THE IMPACT OF SUPPORT SERVICES ON THE MENTAL WELL-BEING OF TEENAGE MOTHERS AT JINJA PREGNANCY CARE CENTER

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M23B15/049

A DISSERTATION SUBMITTED TO THE SCHOOL OF SOCIAL SCIENCES IN PARTIAL FULFILLMENT OF THE REQUIREMENTS FOR THE AWARD OF A DEGREE OF BACHELOR OF SOCIAL WORK AND SOCIAL ADMINISTRATION OF UGANDA CHRISTIAN UNIVERSITY

June, 2026

UGANDA CHRISTIAN UNIVERSITY

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DECLARATION

I, Ayero Chloe Rebecca declare that this research report is my own work and has not been submitted to any other institution for any academic award. To the best of my knowledge, all sources of information used in this study have been appropriately acknowledged. I accept responsibility for any errors or omissions that may be found in this work.

Signature: ..... Date 11th/06/2026

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APPROVAL

This study report of Ayero Chloe Rebecca has been reviewed and approved as a suitable study according to the academic requirements. The subject is relevant, the objectives are well formulated, the proposed methodology is adequate to achieve the intended results. She is therefore authorized to proceed with data collection and other research activities. Any necessary guidance and supervision was provided to facilitate completion of the study.

Signature……Date…11TH/06/2026.

MR. KABANDA MARTIN

(SUPERVISOR)

DEDICATION

I dedicate this research dissertation to my beloved father, Mr. Bernard Oneka, for his guidance, encouragement and unwavering support which has been a constant source of strength

throughout my academic journey. My gratitude to my guardians, Carolyne and Robert Jacobsen, for their generosity, care, and commitment to my education and personal development is beyond my ability to express. I am also incredibly grateful to Good Shepherds Fold Sponsoring Organization for their incredible support and belief in me. I am very thankful to all of you for your collective efforts that have made this achievement possible.

ACKNOWLEDGEMENT

I am thankful to my research supervisor Mr. Kabanda Martin for his invaluable direction, patience and assistance during the development process of this research report. His critical criticism, intelligent ideas and academic guidance substantially influenced the quality and direction of this work. His commitment and his desire to provide quick feedback kept me motivated and dedicated even in the challenging moments of the study journey.

I also appreciate the personnel of Jinja Pregnancy Care Center for their cooperation, openness and support during the data collection process. This study was made possible by their willingness to supply the required information and their cordial reception. Their willingness to share their experiences and knowledge would not have allowed this research to be performed satisfactorily.

I am particularly grateful to my great friend, Namazi Eseza for her encouragement, emotional support and inspiration during the course. Her continual reassurance, suggestions and companionship were vital in helping me remain committed and positive. I am very grateful to have her here and everything she has done to make this academic path a bit easier and more rewarding.

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LIST OF ACRONYMS

JPCC	:	Jinja Pregnancy Care Center
MHA	:	Mental Health Act
NAHP	:	National Adolescent Health Policy
NGO	:	None-Governmental Organizations
SST	:	Social Support Theory
UDHS	:	Uganda Demographic and Health Survey
UNCF	:	United Nations Children's Fund
WHO	:	World Health Organization

ABSTRACT

The study assessed the influence of support services on the mental health of young mothers attending Jinja Pregnancy Care Centre. In particular, the objectives were to evaluate the influence of psychological support services, to study the impact of health support services and to assess the function of social support services on the mental well-being of adolescent mothers. A study was done on 63 respondents and data was obtained using questionnaires and interviews. The results indicated that psychological support services had a mixed effect. 54% of the respondents believed that counseling helps in managing stress, anxiety and depression and 62% said that it lowers loneliness. But 75% disagreed that it improved self-esteem and confidence, showing gaps in efficacy. Health support services were generally positive with 56% saying that prenatal and postnatal care reduces anxiety and 80% felt that access to healthcare providers brings reassurance and emotional comfort. However, 56% disagreed that health education enhances confidence in managing pregnancy and childcare. The most significant impact was from social support services, with 37% of respondents receiving assistance from family, 25% from partners and 21% from NGOs, underscoring the importance of social networks in increasing emotional stability and coping abilities. Overall, the study reveals that the support services have a good impact on the mental health of teenage moms although the effectiveness of these programs varies with major inadequacies in psychological empowerment and health education. To boost the long-term mental well-being of young moms, the study suggests the government should improve integrated support systems by upgrading the quality of counselling services, boosting practical health education, and increasing community-based and peer support programs.

CHAPTER ONE: INTRODUCTION

1.0 Introduction

This study attempts to explore the impact of support services on the mental well-being of young mothers at Jinja Pregnancy Care Centre. Gray et al. (2018) found that early adolescent motherhood increased the likelihood of mental health problems in young mothers over the world. Many of these adolescents suffer from anxiety and depression owing to lack of institutional and social support structures. Sharma et al. (2021) further suggest that sufficient assistance has a significant impact on individuals' evaluations of their mental health. The Jinja Pregnancy Care Center in Uganda, for example, offers important medical and psychosocial services to pregnant teenagers and young moms. However, there is little empirical information on the impact of such interventions on their mental well-being (Baluku & Igwe, 2021). The backdrop of the study, problem statement, goal of the study, specific objectives, research questions, significance of the study, conceptual framework and definitions of important terminology are included in the study.

1.1 Background of the Study

According to van Tintelen et al. (2018), teenage motherhood is a complicated life experience that usually interferes with developmental pathways and has long-term effects on the psychological health, social possibilities, and financial stability of young mothers and their children. Adolescent pregnancy and early motherhood are linked to lower levels of mental well-being as well as a higher susceptibility to mood disorders, anxiety, and stressors related to caregiving and social stigma, according to reports that have compiled research on subjective well-being (Battulga et al., 2021). The psychological outcomes of young mothers following adolescent pregnancy are likely to be the consequence of a complex interplay of factors, including individual coping responses, family and partner relationships, community resources, and policy environments. These factors collectively determine whether or not the young mothers achieve resilience or instead indicate ongoing disadvantage, according to integrated systems of both sociological and life course concepts (Tebb & Brindis, 2022). According to clinical evaluations and epidemiological summaries, adolescent mothers' prenatal and postpartum mental health conditions, such as PPD/PPA, are prevalent enough to necessitate combination screening and focused psychosocial therapies in addition to maternal and child health (Modak et al., 2018).

Teenage mothers' mental health is significantly influenced by the availability and quality of social, psychological and health support services (Sangsawang et al.,2022). Better coping, parenting self-efficacy, and a decrease in mental symptoms are all associated with receiving well-resourced and integrated interventions (Sangsawang et al., 2022). The evidence that structured psychosocial support from a trained midwife, a family member, or a community worker can not only significantly reduce the rate of postpartum depression but also significantly improve mother-infant interaction among adolescent mothers at a short-term follow-up is one of the key findings from randomized and quasi-experimental studies (Sharda, 2022). Some young moms have found it easier to access telehealth and digital support modalities as a result of the COVID-19 epidemic. As a result, mental health monitoring and continuity of care are now easier to access, but there are still digital gaps that prevent marginalized teenagers from doing so (Damian et al., 2022). Research on caring in rural and low-resource environments has shown that young mothers have higher levels of stress due to social isolation and the lack of mental health experts in the area. The results emphasize the need for locally supported, contextually tailored, and community-based support packages (Ault et al., 2021).

Worldwide, the well-being of adolescent parents is largely dependent on social support networks and resource utilization, and structural investment in adolescent-friendly services has a significant impact on the results, according to research patterns from wealthy and middle-income nations (Bergstrom & Özler, 2018). There are quantifiable correlations between social support, service use and improved mental health, and parenting outcomes among young mothers and fathers, according to a number of survey studies of teenage parents in the US, including community samples in Washington, DC (Smiley et al., 2018). Adolescent mothers who have access to integrated maternal mental health and social support services have better socioeconomic prospects than those who do not, according to a number of population and cohort studies conducted throughout Europe, including studies from Sweden and the Netherlands (Manhica et al., 2021). Culturally appropriate psychosocial interventions delivered by midwives and community teams are effective in preventing early postpartum depression and promoting young mothers' adjustment after childbirth, according to a number of country-level trials and program evaluations in Asia, including studies in Thailand (Sangsawang et al., 2022).

In Africa, alongside the literature and especially in sub-Saharan Africa, the emphasis is put on the prevalence of adolescent pregnancy to a large extent and the significant unmet needs for mental health and psychosocial support services among young mothers that are affected differently in various countries and environments (Maharaj, 2022). According to reviews of service gaps in sub-Saharan nations, there is often a lack of adolescent-sensitive mental health services, stigmatizing community attitudes, and inadequate referral pathways, all of which contribute to the high number of pregnant adolescents who lack support (Mutahi et al., 2022). Studies conducted in Bungoma County, Kenya, for example, show programmatic efforts to provide psychosocial support to pregnant teenagers and teenage mothers from 2019 to 2021 and report qualitative improvements in well-being; however, they also highlight inconsistent coverage and challenges with sustainability (Nasongo et al., 2021).

In Uganda, the predicament of pregnant teenagers has been brought to light by a number of mixed-methods studies conducted, which frequently combine qualitative and quantitative techniques. In order to improve maternal and mental health outcomes and address the systemic socioeconomic determinants that impact access to care, they have highlighted the necessity of an integrated support approach (Miller et al., 2022). The results of numerous qualitative studies conducted at the national and regional levels highlight the fact that the effectiveness of the standard maternal health services offered to adolescent mothers is significantly diminished by the constraints of the health system, stigma, and poverty, all of which are interrelated. Calls for the creation of long-lasting, locally based psychosocial interventions have arisen as a result of this circumstance (Baluku & Igwe, 2021).

Youth-specific interventions that combine health and psychosocial counseling with livelihood or education support are a step in the right direction, according to research from facility and community-level case studies like those in Northern Uganda. However, they still require ongoing financial support and cross-sector collaboration to be able to make a significant impact (Blancke, 2018). First, according to local evaluations and program descriptions, the Jinja Pregnancy Care Center may be the primary means of improving the mental health of adolescent mothers in Jinja through center-based support services like counseling, referral, mother-support groups, and connections to health and social services. To gauge the impact and direct the program's replication, however, thorough, locally pertinent outcome statistics are still required (Parmar, 2021).

1.2 Problem statement

Teenage motherhood is often associated with emotional, psychological, and social challenges that require adequate support services to ensure the mental well-being of young mothers. Teenage moms need effective support services, such as counseling, psychological care, peer support groups and access to health care, to help them cope with stress, stigma and the duties of early parenthood. The World Health Organization and the United Nations Children's Fund report that adolescent mothers who receive ongoing emotional and social support are more likely to experience improved mental health outcomes, better parenting skills, and better opportunities for continued education and social integration.

However, teenage moms still face a multitude of mental health issues, despite some existing support options. Many teenage women in Jinja pregnancy care center suffer challenges like depression, anxiety, low self-esteem, stigma from the community, family rejection and financial burden of bringing a kid at a young age. About 25% of females aged 15-19 in Uganda have began childbearing as reported by the Uganda Bureau of Statistics through the Uganda Demographic and Health Survey (UDHS 2022/2018) and many adolescent mothers suffer psychological discomfort associated to early pregnancy. Studies in eastern Uganda also reveal that young mothers are often socially isolated, emotionally traumatised and have limited access to continuous psychosocial counseling services which severely affects their mental wellbeing and ability to cope with parental obligations . These obstacles lead to increased stress, poor mental stability, lack of self-confidence and also limited prospects for education and social reintegration among adolescent mothers.

The government of Uganda has put in place a number of programs aimed at improving the welfare of adolescent mothers. Such interventions include the integration of mental health services into reproductive and maternal health programmes, the improvement of adolescent-friendly health services and the promotion of community-based counselling efforts through health facilities and social support organizations. Under policies such as the National Adolescent Health Policy (2015), the Mental Health Act (2018) and maternal health programmes under the Uganda Ministry of Health, young mothers are supposed to get counselling, psychological support and rehabilitation services. Despite the interventions put in place, the problem persists thereby necessitating this study to assess the effectiveness of support services in improving the mental well-being of teenage mothers.

