

## A Comparative Analysis of the Psychological Well-Being of Teenage Fathers and Teenage Mothers

**Authors :** Maria Francesca Maunes

**Abstract :** Life is never the same when an adolescent becomes a teenage parent. Living in a developing country with the highest rate of teenage pregnancy in the Asia-Pacific region, it is necessary to address the psychological well-being of Filipino teenage parents and be put into consideration. Thus, this quantitative study used both descriptive statistics and quantitative techniques on a total of 70 participants, consisting of 32 teenage fathers and 38 teenage mothers to describe the level of psychological well-being among teenage parents according to the six domains of Ryff's eudaimonic well-being—autonomy, environmental mastery, personal growth, positive relations with others, purpose in life, and self-acceptance, and to determine the difference between the psychological well-being of teenage fathers and teenage mothers. Results show that there is no significant difference in the overall psychological well-being between the two groups of participants, yet, when compared by each domain, it is found that there is a significant difference between their purpose in life. While both teenage fathers and teenage mothers are high scorers across all the domains, this does not serve as an assurance that the sustained increase in the number of teenage pregnancies in the Philippines does not anymore pose as a national issue. This could only signify that despite dire circumstances, Filipino teenage parents are able to continue make meaning in their lives and strive to keep living in comfort and contentment, not only for themselves but for their children as well. Additional findings as well as its implications are further discussed. Recommendations and suggestions for further study are presented.

**Keywords :** adolescence, adolescent psychology, eudaimonic psychological well-being, positive psychology, teenage fathers, teenage mothers, teenage parents, teenage pregnancy in the Philippines

**Conference Title :** ICPPCBT 2018 : International Conference on Positive Psychology and Cognitive Behavioral Therapy

**Conference Location :** Lisbon, Portugal

**Conference Dates :** September 24-25, 2018