



RESILIENCE IN PREGNANT ADOLESCENTS, EVALUATION WITH THE WALGNILD AND YOUNG SCALE

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Introduction: adolescents present biological changes and receive social influences which predispose them to pregnancies at early age

Objective: To evaluate resilience in a group of pregnant adolescents, to estimate the frequency of low resilience level and identify associated psychosocial factors

Methodology: The study is part of the research line: Gestation. Cross-sectional descriptive observational study, with analysis of cases and controls, carried out in adolescent pregnant women of the outpatient clinic of the ESE Cartagena de Indias and the Rafael Calvo Maternity, public care institutions in Cartagena, the Colombian Caribbean region. A sociodemographic characteristics questionnaire and validated scales on resilience, familism, religiosity, spirituality, family functionality, partner violence, happiness and self-esteem were applied. Wagnild and Young Resilience Scale, identifies personal qualities that favor resilient individual adaptation and allows to know the positive personality. It consists of 25 items, higher the score more resilience. Also establishes three levels: high (147 or more points), moderate (146-121 points) and low (less than 121 points). Two groups were compared: high/moderate resilience level (HMRL) and low resilience level (LRL). Multivariable logistic regression was performed to identify factors associated with LRL.

N= 499	N (%) [95% CI]
10-14 (years)	21 (4,2) [2,7-6,5]
15-19 (years)	478 (95,8) [93,5-97,3]
With Sexual Partner	427 (85,6) [82,1-88,5]
Hispanic Ethnicity	483 (96,8) [94,7-98,5]
First Trimester Pregnancy	88 (17,6) [14,5-21,3]
Second Trimester Pregnancy	128 (25,7) [21,9-29,8]
Third Trimestre Pregnancy	283 (56,7) [52,2-61,1]
With Pregnancy Pathology	133 (26,7) [22,9-30,8]
No Family Support in Pregnancy	17 (3,4) [2,1-5,5]
With Family Dysfunction	238 (47,7) [43,3-52,2]
With Partner Violence Pregnancy	26 (5,2) [3,5-7,6]
With Low Level of self-esteem	14 (2,8) [1,6-4,6]

Associated factors a LRL	OR [IC95%]	p
High Familism	1	<0,001
Low Familism	4,736 [2,673-8,392]	
High self-esteem	1	0,013
Low self-esteem	4,257 [1,363-13,295]	
Good Family Function	1	<0,001
Family Dysfunction	3,902 [2,052-7,422]	
Without Partner Violence in pregnancy	1	0,033
With Violence as a Couple in Pregnancy	2,689 [1,082-6,678]	
Adequate Spiritual Perspective	1	<0,001
Inappropriate Spiritual Perspective	2,503 [1,461-4,287]	
Elevate Subjective Happiness	1	<0,001
Reduced Subjective Happiness	2,063 [1,214-3,506]	
Mestizo ethnicity	1	0,164
Afrodescendant ethnicity	2,264 [0,716-7,160]	
Without pregnancy pathology	1	0,257
With pregnancy pathology	1,447 [0,764-2,739]	
With Family Support in Pregnancy	1	0,247
Without Family Support in Pregnancy	2,088 [0,601-7,257]	
Spiritual Perspective Scale		
49-60 Points	1	
38-48 Points	2,864 [1,469-5,583]	0,002
27-37 Points	3,603 [1,517-8,554]	0,004
16-26 Points	5,518 [1,685-18,073]	0,005
05-15 Points	6,053 [1,187-30,858]	0,030

**Average age 17 years.
64 (12,8%) had LRL.**

Among pregnant adolescents African descent, there was a higher frequency of LRL than among mestizos, 31.2% vs. 12.2%, respectively. Lack of family support, family dysfunction, partner violence, presence of pathology in pregnancy and low self-esteem were more frequent among adolescents with LRL (p <0.05).

Conclusion: In a city of the Colombian Caribbean, in thirteen of every one hundred pregnant adolescents who attend to prenatal visit, LRL was found. Family dysfunction, partner violence in pregnancy, poor spirituality, reduced subjective happiness, low familism and low level of self-esteem, were associated with LRL.