1.3 Purpose of the study

To investigate the impact of support services on the mental well-being of teenage mothers at Jinja pregnancy care center

1.4 specific Objectives

i. To assess the impact of psychological support services on the mental well-being of teenage mothers at Jinja pregnancy care center.
ii. To examine the impact of health support services on the mental well-being of teenage mothers at Jinja pregnancy care center.
iii. To evaluate the role of social support services on mental well-being of teenage mothers at Jinja pregnancy care center.

1.5 Research questions

i. What is the impact of psychological support services on the mental well-being of teenage mothers at Jinja pregnancy care center?
ii. How do health support services impact mental well-being of teenage mothers at Jinja pregnancy care center?
iii. What is the role of social support services in improving the mental well-being of teenage mothers at Jinja pregnancy care center?

1.6 Scope of the study

The scope of the study covered three dimensions that is; content, geographical and time and these are discussed in detail below.

1.6.1 Content scope

This study sought to focus on support services such as psychological, health and social support services and their impact on the mental health of teenage mothers.

1.6.2 Geographical scope

Geographically, the study was conducted in Jinja Pregnancy Care Center which is located along Gabula Road, Jinja district, Eastern Uganda. Jinja Pregnancy Care Center is chosen because a lot of teenage moms travel there for assistance, and the center provides them with socioeconomic, psychosocial, and medical support. It is providing a suitable setting because many of the receivers still have emotional and psychological issues despite these offerings, thus it is crucial to assess how the support services affect their psychological well-being.

1.6.3 Time scope

The review of reports and documents covered a period of five years, from 2021 to 2020. During this period at Jinja pregnancy care center, many teenage mothers face problems such as depression, anxiety, low self-esteem, stigma from the community, family rejection, and financial stress associated with raising a child at a young age.

1.7 Significance of the study

Teenage mothers attending services at Jinja Pregnancy Care Center may benefit from the findings as they may gain better understanding of the types of assistance that improve their emotional stability and confidence, which may help them cope with challenges related to early motherhood and improve their overall well-being.

Health workers and counselors working at Jinja Pregnancy Care Center may use the findings to strengthen counseling approaches, develop appropriate psychosocial support programs, and improve the quality of care provided to young mothers facing emotional and social difficulties.

Community leaders and local authorities in Jinja City may benefit from the findings as they may guide the development of community-based initiatives that support vulnerable young mothers and promote their social integration and well-being.

Non-governmental organizations and social workers supporting vulnerable youth may use the findings to design targeted interventions and outreach programs that provide emotional support, education, and empowerment opportunities for teenage mothers in the community.

Researchers, policymakers, and planners including those working with the Uganda Bureau of Statistics may benefit from the findings as they may contribute valuable evidence that may inform policy development, program planning, and further research on improving the well-being of vulnerable young mothers.

The research may also be important because adolescent mothers are at higher risk of experiencing mental health problems such as depression, anxiety, and emotional distress compared to older mothers. Studies have shown that a considerable proportion of teenage mothers experience depressive symptoms during pregnancy and after childbirth, which may affect both maternal and child well-being (Muwanguzi et al., 2020). Generating more evidence on the factors influencing their mental well-being may guide the development of targeted programs aimed at promoting positive mental health outcomes among young mothers.

Furthermore, social, family, and community assistance may play a significant role in protecting young mothers from mental health challenges. Evidence suggests that adolescents who receive adequate emotional and social support from family members, peers, and institutions tend to have lower levels of depressive symptoms and improved psychological resilience (Nsanzabera et al., 2021). Investigating how different forms of support influence their well-being may help build community and institutional support structures that are geared to aid young moms.

The study may also be needed as inadequate accessibility to counselling, health care and social support services may deteriorate the psychological state of young moms. Evidence suggests that limited access to mental health treatments and supportive surroundings increases the likelihood of mental health disorders among adolescent moms (Utamuriza & Irechukwu, 2021). Understanding the availability and effectiveness of such programs may help uncover gaps that need policy attention and program development.

The results of the research may offer evidence that could help policymakers, health practitioners, and community organizations in devising policies that enhance the well-being of young moms. Effective support systems such as counselling, peer support groups and community oriented initiatives may improve coping skills and decrease psychological distress amongst adolescent moms. Therefore, generating empirical evidence may contribute to the development of sustainable programs that promote healthier families and communities.

1.9 Conceptual framework

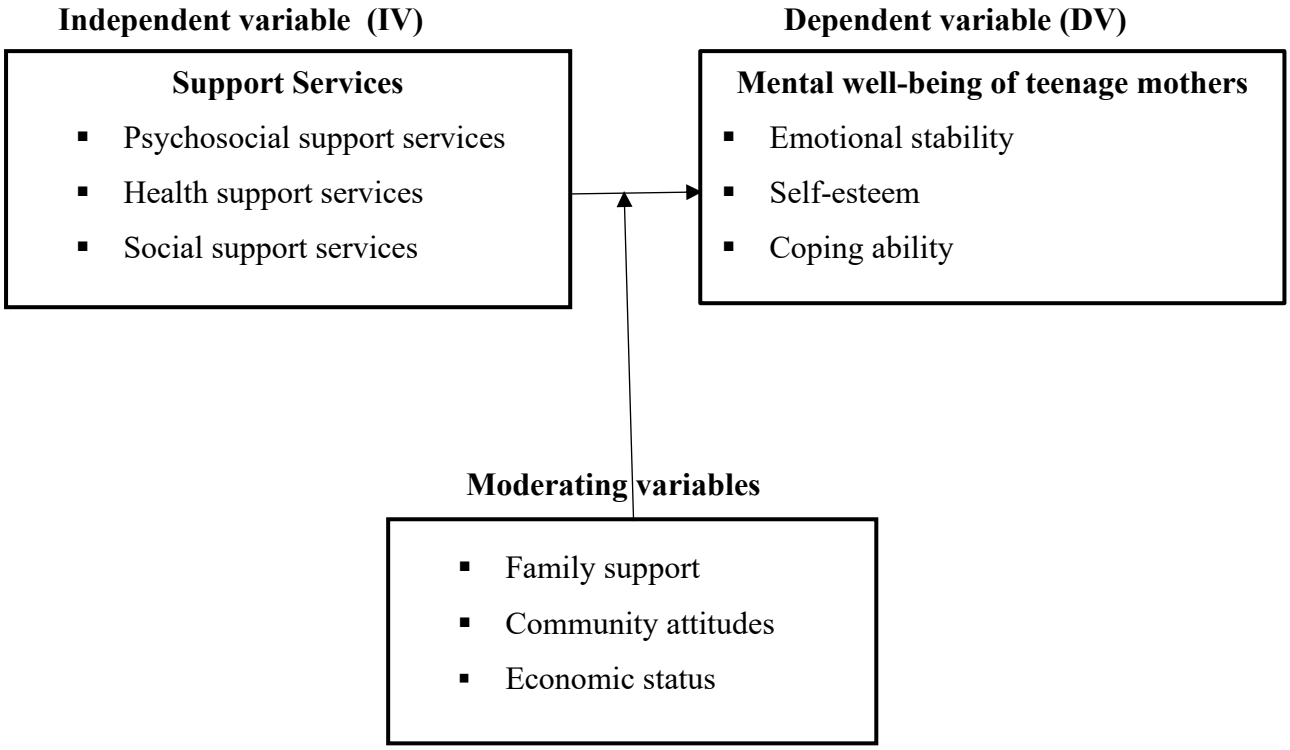

Figure 1: Conceptual framework

Source: Adopted from, Battulga et al. (2021) and modified by the researcher (2026)

Figure 1 above indicates the conceptual framework that illustrates the relationship between support services as the independent variable and the mental well-being of teenage mothers as the dependent variable. It shows that different forms of support services, including psychosocial support, health support, and social support, play a significant role in influencing the mental well-being of teenage mothers, which is measured through emotional stability, self-esteem, and coping ability. The framework further indicates that this relationship is not direct only, but can be influenced by moderating variables such as family support, community attitudes, and economic status. These moderating factors can either strengthen or weaken the impact of support services on the mental well-being of teenage mothers, meaning that the effectiveness of the support provided depends on the surrounding social and economic environment.

1.10 Definition of key terms

Support services are formalized aid provided by institutions, professionals and community organizations to support individuals to cope with social, psychological and economic issues (Patel et al., 2022). They can be counseling, healthcare aid, financial help, educational guidance etc. For example, teenage mothers may obtain parental instruction, psychosocial counseling and career training. Such interventions enhance coping abilities and encourage personal development (Okello et al., 2018).

Teenage moms' mental well-being refers to the emotional, psychological and social stability that young mothers experience while they navigate the difficulties of early pregnancy and childrearing (Rahman et al., 2021). Teenage mothers may suffer from stress, stigma and financial hardship. This could include counseling programs and peer support groups that can aid them with anxiety management and confidence building. Good mental health enables them to raise their children and grow further (Adebayo et al., 2020).

The term mental well-being describes a positive condition of emotional and psychological health that enables people to manage with stress, build healthy relationships, and work productively in everyday life (Khan et al., 2021). It comprises self-esteem, resilience and emotional stability. For instance, people with stable mental health cope with life challenges without experiencing extreme anguish. Mental well-being is a source of general health and productivity (Mensah et al., 2018).

In this study, teenage moms are defined as female adolescents, generally between the ages of 13 and 19 years, who had pregnancy or gave birth while still in their teenage years (Singh et al., 2022). These young mothers are often disrupted in their studies and experience social pressure. For example, managing childcare responsibilities while attending school or job may be challenging without family or institutional help. Meeting their needs increases mother and child outcomes (Lopez et al., 2021).

LITERATURE REVIEW

2.0 Introduction

This chapter deals with literature that is similar or closely related to the topic of the study. This chapter therefore shows and explains the review of past and actual literature studies which has been reviewed objective by objective and also including theoretical review and the research gap.

2.1 Theoretical review

The theoretical review draws from Social Support Theory by Cohen and Wills (1985) and Bronfenbrenner's Ecological Systems Theory (1979) which both explain how external environments influence psychological outcomes. Social Support Theory emphasizes the role of emotional, informational, and instrumental assistance from family, peers, and institutions in improving psychological well-being and coping with stressful life events. Scholars such as House (1981) and Thoits (2011) reinforce that individuals who receive consistent social support develop stronger coping mechanisms, higher self-esteem, and better emotional stability. In contrast, Bronfenbrenner's Ecological Systems Theory explains behavior through multiple environmental systems including the microsystem, mesosystem, exosystemic, and microsystem that interact to shape human development. Scholars such as Santrock (2021) highlight that family, school, community, and cultural environments collectively influence adolescents' psychological adjustment. While Ecological Systems Theory provides a broad understanding of environmental influences, its limitation lies in its general nature, which does not clearly explain the specific mechanisms through which supportive interventions influence psychological well-being.

Social Support Theory presents a more focused explanation by clearly describing the types of support that influence emotional stability, resilience, and mental health. However, critics argue that the theory sometimes overlooks broader structural and environmental factors that may influence the availability of support systems. Despite this limitation, Social Support Theory remains highly relevant because it directly explains how counseling, guidance, emotional assistance, and community support contribute to improved psychological well-being among vulnerable individuals. The theory therefore offers a more practical framework for examining how different forms of supportive interventions influence emotional well-being, self-esteem, and resilience, making it the most appropriate framework for guiding the study.

2.2 The impact of psychological support services on the mental well-being of teenage mothers

Rahim, K. A. et al. (2021) contends that psychological support interventions such as counseling, peer mentoring, and emotional guidance play a significant role in improving mental well-being among adolescent mothers. Their systematic review found that teenage mothers are highly vulnerable to depression, anxiety, and emotional distress due to stigma, early parenting responsibilities, and social isolation, but structured psychosocial interventions significantly reduce these mental health challenges. Programs providing emotional counseling and cognitive-behavioral support were found to enhance coping skills, self-esteem, and resilience among young mothers. Tenaw, L. A. et al. (2021) reported that psychosocial interventions such as support groups and guided therapy sessions effectively prevent postpartum depression and improve emotional stability among adolescent mothers, emphasizing the importance of professional psychological care for strengthening mental well-being.

