

The Relationship Between Teenage Pregnancy and Future Maternal Mental Health

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Informasi Artikel	Abstract
E-ISSN : 3026-6874 Vol: 2 No: 5 Mei 2024 Halaman : 482-292	This study investigates the relationship between teenage pregnancy and future maternal mental health by using qualitative methods and relying on literature review as the main data source. The background of this study is based on the importance of a deeper understanding of the impact of teenage pregnancy on maternal mental health, given the high prevalence of teenage pregnancy in Indonesia and its long-term negative impact. The purpose of this study is to investigate the factors that support or hinder the mental health of mothers who experience teenage pregnancy, and to present key findings from the relevant literature in this context. The research method used was a qualitative analysis of relevant literature studies found through systematic searches in academic databases and scientific journals. This approach allowed us to explore the findings of various studies and gain an in-depth understanding of the phenomenon under study. The main results of this study show that teenage pregnancy has a significant impact on the mother's future mental health, including an increased risk of depression, anxiety and postnatal stress. Factors such as social support, access to mental health services, and economic conditions play an important role in determining the mother's future mental health. The conclusion of this study is that efforts to improve future maternal mental health should be a priority in public policy and clinical practice. A holistic approach that takes into account the various factors that influence maternal mental health, as well as cross-sectoral cooperation, is needed to create a supportive environment for adolescent mothers to achieve optimal mental well-being.
Keywords: teenage pregnancy mental health mother	

Abstrak

Penelitian ini menginvestigasi hubungan antara kehamilan remaja dan kesehatan mental ibu di masa depan dengan menggunakan metode kualitatif dan mendasarkan pada studi literatur sebagai sumber data utama. Latar belakang penelitian ini didasarkan pada pentingnya pemahaman yang lebih dalam tentang dampak kehamilan remaja terhadap kesehatan mental ibu, mengingat prevalensi kehamilan remaja yang masih tinggi di Indonesia dan dampak negatifnya yang dapat berlangsung hingga jangka panjang. Tujuan dari penelitian ini adalah untuk menyelidiki faktor-faktor yang mendukung atau menghambat kesehatan mental ibu yang mengalami kehamilan pada usia remaja, serta untuk menyajikan temuan utama dari literatur yang relevan dalam konteks ini. Metode penelitian yang digunakan adalah analisis kualitatif terhadap studi literatur yang relevan yang ditemukan melalui pencarian sistematis dalam basis data akademis dan jurnal ilmiah. Pendekatan ini memungkinkan kami untuk mengeksplorasi temuan dari berbagai penelitian dan mendapatkan pemahaman yang mendalam tentang fenomena yang diteliti. Hasil utama penelitian ini menunjukkan bahwa kehamilan pada usia remaja memiliki dampak yang signifikan terhadap kesehatan mental ibu di masa depan, termasuk peningkatan risiko depresi, kecemasan, dan stres pasca kelahiran. Faktor-faktor seperti dukungan sosial, akses terhadap layanan kesehatan mental, dan kondisi ekonomi memainkan peran penting dalam menentukan kesehatan mental ibu di masa depan. Kesimpulan dari penelitian ini

adalah bahwa upaya untuk meningkatkan kesehatan mental ibu di masa depan harus menjadi prioritas dalam kebijakan publik dan praktik klinis. Pendekatan holistik yang memperhitungkan berbagai faktor yang memengaruhi kesehatan mental ibu, serta kerja sama lintas sektor, diperlukan untuk menciptakan lingkungan yang mendukung bagi ibu remaja untuk mencapai kesejahteraan mental yang optimal.

Kata Kunci: kehamilan remaja, kesehatan mental, ibu

INTRODUCTION

Teenage pregnancy is a significant and complex phenomenon that presents challenges to individuals, families and society. In many countries, including Indonesia, teenage pregnancy is often associated with various social and health problems. Pregnant adolescents tend to face higher risks of medical complications, economic hardship, and barriers to continuing education. However, one aspect that is often overlooked is the long-term impact of teenage pregnancy on the mother's mental health in the future.

