

# MIDLANDS STATE UNIVERSITY



**FACULTY OF SOCIAL SCIENCES: DEPARTMENT OF PSYCHOLOGY**

**A DESCRIPTIVE STUDY OF ADOLESCENT MOTHERS' CHILD REARING  
PRACTICES AT WESTERN TRIANGLE CLINIC IN HIGHFIELD.**

**BY**

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## **DEDICATION**

To the family that believes in the dream.

## **ACKNOWLEDGEMENT**

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## ABSTRACT

*The descriptive study of adolescent mothers' child rearing practices at Western clinic in Highfield, main purpose was to describe the adolescent mothers' child rearing practices, to identify the common child rearing practices of adolescent mothers, generate new knowledge and to suggest adolescent mothers' child rearing practices that promotes child's development. The research was pushed by a growing rise of adolescent mothers, developmental deviations of children born to adolescent mothers and increased risk of child rearing failures of adolescent mothers. A quantitative research approach was used to ascertain a statistical to the study of adolescent mothers' child rearing practices. A descriptive research design was used to achieve descriptive study of adolescent mothers' child rearing practices which were various and complex in nature. The research participants were eighty eight adolescent mothers drawn from a population of hundred and twenty adolescent mothers who visited Western Triangle Clinic in Highfield, Krejcie and Morgan' s sample determination was used to determine the sample size. A simple random sampling technique was used to select participants. Data collected was analyzed by a descriptive statistic approach that depicted graphs, correlation, cross tabulations and SPSS t tests. The research main findings depicted that adolescent mothers lack understanding of child rearing practices. Adolescent mothers show less maternal role, less engagement and harsher punishments on children. The study findings also demonstrated that adolescent mothers physical and emotional withdraw from their children, they also less bath and moderately breastfeed their children. In summation it was found out that most adolescent mother's child rearing practices indicates increased risks of child rearing failures.*

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## **CHAPTER ONE: INTRODUCTION**

### **1.1 INTRODUCTION**

This initial chapter illustrated issues pertaining to background of the study, coupled with the aims of the research, problem statement, the objectives and questions governing the research. This chapter also provided the significance of the study, the delimitations and limitations of the study as well as the definitions of terms.

### **1.2 BACKGROUND TO THE STUDY**

Researches done world over indicated the growing population of adolescent mothers, vast majority of the growing population of adolescent mothers was witnessed in developing countries such as Zimbabwe, South Africa and Mozambique. In the above mentioned countries in Southern Africa, adolescent mothers were reported to be married before they reached the age of twenty. Study results on adolescent mothers at the University of California (2013) further indicated that adolescent mothers were less likely to have strong and healthy children as compared to older women. UNFPA (2008) report showed that many adolescent mothers become sexually active before reaching the age of twenty years, teen parenthood trends indicated that children born to adolescent mothers world over were yearly observed to be around fourteen million. UNFPA (2012) estimates of adolescent parenthood and adolescent pregnancy estimated an increase in the number of adolescent mothers who become parents from 2010 to 2030, the total estimated increase was 1.3 billion population of adolescent mothers in spite of forecasted declines in fertility. Generally world over the number of girls who would eventually become mothers aged 10 to 19 was estimated to continue rising to almost 615 million, thus representing 15 per cent of the female population.

WHO (2015) noted that in Africa teen pregnancy which consequently resulted in adolescent motherhood was indicated to be on a rise. WHO adolescent mothers' demography of 2015 revealed that Central and Sub-Sahara Africa had the highest adolescent pregnancies and young mothers. Niger recorded both the world's highest rate of teen pregnancy and the world's highest rate of adolescent mothers, while in Sub Sahara Mozambique forty one percent of women had a baby before turning twenty years. Mozambique had the highest adolescent mothers' population in Sub Sahara, followed by South Africa and Zimbabwe respectively. World Health Organisation reports that Africa had the highest adolescent pregnancies and teen parenting, adolescent mothers caused

serious consequences to the economy, population and the health of children born to adolescent mothers.

Adolescent parenthood continued to be a major challenge that contributed to serious maternal mortality and child mortality, and to the increased vicious cycle that resulted in poverty and ill health. WHO (2015) indicated that Sub-Saharan Africa had 101 births born per 1,000 women aged between 15 -19 years , thus marked Southern Africa the country with the world's highest population of adolescent mothers. In Zimbabwe, statistics showed that the fertility rates for women aged between 15 to 19 years of age in 2015 was 115 births recorded per 1,000 women. Although the fertility rates among women aged 20 years and above in Zimbabwe showed to have fallen as recorded over the previous two decades, adolescent pregnancy was signaled to be on the rise regardless of Zimbabwe recording highest rates of contraceptive prevalence in sub Saharan Africa. Research statistics in Zimbabwe showed that teen pregnancy continue to be high at twenty two percent as recorded in 2017, which was a two percent drop from the previously observed years. Zimbabwe National Family Planning Council (2016) indicated that the number of adolescent mothers remained high because teenagers are less responding to the educational and pregnancy prevention programmes set.

A growing rise of teen pregnancies in Zimbabwe was noted, WHO (2015) revealed that more than thirty percent recorded female adolescent in middle to low income countries married before reached the age of eighteen years; around fourteen percent were seen to marry before they reached the age of fifteen years, hence there was a need to investigate the child rearing practice of the adolescent mothers. In addition studies on teenage parenthood in Zimbabwe showed that the teenage pregnancy rate in Zimbabwe was rising, the rise of adolescent mothers in Zimbabwe correlated with the rise in the fertility rate. National Fertility Study in Zimbabwe (UNFPA 2016) showed that that up to about 700 000 female adolescents yearly fell pregnant and reared their children. In 2014, was noted that women aged fifteen to nineteen recorded a fertility rate of hundred and twenty births per one thousand women. That is at national level teenage motherhood was evident as increasing yearly, this pushed the researcher to dig deep into adolescent mothers rearing practices of the new born.

Adolescent mother's perception was reported to affect parenting, it was observed that positive self-perception on how to rear a child influenced adolescent mothers. Clemmens (2003) indicated

that child rearing practices are influenced by having more dependable support relationships socially, confidence and self-efficacy. Newsday (2016) reported one Highfield resident adolescent mother in an interview wishing she could turn back the hands of time, she complained that sometimes she regretted such a huge responsibility of rearing a child or being a mother. Pogarsky, Thornberry and Lizotte (2006) indicated that although many adolescent mothers grew to eventually become more competent parents, research evidence showed that within various and complex cultures adolescent mothers posed as a potential risk factor for the child, many children born to adolescent mothers were recorded to experience developmental trajectory.

The early years of infants are revealed as critical and essential for the children's cognitive, personal, social, emotional and physical development. Child rearing practices indicated to be critical to the child's development, in Zimbabwean mothers spend time talking to their baby more about their nuclear family, and more time having the baby to face outwards, so that the child sees what their mothers sees, as such children develop skills differently as influenced by the child rearing practices. Durkin (1995) indicated that the way in which parents bring up their children surely influenced their overall development, when children are to develop positive aspects of their personality parents should engage the different aspects of child rearing practices.

The human developmental period of adolescence was shown to be a potentially stressful period in young adolescents' lives, the adolescence stage of development was seen to be characterized by various developmental changes occurring simultaneously, these changes included biological (pubertal), emotional, cognitive, and social changes (Alsaker and Flammer, 2006). The adolescence transformations to adulthood was seen to contribute to the inadequate parent and child interactions, the lack of readiness to be a parent showed to diminish the infant development and posed as a challenge in the parental psychological control, hence an in depth into adolescent mothers' child rearing practices will be of paramount importance.

Research evidence indicated that adolescent mothers faced dual challenge of progressing through the various stages of adolescence and at the same time the need to adapt to the new maternal role. The ability of adolescent mothers to adapt to the new role of being a new mother comprehended to be mostly influenced by many characteristics associated with changes that occur in the developmental stage of adolescence. DeVito (2007) indicated that as adolescent mothers in the early stage of adolescence needs to be mothered that is taken care of by their own mothers or

guardians, those who took care of their own children were comprehended to having particular child rearing ways common amongst themselves which is influenced by rearing children alone. Adolescent mothers therefore were reported to having specific wants for help to successfully adapt to the combined demands of adolescent development and their responsibility as young mothers.

Most of the research on child-rearing focused more on broad aspects of child rearing, as proposed by Baumrind (1967) and Hoffman (1994), the broad aspects indicates a macro and umbrella study of the child rearing practices, the broad aspects of parenting such as the child rearing styles do not look into the more specific and different facets of child rearing. Concentrating on the different areas of parenting can provide vast knowledge to the parents to engage in a detailed analysis of their parenting practices, and can give good strategies on how to be a good parents.

English pediatrician and also psychoanalyst Donald Winnicott (2016) revealed that the good enough mother commence off with a complete adaptation to the child's wants, and as time progresses the mother eventually adapts steadily less complete in a gradual manner accordingly to the child's growing ability to stand on their own. Research evidence indicates that most adolescent mothers report psychological disorders when taking care of their child, psychological disorders experienced include stress, depression and anxiety and have trouble sleeping. This indicates challenges in becoming good enough mother and challenges in meeting the child wants thus causing developmental problems to the child. Porter (2009) revealed that as increasing numbers of teen mothers wants to keep and rear their children this makes the topic of their childrearing abilities become the subject of intense theorizing, philosophizing, and research.

### **1.3 STATEMENT OF PROBLEM**

A growing rise of teen pregnancies in Zimbabwe has been noticed, WHO (2015) revealed that more than thirty percent of adolescent females in middle to low income countries married before reaching the age of eighteen years; about fourteen percent of the girls married before they reached the age of fifteen years, hence the increase of adolescent mothers indicated the need to investigate the child rearing practice of the adolescent mothers.

Adolescent mothers comprehended to be under the age of majority , being between ages of eleven and nineteen years becoming pregnant depicts parenting own child ascertain specific child rearing practice of young and first time mothers who are still under the age of majority. The rearing

practices denotes specific behaviors that parents use in raising own children. Porter (2009) notes that research on the developmental deviations of teen mothers' children showed that teen mothers are noted to be at risk of child rearing failure, hence there is need to investigate the child rearing practices.

In basic terms child rearing practices affects the child's psychological, emotional, social and physical development as denoted by the pediatric child growth chart shown to nurses at Western Triangle Clinic for visits by adolescent mothers, indicating a slow growth rate of children born to adolescent mothers. This suggested that the way the adolescent mothers nurtures their children needed to be investigated.

#### **1.4 PURPOSE OF THE STUDY**

The research aimed to describe the child rearing practices of adolescent mothers at Western Triangle Clinic in Highfield, identifying the child rearing practices of adolescent mother. The research also intended to understand the adolescent mothers' child rearing practices and fill in the knowledge gap that exists, by generating new knowledge of adolescent child rearing practices in Zimbabwe. In addition, the study also served to inform Western Triangle clinic nurses and health agents on adolescent child rearing practices to come up with strategies which promotes child health.

#### **1.5 RESEARCH OBJECTIVES**

To be able to understand the adolescent mothers' child rearing practices.

To describe the child rearing practices of adolescent mothers

To identify the common adolescent mothers' child rearing practices

To suggest adolescent mothers child rearing practices.

#### **1.6 RESEARCH QUESTIONS**

What do adolescent mothers' understand by child rearing practices?

How do adolescent mothers respond to the child's behaviors?

What are the expectations of adolescent mothers on child?

What are the common child rearing practices of the adolescent mothers?

## **1.7 SIGNIFANCE OF THE STUDY**

The study aimed to understand the adolescent mothers' child rearing practices, which has been depicted by the slowing of child development. Adolescent mothers continue to increase year by year in Zimbabwe, and many clinics have reported that many adolescent mothers face challenges in rearing their children.

This research educated adolescent mothers by identifying the child practices of adolescent mothers on how to rear children successfully. The adolescent mothers would learn from the pediatric child growth chart and adolescent mothers' education addresses their weakness on child growth by providing knowledge on appropriate child rearing practices. That is adolescent mothers gained knowledge on how to rear child properly and will have knowledge on various child rearing practices.

The research aimed to describe and influence child rearing practices in Highfield, by describing the adolescent mothers' child rearing practices, the research informed and educate the public that was noted by contribution to literature and brought in new solutions on child rearing practices relevant to contemporary Zimbabwe teenage mothers and the community and parents of the adolescent mothers.

Nurses and health care practitioners benefited from this study, as this study gave an insight of child rearing practices of the mother coming to scale her child frequently. Thus nurses gained vast knowledge on how to motivate and influence appropriate child rearing practices that are of benefit to the child and mother. A normal growth rate indicated good child rearing, a slow and fluctuating growth rate denotes bad child rearing, hence the study helped nurses and health practitioners explain the appropriate child rearing practices to the adolescent mothers.

The research benefited program, policy makers and Non-Governmental Organizations NGOs in grafting laws and helping adolescent mothers take care of their loved ones. Differences in child rearing practices and consequences on child development, helped in knowing what measures to take, what help to give and how to curb child maltreatment and neglect, basing on the description of the rearing practices of the adolescent mother.

Nonetheless the study helped counsellors and pastors in educating mothers on child rearing practices at Non-Governmental Organizations, Women's Community Groups and at churches.

There is no explanation without description, the study helped counsellors in explaining and describing the appropriate child rearing practices.

### **1.8 ASSUMPTIONS**

The main assumption of the study was that adolescent mothers lack knowledge on child rearing practices simply because they are not experienced.

The sample was connoted to be a representation of adolescent mothers in Highfield and can represent the population of adolescent mothers' child rearing practices in Zimbabwe. In addition participants will respond truthfully to the questions asked, thus providing valid information.

From the researcher noted that the social, cognitive and physical stages of development of adolescent mothers (teenage) depicts certain child rearing practices that are common among adolescent mothers. Child rearing practices are critical to the development of the child, hence there is need to research the adolescent mothers child rearing practices, as it is very essential to have such knowledge.

### **1.9 DELIMITATIONS OF THE STUDY**

In terms of the geographical delimitation of the study, the focus was on mothers found in Harare, Highfield where they are attended at Western Triangle Clinic. That is mothers who resided in Highfield and who are attended at Western Triangle clinic for checkups.

This study focused more on describing the adolescent mothers' child rearing practices in Highfield in order to have an in depth of adolescent mothers' child rearing practices and other women who were in Highfield. The adolescent mothers was the target population, because the researcher could get vast relevant information of the focus study that is adolescent mothers' child rearing practices.

Adolescent mothers were taken to be any women between the ages of eleven to nineteen who become pregnant and parent their children of years from one to five years. That is the clinic was visited by other foster caring adolescent mothers, however the researcher delimited the study to adolescent mothers who were between eleven and nineteen and who rear their own children.

### **1.10 LIMITATIONS OF THE STUDY**

Some mothers were ashamed of activities happening at home and do not give all the information pertaining to child rearing, some adolescent mothers were shy to talk about their parenting life.

These factors depicts social desirability in response, hence some responses could be biased, however noticed this the researcher did a pilot study with sample questionnaires and used the adapted the Alabama Parenting Questionnaire that reduced social desirability of responses.

Child rearing practices were difficult to measure among adolescent mothers, the rearing practices were various and complex. However the researcher identified common child rearing practices and used descriptive statistics and SPSS in analyzing the results of the study so as to have accurate information.

The quantitative research was highly descriptive and suited very well for the research, however it required more than a larger population to collect and draw up relevant conclusions, adolescent mothers' demography showed adolescent mothers to be few in Highfield. The research strategically sampled the population and collected on days scheduled by the nurses at Western Triangle Clinic for presentation of the child health cards of mothers, in order to collect information on child rearing practices more adolescent mothers.

### **1.11 DEFINITIONS OF THE KEY TERMS**

Oxford University Press (2013) defined a child as any human being between the stages of birth and puberty, however for the purpose of research a child was defined as a human being in between birth and the age of five years.

Brooks (2012) revealed that child rearing practice or parenting is the process of promoting the physical, emotional, social and psychological development of a child. Child-rearing practices can also be generalized to refer to characteristic ways of handling or dealing with one's child (Judy 2000). For the purpose of the study child rearing practices was taken to mean how adolescent mothers handle their children in promoting child development. That is for the purpose of the study rearing practices implies activities done by mothers to promote child development.

An adolescent mother was defined as a teenage girl, usually within the ages of 13-19, who is pregnant or have a child (UNICEF 2008). For the study purpose adolescent mothers are women between the ages of eleven to nineteen who become pregnant and parent their children

## **1.12 CHAPTER SUMMARY**

This has been the initial chapter of the study that seeks to understand adolescent mothers' child rearing practices at Western Triangle clinic. It has covered the introduction, the background of the study, as well as other various topics contained in this chapter.

## **CHAPTER 2: LITERATURE REVIEW**

### **2.1 INTRODUCTION**

Child rearing practices are comprehended to be very critical to child development, child rearing practices have effects on the child cognitive, physical and moral development. Adolescent mothers on the other hand are still in the storm and stress that is the teenage, hence cognitive, emotional control, experience, readiness and knowledge of child rearing practices is influenced by her age. That is there has to be some exploration of the already existing opinions and recent research findings on the adolescent mothers' child rearing practices. The literature review can only be complete when there is a somewhat thorough comprehension of the existing discoveries in as far as adolescent mothers' child rearing practices are concerned. This reveals that the recent literature review to tailgate, will widely explore the concepts of child rearing practices highlighted above. The literature review will be done in an endeavor to exhibit the knowledge which already exists in the academic domain as well as exemplify some of the noted knowledge gaps that are still existing.

