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Namibia

An educational support program for adolescent mothers in Oshana Region
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An educational support programme for adolescent mothers in Oshana region: Namibia

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Oshana region of Namibia during rainy season
UNAM OSHAKATI CAMPUS
Raising a child presents enormous challenges to any mother, much more when motherhood is embraced by an adolescent.
In Namibia, an upsurge in adolescent pregnancies is causing a great concern.
Traditional and cultural influences

Diminishing guidance and support

Peer interaction

Modern influences
Outcome: frightened, frustrated and depressed
A qualitative study that explored and described the experiences of adolescent mothers in Oshana region of Namibia that aimed at developing a supportive programme was conducted in four phases.
Phase I Situational analysis

Phase II Development of conceptual framework

Phase III Programme development

Phase IV Programme implementation and evaluation
Five themes emerged from a thematic analysis followed Tech’s approach:
Theme I: Various feelings towards motherhood (rejection, embarrassment etc.)
Theme II: Lack of effective inter-personal relationships (family & friends)
Theme III: Burden of caring the baby
Theme IV: Challenges related to motherhood
Theme V: Future ambitions/desires
Development of conceptual framework

Agent ➔ Recipient

Procedure ➔ Context

Dynamics ➔ Terminus
Programme implementation and evaluation

Session I & II
Self awareness & Constructive inter-personal relationships

Session III: Coping with different challenges related to motherhood

Session IV & V
Mobilizing support systems & Baby care and bring up a baby

Outcome: Knowledgable informed adolescent mothers

Session VI: Motivation on further education and job aspiration
The overall insight of premature motherhood is physical, social & psychological misery.

Nevertheless, through the educational programme adolescent mothers developed long-term, if not lifelong, supportive relationships with their children, by showing compassion, confidence and competency.
If you fall on the ground, fall like a seed that grows back and fight again.
Acknowledgements

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