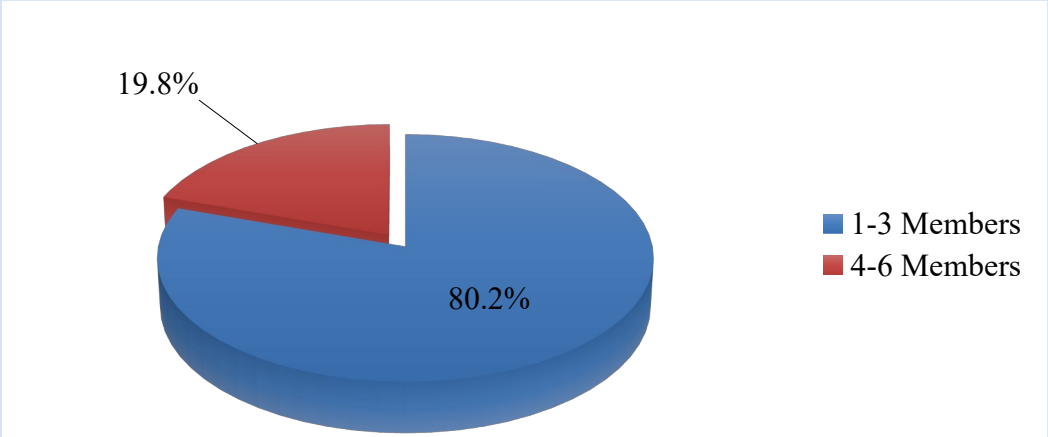
ST. PAUL'S UNIVERSITY

St. Paul's University Repository

4.3.3 Household Size

The researcher also aimed to examine household size dynamics within the context of teen childbearing's impact on family socio-economic well-being in Ruiru, Kiambu County, Kenya. Understanding household size is key to evaluating how family structure influences socio-economic challenges faced by families with teen mothers, affecting resource allocation, economic stability, and social support.

Figure 4.1 visually represents the distribution and variation in household sizes, providing insight into the living arrangements and family structures affected by early childbearing.



Field Survey (2024)

Figure 4.1 **Household Size**

The study reveals that a significant majority of households of teen mothers in Ruiru, Kiambu County, are small, with 80.2% comprising 1-3 members. This finding indicates a clear trend where teen childbearing is associated with smaller family units. The high percentage suggests that many of these households may be operating under financial constraints or social stigma that discourage larger family sizes. Small households can face heightened economic pressures due to the limited number of income contributors, which often exacerbates existing financial challenges.

St. Paul's University Repository

Interpreting these percentages provides insight into the socio-economic dynamics of teen motherhood in Ruiru. With 80.2% of households consisting of just one to three members, it becomes evident that many teen mothers are likely navigating motherhood with limited social and economic support. This small household size can lead to increased vulnerability, as fewer family members mean fewer potential earners and resources to share, further straining the family's financial situation.

Comparatively, this trend diverges from findings in rural areas where larger household sizes are more prevalent. For example, the 2019 Kenya Population and Housing Census reported an average household size of 3.0 persons in Ruiru, which slightly aligns with the study's findings. However, this also suggests that urban environments may have an additional impact on household composition. In contrast, studies from rural regions, such as those conducted by Odu et al. (2015), demonstrate that larger households often have more income sources, which can provide a buffer against financial hardship. The difference in household sizes underscores the varying socio-economic challenges faced by families with teen mothers depending on their geographic context.

Additionally, the implications of these findings within the context of the effects of teen childbearing on family socio-economic well-being in Ruiru, Kiambu County, are profound. Understanding household size is essential for assessing how family structure affects the socio-economic challenges experienced by families with teen mothers. Smaller households may struggle with resource allocation, economic stability, and social support, which can adversely affect the well-being of both mothers and their children. For instance, studies by Madume and Dibia (2021) and Musyoka and Ochieng (2022) emphasize that smaller family units often face greater financial strain due to fewer earners, leading to diminished economic opportunities. Moreover, Yaya et al. (2020) highlight that the lack of adequate support systems in smaller households can hinder the educational and employment prospects of teen mothers, further perpetuating cycles of poverty. Similarly, Oketch and Lenga (2019) underscore the significance of financial stability in ensuring maternal and child health outcomes, pointing out that the economic vulnerabilities faced by small households can have long-lasting effects on overall family well-being.

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

Overall, the findings suggest that the household size of teen mothers plays a critical role in understanding the socio-economic challenges they face. The results underscore the need for targeted interventions aimed at supporting small households in urban settings like Ruiru. By addressing the unique challenges posed by smaller family units, such initiatives can help improve resource allocation, enhance economic stability, and foster better social support networks for teen mothers. In conclusion, recognizing the implications of household size on the socio-economic well-being of families with teen mothers is essential for developing effective strategies to mitigate the adverse effects of teen childbearing in Ruiru, Kiambu County.

4.4 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 4.4 provides a summary of the findings.

Table 4.4 **Financial Implications of Teen Childbearing on Family Wellbeing**

Statement	SA (5)	A (4)	Neutral (3)	D (2)	SD (1)	Mean	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%	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%	25.2%	26.7%	1.5%	4.6%	3.98	1.081

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

The findings presented in Table 4.4 provide compelling evidence of the financial burden imposed on families due to teen childbearing, highlighted by notably high mean scores across various indicators of financial strain. The data reveals that 61.1% of respondents strongly agreed, and 24.4% agreed that their families faced increased financial challenges due to teen childbearing, resulting in a mean score of 4.35. This high mean score signifies a strong consensus among respondents regarding the profound impact of early motherhood on financial stability. A mean score in this range indicates that respondents not only recognize the challenges but also feel strongly that these challenges significantly hinder their family's financial well-being. The standard deviation of 1.015 suggests that while there is a general agreement on the issue, there is also some variability in perceptions, indicating that experiences may differ among families.

The adverse impact on savings is another critical aspect of the findings. The data shows that 47.3% of respondents strongly agreed and 36.6% agreed that their ability to save for the future was negatively affected, yielding a mean score of 4.14. This mean score indicates that many respondents feel a significant reduction in their capacity to save due to the financial demands of raising a child at a young age. The standard deviation of 1.135 indicates a broader range of opinions about the extent of this impact, suggesting that while a substantial number experience a pronounced effect on their savings, others may feel less impacted. This variability highlights the nuanced ways in which teen childbearing can disrupt financial planning, with some families finding themselves in more precarious situations than others.

Unexpected financial burdens related to teen childbearing further illustrate the economic challenges of families. With 58.0% of respondents indicating agreement or strong agreement on this issue, the mean score of 4.28 reflects a strong acknowledgment of these unforeseen economic pressures. The standard deviation of 1.062 suggests that the intensity of these burdens varies among families. This finding highlights the unpredictability of financial strain associated with early motherhood, which can manifest in various forms, including medical expenses, childcare costs, and general living expenses, all of which can accumulate rapidly and create significant financial strain.

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

The necessity for families to make significant financial adjustments in response to these challenges is also evident in the data. A combined 33.6% of respondents strongly agreed, and 59.5% agreed that their families needed to implement financial adjustments, resulting in a mean score of 4.22. The low standard deviation of 0.705 indicates a high level of consensus regarding the need for these adjustments, emphasizing a shared understanding among respondents about the substantial economic impact of teen childbearing. This finding underscores the reality that many families are forced to reevaluate their financial priorities and make tough decisions regarding budgeting and expenditures in light of their new circumstances.

Qualitative data collected during the study corroborate these quantitative findings by providing personal narratives that illustrate the financial impact of adolescent pregnancy on families. For example, one respondent shared,

> *"My mum died when I was 14 years old, and so I had to live with my aunts on my mum's side. It was very difficult since I became pregnant at 17; I used to hop from one house to the next, and even sometimes meals were limited; we struggled."* (R001, Field Data, 2024)

This account not only reflects the financial instability faced by families but also aligns with the quantitative data that indicates a strong consensus about financial strain. The personal stories enrich the statistical findings by providing context and depth to the understanding of financial challenges associated with teen childbearing.

The role of encouragement and proactive support was also evident. One respondent noted,

> *"I had my mum who supported me throughout the pregnancy. She used to encourage me to look for work even before the pregnancy could be big so that when my baby arrives, I will have anything I needed."* (R013, Field Data, 2024)

Such accounts reveal that while teen childbearing can significantly disrupt financial stability, robust familial support systems can help alleviate some of the financial pressures. These personal testimonies underscore the importance of emotional and financial backing from family members in navigating the challenges of early motherhood, thus reinforcing the quantitative findings regarding the necessity of financial adjustments and the burdens placed on families.

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

Additionally, the financial strain of dropping out of college and the crucial role of parental support were highlighted in another respondent's account:

> *"I had to drop out of college to raise my child, and I was lucky my parents supported me financially to navigate through motherhood."* (R011, Field Data, 2024)

This quote illustrates the tough choices young mothers must make and emphasizes the importance of parental support in ensuring they can manage their new responsibilities. Such narratives further affirm the need for a supportive environment, where family members can provide both emotional and financial assistance, enabling young mothers to make informed decisions about their futures while managing the challenges of early parenthood.

Comparative analysis with previous studies strengthens the findings of the current research. For instance, Madume and Dibia (2021) reported that financial instability and poor job opportunities are common among adolescent mothers, resonating with the current study's findings regarding financial challenges. Odu et al. (2015) identified similar difficulties faced by adolescent mothers in balancing educational pursuits and financial responsibilities. In contrast, Yaya et al. (2020) emphasized that teen mothers frequently experience reduced economic opportunities, echoing the sentiments expressed in this study regarding the impact of early motherhood on financial planning and stability.

Moreover, research by Moraes et al. (2018) emphasized that insufficient financial support exacerbates the challenges of teen motherhood, further reinforcing the need for targeted interventions. Okello et al.(2023) found that the financial implications of early childbearing significantly influence maternal and child health outcomes, indicating that economic stability is integral to the well-being of both mother and child. These studies collectively support the notion that financial resources are crucial in managing the economic challenges following teen childbirth.