Baumrind (1971) has been greatly credited for conceiving four common child rearing styles and their related consequences on the child. The four noted child rearing styles include authoritative, authoritarian, and permissive and neglect styles, these parenting styles indicates the patterns of parental values on child, child rearing practices and behaviors parents exhibit when taking care of their children. Baumrid (1971) mainly focused on demand and control, and also a distinct balance of responsiveness and demandingness exhibiting the various outcomes for children. Child rearing topology by Baumrid however was seen to be limited in that it only focused on two aspects in explaining child rearing styles, it did not consider what influenced the style of rearing, why women of same age adopt same rearing practices and it did not clearly identify the practices associated with the various child rearing styles. McKay (2006) denotes that styles are different from practices in that styles are approaches to rearing, however child rearing practices refers to the actual activities of child rearing that can be categorized by complexity of characteristics.

#### **2.1.1 CONCEPTUALIZING CHILD REARING PRACTICES**

The conceptualization of child rearing practices is characterized by various and complex child rearing definitions, however all the definitions depicts that these are activities that are done by the primary care giver in raising a child into being a better adult. Evans (1994) pointed out that child

rearing refers to how parents raise their children. He further noted that the practices of raising a child are greatly associated to the beliefs and cultural patterns of the community. Child rearing practices are depicted as the most difficult tasks for many mothers when the child is in the early years of development (infancy). That is Evans (1994) also point out that appropriate child rearing practices that promotes child's different dimensions of development are revealed to be very important. Most essential components exhibited by child rearing were noted to be maternal activities that facilitates for the child's psychosocial development.

Child rearing practices can be noted as the training or brining up of children by parents or parent substitutes. Different child rearing practices are used for rearing children in different societies and ethnic groups at different economic levels. The values and life styles of families in various subcultures also differ, due to their resources and financial security. It is also evident that the standards of desirable values of the parents strongly influence their child rearing practices. The stability and peace of society influence the child rearing practices. These practices include looking after children until they are old enough to look after themselves (Heinig, 2001). Child care till early childhood (0- 8years) includes, feeding, weaning, resting, elimination (cleaning), eating, toilet training, playing, safety, school education, dressing, copying, reading, writing, teaching, self-confidence.

Brooks (2012), child rearing can be referred to as parenting. Brooks (2012) defined child rearing as an ongoing process that aims to stimulate and buttress the psychosocial, cognitive and physical development of the child. As such, mothers engage in different activities that promotes and support child development. Spera (2005) also pointed out that child rearing practices are set of specific individual behaviors that the primary care giver engages when raising their children. Spera also notes that reading books to children or story telling is a child rearing practice that can boast the child's intellectual development and thus promoting educational achievements.

Bernstein (2016) noted that the collectivist and individualistic pattern are two fundamental child rearing patterns essential in child rearing practice. Individualistic pattern of child rearing indicated self-sufficiency, which express that the biological parents of the child take care of the child alone without any form of help. Whereas collectivist patterns emphasizes help of parenting from others, that is the child rearing practices depends on social support.

Child rearing practices vary from culture to culture, the variation of cultures indicated differences in child rearing practices as varied as the cultures and countries. Bernstein (2016) noted that some practices can be envisaged to be not appropriate in one country in another they may be just be envisaged as unusual. Day (2013) revealed that in German mothers invest much time talking with their babies, Danish parents are reported to leaving their children on the curb in a stroller while they go shopping, while in Polynesian Islands toddlers or children in preschool can take care of their siblings. That is child rearing practices vary from country and country, little research was done on Zimbabwe in particular adolescent mothers child rearing practices , hence the research noted the gap to fill in the existing literature.

## **2.2 ADOLESCENT MOTHERS UNDERSTANDING OF CHILD REARING PRACTICES**

Many child social workers, child care coordinators and many developmental psychologists world over are reported to having been recommending for the immediate implementation of child rearing classes, in order for adolescent mothers to have knowledge of child rearing practices that are good for child's development. Rubin (1967) after investigating childrearing practices revealed that the maternal role world over is a complex social, physical and cognitive process that is attained through reciprocal and collective acquisition of knowledge. The act of attainment of the maternal role was revealed as the maternal identity. Darvil, Skirton and Farrand (2008) pointed out that the stage of development of adolescent mothers world over expressed a difficult and challenging understanding of the metamorphosis from adolescent to motherhood, hence adolescent mothers showed difficulties in child rearing practices, as the wants and strength to focus on responsibilities and child rearing practices is hindered by the adolescent mother's unmet needs. That is to say the lack of understanding in adolescent mothers could be caused by lack of maternal identity which is critical in child rearing practices as indicated by the presence of care, love, warmth and attention when a mother knows her role in child's life. According to these findings adolescent mothers lack the knowledge on child rearing of the newly born infant, however the findings did not denote the practices associated with lack of knowledge so that in future the bad practices can be corrected, the researcher intends to describe the adolescent mothers' child rearing practices that indicates lack of knowledge so that children can be reared in a proper way.

O' Calloghan (1999) informed that cognitive readiness can be defined as the knowledge of infant and child development. Adolescent mothers globally are reported as showing poor cognitive readiness to which is associated to lower confidence in child rearing practices, over or underestimating child developmental milestones is seen in adolescent mothers with low confidence. Low confidence constantly resulted in less desirable child rearing practices. Mother's understanding and attitudes on child's development affects child rearing practices, mothers' interactions with their infants (Sommer et al, 2000). These findings however did not show how the lack of knowledge and parenting attitudes influenced child rearing practices and which child rearing practices resulted from the lack of understanding. That is the findings only pin pointed that adolescent mothers' little knowledge was exhibited by low confidence. The research aimed to reveal however what adolescent mothers understand by child rearing practices.

Thomas, Rickel, Butler, and Montgomery (1990) studied child rearing practices on approximately hundred and twenty four adolescent mothers in Detroit, America. The study provided descriptive analyses of child rearing strategies, compares the knowledge of center-city adolescent mothers and suburban adolescents, and examines the existing relationship of response scores of adolescent mothers to indices of stress, assisted parenting, and behaviors of the adolescent mothers as measured by the personality inventory MMPI. Thomas, Rickel, Butler, and Montgomery (1990) revealed that the adolescent mothers are not the only people at risk, because of their lack of knowledge of child rearing practices, for children born to adolescent mothers, there are high circumstances of sickness and child high mortality. The Detroit adolescent mother's study reported that educational, social and emotional difficulties are exhibited in the children born to adolescent mothers throughout physical, social and emotional development. Brooks, Gunn and Furstenberg (1986) indicated that children of adolescent mothers who lack knowledge of the child rearing practices often become targets for abuse by frustrated parents who lack understanding of their child's development. That is according to the Detroit adolescent mothers study, lack of knowledge depicts bad child rearing practices which makes the child vulnerable to abuse. The study however did not clearly show what adolescent mothers understand by child rearing practices and a little was done to counter the abuse associated practices of adolescent mothers. This study aims to note strategies through recommendations that can best suit adolescent mothers in equipping them with the right child rearing understanding, which in turn improves the child rearing practices of the adolescent mothers.

In a British qualitative study revealed by Choi (2005), depicted a study that focused myths and the realities of the adolescent motherhood, many of the women under the study had unrealistic idealized ideas of the preconceived motherhood, when faced with reality and responsibilities, most adolescent mothers indicated patterns of disappointments with unavoidable feelings of failure in being a parent. Adolescent mothers under study indicated being unprepared to face the practical tasks of being a mother, the adolescent mothers reported to be shocked by many changes that depicted effect on their lives. Many adolescent mothers expressed that the less sleep and time-consuming attention that the child required labor that most mothers had not idealized motherhood to require such demands (McVeigh (1997). Most of the women in the qualitative study reported stigma of shame that eventually resulted in fear of the significant others finding out the realities facing adolescent mothers that depicted trouble dealing with parenting demands. The qualitative study denotes that adolescent mothers had unrealistic idealization of parenting, however the study method denoted qualitative results, hence it did not show common child rearing practices of that are done by adolescent mothers in a quantitative way showing prevalence of the adolescent mothers child rearing practices. This research purported to reveal the common practices of adolescent mothers and how adolescent mothers understand by child rearing practices, noting figures and the population of the adolescent mothers associated with the practices.

In Sweden, Heinig (2006) found that child care classes results indicated a positive effect on adolescent mothers perception on their abilities to be young mothers and coping with the child needs. The study noted that the adolescent mothers who attended the child care classes enjoyed nursing and interacting with their new born child more in long-term, compared to adolescent mothers who less attend any child care educational classes. The study indicated that adolescent mothers' child care classes helps adolescent mothers understand how to rear their child in a proper way. The study suggest a good recommendation on improving child rearing practices, however the study could not reveal or illustrate what adolescent mothers understand by child rearing practices prior to the child care classes. The researcher pointed out that it is better to know the state of a phenomena before having solutions to the perceived consequences, hence the study aims to fill in the gap that exists by revealing what adolescent mothers understand by child rearing practices.

Confidence as closely related to knowledge in the competency of performance as a young parent for adolescent mothers is also important. Bandura (1982) pointed out that self-efficacy is essential

in the development of motivation and competence that enables one to complete a task. It is important to note that in adolescent mothers when motivation is present, the task of child rearing of the new born is successfully archived. Koehn (2002) connoted that self-efficacy is attained through vicarious observations and verbal and allied social influences. Researchers expressed that the quality and magnitude of social support which helps the at-risk group of young mothers as teen mothers is vehemently essential to their responsibility that shows task of child rearing in terms of self efficacy and child-rearing practiced. As such teen mothers, attainment of self efficacy would be a simple changing a diaper for the first time, thus increasing the importance of pre-natal classes that teach mothers skills before they are experiencing it with a live infant. That is self-efficacy, the confidence of being a mother suggests competency in child rearing, and adolescent mothers with self-efficacy are reported to be competent when it comes to child rearing. That is the review above inform on the importance of self efficacy in understanding child rearing practices, more adolescent mothers who have self-efficacy understand child rearing practices better. The research indicated to be essentially helpful in understanding, however it does not clear show how adolescent mothers understand by child rearing practices, and what the practices that indicated lack of understanding are. This research aims to fill this gap by identifying the child rearing practices which denotes lack of understanding and how the practices are manifested.

Mecer (1995) also pointed out that to achieve maternal identity, a mother needs to gain knowledge about and learn to take care of her infant. In a study of adolescent mothers knowledge on child rearing practices, Mecer (1995) connoted that a majority of adolescent mothers who intended to breastfeed for their children more regularly required vast knowledge on breastfeeding, such as information on what to do when the child could not suck well and how bottle feeding has effects on child's health is necessary. More so the study depicted that the infant care practices indicated to be influenced by the presence of previous child rearing experiences as well social support from the significant others, the adolescent mothers reported that they have less self-confidence which in this study is referred in taking care of their babies and had breastfeeding problems. The study did not show however which child rearing practice did the mothers initiated on their child and how they responded to their children, which this research purports to archive that is describing the adolescent mothers' child rearing practices.

A research by Machida, Taylor and Kim (2002) has demonstrated that maternal self-efficacy beliefs system was heavily related to frequent involvement in home child rearing learning activities. An observation study by Machida, Talyor and Kim (2002) showed that maternal beliefs signaled to have a more predictive effect in association to the mothers' control child rearing practices even after having a lapse of two to three years. Damast, Tamis-LeMonda, and Bornstein (1996) observed 50 young mothers with their children interacting while the children played with some set of toys. The correlation of the study showed that mothers who had more knowledgeable about how early play development was essentially important more often were involved in their children's play. The young mothers who were more knowledgeable were observed and results indicated that they later introduced some higher level more sophisticated way of play. It is in line with the research study discussed above that the current research aims to achieve, the research denoted some practices done by mothers in general that are influenced by knowledge of child rearing. Having noted the increasing number of adolescent mothers parenting their own children the researcher developed interest in understanding how adolescent mothers understand by child rearing practices and what practices denotes adolescent mothers understanding of child rearing. Cooley (1902) suggest that networking more positive regard and accurate information about on child rearing would be help adolescent mothers to feel more confident in the parental role. Research evidence indicated that parenting confidence was positively correlated with measures of care and love of the infant. Research evidence indicated that when adolescent mothers noted that their various and complex needs such as emotional and material wants were being met, they exhibited more frequent interaction with child and felt more closer to networking a more positive regard, the adolescent mothers exhibited more confidence of being an adolescent mother. The suggestion by Cooley, denotes a study on confidence boasting adolescent mothers child rearing practices, the study did not show what adolescent mothers understand by child rearing practices, and although the study suggest confidence to be important as depicted by networking a more positive regard the study is heavily eurocentric. This research however connoted a study that revealed adolescent mothers understanding in Zimbabwe.

In addition, an adolescent's understanding of parenting is reported to be influenced by having social support, the state of being confident and acceptance of the role of being a mother. As stated in many minor published studies on adolescent mothers, self-perceptions of parenting is essential because how adolescent mothers perceive themselves and how adolescent mothers perceive who

they can get social support from affects the practices they engage in (DeVito 2007). Confident and happy mothers exhibit understanding of their child needs, they respond to their child's needs and are eager to support their child's development (Mercer & Ferketich, 1990). When mothers cannot effectively respond in a more appropriate way to the child's needs because of lack of knowledge, infants stand the potential risk of becoming sick from preventable diseases (Hoontanee, 2007). Hence lack of knowledge has consequences on the part of the child, having noted the risk and consequences associated with lack of knowledge the researcher aimed to understand child rearing practices of adolescent mothers that shows lack of understanding and also to establish more recommendations on child rearing practices.

Devito (2007) indicated that the adolescent mothers' child rearing theme conveys an adolescent mother's challenge between self-particular social needs and more parenting needs related with her stage of adolescent development and balancing with the role of being a new parent who is supposed to meet the demands of taking care of own child. Devito (2007) study participants were selected from four clinical sites in Northern and Central New Jersey in many cases the adolescents reported withdrawing the demands of the new role of being a mother and instead many adolescent mothers reported that their parents had more knowledge and understanding of the child rearing practices hence most adolescent mothers relied on their mother or grandmother to regularly assume the primary task of child rearing their children. Additionally, some adolescents described the need to be nurtured and cared for by their own mother as they could not cope with new role of being mothers. For example, a sixteen year-old adolescent mother reported that she thank God for her mothers' help, she acknowledges that she could not do it on her own. The adolescent mothers in the study often described having a lack of knowledge in how to care for their newborn. The study dwelled more on the experiences of adolescent mothers, it did not clearly illustrate what adolescent mothers understand.

Makame (2001) research on adolescent mothers' knowledge on child rearing practices in Africa depicted a very big gap in terms of knowledge and responsibilities of adolescent mothers. The study showed that adolescent mothers in Africa lacked the cognitive understanding of the different stages which a child passes through the process of child development. Makame (2001) noted that the adolescent mothers connote that they just see their children grow from infant to becoming a child by passing through stages just. In the study, Makame notes that none of the adolescent

mothers could pin point or show knowledge of the cognitive development in their children. Majority of adolescent mothers under the study could not relate the concept of child development, either they could not tell exactly when they expect a child first to achieve certain language, cognitive and motor milestones. As the concept was not clear they could not suggest anything to do in order to make the child develop, and also they were not aware of what children need in order to develop. This research however intends to go an extra mile in revealing the child rearing practices exhibited by the lack of knowledge on child rearing.

Siyakwazi and Siyakwazi (2014) further affirmed that evidence from some African countries showed that there are no specific child-rearing patterns but rather currently a combination of both African and Western styles. Perhaps was because of changes in parental roles, for example most mothers are now getting employed outside the home and in most cases housemaids take the mothers roles. Many adolescent mothers in rural and urban areas become mothers as a consequence of child marriage and unplanned pregnancies, hence some still have to go to school and in rural areas some have to work. The above literature denotes that less time is spent on the child because of cognitive immaturity in adolescent mothers, which does not recognize child development. The research indicates that there is a changing pattern of child rearing practices, this depicted the need to change perception and more knowledge on child rearing practices, and as such this research aims to achieve this objective.

UNICEF (2001) study of adolescent mothers in Zimbabwe indicated that, many study participants claimed that they received helpful childbirth and child rearing tips from the nurses and nurse-midwives at various clinic they visited for checkups and maintains of their child health. Many adolescent mothers reported that the nurse-midwives attended them and helped them with their various concerns as an adolescent mother. Adolescent mothers revealed that nurses installed understanding of child rearing practices that provided direction in taking care of their children. In turn, these adolescent mothers reported having the feeling of being encouraged to seek out what they wanted to know by listening, asking questions, and trying to implement the advice they received at the clinic. The 2016 UNICEF adolescent mother studies indicated that many of the adolescent mothers' narrative comments revealed a sense of confusion about how to care for their newborn and the need for direction and guidance. Hence this study intended to fill in the gap that

exists in studies that are being carried out in Zimbabwe which less focus on adolescent mothers, ignoring the fact that teen motherhood is on the rise.

### **2.3 ADOLESCENT MOTHERS RESPONSES TO CHILD BEHAVIOUR**

Although the phenomena of child rearing practices remain valuable to researches, focusing on specific dimensions of child rearing allows for further investigation into behaviors that are most essentially associated with how children are responded to by the primary care giver that is the mother (Dadds, Maujean and Fraser 2003). Child rearing refers generally how the mother respond and attend to the child that is the interactions between mother and child. Interactions between adolescent mothers and child includes the expression of attitudes, beliefs, parental interest and beliefs as well as training and care behavior. The process of child rearing is influenced by characteristic ways of acting and thinking of the adolescent mother in a community.

