Abstract

Introduction: This study was carried out with the purpose of applying a theoretical model, being its key concept love and its components and its subconcepts sensibility, perception, interaction and communication in order to catch a glimpse to new scopes in healthcare practices related to the care of teenagers, the meaning of pregnancy for teenagers, their families and healthcare teams as of the concept of love in themselves and in others. Methodology: The study was carried out with a qualitative focus and a research action. Teenagers with a prior informed consent at least in the fourth month of pregnancy, aged between 14 and 19 years were screened, gathering information related to their sociodemographic aspects, risk and protection factors and measurement of the self-esteem scale. The model was applied through implementation of workshops with the attendance of teenagers and also healthcare agents of the influence area evaluating its impact through an in depth survey. Results: The findings corroborate the risk and protection factors characteristic to teenagers within this socio-economic scope and an increase in the self-esteem score scale to the initial measurement. In depth surveys disclosed five categories related to the pregnancy process experienced by teenagers: search of identity, broken family and social expectations, love and disaffection on interpersonal relationships, influence of the woman's role on the decision taking process and challenge of being loved as a recovery of self-esteem and expression of feelings. Conclusion: The development of workshops enabled the healthcare agents as well as the pregnant teenagers to strengthen through sensibilization and discussions of the subjects raised, the concepts stated by the love challenge model. This project enabled the recovery of the art of assisting/caring/teaching/researching through the search of new ways in the care and assistance of pregnant teenagers, the change in education as well as in the healthcare practice when viewing the human being in his/her universal context as a whole being.

Keywords

Pregnant teenagers; Self-esteem; Model based on love.