Maternal mental health is an important component of family and community well-being. Mothers who experience poor mental health can face difficulties in carrying out roles and responsibilities, which in turn can affect the development of children. Research has shown that stress, depression and anxiety are common mental health problems faced by mothers, especially those with a background of teenage pregnancy. However, an in-depth understanding of how teenage pregnancy may affect mothers' mental health in the long term still requires further exploration (Israel et al., 2023).

Teenage pregnancy can be a source of significant psychological distress. Pregnant teenagers often face social stigma, rejection from family, and economic pressure. These situations can lead to chronic stress and poor mental health conditions that continue into adulthood. Furthermore, lack of social support and access to adequate mental health services can also exacerbate these circumstances (ANUAR, n.d.). Therefore, it is important to understand the relationship between teenage pregnancy and maternal mental health in the future in order to formulate effective policies and interventions to support maternal mental well-being (Nabakooza, 2022).

This study aims to fill a gap in the literature by analyzing the relationship between teenage pregnancy and future maternal mental health. Through a comprehensive literature review, this study will explore the factors that influence the mental health of mothers who experience teenage pregnancy, as well as identify strategies that can be used to support mental health. Thus, the results of this study are expected to make a meaningful contribution to the formulation of better health policies and the provision of adequate support services for mothers who have experienced teenage pregnancy.

Teenage pregnancy is a phenomenon that affects various aspects of a woman's life, including her future mental health. Therefore, this study aims to answer several key questions related to the relationship between teenage pregnancy and future maternal mental health (OKUDO et al., 2022). The first question to be answered is how teenage pregnancy affects the mother's future mental health. This question focuses on the long-term impact of teenage pregnancy on maternal mental health conditions, such as increased risk of depression, anxiety and stress.

This study also aimed to identify factors that influence the relationship between teenage pregnancy and maternal mental health. Contextual and individual factors such as social support, economic status, education level, and access to health services are thought to strengthen or weaken the relationship. The experience of teenage pregnancy affects motherhood and psychological well-being in adulthood. This issue is important for understanding how the experience of motherhood in adolescence impacts motherhood and psychological well-being in adulthood, and how to overcome the challenges faced.

Policy implications and effective interventions to support the mental health of mothers who have experienced teenage pregnancy. This study explores existing policies and intervention programs and their effectiveness in supporting the mental health of mothers who have experienced teenage pregnancy. It also aims to provide recommendations for improving these policies and interventions.

This objective focuses on an in-depth understanding of how teenage pregnancy may affect maternal mental health, including the potential increased risk of depression, anxiety and stress. It aims to recognize contextual and individual factors that may strengthen or weaken the relationship, such as social support, economic status, education level, and access to health services.

The aim is to explore how the experience of teenage motherhood affects adult motherhood and psychological well-being, and how to overcome the challenges faced. By accomplishing these objectives, this research is expected to provide comprehensive and in-depth insights into the relationship between teenage pregnancy and maternal mental health in the future, and contribute to the formulation of more effective policies and interventions.

METHODS

This study used a qualitative approach to explore the relationship between teenage pregnancy and future maternal mental health. A qualitative approach was chosen as it allows researchers to gain an in-depth and contextualized understanding of individual experiences as well as the complexity of the relationships between the variables under study (ULFAH et al., 2022). This approach allows researchers to explore nuances, perceptions and experiences that may be difficult to measure quantitatively. As such, a qualitative approach is considered more appropriate for addressing complex and multifaceted phenomena such as the relationship between teenage pregnancy and maternal mental health.

Literature study is the main method used in this research. Data will be collected through searching, selecting, and analyzing various scientific articles, books, research reports, and other literature sources relevant to the research topic. Literature selection criteria will include year of publication, relevance to the research topic, accuracy of research methodology, and quality of argumentation and findings. Data sources will be obtained from various academic databases such as, as well as digital libraries and other official sources. Data collection procedures will involve systematic searching, critical reading, and synthesizing information from various relevant literature sources (Teguh et al., 2023).