Adolescent mothers are reported to have unrealistic expectations on child development. Deutscher (2006) indicated that the unrealistic expectations of the adolescent mothers influenced adolescent mothers to underestimate the essentiality of mother and child interactions. Deutscher (2006) denoted that due to unrealistic expectations and lack of knowledge adolescent mothers are reported to respond less to infant behaviors and sometimes adolescent mothers cannot be recognized by their children. Adolescent mothers' indicated less touch, smile and vocalization to the child behaviors. Studies revealed that child and mother relationship influences maternal behavior, which in turn improves child development, when appropriate child rearing practices are practiced. However the study did not show the activities adolescent mothers do in accordance to the expectations they have on their child, expectations which promotes child development.

Child care that includes oral care, bathing, breastfeeding and shampooing and also other developmental care activities which included singing, interactive playing and affection. Hoontane (2007) pointed out that adolescent mothers slowly adapted to child's care and maternal role. Mecer (1995) reveal that adolescent mothers show less maternal role, less attachment to infant and care for infants. Research findings world over concur with the view that adolescent mothers signal to have lagging or low expectations on child , this reduces their ability to rear a child, the fact that the adolescent mothers are still developing and the task of child rearing denotes a strike of balance of adolescence and motherhood influences their response practices. Jafee (2001) expressed that the adolescent mother as a result engage less to infants, the adolescent mother also use bad and

harsher discipline practices and generally the child to infant interaction is more negative as compared to adult mothers. It is in line with this research findings that the researcher purported to inquire, however the current research intended to go an extra mile in describing the common practices of adolescent mothers in relation to their expectations on child behavior.

Mothers of adolescent mothers often teaches their daughters on how to bath young brothers and sister. Pedro, Camara and Fox (2010) conducted an analysis of family and maternal factors in Mexico, the study had adult mothers and adolescent mothers. Pedro et al (2010) revealed that adolescent mothers which he termed young and unmarried , nurtured their children less as compared to adult mothers , this response to child is depicted to have been caused by education level and experience, Adolescent mothers are less educated and experienced to rear a child properly, however one is of the view that adolescent mothers child rearing practices can be compared against the pediatric chart, what is most important is to investigate on how the adolescent mother rears a child and then establish strategies to counter bad practices.

Devito (2007) indicated that the dual challenge of being an adolescent and mother at the same time may interfere with the required capabilities of the adolescent mothers to assume the motherhood, interaction with the new born, control, responsiveness and care. Adolescent mothers who were participant reported to be overwhelmed with the crucial responsibility of being a mother and so most of the adolescent mothers yearned nurtured by their own mothers and also to be reassured by their significant others. Consequently most adolescent mothers temporarily relinquish the challenging responsibilities of their parenting task to their guardians. Devito (2007) notes that adolescent mothers requires age-specific emotional, physical, and cognitive support that addresses their various needs ranging from adolescent development needs and other needs related to their capabilities in caring for and attachment with their child especially in the postpartum period. The study by Devoti indicates that adolescent mothers shift the responsibility of being a parenting to their own parents, the current research however aims to describe how the adolescent mothers responds to the child's needs.

Children of adolescent mothers have been observed to be at risk of maltreatment. Bolton (1990) pin pointed that approximately fifty percent of children raised by adolescent mothers experience maltreatment which is also associated with some neglect. Stier (1993) further supports notion by observing that during the first three years a neglectful form of response to child behavior is

vehemently evident in adolescent mothers. The above observations essentially contribute to a number of researches that suggest some kind of intervention into adolescent mothers' child rearing practices at early years. Spellman (2002) argues that factors that increase suboptimal parenting probability in adolescent mothers include cognitive immaturity, lack of knowledge, mental health problems associated with child rearing, isolation and difficulties in socialization. The research denotes that adolescent mothers most respondents depict maltreatment results, the research did not clearly reveal how the adolescent mothers responded to the child's needs. The effects of bad child rearing practices consequences such as maltreatment influenced the researcher to investigate on who adolescent mothers respond to their child behaviors.

King and Fullard (1982) expressed that research findings have shown adolescent mothers who stay with their parents practicing less demanding parenting practices and have been seen to be more responsible in child rearing. Research findings denote that the above mentioned response of being less authoritative and more responsible is a result of adolescent mothers' parent monitoring her child in rearing. Lanzi et al (2009) pointed out that essential adolescent mothers' response to child should show verbalness, sensitivity and warmth as these are crucial in the development of the child particularly in wellbeing infant and mother relationship. Smith and Florsheim (2005) also concur with the research, noting that teen mothers with support networks are influenced by these support networks on how to rear and respond to their child behaviors. The above literature identifies the type of responses that are depicted as good for child help, this research provides basis for analysis of various adolescent mother's child rearing practices.

Adult mothers as compared to adolescent mothers, adolescent mothers are reported to be less sensitive to their child when interacting and less likely to develop child cognition by having a routine of talking or reading to the child. Lanzi et al (2009) signaled that the parenting abilities of adolescent mothers is lower than those of adult mothers, simply because adolescent mothers suffer depression and lack of education, hence the child rearing practices they adopt tend to favor themselves than the child to which they will be taking care of. The study observation suggested by Lanzi compared adolescent mothers' response to child behaviors to those of adult mothers however the study did not manage to explain the different child rearing responses of the adolescent mothers alone. This research purports to close in this gap that exist in the academic sphere by identifying how adolescent mothers respond to child behaviors.

The transition from adolescence to motherhood is a crucial life event (Mercer2004). Research evidence indicated that for adolescent mothers who become eventually are first-time mothers must learn and understand child's behavior in order to correctly respond to their child's needs. Research by Naphapunsakul, Prateepchaikul, Taboonpong and Punthmatharith, (2007) measured maternal perception of adolescent mothers of their infant's behavior using questionnaires. The measure denoted that adolescent mothers who perceived less support as essential to rearing have understands what the child wants, where the child normally plays when outside home and whom the child frequently plays with. Mistry (2002) indicated that socio economic constraints of adolescent mothers, normally puts adolescent mothers at bad economic risk levels, higher depression, financial constraints and challenges in meeting the child's needs. It is important to note that there is an association between parenting and financial challenges, Mistry et al (2002) revealed that such adolescent mothers who are socioeconomic disadvantaged indicated externalization of problems and ignorantly neglects their children. The researcher expressed that the responses of adolescent mothers were influenced by the economic status, however the researcher although noting this heavily believes adolescent mothers have common practices they exhibit. This research intends to describe how the adolescent mothers respond to their child's behaviors.

McVeigh (1997) researched specifically on how first-time mothers experience motherhood and found that they felt unprepared. The young women in McVeigh's (1997) study reported about the unrelenting nature of child rearing, exhaustion and the feeling of unpreparedness. Lack of interaction with the child, and evidence of stress without social support and strains experienced during the early months of motherhood indicate adolescent mothers to be less involved and overwhelmed by the responsibilities of being a mother. Most first time mothers reported having negative feelings that nobody informed them about the challenging realities of taking care of their children. The above study connoted that adolescent mothers exhibit less involvement in child's life. That is the research however mostly dwelt on the experiences of the adolescent mothers, hence there is need to dig deep into how the stressed mothers respond to child's behaviors.

In Africa the response of adolescent mother to child's behavior was seen to be shaped by the nuclear family, the mother or grandmother spend at least three months with the adolescent mother teaching the mother on how to respond to child's behavior. Mwamwenda (2010) is also of the view that the delivered African infant is normally bathed in water mixed with various traditional

medicine which is believed to be protection against evil influence and prevent rashes. Holford (2004) also observed that the infants are normally supplemented with medicines to drink so as to prevent them from diarrhea and other infant related diseases so that they can grow in good health and become strong. Some Africans also protect their children with anecklace of charms, which the child is supposed to wear, this responses to child's unusual behaviors was noted to be common even among those African parents that were practicing the westernized parenting practices. The above research was carried in a qualitative way hence there is no factual evidence of the use of traditional herbs on children, however the research managed to identify how African women respond to child's unusual behaviors. The researcher aims to describe how African adolescent mothers respond to their child behaviors.

Chinyoka (2014) pointed out that adolescent mothers in Africa should establish a welcoming, emotional and warm atmosphere of the child despite of financial challenges. The early months of life are very critical to the child's development, the child should have the constant attention of mother as possible as the mother can, together with grandmothers and other significant others to the adolescent mother. The adolescent mother later nurtures own baby on their own, having acquired relevant information about nurturing of their children. This case is however different in the urban set up of Harare , where teen mothers goes on to stay with the fathers of the unplanned baby with their parents unaware, hence this pushed the author to investigate on the child rearing practices of the adolescent mothers.

In Africa, although other elder members in the family of the adolescent mothers also contribute to child care, the mother is depicted as the immediate caregiver for their children (Klemesu, Reul, Levin and Morris 2000). In fact, the essential components or the major domains of child care can be pin pointed to be maternal activities that supports the children's physical, intellectual and psycho-social development so that the child can grow up to show their full potentials. Saramma and Thomas (2010) pointed out such major domains as practices that adolescent mothers must learn, the major domains include security, health and feeding together with various development together with growth monitoring. The expectations and response of adolescent mothers in Africa is influenced by the nuclear family and the societal expectations of child rearing practices. Hence the researcher having noted the above mentioned , was motivated to carry out a study on the child rearing practices of adolescent mothers in Highfield an high density suburb in Harare.

Adolescent mothers in Zimbabwe in tribes such as Shona, Ndebele and Venda, are women who are more focused at with the responsibilities of working at home, this indicated that a lot of time is spent on gardening, cleaning, and firewood fetching in rural homes, in urban areas some maybe going to work. Munjanja (1998) revealed that African children are early socialized into taking care selves, toilet training and command is heavily placed on the child, this indicated slowing of child development in many facets. The child rearing practices of adolescent mothers are practices in which children are nurtured whether Shona, Zulu, Ndebele, Nda, Xhosa, etc. Though Bundy et al. (2000) indicated that a survey in Zimbabwe implies most parents less adolescent mothers to be authoritative, observations indicated a mixture of child rearing styles countrywide. However one is of the view that adolescent mothers being at the same developmental stage and having a child in an unplanned way ascertain common practices that are present amongst adolescent mothers.

Siyakwazi and Siyakwazi (2014) mentioned the use of riddles, aphorisms, proverbs and traditional games as common child rearing practices that mothers do to improve child's intellectual abilities, this socialization practice is most common within rural Zimbabwe families. It is important to note that through socialization, adolescent mothers in Zimbabwe use the above mention in teaching children morals and in nurturing them. In urban areas of Zimbabwe a dilution of contemporary Zimbabwean child rearing practices have been fused to those in Europe hence adolescent mothers in urban areas practices common child rearing practices in the community they reside. That is the adolescent mother in Zimbabwe expects the child to have good morals that is more emphasis is placed on morals than the physical development of the child, it is important to note that these expectations influences adolescent mothers child rearing practices.

#### **2.4 EXPECTATIONS OF ADOLESCENT MOTHERS ON CHILD**

Felice (1996) indicated that adolescent mothers' attitudes and expectations on child behavior influenced parenting practices. A study by National Institute of Child and Human Development identified that most essential predictor of appropriate parenting practices on child development can be connoted to be the mother and child interaction as influenced by the mothers' expectation and attitudes to child's behavior. Felice (1996) observed that adolescent mothers with inappropriate expectations on child behavior consequently used rejecting and harsher discipline strategies, such strategies results in the child showing low self-esteem, social withdrawal and child anger. Furthermore the unexpected child behaviors of children such as resistance and angry

children, was reported to cause mothers exhibit feelings of failure and inadequacy and these adolescent mothers tend to withdraw physically and emotionally from the child. The researcher however intends to describe more the practices associated with the certain expectations, in an African context.

Humen, Manlove and Moore (2005) indicated that compared to adult mothers, adolescent mothers interact less positively with children and adolescent mothers have unrealistic expectations on child behavior which in turn increases practices that consequently result in neglect and abuse. The National Campaign to Prevent Teen Pregnancy (2005) reported that the unrealistic expectations of adolescent mothers of the child, denotes a perception that a child grows fast and can grow also on their own, it was also reported that these unrealistic expectations of adolescent mothers in increased risk of vulnerability of children to sickness and other developmental problems. That is adolescent mothers expect children to grow fast into being adult, these expectations depicts a child as growing on their own and this depicts poor child rearing practices. The researcher aimed to describe the expectations and influences to the expectations of adolescent mothers.

Research done in Mexico also indicated the different expectations mothers have on child behavior, however the research was done on the basis of social economic status (SES). Fox, Platz and Bentekly (1995) revealed that that mothers from higher SES levels held higher developmental expectations for their children, used discipline less frequently, and used nurturing practices more frequently than mothers from lower SES levels did. These findings regarding the influence of maternal and family factors on parenting among. The researcher aimed to describe the expectations that influences certain practices, and to investigate the SES in adolescent mothers, thus feeling the gap that exists in research.

Within the multiple relationships and systems that surround parents and children, the quality of the relationship they share is vital for the well-being of both (Morris 1998). The science is clear on the importance of positive parent-child relationships for children. Emotionally responsive parenting, whereby parents respond in a timely and appropriate way to children's needs, is a major element of healthy relationships, and is correlated with positive developmental outcomes for children that include emotional security, social facility, symbolic competence, verbal ability, and intellectual achievement.

Many adolescent mothers in Europe value their children, Friel (2012) interviews with adolescent mothers showed that feelings of content and commitment was evident in many adolescent mothers, however eventually many adolescent mothers finish up denying own personal desires. Most adolescent mothers expected the child to grow, they sometimes withdrawal on privileges to give full attention to their child, Friel (2012) recommended that adolescent mothers need to be informed of their personal privilege of enjoyment despite having a child. Hence it is essentially important that adolescent mothers identify the value of being a mother and positively parent their child. The Friel observation only identified the values of adolescent mothers, however a little was done on showing how the values influenced expectations on child's behaviors.

A study on adolescent mothers' perception was done by Peggy, Smith and Hammer (1979) in Ireland. Open ended questions were posed to the adolescent mothers asking what they identified to be the most essential things that a child has to be taught. Teaching the child respect was cited by 29 percent of the mothers, and honesty was identified by 11 percent of the adolescent mothers questioned. The most highly prioritized child skills and values were pro-social qualities, such as personal moral values, that is adolescent mothers in the study tend to try and correct their mistakes by adopting a strict child rearing styles that promotes good morals.

All mothers expect their children to achieve the good things growing up such as to perform well in school. Makame (2001) indicated that however adolescent mothers cannot link their present child rearing practices to the desired future, to adolescent mothers child's interactions with peers and people at home modify language, cognitive and motor development through an automatic process as the child grows, hence adolescent mothers have little expectations regarding the child's development as most mothers believe it is only an automation process. Hence was need to investigate what adolescent mothers expects of their child in order to identify the different child rearing practices.

Various cultural norms and social expectations modifies how one construct their lives and expectations (Bailey 2007), that is social expectations provide mothers with a mental framework for what to consider as appropriate behavior. For teen mothers, this often involves countering the social disapproval which is often perceived the society. McDonald et al (2008) also found that social supports for teen mothers were related to social and emotional expectations. Parenting values and beliefs have been shown to entice the discipline practices of mothers to their children

(Pinderhughes et al, 2000). Furthermore Trad (1995) pointed out that mothers who believe that parenting positively affects child development were reported to be less likely to practice coercive disciplinary strategies, teen mothers are categorized to lie outside of what is regarded as normal parenthood. Expectations are sometimes rooted in the societal norms, however most adolescent mothers indicated similar expectations, hence this pushed the researcher to identify expectations of adolescent mothers on child's behaviors.

Most parents of adolescent mothers expects adolescent mothers to take care of their responsibility of child rearing, this perception is mostly common in Africa. Beck ,Watson and Driscoll (2006) pointed out that the postpartum period, which is normally still related with envisaging images and performance expectations that are less coherent with the mother's experienced reality. As such, the most publicized incident of Andrea Yates, who is reported to have killed her children while unrealized suffering from a postpartum psychological disorder psychosis. Accordingly, there are a variety of literature on childbearing and many different course of actions and social norms on many aspect of the processes involved in birth and parenting. Researchers suggest that a woman who gets conceives in the current industrialized world has to find out what practices she need to adopt (Bailey 2007). The Andres Yates as noted by Bailey pushed the researcher to investigate child rearing practices and establish recommendations that can minimize child mortalities and improve the child rearing practices.

The Traditional African systems have passed through the modification of external systems and forces which connote transformed parental of African adolescent mothers. Mawusi (2013) indicated that the nuclear family system which is continuously modified is rapidly eroding and loosing value in fulfil its immediate task of socialization. In the urban areas for instance, the nuclear family is vehemently cropping up, there is evidence of no cohesion that is metamorphosis in less socialization. Mawusi showed that adolescent mothers in these areas have little knowledge and less to no expectations of their child's development. That is expectations are sometimes build by the nuclear family, hence the researcher demography of data collection included assisted parenting which depict expectations.