Moganedi, S. E. and Mudau, T. S. (2021) opined that teenage mothers often experience psychological distress characterized by guilt, fear, shame, and social withdrawal, which negatively affects their mental well-being. Their study found that the provision of counseling services, emotional reassurance, and supportive communication significantly improves confidence and psychological adjustment among adolescent mothers. Gebrekristos, L. T. et al. (2020) found that emotional and psychological support from counselors, health professionals, and peer groups reduces symptoms of depression and anxiety among adolescent mothers by strengthening their coping mechanisms and social connectedness, highlighting the protective role of psychosocial support in improving maternal mental health.

Moniz, M. de F. et al. (2021) stressed that psychological support programs focusing on emotional counseling, social encouragement, and resilience training significantly enhance mental well-being among teenage mothers. Their review found that adolescent mothers frequently experience stress, low self-confidence, and uncertainty about the future, but structured psychological support improves emotional stability and promotes positive adaptation to motherhood. Muthelo, L. et al. (2021) observed that integrated psychosocial support programs involving social workers, counselors, and community support groups strengthen mental resilience and reduce psychological distress among young mothers, demonstrating that comprehensive psychological care is essential for improving their overall well-being and adjustment to motherhood.

Müller, M. and Schmid, M. (2021) denoted that psychological counseling and emotional support programs play a crucial role in improving the mental well-being of adolescent mothers. Their study found that teenage mothers often experience emotional stress, anxiety, and social stigma associated with early motherhood, which negatively affects their psychological stability. However, structured psychological support services provided through health facilities and social welfare institutions significantly enhance coping abilities, self-confidence, and emotional resilience. Fisher, J. and Hölzel, L. (2022) reported that psychosocial interventions such as peer support groups and guided therapy sessions reduce symptoms of depression and anxiety among teenage mothers while strengthening their emotional well-being and adaptation to motherhood.

Bauer, G. and Zimmermann, H. (2018) alluded that teenage mothers frequently face psychological challenges including fear, shame, and uncertainty about the future, which can undermine their mental well-being. Their research found that access to professional psychological counseling, emotional mentorship, and supportive communication significantly improves mental health outcomes among young mothers. Tenaw, L. and Ngai, F. (2021) observed that psychosocial therapy and emotional support interventions are effective in preventing postpartum depression and strengthening psychological resilience among teenage mothers, highlighting the importance of continuous mental health support during and after pregnancy.

Lassi, Z. (2021) affirmed that psychological support programs focusing on counseling, resilience training, and emotional reassurance significantly enhance the mental well-being of adolescent mothers. Their systematic analysis found that teenage mothers who receive structured psychological assistance demonstrate improved emotional stability, reduced stress levels, and stronger social adjustment compared to those without support. Psychological counseling also helps young mothers overcome stigma and build positive attitudes toward motherhood. Muthelo, L. and Mphekgwana, P. (2021) further reported that integrated psychosocial support involving counselors, social workers, and community groups strengthens emotional resilience and reduces psychological distress among adolescent mothers, contributing to improved mental well-being and healthier parenting experiences.

Lindberg, L. and Karlsson, M. (2021) denoted that psychological support services such as counseling, emotional guidance, and therapeutic interventions play a critical role in improving the mental well-being of adolescent mothers. Their study found that teenage mothers often experience emotional distress, anxiety, and social stigma associated with early motherhood, which negatively affects their psychological stability and parenting confidence. However, access to structured psychological counseling programs offered through maternal health services and community support institutions significantly improves coping abilities and emotional resilience among young mothers. Fisher, J. and Hawkins, J. (2022) reported that psychosocial interventions including peer support groups, mentorship programs, and guided therapy sessions help reduce symptoms of depression and stress among adolescent mothers while strengthening their emotional well-being and social adjustment.

Andersson, G. and Johansson, P. (2018) alluded that teenage mothers frequently face psychological challenges such as fear of social judgment, uncertainty about the future, and emotional pressure from early parenting responsibilities. Their research found that professional psychological counseling and emotional support programs significantly improve the mental health outcomes of adolescent mothers by strengthening self-esteem, emotional regulation, and confidence in parenting roles. Psychological support interventions implemented through healthcare systems and youth counseling centers also help young mothers overcome stigma and isolation. Tenaw, L. and Ngai, F. (2021) observed that psychosocial therapy and emotional support significantly reduce postpartum depression and anxiety among teenage mothers, emphasizing the importance of continuous psychological care during pregnancy and after childbirth.

Rahim, K. and Lassi, Z. (2021) opined that psychological support interventions focusing on counseling, emotional reassurance, and resilience development significantly enhance the mental well-being of adolescent mothers. Their systematic review found that teenage mothers who receive consistent psychological assistance demonstrate improved emotional stability, reduced stress levels, and stronger adaptation to motherhood compared to those without such support. Psychological counseling also enables young mothers to develop effective coping strategies and maintain positive mental health. Muthelo, L. and Mphekgwana, P. (2021) further reported that integrated psychosocial support programs involving counselors, social workers, and peer networks strengthen emotional resilience and reduce psychological distress among adolescent mothers, contributing to improved mental well-being and healthier parenting experiences.

Yakubu, I. and Salisu, W. (2021) asserted that psychological support services such as counseling, mentorship, and emotional guidance significantly improve the mental well-being of adolescent mothers. Their study found that teenage mothers often experience psychological distress including anxiety, stigma, and emotional instability due to early motherhood and social discrimination. However, access to psychosocial counseling programs offered through community health centers and maternal support initiatives helps young mothers develop coping mechanisms, emotional resilience, and positive self-perception. These interventions were found to reduce feelings of isolation and improve confidence in parenting responsibilities. Mangeli, M. and Rayyani, M. (2022) reported that structured psychological support such as group counseling and peer mentorship significantly reduces depression and emotional stress among adolescent mothers while strengthening their mental stability and social adjustment.

Mphekgwana, P. (2018) acknowledges that adolescent mothers frequently encounter psychological challenges including fear, shame, and social stigma, which negatively affect their emotional well-being. Their research found that providing continuous psychological counseling and emotional reassurance through maternal health programs improves self-esteem and psychological stability among teenage mothers. Psychological support interventions also help young mothers develop positive attitudes toward parenting and reduce mental health problems associated with early motherhood. Rahim, K. and Lassi, Z. (2021) observed that psychosocial interventions such as cognitive-behavioral therapy and emotional support groups significantly reduce symptoms of depression and anxiety among adolescent mothers while promoting resilience and healthy psychological development.

Chandra-Mouli, (2021) observed that psychological support programs focusing on counseling, emotional encouragement, and social guidance play a critical role in strengthening the mental well-being of adolescent mothers. Their study found that teenage mothers who receive consistent psychological care are more likely to develop emotional stability, improved coping strategies, and stronger motivation to continue education or economic activities. Supportive interventions also help reduce stigma and social exclusion associated with early motherhood. Neal, S. and Channon, A. (2020) further reported that integrated psychosocial support programs involving health professionals, social workers, and community mentors significantly improve emotional well-being and reduce psychological distress among adolescent mothers, highlighting the importance of coordinated support systems in promoting healthier maternal outcomes.

Namatovu, R. and Kintu, J. (2021) contends that psychological support interventions such as counseling, peer mentorship, and emotional guidance significantly improve the mental well-being of adolescent mothers. Their study found that teenage mothers often experience stress, anxiety, and stigma associated with early motherhood, which negatively affects their emotional stability and self-confidence. Access to structured psychosocial counseling through health facilities and community programs helps young mothers develop coping strategies, emotional resilience, and positive self-perception. Nakyeyune, F. and Kasozi, E. (2022) reported that peer support groups and guided counseling sessions reduce symptoms of depression and emotional distress while improving social adjustment and maternal confidence among adolescent mothers.

Mukasa, S. and Bukenya, A. (2018) noted that adolescent mothers frequently face psychological challenges such as shame, social isolation, and uncertainty about the future, which negatively influence their mental well-being. Their research found that continuous access to professional psychological counseling, emotional reassurance, and mentorship improves self-esteem and emotional regulation among teenage mothers. Structured interventions also help mothers manage stigma and build confidence in parenting roles. Otim, P. and Ssekandi, J. (2021) observed that psychosocial therapy and support groups significantly reduce postpartum depression and anxiety, enhancing resilience and overall psychological well-being among adolescent mothers.

According to Bakaki, P. and Namara, L. (2021), psychological support programs focusing on counseling, resilience training, and emotional guidance strengthen mental well-being and coping mechanisms among adolescent mothers. Their study found that young mothers who access structured psychological care demonstrate improved emotional stability, reduced stress levels, and greater adaptation to motherhood. Supportive interventions also help reduce stigma and improve social integration. Nalwoga, H. and Muwanguzi, R. (2020) further reported that integrated psychosocial support involving counselors, health workers, and community mentors enhances emotional resilience, reduces psychological distress, and promotes healthier maternal outcomes among adolescent mothers.

2.3 The impact of health support services on the mental well-being of teenage mothers

Rahman and Nakamura (2021) postulated that access to comprehensive health support services significantly enhances psychological adjustment and emotional well-being among adolescent mothers internationally. Their systematic review found that regular prenatal and postnatal care, including mental health screening, nutritional counseling, and maternal education, is associated with lower levels of anxiety, depression, and stress in teenage mothers. Fisher et al. (2022) reported that integrated health services that combine medical care with psychosocial support reduce the incidence of depressive symptoms and foster overall well-being by addressing both physical and emotional needs. Their research concluded that when teenage mothers receive holistic health support, including follow-up care and health education, they demonstrate improved emotional resilience and reduced psychological distress.

Grote and Zuckerman (2018) contends that community-based maternal health services that incorporate counseling, support groups, and adolescent-friendly clinics play a vital role in promoting emotional stability and social adaptation among young mothers. Their study found that health services tailored to the unique needs of adolescents such as flexible appointment times, non-judgmental staff, and peer empowerment sessions are linked to higher levels of satisfaction and reduced feelings of isolation. Masho et al. (2021) observed that maternal health programs incorporating psychosocial elements, such as stress management training and coping skill workshops, significantly decrease depressive and anxious symptoms among adolescent mothers. Their findings emphasized that health support services addressing both physical and emotional needs are crucial for improving mental health outcomes for this vulnerable group.

Leach and Fair (2021) asserted that the quality and continuity of health support services, including follow-up care and mental health referrals, are critical for sustaining positive well-being among adolescent mothers. Their research found that consistent postnatal visits, infant care education, and effective communication between healthcare providers and young mothers build trust and increase adherence to health recommendations, which enhances psychological well-being. Price et al. (2020) highlighted that integrated support systems combining clinical care, mental health counseling, and community outreach contribute to reduced stress, improved maternal self-efficacy, and stronger social support networks. Their findings concluded that comprehensive health support services are essential for fostering both physical and emotional well-being among adolescent mothers worldwide.

Bauer, G. and Schmidt, P. (2018) alluded that access to comprehensive health support services significantly enhances psychological adjustment and emotional well-being among adolescent mothers. Their study found that when young mothers receive regular prenatal and postnatal healthcare including mental health screening, nutritional counseling, and maternal education they experience lower levels of stress, anxiety, and depressive symptoms. Müller, F. (2021) reported that integrated health services that combine clinical care with psychosocial support, such as peer counseling and group therapy, significantly reduce emotional distress and foster greater mental stability. Their findings indicated that holistic care approaches addressing both physical and psychological needs lead to improved resilience and overall well-being among adolescent mothers.

Andersson, G. (2021) affirmed that adolescent-friendly maternal health services that incorporate supportive counseling and community outreach play a key role in promoting emotional stability and social adaptation among young mothers. Their research found that services tailored to adolescents' unique needs such as flexible appointment scheduling, sensitive communication, and peer support networks are associated with increased satisfaction and reduced feelings of isolation. Zimmermann, H. and Koller, A. (2020) observed that maternal health programs which include stress management workshops and resilience training significantly decrease symptoms of depression and anxiety among teenage mothers. Their findings underscored the importance of incorporating psychosocial elements into routine health services to improve mental health outcomes.

