

## The Motherhood Experiences and the Conception of Mother-Baby Interaction: Interfaces Between Primiparous Adult Mothers and Adolescents

As Vivências da Maternidade e a Concepção da Interação Mãe-Bebê: Interfaces Entre as Mães Primíparas Adultas e Adolescentes

Las Experiencias de la Maternidad y el Diseño de la Interacción Madre-Hijo: Interfaces Entre las Madres de Adultos por Primera vez y Adolescentes

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### How to quote this article:

Zanettini A, Urrio A, Souza JB, *et al.* The Motherhood Experiences and the Conception of Mother-Baby Interaction: Interfaces Between Primiparous Adult Mothers and Adolescents. *Rev Fund Care Online*.2019. Apr./Jul.; 11(3):655-663. DOI: <http://dx.doi.org/10.9789/2175-5361.2019.v11i3.655-663>

### ABSTRACT

**Objective:** The study's purpose has been to further understand the interfaces of the experiences related to the first experience of both adolescent and adult mothers, then seeking to identify the creation of the mother-baby interaction. **Methods:** It is a descriptive-exploratory study with a qualitative approach, which counted with the participation of eleven primiparous mothers, from the *Chapecó* city, *Santa Catarina* State. Data collection was carried out through semi-structured questions, and the participants were identified by butterfly names. Data were analyzed using the Content Analysis. **Results:** The findings have shown profound changes in the way of life of the primiparous mothers, such as: physical changes, image concerns, greater responsibility, sadness, joy, fear, distancing from friends, sudden changes in lifestyle; and, for the adolescent mothers were found school abandonment and difficulties with child care. **Conclusion:** Bearing in mind the implications of motherhood, some adolescent mothers feel unprepared for maternity, because they are too young, although they believe that there is no differentiation between their feelings and those of an adult and primiparous mother.

**Descriptors:** Maternity, Mother-Baby Relationship, Pregnancy.

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## RESUMO

**Objetivo:** Compreender as interfaces das vivências relacionadas à primeira experiência de mães adolescentes e adultas, buscando identificar a construção da interação mãe-bebê. **Método:** Estudo exploratório, descritivo, qualitativo, com participação de onze mães primíparas, do município de Chapecó/SC. Para a coleta de dados foi utilizado questões semiestruturadas e as participantes foram identificadas pelo nome de borboletas. Os dados foram analisados através da Análise de Conteúdo. **Resultados:** Mudanças profundas na forma de viver das mães primíparas, como: alterações físicas, preocupações com a imagem, maior responsabilidade, tristeza, alegria, medo, distanciamento de amigos, brusca alteração no modelo de vida, e para a adolescente mãe, também o abandono escolar e dificuldades com o cuidado da criança. **Conclusão:** No que tange às implicações da maternidade, algumas mães adolescentes sentem-se despreparadas para desempenhar a maternidade, por terem pouca idade, porém, acreditam não haver diferenciação entre seus sentimentos com os de uma mãe adulta e primípara.

**Descritores:** Maternidade, Relação Mãe-bebê, Gravidez.

## RESUMEN

**Objetivo:** Comprender las interfaces de las vivencias relacionadas con la primera experiencia de madres adolescentes y adultas, buscando identificar la construcción de la interacción madre-bebé. **Método:** estudio exploratorio, descriptivo, cualitativo, con participación de once madres primíparas, del municipio de Chapecó SC. Para la recolección de datos se utilizaron cuestiones semiestruturadas y las participantes fueron identificadas por el nombre de mariposas. Los datos se analizaron a través del análisis de contenido. **Resultados:** cambios profundos en la forma de vivir de las madres primíparas, como: alteraciones físicas, preocupaciones con la imagen, mayor responsabilidad, tristeza, alegría, miedo, distanciamiento de amigos, brusca alteración en el modelo de vida, y para la adolescente madre, El abandono escolar y las dificultades con el cuidado del niño. **Conclusión:** En lo que se refiere a las implicaciones de la maternidad, algunas madres adolescentes se sienten despreparadas para desempeñar la maternidad, por tener poca edad, sin embargo, creen no haber diferenciación entre sus sentimientos con los de una madre adulta y primípara.

