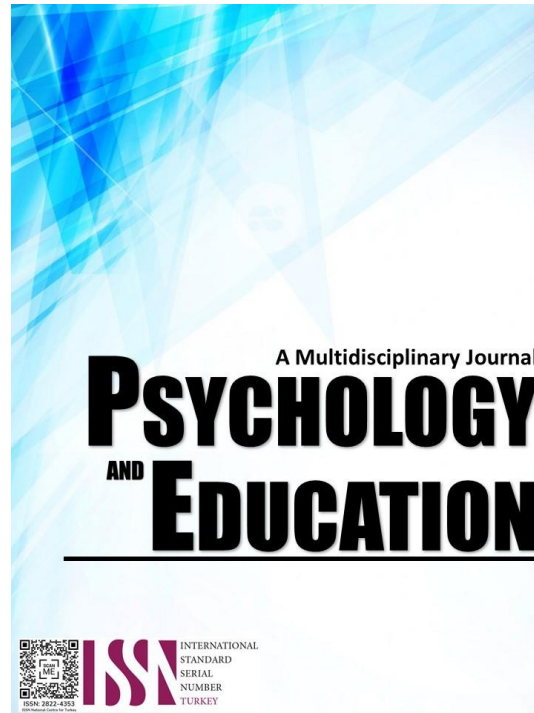


SEX EDUCATION AND TEENAGE PREGNANCY IN MORONG RIZAL: AN ANALYSIS



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Sex Education and Teenage Pregnancy in Morong Rizal: An Analysis

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Abstract

The study aims to determine the knowledge of the moms who experienced or currently experiencing teenage pregnancy regarding sex education. The current study used a mixed method study where the knowledge about a certain topic about sex education, age of conception, a correlation between the sex education knowledge and the age of conception, and the lived experience of a teenage mother be determined. A total sample size of 32 participants was used for the study. The researchers gathered moms who have experienced or are currently experiencing teen pregnancy in the municipality of Morong Rizal. Hence, the results show that there is only a very weak correlation, it states that there is no significant relationship between the respondent's knowledge of sex education and their age of conception. It has also been demonstrated that a lack of sex education knowledge, lack of maternal education, and a lack of parent-to-adolescent communication on sexual and reproductive health are some of the factors that can result in teenage pregnancy. Lack of knowledge about sex education is the result of dropping out from school, poverty, lack of financial needs, and laziness, knowledge about sex education is associated with teenage pregnancy. In addition, financial problems, and lack of knowledge about raising a child are the common challenges that are faced by a teenage mother at a young age and to cover all of these needs the parent's financial and emotional support is the common answer.

Keywords: *mixed method, knowledge, sex education, teenage pregnancy*

Introduction

One of the societal issues that our country is currently dealing with is teen pregnancy. It is when a woman under 20 gets pregnant. It usually refers to teens between the ages of 13-19. Adolescents who experienced pregnancy are most likely to drop out of school from being stressed out as they face a lot of problems and big responsibilities because not only, they have to take care of themselves, but they also have to take care of their child (Kumar et al, 2018). Teen pregnancies carry extra health risks for both the mother and the baby. Compared to pregnant women in their 20s or 30s, pregnant teens are more likely to develop high blood pressure (Taylor R.B, 2008).

In the Philippines, there is an act providing for a national policy in preventing teenage pregnancies, institutionalizing social protection for teenage parents, and providing funds for the "Prevention of Adolescent Pregnancy Act of 2017", introduced by the Chairperson. The purpose of this R.A is to provide full and comprehensive information to adolescents that can help them prevent early and unintended pregnancies and their life-long consequences.

On June 25, 2021, the former president, Rodrigo Roa Duterte, issued Executive Order No. 141: "Adopting as a National Priority the Implementation of measures to address the root causes of the rising number of teenage pregnancies and mobilizing government agencies for

the purpose." that is supported by eleven sections that discuss the prevention of teenage pregnancies as a national priority and implementation of interventions for the teenage pregnancies in the Philippines.