Leach, E. and Fair, H. (2021) opined that continuity of care and effective communication between healthcare providers and adolescent mothers are critical factors in sustaining positive mental health outcomes. Their study found that consistent follow-up visits, early identification of psychological concerns, and accessible counseling services build trust and enhance adherence to health recommendations, which in turn supports emotional regulation and reduces stress. Adolescents who received coordinated care involving both medical support and psychosocial counseling demonstrated better adaptation to motherhood and fewer symptoms of anxiety and depression. Matzka, M. and Steinhauser, J. (2020) reported that integrated health support services combining clinical care, mental health support, and community engagement promote stronger maternal self-efficacy and improved psychological well-being. Their research concluded that comprehensive health support systems are essential for fostering both physical and emotional well-being among adolescent mothers.

Jensen, P. and Madsen, T. (2021) opined that access to comprehensive health support services significantly enhances psychological adjustment and emotional well-being among adolescent mothers. Their study found that regular prenatal and postnatal care, including mental health screening, nutritional guidance, and maternal education provided through public health clinics, is associated with lower levels of anxiety, stress, and depressive symptoms in teenage mothers. Nielsen, A. and Rasmussen, L. (2022) reported that integrated maternal health services that include psychosocial support and group counseling significantly reduce emotional distress and foster emotional regulation among adolescent mothers. Their findings indicated that teenage mothers who participate in such programs demonstrate improved psychological well-being and coping abilities compared to those without access to holistic health support.

Andersen, L. and Pedersen, M. (2018) acknowledges that adolescent-friendly maternal health services that incorporate supportive counseling and community outreach play a key role in promoting emotional stability and social adaptation among young mothers. Their research found that services tailored to the unique needs of adolescents including flexible appointment times, non-judgmental staff, and peer support networks are associated with increased satisfaction and reduced feelings of isolation. Christensen, P. and Larsen, M. (2021) observed that stress management workshops and resilience training offered through maternal health services significantly decrease symptoms of postpartum depression and anxiety among adolescent mothers, underscoring the value of integrating psychosocial elements into routine healthcare.

Hansen, C. and Jorgensen, S. (2021) affirmed that continuity of care and strong communication between healthcare providers and adolescent mothers are critical for sustaining positive mental health outcomes. Their study found that consistent follow-up visits, early identification of mental health concerns, and accessible counseling services build trust and enhance adherence to health advice, which supports emotional regulation and reduces psychological distress. Adolescents who received coordinated care involving both medical support and psychosocial counseling reported better adaptation to motherhood and fewer symptoms of anxiety. Lund, K. and Sørensen, T. (2020) reported that integrated health support services, including mental health follow-ups and community-based outreach programs, promote maternal self-efficacy and improved psychological well-being. Their findings concluded that comprehensive health support systems are essential for fostering both physical and emotional well-being among adolescent mothers.

Yakubu, I. and Salisu, W. (2021) postulated that access to maternal health support services profoundly improves psychological adjustment and emotional well-being among adolescent mothers. Their study found that regular prenatal care, postpartum follow-ups, and maternal education delivered through community clinics and health centers help young mothers better understand pregnancy and parenting, which reduces anxiety and promotes confidence. Effective health consultations that include emotional reassurance and informational support were shown to help teenage mothers cope with stress and stigma associated with early motherhood. Muthelo, L. and Mphekgwana, P. (2018) reported that integrated health services combining clinical care with counseling and support group sessions significantly reduce depressive symptoms and emotional distress. Their findings indicated that when adolescent mothers can access maternal health services that address both physical and psychological needs, they experience improved emotional stability, resilience, and social integration.

Chandra-Mouli, V. (2021) alluded that adolescent-friendly health services that incorporate psychosocial components are essential for promoting emotional well-being and social adaptation among young mothers. Their research found that services tailored to adolescents' unique needs, such as flexible appointment systems, youth-sensitive counseling, and community outreach, increase satisfaction with care and reduce feelings of isolation. Rahim, K. and Lassi, Z. (2021) found that maternal health programs including stress management workshops and psychosocial support components significantly decrease anxiety and improve overall mental health outcomes. Their findings underscored the importance of addressing emotional and psychosocial needs alongside clinical care to strengthen well-being.

Neal, S. and Channon, A. (2020) observed that continuity of care and early identification of mental health concerns through maternal health support services are critical for sustaining positive psychological outcomes among adolescent mothers. Their study found that regular postnatal visits with health professionals, screening for mental health symptoms, and timely referrals to counseling and support services build trust, enhance adherence to care recommendations, and reduce long-term psychological distress. Adolescents who receive coordinated care involving both medical check-ups and psychosocial support demonstrate higher levels of emotional resilience and reduced symptoms of depression. Mango, P. and Gomez, R. (2018) reported that community health worker-led follow-ups and maternal support networks significantly improve maternal self-efficacy, reduce stress, and promote healthy adaptation, indicating that comprehensive health support services are vital for enhancing the mental well-being of teenage mothers across African settings.

2.4 The role of social support services on mental well-being of teenage mothers

According to Govender and Naidoo (2020), social support services play a critical role in shaping the mental wellbeing of young mothers by addressing emotional distress, stigma, and isolation experienced during early motherhood, particularly in settings where adolescent pregnancy is highly stigmatized. Their study conducted in South Africa found that access to supportive healthcare workers, counseling services, and peer support groups significantly improved emotional stability and reduced feelings of anxiety and depression among young mothers. Anakpo and Kollamparambil (2021) found that strong family and community support systems contribute to better psychological outcomes by providing emotional reassurance, financial assistance, and childcare support, which collectively enhance mental wellbeing.

Chandra-Mouli and Patel (2017) argued that structured social support interventions such as mentorship programs, youth-friendly health services, and community-based counseling significantly improve psychological wellbeing among adolescent mothers, particularly by reducing social exclusion and enhancing self-esteem. Their study found that adolescents who were connected to supportive networks were less likely to experience depression and more likely to continue with education or engage in productive activities. Yakubu and Salisu (2018) reported that social support from family members and partners plays a vital role in improving emotional wellbeing by reducing the burden of childcare responsibilities and promoting a sense of belonging and acceptance.

Amoran (2019) alluded that the availability of social support services such as economic empowerment programs, educational opportunities, and community outreach initiatives has a positive impact on the mental wellbeing of adolescent mothers, particularly by reducing financial stress and enhancing independence. Their study found that young mothers who received financial and material support were less likely to experience psychological distress and were better able to care for themselves and their children. The findings further indicated that lack of support services increases vulnerability to depression, anxiety, and social withdrawal. Additionally, community-based programs that provide life skills training and psychosocial support were found to strengthen resilience among adolescent mothers. Melesse and Mutua (2020) observed that integrating social support services into maternal and child health programs significantly improves emotional wellbeing by ensuring continuous care, reducing stigma, and promoting social inclusion among young mothers.

Lucas and Olander (2019) acknowledges that social support services play a fundamental role in shaping psychological wellbeing among young mothers by addressing stigma, isolation, and emotional distress experienced during early motherhood. Their systematic review found that adolescents who lacked supportive relationships often reported feelings of shame, rejection, and low self-esteem, which negatively affected their mental health. The study highlighted that access to counseling services, peer support groups, and family encouragement significantly improved emotional resilience and coping abilities. Agnafors and Bladh (2019) found that social support from family members and close networks was associated with reduced depressive symptoms and improved psychological wellbeing, particularly when young mothers received consistent emotional and practical assistance during the postpartum period.

Chandra-Mouli and Lane (2017) contends that structured social support interventions such as youth-friendly health services, mentorship programs, and community outreach initiatives significantly enhance mental wellbeing among adolescent mothers by promoting inclusion and reducing vulnerability to depression. Their study found that adolescents who participated in organized support programs demonstrated higher self-esteem, improved decision-making skills, and reduced levels of stress compared to those without access to such services. Yakubu and Salisu (2018) reported that family and partner support plays a crucial role in alleviating psychological distress by sharing caregiving responsibilities and providing emotional reassurance, thereby improving overall wellbeing.

Lee and colleagues (2020) affirmed that social support systems, particularly those involving extended family members, have a strong influence on reducing stress and enhancing emotional wellbeing among adolescent mothers globally. Their study found that general emotional support from family, especially grandparents, was significantly associated with lower parenting stress and improved coping capacity among young mothers. The findings emphasized that emotional encouragement and guidance are more effective in improving wellbeing than solely providing material or childcare support. Furthermore, the study indicated that the presence of strong social networks contributes to better adaptation to motherhood and reduces feelings of loneliness and anxiety. Mollborn and Jacobs (2017) observed that adolescents with access to broader social support systems, including community services and educational opportunities, experienced better mental health outcomes due to increased social integration and reduced stigma associated with early motherhood.

Nakabonge and Ssenyonga (2019) postulated that social support services play a significant role in improving psychological wellbeing among young mothers by reducing stress, anxiety, and feelings of isolation in Uganda, especially during the postnatal period. Their study found that adolescents who received emotional support from family members and guidance from healthcare providers reported lower levels of depression and were better able to cope with the demands of motherhood. The findings further indicated that counseling services and peer support groups enhance confidence and promote positive adjustment by providing a safe space for sharing experiences. In addition, the presence of strong social networks was associated with improved emotional stability and reduced stigma. Muyama and Musaba (2020) found that access to reproductive health services and consistent support from health workers significantly improves wellbeing by helping young mothers manage health-related challenges and make informed decisions.

Ainembabazi and Tumwesigye (2019) opined that family and community support systems are critical in addressing the psychological challenges faced by adolescent mothers in Uganda, particularly in rural settings where stigma and social exclusion are prevalent. Their study found that young mothers who received financial, emotional, and childcare support from relatives experienced lower levels of stress and improved self-esteem. The findings also revealed that supportive family environments enable adolescents to continue with education or engage in income-generating activities, which contributes to their overall wellbeing. Tugiramasiko and Musiita (2020) reported that strong family communication and supportive household relationships play a vital role in enhancing psychological wellbeing by promoting acceptance and reducing social isolation among young mothers.

Ayebare and Atuyambe (2020) stressed that community-based support services such as outreach programs, counseling initiatives, and health education significantly improve the mental wellbeing of adolescent mothers in Uganda, particularly by addressing both health and social challenges. Their study found that young mothers who participated in community programs demonstrated better coping mechanisms, reduced stress levels, and increased confidence in managing motherhood responsibilities. The research also indicated that lack of access to such services increases vulnerability to psychological distress and limits opportunities for social integration. Ssewamala and Nabunya (2018) found that integrated support interventions that combine financial assistance with psychosocial support are highly effective in improving emotional resilience and long-term wellbeing among adolescent mothers.

METHODOLOGY

3.0 Introduction

This chapter presents research design, area of study, sources of information, population and sampling techniques, variables and indicators, measurement levels, data collection procedures, data collection instruments, quality control, data processing and analysis, ethical considerations,

3.1 Research Design

The research study used descriptive research design focusing on the systematically capturing and analyzing data to understand the existing conditions, patterns and relationships among key variables. This design involved surveys and structured questionnaires to gather quantitative data from selected sample providing statistical insights into prevailing trends. Additionally, qualitative techniques such as interviews and observations helped capture detailed perspectives from relevant stakeholders.

3.2 Area of study

The research study was carried out in Jinja pregnancy care clinic based in Jinja eastern Uganda, an area that is accessible by road and public transport and serves residents in the municipality and adjacent rural areas. Jinja prenatal care centre has been selected on the basis that it is a supportive atmosphere where young mothers are given counselling, health guidance and social support and hence the most appropriate location to acquire reliable information from people who make use of such services regularly. Additionally, the facility accommodates a large number of young moms from varying socio-economic backgrounds, allowing the researcher to gather alternative opinions and experiences. Its ordered administrative structure, cooperation of personnel, availability of respondents also make data collecting easier and efficient. Its proximity and accessibility lower cost and time required to perform the study.

