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Non-Planned Pregnancy And Its Incidence On Academic Performance In Nursing Career Students. Universidad Estatal De Bolívar, Ecuador. 2017 - 2018.

María de Lourdes Miguez* and Marilyn Figueroa Cruz.

Universidad Estatal de Milagro, Departamento de Posgrado y Educación Continua, Campus Académico Cda. Universitaria Km. 1.5 vía Milagro Km. 26, Milagro Ecuador.

ABSTRACT

The unplanned pregnancy in the university student population is quite critical, given that the student was not prepared to assume responsibilities that implies being a mother, causing her to temporarily abandon her studies. The objective of this study was to determine the incidence of unplanned pregnancy in the academic performance of the students of the Nursing career of the State University of Bolívar. To this end, a quantitative analysis of descriptive, documentary-bibliographic and cross-sectional type to 32 students during the gestation period was carried out. In the collection of information, a survey was applied with 12 items related to: causes of unplanned pregnancy, knowledge about sexual and reproductive health, consequences of unplanned pregnancy on academic performance. Descriptive frequency statistics were applied for the characterization and analysis of the perception of unplanned pregnancies. After the analysis, the average age of the pregnant students was between 18 and 20 years, the factors that predominated during pregnancy were health problems (80%), lack of family support (78%) leading to low performance academic and temporary desertion. The causes that generated the unplanned pregnancy were: the inadequate culture on sexual education (myths) with 57.7% and the non-control of sexual impulses (falling in love + alcohol) with 28.2%. The low level of knowledge about sexual health and family conflicts were the most marked consequences with 60.3 and 44.9% respectively. In conclusion, the unplanned pregnancy affects the life project of the students, which constitutes a social, economic and public health problem.

Keywords: unplanned pregnancy, university students, poor academic performance

**Corresponding author*

INTRODUCTION

Fecundity, besides being a biological phenomenon, has a lot to do with the social and the cultural. As is known, the behavior of individuals is determined, to a large extent, by the society in which they live, and their behavior is closely related to cultural aspects, social values and other conduct rules (Lugones, 1997).

The reproduction and exercise of sexuality, should always be desired and planned acts. Unfortunately, this is not the case, proof of this is unwanted pregnancies, defined as those that occur at an unfavorable, inopportune time, or that occur in a person who does not want to reproduce. However, in practice, there are women who do not want to reproduce, but are still exposed to the "risk" of becoming pregnant, because they are of reproductive age and have an active sex life without using any contraceptive method or because they use "traditional" methods such as rhythm or interrupted intercourse, of poor efficacy to avoid pregnancy. Demographers and reproduction specialists refer to this group of the population as those with an "unmet need for family planning or contraception" (Langer, 2003).

Education is a fundamental activity, has a practical value in life (it is a means for social promotion) allowing the intellectual development of the human being, according to the aforementioned. "Education has as its fundamental purpose the full development of the personality and the achievement of a healthy, cultured, critical and fit to live in a democratic society, it also constitutes a public service and a primary factor of national development" (Martín et al., 2011).

However, higher education is affected by various problems, among which can be mentioned, under budget, obsolete teaching-learning methodologies, inadequate study environments and many processes that can affect the educational process, such as: irregular attendance at classes, study habits, vocational interest, and unplanned pregnancy (Álvarez, 2006).

The unplanned pregnancy in the student population is transformed into a process that has to generate crisis, while, was not prepared to assume or face the chain of events, roles and responsibilities involved in being a mother. Pregnancy without having planned it transforms into a problem situation, when it begins to affect in a negative way. In the case of female university students, it occurs when the academic load is reduced, the average of grades decreases, they temporarily leave their studies, which leads to deferring goals. (Langer, 2002).

Today, unplanned pregnancy is a reality that affects the educational subsystems, a situation that can generate consequences that can be negatively reflected in the average grades of students and their student prosecution. In this way, unplanned pregnancy in students could transcend the sphere of the individual to become a social problem, of an academic nature, as it affects the university as a whole (Morales et al., 2013). Considering the previously described, the objective of this study was to determine the incidence of unplanned pregnancy in the academic performance of the students of the Nursing career of the State University of Bolívar.