According to World Health Organization (WHO), 15–19 years old adolescents in low and middle-income countries (LMICs) had an estimated 21 million pregnancies each year, 50% of it were unintended and which resulted in an estimated 12 million births. They also stated that adolescent pregnancy tends to be higher among those with less education or low economic status. There were 5.4 percent or 5,531 of women 15 to 19 years of age who have ever been pregnant in the country (Philippines). In Calabarzon, there are 4.9 percent recorded of teenage pregnancy of 15–19 years old. (According to Philippine Statistics Authority CALABARZON, 2022). Data from the Morong Rural Health Unit (RHU) shows that there were 155 cases of teenage pregnancies in 2021. Pregnancy rates among teenagers aged 15 to 19 were reported in 2022. Ten (10) adolescents from Bombongan, two (2) from Caniogan, nineteen (19) from Lagundi, thirty-eight (38) from Maybancal and San Guillermo, fifteen (15) from San Jose, twenty-six (26) from San Juan, and seven (7) from San Pedro. These data demonstrate the high rate of teen pregnancies in the Philippines.

Research Questions

Teenage mothers are more likely to develop pre-eclampsia, a dangerous medical condition that combines high blood pressure with excess protein in the urine, swelling of a mother's hands and face, and organ damage. Low birth weight in newborns is common among young mothers. Low birth weight can affect a child's learning ability. A low-birth-weight baby will be born in almost 10% of teenage pregnancies. Babies born with a low-birth weight are than twenty times more likely to die in their first year of life, compared to babies of normal-weight (Kirchengast and Belizan, 2009). It is one of the major problems that the world is currently facing. However, a comprehensive sex education is said to be a big help to decrease the number of teen pregnancies.

According to some researchers, adolescents who receive comprehensive sex education are significantly less likely to become pregnant than adolescents who receive abstinence-only-until-marriage or no formal sex education. Comprehensive sexuality education is a curriculum-based process of teaching and learning about the cognitive, emotional, physical, and social aspects of sexuality. A quality sex education can also lead to better prevention in STDs and unwanted pregnancy. Additionally, it promotes responsible family planning and lowers the risks associated with unsafe sex (UNESCO, 2022). Sex education should be taught in schools and at home because it has many positive effects, including enhancing young people's knowledge and attitudes about sexual and reproductive health and behaviors. Comparing teens who received no sex education to those who did, those who received thorough sex education reported being 60% less likely to become pregnant or impregnate someone. There are also no indications that comprehensive sex education boosts the levels of sexual intercourse or sexually transmitted diseases (The Center for the Advancement of Health, 2008).

This study aimed to determine the knowledge of a teenage mother regarding certain topics about sex education and its relation to the age of conception of the teenage mother, as well as to determine the lived experiences of a teenage mother like the challenges they face, reasons for having a baby at a young age of life, coping mechanism they use to cope up with the challenges, and the regrets of her life with their situation. This study would also be beneficial for the future research regarding sex education and teenage pregnancies, this can also be a reference for analysis between the sex education knowledge of a teenage mother and their age of conception.

The study aims to determine the knowledge of the moms who experienced or currently experiencing teenage pregnancy regarding sex education. Specifically, it sought to answer the following questions:

1. What is the sex education knowledge of the respondents as revealed by the scores in the test questionnaire regarding selected topics about sex education (A&P of the sex organs, pregnancy and birth, pregnancy prevention methods, abortion, menstruation)?
2. What is the age of conception among adolescents/respondents?
3. Is there a significant relationship between the respondents about sex education and their age of conception?
4. What are the lived experiences of the respondents in context of teenage pregnancy?

Literature Review

According to the study conducted by Wado, Y. et al. (2019), the findings of the regression analysis found that factors like educational attainment, age at first sex, household wealth, family structure and exposure to media were significantly associated with adolescent pregnancy in at least one of the five countries after adjusting for socio-demographic factors. As the result of their table 4, education and household wealth status were consistent associated with teenage pregnancy in all the five countries, and with that having a secondary and above education reduced the odds of adolescent pregnancy. This finding is in line and accepted with the previous study of Koppensteine et al. (2016) that their study resulted suggest that adding school and secondary school will reduce the average of cumulative birth of teenage pregnancy and childbearing at the early age. Studies from developing and developed countries alike showed that higher education is protective against early and unintended pregnancies. In line with the study of Yakubu et al. (2018) that community sensitization, comprehensive sexuality education and ensuring girls enroll and stay in schools could reduce adolescent pregnancy rates. As adolescents get greater access to education, the opportunities for avoiding early childbearing may improve due to increased knowledge and agency to prevent unintended pregnancies, delayed on set of sexual relations and marriage (Wado et al., 2019).