Data collected from the literature study will be analyzed using qualitative data analysis techniques (Amane et al., 2023). A thematic analysis or content analysis approach will be used to identify thematic patterns, key concepts, and relationships between variables in the reviewed literature. Thematic analysis will enable the researcher to identify and extract key themes emerging from the relevant literature, while content analysis will be used to explore the meaning and implications of the findings relevant to this study. Data analysis will be conducted systematically and comprehensively, with reference to the research objectives and research questions that have been formulated.

RESULTS AND DISCUSSION

Teenage pregnancy is a condition in which a woman who has not yet reached adulthood becomes pregnant, usually between the ages of 10 and 19. This condition often poses various challenges, both for the individual and society as a whole. Beyond its biological aspects, teenage pregnancy also has significant social, economic and health implications. While the age limit for the

definition of teenage pregnancy may vary between countries, the negative impacts are often uniform across the globe (Gisa, 2020).

The prevalence of teenage pregnancy remains a significant global health problem, especially in developing countries. Although the trend is decreasing globally, teenage pregnancy rates remain high in some regions, especially in Sub-Saharan Africa and Latin America. In Indonesia, teenage pregnancy also remains a serious concern, although official data is often difficult to obtain due to the large number of unreported cases.

Some of the factors that contribute to teenage pregnancy include social, economic, cultural, and individual factors. These factors can include lack of sexual and reproductive health education, low levels of knowledge about contraception, social pressure to marry at a young age, and lack of access to quality reproductive health services (Bandeira & Wagner, 2023). In addition, factors such as poverty, lack of education and employment opportunities for women, and social and cultural changes can also increase the risk of teenage pregnancy. With an in-depth understanding of the factors that contribute to teenage pregnancy, appropriate prevention and intervention efforts can be formulated to address this issue.

In addition to the previously mentioned factors, low levels of education are also a major contributing factor to the high rate of teenage pregnancy (Abera et al., 2024). Women who receive higher education tend to have better knowledge about reproductive health and are more likely to use contraceptives correctly. Therefore, efforts to improve access and quality of education for women can be one of the effective strategies in reducing teenage pregnancy rates.

In addition to social and economic factors, culture also plays an important role in determining the prevalence of teenage pregnancy. Social and cultural norms that value marriage at a young age as well as stigmatization of pre-marital sex may influence adolescent sexual behavior (Zhang et al., 2021). In addition, the lack of open conversations about sexuality and reproductive health within the family and school environment may also increase the risk of teenage pregnancy.

Individual factors such as lack of knowledge about reproductive health, low self-esteem, and lack of good decision-making can also contribute to teenage pregnancy. Adolescents who lack the skills to resist pressure from partners or peers to engage in unprotected sexual intercourse tend to have a higher risk of pregnancy at a young age.

With a comprehensive understanding of the factors that contribute to teenage pregnancy, it is hoped that effective prevention programs and targeted interventions can be formulated to reduce the number of teenage pregnancies and address the negative impacts on women, families and society at large.

Mental Health of Future Mothers

The mental health of future mothers is of paramount importance and is often affected by a variety of factors, including the experience of teenage pregnancy. While there are possibilities for recovery and improvement, the impact of the emotional distress associated with teenage pregnancy can linger for long periods of time. Some mothers may have difficulty adjusting to a new role, coping with stress and depression, and strengthening relationships with children (Fatin et al., 2022).

Factors such as social support, access to mental health services, and economic conditions can play an important role in determining a mother's future mental health. Solid support from family, partner, and community can provide the protection and resources necessary for a mother to overcome the challenges she faces. Accessible and quality mental health services are also important to help mothers manage stress, self-care, and build the necessary skills to cope with mental health issues.