**Descriptores:** Maternidad, Relación Madre-Hijo, El Embarazo.

## INTRODUCTION

Motherhood is the quality or condition of being a mother; it is a bond that unites the mother to her child, and for the most part, the conception of motherhood is based on the idea of suffering, sacrifice, and love.<sup>1</sup> Motherhood in the woman's life is a unique experience where she undergoes several changes both in social life and in her physical body and way of thinking and acting.

Considering the adolescent mothers, they become mothers, then resulting in several transformations in their life and family, being adolescence characterized as a stage of life between childhood and adulthood, marked by a complex process of growth and biopsychosocial development.<sup>2</sup> It should be emphasized that in this research was used the World Health Organization (WHO) reference,<sup>3</sup> which describes adolescence as the second decade of life, from 10 to 19 years old.

For society, motherhood is seen as a natural instinct of the woman, defending that she is born with the vocation to have children, to love them and to take care of them. Nevertheless, it is known that this is not always the case, since when the woman experiences different life experiences, involving emotional conditions, cultural aspects, affective relationships and the quality of the care she received in her childhood, thus born its own process of being a mother.<sup>4</sup>

These new experiences involve feelings, feelings, attitudes, and thoughts, for becoming a mother is something complex. The woman's life history will directly influence the construction of her mother being, which can become an easy or difficult experience, remembering that each gestation happens in a different way and with different meanings, therefore, generating a unique being.<sup>5</sup>

It is particularly important to develop the affective relationship between the mother and her child. But what are the interfaces of experiences related to the first experience of adolescent and adult mothers? Are there greater challenges for adolescent mothers than for primiparous mothers in the conception of mother-infant interaction? Given the aforementioned perspective, this study aimed to further understand the interfaces of the experiences related to the first experience of both adolescent and adult mothers, then seeking to identify the creation of the mother-baby interaction.

## METHODS

It is a descriptive-exploratory study with a qualitative approach. The research site was performed in the *Chapecó* city, *Santa Catarina* State, having the support of the Family Health Strategy (FHS) team of the mentioned municipality, to identify the research participants and their residences.

The study counted on the participation of eleven mothers, five adolescents, within the age group from 10 to 19 years old, and six adults, from 20 to 40 years old. One of the criteria for participation in the study is that all mothers would have to be users of the Unified Health System and primiparous women, believing that the first pregnancy is a unique experience that can define the other experiences and a new signification of being a mother.

The interview with the study participants occurred in the home of the primiparous mothers in a pre-scheduled way, in order to have an available and propitious moment, then seeking not to disturb their responsibilities.

Prior to the interview, a free and informed consent term was made available to the participants, and the consent form was provided for the adolescents, thus maintaining the secrecy of the information and acceptance of participation in the research, which only started after being approved by the Research Ethics Committee.

Aiming to maintain the secrecy of the participating mothers, it was decided to call them by the name of the 11 rare butterflies in the world: Blue, Transparent, Leaf,

Queen Alexandra, Owl, Camouflaged, Owl, Peacock, White Wood, Apollo and Red Admiral butterflies.

It is known that to become a butterfly, a metamorphosis is necessary: first the egg, then the caterpillar (young phase), the chrysalis (transformation) and finally the butterfly (adult phase). Such a process of transformation can be compared to motherhood, since no mother is born ready. The woman becomes a mother and is transformed, not only in her physical body, but also emotional and psychological, until the time of maternity and post-maternity, as well as the various stages of the butterfly. Another aspect is that there are several species of butterflies, with different colors and textures in their wings, as well as in the experience of motherhood, occurring in a differentiated way for each mother such experience and significance in their process of living.

The analysis and interpretation of the data occurred through the content analysis model, proposed by Bardin, 6 being a set of techniques of analysis of the communications, in order to obtain, by systematic procedures and objectives of description of the content of the messages, the inference of knowledge about production/reception conditions (inferred variables) of these messages.

The first stage consisted of the pre-analysis, where a floating reading of the data obtained in the interviews was performed, choosing documents for the constitution of the data taken into account to be submitted to the analytical procedures. In the second moment, the analysis material was explored with the data organization. It was listed the following category, which guided the discussion of the data, as follows: The interfaces of the mother-baby relationship with adult and adolescent mothers: creating relationships.