A research study conducted by Krugu, John Kingsley et al. (2016), presented the individual factors (relationship experience, sexual history),

environmental factors (sexual communication and education), and social cognitive influences on both contraceptive use and teenage pregnancy (knowledge, attitudes, self-efficacy, and normative beliefs). It states that although most young women prefer a later pregnancy, the economic and cultural environment, as well as taboos surrounding sex communication and a lack of sex education in schools, make young women particularly vulnerable in a variety of ways. They engage in sexual relations in ways that make it challenging to avoid unintended pregnancy, mostly for economic reasons (Krug, John Kingsley et al. 2016).

According to the study conducted by A.O Arowolo et al. (2018) the findings of the systematic review and meta-analysis, the prevalence of unmet need for contraceptive adolescents in Sub-Saharan Africa countries is high, resulting in a high rate of unwanted pregnancy. Occurring among 15 to 19 years old to developing countries are unintended. Sociocultural, environmental, economic factors. These factors are also mentioned as reasons for a high level of pregnancy in Sub-Saharan Africa. In this study the evidence showed that adolescent pregnancy is more likely to occur in poor countries and communities with poor education and unemployment opportunities.

A research study from Sub-Saharan Africa has a finding that states that the high levels of adolescent pregnancies can be caused by multiple factors. A review identifying various factors influencing adolescent pregnancy divided the factors found into categories ar3 Sociocultural, Environmental and Economic, Individual, and Health service-related factors. The study believes that community sensitization, sex education, and staying in schools could reduce adolescent pregnancy (Yakuba and Salisu, 2018). Sex education is widely debated, and questions whether it will be implemented have people divided. As sex education tackles a wide range of subjects relating to human sexuality and aims to widen a person's decision-making skills and develop young people's communication skills with regard to fundamental sexuality with their partners as per The Advocates For Youth (2018).

Sexuality education promotes human dignity by teaching children to treat each other with respect and dignity, to think about what is right and safe for them, and to avoid coercion, sexually transmitted infections, and early and unintended pregnancies. It also helps to keep children safe from abuse by teaching them about their bodies as explained by The Joint United Nations Programme on HIV/AIDS (UNAIDS, 2021). The Philippine government approved the Responsible Parenthood and Reproductive Health Act of 2012,

which introduced sex education into the curriculum of public schools for students ages 10-19. It has four pillars that talk about contraception, family planning, respecting the life of the unplanned baby, and responding to the numerous health problems the nation is facing, such as HIV/AIDS cases, pregnancy-related deaths, and infant mortality.

The Philippine Statistics Authority's 2017 National Demographic and Health Survey (NDHS) reported that nine percent of 4.9 million teenage women aged 15-19 have begun childbearing. PopCom's 2017 Annual Poverty Indicators Survey revealed that marriage or family matters are the top reason female out-of-school children and youth aged 6-24 are not attending school. Despite the passage of the Reproductive Health (RH) Law in 2012, teenage pregnancy rates in the country are still alarming. The NDHS 2017 found that teenage mothers face greater difficulty in pursuing educational opportunities, leading to adverse pregnancy outcomes and increased risk of sickness and death. The United Nations Population Fund (UNFPA) said that teenage pregnancy costs the Philippines P33 billion in annual income. Gatchalian vowed to conduct an inquiry to address the issue.

According to Nursing Answer (2021), teen pregnancy frequently occurs between the ages of 15 to 19 in young girls that attend school. Girls are usually forced to discontinue learning to give proper attention to raising their children. The adjusted odds of becoming pregnant between ages 14 and 19 for teens with at least one older sister having a teenage pregnancy were 3.38 (99% CI 2.77-4.13) times higher than for women whose older sister(s) did not have a teenage pregnancy. Educational achievement was adjusted for in a sub-population examining the odds of pregnancy between ages 16 and 19. The study done by Wall-Wieler, etc. (2016) contributes to understanding the broader topic of who is influential about what is within the family.

