

ADAPTATION SCHOOL AT THE COUPLE DURING PREGNANCY AND ITS IMPLICATIONS FOR COLLEGE LIFE

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ABSTRACT: *The present study shows the implications that has a partner university degree in nursing during pregnancy, marriage and be parents at the same time and how it face. It was developed through a qualitative study transverse, by means of a structured interview, with all the bioethical principles. It is established that the main problems are in order of importance, economic solvency, the time spent between the school and the pregnancy, adaptation to the new changes, which were faced with the help of their families, in particular by him, which seek to establish the economic assistance and moral for students to culminate with his life project.*

KEYWORDS: Marriage Universitario, unplanned pregnancy, academic performance.

INTRODUCTION

Pregnancy occurs in women physical changes and important psychological intended to adapt to the new situation the growth of a new being (Garcia, 2000) if this takes place at early ages and without being planned causes a greater stress in it, causing pathological as are the preclamsia (Mejía, 2015) as well your partner generates member critics (Morales, 2004) and in young university students can be set within the study period do not contemplate the pregnancy, but maintain a sexually active. For its part, (García, 2006) states that pregnancy and maternity generated changes that affect the life project, given that to be students and couple must reconcile, on the one hand there is the desire to study a career and inserted into the world of work and on the other, the role of family, with this is impaired their quality of life from both perspectives. For its part Maldonado, (2008) mentions that during the period of gestation the couple will have the task of making changes and adjustments to your lifestyle, due to that they will no longer be able to think in his individuality now corresponds to be a family.

Ferguson, (1995) defines youth as the stage that goes from 15 to 24 years, where gradually, it reaches identity, privacy, integrity and independence.

Stern, (2008) notes in a survey conducted in Mexico that 70 % of the adolescent mothers your pregnancy occurred after the dropout and a 60 % reported that the pregnancy was the cause of abandonment, it is important to note that the desertion by the birth of the child corresponds to a 12% in women and 2 % men. While Tápia, (2010) mentions that there is a low chance of achieving assume the maternity and school, due to that is common to defer this last or leave as life expectancy.

On the other hand Bauer, (2010) took as one of the main causes of female drop-out rate, pregnancy, while in article 11° of the General Education Act states that a pregnancy and maternity shall not be a condition to continue with their studies. On the other hand (Velazquez, 2009) proposes that an unplanned pregnancy and the change of life that this implies, could hinder the culmination of a career, owing to the effort that involves responding to the demands of study the university and the responsibility to fulfill the role of mother and raising a child can return a conflict. According to Pardo (2004), a study on the causes of school dropout, it was found that the pregnancy is the second reason family and represents a 8 % drop-out rate.

Pérez, (2003) notes that within the university scope, the desertion indexes, lag and titling are affected by the increase in unwanted pregnancies in the early stages of the university cycle in Mexico one aspect of dispute together with the pregnancy whether or not it is planned, reporting so that one of every four is not planned, nor desired in a low socioeconomic stratum, and 40% reported that this was desired without being planned.

Macassi, (2003) mentions in some cases that the students of the University of Colima to be in a situation of maternity and early paternity are faced with a series of events social where it comes to the expulsion or marginalization of the educational systems and labor.

While, Valenzuela (1992) in its work with a group of young people between 15 and 24 years, in Santiago de Chile, concluded that older women and better preparation, presented a higher frequency of children not planned, in university women to the average number of children is diminished considerably to 1 and/or 2.

Ehrenfeld, (2003) suggests that around 20 years, age that coincides with the university studies, producing most of the changes that lead to the last step of being young: economic independence, self-administration of the resources available, the personal autonomy and the constitution of the household of their own. Davila, (2002) argues that in our western societies, choose a couple and a career are tasks that define the step of youth to adulthood.