## RESULTS AND DISCUSSION

The symbolism of motherhood as a natural function, including the question of the greater intensity of the bond with the baby, reflects the desire and connection that gestation can trigger in the life of mothers, as well as the representations of the psychological impact of being a mother.

The relationship between the mother and her baby begins already in the gestation, through the corporal changes, when the belly and its breasts begin to grow, through the fetal movements, where the same happens to perceive the presence of a new being, being that some mothers talk and sing to their children, establishing affective bonds even before birth. These stimuli that occur during the period of pregnancy make future mothers more interested in caring and investing in their relationship with their child, because they feel the presence of the child, and it is in this contact that will be the basis of the mother-baby relationship, which tends to only extend after birth.<sup>7</sup> Herein, mothers report that they already established interaction with their children, even before they were born:

*"I think the interaction starts already when it is in the belly, they feel everything that we think, everything that we do, and it already starts there in the belly." (Transparent Butterfly).*

*"It has already begun in the gestation, I believe that the first time you feel it, or you listen to his little heart, it is already a love that you do not imagine that you could feel right, it is something that is beyond what you already imagine, a greater love than you can have." (Apollo Butterfly).*

The relation between mother and baby through the fetal movements in the gestation was notorious, and there is no explanation as to the love that one feels before maternity. The mother should develop an initial contact and can be observed by the actions of the newborn in small details, where the mother can stimulate her children in the daily life, being extremely important for the healthy growth of the child, also making it necessary for the mother to meet expectations who had during the gestation period with the arrival of the baby, who at the moment, demands more attention and care.<sup>8</sup> However, it does not always happen as planned and expected:

*"... we think so, when the baby is born I'm going to do it the baby will do it, everything is fine, but when it's born, it's totally the opposite, you're prepared for one thing, but whoever comes is fine what they say, they do not tell you everything, they only tell you what's good, what's more complicated, they do not tell you, that's true..." (Butterfly Apollo).*

*"Since when he was in the belly we are taking care of us, thinking how it will be... after he is born, then everything changes from there, it is nothing to do with what you imagined." (Transparent Butterfly).*

In the speeches of the Apollo and Transparent butterflies, it is possible to observe that mothers during the gestational period idealize what the routine would be like, the life with the baby, how they would do to care, among other factors, but after birth, they realized that not everything would happen as they had planned. Nevertheless, the mother-baby relationship should not be impaired, since such interaction is closely correlated with emotional formation and when it occurs in a positive way, it will be healthy and when it is not so good, it can become a malefic factor, development of emotional disturbances in the child and also in the mother, because it would be as if they were denying an essential component to life.<sup>9</sup>

Another important factor to note is that the feelings mothers have about their newborn children are often positive perceptions. Adolescent mothers can develop the mother-baby relationship and sustain this positive feeling with love towards their children in a similar way as an adult mother, and

it is not possible to perceive differentiation.<sup>10</sup> This relationship can be evidenced by the following statements:

*"The love that grows, I do not know how to explain it to you, for the love it shows, every month, every month is a surprise, it's a novelty, a different thing" (Apollo Butterfly).*

*"There is no word to describe my relationship with her, I think it's outstanding... we see the way she looks like this, now she has learned to caress my face, it's sweet..." (Blue Butterfly).*

It is undoubted that at the beginning, because everything is new, it is necessary to overcome difficulties, establishing relationships that gradually solidify, creating bonds and increasing love, then influencing the experience of both the mother and the child. Through the coexistence, throughout the days, the child shows attachment and comfort in knowing that he is with the mother, thus giving a return to the stimuli received, demonstrating an intimate interaction between the mother and the child.<sup>10,11</sup>

The mother-child relationship gradually develops, each with its own time, rhythm, and manner, which does not have a relationship with the baby.<sup>12</sup> The mother-child relationship develops in a gradual way, each with its own time, rhythm and way, which does not have a ready recipe to say how this relationship should be, and even how it is configured, but both are recognizing themselves and living experience. The mother starts to assume greater responsibilities and confidence in her ability to be a mother, creating routines that supply her needs, and with that, making the bonding effective.<sup>13,14</sup>

It is known that the first days after childbirth are moments filled with feelings and intense emotions, accompanied by transformations both at the family level and in the mother's own physical and emotional, and can vary from woman to woman, which will also be influenced according to the experience of the gestational period and childbirth.