According to the Municipal Social Welfare and Development (MSWD) Office of Odiongan, Romblon, its states that in the year of 2015-2019 it is smoothly increased. From the year 2015 the number of teenage pregnancies is 120 while in the year 2016 have some 126, then 105 by the year of 2017, 80 in 2018 and 116 in 2019. Also, in this study states that those adolescents in the Philippines who have begun childbearing before the age of 18 are less likely to complete secondary education compared to the adolescents who have not begun childbearing. The non-completion of secondary education impacts employment opportunities in the future and the total

lifetime earnings of families. (United Nations Population Fund, 2016).

All over the world, girls between the ages of 15 and 19 still make up about 11% of all births. The average global birth rate among girls aged 15 to 19 is 49 per 1000, whereas national rates range from 1 to 299 per 1000 girls, according to World Health Statistics (2014). Early pregnancy is still widespread in some parts of the world (Kirchengast, 2016). Each year, 2.5 million girls under the age of 16 and 16 million girls between the ages of 15 and 19 give birth in developing nations (Franjic 2018).

According to The Borgen Project (2020), in the Philippines there were 9% of women between the ages of 15 and 19 begin childbearing, teen pregnancies are also frequent The Philippines passed the Responsible Parenthood and Reproductive Health Act of 2012, which integrated sex education into the public-school curriculum and provided funding for free or subsidized contraceptives at health centers and public schools. This was in response to the many health issues impacting the country, such as infant mortality, pregnancy-related deaths, and a rise in HIV/AIDS cases. The RH Act aims to help the population make informed decisions about their reproductive health, while also ensuring that the government reaffirms its commitment to protecting women's reproductive rights, providing accessible family planning information, and hiring skilled maternal health professionals.

As reported by the National Economic and Development Authority (NEDA), 2022, the CALABARZON Regional Development Council conducted the Regional Women's Month Celebration on March 5 at the University of Rizal System (URS), Morong, Rizal. The program highlighted the efforts of the Department of Agrarian Reform (DAR) in mainstreaming gender and development and ensuring the inclusion of rural women in its services. It also included a 20-minute film showing adolescent pregnancy from the Commission on Population, a presentation from DAR on their achievements in the Gender and Development Program (GAD), and cultural performances from URS.

The Department of Social Welfare and Development (DSWD) also plans to expand the pilot implementation of Project ProtecTEEN in the National Capital Region and Region 4-A to provide psychosocial support and other interventions for teenage mothers and their families. The project aims to cater to the needs, protect the rights, and promote the psychosocial well-being of

adolescent mothers aged 10 to 19 years old, their children, partners, and other household members. The DSWD will sign a Memorandum of Agreement and Pledge of Commitment to signify their commitment to responding to the teenage pregnancy issue. Reported by Social Marketing (2022).

Methodology

Sampling

The current study used mixed method study where the knowledge about a certain topic about sex education, age of conception, correlation between the sex education knowledge and the age of conception and the lived experience of a teenage mother be determined. A total sample size of 32 participants was used for the study. The researchers gathered moms who have experienced or are currently experiencing teen pregnancy in the municipality of Morong Rizal. The respondents were given a test questionnaire for the them to answer. They were asked to answer which determined their knowledge regarding sex education and each respondents were asked five questions base on the respondent's experience with the using interview questions. They were selected using non-random sampling.

Data Collection

The researchers used a printed validated test questionnaire with 20 questions in depth interviews were utilized to collect data. A teenage mother who experienced teenage pregnancy was asked to answer the test questionnaire with interview questions. The profile of the respondents was gathered especially at the age of conception. The data that was gathered was used to determine the knowledge of a teenage mother about a certain topic about sex education, their age of conception, the relation between sex education knowledge, the age of conception, and the lived experience of a teenage mother.

Plan for Data Analysis

To examine this research topic, the researchers used the mixed method research design in conducting the study, the researchers used three different methods to analyze the data. First is the frequency, percentage & rank, which was used to analyze the percentage of the respondents by age and the frequency of the respondents at different ages that experienced teenage pregnancy, the researchers divided the total number of results and multiply it by 100. The frequency of the

first row is 1 and the total number of results is 10. The percentage would then be 10.0. Secondly, Spearman's RHO, was used to know the correlation between the age of the respondent and the respondent's knowledge, and the risk of experiencing teenage pregnancy. In statistics, Spearman's rank correlation coefficient or Spearman's ρ , named after Charles Spearman and often denoted by the Greek letter ρ or as r_s , is a nonparametric measure of rank correlation. It assesses how well the relationship between two variables can be described using a monotonic function. The third method is thematic analysis, which the researchers discussed the key themes and subthemes that the researcher gets in conducting the study.