In South Africa, research focusing on parenting was limited to parenting styles and parental behavior and their effects on child outcomes .Latouf (2008) indicated that studies, which specifically focused on the correlation between parenting styles and child outcomes, the studies

have shown that the child rearing by adolescent mothers reveal an authoritative parenting style which is associated with acceptable behavior of children. However Latouf goes on to say the parenting and child behavior outcomes in South Africa are vehemently inconsistent with researches internationally in terms of parenting styles, gender and ethnicity. Thereby the researcher eager to fill in the gap that exist investigate the expectations of adolescent mothers to child's behaviors in Zimbabwe.

In Zimbabwe, child care among the indigenous people of Zimbabwe indicated that women are questionable for fertility, nurturing and the social upbringing of their children. . Mutambirwa (1985) supports that adolescent mothers in Zimbabwe are regarded as symbols of the social environment and are thus expected to exhibit promotion and maintenance of the child's health and hygiene. Few studies have been done in Zimbabwe on child rearing practices, the in limitation of formation about child rearing practices in Zimbabwe pushed the research to break new ground on adolescent mothers' child rearing practices in Zimbabwe.

## **2.5 COMMON ADOLESCENT MOTHERS' CHILD REARING STYLES**

Essential parenting practices ascertain activities that includes monitoring, control, verbalness, maternal warmth, sensitivity, and responsiveness. Positive interactions, such as sensitivity and responsiveness, are essential to the requirements of child wellbeing and more positive interactions between mother and infant (Lanzi et al., 2009). Sommer et al (2000) found out that eleven out of fifteen adolescent mothers with depression indicated emotional unavailability and self-preoccupation. It is essential to note that unavailability of emotions connote challenges in expressing the parental role. The interactions and parenting practices influence the relationship that a mother and infant create, Emery et al. (2008) indicated that older parents shows the more likelihood of democratic participation in their child rearing practices than adolescent parents, Adolescent parents are reported to be more likely to use corporal punishment. The above research compared adolescent mothers to adult mothers, however it failed to show the pattern of how adolescent mothers use punishment.

A mother who is sensitive to child's needs is less likely practice harsh discipline method as compared to insensitive mother. Alink et al (2008) revealed that although adolescent mothers exhibit practices that show less sensitivity, mothers who show sensitivity on their child can protect their child against consequences associated with negative discipline. Sensitivity of the mother is

measured by the ability to respond to the child's signaled needs, these needs include care and warmth. Studies indicated that use of negative discipline on a child can consequently lead to child's aggressive behaviors. The circumstances of inappropriate child rearing practices, pushed the researcher to describe how adolescent mothers adopt the common child rearing practices present.

A comparison of adolescent mothers' interaction with adult mothers' interactions, indicated that adolescent mothers have more negative interaction with their children as compared to the adult mothers. Reports connote that adolescent mothers get easily pissed by the infants' communication of attention such as cry as compared to adult mothers. Jafee (2001) revealed that adult mothers respond to their child more frequent than adolescent mothers. The observation of Jafee signal that adolescent mothers do not positively interact with their child, the researcher however would investigate how the adolescent mothers practice the common child rearing practices.

Brooks et al (1986) observed that although it seems reasonable that, on average, teen mothers are less skillful than older mothers, the present study was built on the premise that adolescent mothers are a heterogeneous group with regard to child rearing practices, it is important to note that other adolescent mothers are relatively competent while others are not. Brooks et al (1986) indicated that most of the research literature on adolescent mothers' child rearing practices is limited, that is few studies have managed to reveal at factors that influences the differences in child rearing practices among adolescent mothers. It is essential to have the knowledge on factors that connote successful adolescent mothers' child rearing practices.

Lanzi et al (2001) research on parenting, having a sample of both adult mothers and adolescent mothers concluded that most parents scored higher on all aspects of authoritative parenting, characterized by warmth and reasoning, compared with authoritarian parenting, characterized by high levels of control. It is reported that parents also scored higher on warmth and involvement, induction and reasoning than on democratic participation. Halford and Petch (2010) suggested basic skills training on child rearing and parenting competence for mothers to understand child behaviors and accurately interpret and respond to the child's needs is essential in better improving child care.

In addition, research evidence revealed that poor parenting practices are also associated to lower education achievement exhibited by the children of adolescent mothers. Weiss et al (1992)

revealed that most adolescent mothers indicates low control which has been shown to lead to inappropriate socialization that leads children to have bad behaviors and low grades at school. Hence the threat adolescent mothers practices have on child cognitive development, denotes a social problem that needs to be addressed.

The way of life of a group of people indicates behaviors and values that people accept. Mawusi (2013) indicated that with regards to African culture mothers perceive most of the African child rearing practices as devilish in the sense that most of the African practices are attributed to the self-interests of the elders and gods. Most adolescent mothers in Africa, who less experienced the indigenous culture of African child rearing practices believe that to exercise the African child rearing practices makes one backward and lose touch with reality. This was noted to be a result of lack of knowledge of our cultural values and principles that are embedded in child rearing practices.

A study in Brazil by Siqueira, Barbosa, Brasil, Oliveira and Andraus (2006) revealed that beliefs and practices indicated the adoption of traditional practices that are associated with health care. The common child rearing practice in Brazil is the use of traditional herb teas in the treatment of child cramps, these kind of practice is passed down from generation to generation. Findings suggested mothers use common practices were passed from generation to generation from family and community culture. These common practices included breast-feeding, syrups, plays and changing of diapers. It is in line with these observation that the researcher wants to describe how adolescent mothers practices the common child rearing practices.

The uniqueness of this system of the child rearing system in the African context is depicted with regards to parenting in a traditional African community. The responsibility of child care of the is not only the responsibility of the biological parents. Adinlouf (2009) pointed out that the responsibility is shared by the extended family. This can be indicated by the common African proverb on child rearing which suggest that “one hand less nurse a child”, this expressed that regardless of the primary care giver having the responsibility of child care, the responsibility is shared implies success. Hence adolescent mothers practices child rearing practices as influenced by observations and social learning.

In the African system, parenting is again perceived to take a lot of forms which is able to lead the child to be a responsible adult. Mawusi (2013) indicated that though there are various parenting

styles, there are ways in which the African parent brings up a child in order for the child to abide by the cultural values of the land and also be a responsible adult. Some of these forms of parenting are through story telling (folktales), the extended family, traditional rites and the mother's care, attention and love. One may ask; are these cultural practices still in vogue? This pushed the research to an inquiry of adolescent mothers' child rearing practices.

## **2.6 THE THEORETICAL FRAMEWORK**

Attachment theory point out that at least one immediate parent should establish a strong relation of physical and emotional attachment, as such is very critical to the child's development. Holmes (1993) expressed that the concept of attachment was first coined by John Bowlby. Bowlby theorized attachment after he obtained results of the lagging development of children from different backgrounds who showed to have psychological problems in life. The theory suggest that the relationship of the child with the immediate parent is a must, as such if there is a good relationship the child's emotional and social development will be a success. When any person can successfully provide the best social interaction and child physical needs regardless of having born the child, the person can be the main attachment figure to the child.

As theorized by John Bowlby attachment can be noted as the strong desire of the child to have closeness and bond with the immediate care giver. Many children have shown to have more attachment with their mothers this is normally because much time is spend with mothers. Bowlby also suggest that the child rearing practices of breastfeeding is a function of attachment. As such, breastfeeding can maintain somewhat closeness between mother and child.

The main theme of attachment ascertain to be applicable to child rearing. The theme of attachment connotes that mothers who meet their child's needs by practicing involvement and sensitivity to the child's demands facilitates for attachment. When all the child's demands are meet a strong sense of security is installed in the child, as a result the child can explore his/her surroundings more freely and confident of safe haven. The attachment theory at surface can be envisaged to be very scientific however reality of child rearing revealed the development of good attachment between child and mother as very essential to the child's development.

The evolutionary theory was theorized by Charles Darwin, according to the theory the child was defined as an offspring, that is to say children are natural and the natures process of gene replication which is passed from one generation to another. From the main theme of evolutionary theory

emphasis was on ensuring success of the child survival (child rearing practices). Votl and Atkinson revealed that a negative reaction of the evolutionary theoretical principles that facilitates child rearing practices can be noted by the high prevalence of child death in most westernized societies. This denotes that child rearing practices of adolescent mothers should ensure or point to the survival of the child from birth till the child can stand on their own.

The evolutionary defines parental behaviors in child rearing as adaptations. The inborn desire of the mother to increase the probability of offspring survival makes the mothers to put more energy, time, resources and care on their child in order to maximize reproduction. Winterhalder and Smith (2000) indicated that as such child rearing are essential on how to balance the resources available to parents between the mother and the child, the success of reproduction depends on the on the investments that the mothers put on their child (child rearing practices) and the effects of the investments on the child development. This theory provided a framework in understanding parenting, however it does not show which practices increases the chances of infants survival and how the practices are administered, the research was pushed by this shortfall into investigating the child rearing practices of adolescent mothers, whom the literature review describes as having less care, time and resources to care for their child.

## **2.7 KNOWLEDGE GAP**

The researcher noted that most researches on adolescent mothers' child rearing practices were done in western countries, mostly in Europe. It is important to note that Euro American studies are less applicable in Africa, particularly Zimbabwe. The research also noted that no research on adolescent mothers was carried on in high density suburbs, especially Highfiled. It is also noted that a lot of research is built on Baumrind child rearing topologies, however less information is researched on the practices imbedded by these styles, and other practices that are not influence by demand and control but by understanding, perception, reaction and expectations of child behavior.

The few studies done on child rearing practices were highly qualitative in nature, thus the researcher identified the gap that existed and researched child rearing practices in a quantitative way. The different research approaches leads to better apprehension of child rearing practices and covers various aspects of the topic at hand by providing facts and findings together with statistical

findings. The variety of research methodologies to child rearing practices ascertained the widening of knowledge base.

Most researches were done on child rearing, little was discovered on the adolescent mothers' child rearing practices. The researcher bridged the gap, by researching adolescent mothers' child rearing practices in an African context. In Zimbabwe no study was ever done on adolescent mothers' child rearing practices most researches were done in America and Jamaica, however the researcher found it beneficial to investigate the child rearing practices of adolescent mothers.

## **2.8 CHAPTER SUMMARY**

The focus of this chapter was providing as extensive a literature review as possible on adolescent mothers' child rearing practices. As such the review focused the expectation, responses and understanding of adolescent mothers' child rearing practices and also on the common practices and strategies to improve the rearing practices. This was however only done after looking at the theoretical Baumrind child rearing styles and the evolutionary theory. From there it was easy to establish the knowledge gap. Which is in essence that not enough research has been conducted on adolescent mothers' child rearing practices.

## **CHAPTER 3: RESEARCH METHODOLOGY**

### **3.1 INTRODUCTION**

This chapter on research methodology aims to demonstrate fundamental approaches that this study has adopted to achieve satisfactory information necessary for answering the research questions. Issues to be addressed include; the research paradigm, research design, target population, sample and sampling techniques, research instruments, data collection procedures, data presentation analysis as well as ethical considerations to be observed during the course of the research. More importantly this chapter will demonstrate why the particular procedures chosen are the most appropriate for this research.

### **3.2 RESEARCH APPROACH**

Due to the very nature of the subject matter of this study that is a descriptive study, the research paradigm was inevitably quantitative. The researcher investigated the child rearing practices of adolescent mothers, which was achieved by identifying the common practices of adolescent mothers that ascertained modal frequency in statistics, what adolescent mothers understand by child rearing practices was shown by the descriptive statistics, hence a quantitative research approach was best suited for the study.

According to Silverman (2005) quantitative research as related to the study, can be defined as a research that denotes a social phenomenon of an aspect and the evident prevalence of the phenomena being studied. Silverman (2005) further indicated that in psychology research and other fields of research, no research paradigm or approach can be credited to be better or good research approach than the other because the choice of research approach or paradigm depends on the topic investigated. Thus the quantitative research approach was relevant to the study, as the quantitative research approach had an advantage of generalization of data, thus quantitative research was suitable for the study because adolescent mothers' child rearing practices had not been studied in Highfield, as such the quantitative research of these practices was good for study findings to be generalized and show the prevalence of the adolescent mothers child rearing practices to the general population.

The nature of phenomena being studied called for a quantitative research approach, that is the child rearing practices of adolescent mothers are various and complex, hence a quantitative research design allowed for summarization of vast information and identify the most practiced (mode) child

rearing practices of adolescent mothers. The main objective of the study was to describe adolescent mothers' child rearing practices. As supported by Ailiga and Gunderson (2002) quantitative research ascertain a statistical inquiry into social problems by gathering information that can analyzed in a statistical or numeric basis to investigate and describe certain aspects of the social problems. In this case the quantitative research approach best ascribes numbers to describe the child rearing practices of adolescent mothers using mode, mean, bar charts and frequency tables. The quantitative research approach with its data analysis methodologies also helped to achieve the aims of identifying common and child rearing practices practiced by adolescent mothers using mean and modal frequencies. Hence the quantitative research approach best suited the nature of phenomena being studied.

### **3.3 RESEARCH DESIGN**

The main thrust of the research was to describe adolescent mothers' child rearing practices, hence the research design used denoted a descriptive framework and the researcher selected a descriptive research design. More so, the research objectives indicated the need to understand, to identify child rearing practices, to identify the commonly used child rearing practices amongst adolescent mothers, hence a descriptive research design best suited this task. According to Saunders et al (2009), descriptive research envisage a research for which the purpose main thrust depicts production of perfect representation of people, events or situation. Bouma and ling (2004) further notes that descriptive research depicts a framework done with a particular question in mind, as such how adolescent mothers respond to child's behaviours. The researcher used descriptive research because it addressed questions like how adolescent mothers respond to child behaviours, what is the nature of adolescent mothers' child rearing practices. Hence a descriptive research design indicated to be the best suit for the phenomena being studied as depicted by how the research questions need to be addressed, and as indicated by the main objective of the study that is description.

### **3.4 TARGET POPULATION**

As the study described the adolescent mothers' child rearing practices in Harare, Highfield at Western Triangle Clinic, the target population consisted of adolescent mothers who visited the clinic more frequent at Highfield Western Triangle Community Clinic, hence most of them resided in Highfield. Having obtained the statistics of mothers who come for visits and checkups with their

babies at Western Triangle clinic, the nurse in charge indicated that on average a total of hundred and twenty (120) mothers visited the clinic on a weekly basis. Let it be noted here that although many mothers of all ages visited the clinic, some step parenting and others foster caring, the researcher focused on adolescent mothers who gave birth and parent their own children.

### **3.5 SAMPLE AND SAMPLING TECHNIQUES**

The research managed to obtain the list of adolescent mothers who visited the clinic, together with their addresses, name of child, and age of adolescent mothers. The average number of adolescent mothers who visited Western Triangle clinic per month was 120 as presented by the nurse in charge according to their database. Hence the research used simple random sampling which is a probability sampling procedure as influenced by the above mentioned factors that is homogeneity of sample, list of adolescent mothers, and points of gathering responses.

Having noted factors to consider when selecting a suitable sampling technique the researcher selected simple random sampling as there was a list of homogeneous adolescent mothers who were between eleven and nineteen and resided in Highfield. The adolescent mothers also were being investigated on mutual exclusive characteristics that is child rearing practices. Hence this ascertained equal chances of being selected as participants in the sample. Yates et al (2005) defined simple random sampling as a sampling technic in which any person chosen randomly and entirely by chance stand the probability of an equal chance of being selected. Alvi (2016) also notes that simple random sampling is suitable where there is a precisely a more defined population, where the population is limited to finite number of elements that can be listed, where there is homogeneity in sample and mutual exclusiveness of sample. In addition simple random sampling also reduces chances of bias and systematic errors in selection as noted by Cochran (1977). Hence considering the above discussed factors necessary for random sampling, the researcher considered simple random sampling technique.

For quantitative study to be reliable and valid, it requires of large sample. The sample size of this research was very large, that is a population of eighty eight participants in the study, provided information that can be analyzed, presented and be a representative of the population. The sample size was chosen using the Krejcie and Morgan's sample determination.

Where:

- S =required sample size
- X =Z value (e.g. 1.96 for 95% confidence level)
- N =Population size (120)
- P =Population proportion (expressed as decimal) (assumed to be 0.5(50%))

**S** = Degree of accuracy (5%) expressed as a proportion (0.5); it is margin error

$$S = \frac{X^2 NP(1 - P)}{d^2(N - 1) + x^2 p(1 - p)}$$

$$S = \frac{1.96^2(120)(0.5)(1 - 0.5)}{0.5^2(120 - 1) + 1.96^2(0.5)(1 - 0.5)}$$

The sample size was 88 respondents

In terms of the sampling procedure. The researcher engaged the nurse in charger, to have the researcher the dates of visits of mothers and their children, and statistics of adolescent mothers of one to five year olds and to select participants as they visit the clinic. The suggested list of participants made a fair attempt as possible to represent the demographics in terms of age, characteristics of mothers and age of the child.

After obtaining the list of participants the researcher made small cardboard papers with names and houses of adolescent mothers. The researcher engaged one nurse to pick at random any card body box, the nurse picked eighty eight names. After the nurse picked the names the names picked were than ticked on the list and a list of research participants was then constructed, the list had names, ages and address of the adolescent mothers. The researcher then went to the various and complex addresses of the adolescent mothers and obtained data.

The researcher spend a week obtaining data form adolescent mothers in Highfield, the researcher had an advantage of knowing the different places in Highfield, so finding the location of the different adolescent mothers was not an issue. The list of adolescent mothers was chosen at random and hence any mother had an equal chance of being selected.