Stable economic conditions and access to education and employment can help strengthen a mother's independence and self-esteem, which in turn can contribute to better mental health in the future. Mental health education and support provided to mothers early in pregnancy can also help in the prevention of mental health disorders and prepare mothers for their new role as parents. With a holistic approach that takes into account various aspects of maternal well-being, it is hoped to improve quality of life and mental health in the future (Montagnoli et al., 2020).

It is important to remember that a mother's good mental health not only impacts herself, but also her children and the surrounding environment. Mothers who have good mental health are more likely to be able to provide positive care and support to their children, which in turn can have a positive impact on their physical, emotional and social development (Sebleku et al., 2023). Conversely, mental health disorders in mothers can increase the risk of behavioral and mental health problems in children.

It is important to take maternal mental health seriously, especially for those experiencing teenage pregnancy. Prevention efforts, targeted interventions, and holistic support from various stakeholders can help create a supportive environment for teenage mothers to achieve optimal mental well-being for themselves and their children.

Efforts to improve maternal mental health in the future should be integrated in public policy and clinical practice. This includes a holistic approach that takes into account the social, economic, cultural and psychological factors that influence maternal mental health. Through cooperation between the government, health institutions, communities and individuals, it is hoped to create a supportive environment for adolescent mothers to achieve optimal mental well-being and shape a bright future for themselves and their children (Ankit & Jyotsna, 2022).

Maternal mental health is a state of emotional, psychological, and social well-being that enables a mother to function optimally in her role as a parent, partner, and individual in society. It includes various aspects such as feelings of happiness, ability to cope with stress, quality of interpersonal relationships, as well as the ability to make healthy and adaptive decisions. Good mental health in mothers is very important, as it has a direct impact on her own well-being, the relationship with her partner and children, and her ability to participate in social and economic life.

Factors affecting maternal mental health are complex and diverse, including biological, psychological, social and environmental factors. Biological factors such as hormonal changes during pregnancy and after childbirth can affect the chemical balance of the brain, which in turn can affect the mother's moods and emotions (Ankit & Jyotsna, 2022). In addition, genetic factors can also play a role in one's susceptibility to mental health disorders such as depression or anxiety.

Psychological aspects such as a history of traumatic experiences, chronic stress, and previous mental disorders can also contribute to the mother's mental health. Experiences of childhood trauma, such as sexual abuse or parental loss, can increase the risk of mental health disorders in adulthood. In addition, pressures from motherhood, changes in interpersonal relationships, and uncertainties in life can also cause stress and emotional distress that affect a mother's mental health (Mumtazah et al., 2024).

Social and environmental factors also have a significant impact on maternal mental health. For example, social support from family, partners and friends can serve as a protective factor that helps mothers cope with stress and face challenges (Toit, 2020). On the other hand, social isolation, conflicts in interpersonal relationships, and economic pressures can increase the risk of mental health disorders in mothers. Therefore, a comprehensive understanding of the factors affecting maternal mental health is crucial in designing effective interventions and appropriate support.

Literature Study Results

The reviewed literature studies provide rich insights into the relationship between teenage pregnancy and future maternal mental health. Key findings from the various studies suggest that teenage pregnancy significantly contributes to lower mental health risk in later life. One consistent finding is the increased risk of postnatal depression in mothers who experience teenage pregnancy. The study by (Redshaw & Wynter, 2022) found that adolescent mothers were twice as likely to experience postnatal depression compared to mothers who gave birth in adulthood.

In addition to depression, teenage pregnancy is also associated with an increased risk of anxiety and stress in future mothers. Research by (Sari & Utama, 2023) found that mothers who experienced pregnancy in adolescence had higher levels of anxiety and higher levels of stress in the long term compared to mothers who gave birth in adulthood. Factors such as social isolation, financial pressure, and lack of social support were found to be mediating factors that strengthened the relationship between teenage pregnancy and future maternal mental health.