3.3 Information sources

Data were collected from both primary and secondary sources. The data has been acquired from the secondary sources like books, journals, reports etc. and the primary sources like the respondents directly.

3.4 The Study Population

The study population comprised 75 persons from the seven major groups at Jinja Pregnancy Care Center engaged in maternal care and teenage assistance. The groups included teenage mothers attending the center (30) who are directly impacted by the support services, family caregivers or guardians (12) who provide day-to-day care and guidance, counselors and social workers (8) who provide professional support, health workers (7) who provide medical and psychological services, community leaders (6) who influence social norms and local engagement, center administrators (6) who manage programs and operations, and volunteer support staff (6) who assist in implementing services and programs. The entire study population comprises 75 persons from various groups, including beneficiaries and service providers.

3.5 Determination of sample size

The number of participants in the sample was 63, who were picked proportionally from the seven categories. The sample consisted of teenage moms (25), family caregivers (10), counselors and social workers (7), health workers (6), community leaders (5), center managers (5) and volunteer support staff (5). This distribution allows for enough representation of each category and keeps the total sample size reasonable for efficient data collecting and analysis. Therefore, the sample population was determined by applying the Slovin's formula of (1960) as follow.

$$n = \frac{N}{1+ Ne^2}$$

Where;

n= sample size

N=population size (75)

e= margin of error (0.05)

$$n = \frac{75}{1+ 75x0.05^2}$$

$$n = \frac{75}{1+ 75x\ 0.0025}$$

$$n = \frac{75}{1+ 0.1875}$$

$$n = \frac{75}{1.1875}$$

n = 63

The sample size is 63 respondents

Table 1 showing sample size determination

Respondents	**Population**	**Sample size**	**Sampling procedures**
Teenage mothers	30	25	Simple random sampling
Family caregivers	12	10	Simple random sampling
Counselors and social workers	8	7	purposive sampling
Health workers	7	6	purposive sampling
Community development officers	6	5	purposive sampling
Center administrators	6	5	purposive sampling
Volunteer support staff	6	5	Simple random sampling
Total	**75**	63	

Sampling Methods

The research study used basic random sampling and purposive sample as shown below;

Simple random sample

Simple random sampling is a probability sampling method where every member of the population has an equal chance of being selected. This allows for unbiased representation . It is often employed in big populations to improve generalizability . Simple random sampling includes teenage mothers (25), family caregivers (10) and volunteer support staff (5). These individuals were selected randomly from their respective lists by lottery method or machine generated random numbers. This means that all eligible people in these classes have the same chances of being selected, which reduces bias and makes the results more representative.

Purposive selection

Members of the purposive sample were those with specific expertise or experience with social and community support services. Participants were selected through purposive sampling with specialized expertise or positions relevant to understanding service provision and program impact. These included counselors and social workers (7), health workers (6), community leaders (5) and centre administrators (5) whose professional expertise provides them with the ability to provide in-depth views on support systems, difficulties and outcomes.

3.5 Variables and measures

This includes the independent and dependent variables as follows

Independent variable is support services and dependent variable is mental well-being of teenage mothers. It reveals that several types of support services, such as psychological support, health support, and social support, are significant in affecting the mental well-being of teenage moms as measured by the emotional stability, self-esteem, and coping ability. The concept further proposes that this relationship is not only direct but can be moderated by certain variables including family support, community attitudes and economic status. Such moderating factors might increase or decrease the influence of support services on the mental health of teenage mothers. In other words, the social and economic context in which help is offered is an important determinant of its effectiveness.

3.6 Levels of measurement

Levels were measured to quantify the extent/intensity of experiences and outcomes among participants by categorizing important variables into established categories. Variables such as frequency of service usage, perceived satisfaction, emotional well-being, and coping abilities

were scored at levels such as low, moderate, and high, or using numerical scales such as 1 to 5. This method allows for uniformity in the data collection, comparisons between groups, and capturing of patterns and trends in answers. The replies can be quantified into levels, so that the researcher can study systematically variations and estimate the overall impact of the services supplied.

3.7 The data collecting procedure

The researcher selected a research topic and submitted it to the department of social sciences and it was approved. The researcher then compiled the research report. After the approval of the research project, the researcher acquired an introductory letter from the department which was presented to the relevant authorities in the study area for data collection. Then the researcher drafted a report and sent it over to the department for additional review.

3.8 Data collecting tools

Data were collected using closed-ended questionnaires and interview guides.

3.8.1 Questionnaires

Closed ended questionnaires were employed by the study to collect quantitative data from the selected respondents. The questionnaires included structured questions with pre-defined response options such as strongly agree, agree, neutral, disagree and strongly disagree and scaled replies to allow the participants to choose the one that best describes their beliefs and experiences. These questionnaires were given to the respondents and were collected after filling them. Closed ended questions were used to obtain similar responses that were easily coded, compared and statistically analysed. This strategy has also helped to reduce time and to guarantee the information from multiple respondents is collected in a uniform and orderly manner.

3.8.2 Interview guideline .

The study also employed interview guide to get qualitative information from the key informants through face to face discussion. The interview guide consisted of a list of prepared questions that directed the conversation between the researcher and the respondents while providing the researcher an opportunity to ask follow-up questions where appropriate. This approach allowed individuals to expand on their thoughts, experiences and perceptions. Information gathered through interviews also gave additional insights and explanations that might not have been recorded through questionnaires and so, complemented the quantitative data in strengthening the overall understanding of the issues being investigated.

3.9 validity and reliability of data

3.9.1 Validity

Validity ensures that the research instruments measure what they are intended to measure, thereby enhancing the credibility of the findings. To achieve this, data collection tools were pre-tested, and expert opinions were sought to improve clarity and relevance.

3.9.2 Reliability

Reliability refers to the consistency of the research instruments. A pilot study was conducted, and Cronbach's alpha was used to test internal consistency.

3.10 Data processing and analysis

Data analysis is the logical breakdown of collected information into meaningful patterns for interpretation.

3.10.1 Qualitative data analysis

Qualitative data was analyzed using thematic analysis where responses from interviews and open-ended questions was categorized into key themes. Patterns, trends and recurring issues were identified to provide a deeper understanding of the subject. Direct quotes from respondents were used to illustrate key findings ensuring that perspectives of different stakeholders are accurately represented. The data was interpreted to show meaningful conclusions and recommendations based on the emerging themes.

3.10.2 Quantitative data analysis

Quantitative data was analyzed using statistical package for social sciences (SPSS) software version 23 to identify trends, relationships and patterns within the collected information. Descriptive statistics such as frequencies, percentages, and means was used to summarize the data making it easier to interpret. Inferential statistical tools such as correlations and regression analysis was applied to establish the relationships between the two variables.

3.11 Ethical considerations

Participants were informed of the purpose, procedures, and estimated duration of the study before they took part in the research, and provided informed consent. Participants were able to ask questions and only took part after choosing to be included voluntarily. This ensures that the responders understand the study well and actively agree to participate.

Confidentiality was preserved by ensuring all gathered information from the respondents is kept private during the research procedure. The research report did not include personal details

such as names, addresses or any identifying information but replies were coded. This assured the privacy of participants and motivated them to give truthful information.

Participation was voluntary and the respondents were allowed to choose whether or not to participate in the study without any pressure or compulsion. Participants were told they could withdraw from the research at any time if they felt uncomfortable. This respects the autonomy and freedom of the participants in the study.

Privacy was assured during the data collection process by interviewing and administering questionnaires in a quiet and secure environment. The participants were provided adequate room and comfort to share their ideas without being disturbed by other persons. This can assist encourage openness and candid answers.

Harm was avoided in that respondents were not exposed to physical, emotional or psychological harm during the research process. Questions were asked in a sensitive manner and participants were given the opportunity to skip any questions they did not wish to answer. This preserved the dignity and well-being of the responders .

The research in the community was carried out with permission from the authorities, sought from appropriate local leaders and administrative offices. The researcher explained to them the aims and processes of the study to get an official approval. It helps to guarantee that the research is conducted in an organized and accepted way within the community.

We need to acknowledge the contribution of other authors to maintain academic integrity and to avoid plagiarism. Proper citations and references were incorporated for all sources considered during the investigation. This technique helps to guarantee original researchers are credited for their ideas and discoveries and that such research is conducted in an ethically sound manner.

CHAPTER FOUR

DATA PRESENTATION, INTERPRETATION AND DISCUSSION OF FINDINGS

4.0 Introduction

This chapter presents the findings on the impact of support services on the mental well-being of teenage mothers at Jinja Pregnancy Care Center. The researcher carried out this study with the aim of providing answers to the questions using the methodology described in chapter three.

4.1 Response rate

The sample size of the population was 63. Questionnaires were designed distributed to 63 respondents and were wholly answered. This implies that the response rate was outstanding.

4.2 Bio Data

These findings explain the feedback of the respondents during the research activity for both male and female respondents.

4.2.1 Age of the respondents

Table 2 showing age of the respondents

Age	**Frequency**	**Percentage**
13-15 years	6	10.0
16-18 years	40	63.0
19-21 years	17	27.0
Total	**63**	**100.0**

Table 2 above shows that 63% of the respondents were aged 16–18 years, 27% were between 19–21 years, and 10% were 13–15 years. This indicates that the majority fall within the late adolescent stage at the Jinja Pregnancy Care Center. The dominance of this age group indicates a greater susceptibility and need for assistance throughout this key phase of development. The smaller number of younger adolescents suggests relatively lower representation, but yet demonstrates early exposure to problems. These age differences are essential to understanding variances in emotional demands and levels of maturity among the respondents .

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4.2.2 Marital status

Table 3 showing marital status of the respondents

Marital status	**Frequency**	**Percentage**
Single	12	19.0
Married	40	63.0
Cohabiting	8	13.0
Divorced	3	5.0
Total	**63**	**100**

As seen in the Table 3 above, 63% of the respondents were married, 19% were single, 13% were cohabiting and 5% divorced. This implies that the majority are in marital unions at Jinja Pregnancy Care Centre. High rate of cohabitation among respondents is indicative of informal connections typical of teens. Lower proportions of single and divorced people indicate different relationship situations in the group. These disparities are essential in assessing the levels of social support and stability of the respondents.

4.2.3: level of education of the respondent

Table 4 Level of education of respondents

Level of education	Frequency	Percentage
No formal education	9	14.0
Primary	10	16.0
Secondary	30	48.0
Tertiary	14	22.0

From table 4 above, 48% of the respondents had secondary education, 22% had tertiary level, 16% had primary education and 14% had no formal education. This implies that most of the responders at the Jinja Pregnancy Care Centre have a minimum basic formal education. The dominance of the secondary level implies that the group had a moderate degree of literacy and knowledge. The existence of people with no schooling or merely primary education shows the current educational gaps. These variances are crucial for understanding disparities in awareness, communication and ability to use the resources offered.

4.2.4 Religious affiliation

Table 5: showing religious affiliation of the respondents

Religious affiliation	**Frequency**	**Percentage**
Catholic	14	22.0
protestant	34	54.0
Muslim	5	8.0
Others (Adventist)	10	16.0
Total	**63**	**100**

As seen in Table 5 above, 54% of the respondents were Protestants, 22% were Catholics, 16% were Adventists and 8% were Muslims. This implies that Christianity is the major religion of the responders at the Jinja Pregnancy Care Centre. Different denominations exist, which indicates the group has a variety of views and customs. The smaller share of Muslims shows the presence of minorities in the setting. These variances are crucial for understanding disparities in values, support systems and social interactions among the respondents.

4.2.5 Occupation status

Table 6: showing occupation status of the respondent

Occupation status	**Frequency**	**Percentage**
Student	12	19.0
Unemployed	19	30.0
Self-employed	8	13.0
Employed	24	38.0
Total	**63**	**100**

As seen in Table 6 above, 38% of respondents were employed, 30% were unemployed, 19% were students and 13% were self-employed. This shows a diverse level of economic participation among the respondents at the Jinja Pregnancy Care Center. The comparatively high level of unemployment indicates economic vulnerability among the group. Students show up. Education continues in spite of hurdles. These discrepancies are crucial to highlight the differences in financial stability and access to basic requirements among respondents.