### **3.6 RESEARCH INSTRUMENTS**

The only instrument used in this study was a self-administered questionnaire. Karim (2013) says that a questionnaire can be defined as an instrument used to collect data which is consistent of series of questions together with prompts mainly for the purpose of obtaining information from

participants. Richards and Schmidt (2002) indicated that questionnaires allows for obtaining of both subjective and objective information in a big sample of the study population in order to come up with results that are statistically significant, that is questionnaires were chosen as a research instrument because of its ability to quantify data, as the research is a quantitative research of adolescent mothers child rearing practices. For this research, questionnaire was also used since it is a good tool for ethical considerations that is the protection of the privacy of the participants.

The research used closed-ended (or structured) questionnaires because of their ability to provide the inquirer with quantitative or numerical data that allowed for the data to be analyzed using descriptive statistics, to facilitate for the descriptive study nature of the research. Hence having noted the above mentioned the researcher used closed ended research questionnaire in obtaining data from adolescent mothers.

Having chosen a questionnaire as a research instrument, the researcher adapted The Alabama Parenting Questionnaire (APQ). The Alabama parenting questionnaires was developed in United States of America in the state of Minnesota by Frick in 1991. Frick obtained information in a quantitative manner data. The APQ measured five aspects of parenting that were essential to the cause and diagnosis of child who externalized problems: The first dimension measured parental involvement, the second dimension measured parental supervision and monitoring. The third dimension measured discipline techniques while the fourth dimension measured the consistency use of discipline. The fifth dimension measures the corporal punishment use. Dadds, Maujean and Fraser (2003) indicates that the internal consistency reliability of the questionnaire developed by Frick was 0.68 and the criterion Validity was denoted as having a good psychometric including criterion validity in differentiating normal and abnormal parenting.

The APQ provided a structure for designing a questionnaire for the research that is it provided a framework on how to address the different dimensions of adolescent mothers parenting such as understanding, expectations, response and common practices. The APQ also helped the research to quantify the study questionnaires, and structure questions that addresses the objectives of the research that is the understanding of mothers' child rearing practices, response of adolescent mothers to child behavior, common child rearing practices, expectations of adolescent mothers in relation to child behaviors.

Having adapted the APQ parenting questionnaire, questions asked addressed the different dimensions of child rearing practices. Questions asked were practices that adolescent mothers

showing how lack of understanding manifest certain practices for example how often do you make mistakes on child rearing?: how adolescent mothers respond to child behaviors for example you spunky your child with hand when she has done something bad?: common practices questions, how often do you breast feed your child?.

The research adapted the response scoring of APQ that is never (1), almost never (2), sometimes (3), often (4), always (5). How the dimensions on parenting practices were categorized into four subscales as follows, understanding practices, response practices, expectations practices and common practices. Under response practices, scoring was modified to yes(1) no(2), on common child rearing practices responses were scored as never (1), sometimes (2), always (3). The questionnaire also included demographic variables such as assisted parenting, not assisted, education and age. The parenting questionnaire adapted by the researcher is attached as appendix A at the end of this research report.

### **3.7 DATA COLLECTION PROCEDURE**

The data collection process followed a simple three step process. First the attainment of approval to conduct research from the Midlands State University Psychology Department; with the accompanying documentation. Secondly the engagement of the Western Triangle Clinic in Highfield, Harare to gain access of information from adolescent mothers as assistance in conducting the research. It was very important to not only gain access to carry out the research but also to gain the assistance of the nurses in charger due to the sampling procedure. The sampling technique used for this research requires the input of relevant authorities to direct the researcher towards the most capable of participants.

The last step was the engagement of the participants themselves. After developing a list of the possible research participants with the associations management it was then possible to approach the research participants and acquire their permission to conduct the research with them. The data was collected by the researcher, for a week from (26 March to 30 March 2018) from 9 am to 16:00pm every day. The researcher obtained addresses of adolescent mothers from the clinic; hence the researcher administered the questionnaire door to door using the simple random sampling technic in order to reduce mistakes, biases and to minimize time in data collection, until the required sample size was reached of 88 participants. House numbers were chronologically listed however participants were chosen at random from the sample frame. The data was collected

in Highfield in Harare that is Rutsanana clinic as a community clinic so most adolescent mothers resided in Highfield

The research asked participants of their age, level of education, assisted parenting or self-parenting and questions on a four broad child rearing practices were asked, each category had five questions to be responded to. The total questions asked were twenty, basically the questions asked adolescent mothers how they rear their children in terms of their understanding on child rearing practices, how they responded to child behaviors and what adolescent mothers' expectations on child behaviors were. It is along these lines that responses were collected from adolescent mothers.

During this process the research participants were also made aware of their rights as participants, with an emphasis on confidentiality so as to ensure that the participants would be comfortable enough to share delicate information. From there, the participants participated in self-administering response to questionnaires.

### **3.8 DATA ANALYSIS, PRESENTATION AND INTERPRETATION**

After the collection of data, it must be categorized and presented in useful forms to have better insight of research problem (Panneerselvan 2006). Data analysis is a systematic approach to investigations during which statistical data is collected and researcher transforms what is observed into numerical data. Data analysis often describes a phenomena; answering the 'what' and 'how' type of questions one might have about a phenomena (Bryman 2006). This phenomena being studied involves certainly the measurement or enumeration of attributes (quantities) that is child rearing practices of adolescent mothers hence SPSS (originally Statistical Package for the Social Sciences) version 20 was used to analyze data from questionnaires on child rearing practices of adolescent mothers.

SPSS was used to polish and refine the data, so that the end users can reap interesting and useful information, without any need to go through the entire data themselves. Since the research paradigm is a quantitative research, SPSS was best suited as it is a statistical manner of analyzing and presenting data, in a more accurate and reliable way. Adolescent mothers' child rearing practices are various and complex hence SPSS provided for descriptive statistics which ascertained summarization of data, t testing of differences and Cross tabulation of child rearing practices.

### 3.9 ETHICAL CONSIDERATIONS

The 2017 revision of the American Psychological Association (APA) “Ethical Principles of Psychologists and Code of Conduct” is the initial guideline of the ethical considerations that this study aimed to abide by. The APA has essentially proven as a useful guide for ethical psychological research practices not only in America but also all over the world subsuming here in Zimbabwe. Practically the section on informed consent, privacy and confidentiality as well as the section on research and publication proved to be particularly relevant for the study.

In terms of informed consent, privacy, and confidentiality this research aim to abide by the ethical principles:

**Maintaining Confidentiality** – Researchers in psychology are obliged to hold the state of being secret of results and information associated with research. The researchers are obliged to hold and take reasonable course of action to protect the state of being secret of information obtained through or stored in the various mediums. Having recognized that, the magnitude and limits of confidentiality was regulated by law or established by institutional rules.

**Discussing Limits of Confidentiality**- Researchers in psychology discuss with people and organizations connected to the scientific and professional research of phenomena being studied. The essential limits related to confidentiality and the use of data generated using psychological techniques is discussed.

**Disclosure**- Confidential information can be disclosed by psychology researchers only after consent which is appropriate is obtained from the concerned organization or participants. Legally authorized individual can allow the researcher to disclose information.

On research and publications this psychological research intends to abide by the ethical principles:

**Institutional Approval**- In the event that institutional approval is needed, psychology researchers provide relevant information about their psychological research proposals and collect approval prior to the conduction of the research. The research is conducted in line with the authorized research protocol.

**Informed Consent** – In order for researchers to obtain informed consent, researchers are obliged to notify the participants about the aims of the research, procedures done to collect data, the

expected time the research will last, and researchers have the right to withdraw from participation and notifying on the potential risk factors associated with the research. The participants should also be notified of any benefits, effects of the study and the details of the research in order for there to be communication if anything goes wrong.

### **3.10 CHAPTER SUMMARY**

This chapter explored the methods and procedures implemented in the collection of data at Western Triangle Clinic. It also helps to explain the reasons for the choice of the methods and technique, their benefits to the researcher and the effects they have to the research as a product. The chapter is a basic explanation of data collection procedure and how the researcher came up with the information analyzed to explain the research topic.

## CHAPTER FOUR: DATA PRESENTATION AND ANALYSIS

### 4.1 CHAPTER INTRODUCTION

This chapter focuses on describing data collected from adolescent mothers at Western Triangle Municipality Clinic in Harare. The body of the description is built with the aim to eventually describe how adolescent mothers rear their children in relation to the fundamental four questions. The first being; what do adolescent mothers understand by child rearing practices? The second being; how do adolescent mothers respond to child rearing practices? The third being; what are the expectations of adolescent mother's child rearing practices to their child's behaviors? The Fourth being, what are the common child rearing practices of adolescent mothers. As such this chapter only focuses on the four mentioned here.

### 4.2 SECTION A: DEMOGRAPHICS OF THE PARTICIPANTS

**Table 4.1: Showing respondents age and distribution**

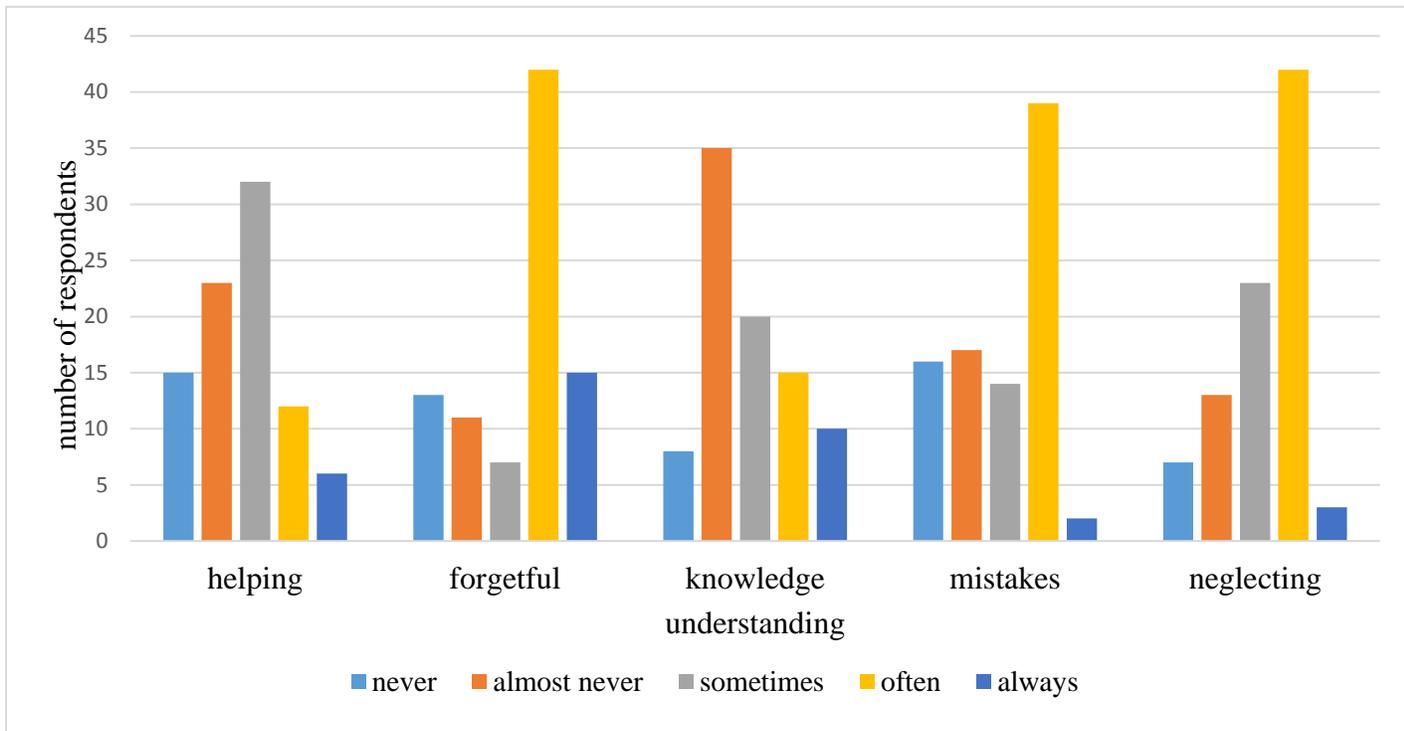
Age	Participants	Percent	Valid Percent	Cumulative Percent
14	13	14.8	14.8	14.8
15	20	22.7	22.7	37.5
16	33	37.5	37.5	75.0
17	11	12.5	12.5	87.5
18	8	9.1	9.1	96.6
19	3	3.4	3.4	100.0
Total	88	100.0	100.0	

The researcher targeted eighty eight (88) participants for the study, the researcher managed to get 100% response rate. As shown on the table above the researcher managed to get responses from 88 adolescent mothers at Western Triangle Clinic in Highfield. The research managed to get participants from 14 years up to 19years, the 14 to 19 year old adolescent mothers gave birth and reared their own children. Adolescent mothers with 16 years largely dominated the sample having 33% of the population, followed by 15 year old mothers with 20%, then 14 year adolescent mothers with 13%, 17 year old adolescent mothers constituted 15% of the total population, 18year old mothers formed 8% then last few 19year old mothers constituted partly 3% to the total population.

The demographics showed that in Highfiled, mostly adolescent mothers aged 15 and 16 years old constituted the greater percentage of adolescent mothers, while those who were 18 or 19 years were very few.

### 4.3 ADOLESCENT MOTHERS UNDERSTANDING OF CHILD REARING PRACTICES.

#### Determines of Adolescent mothers' understanding on child rearing practices



**Fig 1 showing how adolescent mothers understand of child rearing practices.**

After self-administration of questionnaires and collection of data, adolescent mothers indicated lack of understanding of the child rearing practices. Approximately 33 adolescent mothers reported that they sometimes help children in activities they will be involved in, 25 adolescent mothers reported that they almost never helped their children in activities they are involved. That is most adolescent mothers less understand the importance of being involved in child's life.

As presented in Fig 4.1 by the yellow bars, most adolescent mothers indicated that there are forgetful, often makes mistakes and neglect own children more often. A small number of adolescent mothers showed being aware on how to take care of their children. However the responses of adolescent mothers on mistakes of child rearing indicate that some adolescent mothers sometimes made mistakes in child rearing.

Adolescent mothers indicated lack of knowledge on child rearing, 53% of the total population responded that they have almost never had knowledge on child rearing practices. Whilst 20% of the adolescent mothers showed that they had some knowledge on child rearing practices. Only 8% of the adolescent mothers indicated to never having knowledge on child rearing practices.

A great population of adolescent mothers as presented on the diagram showed that adolescent mothers are forgetful of child rearing practices. A smaller number of adolescent mothers revealed that adolescent mothers sometimes forget their children. On average 71% of adolescent mothers are forgetful of the child rearing practices whilst only 29% signaled understanding of the child rearing practices.

As depicted above in Fig 4.1, 4 out of 5 of adolescent mothers showed that they did not understand what child rearing practices were. The 1 out of 5 reveals a moderate understanding of the child rearing practices. Only three adolescent mothers denoted good understanding of child rearing practices. The above responses shows lack of understanding of adolescent mothers on child rearing practices, hence adolescent mother’s frequencies of responses to questions showed that adolescent mothers have little to moderate knowledge on child rearing practices.

#### 4.3.1 Different adolescent mothers’ understanding of child rearing practices

**Table 4.2 showing relationship child rearing practices understanding and assisted parenting.**

	Understanding	parenting
Pearson Correlation	1	.838**
Sig. (2-tailed)		.025
N	88	88
Pearson Correlation	.838**	1
Sig. (2-tailed)	.025	
N	88	88

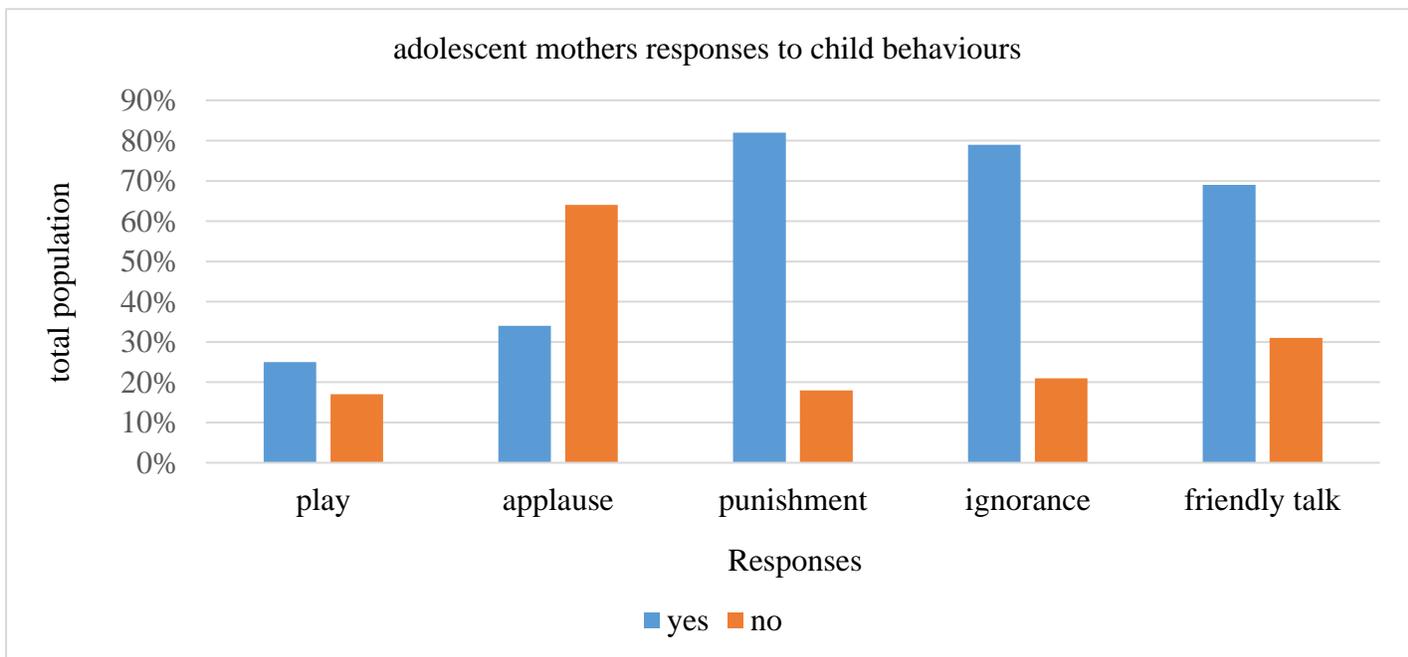
\*\* . Correlation is significant at the 0.01 level (2-tailed).