In conclusion, the findings from this study illustrate that teen childbearing imposes considerable financial strain on families in Ruiru, with mean scores indicating widespread agreement on the negative impacts on financial stability, savings, and essential expenditures. The qualitative data

ST. PAUL'S UNIVERSITY

substantiate the quantitative results, showcasing the real-life experiences of respondents and highlighting the dire financial challenges posed by teen childbearing. Ultimately, these results achieve the study's objective of evaluating the impacts of financial resources utilized within the first six months following teen childbirth on family socio-economic well-being in Ruiru, Kiambu County, Kenya.

The implications of these findings underscore the urgent need for targeted financial support programs aimed at alleviating the economic burdens faced by adolescent mothers. Addressing these issues can foster a more supportive environment for young mothers and their families, enhancing both their educational and economic prospects. The interplay between financial resources and the well-being of families affected by teen childbearing indicates that timely interventions can significantly improve outcomes and potentially break cycles of poverty. The study emphasizes the need for support systems that provide financial aid and empower young mothers to make informed choices about their futures

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

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

4.5.1 Extent of Educational Disruption Caused by Teen Childbearing

The findings are displayed in Figure 4.2.

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

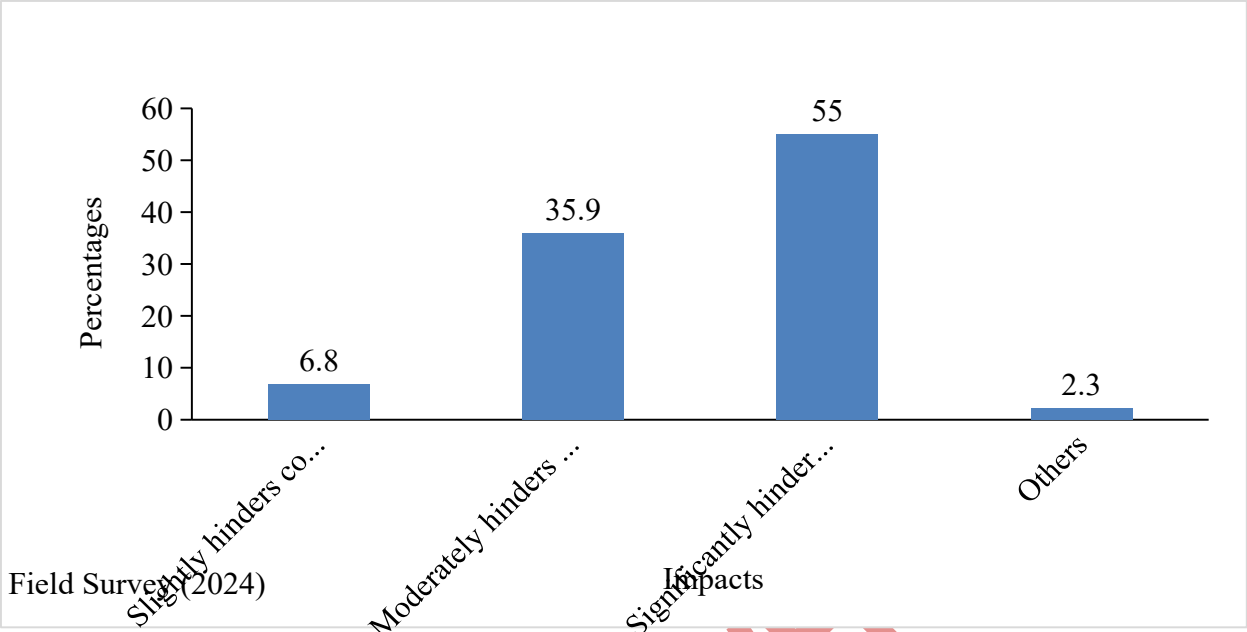


Figure 4.2**Extent of Educational Disruption Caused by Teen Childbearing**

The data indicates that most 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.

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

ST. PAUL'S UNIVE

St. Paul's University Repository

flexible schedules, childcare support, and counseling to help teen mothers improve their educational and career outcomes.

4.5.2 Ways Through Which Teen Childbearing Affects Educational Outcomes

The researcher also analyzed the impact of teen childbearing on educational outcome, a crucial step for designing targeted interventions and developing effective support systems and policies. Table 4.5 presents the results.

Table 4.5**Ways Through Which Teen Childbearing Influences Educational Outcomes**

Ways	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**

Table 4.5 presents the various ways through which teen childbearing influences educational outcomes among families in Ruiru, Kiambu County. The data reveals that 40.5% of respondents identified academic disruption as the primary impact, followed by financial challenges at 35.1%. A smaller proportion, 16%, noted societal stigma, while 5.3% cited cultural attitudes as a contributing factor. Only 3.1% mentioned altered parental roles as a significant influence. These findings collectively underscore the complex interplay of factors impacting educational trajectories for teen mothers and their families.

The high percentage of 40.5% for academic disruption indicates that a significant number of respondents believe that teen childbearing directly interrupts education, leading to lower academic attainment. This disruption could manifest as increased absenteeism, dropouts, or difficulties in balancing parenting responsibilities with school commitments. The 35.1% who reported financial challenges suggest that the economic burden of raising a child at a young age often forces teen mothers to prioritize work over education, which can further hinder their academic progress.

The 16% citing societal stigma highlights the negative perceptions and discrimination faced by teen mothers, which can affect their self-esteem and motivation to pursue education. The 5.3% attributed to cultural attitudes indicates that in some cases, community norms and values may

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

dictate the educational opportunities available to young mothers, while the 3.1% on altered parental roles suggests that the expectations placed on family members may not significantly impact educational outcomes compared to other factors.

The findings from this study resonate strongly with existing literature on the impact of teen childbearing on educational outcomes. For instance, Gbogbo's (2020) research in Ghana identified significant barriers that contribute to educational disruption, emphasizing how increased caregiving responsibilities affect teen mothers. This aligns with the 40.5% of respondents in the current study who indicated that academic disruption is a key consequence of teen childbearing. Similarly, Koniak-Griffin et al. (2018) noted that financial constraints faced by young mothers often lead to reduced educational attainment, corroborating the 35.1% of respondents who identified financial challenges as a significant factor. These findings highlight a pervasive issue across diverse contexts, underscoring the urgent need for targeted interventions that can support the educational persistence of adolescent mothers.

Moreover, research by Madelo and Plaza (2021) in the Philippines revealed that teenage mothers are significantly more likely to drop out of school due to the combined pressures of parenting and academic responsibilities. This aligns with the findings from the current study, reinforcing the critical role that academic disruption plays in the lives of teen mothers. Both studies illuminate the challenges faced by adolescent mothers, suggesting that effective support systems are essential for their educational success. Furthermore, Gbogbo's (2020) findings regarding financial challenges echo the 35.1% reporting such obstacles in this study, indicating a common barrier that forces adolescent mothers to prioritize immediate economic needs over their educational aspirations. The correlation between financial instability and reduced educational opportunities highlights the necessity for robust financial support systems to help these young mothers navigate their educational journeys and minimize dropout rates.

Additionally, the research conducted by Panday et al. (2015) in South Africa and Miriti and Mutua (2019) in Kenya reinforces the current findings regarding societal stigma and cultural attitudes. Panday et al. emphasized how negative societal perceptions isolate teen mothers, which aligns with the 16% noted in this study. Meanwhile, Miriti and Mutua pointed out that cultural attitudes

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

significantly shape the educational opportunities available to adolescent mothers, with 5.3% of respondents citing this factor. Together, these studies illustrate a consistent theme: teen childbearing disrupts educational outcomes through academic, financial, and societal factors. This underscores the need for comprehensive support mechanisms to enhance educational opportunities for adolescent mothers.

Overall, this study effectively achieves its objective of determining the impact of teen childbearing on educational outcomes related to family socio-economic wellbeing in Ruiru. By identifying specific pathways through which these influences occur, it provides valuable insights that can inform policy and program development aimed at supporting teen mothers in their educational pursuits. Addressing these challenges benefits not only the individuals directly affected but also improves the socio-economic well-being of their families and the broader community.The findings advocate for initiatives that focus on financial support, academic counseling, and community awareness, which could collectively mitigate the negative impacts of teen childbearing on education and improve outcomes for both mothers and their families.

4.5.3 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 4.6.

The majority of participants (56.5%) expressed disagreement with the claim that having a teen child has not seriously interfered with education, suggesting that most families have faced such interruptions. The low mean score of 2.18 (SD = 0.799) further emphasizes this perception, suggesting that educational progress is commonly hindered when teen childbearing occurs. The data also highlighted that many families face challenges in completing education due to teen childbearing, with 45.8% agreeing and 20.6% strongly agreeing with this statement. The mean score of 3.71 (SD = 1.019) reflects a consensus that these challenges are widespread. Additionally, respondents noted that teen childbearing negatively influences educational aspirations, with 41.2% strongly agreeing and 32% agreeing, resulting in a high mean of 3.92 (SD = 1.187). This suggests

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

that early parenthood often dampens the educational goals of family members, potentially leading to lower academic achievement and diminished future prospects.

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

Table 4.6**Respondents' Agreement on the Impacts of Teen Childbearing on Educational Trajectories Within the Family**

Statement	SA	A	Neutral	D	SD	Mean	Std. Dev
Teen childbearing has not significantly disrupted educational pursuits within our family.	3 (2.3%)	2 (1.5%)	31 (23.7%)	74 (56.5%)	21 (16.0%)	2.18	0.799
Our family members have faced challenges in completing their education due to teen childbearing.	27 (20.6%)	60 (45.8%)	29 (22.1%)	9 (6.9%)	6 (4.6%)	3.71	1.019
Teen childbearing has negatively influenced the educational aspirations of our family members.	54 (41.2%)	42 (32. %)	10 (7.6%)	21 (16.0%)	4 (3.1%)	3.92	1.187
Our family has had to adjust educational plans because of teen childbearing	44 (33.6%)	50 (38.2%)	11 (8.4%)	26 (19.8%)		3.85	1.096
Educational opportunities for family members have been limited as a result of teen childbearing.	32 (24.4%)	58 (44.3%)	7 (5.3%)	16 (12.2%)	18 (13.7%)	3.53	1.349
Our family believes that teen childbearing has led to a decline in academic achievements	32 (24.4%)	58 (44.3%)	12 (9.2%)	19 (14.5%)	10 (7.6%)	3.63	1.217

ST. PAUL'S UNIVERSITY

Furthermore, the study found that families often need to adjust their educational plans due to teen childbearing. The results show that this is a typical experience, with families rearranging their

St. Paul's University Repository

priorities to make room for the new responsibilities that come with becoming parents early (mean score of 3.85, SD = 1.096). The perception that educational opportunities are limited as a result of teen childbearing was also prevalent, with a mean of 3.53 (SD = 1.349). This finding highlights the constraints families face, which may reduce the overall educational attainment of family members.