4.2.6 Number of children

Table 7: Showing Number of children of respondents

Number of children	Frequency	Percent
None	17	27.0
1	10	16.0
2	20	32.0
3 and above	16	25.0
Total	63	100.0

As seen in table 7 above 32% of respondents had 2 children, 25% above 3 children, 16% had 1 child and 27% had no children. This suggests that many women at the Jinja Pregnancy Care Center already have several children. Respondents who do not have children suggest that some are pregnant. That the number with two or more children is large points to the fact that the group has children early and often. These disparities are crucial for understanding variances in caregiving responsibilities and support needs among the responders.

4.2.7 Age of first pregnancy

Table 8: Showing age of first pregnancy of respondents

Age of first pregnancy	Frequency	Percent
Below 15 years	33	52.0
15-17 years	13	21.0
18-19 years	17	27.0
Total	63	100.0

As shown in the above Table 8, 52% of the respondents had their first pregnancy below 15 years, 21% of the respondents aged 15-17 years and 27% of the respondents aged 18-19 years. This means that early adolescent pregnancy is very common among the responders at the Jinja Pregnancy Care Centre. The majority are under 15 years of age, which suggests serious susceptibility at a very young age. Older teenagers are present, suggesting ongoing risk throughout the teenage years. These disparities are significant to understand differences in maturity levels and assistance needs of the responders.

4.2.8 Current living arrangement

Table 9: Showing current living arrangement of respondents

current living arrangement	Frequency	Percent
Living with parents/ guardians	27	43.0
Living partner	18	29.0
Living alone	15	24.0
Living at the care center	3	4.0
Total	63	100.0

Table 9 shows that 43% of the respondents lived with parents/guardians, 29% lived with partners, 24% lived alone, and 4% lived at the care center. This finding reveals that most of the participants at the Jinja Pregnancy Care Center rely on family-based support systems. The share living with partners suggests early creation of autonomous households. The high percentage of single-person households shows low social support for some individuals. These distinctions are significant in accounting for diversity in stability, care and daily support between the responders.

4.2.9 Duration at the Jinja pregnancy care center

Table 10: Showing duration at the Jinja pregnancy care center of respondents

Duration	Frequency	Percent
Less than 3 months	21	33.0
3-6 months	18	29.0
6-12 months	13	21.0
more than 1 year	11	17.0
Total	63	100.0

Table 10 above reveals that 33% of the respondents had stayed for less than 3 months, 29% for 3-6 months, 21% for 6-12 months and 17% for more than one year. This implies that a significant number of the women attending the Jinja Pregnancy Care Centre are relatively new comers. A drop over longer periods indicates less extended stays. This pattern may represent differences in need and recovery among respondents. These differences are significant in understanding variances in adjustment, support needs, and length of care.

4.2.10 Source of support

Table 11: Showing source of support of respondents

Source of support	Frequency	Percent
Family support	23	37.0
Partner support	16	25.0
Friends	9	14.0
NGOs/ charity organizations	13	21.0
None	2	3.0
Total	63	100.0

From the above table 11, 37% of the respondents received help from family, 25% from partners, 21% from NGOs or charitable groups, 14% from friends and 3% claimed no support from anyone . This implies that family is still the major source of assistance among the respondents at Jinja Pregnancy Care Center. The contribution of NGOs and partners shows the role of external and close support systems. The lower share depending on friends implies little peer-based help. These discrepancies are crucial in terms of the inequalities in emotional and practical support accessible to respondents.

4.2.11 Type of support services received

Table 12: Showing type of support services received by respondents

Type of support services received	Frequency	Percent
Counseling services	34	54.0
Medical care	8	13.0
Financial support	12	20.0
Educational support	1	2.0
Shelter/ accommodation	2	3.0
parenting skills training	5	8.0
Total	63	100.0

The above Table 12 shows that 54% of the respondents received counseling services, 20% received financial support, 13% received medical treatment, 8% received parenting skills training, 3% received shelter or accomodation and 2% received educational support. This shows that counseling is the most common service performed at the Jinja Pregnancy Care Center. Financial and medical aid is offered, suggesting an attempt to meet practical requirements. The smaller proportions in education and shelter reflect insufficient coverage in these sectors. These differences are essential in understanding the scope and intensity of services used by respondents.

4.3.0 Research question one: Finding out the impact of psychological support services on the mental well-being of teenage mothers at Jinja pregnancy care center

4.3.1 Psychological support services such as counseling help teenage mothers manage stress, anxiety, and depression by providing a safe space to express their emotions and receive guidance.

The table 7 Showing whether psychological support services such as counseling help teenage mothers manage stress, anxiety, and depression by providing a safe space to express their emotions and receive guidance.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	strongly agree	19	30.0	30.0	30.0
	Agree	15	24.0	24.0	54.0
	not sure	11	17.0	17.0	71.0
	Disagree	6	10.0	10.0	81.0
	strongly disagree	12	19.0	19.0	100.0
	Total	63	100.0	100.0	

Source: primary data (2026)

Table 7 above indicates that 54% (30%, 24%) were positive to the statement that psychological support services such as counseling help teenage mothers manage stress, anxiety, and depression by providing a safe space to express their emotions and receive guidance while 29% (10%, 19%) forming the minority of the respondents were negative to the same statement, 17% were not sure hence implying that psychological support services such as counseling help teenage mothers manage stress, anxiety, and depression by providing a safe space to express their emotions and receive guidance.

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4.3.2 These services improve self-esteem and confidence, enabling teenage mothers to accept their situation and develop a positive outlook toward life and motherhood.

The table 8 Showing whether these services improve self-esteem and confidence, enabling teenage mothers to accept their situation and develop a positive outlook toward life and motherhood.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	strongly agree	3	5.0	5.0	5.0
	Agree	9	14.0	14.0	19.0
	not sure	4	6.0	6.0	25.0
	Disagree	18	29.0	29.0	54.0
	strongly disagree	29	46.0	46.0	100.0
	Total	63	100.0	100.0	

Source: primary data (2026)

With reference to table 8, above it can be seen that minority of respondents 19% (5%, 14%) were positive to the statement that these services improve self-esteem and confidence, enabling teenage mothers to accept their situation and develop a positive outlook toward life and motherhood while 75% (29%, 46%) of the respondents were negative to the same statement while 6% of the respondents were not sure. This concurs with the research carried out by Krahn GL (2013) intimated that these services improve self-esteem and confidence, enabling teenage mothers to accept their situation and develop a positive outlook toward life and motherhood there by implying that these services improve self-esteem and confidence, enabling teenage mothers to accept their situation and develop a positive outlook toward life and motherhood**.**

4.3.3 Access to trained counselors equips teenage mothers with coping strategies to handle emotional challenges and daily pressures effectively.

Table 9 Showing whether access to trained counselors equips teenage mothers with coping strategies to handle emotional challenges and daily pressures effectively.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	strongly agree	7	11.0	11.0	11.0
	Agree	14	22.0	22.0	33.0
	not sure	8	13.0	13.0	46.0
	Disagree	20	32.0	32.0	78.0
	strongly disagree	14	22.0	22.0	100.0
	Total	63	100.0	100.0	

Source: primary data (2026)

Table 9 above shows that minority of respondents 33% (11%, 22%) were positive to the statement that access to trained counselors equips teenage mothers with coping strategies to handle emotional challenges and daily pressures effectively, 54% (32%, 22%) had negative responses to the same statement, 13% were not sure. This is an indication that access to trained counselors equips teenage mothers with coping strategies to handle emotional challenges and daily pressures effectively.

4.3.4 Psychological support reduces feelings of isolation and loneliness by assuring teenage mothers that they are not alone in their experiences

Table 10 Showing whether psychological support reduces feelings of isolation and loneliness by assuring teenage mothers that they are not alone in their experiences

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	strongly agree	21	33.0	33.0	33.0
	Agree	18	29.0	29.0	62.0
	not sure	10	16.0	16.0	78.0
	Disagree	2	3.0	3.0	81.0
	strongly disagree	12	19.0	19.0	100.0
	Total	63	100.0	100.0	

Source: primary data (2026)

With reference to table 10 above, it can be seen that 62% (33%, 29%) were positive to the statement that psychological support reduces feelings of isolation and loneliness by assuring teenage mothers that they are not alone in their experiences, 22% (3%, 19%) were negative to the same statement while 16% of the respondents were not sure. This was in accordance to Tsui AO, Brown (2011) pointed out that psychological support reduces feelings of isolation and loneliness by assuring teenage mothers that they are not alone in their experiences.

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4.3.5 Regular counseling sessions help in identifying and addressing mental health issues early before they become severe

Table 11: Showing whether regular counseling sessions help in identifying and addressing mental health issues early before they become severe

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	strongly agree	30	48.0	48.0	48.0
	Agree	8	13.0	13.0	61.0
	not sure	9	14.0	14.0	75.0
	Disagree	14	22.0	22.0	97.0
	strongly disagree	2	3.0	3.0	100.0
	Total	63	100.0	100.0	

Source: primary data (**2026**)

Table 11 above indicates that 61% (48%, 13%) of the respondents were positive to the statement that regular counseling sessions help in identifying and addressing mental health issues early before they become severe, 25% (22%, 3%) were negative to the same statement forming the majority of the respondents while 14% of the respondents were not sure, this is an indication that regular counseling sessions help in identifying and addressing mental health issues early before they become severe.

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4.4.0 Research question two: Finding out the impact of health support services on the mental well-being of teenage mothers at Jinja pregnancy care center

4.3.1 Health support services such as antenatal and postnatal care reduce anxiety by ensuring both mother and baby are healthy and well monitored

Table 14 Showing whether health support services such as antenatal and postnatal care reduce anxiety by ensuring both mother and baby are healthy and well monitored

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	strongly agree	22	35.0	35.0	35.0
	Agree	13	21.0	21.0	56.0
	not sure	2	3.0	3.0	59.0
	Disagree	20	31.0	31.0	90.0
	strongly disagree	6	10.0	10.0	100.0
	Total	63	100.0	100.0	

Source: primary data (2026)

With reference to table 14 above, it can be seen that 56% (35%, 21%) of the respondents were positive to the statement that health support services such as antenatal and postnatal care reduce anxiety by ensuring both mother and baby are healthy and well monitored, 41% (31%, 10%) were negative to the same statement while 3% of the respondents were not. These findings were in line with Pratap N (2011) stresses that health support services such as antenatal and postnatal care reduce anxiety by ensuring both mother and baby are healthy and well monitored**.**

4.4.2 Access to professional healthcare providers gives teenage mothers reassurance and emotional comfort during pregnancy and after childbirth

Table 15 Showing whether access to professional healthcare providers gives teenage mothers reassurance and emotional comfort during pregnancy and after childbirth

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	strongly agree	21	33.0	33.0	33.0
	Agree	30	47.0	47.0	80.0
	not sure	8	13.0	13.0	93.0
	Disagree	1	2.0	2.0	95.0
	strongly disagree	3	5.0	5.0	100.0
	Total	63	100.0	100.0	

Source: primary data (2026)

Table 15 above indicates that 80% (33%, 47%) of the respondents were positive to the statement that access to professional healthcare providers gives teenage mothers reassurance and emotional comfort during pregnancy and after childbirth while 13% of the respondents were not sure. This concurs with the research carried out by Abern, (2016) postulated that access to professional healthcare providers gives teenage mothers reassurance and emotional comfort during pregnancy and after childbirth implying that access to professional healthcare providers gives teenage mothers reassurance and emotional comfort during pregnancy and after childbirth.

4.4.3 Health education provided during clinic visits improves confidence in handling pregnancy, childbirth, and childcare responsibilities

Table 16 Showing whether health education provided during clinic visits improves confidence in handling pregnancy, childbirth, and childcare responsibilities

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	strongly agree	4	6.0	6.0	6.0
	Agree	9	14.0	14.0	20.0
	not sure	15	24.0	24.0	44.0
	Disagree	27	43.0	43.0	87.0
	strongly disagree	8	13.0	13.0	100.0
	Total	63	100.0	100.0	

Source: primary data (2026)

With reference to table 16 above, it can be seen that 20% (6%, 14%) were positive to the statement that health education provided during clinic visits improves confidence in handling pregnancy, childbirth, and childcare responsibilities, 56% (43%, 13%) of the respondents were negative to the same statement and 24% of the respondents were not sure. This is an indication that health education provided during clinic visits improves confidence in handling pregnancy, childbirth, and childcare responsibilities.