The researcher grouped responses on child rearing practices of different mothers into two groups as influenced by the demography. The responses on child rearing of self-care adolescent mothers and assisted adolescent mothers were entered in Microsoft Excel and then the data was analyzed in SPSS. Calculations done on SPSS, under correlation indicated that there is an association between child rearing assistance and understanding of the child rearing practices. A Pearson

correlation of 0.8 indicates that a strong association is there between parental assistance in child rearing and knowledge on the child rearing practices.

Correlation of adolescent mothers understanding and assistance in parenting indicated different understanding of mothers as related to parental assistance. Adolescent mothers who were assisted in parenting showed to have better to good understanding of the child rearing and adolescent mothers who self-cared for their own infants showed less understanding of the child rearing practices as denoted below.

#### 4.4 ADOLESCENT MOTHERS RESPONSE TO CHILD BEHAVIOURS



**Fig 4.2 showing adolescent mothers’ response to child behaviors**

Fig 4.2 shows adolescent mothers’ responses to child behaviors. Adolescent mothers indicated to have play less with their children as compared to other child rearing practices such as talk and punishments which most adolescent mothers’ practices. The research shows that adolescent mothers less play with their children and sometimes do not even play with their children.

More encouragement and applause is regarded essential for child development, however as indicated above in Fig 4.2 most adolescent mothers up to 63% indicated that they do not need to reward or applause their child. Whilst 27% showed that they encourage their child to do good and

become a better person. On average adolescent mothers almost did not reward and applause of child's good behaviors.

80% of adolescent mothers who participated in the study agreed that they punish their child more often when child does something wrong. Only 20% of the total participants which is 18 adolescent mothers of the 88 participants reported not using punishment when rearing their children. It was noted that most adolescent mothers used punishment to condition good behaviors in their children. Fig 4.2 also clearly shows that adolescent mothers get annoyed by the child behaviors. 80% of the adolescent mothers indicated ignorant responses toward child behaviors. Whereas only 20% of the adolescent mothers indicate to be more informed of their child behaviors. However the larger population of adolescent mothers depicted more ignorant behaviors towards their children.

On a positive note, adolescent mothers depicted more friendly talk with their children. Approximately 58 participants of the total population showed to have a friendly talk with their children, while 30 participants indicated to have less talk with their children. That is most adolescent mothers like to talk with other people's children than their own, the trend of responses showed that adolescent mothers moderately have a friendly talk with their children.

The overall analysis of adolescent mothers' responses to child behaviors using the Fig 4.2 of data presentation indicates that, most adolescent mothers were less involved and less responsive to their child's behaviors. The research also depicted that adolescent mothers however have moderate friendly talk with their children. The large population of the research participants showed adolescent mothers to be less sensitive to the child behaviors, 82 percent of the adolescent mothers' shows to be less responsive and less involved to child behaviors.

#### **4.4.1 Differences in adolescent mothers responses to child behaviors**

The researcher also noted that early adolescent mothers from 14 years to 16 years in the study depicted some child rearing practices that reveals that were less responsive to child's needs. Whereas child rearing practices of late adolescent mothers who were classified to be from 18 to 19 years in the research showed that were more responsive to the child needs.

Responses on child rearing practices of the early adolescent mothers on response behaviors to the child and those of late adolescent mothers were entered in the SPSS database. As the adolescent

mothers were grouped into early adolescent mothers and late adolescent mothers a sample paired t test was used to test the null hypothesis which denotes that there are no difference in response practices. A paired sample test was used to test the hypothesis using the SPSS, the results obtained are presented below in table 4.3 and table 4.4 respectively.

**Table 4.3: showing Means of Paired Samples of early and late adolescent mothers Statistics**

		Mean	N	Std. Deviation	Std. Error Mean
Responses	Early adolescent	1.38	88	.666	.071
	Late adolescent	1.50	88	.743	.079

**Table 4.4: showing the t test results on paired sample responses**

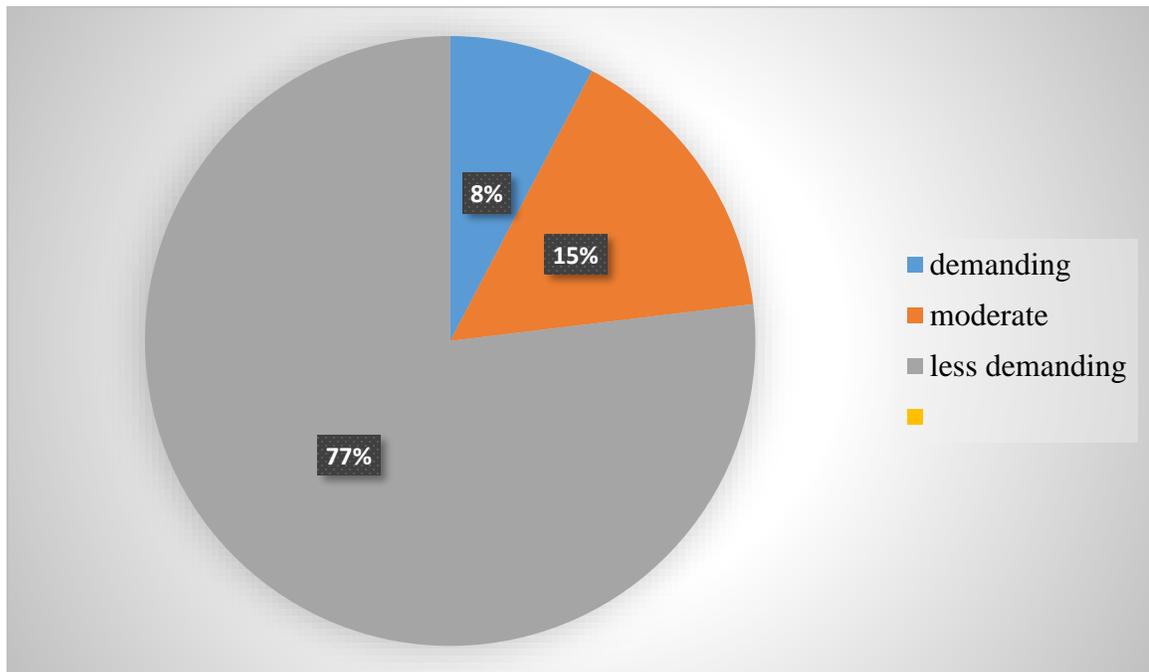
	mean	St deviation	St Error	t	Df	sig
Age- Response	-1.25	.366	0.34	.32	87	0.02

The t test was used to reveal the differences between the means of early adolescent mothers and late adolescent mothers on the Alabama Parenting Questionnaire. The null hypothesis denoted that there was no differences in adolescent mothers’ child rearing practices. Questions asked depicted child rearing practices that showed responses to child behaviors and responses were quantified, SPSS was used to calculate and to interpret the different scores.

The null hypothesis states that the mean score was zero, but as indicated in table 4.3 above the mean of early adolescent mothers and that of late mothers are more than zero and this can be interpreted to mean that there are differences in adolescent mothers responses to child behaviors. Using the APA style of interpreting results the null hypothesis can be rejected because the significant of t tests is less than 0.5,  $t(87)=.32, <=0.5$  and this denotes that there are differences in responses to child behaviors between early adolescent mothers and late adolescent mothers.

The results indicated that early adolescent mothers are less responsive to child behaviors and late adolescent mothers are more responsive to child behaviors

#### 4.5 EXPECTATIONS OF ADOLESCENT MOTHERS ON CHILD ADOLESCENT MOTHERS' EXPECTATIONS ON CHILD



**Fig 4.3 Showing expectations of adolescent mothers on child's behaviors**

As presented in Fig 4.3, a majority of population was between the ages of 14 to 16 years, this showed that 77% less demanding practices of adolescent mothers. Most adolescent mothers in between 14 years are the youngest population in the study, hence these can be observed to have less informed knowledge on child rearing practices hence had less expectations of the child's growth and development.

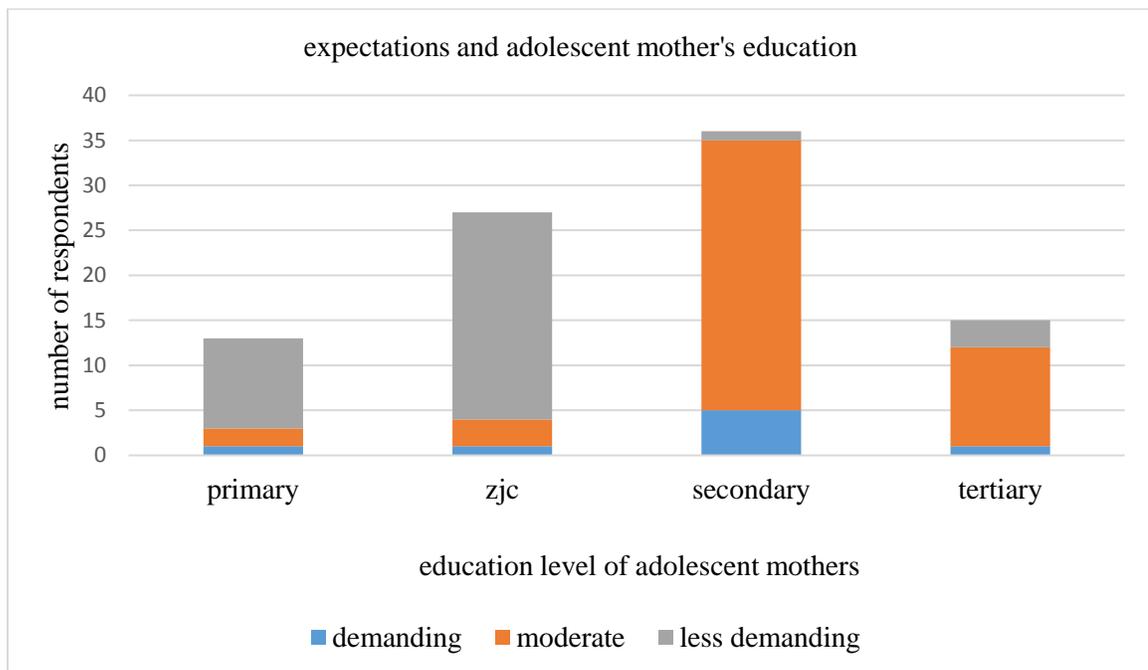
Only 15% of the total population showed moderate expectations on child's behavior, these can be ascertained to be adolescent mothers round 17 to 18 and adolescent mothers who were more demanding of child's behaviors. The adolescent mothers aged 17 and 18 years showed some experience and knowledge on child rearing practices, hence indicated some knowledge on how the child grows.

As presented in Fig 4.3, 8% of mothers in the total population were more demanding and expectant of their children. Statistic revealed that of the 8%, the three 19 year old adolescent mothers all responded to rewarding child for obedience and the 19 year old mothers presented in the 8%, showed 100% responses that education on child rearing improved child rearing practices. Thus

although only 8% of the adolescent mothers indicated to practicing more demanding expectations on their children, 19 year old adolescent mothers showed more demanding expectations.

On average adolescent mothers showed to be less expectant on the child that is they less demanded certain morals, physical strength or intellectual development of the child. Most 76% of the adolescent mothers when asked the questions, do you see your child grow responded with almost never, they denoted that a child just grow on their own. The question asked on expectations on child behaviors showed most adolescent mothers responding that sometimes, they had expectations. These responses as shown by the 77% of less demands on child behavior statistics indicated that adolescent mothers have less reinforcement on child’s psychosocial development.

### Expectations and education level



**Fig 4.4 showing the expectations of different mothers with different levels of education.**

As association of expectations and level of education was noted. Fig 4.4 shows the expectations of mothers who dropped out of school as a result of pregnancy and child rearing at primary, zjc, secondary (O level), tertiary (those doing A level or at polytechnics).

As presented above adolescent mothers who became pregnant at ZJC or primary level showed less demands and expectations on child’s behavior. 81% of adolescent mothers with ZJC, together with adolescent mothers who only attended primary school indicates less demands on child.

O level adolescent mothers and tertiary adolescent mothers showed moderate demands on the child. The expectations were comprehended to be influenced by the level of education, more mothers who are educated become mature enough to reason on child's behaviors. 89 percent of adolescent mothers who attained O level indicated moderate expectations on child. The expectations of adolescent mothers who attained O level are influenced by some level of understanding.

Tertiary mothers responded having rewarding their children on performance of good behavior, whereas primary and zjc mothers mostly responded punishing child is the way to build good behaviors. Hence more educated adolescent mothers expected their child to be physically, socially and cognitively well, whereas less educated mothers expects to be feared by their own child. These factors ascertain child rearing practices that are harsh and not constructive on child development.

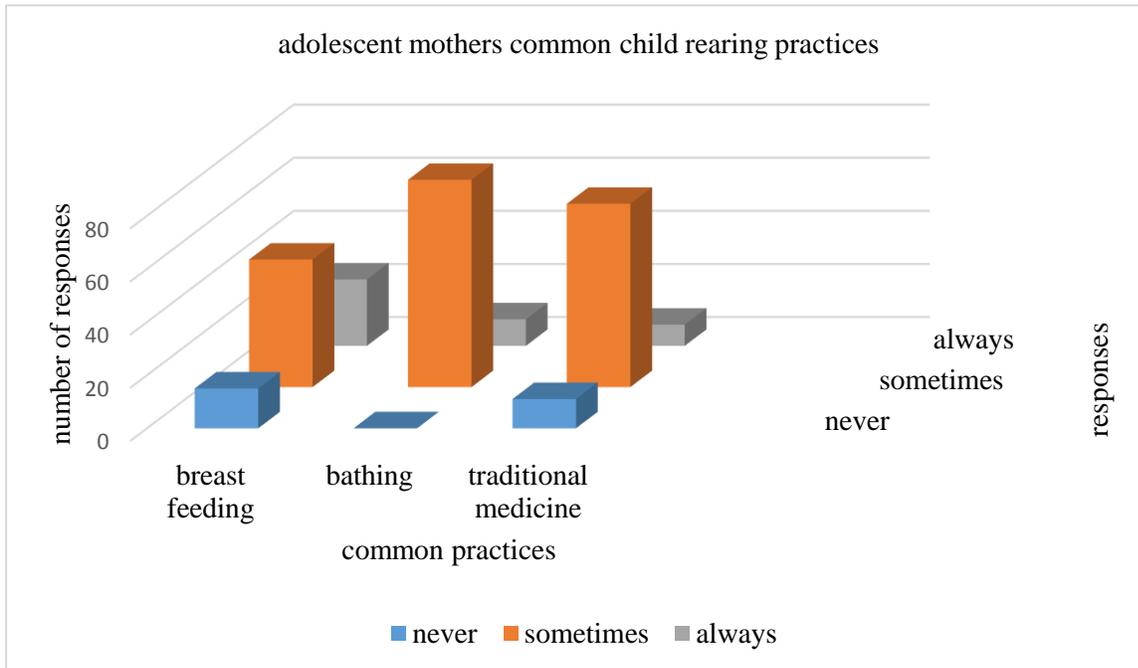
Table 4.5 shows the differences in expectations of adolescent mothers who attained different educational levels. The cross tabulation of data was done using SPSS. The results indicates that mothers who attained primary and ZJC education are have less and unrealistic expectations on child behaviors. While most mothers who attained secondary education level have moderates expectations on child behaviors. Adolescent mothers in tertiary education indicated to have more demands and expectations on the child's development. The results indicated differences in

**Table 4.5 Education levels \* Expectations on child's behaviors Cross tabulation**

		Expectations on child's behaviors			Total	
		less expectations	moderate expectations	more expectations		
Education levels	Primary	Count	8	2	2	12
		% within Education levels	66.7%	16.7%	16.7%	100.0%
	ZJC	Count	26	2	2	30
		% within Education levels	86.7%	6.7%	6.7%	100.0%
	Secondary	Count	2	24	2	28
		% within Education levels	7.1%	85.7%	7.1%	100.0%
tertiary	Count	1	0	17	18	
	% within Education levels	5.6%	0.0%	94.4%	100.0%	
Total	Count	37	28	23	88	
	% within Education levels	42.0%	31.8%	26.1%	100.0%	

expectations , on overall macro academic analysis the more educated the mother the more demands the mother have on the child and the more expectations they had on child’s physical, cognitive and moral development.