The findings are consistent with Madelo and Plaza (2021), which also highlight the negative effects of teen childbearing on educational trajectories. Both studies show that teen motherhood disrupts educational pursuits, leading to high dropout rates and diminished educational aspirations. Madelo and Plaza discovered comparable obstacles to academic advancement, such as unstable economic conditions and a lack of parental support. These parallels underscore a recurring pattern: teen childbearing disrupts both immediate and long-term educational and socio-economic outcomes, reinforcing cycles of disadvantage. The findings highlight the need for focused initiatives aimed at breaking the cycle of poverty associated with adolescent birth, supporting young parents, and reducing educational disruptions.

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

4.6.1 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*."

> "*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*."

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

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*."

Furthermore, the current study clearly shows early emotional problems and traumatic events. One of the respondents mentioned that:

> "*I did not have a smooth welcome for my baby because immediately I gave birth to him on day two of me breastfeeding him. I choked him which led to the closing of his nostrils and the baby had to be transported to nursery where I was feeding him with pipes for three weeks."*

The researcher further explored the challenges teenage mothers face in adjusting to life after childbirth, focusing on personal, social, and emotional difficulties. One participant shared,

> "*Being the only person in the friend group who had given birth, I felt I was missing out on the things my friends could do that I couldn't since I had a child to take care of*."

This quote highlights the social isolation and sense of loss experienced by teenage mothers as they transition from peer activities to caregiving responsibilities. The participant's feelings of exclusion emphasize the challenge of maintaining social connections while shouldering new responsibilities.

The study also uncovered the impact of familial support on educational aspirations and the personal sacrifices required in the transition to motherhood as shown below:

> "*I had to accept that I would not be going back to school because my father did not support me nor my siblings*."

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

The issue of stigma and negative judgment from peers was also evidenced in this study as illustrated by the following quotes:

"*I faced judgments especially from my age-mates it was really bad*."

"*Post-partum depression, I also lost friends*."

The study reveals the complex emotional challenges faced by teenage mothers during the post-partum period. While financial aid and social support can significantly alleviate stress and provide comfort, difficulties persist when support is inadequate or when issues such as breastfeeding problems arise. This is consistent with studies by Evans et al. (2021) and McCoy et al. (2019), which emphasize the value of all-encompassing support systems. The study stresses the necessity of comprehensive approaches to postpartum care that address practical, emotional, and economic factors.

It advocates for reducing stigma through community education and creating supportive environments to enhance the well-being of teenage mothers and improve their long-term outcomes.

4.6.2 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 4.6.

Table 4.7**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

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

relationships somewhat worsened. In contrast, 19.8% of respondents felt their relationships somewhat improved. These findings suggest that the 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*."

Another respondent encouraged that:

> "*Never give up because there is life after giving birth and becoming a mother*"

The quotes collectively emphasize resilience and dedication for teenage mothers, encouraging them to prioritize their children'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 children while navigating societal and personal difficulties.

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

Additionally, responses highlighted the strong sense of intrinsic motivation driven by parental responsibilities, with many emphasizing the importance of staying strong for their child. For instance, one of the respondents expressed: "*To always stay strong for the sake of your child because they deserve all the love*."

The remark emphasizes the need for teenage mothers to remain resilient and dedicated despite the difficulties they face. It emphasizes prioritizing the child's well-being and emotional needs, advocating for unwavering support and affection. The focus is on maintaining strength and emotional stability to provide a loving and supportive environment for the child, regardless of personal struggles.

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.

4.6.3 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 4.8. 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) indicates general agreement on the increased risk, though opinions varied. This variation may be attributed to differences in awareness levels about postpartum hemorrhage or personal experiences influencing individual perceptions of risk.

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

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 adolescent pregnancies and elevated caesarean rates, though some variability in responses may reflect differing personal or clinical experiences.

Table 4.8**Perceptions of Post-Partum Medical Complications Associated with Teen Childbearing**

Statement	SA	A	Neutral	D	SD	Mean	Std. Dev
Teen childbearing significantly increases the risk of post-partum hemorrhage	29 (22.1%)	54 (41.2%)	25 (19.1%)	20 (15.3%)	3 (2.3%)	3.66	1.058
The likelihood of caesarean delivery is heightened among teenage mothers.	29 (22.1%)	50 (38.2%)	37 (28.2%)	12 (9.2%)	3 (2.3%)	3.82	1.092
Teen childbearing is associated with an increased incidence of low birth weight	40 (30.5%)	54 (41.2%)	21 (16.0%)	10 (7.6%)	6 (4.6%)	3.85	1.082
Teenage moms are more likely to give birth prematurely.	24 (18.3%)	38 (29.0%)	52 (39.7%)	15 (11.5%)	2 (1.5%)	3.51	0.972
Teenage mothers are more susceptible to postpartum medical complications such as anemia.	17 (13.0%)	44 (33.6%)	61 (46.6%)	6 (4.6%)	3 (2.3%)	3.5	0.863
Prolonged labor is a common complication experienced by teenage mothers	33 (25.2%)	27 (20.6%)	64 (48.9%)	5 (3.8%)	2 (1.5%)	3.64	0.944

ST. PAUL'S UNIVERSITY

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

St. Paul's University Repository

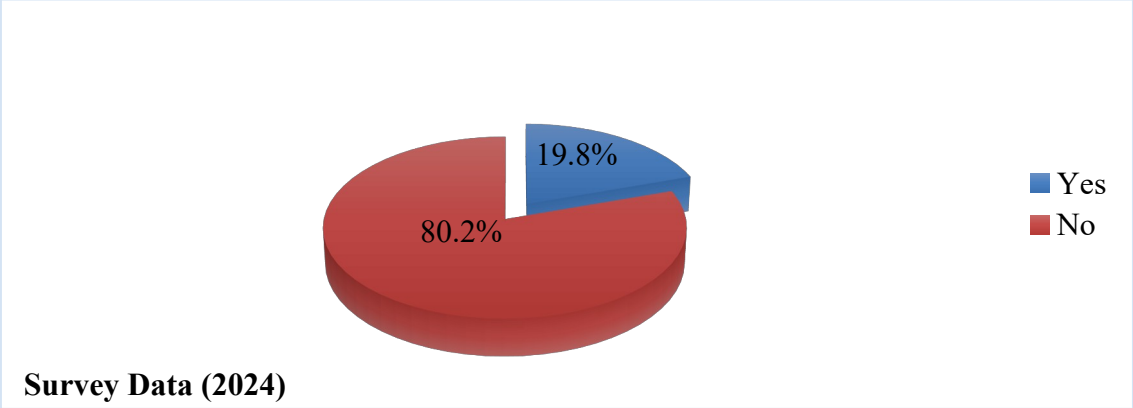
4.6% strongly disagreeing. The mean score of 3.85 (SD = 1.082) reflects strong agreement that low birth weight is linked to teen childbearing, with moderate variability. This high agreement likely stems from established medical knowledge about the adverse effects of teenage pregnancies on birth weight, 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 study's findings on postpartum issues, such as anaemia, prolonged labor, and caesarean births among young mothers, align with existing research, including Ijarotimi et al. (2019). However, while Ijarotimi et al. reported higher rates of anaemia and obstructed labor, the current study shows moderate alignment, reflecting regional differences in healthcare quality. These variations highlight the importance of conducting context-specific research and implementing tailored interventions to address disparities in healthcare quality and awareness. Improved education and targeted support are crucial to reducing risks and enhancing outcomes for teenage mothers.

ST. PAUL'S UNIVERSITY

The respondents were then asked, "Have you, or anyone you know, experienced post-partum bleeding after teen childbearing? " as a follow-up question. Figure 4.3 provides a summary of the findings:



Survey Data (2024)

Figure 4.3 **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.

While this study revealed a somewhat lower prevalence rate of postpartum hemorrhage compared to Smith and Jones (2019), its findings align closely with earlier research, such as Mendez et al. (2018), which reported a rate of 25% among teenage mothers. This highlights a significant maternal health concern that resonates with the nearly 20% rate observed in the current study, emphasizing the ongoing challenges young mothers face in managing postpartum complications. To address these challenges, targeted interventions are crucial. These interventions may include enhanced education on recognizing the warning signs of postpartum hemorrhage, improved access to healthcare services, and the establishment of support networks for young mothers. Training healthcare providers in effective postpartum care protocols and ensuring timely follow-up appointments can greatly enhance recovery outcomes.

The findings from this study underscore the urgent need for policy changes that prioritize maternal health, especially for teenage mothers. Community support programs should be developed to

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

provide holistic care, incorporating counseling and peer support to help young mothers navigate the emotional and physical challenges of postpartum recovery. Furthermore, healthcare practices must adopt standardized protocols for postpartum care, ensuring that all mothers receive the necessary attention and resources for a smooth transition to parenthood. This comprehensive approach can lead to improved maternal health outcomes and a reduction in complications related to postpartum hemorrhage.

4.7 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 4.9.

Table 4.9**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**

ST. PAUL'S UNIVERSITY

The results indicate that 61.1% of respondents believe that family support significantly alleviates the effects of teen childbearing, with 24.4% observing a moderate impact, 5.3% noting a minimal impact, and 2.3% perceiving no impact. Furthermore, 6.9% acknowledged that the effectiveness of family support can vary based on family dynamics. This consensus underscores the importance of family support, although its effectiveness may differ depending on individual circumstances.