Results and Discussion

Sex Education Knowledge of Respondents

The data indicates that most of the teenage mothers around Morong, Rizal struggle and fail to get at least an average of 75% or 15 over 20 score to the test questionnaire about selected topics of sex education (A&P of the sex organs, Pregnancy and birth, pregnancy prevention methods, abortion, menstruation), this score leads that most of the teenage mother around Morong, Rizal has low educational attainment regarding sex education and sexual and reproductive health. This specifies that the knowledge of teenage mothers about sex education has affected the incidence of teenage pregnancy and lack of knowledge about sex education which cause the incidence of teenage pregnancy. In line with the result, it agrees with the study conducted by Budiharjo, N. et al (2018) stated that good knowledge was not the cause of the incidence of pregnancy among adolescent which means bad knowledge can be the cause of incidence of pregnancy among adolescents. It can be inferred that lack of knowledge about sex education can cause teenage pregnancy.

Table 1. Sex Education Knowledge of the Respondents

Score	Frequency	Percentage	Rank
0 - 5	15	46.88%	1
6 - 10	12	37.50%	2
11 - 15	4	12.50%	3
16 - 20	1	3.13%	4
TOTAL	32	100%	

Age of Conception

Table 2 presents the age of conception of teenage mothers around Morong, Rizal. The data indicates that most of the teenage mothers around Morong, Rizal experience the beginning of their pregnancy at the age of 17 (34.38%) and the least of teenage mother that experience the beginning of their pregnancy is at the age of 13 (3.13%). As seen in Table 2, it is indicated by the data that most teenage mothers around Morong, Rizal experience their pregnancy on the age range of 16-18 because the age range of 16-18 years is the legal age of sexual consent and teenagers ages 16-18 years are sexually active. The study conducted by Lyimo, W. J. (2020) found out that out of the 90 respondents, 81 (90%) had experienced sexual acts while only 9 (10%) had not. From the table, adolescents' age at first sex is 12 (13%) at 13- 15 years, 42 (47%) at 16-18 years, 13 (14%) at 19-21 years and 14 (16%) at 22-24 years. From these figures, it is evident that 90% of the adolescents engage in sexual acts while 47% had their first sexual act at age 16-18 years. It is inferred that most adolescents engage with sexual acts at 16-18 years, and one of the factors of teenage pregnancy is having a sexual intercourse at a young age. The study conducted by Lyimo, W. J. (2020) was in line with the findings of this study, the finding in this research study agrees with the findings of Lyimo, W. J. (2020) that the common age that engaging sexual acts are the age of 16-18 years, which engaging sexual acts can result in teenage pregnancy.

Table 2. Age of Conception

Age	Frequency	Percentage	Rank
13	1	3.13%	7
14	2	6.25%	5.5
15	2	6.25%	5.5
16	5	15.63%	3
17	11	34.38%	1
18	8	25%	2
19	3	9.38%	4
TOTAL	32	100%	

Correlation Between Sex Education Knowledge and Age of Conception

Table 3 presents a correlational result of an R-value of 0.181 that signifies there is a very weak correlation between the teenage mothers' knowledge about sex education and their age of conception. This collection

of data also shows a statistically significant P-value of 0.321, which fails to reject the null hypothesis, and this also means the data is not significant (P-value > 0.05). This results in a very weak correlation between the sex education knowledge of a teenage mother and their age of conception; this means the lack of knowledge of a teenage mother is one of the factors that results teenage pregnancy. That contradict the study conducted by Budiharjo, N. et al (2018) which discuss about the factors influencing to the incidence of teenage pregnancy with the result of the knowledge of teen pregnancy is known that there is a significant relationship between the knowledge and the incidence of pregnancy among adolescents. This indicates that the knowledge of adolescents about teen pregnancy will affect the incidence of pregnancy among adolescents. In short, there is no significant relationship between the knowledge about sex education and the age of conception of the respondents. This finding contradicts the study conducted by Budiharjo, N. et al (2018).

