



Original Article

A Study on Feto-Maternal Outcome in Teenage Pregnancy at Tertiary Care Centre

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Received: 20-01-2026

Accepted: 15-04-2026

Available online: 26-05-2026

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Medical and Pharmaceutical Research

ABSTRACT

Background: Teenage pregnancy remains a significant public health issue associated with adverse maternal and neonatal outcomes. Biological immaturity, poor nutrition, inadequate antenatal care, low contraceptive awareness, and socioeconomic factors contribute to increased obstetric risks among adolescent mothers.

Materials and Methods: This retrospective study was conducted at labour room of GMERS Sola from October 2025 to March 2026 among 30 pregnant teenagers aged 13–19 years. Clinical history, investigations, labour progress, mode of delivery, maternal complications, and fetal outcomes were analyzed.

Results: Unbooked admissions were higher (56.66%) among teenage mothers. Normal vaginal delivery was the most common mode of delivery (56.66%). Common maternal complications included anemia (46.66%), preeclampsia (30%), eclampsia (10%), and preterm delivery (33.33%). Fetal complications included low birth weight (43.33%) and prematurity (33.33%).

Conclusion: Teenage pregnancy is associated with increased maternal and neonatal morbidity, particularly anemia, hypertensive disorders, preterm birth, and low birth weight. Improving education, delaying early marriage, strengthening antenatal care, and enhancing nutritional support can help improve maternal and fetal outcomes in teenage pregnancies.

Keywords: teenage, emergency, life threatening.

INTRODUCTION

Adolescent or teen is defined as women when aged 10-19 years by WHO definition which called adolescents as aged 15-19 years and younger adolescents when aged 10-14 years. In this context adolescent pregnancy has longly been a problem with adverse obstetric and neonatal outcomes being influenced by biological immaturity, unintended pregnancy, inadequate perinatal care, poor maternal nutrition and stress. Socioeconomic, cultural, geographic and racial factors are also associated with teenage pregnancy and poor pregnancy outcome

Early age at sexual activity, high fertility, interrupted education, lack of contraceptive awareness, and undue social pressure on the married teenage girl to bear a child inevitably puts these young girls at risk of teenage pregnancy and the complications associated with it. Several maternal and perinatal complications are associated with teenage pregnancy, such as preeclampsia, anemia, intrauterine growth restriction (IUGR), preterm labor, cephalopelvic disproportion (CPD), low birth weight, increased operative intervention, and high maternal and perinatal morbidity and mortality.

MATERIAL AND METHOD

Type of study– retrospective

Place of study- Obstetric OPD and labour room at GMERS Sola

Period of study- October 2025 to March 2026

Subjects – Pregnant women in the age group of 13-19yrs. (n=30)

A detailed history regarding age, marital status, occupation, social class and obstetrical examination was made. Routine investigation like complete urine examination, Blood grouping, Rh typing, bleeding time, clotting time were done and for all cases. Hemoglobin estimation was done first-visit, 32nd week and 36 week and at term. Ultrasound and VDRL and other special investigations are done in selected cases if necessary. Labour progress, duration and outcome were closely watched. The mode of delivery, third stage complications were recorded If any.

AIM AND OBJECTIVES

1. To assess the quantum of problem of teenage pregnancy .
2. To identify the factors other than the age in the teenage pregnancy and its outcome .
3. To ascertain the different risk factors associated with teenage pregnancy .
4. To study the obstetric outcome in teenage pregnancy.
5. To find out measures of prevention of teenage pregnancy as well as measures for favorable maternal and fetal outcome .

DISCUSSION AND TABLES

Table-1 Shows that Emergency / Unbooked admission are more in teenagers 56.66%

ANC Care	No. Of cases (n=30)	Percentage(%)
Booked	13	43.33
Unbooked	17	56.66

Table 2:- Mode of termination of pregnancy.

Vaginal delivery is more common in teenage. Lscs was done only in indicated cases and hence no direct relationship with teenage pregnancy.

	No. Of cases (n=30)	Percentage(%)
Normal delivery	17	56.66
LCSC	08	26.66
Instrumental delivery	02	6.66
Breech vaginal delivery	03	10

Table 3:- gestation at birth

Most Teenage pregnancy delivered at term but almost 33.33% resulted in preterm deliveries related to poor nutrition, hygiene and awareness.

Gestation	No. Of patients (n=30)	Percentage (%)
<34 weeks	3	10
34-36.6 weeks	7	23.33
37-39.6 weeks	16	53.33
>40 weeks	4	13.33

Table 4:- maternal complications

Complications like anemia and pre- eclampsia were commonly seen in this group

Complications	No. Of patients (n=30)	Percentage (%)
Pre- eclampsia	9	30
Eclampsia	3	10
Anemia	14	46.66
GDM	0	0
PROM/PPROM	2	6.66
Abortion	1	3.33
APH	1	3.33
Preterm delivery	10	33.33

Table 5:- Fetal complications
Fetal outcome in these pregnancies resulted in premature babies and low birth weight neonates.

Complications	No. Of patients (n=30)	Percentage (%)
Abortion	1	3.33
Prematurity	10	33.33
Low birth weight	13	43.33
Perinatal mortality	1	3.33
Normal weight	5	16.66

CONCLUSION

Thus the present study shows that teenage pregnancy is still a major problem in our community as it is associated with numerous maternal and neonatal complications. In our study, higher prevalence of eclampsia, postpartum haemorrhage, preterm birth, low birth weight, and anaemia was found among pregnant teenagers. However, caesarean section was found to be significantly lower among teenagers. Thus, acts and rules against child marriage need to be uniformly implemented. Education of the girl-child should be made universal so as to improve self-awareness among them and delay child marriages and hence teenage pregnancies. Improving antenatal care services for teenage mothers and improving their nutritional status through better maternal and child health programs can reduce the adversities and improve the maternal and perinatal outcomes of teenage pregnancy.

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