In the meantime, there may be differentiated reactions, such as those cited in the reports below, which are explained by the fact that the mother and the baby know little, because until then they were a "single", and in this short period of time, a good communication frequently, preventing the mother from recognizing the baby's real needs, leading to a transition period in the first trimester of the puerperium, where the woman becomes especially sensitive and confused:<sup>9</sup>

*"In the beginning it was difficult... it seems that my feeling is scared, that I could not get her in the lap that was going to return to the infection, I was traumatic, so I would take her like this, it seemed that my belly ached and I could not stay with her in the lap..." (Peacock Butterfly).*

*"I was traumatized by my delivery, so much so that in the first few days I could not look at her, you know, I cried with sadness, but not because of fear, but because of what*

*I went through, because it scared me a lot, the first week went well terrible" (Blue Butterfly).*

According to the report of Blue Butterfly, it is evident how much the delivery can be a difficult moment in the life of the woman, being something previously conceived through the experiences, knowledge, and traditions passed on by the own family or friends of the pregnant woman.

With the birth of the child, there may also be a sense of separation for some mothers, because before you feel intertwined with your children and after childbirth, the relationship between mother and baby may be slow to establish:

*"I think the relationship started a month after she was born... it cost me to understand that she is my daughter, she totally depends on me, until then I had days that I was so sad... I was very stressed you know, my husband was even afraid that I would go into postpartum depression... it was too fresh for me, different... it took me a little time to learn to love even my daughter." (Blue Butterfly).*

In this sense, it is necessary to approach the attention of the mother, in order to assist in coping with this reality and facilitate the mother's contact with her baby, being able to identify the care and provide the necessary support.<sup>8</sup>

It is possible to perceive that love and the relationship between the mother and her baby are developing and establishing itself every day, especially in the face of the child's learning, that with the passage of days and months, begins to make different movements, smiling, babbling sounds, interacting with mother and other family members, intertwining feelings, where the study participants demonstrated that children are cause for great joy:

*"Every day that passes, she grows up; I do not know, she smiles, when she puts her hand on your face, there is no explanation, love grows bigger every day." (Red Admiral Butterfly).*

*"The love that grows, I do not know how to explain it to you, for the love it shows, every month, every month is a surprise, it's a novelty, a different thing" (Apollo Butterfly).*

With the growth of the newborn, novelties are emerging, effecting the relations between the mother and the baby, creating a bond between the two that mothers cannot explain in words such sentiment. Mothers have a good, positive feeling and satisfaction in seeing their children's development and growth, new acquisitions and skills, and their efforts can be rewarded with a baby's smile or gesture.<sup>5</sup>

One of the ways to create a bond, or even to establish a closer relationship between the mother and her child, is through the process of breastfeeding, being an exclusive moment of the mother with her baby, where the woman can perceive that it is essential and fundamental for the maintenance of

life, because through this action they exchange caresses, looks, establish contacts, that help in the communication and interaction between them:

*"My God I think of everything the whole maternity, breastfeeding is the best thing that exists... it's the moment only yours and her, there she is caressing my face, she comes with her little hand in my mouth, hence she and looks at me and laugh, then she eats, I think of everything, I think breastfeeding is the best thing... Because you know it depends on you... strengthens the bond, it's her joy, she rubs herself, snuggles in, it's wonderful..." (Blue Butterfly).*

*"... it is the best moment of the people like that, breastfeeding know, we have this contact until today, sleeping together, to be close, so that there is nothing so that surpass knows." (Butterfly Queen Alexandra).*

Breastfeeding has primordial functions for the baby, as it assists in combating allergies, helps immunity, growth and healthy development, as it is natural and has all the necessary vitamins, however, it is not always possible to breastfeed due to some infectious diseases, malnutrition or drug addiction, or even stop producing milk.<sup>15</sup>

Breastfeeding is a natural and effective practice, which also benefits the mother in the prevention of breast and uterine cancer, in the return of the body to normal, and can be used as a contraceptive, among others. But the success of this practice depends on the experiences and biological, cultural and socioeconomic factors experienced by the mother, as well as the commitment to maintain breastfeeding. At the beginning of breastfeeding several doubts and difficulties arise, and the nurse is important at this time to listen to these women and provide guidance and care, which should be sensitive to understand the world of the primiparous mother and guide actions for their social and cultural reality.<sup>16,17</sup>

