

Abstract

Original Article

The Self-Care Training is Increasing Body Image Perception Self-Esteem and Self-Care Abilities in Pregnant Adolescents: A Pretest-Posttest Quasi-Experimental Study

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Abstract

Objective: The purpose of the present study was to determine the influence of self-care training given to pregnant adolescents on self-care ability, self-esteem and body image.

Methodology: The study was carried out as a pretest-posttest quasi-experimental model with 66 pregnant adolescents aged between 12 and 19 registered to 6 Family Health Centers between August 2012 and June 2013 in regions with a low socio-economic level in the central town of Diyarbakir. In order to collect the research data, the Personal Information Form, Self-care Agency Scale, Rosenberg Self-Esteem Scale and Body Image Scale were used. The pregnant adolescents were given self-care trainings and the Self-Care Booklet. The mean scores, percentages, t-test and correlations were used for the analyses of the data. Ethical principles adhered.

Results: It was found out that the pregnant adolescents' perceptions of body image ($p<.001$), their self-esteem levels ($p<.01$) and their self-care abilities ($p<.001$) increased following the self-care training given.

Conclusions: As a suggestion to be put forward depending on the findings obtained, in institutions where pregnant adolescents are observed it is important to organize programs for the purpose of developing pregnant adolescents' self-care levels from the pre-pregnancy period till the postnatal period, to maintain the sustainability of these programs and to spread these programs especially in country sides.

Key Words: Body Image, Self-Esteem, Adolescent Pregnant, Self-Care