4.4.4 Regular medical checkups help in early detection and management of complications, reducing fear and stress among teenage mothers

Table 17 showing whether regular medical checkups help in early detection and management of complications, reducing fear and stress among teenage mothers

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	strongly agree	16	25.0	25.0	25.0
	Agree	20	32.0	32.0	57.0
	not sure	6	10.0	10.0	67.0
	Disagree	8	13.0	13.0	80.0
	strongly disagree	13	20.0	20.0	100.0
	Total	63	100.0	100.0	

Source: primary data (2026)

With reference to table 17 above, it can be seen that 57% (25%, 32%) were positive to the statement that regular medical checkups help in early detection and management of complications, reducing fear and stress among teenage mothers, 10% of the respondents were not sure while 33% (13%, 20%) were negative to the same statement making the minority of the respondents. This is an indication that regular medical checkups help in early detection and management of complications, reducing fear and stress among teenage mothers.

4.4.5 Friendly and supportive healthcare workers create a positive environment that enhances emotional well-being

Table 18 showing whether Friendly and supportive healthcare workers create a positive environment that enhances emotional well-being.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	strongly agree	22	35.0	35.0	35.0
	Agree	10	16.0	16.0	51.0
	not sure	6	10.0	10.0	61.0
	Disagree	14	22.0	22.0	83.0
	strongly disagree	11	17.0	17.0	100.0
	Total	63	100.0	100.0	

Source: primary data (2026)

Table18 above indicates that the majority of the respondents 51% (35%, 16%) were positive to the statement that friendly and supportive healthcare workers create a positive environment that enhances emotional well-being, 39% (22%, 17%) were negative to the same statement while 10% of the respondents were not sure. These findings were in line with Agbaje MA (2016) pointed out friendly and supportive healthcare workers create a positive environment that enhances emotional well-being. This is an indication that friendly and supportive healthcare workers create a positive environment that enhances emotional well-being.

4.5.0 Research question three: Finding out the role of social support services on mental well-being of teenage mothers at Jinja pregnancy care center

4.5.1 Support from family members provides emotional comfort, reducing stress and helping teenage mothers feel valued and accepted

Table 19 showing whether support from family members provides emotional comfort, reducing stress and helping teenage mothers feel valued and accepted

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	strongly agree	5	8.0	8.0	8.0
	Agree	13	21.0	21.0	29.0
	not sure	7	11.0	11.0	40.0
	Disagree	18	29.0	29.0	69.0
	strongly disagree	20	31.0	31.0	100.0
	Total	63	100.0	100.0	

Source: primary data (2026)

With reference to table 19 above, it can be seen that 29% (8%, 21) were positive to the statement that support from family members provides emotional comfort, reducing stress and helping teenage mothers feel valued and accepted, 60% (29%, 31%) were negative to the same statement while 11% of the respondents were not sure. This concurs with the research carried out by Noble JA. (2014) postulated that support from family members provides emotional comfort, reducing stress and helping teenage mothers feel valued and accepted.

4.5.2 Friends and peer groups offer companionship and shared experiences, which help reduce feelings of loneliness and stigma

The table 20 Showing whether friends and peer groups offer companionship and shared experiences, which help reduce feelings of loneliness and stigma

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	strongly agree	24	38.0	38.0	38.0
	Agree	15	24.0	24.0	62.0
	not sure	11	17.0	17.0	79.0
	Disagree	4	6.0	6.0	85.0
	strongly disagree	9	15.0	15	100.0
	Total	63	100.0	100.0	

Source: primary data (2026)

Table 20 above shows that the majority of the respondents 62% (38%, 24%) were positive to the statement friends and peer groups offer companionship and shared experiences, which help reduce feelings of loneliness and stigma, 21% (6%, 15%) were negative to same while 17% of the respondents were not sure. this agrees with the research carried out by birdsall et al (2016) asserted that friends and peer groups offer companionship and shared experiences, which help reduce feelings of loneliness and stigma hence implying that friends and peer groups offer companionship and shared experiences, which help reduce feelings of loneliness and stigma.

4.5.3 Community programs and organizations provide guidance, counseling, and material support that improve mental well-being

Table 21 Showing whether community programs and organizations provide guidance, counseling, and material support that improve mental well-being

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	strongly agree	14	22.0	22.0	22.0
	Agree	18	29.0	29.0	51.0
	not sure	10	16.0	16.0	67.0
	Disagree	9	14.0	14.0	81.0
	strongly disagree	12	19.0	19.0	100.0
	Total	63	100.0	100.0	

Source: primary data (2026)

Table 21 above shows that the majority of the respondents 51% (22% , 29%) had a positive response to the statement that community programs and organizations provide guidance, counseling, and material support that improve mental well-being, 33% (14%, 19%) of the respondents were negative to the same statement meanwhile 16% of the respondents were not sure. This is an indication that community programs and organizations provide guidance, counseling, and material support that improve mental well-being**.**

4.5.4 Social support enhances a sense of belonging, helping teenage mothers feel integrated into society rather than isolated

Table 22 Showing whether social support enhances a sense of belonging, helping teenage mothers feel integrated into society rather than isolated

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	strongly agree	34	54.0	54.0	54.0
	Agree	13	21.0	21.0	75.0
	not sure	1	2.0	2.0	77.0
	Disagree	11	17.0	17.0	94.0
	strongly disagree	4	6.0	6.0	100.0
	Total	63	100.0	100.0	

Source: primary data (2026)

With reference to table 22 above, it can be seen that 75% (54%, 21%) were positive to the statement that social support enhances a sense of belonging, helping teenage mothers feel integrated into society rather than isolated**,** 23% (17%, 6%) respondents were negative to the same statement while 2% of the respondents were not sure. This was in accordance to Finnigan (2012) intimated that social support enhances a sense of belonging, helping teenage mothers feel integrated into society rather than isolated**.** This is a manifestation that social support enhances a sense of belonging, helping teenage mothers feel integrated into society rather than isolated**.**

4.5.5 Encouragement from others boosts confidence and motivates teenage mothers to continue with education or income-generating activities

Table 23 Showing whether encouragement from others boosts confidence and motivates teenage mothers to continue with education or income-generating activities

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	strongly agree	27	43.0	43.0	43.0
	Agree	16	25.0	25.0	68.0
	not sure	8	13.0	13.0	81.0
	Disagree	10	16.0	16.0	97.0
	strongly disagree	2	3.0	3.0	100.0
	Total	63	100.0	100.0	

Source: primary data (2026)

With allusion to table 23 above, it can be observed that the majority of the responds 68% (43% ,25%) had a positive response to the statement that encouragement from others boosts confidence and motivates teenage mothers to continue with education or income-generating activiti**es**, 19% (16%, 3%) were negative to the same statement while 13% of the respondents were not sure hence implying that encouragement from others boosts confidence and motivates teenage mothers to continue with education or income-generating activities.

CHAPTER FIVE

SUMMARY OF THE FINDINGS, CONCLUSIONS AND RECOMMENDATIONS

5.0 Introduction.

In this chapter the researcher gives a summary of findings, conclusions and recommendation in line with the research questions and objectives.

5.1 Summary of findings.

The researcher provided a summary of findings in line with the objectives as follows;

5.1.1: To assess the impact of psychological support services on the mental well-being of teenage mothers at Jinja pregnancy care center.

The study findings revealed that psychological support services, particularly counseling, have a moderate but inconsistent impact on the mental well-being of teenage mothers at Jinja Pregnancy Care Center. Specifically, 54% of respondents agreed that counseling helps manage stress, anxiety, and depression, while 29% disagreed and 17% were uncertain, indicating that although counseling is beneficial, its effectiveness is not uniform among all beneficiaries. Additionally, 62% agreed that psychological support reduces loneliness and isolation, and 61% confirmed that regular counseling helps in early identification of mental health issues. However, a contradiction emerged where 75% disagreed that these services improve self-esteem and confidence, and 54% also disagreed that counseling equips them with coping strategies. These findings partially confirm Rahim et al. (2021) and Tenaw et al. (2021), who discovered that psychosocial interventions enhance emotional stability and coping ability. However, they also indicate a discrepancy in efficacy, indicating that the quality, consistency, or personalization of counseling services at the center may be insufficient in comparison to the standards set by the literature.

5.1.2: To find out the effect of health support services on mental health of young moms at Jinja prenatal care centre.

Results for health support services showed mostly good impact on mental health, while there were some restrictions in some regions. The study revealed that 56% of the respondents believed that there is a reduction in anxiety in prenatal and postnatal care while 41% disagreed indicating mixed experiences in service delivery. Access to competent healthcare providers provides reassurance and emotional comfort, with a major 80% agreeing with this, showing that engagement with skilled health personnel is highly desired. However, there was a consensus (20%) that the health education increased confidence in managing pregnancy and child care and a majority (56%) disagreed indicating a deficiency in the delivery or understanding of health education. These results are consistent with Rahman and Nakamura (2021) and Fisher et al. (2022) who found that integrated health services promote emotional well-being and minimize psychological discomfort. However, the low confidence in health education contradicts the literature that highlights the importance of health education . This indicates weaknesses in communication, content delivery or engagement strategies at the center.

5.1.3: To investigate the effect of social support services on mental well-being of young moms at Jinja pregnancy care center

The results further confirmed that social support services are an important and very influential contributor to the mental health of teenage moms. According to descriptive statistics, 37% of the respondents were dependent on family support, 25% from partners, 21% from NGOs and 14% from friends, while only 3% indicated no help. Moreover, the most used services were counseling (54%) and financial support (20%), demonstrating the significance of emotional and material support. The results are consistent with the findings of Govender and Naidoo (2020) and Anakpo and Kollamparambil (2021) who note that strong family and community support systems have a key role in reducing anxiety, sadness and social isolation for young moms. The results consequently verifies literature that social support promotes emotional stability, coping abilities and resilience. The lower reliance on the peer and community support also indicates a less social integration, which is in contrast with studies that advocate for broader community-based support systems (Melesse and Mutua, 2020). This calls for a need to strengthen the peer networks and community engagement programs.

5.2 Final Remarks

5.2.1: To determine the effect of psychological support services on the mental health

status of teenage moms at Jinja prenatal care center.

The study suggests that psychological support services have a moderate but uneven impact on the emotional well-being of young moms at Jinja Pregnancy Care Center as indicated by the mixed replies gathered from the respondents. While a substantial number recognized the role of counselling in lowering stress, anxiety and social isolation, a higher percentage was not satisfied with the ability of counselling to develop self-esteem, confidence and coping mechanisms. This implies that although psychological services are present and have a role in handling acute emotional issues, they are not adequate to effect deeper psychological transformation among the adolescent mothers. The results thus show that the effectiveness of psychological assistance is restricted by factors such as inadequate follow-up, lack of tailored counseling approaches, and possible gaps in the skills or procedures employed by service providers. There is now a need for more structured, consistent and client-centered psychosocial interventions that address not just emotional relief but also long-term empowerment, resilience building and behavioral modification among adolescent moms.

5.2.2: To establish the effect of health support services on mental health of young moms at Jinja prenatal care center.

The study also concludes that the health support services are a great contribution to the mental health of teenage mothers especially the antenatal and postnatal health support services and access to professional health providers, which provide reassurance, reduce anxiety and improve emotional comfort during pregnancy and after childbirth. There is a strong agreement among respondents about the emotional support received from healthcare providers, which implies that these services are important in stabilizing the mental status of young moms. However, despite this good contribution, the survey also shows a large deficiency in the area of health education, where most respondents felt that it does not sufficiently increase their confidence in coping with the obligations of pregnancy, childbirth, and childcare. This shows that clinical services are somewhat effective but the informational and instructional components are poorly given or poorly targeted to the actual needs and comprehension levels of teenage moms.