As much as breastfeeding is natural, some participants in this study experienced difficulty in the initial moment of breastfeeding, in regards to the handle, pain, uncomfortable feeling of being something new, which until now had not performed because they were primiparous mothers:

*"... after the baby was born I've already seen that the issue of breastfeeding is more difficult... so, your colleagues start saying, 'you better get ready', and I did not prepare to breastfeed... I have more difficulty in breastfeeding." (Transparent Butterfly).*

*"... I had difficulty in breastfeeding, because it's not like what you see in those campaigns, it's a very good type, it has contact with the baby everything, only I did not have a beak, so I suffered from it, it hurt, it hurts at first you know, but then, it's very good, the time you have him there close to you, he can be crying, you know he has hours he wants to nurse, so it's very good, he's close to you, he's*

*calm, in the beginning, it was not easy, but after it worked out, the feeling, that he wants the mother, that he is mine" (Owl Butterfly).*

Breastfeeding difficulties continue to be a problem for most breastfeeding mothers, resulting in painful breastfeeding, hard and swollen breasts, pain in the injured nipple, especially when the baby sucks. Such difficulties arise because they are something that the primiparous mothers had never developed before, but it is noticed that even with the difficulties, many women insist on breastfeeding, and later, the act of breastfeeding turns into something good, bringing the binomial mother and child.<sup>17</sup>

Some primiparous mothers have been able to relate more easily to their children because of the care of other children or their younger siblings, or because they have been baby-sitting children:

*"When I was younger I did not want to have children, so I started working as a nanny, I liked being a child..." (Transparent Butterfly).*

*"I took care of my little nephew, I had a sense of what it was like to deal with a child, and I like it, I already liked taking care of children... I used to take care of children at home, so I knew what it was like..." (Owl Butterfly).*

Nonetheless, holding one's lap or caring for a few hours of one's children is not the same as assuming full-time motherhood, taking responsibility for one's child.<sup>17</sup>

Motherhood can be a period of important changes, not only for the future mother, but also for the whole family structure, since this family will be receiving a new member, and from there, they will no longer be a couple, but a family.<sup>5</sup> Becoming a mother is something complex, since after birth it is precisely she who will develop care,<sup>18</sup> and no longer be cared for as before, thus passing from daughter to mother.<sup>8</sup>

Primiparous mothers experience many transformations that are linked primarily to new responsibilities and maturation. The participants in this study reported that motherhood has totally changed their way of seeing the world, of acting with people and the way they behave in society. When comparing the reports of adolescent and adult mothers, it is verified that both had intense changes, as described below:

*"What changed in me after motherhood was taking responsibility, you being kind to people, which I was not... I think that after mother stays we change completely, everyone, so I think that maturity, because I am a girl, woman, girl, I think that." (Leaf Butterfly).*

*"I was very different, I did not have much commitment, I did not give a damn, my way of speaking mute, my way of being, watching my behavior; I used to say everything in a slick manner, now I do not behave more, inside my*

*mute feeling, I do not know what it feels like to be more mature, responsible, for the house, for the daughter, for the husband" (Peacock Butterfly).*

Considering the adolescent mothers viewpoint, the increase in responsibility and maturity are due to the fact that there are people close to them, as in the case of parents, both maternal and paternal grandparents of the child, where sometimes it imposes that the couple lives together and end up limiting the freedom of as well as to develop behavior that is more appropriate to society, and thus to the world of adults.<sup>14,19,20</sup>

The adolescents' lifestyle ends up changing over time through motherhood, especially their way of being, with a redefinition of their role in the family, and from that point on, a different person is noticed in the way of being and acting, this through maturation becomes more sensitive and understandable with other people.<sup>21</sup>

The maternal identity that is constituted can be perceived in a positive way, with the recognition of personal resources, maturation and new ways of looking at oneself, as well as negatively with implications such as depressed mood and social isolation.<sup>12</sup>

Motherhood for the participants of this study is a collection of moments that were experienced for the first time, so it becomes a differentiated and innovative experience. But when analyzing the speeches described by teenage mothers to the feelings of such an experience, it is evident that they believe that it would be the same thing if they had had their children in adulthood:

"... I do not think I would change because motherhood would be a new thing for me, right now, then now or later it would be the same... because motherhood is new to me now I believe it would be new if I had an older child..." (Blue Butterfly).

