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COUNSELING AND HUMAN
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ADOLSCENTS' PERCEPTIONS OF THEIR PREGNANCY: A Q-
METHODOLOGICAL STUDY (188 pp.)

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Pregnancy experiences can be understood from both a modernist point of view, allowing for experts to impart knowledge (Bowlby, 1969; Cranley, 1981; Rubin, 1984), or from a postmodernist perspective where all involved (experts and participants) work together to discuss an issue (Lamanna, 1999).

Using a postmodernist paradigm, Q-methodology was used to investigate adolescent's perceptions of their pregnancy experiences. Thirty-eight pregnant adolescents completed a Q-sort of 48 statements which described different pregnancy experiences.

Factor analysis revealed five distinct perspectives that accounted for 60% of the variance: "Affirmation from Mom and My Boyfriend and Love for My Baby (Boyfriend is Standing by Me);" "Affirmation from My Mom and Love for My Baby However the Baby's Father is Not Involved (Boyfriend is Not Standing by Me);" "Concern from My Dad, Affirmation from My Boyfriend and Love for My Baby (The Men in My Life are Supportive);" "Pregnancy is Viewed as Stressful and There is a Desire to Maintain My Friendships (Peer Support vs. Isolation);" and "My Life is Hard." Follow-up interviews were used to aid in the interpretation of the factors. The results of this study have implications for school and agency counselors as well as educators.