Casanova, (2002) according to a study carried out in the Autonomous University of Coahuila The results showed a significant increase of pregnancies among the young graduates in the majority of cases, despite the academic training and the increasing information about sexuality that students possess is insufficient or little specifically about the operation of your body and the consequences are a sexual practice inadequate, Rueda (2005).

MATERIAL AND METHOD

To gather the information in this study used the presentation and signing of the format of informed consent, which, as its name indicates, will give the complete information about the research to be carried out and a semi-structured interview where the questions are formed by three blocks which described in the first block include the socio-demographic data of the couple. The second block comprises the family structure from which each one of them and as is formed which formed. Third block consists in the couple relationship before, during and after pregnancy and the academic setting in which they were in at that time. The problems in the three axes that confronted.

RESULTS

According to the interview were analyzed the social, family, economic and personal framing the most relevant aspects that were presented during this stage and difficulties within the university life in the process of pregnancy.

1.- Family

It was found that the family it is nuclear, where there is a good relationship, union, support is provided from first instance from that accept the new stage that his son decided to form.

While she comes from family disintegrated for this reason the news of the arrival of a new baby is not received equal in both cases in the family disintegrated in a principle is difficult to accept the decision or circumstance that is happening her daughter (or) but that with the time manage to assimilate it and decide to support this new stage.

In addition it was identified that the young woman who lives with a guardian (father or mother) tilts to live with your partner within the nuclear family, this because they feel security and is the family that perhaps no longer have.

Another way to support them is through the participation of the Mother of him, which provides care for their babies while they attend school or perform their tasks this with the aim to complete their studies for which may be able to provide a future for your baby, similarly receive moral support, emotional and encourage them to continue with their studies, letting them see that their future and the future of your child will depend on their studies.

2.- Psychological

In the field staff we found that because it is an unplanned pregnancy this comes to change aspects within their individual lives, couple, family, academics and social. In addition the couple sees it from different points.

By the he must make to the idea that is to reach a new member to the family, in addition to raise awareness that he will be the sustenance both economic and moral, leaving some times their activities or hobbies you used to do, in some cases it is difficult to change these habits even adapt to the new situation therefore is something that comes to break with the schemas daily.

By part of it is difficult to receive the news due to that as a first reaction is presents the fear, although not unaware of the biological process that involves, sets fear due to the pains that are presented during the birth process, presents the dilemmas about whether you receive the support, who will say their parents, the reaction of the couple, as will be your pregnancy, if it were to be a good mother to her son and how to deal with this new stage.

Why similarly a baby comes to change the style of life, leave the outputs for a time, attend school knowing that the discomforts of pregnancy are present at most of the day, that with the passing of months the fatigue and the desire to not raise will be more present day to day.

But to know that he drinks will grow into a family where the support is present both of the family of him, and as a couple, this makes the pregnancy and the married life easier and see this from another perspective the arrival of the new family member.

3.- Economic

Within the economic sphere begins the concern, because to be students think like tackled the expenditure from the consultations, childbirth, clothes, diapers and other accessories needed him drink, without counting that continue to study and will be the costs of registration, copies, books, passages, for this the chooses to get a job that is the end of week, in addition to receiving financial support on the part of their parents, this is noted in the majority of cases where the family solve some expenses to which the couple continue their studies in addition that they want that there will not be a repeat of the stories of them and that should be your reason to continue forward.

4.- Social and Academic

In the social sphere is that had the least problem manifested due to the fact that they have the support of friends and some teachers which motivates them at this stage. For she was more the support because the pregnancy received various attentions, the teachers will justified their misdemeanors, sent him work to be evaluated, taking more chance not to affect its average school, during the period of practices the role of service was in units where not to carry out efforts, ensuring the integrity of both including hospitality came to be many as having breakfast at his hours, sitting, not load heavy things.