"It would not make any difference because the love you give the child will be the same, the attention, everything, regardless of age" (White Camouflaged Butterfly).

"... in terms of feeling it would not change in anything, because a son is a blessing..." (Leaf Butterfly).

In this research, we also encountered adult primiparous mothers who reported that their feelings would be the same if they had children during their teenage phase:

"I think so, what mother is formed from the moment you have a child, that every mother, we are born prepared, but that a mother forms herself, when the child comes, you have an idea, but you have the notion even when it comes, I believe it would be the same..." (Apollo Butterfly).

"... but I believe that the mother is really the mother, I do not know, if I had got him at 15 years old what I would

*feel; Based on the way I was raised, I was raised with so much love, it also helps, I believe that it would be the same..." (Owl Butterfly).*

In observing the above reports of having the same feeling of motherhood, regardless of whether it is in adulthood or adolescence, adolescent mothers have similar feelings to adult mothers, actually leading us to believe that there is perhaps a process common to motherhood, since mothers adolescents and adults have the same concerns regarding basic care and the health of the newborn.<sup>5</sup>

When mothers were questioned about different situations they might experience before motherhood, both in adulthood and adolescence, they reported mainly on the financial and time issues with their children:

"What would change, I think I know... a stable life, but I would not change... but in the financial yes" (Leaf Butterfly).

"I think my reality would be different, I do not think it would change because motherhood would be something new to me, so now or later it would be the same thing, but I think my reality would be different because I would form, working as a teacher, would certainly have a home, I think only my reality would be another..." (Blue Butterfly).

"I do not think so, sometimes if I was older I would have been working, I would not have much time to be with her (daughter)..." (Butterfly Peacock).

"... that even today I cannot stay with him, I have a question, in adolescence, it could be that I would not have the same conditions to give what I can give him, attention." (Butterfly Apollo).

It can be noticed the difference in the way of thinking from a teenage mother to an adult one with regards to being able to be with the baby, where the adolescent said that if she was older, she would be working, making it impossible for her to stay as long with her daughter in the speech of the Peacock Butterfly. The adult mother, however, described that if she were a teenager she would not have the same financial conditions to offer the child resources and comfort, as described in the report of the Apollo Butterfly.

As for the financial question, the family plays an important role both in supporting the minimum conditions of the financial order, that sometimes because they are adolescent mothers, they will not be able to support a home and a family, as in the emotional issue, since for some families, child is born and ends up uniting the family, bringing peace, and in others, end up causing fights and discussions, which is an issue for the family.<sup>22</sup>

Adolescent mothers, faced with pregnancy and motherhood, still need to face the school, which are some-

times criticized and considered irresponsible or too young for motherhood:

*"I think, I do not know, every day I went to school was a fight like that, I had to face a war, because that was a lot like this... bitch, she's young, she cannot, she's pregnant, everybody thought so... but even so I came back and I'm in the fight trying to finish "(Butterfly Leaf).*

*"Being a teenage mother was strange, because everyone, it seems like I do not know, it seems that they (population in general) have a bit of prejudice against the person who has an early child, it was strange, but I thought of myself, I did not think about them "(White Camouflaged Butterfly).*

According to the reports described above, the suffering that the adolescents faced at school during gestation is exposed. On the other hand, it is also perceived the planning to follow up the studies, the life both scholarly and academic, glimpsing the formation as a way to guarantee its financial dependence and a good future.