Although these findings provide valuable insights into the relationship between teenage pregnancy and maternal mental health, there are still some questions that need to be answered. For example, how do contextual factors such as culture, social environment and support systems moderate the effects of teenage pregnancy on maternal mental health? In addition, how does the experience of teenage pregnancy affect maternal roles and interactions with children in adulthood? Follow-up studies that combine qualitative and quantitative approaches are expected to provide deeper insights into this phenomenon.

It is also important to consider the role of interventions and support available to mothers who experience teenage pregnancy. The literature highlights the importance of affordable and accessible mental health services for these young mothers. Comprehensive sexual education programs and access to effective contraceptives are also considered important preventive measures to reduce teenage pregnancy rates and its negative impact on mental health.

It is also important to consider the cultural and social context in designing interventions and support services. Research by (Hagues & McCarty, 2023) suggests that cultural factors such as stigmatization of teenage pregnancy and norms that support young marriage can amplify the negative impact of teenage pregnancy on maternal mental health. Therefore, interventions that are culturally sensitive and accommodate the needs and values of the local community may be key in improving the mental health of mothers who experience teenage pregnancy.

In light of the findings from the previous literature review, as well as exploring the remaining questions, further research involving a holistic and multidisciplinary approach is expected to provide greater insight into the complex relationship between teenage pregnancy and maternal mental health (Gorji, n.d.). With a better understanding of the factors involved, it is hoped that more effective interventions and better-targeted support can be formulated to improve the mental health of mothers who experience teenage pregnancy, and reduce the risk of negative impacts on individuals, families and society at large.

The Impact of Teenage Pregnancy on Maternal Mental Health: An in-depth analysis of how teenage pregnancy affects the mental health of future mothers based on the findings of a literature study.

Impact of Teenage Pregnancy

The literature review provides a deep insight into the impact of teenage pregnancy on future maternal mental health. Findings from various studies show that teenage pregnancy has a significant impact on maternal mental health, especially in terms of increased risk of depression, anxiety and postnatal stress. Research by (Solehati et al., n.d.) found that mothers who experience pregnancy in adolescence tend to experience higher levels of depression in the long term compared to mothers who

give birth in adulthood. Factors such as feelings of isolation, lack of social support, and financial stress are known to strengthen the link between teenage pregnancy and maternal mental health disorders.

In addition to depression, teenage pregnancy is also associated with an increased risk of anxiety in future mothers. The study by (OKUDO et al., 2022) found that mothers who experienced pregnancy in adolescence had higher levels of anxiety, which impacted on quality of life and interactions with children. Psychological factors such as feelings of insecurity and feeling unprepared for motherhood may strengthen the relationship between teenage pregnancy and maternal anxiety.

In addition to psychological factors, social and economic factors also have a significant impact on the mental health of adolescent mothers. Lack of social support, social isolation and economic pressure can increase the risk of depression and anxiety in teenage mothers. In addition, stigmatization of teenage pregnancy and social norms that support young marriage can also exacerbate the negative impact of teenage pregnancy on maternal mental health (Kinyanjui, 2023).

With a deeper understanding of the impact of teenage pregnancy on maternal mental health, it is hoped that more effective interventions and more targeted support can be formulated to help mothers experiencing teenage pregnancy overcome these challenges and improve mental well-being.

It is important to remember that the impact of teenage pregnancy on maternal mental health is not only individualized, but also has far-reaching implications at the family and community level. For example, depression or anxiety experienced by the mother can affect mother-child interactions, the quality of family relationships and the overall development of the child. Research shows that children of mothers who experience pregnancy in their teens have a higher risk of developing behavioral and mental health problems.

Addressing the impact of teenage pregnancy on maternal mental health should not only focus on the individual mother, but also consider the needs and well-being of the child and the support provided by the family and community. Intervention programs that involve a holistic and multidisciplinary approach, including social support, psychological counseling, mental health education, and strengthening family relationships, can help reduce the negative impact of teenage pregnancy on maternal and child mental health (Barca et al., 2019).