But for him was normal due to the attending normal to the classes, in the practices covered form stipulated in the role their activities, had no extension to deliver the jobs and much less were justified the misdemeanors, besides being present concern for the welfare of their partner. They argue that always in the living room there was criticism is not so pleasant, which are, as pregnancy very soon and why with him, but these did not affect their emotional state as mentioned above, count on the support of their parents, partner and friends, is what encouraged.

5. Affective

In the field of emotional or affective at the beginning was a little concerned for her due to the discomforts of pregnancy, to changes which it received its body and that she could no longer do the same activities that had previously been carried out.

In contrast to him was normal because it could do all kinds of things, in addition he does not felt uneasiness likewise the couple began to live the changes to support one another, showed concern, but with the support of their families began this new stage with motivation, decision, which did not affect their school adaptation.

DISCUSSION

The traditional family is composed by the couple and children, marriage is a stage of the natural life of the human being where each member has the option to choose the partner to join the consortium, and the age of union according to a social construct, without that this bond between the couple is forced in contemporary societies (Gonzalez, 2008).

The young people who decide to form a life together during the university stage is caused by a series of psychosocial factors; one of the paramount is that during the courtship one of them presents problems of violence and neglect within their family nucleus, which leads to the other party to take the decision to include affected/to within its core family, thus forming a couple

marital and an extended family. The courtship for the female part represented the support biopsychosocial and exit the circle of family violence because marriage is the best option for their development, always thinking positively so as not to repeat in a future any situation which has tried to break dreams or goals of it or the. This decision on the part of both will be reflected in the course of the new stage, in addition to its continuity and school performance.

The courtship has a great value among young people, not only as a period of preparation for marriage, if not by their affective importance and social in his "here and now" (Guerrero, 2003).

Therefore argue that within the courtship is not only love but there must be strongest reasons to decide to live in couple as the support, respect and total commitment, which take them to take firm decisions to have a good performance in your new kernel and these same are not influenced by the experiences in their family nucleus.

Galicia, (2006) states that pregnancy and maternity generated changes that affect the life project, given that to be students and couple must reconcile. In accordance with the above, it was found that live with your partner and other family members who are on the part of man, where maintaining a good relationship, in addition to integrate it to the family nucleus, more to become his wife, integrates as if it were a daughter. Therefore the pregnancy and life in a couple was not an impediment to continue their university career, due to the support with which were, that was both economic and moral because when studying this stage the care is provided by part of the breast from him how a daughter more, since the sought to feed properly and to their hours, that sleep on the time necessary for its welfare of both, as well as to comply with its academic activities all this in order to continue with the role of students.

Bauer, (2010) took as one of the main causes of female drop-out rate, pregnancy, compared with the results in this study we can say that this does not happen in the case of the young university since they mentioned that her son is the reason for which they followed preparing to give you a better future, also argue that to feel supported by your partner and family makes do not devote desert at this stage.

Therefore reflected the participation of the family in the economic aspect which is the vital support to enable them to continue studying, note in particular the assistance it provides the mother-in-law because it is in the care of the baby watching as well as his son because she performs all care and spends most of the time with him, while the couple continued studying and even part of the time at home , continuous care while they perform school activities, this help was vital, because due to this they could continue to lead a quiet life and free from pressures and they favored in their school results.

Casanova, (2002) According to her study showed a significant increase of pregnancies among the young graduates in the majority of cases, despite the academic training and the increasing information about sexuality that students possess is insufficient or little specifically about the operation of your body and the consequences are a sexual practice inadequate.

More without in change compared with the young university students of the nursing career that have current information both in sexuality, family planning and pregnancy, there have been some cases of unplanned pregnancies and the formation of couples in marriage during the university stage (Pérez, 2012).

Within the marriage the prenatal care is a constant in pairs of a high level of studies in change the case study, does not use a method of contraception, in addition that maintain the idea that

you live more fully the sexual relationship because it is a feeling completely enjoyable, it is important to note that they have a wide information of types of methods of planning but not carried out within their sexual practice, which is as a consequence an unplanned pregnancy, but if a gestational development desired. In addition she says that although I knew how he could carry a control, had no confidence in the effectiveness of hormonal methods.