MATERIALS AND METHODS

In this work a quantitative, descriptive, documentary-bibliographic and transversal research was carried out. The universe of study was constituted by the 503 students of the Nursing career of the State University of Bolívar. The sample was of a non-probabilistic type, that is, a sample was established where the problem was located, in 32 students whose pregnancy was not planned independently of the year they were studying, with ages between 18 and 22 years, who gave their informed consent to participate in the investigation.

For the collection of information, a survey with 12 items was applied, which was validated by 6 experts in the field. Causes were identified, level of knowledge of contraceptive methods, as well as the consequences of unwanted pregnancies in the academic performance. The findings were analyzed with the support of the statistical program SPSS version 22.0 under license from the State University of Milagro. For the characterization and analysis of the perception of unplanned pregnancies descriptive statistics was used through frequency analysis. For the quantitative variables, mean values and standard deviations were used. For the contrast of the null hypothesis of homogeneity between the different groups, the chi-square test was used, taking as a level of significance a value $p < 0.05$.

To determine the strength of association between risk factors and unwanted pregnancy, the prevalence ratio (PR) was estimated, considering the ratio of rates between exposed and unexposed groups: $PR = \text{prevalence exposed} / \text{prevalence not exposed}$. In carrying out the research work, the ethical principles of the research were respected by obtaining the consent of the authorities of the academic institution where the research was conducted, applying confidentiality and there being no malevolence in the investigative purpose.

RESULTS AND DISCUSSION

The results obtained were ordered and presented systematically where the assessments, measurement calculations and statistical variables were established to verify the validity of the results.

Of the students studied, 98% report that their unplanned pregnancy influenced their academic performance.

Of the students who had unplanned pregnancy, 57.7% demonstrated an inadequate culture on sexual and reproductive health (myths). A 28.2% corresponded to students who, despite having an acceptable culture in this regard, showed that they had little control of sexual impulses, "letting go for the moment". A third group, which represented 14.1%, showed a misuse of contraceptive methods.

Of the total of surveyed, 25 showed a high level of knowledge, which represented 75% so their unplanned pregnancies are not due to ignorance of contraceptive methods but to the non-application of them due to cultural, religious and shame factors or suspicion when buying them.

During the gestation period, the students surveyed presented health problems and family refusal, affecting these factors in their psychological state and academic attendance, generating low academic performance and even temporary student desertion.

DISCUSSION

Unwanted pregnancies are especially common in adolescents, single women; however, they also occur in other age groups. Its frequency seems to be higher among women of limited resources and low educational level, although they occur in all social classes. Its consequences affect not only women but their families. When a woman becomes pregnant without wanting it, her alternatives are basically two: interrupting the pregnancy through an induced abortion, or continuing with it and giving birth to a child that probably will not be desired either. It is a commitment of all to respond to both situations, since unwanted pregnancies are, to a large extent, a social responsibility (Langer, 2002). A survey of adolescents, university students and young adults in Cali (Colombia) shows that the prevalence of unwanted pregnancy of 15.5% was found in the study population. (Ortiz, 2003)

In Latin America and the Caribbean, of the 18 million pregnancies that occur each year, 52% are not planned and 21% end in abortion. However, in order to have an idea of how this phenomenon affects almost all societies, in the United States, considered the world's leading economic power with one of the most developed health systems on the planet, it is proposed that more than 50% of all pregnancies are not intentional or expected. (Martín, 2003).

In the study, the consequences presented as a result of an unwanted pregnancy were framed by the psychological type and their academic absences that led to low academic performance and temporary student desertion.

The certainty of a pregnancy causes serious psychological disorders such as anxiety, despair, a feeling of having no way out, strong feelings of guilt for having failed the parents, family conflicts, which often joins the abandonment of the couple or not wanting assume their paternity and problems that can lead to school desertion. In addition, the future of a young pregnant woman is seriously threatened in terms of their opportunities, both in studies and work, which causes a frustration of their life project. (Álvarez, 2006). The life project of the young pregnant woman is truncated or interrupted, the young woman leaves her environment, sometimes she is expelled from her family, her life process is abruptly altered and she is immersed in the adult

world, strange for her and often hostile. Their personal development, their quality of life and their insertion in society are severely limited. (Posada, 2004).

It can be concluded that the unwanted pregnancy had a negative impact on academic performance, since, during pregnancy, the students presented health problems and family rejection, affecting these factors in their psychological state and academic attendance generating low academic performance and even temporary student desertion.

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