#### 4.6 ADOLESCENT MOTHERS’ COMMON CHILD REARING PRACTICES.



**Fig 4.5 Showing how adolescent mothers practice common child rearing practices.**

There are common practices of child rearing Zimbabwe over these include breastfeeding, bathing and use traditional medicine in facilitating the child’s health. Fig 4.5 shows how adolescent mothers practice these common practices when taking care of their children.

A moderate number of adolescent mothers’ breastfeed their children regularly, as depicted Fig 4.5 moderate adolescent mothers sometimes breast feed their children. Approximately 58% of the adolescent mothers of the total population breastfeed their children, whilst only 5% of the population showed not breastfeeding their children. However 37% of the research participant scores depicted that they always breastfeed their child. On average a moderate number of adolescent mothers breastfeed their children.

Child rearing practices are connoted as activities that promotes the child’s many development dimensions, bathing is one of these activities common in child rearing. Majority adolescent

mothers' responses indicated that adolescent mothers sometimes bath their children. Roughly 60% of the adolescent mothers indicated regular and appropriate bath of their child. 40% of the adolescent mothers showed that they frequently bath own child. No adolescent mother ever agreed not having to bath their child. However the sometimes responses showed that sometimes some adolescent mothers depicted lagging in bathing their child.

Use of traditional herbs is regarded as a common child rearing practice common in Zimbabwe. Adolescent mothers whom were influenced by assisted parenting and self-parenting indicated that they sometimes use traditional herbs to cure child from diseases. 52% of the adolescent mothers agreed that they use traditional herbs on their children sometimes, whilst 15% disagreed to use traditional herbs on children. However 5% of the participants agreed to use traditional herbs on their child. On average there is some evidence of adolescent mothers' use of traditional herbs on their children.

It is important to note that adolescent mothers' scorings showed less care to child physical needs. The practices that ascertained care included, breastfeeding, bathing and promotion of physical health. It is also essential to note that only moderate to less caring practices were evident in adolescent mothers, more care is exhibited by only a few adolescent mothers.

Adolescent mothers' care practices of assisted adolescent mothers and self-assisted adolescent mother differed. The researcher conducted a hypothesis test of independent test to present that the care practices of assisted adolescent mothers and self-care mothers differed. Calculations and data presentation was done using the SPSS.

**Table 4.6 showing group statistics of self-care adolescent mothers and assisted adolescent mothers**

	Parenting	N	Mean	Std. Deviation	Std. Error Mean
care practices	self care	55	1.00	.000	.000
	assisted care	33	2.58	.614	.107

Table 4.6 revealed the different means of the self-care adolescent mothers and the assisted adolescent mothers. The mean of the null hypothesis statically regarded to be zero, however the

means presented above showed to be above zero that is this expressed the differences of variables, as such indicated that there were differences in child rearing practices between assisted adolescent mothers and self-care adolescent mothers thus the researcher rejected the null hypothesis in support of the alternate hypothesis. The differences in the two means also indicated that child care practices of self-care adolescent mothers and assisted adolescent mothers were different.

**Table 4.7 Independent sample tests for adolescent mothers care practices**

Care practices	f	sig	T	d f	sig (1 tailed)
Equal variance assumed	211.9	0.03	-19.110	86	0.003
Equal variance not assumed	54		-14.745	32 000	0.000

Also using the APA styles of interpreting t test results, the one tailed test of samples revealed that assisted adolescent mothers practiced more caring practices, while self-care adolescent mothers practices indicated less care. This can be noted by differences presented by  $t(86) = -19.1$ ,  $p, <= 0.5$  which is 0.03, thus the researcher rejected the null hypothesis and accepted the alternate hypothesis which revealed that there were differences in child care practices between assisted adolescent mothers and self-care adolescent mothers.

#### **4.7 CHAPTER SUMMARY**

Guided by four research questions, this chapter is a presentation of a study conducted on the data collected from Western Triangle Clinic in Highfield in Harare. Participants from Western Triangle Clinic in Highfield showed different demographics in terms of age-groups, parenting and education level which proved essential for describing the adolescent mother’s child rearing practices. The descriptive presentation of this chapter first focused on adolescent mothers understanding of child rearing practices. The response of adolescent mothers to child behavior and expectations of adolescent mothers to child behavior. Lastly the adolescent mothers common practices. The analysis then focused on child rearing practices of adolescent mothers. An effort was made here to appreciate adolescent mothers’ child rearing practices to derive a descriptive approach at a broader level.

## **CHAPTER 5: DISCUSSIONS, CONCLUSIONS AND RECOMMENDATIONS**

### **5.1 INTRODUCTION**

As it is the ultimate goal of this research to reveal the child rearing practices of adolescent mothers and to show the major contribution of this research to the topic of child rearing practices, it is in this last chapter that relevant discussions, deductions and recommendations are provided. This is made possible by integrating the already existing body of research that was presented earlier in the literature review, and new findings from this study. The most efficient way to do so is to address all of the initial research questions one by one. From there the chapter will focus on drawing attention to the implications of the concepts addressed. It is then easy that way to translate the research findings into practical recommendations that adolescent mothers can implement.

### **5.2 DISCUSSION OF RESULTS**

The study was a descriptive study of adolescent mother's child rearing practices at Western Triangle clinic in Highfield. The research described the rearing practices of adolescent mothers. The study also generated knowledge on adolescent mothers' response to child behaviors in relation to their expectations and also identified the common child rearing practices of adolescent mothers. The research was carried out in a quantitative manner and research results were presented using descriptive statistics and analyzed using t tests, correlation and cross tabulations. The research identified child rearing practices of adolescent mothers, understanding of adolescent mothers' child rearing practices and differences in child rearing practices of adolescent mothers, as such the research immensely depicted new findings to the topic of child rearing.

#### **5.2.1 ADOLESCENT MOTHERS UNDERSTANDING OF CHILD REARING PRACTICES**

The research findings revealed that adolescent mothers lack understanding on child rearing practices. The lack of understanding was attributed to lack of knowledge on how to take care of children, that is adolescent mothers seen as first time mothers only had few experiences prior to child rearing, the knowledge on developmental miles stones that indicates changes in child rearing was not familiar with adolescent mothers, that is adolescent mothers had not reared any child of their own before. Although adolescent mothers' child rearing practices are by no means new to academia, it was the aim of this study to establish a deeper understating of the adolescent mothers

understanding of the child rearing practices and make some contribution to the already existing literature. Similarities on research findings of adolescent mothers understanding of child rearing practices was noted, Robin (1967) revealed that child rearing practices can be referred to as a cognitive process, that is child rearing practices requires knowledge on how to care, love, play and protect the child. That pointed out that research findings ascertained to be similar, in that child rearing practices requires knowledge on how to take care of the child, however the current research indicated that adolescent mothers lack that knowledge on how to take care of their own children.

In addition the research findings on adolescent mother's understanding of the child rearing practices revealed pattern of practices of adolescent mothers who do not understand child rearing practices. This research findings are connoted as distinct to the academia that is adolescent mothers who lacked understanding on child rearing practices showed patterns of not helping their child in activities they are involved in, these adolescent mothers depicted forgetfulness of having a child and made more frequent mistakes that endangered the child's life. This research findings of the patterns of child rearing practices exhibited because of lack of knowledge can be noted to be closely similar to the research findings of Koehn. The similarities are depicted by researches on self-efficacy, Koehn (2002) observed that self-efficacy is obtained through observation, verbal and social influences for example changing a diaper would increase understanding and boost efficacy, because understanding without confidence results in mistakes during child rearing. Both the current research and Koehn research findings indicates that lack of understanding results in mistakes. The research by Koehn was done on parents in general, however the current research was done on adolescent mothers and showed various patterns of child rearing that indicated lack of understanding as mentioned above. Adolescent who lacked understanding on child rearing practices were found to be less helping , forgetful, neglectful and often exhibited mistakes when child rearing.

The current research also found out that assisted adolescent mothers in parenting reported more understanding of the child rearing practices as compared to self-care adolescent mothers. This indicated that the understanding of child rearing practices is learned through social support, those adolescent mothers who took care of their own children depicted less understanding of the child rearing practices and adolescent mothers who were assisted by their own parents and guardians showed more understanding of the child rearing practices when comparing the two. Similar

research findings were discovered by King and Fullard in 1982, their research findings indicated that adolescent mothers who stayed with their parents showed to know where the child is, who the child plays with and have seen to be more responsible.

The current research findings revealed that adolescent mothers who were 19 years of age showed to understand child rearing practices better than adolescent mothers who were younger. The researcher noted that adolescent mothers who were young showed to have lacking in cognitive readiness which matures as one grows. Lack of cognitive readiness was seen to affect how knowledge is acquired and practiced, hence adolescent mothers who were older showed to have better understanding. Earlier researches on literature review indicates similarities in research findings on adolescent mothers understanding of child rearing practices, O' Calloghan (1999) also observed that cognitive readiness affects how adolescent mothers understanding of child rearing practices, consequently resulting in underestimation of developmental milestones and less desirable child rearing practices that is influenced by lack of understanding

It is important to note that most adolescent mothers lack knowledge on child rearing practices, while some have experience through rearing their siblings the execution of child rearing is affected by self-efficacy. Lack of cognitive readiness, developmental stage of adolescent mothers, low self-efficacy and lack of social support which implies neglectful, undesirable, bad and poor child rearing practices such as spanking the child with hands, leaving child alone without adult supervision and irregular bath of the infant.

### **5.2.2 ADOLESCENT MOTHERS RESPONSES TO CHILD BEHAVIOUR**

Research findings inform that adolescent mothers use corporal punishment more frequent when disciplining their child. This research finding was similar to the findings indicated earlier on as revealed in the literature. Jafee (2001) observed similar findings that only depicted that adolescent mothers use harsh disciplinary practices, Jafee indicated that striking a balance between adolescence and motherhood results in adolescent mothers being less engaged with their child, use of harsher disciplinary practices and a negative interaction with the child. That is similarity is noted on the research findings that adolescent mothers use harsh disciplinary practices such as punishment, and like the current study Jafee (2001) was a quantitative study of the experiences of adolescent mothers which is similar to current research , however the current research aimed at quantitatively describe adolescent mother's child rearing practices.

The current study on adolescent mothers responses to child behaviors, found out that adolescent mothers play less with their children and less reward good behaviors of the child. These responses to child depict bad child rearing practices. Reasons for less play and less rewards on child behaviors depicted similarity with previous researches. DeVito (2007) research findings indicated that most adolescent mothers revealed regrets being pregnant and confessed that they were not prepared to take care of their child because most pregnancies were not planned, adolescent mothers report wanting to go back to school and turning back the hands of time, this explains the less play and less rewards of adolescent mothers as depicted in the study and previous researches. That is the DeVito (2007) research studied the dual challenges of adolescent mothers which influenced less play and interaction with the child as the adolescent mothers felt overwhelmed. The research findings revealed similarities in identifying less play and reward practices of adolescent mothers , however the objectives of the researches differed Devito researched on the dual challenges of adolescent mothers , however the current research main objective was only to describe adolescent mother's child rearing practices.

The study findings on adolescent mothers' responses to child behaviors also connoted that adolescent mothers were less responsive to child's needs. Similar research finding was noted by Deutscher (2006) who observed that adolescent mothers reveal to be less sensitive to infants behaviors and at times their own children cannot recognize them, he further noted that adolescent mothers spend less time with their children hence depicted less vocalization and less touch. Hence the research findings noted by the researcher was also previously noted.

Moreso, the researcher also found out that early adolescent mothers from 14 to 16 years were less involved in their child's lives whereas late adolescent mothers from 18 to 19 years were more involved in their child lives. The researcher noted that although all the mothers were adolescent mothers responses to child behaviors were depicted as different as influenced by age. This research revealed new findings to the contribution of already existing literatures. Previous researcher such as Lanzi (2009) comparison of adult mothers and adolescent mothers only compared adolescent mothers to adult mothers, revealing that adolescent mothers were less sensitive to the child's needs as compared to adult mothers. However the current researcher indicated a new twist and managed to add more flesh on the existing skeleton by noting that early adolescent mothers are less

responsive to their child behaviors as compared to late adolescent mothers who are more responsive to child's needs.

### **5.2.3 ADOLESCENT MOTHERS EXPECTATIONS ON CHILD**

As highlighted in the literature review, Felice (1996) denotes that adolescent mothers' attitude and expectations on child behavior influences child rearing practices. Similar to the Felice research, research findings suggests that adolescent mothers have unrealistic and inappropriate expectations on child's behavior practices that manifests through practices such as rejecting and practicing harsher disciplinary strategies on child. In relation to child's behaviors most adolescent mother expect to be feared by their children because they are also children themselves hence uses fear to control their children. Unexpected child behaviors such as resistance and anger caused adolescent mothers to withdraw physically and emotionally from the child, thus denoting less sensitivity, less demand and less control of child.

The research findings connoted that adolescent mothers had less expectations on child development, the low expectations of adolescent mothers on their children development manifested in less positive interaction with child, child neglect and abusive child rearing practices. Adolescent mothers in the study reported just seeing their child grow, they had little expectations on the developmental milestones and practices that promoted child development. Similar research findings as noted in the review concur with the above research finding, Humen et al (2005) on the national campaign to prevent teen pregnancy reported that adolescent mothers have unrealistic expectation that is they expect child to grow fast and grow on their own, it was also observed that expectations influenced bad child rearing practices such as less care, less warmth and less physical support. The methodology of data collection however was different the Humen et al (2005) study on national campaign to prevent teen pregnancy used interviews, the researcher used questionnaires that is responses of the questionnaire were quantified thus avoiding social desirability present in interview, making the researcher's findings more reliable.

Research findings suggest an association between adolescent mothers' child rearing practices and level of education. Adolescent mothers who attained higher levels of education mostly A level and first years at polytechnics and universities showed higher developmental expectations for their children, research evidence indicate that they used discipline less frequently, and used caring practices more frequently than adolescent mothers from lower level of education as those who only

managed to attain primary certificate or ZJC certificate. Adolescent mothers who became pregnant at ZJC or Primary level have less demands on child's behavior.

O level adolescent mothers and tertiary adolescent mothers show moderate demands on the child, whilst tertiary mothers show some level of demand on the child. The expectations are influenced by the level of education, more mothers who are educated become mature enough to reason on child's behaviors. Similar study results were revealed by Fox, Platz and Bentekly (1995) who did their research on the basis of social economic status (SES) noting that adolescent mothers from higher SES showed to have higher developmental expectations, whereas those from lower SES depicted less expectations. The research findings from the current study however denoted differences in expectations as influenced by different educational levels.

#### **5.2.4 COMMON ADOLESCENT MOTHERS' CHILD REARING PRACTICES**

Research findings on adolescent mother's common child rearing practices revealed common child rearing practices, these include breastfeeding, play, physical care and discipline. Adolescent mothers practice child rearing differently from adult mothers, this can be identified to be similar to research findings in the literature review though slightly different..

The research findings on common adolescent mother's child rearing practices revealed that adolescent mothers in Highfiled breastfeed their child less because they lack knowledge on child rearing practices. . As highlighted earlier on in the literature review, this finding is similar to that of Lai and Towriss (2014) study of adolescent mothers child rearing practices which found out that majority of adolescent mothers reported that they provided their child with water or other food as the child asked for additional food than breast milk and that, in some cases, they believed that, due to their poor nutritional status, their milk was not sufficiently nutritious to respond to the child's needs. The research findings indicates that adolescent mothers breast feed their children less, however Lai and Towriss (2014) apprehended less breast feeding to be influenced by the belief that own milk is not sufficient, the current research however suggest that reasons for less breast feeding are because of lack of understanding, lack of cognitive readiness and challenges breastfeeding the child as adolescent mothers bodies are still not that mature.

Results of adolescent mothers' common child rearing practices in the study indicated that adolescent mothers moderately bath their children. The research findings suggest that adolescent mother sometimes don't know the appropriate time to bath their children and how to bath the child

after delivery and in the early years of infants. The research findings differ from findings noted by Adinlofu (2009) whom informs that in Africa the care of the new born is the responsibility of the whole family and thus the guardians and parents of the adolescent mothers help in bathing the child of adolescent mother. The research findings of Adinlofu suggested that adolescent mothers are sometimes assisted in bathing their children , however it is important to note that the current research findings indicated that self-caring adolescent mothers were found to moderately bath their children, some adolescent mothers noted that they less bath their children while others reported that they sometimes bath their children.

Research findings also showed that adolescent mothers engage in child rearing practices that endangered the child. Adolescent mothers agreed to using traditional herbs in promoting health of their children. Adolescent mothers agreed to using herbs for protecting the child from sicknesses and making the child strong. The researcher denotes that some of these practices pose a threat to the child's health especially when done by first time mothers like adolescent mothers who have little knowledge on child rearing. Early literature by Mawusi (2013) showed that in Africa mothers supplement medicines to boost child's health and protection. The research showed that adolescent mothers in Zimbabwe uses traditional medicine in taking care of the health of their children.

Research findings on adolescent mothers' common child rearing practices also indicated that adolescent mothers use more punishment and harsher disciplines on child. The researcher noted that the pressures and stresses of being a mother on an unprepared mother causes rage inside the adolescent mothers such that adolescent mothers report being irritated by child's behaviors and punishment is regarded as the best solution. This research finding is similar to Emery at al (2008) who also observed that interactions between adolescent mothers and child are harsher and negative, adolescent mothers easily get annoyed by child's behaviors hence frequently use punishment to control their children. The use of frequent use of punishment is ascertained to be the common child rearing practice of adolescent mothers.