Tinto, (1989) the desertion of the university students, is a controversial topic within these institutions, due to the fact that there is no specific cause to which can be attributed, but that depends on various factors.

It is true that include factors which may be social, cultural, personal, or sex education, although on the part of the nursing staff the latter is not the case due to the fact that students have extensive knowledge in the field of health, in addition to being in this university stage and in the branch of the health may be to say that they have sufficient maturity to face the challenges and to assume the responsibility of having a child is that with this comes changes to the plans and projects of life of the couple university.

The National Institute of Statistics, Geography and Informatics, (1990-2011) reports that in spite of the fact that young people have the information necessary to exercise an active sexual life responsibly, the deficiency of this responsibility conducive to the existence of unwanted pregnancies that may put in danger the life of the university.

This point is relevant in the nursing students because that although dominate the area of health, not exercising their sexuality in its own way, being aware that this may result in an unplanned pregnancy, that not all put at risk their university life, but if it causes changes in it.

Tinto, (1989) some time ago the family union was a matter of attached to what they were careful many aspects to save the honor of the family so that an unplanned pregnancy at an early age, was considered as a shameful act. So the solution was to marry, however the alleged "solution to the problem" was to have conflict in the life of the same as are: Conflicts between partner, which do not have the same feelings, rejection.

Concerning the author and in accordance with the research is contrasts his idea because currently dads want to see their children with a different future than the one they lived; supporting their decisions, but also the question whether what they are going to do is what they really want and if it is the right thing to do, thus leaving the family as the main support and support for young people, this promotes and encourages you to continue studying, because they know that they have the family support ,that in addition to support them in the study , do so during pregnancy and after the birth of the baby; to achieve conclude his career.

Martinez, (2003) it is apparent that despite being pregnant women feel the need to continue with their education, and this can be an obstacle to carry out their wishes. Also of their inexperience manage to perceive that in this way they and their children may have better opportunities to society.

According to the author and the study can be said to continue with their studies is essential and necessary, not only for her but also by his son, which he sees as his reason to give you a better future, in like manner, he is also spurred by the situation to continue improving, this is due to the fact that the will be support for your new family.

Reis, (2003) Several studies have proposed reveal the positive direction that

maternity/paternity acquired in contexts of social vulnerability, for example, as the only source of social recognition for women lacking educational perspectives and labor.

By comparing the results of the interview with what was mentioned by the author are opposed due to being in the middle of a university career and in a race of health its point of view of the couple student is that should conclude his degree so as to be able to get a good job and with this move forward to his son, especially because they want to be an example to be followed in the future for him.

CONCLUSIONS

Finally it can be established that the existence of support not only emotional if not economic for part of their families the partner feels the security and confidence to be able to meet its goals and achieve complete the university stage satisfactorily.

While the whole family is involved and each member plays a role within this stage; according to the results you see a more direct involvement on the part of the breast of him, this is due to the be in charge of taking care of the minor she integrates and sees in his family not as a grandchild if not as a child more.

On the other hand the couple assumes responsibilities but not altogether because it can continue to lead a life that allows them to perform various activities, not only within the school environment, can continue with their routine social while arrives adaptation to change in the style of life.

Although within the university scope is not in plans the formation of a family this is in accordance with the information consulted, couples who come to form are consolidated and are maintained by the assistance they receive within the family, in accordance with the research support is always on the part of the family of man, because she is the one who comes to join and therefore do not take it as a daughter-in-law, the integrated as a daughter, this makes the treatment and care is as a member of the family.

Therefore she lives a maternity not all full due to the changes and discomforts that presents but knows that it has the support you need to not truncate its life and the most important their professional success.

In this way it can be concluded that the pregnancy and marriage are not an obstacle that restricts the physical, social and mental health to achieve complete professional studies.

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