

Abstract

Adolescents in Uganda are increasingly getting pregnant at very early ages in their lives. These early pregnancies have had massive impacts onto their lives. Hence the study offers an in-depth analysis of the effects of early pregnancies on adolescent girls in Kapeeka Sub County, Nakaseke district.

Using primary data collected from different health centers in Kapeeka Sub County, a sample of 195 female adolescents in age range of 13-19 years was studied. Results from the above models indicate that adolescents were affected socially and economically; with most of them (60%) attaining a very low level of education and hence attributing to high levels of unemployment (87.9%)

The results still showed that early pregnancies had effects on the health of the mothers and their born babies where 50.8% of the babies were born prematurely and with very low birth weights. The psychological effects of the early pregnancies on adolescent mothers included depression, anxiety and insomnia.

Some of the risk factors that were likely to affect adolescents to have unwanted pregnancy were; poor economic status, marriage before 18 years, lack of sex education and counseling against pregnancy. These factors were considered to pose high risks to adolescents because of studies that have been carried out by UNBOS, WHO, UNFPA and other health international organizations in developing countries.

The study therefore recommends effective programs for adolescents with their involvement. There is great benefit in strengthening their knowledge and skills through sex education. Greater efforts are essential in dealing with their special needs and appropriate services should be made available.