Several factors may underlie these beliefs. Emotional and financial support from family members can significantly impact a young mother's confidence and her ability to manage the challenges of parenthood. As one respondent stated, "*Without my family's support, I don't think I would have*

St. Paul's University Repository

managed to continue my studies. They help with the baby, allowing me to go to school." This sentiment reflects how family support can provide essential resources, such as childcare assistance, enabling young mothers to pursue educational or employment opportunities. Additionally, supportive family environments foster better mental health, reducing feelings of isolation or anxiety, which are common among teenage mothers.

The current study reveals that 61.1% of respondents believe family support significantly alleviates the effects of teen childbearing, while 24.4% perceive a moderate impact, highlighting a strong consensus on the importance of family support. This finding is in line with Bain et al. (2020), which reported that 70% of teenage mothers with strong family support were more likely to remain in school. Furthermore, 65% of participants in Bain et al.'s study indicated that financial assistance from family members helped them manage childcare and educational expenses, directly impacting their educational and employment prospects. Similarly, Mutua et al. (2019) found that teenage mothers with robust family support were 50% more likely to secure stable employment, while 75% reported better mental health outcomes when family members were involved in childcare.

In contrast to the findings of Bain et al. (2020) and Mutua et al. (2019), the current study also notes that 6.9% of respondents believe the impact of family support varies based on family dynamics, suggesting that not all familial relationships are beneficial. This highlights a more complex understanding of family support than presented in previous studies. While Bain et al. and Mutua et al. emphasize the positive impacts of strong family ties, the current study suggests that the effectiveness of family support can be influenced by individual circumstances and family interactions. This distinction calls for further exploration into how different family dynamics affect the experiences of teenage mothers, indicating that while family support is essential, its impact is not universally positive and can depend on specific relational factors.

The perceptions of young mothers regarding family support have significant implications for policymakers and community programs designed to assist them. Recognizing the crucial role of family involvement, interventions should prioritize enhancing family engagement in the lives of teenage parents. Programs must educate families about the specific challenges faced by young mothers and provide guidance on effective ways to offer support. Additionally, it is essential to

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

develop community resources that strengthen family dynamics and promote healthy relationships. By addressing these factors, stakeholders can better support teenage mothers, ultimately improving their educational and economic outcomes.

Respondents were asked to rate their agreement or disagreement with a series of statements on a scale from 1 to 5 to determine the perceived influence of family support. On this scale, 1 denotes "Strongly Disagree (SD)," while 5 denotes "Strongly Agree (SA)." Table 4.10 provides a summary of the assessment results.

Table 4.10**Perceptions of the Effectiveness of Family Support in Mitigating the Socio-Economic Impacts of Teen Childbearing**

Statement	SA	A	Neutral	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.	34 (26.0%)	24 (18.3%)	41 (31.3%)	11 (8.4%)	21 (16.0%)	3.30	1.368
Financial support from my family often falls short in alleviating the economic challenges associated with teen childbearing.	91 (69.5%)	11 (8.4%)	16 (12.2%)	11 (8.4%)	2 (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.	18 (13.7%)	49 (37.4%)	44 (33.6%)	14 (10.7%)	6 (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.	72 (55.0%)	26(19.8%)	27 (20.6%)	4 (3.1%)	2 (1.5%)	4.24	0.983

ST. PAUL'S UNIVERSITY

The findings summarized in Table 4.10 reveal varied perceptions of family support in addressing the socio-economic challenges of teen childbearing. Emotional support is perceived with mixed

St. Paul's University Repository

opinions; 26% of respondents strongly agree, and 18.3% agree that families provide adequate emotional backing. However, 31.3% remain neutral, and 25.4% disagree with the adequacy of emotional support. The large standard deviation of 1.368, and the mean score of 3.30 suggest diversity in family dynamics and resources. This indicates that while some families provide emotional support, others are less equipped, leading to varied experiences among teen mothers. One respondent expressed this variability, saying, "My family tries to help emotionally, but sometimes it's just not enough." The mean score of 3.30 indicates that, on average, respondents perceive emotional support as somewhat adequate but recognize substantial gaps, as evidenced by the significant neutral and disagreement percentages.

In contrast, the data reveal that 69.5% of respondents strongly agree and 8.4% agree that financial support is insufficient to meet economic objectives. This equates to nearly 78% of participants acknowledging a critical gap in financial assistance, with a high mean score of 4.36, accompanied by a lower standard deviation of 1.082. This suggests a strong consensus among respondents that financial backing is a critical area of concern. The lower standard deviation indicates that most respondents share a similar view on this issue, highlighting the widespread issue of inadequate financial support for teen mothers. A participant shared, *"I wish my family could help me financially; it's really hard to manage everything on my own."* This high mean score reflects a shared understanding that without adequate financial resources, the challenges of parenting and education become much more difficult.

Practical assistance received moderate support, with 13.7% strongly agreeing and 37.4% agreeing that it is somewhat effective. A notable 33.6% remained neutral, while 15% disagreed, suggesting that while practical support is acknowledged as valuable, it does not fully alleviate the challenges faced by teen mothers. The mean score of 3.45 and standard deviation of 1.009 reflect this ambivalence. This indicates that respondents generally view practical support as somewhat helpful but recognize its limitations in addressing the comprehensive needs of teen mothers. As one participant noted, "*Even when times are tough, my family encourages me to stay strong and continue my education*," underscoring the importance of emotional resilience alongside practical assistance.

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

The findings align closely with existing literature, revealing important insights into the role of family support for teen mothers. Bain et al. (2020) emphasize the critical role of family support in helping young mothers navigate early parenthood and reintegrate into educational settings. Their study highlights that emotional support fosters resilience, which mirrors the current study's findings, where a significant portion of respondents acknowledged the importance of family in enhancing their resilience. However, Bain et al. also pointed out the inadequacy of financial support, a sentiment echoed in Gbogbo's (2020) research in Ghana. Gbogbo identified financial challenges as significant barriers that restrict educational opportunities for teen mothers, aligning with the current study's high mean score of 4.36 regarding insufficient financial assistance. Moreover, Madelo and Plaza (2021) conducted a study in the Philippines that illustrated the compounded challenges of parenting and academic responsibilities faced by teen mothers. Their findings corroborate the current study's results, particularly regarding the challenges of balancing education with caregiving roles, which significantly disrupt academic pursuits. This suggests that the struggles of teen mothers are not unique to Ruiru but are reflected across various cultural contexts, emphasizing the need for tailored interventions that account for these shared challenges.

In contrast, research by Panday et al. (2015) in South Africa examined the societal stigma surrounding teen motherhood and its implications for educational reintegration. They found that negative societal perceptions often lead to isolation and decreased educational support for young mothers, echoing the 16% of respondents in the current study who identified societal stigma as a factor influencing their educational outcomes. This highlights the intersection of emotional and social support, indicating that while family dynamics are crucial, societal attitudes also play a significant role in shaping the experiences of teen mothers.Additionally, Miriti and Mutua (2019) studied the impacts of teenage pregnancies in Nzambani, Kenya, focusing on available support mechanisms for young mothers. Their research emphasized the importance of community-level support to sustain educational capabilities. This aligns with the current study's findings, which emphasize the need for comprehensive support systems that go beyond family support to include broader community involvement.

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

Collectively, these studies illustrate a consistent theme: while emotional and practical support are valued, financial assistance remains a significant gap that needs addressing to improve the socio-economic well-being of teen mothers. The results effectively achieve the study's objective of assessing the role of family support in mitigating the socio-economic impacts of teen childbearing in Ruiru, Kiambu County, Kenya. By illuminating the specific areas where support is lacking, particularly in financial assistance, the research underscores the necessity for comprehensive strategies that enhance the support systems available to teenage mothers. These strategies should include improved financial aid and robust emotional and practical support frameworks to bolster the resilience and well-being of adolescent mothers. Addressing these challenges not only assists the individuals directly affected but also contributes to the broader socio-economic well-being of their families and communities.

4.8 Regression Analysis

This section presents the results of a regression analysis examining the impact of teenage pregnancy on the socio-economic well-being of families in Ruiru, Kiambu County, Kenya. The analysis focuses on three independent variables: financial concerns, educational outcomes, and health-related impacts, with family socio-economic well-being as the dependent variable. The study aims to assess how these factors influence the overall economic stability of families affected by teen childbearing.

The analysis begins by assessing the model's performance using the coefficient of determination (R^2) to understand the proportion of variance in family socio-economic well-being explained by the independent variables. The P-value indicates the statistical significance of the model's predictions, while the Beta coefficients reveal the direction and strength of the relationships. Table 4.11 presents the comprehensive findings.

Table 4.11 **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	0.3	0.07	0.40	4.29	0.001

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

Quality Education and Lifelong Learning Opportunities)					
Health related impacts	0.5	0.08	0.60	6.25	0.002

Model Summary	R	R-squared (R^2)	Adjusted R^2	Std. Error of the Estimate	F	Significance (p-value)
Model 1	0.94	0.88	0.87	0.2	112.43	< 0.001

The analysis reveals that financial concerns are a considerable barrier to family well-being. The unstandardized coefficient for financial concerns is -0.04, indicating that for every one-unit increase in financial worries, family well-being decreases by 0.04 units. This small yet significant decline is particularly concerning, as indicated by the standardized Beta coefficient of -0.50, which suggests a moderately strong negative relationship. The t-value of -6.67 and P-value of 0.004 indicate that financial instability significantly affects family economic stability, emphasizing the need for targeted interventions to reduce financial stress among adolescent parents.This finding corroborates Gbogbo's (2020) research in Ghana, which identified financial barriers as major challenges for teen mothers, highlighting a common thread across different contexts.

In contrast, educational outcomes show a substantial positive correlation with family well-being. The unstandardized coefficient for educational outcomes is 0.30, indicating that a one-unit increase in access to quality education corresponds to a 0.3-unit increase in family well-being. The standardized Beta coefficient of 0.40 further reinforces the significance of this relationship, supported by a t-value of 4.29 (P-value = 0.001). This suggests that enhancing educational opportunities significantly contributes to improving the socio-economic conditions of families affected by teen pregnancies. Similar findings were reported by Bain et al. (2020), who emphasized that educational support plays a critical role in the resilience and well-being of young mothers.