Table 3. *Correlation between sex education knowledge and age of conception*

S1	S2	R-Value	Verbal Interpretation	P-Value	Ho	Verbal Interpretation
Age	Score	0.181	Very weak	0.321	FR	Not Significant

Key Themes on the Lived Experienced of the Respondents in Context of Teenage Pregnancy

Table 4 shows the lived experience of a teenage mother. Based on the interview data, there are ten (10) note-worthy statements, ten (10) basic themes, four (4) organizing themes, and one (1) global themes that express the lived experience of a teenage mother.

“Wala, kasi aksidente lang akong nabuntis”

This statement was stated by respondent no.5, in which she discusses that an accident was the reason why she experiences teenage pregnancy. She made this statement, based on her lived experiences as a teenage mother. Many sexually active girls are unaware of contraception, do not want to use it, or do not have the agency to obtain it. When they try to get and use contraception, they may face restrictive laws or disapproving health workers and/or partner resistance (Chandra-Mouli et al., 2017).

“Napakahirap kasi syempre bata pa, hindi pa

nakatapos ng pag-aaral, walang trabaho, walang income na ikaw mismo mag propo provide para sa anak ko, katulad niyan na hindi kami nagging okay nung daddy ng baby, sobrang hirap nakaasa sa family ko”

This statement was stated by respondent no.24, in which she discusses that an unemployment, financial problem and didn't continue her studies were the challenges she faces based on her lived experiences as a teenage mother.

“May mga suporta sa pamilya”

This statement was stated by respondent no.19, wherein she discusses that the solution for the problem like financial problem, mental problem, and emotional problem her family was there for her to help. This statement was based on her lived experiences as a teenage mother.

“Hindi nakapagpatuloy sa pag-aaral”

This statement was stated by respondent no.30, where she discusses that her regrets being a teenage mother was unable to continue to study because of the priority taking care of a child and her responsibilities being a mother. This statement was based on the respondent lived experiences as a teenage mother. “The number showed that the reason for the high number of dropout rate of girls is marriage and family matters, which can be treated also as teenage pregnancy,” said Education Secretary Leonor Briones, citing data from the Philippine Statistics Authority (PSA), and based on the PSA's Annual Poverty Indicators Survey showed that school dropouts have reached more than 2.97 million, 61.9 percent of whom are girls aged 16 to 24 who are forced into “marriage or family matters (Philippine Statistics Authority, 2020).

“Wala, hindi sadya dahil kasi sa inuman”

This statement was stated by respondent no.10, in which she discusses that the influence of an alcohol was reason why she experiences teenage pregnancy. This statement was stated by the respondent based on her lived experiences as a teenage mother. The study of Yakubu, I. et al. (2018) identified Individual factors (excessive use of alcohol, substance abuse, educational status, low self-esteem, and inability to resist sexual temptation, curiosity, and cell phone usage).

“Impluwensiya ng nasa paligid, palatambay”

This statement was stated by respondent no.14, where she discusses that the peer influence and being a social

active was the reason why she experiences teenage pregnancy. She made this statement based on her lived experiences as a teenage mother. The study of Yakubu, I. et al (2018) identified Sociocultural, environmental and Economic factors (Peer influence, unwanted sexual advances from adult males, coercive sexual relations, unequal gender power relations, poverty, religion, early marriage, lack of parental counseling and guidance, parental neglect, absence of affordable or free education, lack of comprehensive sexuality education, non-use of contraceptives, male's responsibility to buy condoms, early sexual debut and inappropriate forms of recreation).

“Problemang pinansiyal dahil parehas kami ng partner ko na walang trabaho”

This statement was stated by respondent no.28, wherein she discusses that unemployment and financial problems were the challenges she faces based on her lived experiences as a teenage mother. The teenager with recurrent pregnancy is confronted with financial difficulties and is faced with stigmatisation in the society where she finds herself (Boateng, A.A. et al., 2023).

“Nagsisisi dahil hindi magawa yung ibang gusto kong gawin kasama ang mga kaibigan dahil kailangan mag-alaga at magbantay ng anak”

This statement was stated by respondent no.23, in which she discusses that her regrets being a teenage mother was she cannot bond with her friends anymore because of her responsibilities taking care of her child. This statement was stated by the respondent based on her lived experiences as a teenage mother.

