

Becoming a Single Teenage Mother: A Vicious Cycle

Tshikani Sibanda and Pilot Mudhovozi*

*University of Venda, Thohoyandou, South Africa, Private Bag X5050, Thohoyandou, 0950,
South Africa*

KEYWORDS Single Mother. Teenager. Teenage Pregnancy. Socio-psychological Impact. South Africa

ABSTRACT The aim of the study was to investigate the psycho-social impact of single parenthood on teenage mothers. A phenomenological study was conducted. Nine participants were purposefully selected for the study. Semi-structured interviews were conducted to collect data. Thematic content analysis was used to analyze data. The study found that single teenage motherhood is psychologically distressful, affects relationships with significant others, their education and leads to economic dependence on parents and government grant. The single teenage mothers should get support from their parents, peers, teachers and the community to help them cope with the challenges that they encounter.