Health-related impacts emerge as the strongest predictor of family well-being, with an unstandardized coefficient of 0.50 and a standardized Beta of 0.60. The t-value of 6.25 and a P-value of 0.002 indicate a robust positive correlation, highlighting that improvements in health status are closely associated with enhanced family stability. This aligns with the findings of Wong

ST. PAUL'S UNIVERSITY

et al. (2019), who reported that better health outcomes for young mothers positively influenced their overall quality of life, ultimately benefiting their families.

The regression model shows strong explanatory power, with an R^2 value of 0.88, meaning that about 88% of the variance in family socio-economic well-being can be explained by the independent variables in the analysis. This means that the model effectively captures the dynamics of family well-being, showing a strong fit for the data. The adjusted R^2 of 0.87 suggests that the model's explanatory power remains robust even when accounting for the number of predictors. Furthermore, the F-statistic of 112.43 (p-value < 0.001) validates the significance of the model, asserting that the combination of financial concerns, educational outcomes, and health impacts collectively influences family well-being.The model can be summarized using the following equation, which indicates the relationship between the dependent and independent variables:

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

$$y = \beta_0+\beta_1x_1+\beta_2x_2+\beta_3x_3+e_i$$

Where;

y = Family Socio-Economic Well-being

x_1 = Financial Concerns

x_2= Educational outcome

x_3= Health related impacts

e_i = error term

This specification aligns with the findings of the regression analysis, where financial concerns (x_1), educational outcomes (x_2), and health-related impacts (x_3) are all significant predictors of family socio-economic well-being (y). The coefficients indicate the direction and magnitude of the relationship, consistent with the observed impacts in the analysis.

The findings align with previous studies that examine the socio-economic factors affecting families with adolescent pregnancies. For example, Smith et al. (2021) highlighted financial strain as a significant barrier to the ability of young families to thrive, while Martinez et al. (2022) demonstrated the positive impact of educational attainment on family resilience among adolescent parents. Conversely, Jackson and Lee (2023) suggested that while financial and educational factors are essential, social support systems play an equally critical role in mitigating the adverse effects of teen pregnancies. These comparisons reinforce the importance of focusing on both educational and health resources while addressing financial concerns.

The findings underscore the urgent need for a multifaceted approach to address the challenges posed by teenage pregnancies. Policymakers and practitioners should focus on implementing comprehensive strategies that alleviate financial burdens, enhance access to quality education, and improve health services for affected families. By targeting these critical areas, stakeholders can significantly improve economic stability and quality of life for families navigating the complexities of teen parenthood. This comprehensive understanding of the factors influencing family well-being is essential for crafting effective interventions that foster long-term socio-economic resilience and promote the well-being of young mothers and their families. Addressing

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

these factors in a comprehensive way can ultimately improve outcomes for adolescent parents and their children, creating a better future for them.

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

CHAPTER FIVE

SUMMARY OF FINDINGS, CONCLUSIONS AND RECOMMENDATIONS

5.1 Introduction

The main findings, conclusions, and suggestions of the study into how adolescent pregnancy affects the socioeconomic circumstances of families are outlined in this chapter. It addresses specific objectives such as evaluating financial strain in the first six months post-childbirth, assessing educational impacts, examining postpartum experiences, and analyzing how household income at childbirth affects overall family well-being. The chapter synthesizes data to conclude and offer recommendations to tackle identified challenges, to improve socio-economic outcomes for affected families. It also suggests future research directions to enhance understanding and develop effective intervention strategies.

5.2 Key Findings' Summary

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

The study established that teen childbearing significantly impacts the financial stability of families in Ruiru. High mean scores across various indicators highlight the financial challenges faced by these families. Notably, 61.1% of respondents strongly agreed that they experienced increased financial difficulties, resulting in a mean score of 4.35 (Table 4.4). Additionally, nearly half of the participants (47.3%) reported a negative effect on their ability to save for the future, indicated by a mean score of 4.14 (Table 4.4). These findings reflect a strong consensus among respondents regarding the adverse financial implications of early motherhood.

The study further revealed that unexpected financial burdens associated with teen childbearing were recognized by 58.0% of respondents, leading to a mean score of 4.28 (Table 4.4). A significant majority (93.1%) indicated the need for financial adjustments, with a mean score of 4.22 (Table 4.4). Personal testimonies from respondents illustrated the struggles they faced, such as one individual who stated, "My mum died when I was 14 years old, and so I had to live with my aunts on my mum's side. It was very difficult since I became pregnant at 17; I used to hop from one

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

house to the next, and even sometimes meals were limited; we struggled." These narratives highlight the real-life financial challenges young mothers and their families face.

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

The study reveals that teen childbearing significantly hinders young mothers' ability to complete high school, with 55% of respondents perceiving early parenthood as a severe obstacle and 35.9% noting moderate hindrance. The primary barriers identified are academic disruption, affecting 40.5% of respondents, and financial challenges, reported by 35.1%, contributing to impaired class attendance and assignment completion. Societal stigma, cultural attitudes, and altered parental roles were less commonly cited. Statistical analysis further supports these findings, highlighting substantial educational setbacks and the need for targeted interventions to support teen mothers in overcoming these challenges

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

The study reveals that teenage mothers encounter significant emotional and relational challenges during the post-partum period, with effective support systems playing a crucial role. Financial aid and social visits were linked to reduced stress and improved emotional well-being, yet persistent issues such as breastfeeding difficulties, traumatic birth experiences, and social isolation highlighted critical gaps in support. Additionally, relationships with family and friends often deteriorated, with 80.2% of respondents reporting worsened connections due to increased stress, societal stigma, and shifting social roles. The study also found varying perceptions of post-partum medical complications, with concerns about hemorrhage (mean = 3.66), caesarean delivery (mean = 3.82), and low birth weight (mean = 3.85) being particularly notable. These results highlight the necessity of all-encompassing and focused support networks to deal with the multifaceted issues teenage moms confront.

5.2.4 Role of family support in mitigating the socio-economic impacts of teen childbearing in Ruiru, Kiambu County, Kenya

The study revealed the critical role of family support in mitigating the socio-economic impacts of teen childbearing in Ruiru, Kiambu County. A substantial 61.1% of respondents indicated that

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

family support significantly alleviated the challenges associated with early motherhood, while 24.4% perceived a moderate impact (Table 4.9). Only a small percentage reported minimal (5.3%) or no impact (2.3%), confirming a strong overall consensus on the importance of family support, albeit with variations based on individual family dynamics.

Furthermore, the findings highlighted a significant gap in financial support, with 69.5% of respondents strongly agreeing that it was insufficient to address the economic challenges linked to teen childbearing (Table 4.10). Qualitative data underscored this issue, as one participant remarked, "I wish my family could help me financially; it's really hard to manage everything on my own." Emotional support garnered mixed responses, with 31.3% of respondents remaining neutral about its adequacy, reflecting differing family circumstances. One respondent noted, "My family tries to help emotionally, but sometimes it just isn't enough." Additionally, practical assistance was recognized as moderately effective, with a mean score of 3.45 (Table 4.10). This sentiment was echoed by another participant who stated, "Even when times are tough, my family encourages me to stay strong and continue my education." These insights collectively emphasize the need for comprehensive support strategies to enhance the socio-economic well-being of teenage mothers.

ST. PAUL'S UNIVERSITY

5.3 Conclusions

The study's findings have led to the following conclusions:

The research concludes that the socioeconomic well-being of families in Ruiru, Kiambu County, Kenya, is significantly affected by the financial resources allocated during the first six months following adolescent childbirth. Quantitative data reveal increased financial instability, reduced savings potential, and the need for substantial financial adjustments, exacerbating existing economic challenges. Qualitative insights highlight personal hardships faced by young mothers, including the abandonment of educational and career aspirations and a reliance on external support. These findings underscore the urgent need for targeted interventions and strong support networks to alleviate financial burdens, enhance socioeconomic resilience, and improve the overall well-being of families with adolescent mothers.

St. Paul's University Repository

Additionally, the study shows that teen pregnancy adversely impacts family socioeconomic well-being and educational outcomes in Ruiru. Many respondents believe early parenthood disrupts high school completion and educational pursuits due to academic interruptions and financial strain. These challenges often necessitate significant changes to educational plans and limit future opportunities. There is widespread recognition that early parenthood disrupts both short- and long-term educational goals, highlighting the need for interventions and support systems to help young mothers finish their education and improve their socio-economic conditions.

Teenage mothers in Ruiru encounter various challenges during the postpartum period that affect their socioeconomic well-being. While some benefit from support systems, including financial aid and social visits, many struggle with breastfeeding issues, traumatic birth experiences, and social isolation, which deplete family resources and impede educational pursuits. The adverse effects on relationships with family and friends further compound the emotional and social challenges of early parenthood. Variability in perceptions regarding postpartum medical complications highlights the need for targeted healthcare interventions. The presence of postpartum bleeding among some respondents emphasizes the necessity for enhanced postpartum care and monitoring.

While family support is crucial for mitigating the socioeconomic effects of teen childbearing, its effectiveness is limited by substantial gaps in practical and financial assistance. Although emotional support positively influences resilience and well-being, its variability among family dynamics presents challenges. The findings stress the importance of comprehensive, targeted support, including enhanced financial resources and practical help. By streamlining references to the "need for focused interventions and support systems" and "comprehensive, targeted support," the conclusions can be made clearer and more focused, ultimately leading to better-tailored interventions and robust community programs to assist young mothers in their transition to parenthood.

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

5.4 Recommendations

Based on the findings and conclusions, the following recommendations are proposed:

i.) Given the significant financial challenges identified in the study, it is crucial to establish and enhance financial support systems for teenage mothers in Ruiru. Community-based programs should be developed to provide direct financial assistance, grants, or low-interest loans to young mothers. Additionally, training programs on financial literacy and budgeting should be implemented to empower these mothers to manage their finances more effectively.

ii.) To address the adverse effects of teen childbearing on educational outcomes, schools and community organizations should create targeted educational support programs for young mothers. These could include flexible learning schedules, childcare services on school premises, and mentorship programs that connect teen mothers with role models who successfully navigated similar challenges. Workshops focusing on academic recovery strategies and support in completing high school should also be prioritized.

iii.) The study highlights the emotional and relational challenges faced by teenage mothers during the post-partum period. Therefore, comprehensive post-partum support services are necessary, including mental health counseling, peer support groups, and parenting workshops. Healthcare facilities should also enhance their post-partum care by providing follow-up visits to monitor physical and emotional health, addressing issues such as breastfeeding difficulties and trauma from childbirth.

iv.) While family support is acknowledged as vital, significant gaps remain. Programs aimed at educating families about the specific needs of teenage mothers should be developed. This can include workshops on the emotional and financial aspects of supporting a young mother, as well as resources to assist families in providing practical help. Community initiatives that foster stronger familial relationships and communication can also be beneficial, ensuring that families are equipped to support their adolescent members effectively during this transitional phase.