“Kailangan magtrabaho sa murang edad”

This statement was stated by respondent no.4, wherein she discusses that early age employment was the challenge she faces as a teenage mother, even she's a teenager she need to work to have an income to give the baby necessities. This statement was stated by the respondent based on her lived experiences as a teenage mother.

Table 4. Key Themes on the Lived Experienced of the Respondents in Context of Teenage Pregnancy

Note-worthy Statements	Basic Themes	Organizing Themes	Global Themes
“Wala, kasi aksidente lang akong nabuntis” (Respondent#5, interview question no.1)	Accident pregnancy	a. Reasons (1,5,6)	Lived Experiences of Teenage Mothers (a,b,c,d)
“Napakahirap kasi syempre bata pa, hindi pa nakatapos ng pag-aaral, walang trabaho, walang income na ikaw mismo mag propvide para sa anak ko, katulad niyan na hindi kami nagging okay mung daddy ng baby, sobrang hirap nakaasa sa family ko” (Respondent#24, interview question no.2)	Financial Problem	b. Challenges (2,7,9)	
“May mga suportang sa pamilya” (Respondent#19, interview question no.3)	Family support	c. Solution (3)	
“Hindi nakapagpatuloy sa pag-aaral” (Respondent#30, interview question no.4)	Unable to continue their studies	d. Regrets (4,8,10)	
“Wala, hindi sadya dahil kasi sa inuman” (Respondent#10, interview question no.1)	Influence of alcohol		
“Impluwensiya ng nasa paligid, palatambay” (Respondent#14, interview question no.1)	Peer Influence		
“Problemang pinansiyal dahil parehas kami ng	Unemployment		
partner ko na walang trabaho” (Respondent#28, interview question no.2)			
“Nagsisisi dahil hindi magawa yung ibang gusto kong gawin kasama ang mga kaibigan dahil kailangan mag-alaga at magbantay ng anak” (Respondent#23, interview question no.4)	8. Cannot bond with friends anymore		
“Kailangan magtrabaho sa murang edad” (Respondent#4, interview question no.3)	9. Early age Employment		
“Maagang nabuntis” (Respondent#25, interview question no.4)	Early Pregnancy		

“Maagang nabuntis”

This statement was stated by respondent no.25, where she discusses that her regrets as a teenage mother was her early age pregnancy, she only regrets her pregnancy but she did not regret her baby is being born. This statement was stated by the respondent based on her lived experiences as a teenage mother.

The findings of this study agrees with the conclusion of the study of Mangeli in 2017 that adolescent mothers experience many physical, psychological, mental, and social challenges (Mangeli, M, 2017). Just

like the findings of the data, the teenage mothers experienced different challenges in their life such as financial problems, lack of knowledge in raising a child, stress, needing to work sacrifices, taking care of a child, and giving birth that can be a physical, psychological, mental, and social challenges. The lived experiences of a teenage mother have different reasons, challenges to face, solution and regrets in what they experienced.

Conclusion

The results show that there is only a very weak correlation, it states that there is a no significant relationship between the respondent's knowledge of sex education and their age of conception. It has also been demonstrated that a lack of sex education knowledge, lack of maternal education, and a lack of parent-to-adolescent communication on sexual and reproductive health are some of the factors that can result in teenage pregnancy. Lack of knowledge about sex education is the result of dropping out from school, poverty, lack of financial needs, and laziness, knowledge about sex education is associated with teenage pregnancy. In addition, financial problems, and lack of knowledge about raising a child are the common challenges that are faced by a teenage mother at a young age and to cover all of these needs the parent's financial and emotional support is the common answer.

Based on the result of the study, researchers recommend the following: (1) Utilize sex education classes to prevent early pregnancy, and to practice family planning are recommended to prevent teenage, adolescent, and early pregnancy. Both public and private schools should teach this to all students to (2) Develop parenting/child development programs for new parents, including hospital and home visit programs. (3) Utilize a parent/school-linked approach to provide family life/sexuality education at the elementary and high school levels. (4) Create educational materials for teenagers, particularly those between the ages of 16 and 18, about the difficulties that could arise from having a child while still a teen. (For instance: money issues, poverty, pregnancy complications, etc.).

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