Adolescent pregnancy when it affects the middle and upper social classes does not tend to detract greatly from the future of adolescents in terms of schooling and professionalization, since it has the financial support of the family to provide support and assistance. Already when it affects the lower class, the adolescent has some difficulty in sequencing and finishing the studies, because in the great majority, cannot count on the support of the parents, nor social to give continuity.<sup>23</sup>

At the same time that she faces internal changes, she suffers from an external judgment that depreciates and devalues her reproductive choice, facing the adolescent mother in a moralistic and punitive way, which often impacts on her daily life with her leaving school and difficulty of return. The school institution is not prepared in its practices and policies for the flexibility of tasks for adolescent mothers, which helps to keep them away from the school space, delaying their schooling.<sup>24</sup>

It was observed the adolescents' sense of sadness about the judgments, especially of the social groups, because pregnancy at this stage is the proof that sexual intercourse occurred before marriage and in society, which still compromises moral integrity, since traditionalist families continue to follow the norm of first dating, then marriage and finally pregnancy.<sup>19,20</sup>

Pregnancy when it occurs outside these "patterns", however much it is planned by adolescents, ends up being extremely judged, as something bad, believing that it will compromise the entire personal life of the future mother, school life, academic life, among others. When the pregnancy is judged only by the "fault" of the woman, the male role of protection and contraception is ignored, which according to the health actions, the information is passed on to both, and they would have the responsibility to prevent an unwanted pregnancy.<sup>19</sup>

The study participants also reported differentiations when asked about being a teenage mother and being a mother in

the adult phase, referring mainly to the care of the baby, wherein the adult years one has more experiences, more information, a little easier to care, and on the maturity, that with a certain age develops more responsibility, commitment, not being so insecure, knowing what to do and not despairing of certain situations:

*"... you have to be prepared to be a mother, because then it does not work... you have to know that you have that commitment, the child is yours, you have to take care... and now I have to know that commitment it's mine, and I have to take care of it, and I have time still ahead, that's why I say the younger the worse it is, of course, it's not that you will not be able to do it, but it's difficult enough, right?" (Owl Butterfly).*

*"... perhaps the question of immaturity, you not knowing, or leaving to your mother to take care, not now, I want to take care, I want to learn..." (Transparent Butterfly).*

The emotional changes that occur in adolescent pregnant women are similar to those expected for adult pregnant women.<sup>25</sup> Nonetheless, in relation to family support during pregnancy, two adult mothers said that if they became pregnant during adolescence they would not have any support:

*"It would be different, in adolescence I would not have support from the family, I would be judged, I would not have anyone's support, it would be very difficult, much more complicated. It would have to develop at this age, plus being a mother, I think I would judge myself, and think if I would be able, if I would have the ability to raise a child, if I would love, if I could do everything a mother should do, as most people say, "a child giving birth to another child," depending on whether or not it will be supported, would be more difficult "(Mormon Butterfly).*

When pregnancy occurs, there is a movement throughout the family cycle, presenting reactions according to their experiences, taking into account their values, beliefs and certain moral standards, which they believe to be correct, especially culture directly influencing how they will receive and deal with the news of motherhood.<sup>20,22</sup> Hence, in families that have had other daughters who became pregnant during adolescence, tend to be more accessible and accept the situation, even in families where there are rigid standards, there will be some resistance in dealing with and accepting the pregnancy.

It was observed that searching for family support is a constant, both for the adult mother and the adolescent mother. It is due to the need for support related to the baby care, and also aiming to reduce the household responsibilities burden.

## CONCLUSIONS

The relationship between mother and child starts from the gestational period and after birth, this relationship only increases, especially with the development of the newborn evidenced through the smile, gestures, and babbling of words, where the interaction between both narrows and gets stronger.

The bond between the mother and the baby, when not accompanied by some pathology or any impediment in this relationship, is usually adoring and with great affection, then showing the same interfaces between adult and adolescent mothers.

It was possible to unveil the perceptions of motherhood for adult mothers and adolescent mothers, being able to compare them with butterflies, because for both mothers and butterflies, there is a significant moment of metamorphosis, transforming their lives forever.

Through contact with the primiparous mothers it was possible to understand that the feeling of motherhood does not change according to the age, in other words, having the child either in the adult or adolescence phase generates the same feelings towards the son in the awakening of the maternity, leading us to reflect on a common process where mothers have a feeling of love, which grows day after day in the conviviality with the child and show concerns about the basic and health care of their child, regardless of the age.

The results left the researchers astonished, as they had as an initial hypothesis that for adolescent mothers, the experience of motherhood would be much more complicated than for the adult mother, and this fact challenges nursing professionals to provide care towards the primiparous mothers, independently of the age of maternity.

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Received on: 07/18/2017

Required Reviews: None

Approved on: 11/03/2017

Published on: 04/02/2019

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The authors claim to have no conflict of interest.