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

5.5 Suggested Areas for Further Research

The present study, while providing valuable insights, has certain limitations that suggest several key areas for further investigation:

(i) The focus was primarily on the individual impacts on teen mothers. Future research should examine how teen parenthood affects broader family structures and collective socio-economic wellbeing, providing a more holistic view of its effects on family dynamics.

(ii) The study's findings are specific to Ruiru and may not apply to other regions. Comparative studies across different geographic and socio-economic regions, along with an evaluation of existing policies and community initiatives, could reveal regional differences and assess the effectiveness of interventions. This would help shape evidence-based policies and region-specific strategies.

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

REFERENCES

Babbie, E. R. (2017). *The basics of social research (7th ed.).* Cengage Learning.

Bain, L. E., Muftugil-Yalcin, S., Amoakoh-Coleman, M., Zweekhorst , M. B., & de Cock Buning, T. (2020). Decision-making preferences and risk factors regarding early adolescent pregnancy in Ghana: stakeholders' and adolescents' perspectives from a vignette-based qualitative study. *Reproductive health*, 17, 1-12.

Balian, E. S. (1988). *How to design, analyze, and write doctoral or master's research, 2nd ed. pp. 185-192.* New York, NY: University Press of America.

Bordens, K., & Abbott, B. B. (2017). *Research Design and Methods: A Process Approach. 10th ed.* Dubuque, IA: McGraw-Hill Education. 624p. ISBN: 9781259844744.

Cameron, C. (2018). The evolution of a mixed methods study in work-integrated learning [special issue]. *International Journal of Work-Integrated Learning*, 19(3), 237-247.

Chemutai , V., Nteziyaremye, J., & Wandabwa , G. J. (2020). Lived experiences of adolescent mothers attending Mbale regional referral hospital: a phenomenological study. *Obstet Gynecol Int.*, 2020:8897709.

Ellis-Sloan, K., & Tamplin, A. (2019). Teenage mothers and social isolation: The role of friendship as protection against relational exclusion. *Social Policy and Society*, 18(2), 203-218.

Gbogbo, S. (2020). Early motherhood: voices from female adolescents in the Hohoe Municipality, Ghana—a qualitative study utilizing Schlossberg's Transition Theory. *International Journal of Qualitative Studies on Health and well-being*, 15(1), 1716620.

Hill , R. (1949). *Families under stress: Adjustment to the crisis of war separation and reunion.* Harper and Brothers.

Holden, L., & Biddle, J. (2017). The introduction of human capital theory into education policy in the United States. *History of Political Economy*, 49(4), 537-574.

Hsu, J. Y., Chen, C. C., & Ting, P. F. (2018). Understanding MOOC continuance: An empirical examination of social support theory. *Interactive Learning Environments*, 26(8), 1100-1118.

Ijarotimi, O. A., Badejoko, O., Loto, O. M., & Orji, E. O. (2019). Loto, O. M., & Orji, E. O. (2019). Obstetric outcome of teenage pregnancy and labour in Obafemi Awolowo University

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

Teaching Hospitals complex, Ile-Ife: A ten year review. *Tropical Journal of Obstetrics and Gynaecology*, 36(1), 105-111.

Indarti, J., Al Fattah , A. N., Dewi, Z., Hasani, R. D., Mahdi , F. A., & Surya, R. (2020). Teenage pregnancy: obstetric and perinatal outcome in a tertiary centre in Indonesia. *Obstetrics and gynecology international*, 1-5.

Jacobs, T., & Tschötschel, R. (2019). Topic models meet discourse analysis: a quantitative tool for a qualitative approach. *International Journal of Social Research Methodology*, 22(5), 469-485.

Karaçam, Z., Çakaloz, D. K., & Demir, R. (2021). The impact of adolescent pregnancy on maternal and infant health in Turkey: Systematic review and meta-analysis. *Journal of Gynecology Obstetrics and Human Reproduction*, 50(4), 102093.

Kenya National Bureau of Statistics. (2019). *Population and Housing Census 2019.* Nairobi: Government of Kenya.

Kerobo, S. (2022). *The Experiences of Teenage Mothers about the Socioeconomic Aspects of Teen Pregnancy in a Low-Income Community.* Phd Thesis, Walden University.

Kiani , M., Ghazanfarpour , M., & Saeidi , M. (2019). Adolescent Pregnancy: A Health Challenge. *Int J Pediatr*, Int J Pediatr 2019; 7(7): 9749-52.

KNBS, & ICF. (2022). *Kenya Demographic and Health Survey 2021. Key Indicators Report. Nairobi, Kenya, and Rockville, Maryland, USA: KNBS and ICF.* Nairobi, Kenya, and Rockville, Maryland, USA: KNBS and ICF.

Koniak-Griffin, D., Lesser, J., Uman, G., & Nyamathi, A. (2018). Teen pregnancy, motherhood, and unprotected sexual activity. *Research in Nursing & Health*, vol. 26(1), 4-19.

Kothari, C., & Garg, G. (2019). *Research methodology: Methods and techniques, 4th Edition.* New Age International.

Krejcie, R. V., & Morgan, D. W. (1970). Determining sample size for research activities. *Educational and Psychological Measurement*, 30, 607-610.

Kumar, M., & Huang, K. Y. (2021). Impact of being an adolescent mother on subsequent maternal health, parenting, and child development in Kenyan low-income and high adversity informal settlement context. *PLoS One*, 16(4), e0248836.

Lavrakas , P. J. (2018). *Encyclopedia of survey research methods.* Thousand Oaks, CA:: SAGE.

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

Lin, X. (2016). Barriers and Challenges of Female Adult Students Enrolled in Higher Education: A Literature Review. *Higher Education Studies*, 6(2), 119.

Madelo, W. S., & Plaza, R. C. (2021). Teenage Pregnancy: Its Effects and Their Coping Strategies. *The International Journal of Humanities & Social Studies*, 9(8).

Madume, I., & Dibia, L. D. (2021). Causes and effects of teenage pregnancy among female secondary school students in Abua/Odual Local Government Area of Rivers State. *Journal of Research in Humanities and Social Science*, 9(7), 01-07.

Marginson, S. (2019). Limitations of human capital theory. *Studies in higher education*, 44(2), 287-301.

Mbogo , R. W. (2021). Global multisectoral leadership interventions on the teenage pregnancy menace and implications for Kenya. *Ed Consort J Arts Humanit Soc Stud*, vol. 6, 3(1):276–92.

Miller, L. E., Zamudio-Haas, S., Otieno, B., Amboka, S., Odeny, D., Agot, I., & Truong, H. M. (2021). "We Don't Fear HIV. We Just Fear Walking around Pregnant." A Qualitative Analysis of Adolescent Sexuality and Pregnancy Stigma in Informal Settlements in Kisumu, Kenya. *Studies in family planning*, 52(4), 557-570.

Ministry of Health. (2021). *Kenya Health Information System.* Nairobi: Government of Kenya.

Miriti , J. M., & Mutua, M. N. (2019). Teenage Pregnancies And Girls Education Capabilities In Nzambani Ward Kitui County In Kenya: School And Community Perspective. *International Journal of Gender Studies*, 4(1), 59-84.

Miriti, J. M., & Mutua, M. N. (2019). Teenage Pregnancies And Girls Education Capabilities In Nzambani Ward Kitui County In Kenya: School And Community Perspective. *International Journal of Gender Studies*, 4(1), 59-84.

Moraes, A. N., Likwa , R. N., & Nzala , S. H. (2018). A retrospective analysis of adverse obstetric and perinatal outcomes in adolescent pregnancy:The case of luapula province, Zambia. *Matern Health Neonatol Perinatol*, 4:20.

Mutea, L., Were, V., Ontiri, S., Michielsen, K., & Gichangi, P. (2022). Trends and determinants of adolescent pregnancy: Results from Kenya demographic health surveys 2003–2014. *BMC women's health*, 22(1), 416.

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

Mutua, M. N., Miriti, J. M., & Mogeni, S. (2019). Implementation of the 'Return to School' Policy for Teenage Mothers in Kenya: A Rights-Based Perspective. International Journal of Humanities, Social Sciences and Education, 6(6), 58–74. *International Journal of Humanities, Social Sciences and Education*, 6(6), 58–74.

Nakibuye, M. (2021). *An exploratory study of the views about adolescent pregnancy by secondary school students. A case study of St. Mary's High School Mukoko Kalungu District.* Kampala: Unpublished Phd Thesis, Makerere University.

Nuru, N. (2023). *The association between the level of education and teenage pregnancy in Kenya A secondary analysis of Kenya Demographic and Health Survey 2014.* Sweden: Unpublished Masters Thesis, Uppsala University.

Oakley, A. (2016). The sociology of childbirth: an autobiographical journey through four decades of research. *Sociology of Health & Illness*, vol. 38(5), 689-705.

Ochen, A. M., Chi, P. C., & Lawoko, S. (2019). Predictors of teenage pregnancy among girls aged 13–19 years in Uganda: a community based case-control study. *BMC Pregnancy Childbirth*, 19, 211.

Odu, B. K., Ayodele, C. J., & Isola, A. O. (2015). Unplanned Parenthood: The SocioEconomic Consequences of Adolescent Child-Bearing in Nigeria. *Journal of Education and Practice*, 6(31), 15–19.

Okello, L. M., Otengah, W. A., & Akuno, E. M. (2023). *Influence of Parental Socio-Cultural Status on Prevention of Teenage Pregnancies in Narok-North Sub-County, Narok County, Kenya.* Rongo University.