The research findings also revealed that adolescent mothers practices of the major domains of child rearing practices which are bath, breastfeeding and health care depicts less care practices of adolescent mothers. The research results expressed that assisted adolescent mothers in parenting exhibited more care of their children whilst adolescent mothers who self-cared for their own infants

were shown to be less caring of their children. This research finding is similar to that of Hoontane (2007) who observed that adolescent mothers who perceive less support as key to good child rearing practices knows what the child likes, where the child is playing outside and who plays with their child. Adolescent mothers who perceive themselves to be more prepared and take responsibility of their actions are more involved in their child's lives. As such the current research however managed to note the difference in care practices of bathing, breast feeding and health care practices, the results suggest that adolescent mothers who self-care for own children depict less care of own children that is less bath, less breastfeeding and less health care practices.

The research also found out that adolescent mothers in Highfield used traditional herbs in child rearing. Health experts strongly condemns the use of traditional herbs as some of them causes child sicknesses and mortality especially in the early years. A study by Siqueira et al (2006) also denotes that herbs and other herb teas given to infants by mothers in Brazil these herbs are comprehended to treat cramps and boost child's health. The practice of traditional herbs is evident in adolescent mothers, however in Zimbabwe this practice can be regarded as not health especially to first time mothers like adolescent mother.

### **5.3 CONCLUSIONS**

Child rearing practices are essential to child development, child rearing practices have effects on the child cognitive, physical and moral development. Adolescent mothers on the other hand are still in the storm and stress that is the teenage, hence are characterized by less cognitive readiness, lack emotional control, lack experience and knowledge of child rearing practices, which in turn results in bad child rearing practices.

On adolescent mothers understanding of the child rearing practices it was concluded that adolescent mothers lack understanding on child rearing practices. Adolescent mothers who lacked understanding on child rearing practices were found to exhibit child rearing patterns that showed adolescent mothers to engage in more frequent mistakes in taking care of child and showed forgetful practices which depicted neglecting practices.

The findings on adolescent mother's understanding of child rearing practices indicated that adolescent mother's understanding of child rearing practices is facilitated by social support. This research finding would be signaled new to the topic of child rearing practices, that is adolescent mothers who are assisted in parenting their children understood child rearing practices better than

adolescent mothers who self-cared their children. That is the study brought in new information on different understanding of child rearing practices.

On adolescent mother's response to the child's behaviors it was concluded that the manner in which adolescent mothers meet child's needs and behaviors is common amongst adolescent mothers, as influenced by the cognitive, physical and emotional stage of development in which adolescent mothers are (adolescence). Adolescent mothers show less maternal role, less engagement to child, less sensitive, use harsher punishment and play less with their child.

On adolescent mothers expectations on child behaviors, it was concluded that adolescent mother's mental picture on child's behaviors depicted certain child rearing practices that emanate from the adolescent mothers expectations. Adolescent mothers have unrealistic expectations on child development, they assume a child grow to be a man on their own. The expectations of adolescent mothers denotes less care, less warmth and less protection kind of practices.

Still on adolescent mothers expectations on child behaviors, it was found that adolescent mothers expect children to be calm and fearfully of them, however when children exhibit anger and resistance adolescent mothers practices denotes physical withdrawal and emotional withdrawal from child that is being less sensitive and unresponsive to the child. It was also found that educated adolescent mothers have more demands on child behavior as compared to uneducated mothers who are less demanding on child.

On adolescent mothers' common child rearing practices, it was found that child rearing practices that are common amongst adolescent mothers were found to be influenced by being in the same stage of adolescence of human developmental stages which depicts cognitive immaturity. There are common child rearing practices that are universal globally, these include breastfeeding, play, physical care and discipline. Adolescent mothers practice child rearing on common practices revealed that adolescent mothers breastfeed their children less, moderately bath their children and adolescent mothers use traditional medicines as supplements for child's growth.

The descriptive study of adolescent mothers' child rearing practices at Western clinic in Highfield, denotes new findings on adolescent mothers' child rearing practices in Highfield. The quantitative research method used denotes a unique study that is quantitative in nature as most practices were qualitative. The study also broke new ground by describing the different child rearing practices of

the adolescent mothers that is early adolescent and adult adolescents. Little literature was available on adolescent mothers' child rearing practices the literature that was mostly available compared adolescent mother to adult mothers per say, however the research contributed immensely to filling the gap that existed in the existing literature by describing the child rearing practices of adolescent mothers.

Evolutionary theory explains child rearing practices as adaptations. Parents try to maximize their reproductive success by investing time, energy, care and resources that increase the chances of survival of their offspring, this describes how adolescent mothers who are less eager to maximize their reproductive success engage in neglectful child rearing practices. Child rearing practices of adolescent mothers in relation to response to child behaviors show lack of involvement, insensitivity to child's needs and more punishment

The research findings however are limited in that the research was done on a small scale that is, the study was done adolescent mothers who resided in Highfiled. This limits the research findings to be generalized to the whole population .In addition the quantitative research paradigm depicted results that denotes figure of responses thus the limit the findings as some responses denotes more explanations than being quantified.

#### **5.4 RECOMMENDATIONS**

This is perhaps the most important section of the whole inquiry. The simple question to be answered is now that we know all of this, what can be best done to improve adolescent mothers' child rearing practices. These recommendations are aimed to improve parenting knowledge, practices, attitudes, and skills for the adolescents and may be part of prenatal or postpartum care. There are five recommendations in terms of how to improve adolescent mothers' child rearing practices:

To increase the understanding of adolescent mothers' child rearing practices, education can be a recommendation. Adolescent mothers are on the rise hence as a primary prevention measure to counter bad child rearing practices of adolescents mothers education through media, tv programs and awareness programs in areas were adolescent parenting is dominant can be a best strategy to counter bad child rearing practices. Educating adolescent mothers on interaction practices may

improve maternal responsiveness and lead to less directive parenting and more engaging interactions, which promote child development

A policy on social support should be implemented on adolescent mothers. There should be a policy that suggests adolescent mothers to stay with a well mature person who knows how to rear children. Adolescent mothers who have more social support exhibit less anger and use less punitive methods of parenting than do adolescent mothers with fewer social support. Most responses of adolescent mother's child behavior are influenced by experience. Adolescent mothers who stay with the child's father depicts bad child rearing practices whilst those who stay with their parents or guardian who had a child respond more positively to child's needs and behaviors.

Paraprofessional home visiting program can significantly improve adolescent mothers' parenting attitudes and beliefs. The frequent home visit to adolescent mothers' homes enables paraprofessionals to change adolescent mothers' unrealistic expectations on child behaviors and promote more positive child rearing practices. That is nurses and social welfare workers should have individuals who can monitor adolescent mothers child rearing practices, the maltreatment of children of adolescent mothers can be noted as a public concern and a social problem that affects economic growth of the country. Hence the provision of social workers who monitors adolescent mothers' child rearing practices will be of great deal, to ensure a more skillful workforce in future.

Group based parenting program and nurturing parenting program for teenage parents and their families can be a significant intervention for reducing the risk for child abuse and neglect among teenage parents. Adolescent mothers can be misinformed by their families in providing the child with herbs that have effects on child's health hence, there should be a nurturance program for teen mothers who reside in Highfield together with their families. The group based parenting programs helps adolescent mothers to identify their mistakes and develop more appropriate child rearing practices through discussions, with the help of a health worker.

Nurses at clinics where adolescent mothers go for checkup should interact, counsel and give feedback on child rearing practices. Besides just showing the growth and weight rate of the child nurses should go deeper and help adolescent mothers rear their child in good way, feedback should be given on previously discussed growth and weight rate of the new born and coarse of action

should be established. The involvement of nurses in advice giving, boost self-efficacy in adolescent mothers and builds child rearing skills that improves child's development.

## **5.5 CHAPTER SUMMARY**

The main focus of this chapter is to provide a discussion of all that this inquiry has brought to light as well as the implication of those findings. To do so, the chapter has examined aspects of the literature review and aspects of the research findings to gain an appreciation of how the two are connected. In addition this section discusses the research findings at length. From there useful recommendations adolescent mothers on child rearing practices.

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## APPENDICES

### APPENDIX A: CHILD REARING QUESTIONNAIRE (CRQ)

MIDLANDS STATE UNIVERSITY

(PARENT FORM)

My name is Brian Munyengeterwa, i am a student at Midlands State University.

This research is entitled “A descriptive study of adolescent mothers’ child rearing practices”. It explorer adolescent mother’s child rearing practices. Information gathered is for educational purposes and therefore is kept confidential.

#### **SECTION A: DEMOGRAPHIC INFORMATION**

Child’s name: \_\_\_\_\_ Age of mother: \_\_\_\_\_  
Assisted Parenting (circle)      Yes      No      Level of education \_\_\_\_\_  
Parent Completing Form (circle one):      Mother      Place of residence: \_\_\_\_\_

**Instructions:** The following are a number of statements about your family. Please rate each item as to how often it TYPICALLY occurs in your home. PLEASE ANSWER ALL ITEMS.

#### **SECTION B:**

	Never	Almost Never	Sometimes	Often	Always
1. You volunteer to help with special activities that your child is involved in	1	2	3	4	5
2. You get so busy that you forget where your child is.	1	2	3	4	5
3. When did you know about child rearing.	1	2	3	4	5
4. How often do you make mistakes on child rearing.	1	2	3	4	5
5. Your child is at home without adult supervision.	1	2	3	4	5

**SECTION C:**

	<b>YES (1)</b>	<b>NO (2)</b>
6. You have a friendly talk with your child.	1	2
7. You let your child know if he or she is doing a good job with something.	1	2
8. You play games or do other fun things with your child.	1	2
9. You spank your child with hand when he/she has done something bad.	1	2
10. Do you ignore your child when misbehaving.	1	2

**SECTION D:**

	<b>Never</b>	<b>Almost Never</b>	<b>Sometimes</b>	<b>Often</b>	<b>Always</b>
11. You pretend to punish your child and then do not punish.	1	2	3	4	5
12. You reward or give something special for your child when they obey.	1	2	3	4	5
13. Your child is not punished when he does something wrong.	1	2	3	4	5
14. You explain your expectations to your child.	1	2	3	4	5
15. Do you think education improves child rearing.	1	2	3	4	5

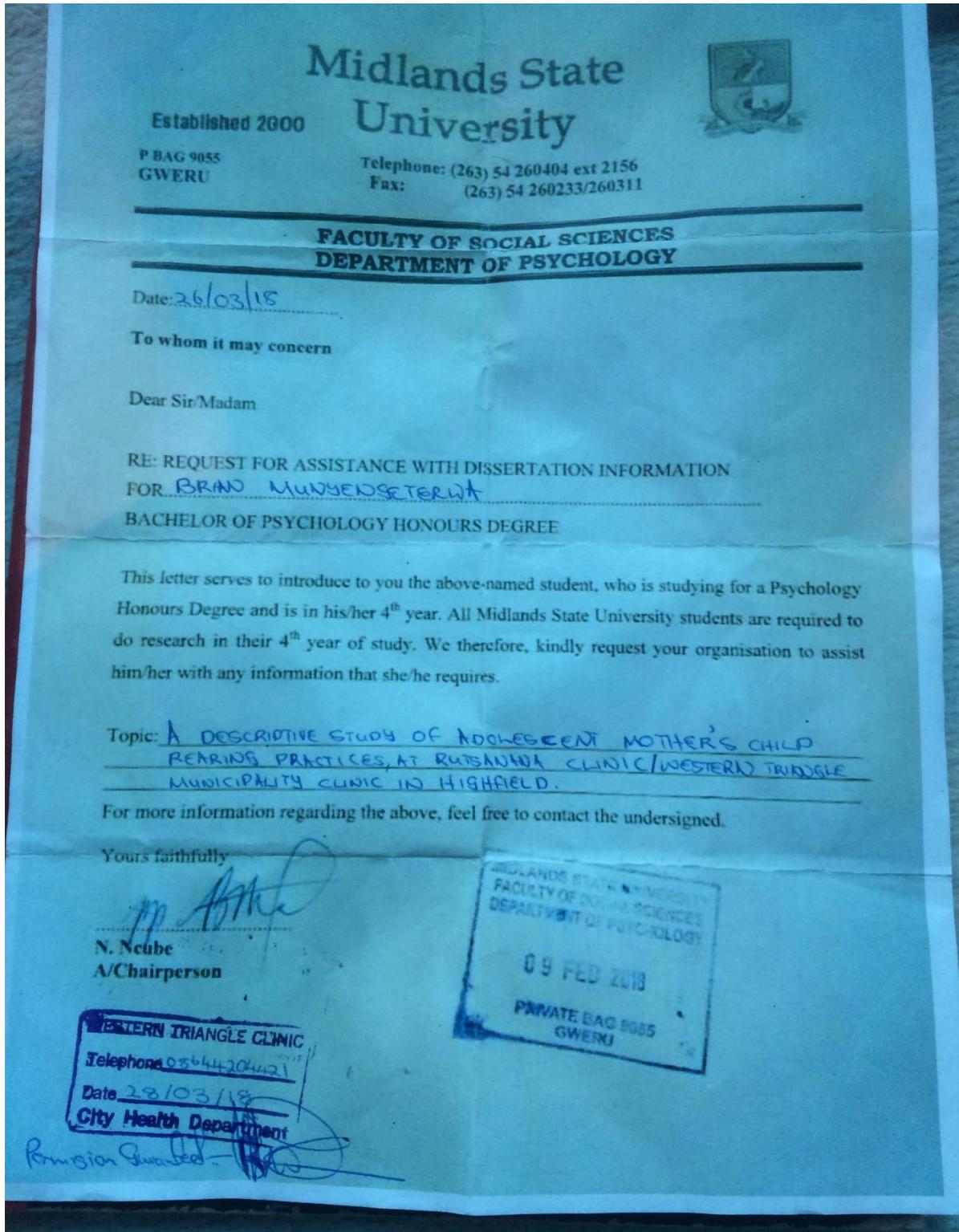
**SECTION E:**

	<b>NEVER (1)</b>	<b>SOMETIMES (2)</b>	<b>OFTEN (3)</b>
16. How often do you breastfeed	1	2	3
17. How often do you bath your child	1	2	3
18. You put blanket on child when cold	1	2	3
19. You use traditional medicine on child	1	2	3

**Scoring for Parent Form:**

- The items on the parenting practices are categorized into five subscales as follows:
  - Understanding: 1, 2, 3, 4, 5,
  - Response/expectations: 6, 7, 8, 9, 10
  - Common practices: 11, 12, 13, 14, 15,
  - Strategies to improve: 16, 17, 18, 19
- No reverse coding necessary.
- Sum all items in the scale to obtain a total scale score (you may subtract this score by the number of items in the subscale so that the score range begins at zero).

APPENDIX B: LETTER OF APPROVAL



APPENDIX C – AUDIT SHEET

APPENDIX C – AUDIT SHEET

MIDLANDS STATE UNIVERSITY

SUPERVISOR-STUDENT AUDIT SHEET

DATE	TOPIC DISCUSSED	COMMENT	STUDENT SIGNATURE	SUPERVISOR SIGNATURE
02/10/17	Proposal	Rework		
09/10/17	Proposal	Proceed		
02/11/17	Chapter 1	Rework		
08/11/17	Chapter 1	Rework		
20/02/18	Chapter 1	Proceed		
26/02/18	Chapter 2	Rework		
02/03/18	Chapter 2	Rework		
05/03/18	Chapter 2	Proceed		
11/03/18	Chapter 3	Rework		
22/03/18	Chapter 3	Rework		
24/03/18	Chapter 3	Proceed		
29/03/18	Chapter 4	Rework		
02/04/18	Chapter 4	Rework		
04/04/18	Chapter 4	Proceed		
09/04/18	Chapter 5	Rework		
11/04/18	Chapter 5	Rework		
13/04/18	Chapter 5	Proceed		
16/04/18	First draft Submitted	Rework		
21/04/18	Final draft	Proceed		
23/04/18	Full dissertation	Proceed		

STUDENT SIGNATURE.....

SIGNATURE.....

SUPERVISOR

## APPENDIX D: TURNITIN

Brian Muhyinglorwa User Info Messages Student English Help Logout

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## APPENDIX E: MARKING GUIDE

Name of student: Brian Munyengeterwa

REG No: R144418M

	ITEM	Possible Score	Actual	Comment
A	RESEARCH TOPIC AND ABSTRACT clear and concise	5		
B	PRELIMINARY PAGES: Title page, approval form, release form, dedication, acknowledgements, appendices, table of contents.	5		
C	AUDIT SHEET PROGRESSION	5		
D	CHAPTER 1 Background, statement of problem, significance of the study, research questions, objectives, hypothesis, assumptions, purpose of the study, delimitations, limitations, definition of terms	10		
E	CHAPTER 2 Addresses major issues and concepts of the study. Findings from previous work, relevancy of the literature to the study, identifies knowledge gap, subtopics	15		
F	CHAPTER 3 Appropriateness of design, target population, population sample, research tools, data collection, procedure, presentation and analysis	15		
G	CHAPTER 4 Findings presented in a logical manner, tabular data properly summarized and not repeated in the text	15		
H	CHAPTER 5 Discussion (10) Must be a presentation of generalizations shown by results: how results and interpretations agree with existing and published literature, relates theory to practical, implications, conclusions (5) Ability to use findings to draw conclusions Recommendations (5)	20		
I	Overall presentation of dissertation	5		
J	References	5		
K	TOTAL	100		

Marker..... Signature..... Date.....

Moderator ..... Signature..... Date.....