5.2.3: To determine the effects of social support services on mental well-being of teenage moms at Jinja prenatal care facility.

The study finally finds that social support services are the most influential and effective component in boosting the mental well-being of adolescent moms as they give a firm basis for emotional stability, coping and overall adjustment to motherhood. Support from family members, partners and organizations is crucial to reduce stress, feelings of rejection and

stigma and promote a sense of belonging and acceptance amongst the young mothers. The findings indicate that adolescent moms who receive constant emotional, financial and social assistance are better equipped to cope with the demands of early motherhood and experience better psychological outcomes. However, the study also points to a limitation of relatively low level of peer and community-based assistance, which indicates that wider social networks are not being utilized and developed. This difference may limit opportunities for shared experiences, social learning, and long-term resilience.

5.3 Recommendations

The government should invest in the strengthening of psychological support services by establishing comprehensive, systematic and continuous counseling programs suited to the needs of adolescent mothers at Jinja Pregnancy Care Center and other such facilities. This should entail recruiting and training more trained mental health experts with adolescent-friendly counseling abilities, and regular follow-up sessions instead of one-off interventions. Moreover, the existing psychosocial programs should be integrated with evidence-based treatments such as cognitive-behavioral therapy, peer counseling and trauma-informed care to boost self-esteem, confidence and coping strategies. Monitoring and evaluation techniques should also be developed to measure the quality and efficacy of psychological therapies, so that they go beyond alleviating immediate emotional distress and promote long-term mental resilience and personal growth among adolescent moms.

The government should enhance health support services through the improvement of the quality and delivery of maternal health care and health education initiatives for teenage mothers. This can be achieved by increasing teen friendly health services by teaching health care personnel on effective communication, empathy and approaches to youth-centered care that meet both physical and emotional needs. Moreover, the government should redesign health education programs to be more pragmatic, interactive, and easy to understand with demonstrations, visual aids, and continuous engagement to increase confidence in pregnancy management, childbirth, and childcare.

The government should encourage and enhance social support systems by implementing community programs to increase family, peer and community assistance to the teen moms. This can be achieved by sponsoring programs like peer support groups, community mentorship programs, and youth empowerment projects that promote shared experiences, social inclusion, and emotional bonding amongst adolescent mothers. The government must also work in partnership with NGOs, local institutions and community leaders to provide

financial support, vocational training and educational possibilities that would alleviate economic stress and promote independence among young moms. There should also be awareness initiatives to eliminate stigma, prejudice and unfavorable community attitudes around adolescent pregnancy to make the atmosphere more welcoming and inclusive.

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APPENDICES

APPENDIX I: QUESTIONNAIRE

Dear respondent;

I am Ayero Chloe Rebecca carrying out research on the topic "the impact of support services on the mental well-being of teenage mothers at Jinja Pregnancy Care Center.**"** as a partial fulfillment for the award of bachelors degree of social work and social administration at Uganda Christian University .The questionnaire is designed to help me collect relevant information and therefore I kindly request you to participate in responding to the questions that was asked .However the information given was treated confidential and will only be used for academic purpose.

SECTION 1: DEMOGRAPHIC DATA OF RESPONDENT

(Tick in the box provided)

1. Age of respondent

13-15 years ☐ 16-18 years ☐ 19-21 years ☐

2. Marital status

Single ☐ Married ☐ cohabiting ☐ divorced ☐

3. Level of education of respondent

No formal education ☐ Primary ☐ Secondary ☐ Tertiary ☐

4. Religious affiliation

Catholic ☐ protestant ☐ Muslim ☐ other (specify) ☐

5. Occupation status

Student ☐ Unemployed ☐ Self-employed ☐ Employed ☐

6. Number of children

None ☐ One ☐ Two ☐ three and above ☐

7. Age of first pregnancy

Below 15 years ☐ 15-17 years ☐ 18-19 years ☐

8. Current living arrangement

Living with parents/ guardians ☐ living partner ☐ living alone ☐

Living at the care center ☐

9. Duration at the Jinja pregnancy center

Less than 3 months ☐ 3-6 months ☐ 6-12 months ☐ more than 1 year ☐

10. Source of support

Family support ☐ Partner support ☐ Friends ☐ NGOs/ charity organizations ☐

None ☐

11. Type of support services received

Counseling services ☐ Medical care ☐ Financial support ☐ Educational support ☐

Shelter/ accommodation ☐ parenting skills training ☐

Section A: To assess the impact of psychological support services on the mental well-being of teenage mothers at Jinja pregnancy care center.

This section aims at assessing the impact of psychological support services on the mental well-being of teenage mothers at Jinja pregnancy care center. Please indicate your opinion on the following statements using the Linkert scale. Key: **1= agree, 2= strongly agree; 3= not sure; 4= disagree; 5= strongly disagree**

No		1	2	3	4	5
1	Psychological support services such as counseling help teenage mothers manage stress, anxiety, and depression by providing a safe space to express their emotions and receive guidance.					
2	These services improve self-esteem and confidence, enabling teenage mothers to accept their situation and develop a positive outlook toward life and motherhood.					
3	Access to trained counselors equips teenage mothers with coping strategies to handle emotional challenges and daily pressures effectively.					

4	Psychological support reduces feelings of isolation and loneliness by assuring teenage mothers that they are not alone in their experiences.					
5	Regular counseling sessions help in identifying and addressing mental health issues early before they become severe.					
6	Psychological support services promote resilience, helping teenage mothers adapt to their new roles and responsibilities.					
7	Decision-making abilities is enhanced allowing teenage mothers to make informed choices about their health, education, and child care.					

Section B: To examine the impact of health support services on the mental well-being of teenage mothers at Jinja pregnancy care center.

This section aims at examining the impact of health support services on the mental well-being of teenage mothers at Jinja pregnancy care center.. Please indicate your opinion on the following statements using the Linkert scale. Key: **1= agree, 2= strongly agree; 3= not sure; 4= disagree; 5= strongly disagree.**

No		**1**	**2**	**3**	**4**	**5**
1	Health support services such as antenatal and postnatal care reduce anxiety by ensuring both mother and baby are healthy and well monitored.					
2	Access to professional healthcare providers gives teenage mothers reassurance and emotional comfort during pregnancy and after childbirth.					
3	Health education provided during clinic visits improves confidence in handling pregnancy, childbirth, and childcare responsibilities.					

4	Regular medical checkups help in early detection and management of complications, reducing fear and stress among teenage mothers.					
5	Friendly and supportive healthcare workers create a positive environment that enhances emotional well-being.					
6	Health services that integrate mental health support help address both physical and psychological needs of teenage mothers.					
7	Availability of maternal services promotes a sense of safety and security, reducing uncertainty and worry.					

Section C: To evaluate the role of social support services on mental well-being of teenage mothers at Jinja pregnancy care center.

This section aims at evaluating the role of social support services on mental well-being of teenage mothers at Jinja pregnancy care center.. Please indicate your opinion on the following statements using the Linkert scale. Key: **1= agree, 2= strongly agree; 3= not sure; 4= disagree; 5= strongly disagree.**

No		**1**	**2**	**3**	**4**	**5**
1	Support from family members provides emotional comfort, reducing stress and helping teenage mothers feel valued and accepted.					
2	Friends and peer groups offer companionship and shared experiences, which help reduce feelings of loneliness and stigma.					
3	Community programs and organizations provide guidance, counseling, and material support that improve mental well-being.					

4	Social support enhances a sense of belonging, helping teenage mothers feel integrated into society rather than isolated.					
5	Encouragement from others boosts confidence and motivates teenage mothers to continue with education or income-generating activities.					
6	Social networks provide practical help such as childcare assistance, reducing the burden and stress on teenage mothers.					
7	Positive social support helps teenage mothers cope with societal stigma and discrimination more effectively.					

APPENDIX II: INTERVIEW GUIDE

First research objective: To assess the impact of psychological support services on the mental well-being of teenage mothers at Jinja pregnancy care center.

1. Can you describe the psychological support services you have received since becoming a teenage mother?
2. How did you feel emotionally before accessing psychological support services?
3. In what ways have counseling or therapy sessions helped you cope with stress, anxiety, or depression?
4. How do psychological support services influence your self-esteem and confidence as a teenage mother?
5. Can you share any specific experiences where psychological support made a positive difference in your life?
6. What challenges, if any, have you faced while accessing psychological support services?
7. How do you think psychological support services have affected your ability to care for your child?

8. In your opinion, what aspects of psychological support services are most helpful for teenage mothers?
9. What improvements would you suggest to enhance psychological support services for teenage mothers?

Second research objective: To examine the impact of health support services on the mental well-being of teenage mothers at Jinja pregnancy care center.

1. What types of health support services (e.g., antenatal care, postnatal care, medical checkups) have you accessed as a teenage mother?
2. How did accessing health services affect your feelings about your pregnancy and motherhood?
3. In what ways have healthcare providers supported your emotional and mental well-being?
4. Can you describe how receiving proper medical care has influenced your stress levels or worries?
5. Have you experienced any barriers when trying to access health services? If yes, please explain.
6. How do health education and guidance from health workers affect your confidence in caring for your baby?
7. In your experience, how do health services address both physical and mental health needs?
8. What role do health facilities play in helping you feel safe, supported, and understood?
9. What changes would you recommend to improve health support services for teenage mothers?

Third research objective: To evaluate the role of social support services on mental well-being of teenage mothers at Jinja pregnancy care center.

1. What forms of social support (e.g., family, friends, community groups, NGOs) have you received as a teenage mother?
2. How has support from family members influenced your emotional well-being?
3. In what ways do friends or peer groups help you cope with the challenges of teenage motherhood?
4. Can you describe the role of community programs or organizations in supporting your mental well-being?
5. How does social support affect your sense of belonging and acceptance in society?

6. Have you ever felt stigmatized or isolated? How has social support helped you deal with that?
7. In what ways has social support improved your ability to handle stress and responsibilities?

UGANDA CHRISTIAN UNIVERSITY

A Centre of Excellence in the Heart of Africa

May 18, 2026

TO WHOM IT MAY CONCERN

Dear Sir/Madam

Re: **INTRODUCTORY LETTER FOR RESEARCH**

This is to introduce to you **AYERO CHLOE REBECCA** Registration number **M23B15/049,** a student of Uganda Christian University, pursuing Bachelor's degree in Social Work and Administration. She is expected to carry out research in the final year under the guidance of a university supervisor in partial fulfillment for the requirements of the above-mentioned award.

Topic: **"The impact of support services on the mental well being of teenage mothers at Jinja Pregnancy care center."**

The purpose of this communication is to request your office to allow her collect data from your organization. Any assistance rendered to her will be highly appreciated.

UGANDA CHRISTIAN UNIVERSITY
18 MAY 2026
SCHOOL OF SOCIAL SCIENCES

Yours faithfully,

Nbabaze Jennifer Mukaire

Doreen Kukugiza
Coordinator, Research & Fieldwork Programmes
Tel: 0773395349
Email:dkukugiza@ucu.ac.ug

GLOBAL OUTREACH INTERNATIONAL

JINJA PREGNANCY CARE CENTRE GABULA PLOT 4

1st-June-2026

To

The Coordinator, Research & Fieldwork Programes

Uganda Christian University

Mukono, Uganda

Dear Sir/Madam,

Ref: Approval for data collection-Ayero Chloe Rebecca

Reference is made to the above mentioned student's request for permission to collect data from Jinja Pregnancy care centre for her research.

This letter is to confirm that Jinja Pregnancy Care Centre has approved Ayero Chloe Rebecca's request to use data from organization's work for her research.

Ms. Ayero Chloe Rebecca was an intern with Jinja Pregnancy Care Centre and learned a lot from her experience. We expect that her research will be productive based on everything she learned and the data and information she gathered during her time here. We hope that the research process will be a continuation of learning, growth and development.

We wish her the best in this endeavor.

Sincerely,

AKOLI JACKLINE

MANAGER JINJA PREGNANCY CARE CENTRE

CAROLYN JACOBSEN

DIRECTOR JINJA PREGNANCY CARE CENTRE