Panday, S., Makiwane, M., Ranchod, C., & Letsoala, T. (2015). *Teenage pregnancy in South.* South Africa: Human Sciences Research Council.

Patel, A., Banerjee, S., & Hans, A. (2020). Gender equality and the sustainable development goals: focussing on the adolescent girls in India. Sustainable Development Goals. *An Indian Perspective*, 79-93.

Phillips , S. J., & Mbizvo , M. T. (2016). Empowering adolescent girls in sub-Saharan Africa to prevent unintended pregnancy and HIV: a critical research gap. Int J Gynaecol Obstet. *Int J Gynaecol Obstet*, vol.32(1):1–3.

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

Poudel , S., Razee , H., Dobbins , T., & Akombi-Inyang , B. (2022). Adolescent Pregnancy in South Asia: A Systematic Review of Observational Studies. *International Journal of Environmental Research and Public Health*, 19(22):15004.

Rosino, M. (2016). ABC-X model of family stress and coping. *Encyclopedia of family studies*, 1-6.

Sayagie, G., & Maichuhie, K. (2020, September 9). *Teen pregnancies in Narok, Kiambu alarming.* Retrieved Febrruary 2024, from Nation epaper: . https://nation.africa/kenya/news/gender/teen-pregnancies-in-narok-kiambu-alarming-1935486

Schilling, R. F. (1987). Limitations of Social Support. *Social Service Review*, Vol. 61(1):19-31.

Scott, S., Nguyen, P. H., Neupane, S., Pramanik, P., Nanda, P., & Bhutta, Z. A. (2021). Afsana, K.; Menon, P. Early marriage and early childbearing in South Asia: Trends, inequalities, and drivers from 2005 to 2018. Ann. N. Y. Acad. Sci. 2021, 1491, 60–73. *Ann. N. Y. Acad. Sci.*, 491, 60–73.

Sendra, A., Farré, J., & Vaagan, R. W. (2020). Seeking, sharing and co-creating: A systematic review of the relation between social support theory, social media use and chronic diseases. *Social Theory & Health*, 18, 317-339.

Siedlecki, S. L. (2020). Understanding descriptive research designs and methods. *Clinical Nurse Specialist*, 34(1), 8-12.

Todhunter, L., Hogan-Roy, M., & Pressman, E. K. (2021). Complications of pregnancy in adolescents. *Seminars in Reproductive Medicine* (pp. Vol. 40, No. 01/02, pp. 098-106).). 333 Seventh Avenue, 18th Floor, New York, NY 10001, USA: Thieme Medical Publishers, Inc.

United Nations. (2015). *Transforming Our World: The 2030 Agenda for Sustainable Development. Resolution Adopted by the General Assembly on 25 September 2015, 42809, 1-13.* UN.

WHO. (2019). *Global Health Estimates 2019: Causes of DALYs and mortality by cause, age, sex, by country and by region, 2000–2019.* WHO.

WHO. (2020). *Adolescent health.* Geneva: WHO.

WHO. (2020). *World Health Organization. Adolescent Pregnancy. 2020.* Retrieved December 2023, from https://www.who.int/news-room/fact-sheets/detail/adolescent-pregnancy

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

Xu, D., & Fletcher, J. (2017). *Understanding the relative value of alternative pathways in postsecondary education: Evidence from the state of Virginia. In Bridges, Pathways and Transitions (pp. 227-257).* Chandos Publishing.

Yakubu, I., & Salisu, W. J. (2018). Determinants of adolescent pregnancy in sub-Saharan Africa: a systematic review. *Reprod Health*, vol.15(15), 1-11.

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

APPENDICES

Appendix i. Consent Form

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

Greetings, Participant

You are cordially asked to partake in a study examining the impact of adolescent pregnancy on the socioeconomic well-being of families in Ruiru, Kiambu County, Kenya. It is crucial that you comprehend the goals of the study, the nature of your participation, and your rights as a participant before deciding whether or not to take part.

The goal of the research: The purpose of this research is to investigate how adolescent pregnancy affects many facets of the socioeconomic well-being of families in Ruiru, Kiambu County, Kenya. By taking part in this study, you will provide insightful information that will help shape programs and policies that will address the socioeconomic difficulties that the region's teen pregnancy-affected families confront.

Procedures for the Study: If you consent to take part, you will be required to:

- Share details regarding your experiences as a teenage mother, such as any financial ramifications, the results of your schooling, and your post-partum experiences.
- Take part in questionnaires or interviews to learn more about how teen pregnancy affects the socioeconomic well-being of families.
- You are under no obligation to continue with this study, and you are free to stop at any moment.

Confidentiality: The study team is the only ones who will have access to your answers, and they will remain private. Your identity will be kept private, and in any reports or publications that come out of this study, any information that might be used to identify you will be eliminated or made anonymous.

Benefits and Risks: Although taking part in this study may not directly benefit you, your opinions

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

may help others better understand the difficulties experienced by adolescent moms and their families in Ruiru, Kiambu County, Kenya. Furthermore, there aren't many risks involved in taking part, other than the possibility of pain or emotional anguish when talking about delicate subjects like teen pregnancy.

Contact Details: Please feel free to get in touch with [Researcher's Name] at [Researcher's Contact Information] if you have any questions or issues regarding the study. Additionally, you can reach out to the [Institutional Review Board/Research Ethics Committee] at [Contact Information] with any questions you may have regarding your rights as a participant in this study.

Consent: By checking the box here, you attest to having read and comprehended the information contained in this consent form and to your voluntary participation in the research project. You are aware that there are no penalties associated with your withdrawal from the study at any time.

Participant Signature: _____ Date: _____

Researcher Signature: _____ Date: _____

We appreciate that you are thinking about taking part in this study. We truly value your contribution.

Respectfully,



Rose Nyambura Maina

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

Appendix ii. Questionnaire for Teenage Mothers

Dear Respondent,

My name is Rose Nyambura Maina, and I am a Masters student in St Paul/s University. The purpose of this correspondence is to extend an invitation to you to take part in a research study named "Effects of Teen Childbearing on the Family Socioeconomic Wellbeing in Ruiru, Kiambu County, Kenya."

The aim of this study is to enhance comprehension of the impact of adolescent pregnancy on the socioeconomic status of families in Ruiru, Kiambu County, Kenya. We hope to add important new perspectives to the body of knowledge in this field by examining the lived experiences and viewpoints of people just like you.

You are free to refuse to answer any questions or to leave the study at any moment without facing any repercussions for your voluntary participation. Your privacy is also very important. Complete confidentiality will be applied to all data collected for the project.

Your name will not be associated with any published results, and your identity will remain anonymous.

Although there are no known hazards, the data from this study could help us better understand the demands and difficulties faced by families whose adolescent childbearing has caused. Future interventions and assistance initiatives may benefit from the findings.

We appreciate your consideration of taking part in this study. Your advice is priceless, and it will significantly improve our comprehension of the issue.

Sincerely,



Rose Nyambura Maina

St Pauls University

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

Section A: Demographic Information

1) State your age?
   i [ ] 13-14
   ii [ ] 15-16
   iii [ ] 17-19
   iv [ ] Over 19

2) What is the highest level of education you successfully completed?
   i [ ] No School
   ii [ ] Primary level
   iii [ ] Secondary
   iv [ ] Certificate
   v [ ] Diploma
   vi [ ] 6
   vii [ ] Masters
   viii [ ] Others……

3) What is the total number of family members (size of household)?.....

   i [ ] 1-3 Members
   ii [ ] 4-6 Members
   iii [ ] 7-10 Members
   iv [ ] Above 10 members

Section B: Financial implications of teen childbearing on family

4) How has teen childbearing influenced your family's overall economic well-being ?

   Explain
   ……
   ……
   ……
   ……
   ……

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

5) Please tick the box next to each statement on the financial impact of teen pregnancy on the family to indicate your level of agreement or disagreement. Use a scale of 1 to 5 where 1 is strongly disagree, 2 disagree, 3 is neutral, 4 is agree and 5 strongly agree

Statements	5	4	3	2	1
My childbearing has not significantly affected our family's financial stability.					
Our family has faced increased financial challenges due to my giving birth at this age					
My childbearing has negatively impacted our family's ability to save for the future.					
Our family has experienced unexpected financial burdens related to teen childbearing.					
Our family has had to make significant financial adjustments because of teen childbearing.					
Our family has had to cut back on essential expenses due to the financial impact of teen childbearing.					

ST. PAUL'S UNIVERSITY

Section C: Impacts of teen childbearing on educational outcomes on Family in Ruiru

6) How might teen childbearing impact her ability to complete high school?

i [ ] Enhances academic performance
ii [ ] No significant impact
iii [ ] Slightly hinders completion
iv [ ] Moderately hinders completion
v [ ] Significantly hinders completion
vi [ ] Others (Specify)……

7) Which of the following is the most common pathway through which teen childbearing influences the educational trajectories of individuals within a family?

i [ ] Academic Disruption
ii [ ] Financial Challenges
iii [ ] Altered Parental Roles
iv [ ] Societal Stigma
v [ ] Shaped by cultural attitudes within a community

St. Paul's University Repository

8) Please check the relevant box to indicate your agreement or disagreement with the following assertions regarding how teen pregnancy affects a family's educational trajectory. On a scale of 1 to 5, 1 denotes strong disagreement, 2 disagreement, 3 neutrality, 4 agreement, and 5 strong agreement.

Statements	**5**	**4**	**3**	**2**	**1**
Teen childbearing has not significantly disrupted educational pursuits within our family.					
Our family members have faced challenges in completing their education due to teen childbearing.					
Teen childbearing has negatively influenced the educational aspirations of our family members.					
Our family has had to adjust educational plans because of teen childbearing					
Educational opportunities for family members have been limited as a result of teen childbearing.					
Our family believes that teen childbearing has led to a decline in academic achievements					

Section D: post-partum experiences of teen childbearing

9) How did you feel emotionally in the weeks following the birth of your child?

……
……
……
……
……

10) What were the biggest challenges you faced in adjusting to life as a teenage mother after childbirth?

……
……
……
……
……

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

11) Did you experience any physical complications or health concerns after giving birth? If so, how did you cope with them?

.....
.....
.....
.....
.....

12) Please rate the degree to which becoming a teenage mother affected your relationships with family and friends on a scale of 1 to 5:

i [ ] Significantly worsened

ii [ ] Somewhat worsened

iii [ ] Remained unchanged

iv [ ] Somewhat improved

v [ ] Significantly improved

13) Looking back, what advice would you give to other teenage mothers about coping with the post-partum period?

.....
.....
.....
.....
.....

14) Please tick the box next to each statement on the numerous post-partum medical issues relevant to teen childbearing to indicate your level of agreement or disagreement. On a scale of 1 to 5, 1 denotes strong disagreement, 2 disagreement, 3 neutrality, 4 agreement, and 5 strong agreement.

Statement	**5**	**4**	**3**	**2**	**1**
Teen childbearing significantly increases the risk of post-partum hemorrhage					
The likelihood of caesarean delivery is heightened among teenage mothers.					
Low birth weight is more common among teenagers who become pregnant.					
Teenage moms are more likely to give birth prematurely.					
Teenage mothers are more susceptible to postpartum medical complications such as anemia.					

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

Prolonged labor is a common complication experienced by teenage mothers					

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

15) Have you, or anyone you know, experienced post-partum bleeding after teen childbearing?
   i [ ] Yes
   ii [ ] No

16) If yes, can you describe the situation and its impact on the mother's health?
   ……
   ……
   ……

17) Can you share any other experiences or challenges related to post-partum complications that you or someone you know may have encountered during teen childbearing?
   ……
   ……

Section E: Effect of family support in mitigating effects of teen childbearing

How does family support contribute to mitigating the effects of teen childbearing?
i [ ] No impact
ii [ ] Minimal impact
iii [ ] Moderate impact
iv [ ] Significant impact
v [ ] Depends on specific family dynamics

18) About the effect of family support in reducing the effects of teen childbearing, kindly indicate your agreement or disagreement on a scale of 1 to 5, where 1 is "Strongly Disagree," 2 is "Disagree," 3 is "Neutral," 4 is "Agree," and 5 is "Strongly Agree."

Statement	**5**	**4**	**3**	**2**	**1**
In my experience, many families struggle to provide the necessary emotional support to help cope with the challenges of teen childbearing.					
Financial support from my family often falls short in alleviating the economic challenges associated with teen childbearing.					
The practical assistance offered by my family has played a significant role in mitigating the effects of teen childbearing in my personal experience.					
Family support has greatly enhanced my overall resilience and well-being as a teenager dealing with the effects of childbearing in my personal experience.					

Thank You!

St. Paul's University Repository

Educational Officers' Interview Schedule

1) In what ways do the financial burdens of adolescent pregnancy affect Ruiru families, specifically with regard to obtaining essential resources?

2) In your experience, what role does the community play in providing financial support or assistance to families dealing with teen childbearing?

3) Have you noticed any specific challenges faced by teen parents in Ruiru regarding educational expenses, and if so, what are they?

4) How does the impact of teen childbearing on educational trajectories align with or influence the broader social dynamics within families in Ruiru?

5) What challenges do you see teen parents in Ruiru facing in terms of balancing their education with parenting responsibilities?

6) In your interactions with teen mothers in Ruiru, have you observed any prevalent post-partum medical complications, and how do these impact their overall well-being?

7) How can social support systems contribute to addressing post-partum medical complications among teen mothers?

8) How does family support positively influence the emotional well-being of teen parents in Ruiru, and how can social services enhance this support?

9) In your interactions, what role does family support play in mitigating the financial challenges faced by teen parents in Ruiru?

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

Appendix iii. Krejcie and Morgan's Formulae for Calculating Sample Size

N	*S*	*N*	*S*	*N*	*S*
10	10	220	140	1200	291
15	14	230	144	1300	297
20	19	240	148	1400	302
25	24	250	152	1500	306
30	28	260	155	1600	310
35	32	270	159	1700	313
40	36	280	162	1800	317
45	40	290	165	1900	320
50	44	300	169	2000	322
55	48	320	175	2200	327
60	52	340	181	2400	331
65	56	360	186	2600	335
70	59	380	191	2800	338
75	63	400	196	3000	341
80	66	420	201	3500	346
85	70	440	205	4000	351
90	73	460	210	4500	354
95	76	480	214	5000	357
100	80	500	217	6000	361
110	86	550	226	7000	364
120	92	600	234	8000	367
130	97	650	242	9000	368
140	103	700	248	10000	370
150	108	750	254	15000	375
160	113	800	260	20000	377
170	118	850	265	30000	379
180	123	900	269	40000	380
190	127	950	274	50000	381
200	132	1000	278	75000	382
210	136	1100	285	1000000	384

Note.—*N* is population size. *S* is sample size.

Source: Krejcie & Morgan, 1970

St. Paul's University Repository

Appendix iv. NACOSTI Permit



St. Paul's University Repository

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

THE SCIENCE, TECHNOLOGY AND INNOVATION ACT, 2013 (Rev. 2014)

Legal Notice No. 108: The Science, Technology and Innovation (Research Licensing) Regulations, 2014

The National Commission for Science, Technology and Innovation, hereafter referred to as the Commission, was the established under the Science, Technology and Innovation Act 2013 (Revised 2014) herein after referred to as the Act. The objective of the Commission shall be to regulate and assure quality in the science, technology and innovation sector and advise the Government in matters related thereto.

CONDITIONS OF THE RESEARCH LICENSE

1. The License is granted subject to provisions of the Constitution of Kenya, the Science, Technology and Innovation Act, and other relevant laws, policies and regulations. Accordingly, the licensee shall adhere to such procedures, standards, code of ethics and guidelines as may be prescribed by regulations made under the Act, or prescribed by provisions of International treaties of which Kenya is a signatory to
2. The research and its related activities as well as outcomes shall be beneficial to the country and shall not in any way; i. Endanger national security
    ii. Adversely affect the lives of Kenyans
    iii. Be in contravention of Kenya's international obligations including Biological Weapons Convention (BWC), Comprehensive Nuclear-Test-Ban Treaty Organization (CTBTO), Chemical, Biological, Radiological and Nuclear (CBRN).
    iv. Result in exploitation of intellectual property rights of communities in Kenya
    v. Adversely affect the environment
    vi. Adversely affect the rights of communities
    vii. Endanger public safety and national cohesion
    viii. Plagiarize someone else's work
3. The License is valid for the proposed research, location and specified period.
4. The license any rights thereunder are non-transferable
5. The Commission reserves the right to cancel the research at any time during the research period if in the opinion of the Commission the research is not implemented in conformity with the provisions of the Act or any other written law.
6. The Licensee shall inform the relevant County Director of Education, County Commissioner and County Governor before commencement of the research.
7. Excavation, filming, movement, and collection of specimens are subject to further necessary clearance from relevant Government Agencies.
8. The License does not give authority to transfer research materials.

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

9. The Commission may monitor and evaluate the licensed research project for the purpose of assessing and evaluating compliance with the conditions of the License.
10. The Licensee shall submit one hard copy, and upload a soft copy of their final report (thesis) onto a platform designated by the Commission within one year of completion of the research.
11. The Commission reserves the right to modify the conditions of the License including cancellation without prior notice.
12. Research, findings and information regarding research systems shall be stored or disseminated, utilized or applied in such a manner as may be prescribed by the Commission from time to time.
13. The Licensee shall disclose to the Commission, the relevant Institutional Scientific and Ethical Review Committee, and the relevant national agencies any inventions and discoveries that are of National strategic importance.
14. The Commission shall have powers to acquire from any person the right in, or to, any scientific innovation, invention or patent of strategic importance to the country.
15. Relevant Institutional Scientific and Ethical Review Committee shall monitor and evaluate the research periodically, and make a report of its findings to the Commission for necessary action.

National Commission for Science, Technology and
Innovation(NACOSTI),
Off Waiyaki Way, Upper Kabete,
P. O. Box 30623 - 00100 Nairobi, KENYA
Telephone: 020 4007000, 0713788787, 0735404245
E-mail: dg@nacosti.go.ke
Website: www.nacosti.go.ke

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

Appendix v. Approval Letter

ST. PAUL'S UNIVERSITY

Private Bag 00217 Limuru,
Kenya
Email: office@spu.ac.ke
Website: www.spu.ac.ke

Tel Office: +254 (0) 20-2020505/10
Mobile: +254 (0) 728-669000
(0) 736-424440

REF: SPU/219/2024 **Date: 29th July 2024**

TO: Rose Maina
St. Paul's University

Dear Rose,

==========

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

==========

Greetings,

This is to inform you that SPU- Institutional Scientific Ethics Review Committee has reviewed the above-named research proposal. **Your ERB approval number is 228, for the period between 29th July 2024 – 29th July 2025 (1 year).**

This approval is subject to compliance with the following requirements;

i. Only approved documents including (informed consents, study instruments) will be used.
ii. All changes including (amendments, deviations, and violations) are submitted for review and approval by SPU- Institutional Scientific Ethics Review Committee.
iii. Death and life-threatening problems and serious adverse events or unexpected adverse events whether related or unrelated to the study must be reported to SPU- Institutional Scientific Ethics Review Committee within 72 hours of notification
iv. Any changes, anticipated or otherwise that may increase the risks or affected safety or welfare of study participants and others or affect the integrity of the research must be reported to *SPU- Institutional Scientific Ethics Review Committee* within 72 hours

v. Clearance for export of biological specimens must be obtained from relevant institutions.
vi. Submission of a request for renewal of approval at least 60 days prior to expiry of the approval period. Attach a comprehensive progress report to support the renewal.
vii. Submission of an executive summary report within 90 days upon completion of the study to SPU- Institutional Scientific Ethics Review Committee
viii. Please note that it is within the ISERC's mandate to monitor your research and to do random visits to the site. All research is subject to post approval monitoring.

Prior to commencing your study, you will be expected to obtain a research license from National Commission for Science, Technology and Innovation (NACOSTI) ***https://researchportal.nacosti.go.ke*** **and also obtain other clearances needed**

Yours sincerely



Dr. Daniel Nzengya, PhD
Chairperson
SPU- Institutional Scientific & Ethics Review Committee