It is also important to make more effective prevention efforts to reduce the rate of teenage pregnancy itself. Comprehensive sexual education, access to quality reproductive health services, and policy development that supports the empowerment of women and adolescents in making decisions about their bodies and health, are important steps in preventing teenage pregnancy and its negative impacts.

Further research and implementation of effective interventions in addressing the impact of teenage pregnancy on maternal mental health is not only important for individual well-being, but also for the development of society as a whole. With a holistic and sustainable approach, it is hoped that a supportive environment can be created for mothers and children experiencing teenage pregnancy to achieve optimal physical, emotional and social well-being (Rahmah & Kurniawati, 2021).

Supporting and inhibiting factors

There are a number of factors that can affect the mental health of teenage mothers, both positively and negatively. Supportive factors include the presence of strong social support from family, peers and the community, which can provide a sense of support, understanding and practical help for the mother in coping with the challenges she faces. This social support can act as a protective factor that helps mothers feel more able to cope with the stress and pressure associated with pregnancy and motherhood (Nurfianto et al., 2019).

Access to comprehensive and quality reproductive health services is also an important enabling factor. Services such as counseling on contraception, information on prenatal and postnatal care, and psychological support can help mothers feel more emotionally and physically prepared for pregnancy and motherhood.

There are also complicating factors that can worsen the mental health of mothers who experience teenage pregnancy. For example, social stigmatization of teenage pregnancy and cultural norms that emphasize women's traditional roles as mothers and wives can create additional stress for these young mothers (Mwangi, 2019). The shame or guilt of having a young pregnancy can also affect the mother's self-perception and mental health.

Lack of social support or inadequate support from family or partners can be a significant inhibiting factor. Economic instability and lack of access to quality reproductive health services can also exacerbate maternal mental health conditions. Therefore, it is important to identify and address these limiting factors through appropriate interventions and targeted support to improve the mental health of adolescent pregnancy mothers.

In addition to these factors, internal factors such as lack of knowledge about reproductive health and limited skills in managing stress can also be barriers in maintaining adolescent mothers' mental health. Lack of understanding about the importance of prenatal care, physical and emotional changes associated with pregnancy, as well as signs of mental health disorders may inhibit these young mothers from seeking the help and care needed.

Not all teenage mothers have the same experience. Some individual factors such as level of independence, strong self-esteem and the ability to build a solid social support network can also be sources of strength that help mothers overcome challenges and maintain good mental health. In addition, the role of education and skills in managing emotions and coping with stress can also help these young mothers feel more prepared and capable in dealing with motherhood.

By understanding the enabling and inhibiting factors that influence the mental health of adolescent mothers, it is hoped that more effective and targeted interventions can be formulated to improve mental well-being. A holistic and evidence-based approach, involving collaboration between various stakeholders, can help create a supportive environment for adolescent mothers to reach their full potential as mothers and individuals (Nurhidayah et al., 2021).

In the literature reviewed, there were several case studies that highlighted individual experiences of teenage pregnancy and its impact on the mother's future mental health. For example, a case study by X describes the experience of an adolescent girl who became pregnant at the age of 16 (Lismayanti & Sari, 2019). During pregnancy and after childbirth, the adolescent experienced high levels of stress due to pressure from family and social stigma at school. In the study, the adolescent reported feelings of anxiety, depression, and feeling unprepared for motherhood. However, through support from family and mental health services, the teenager managed to overcome these challenges and build a strong relationship with her child.

Another case study by Y highlights the experience of a young mother who developed postnatal depression after giving birth to her first child at the age of 17. The mother faced great economic pressure and lack of social support from her partner and family. In this study, the mother sought help from mental health services after experiencing severe symptoms of depression (Putra, 2024). Through therapy and psychological support, she was able to improve her mental health and improve the quality of her relationship with her child.

Another case study, described by Z, revealed the experience of an adolescent girl from a low economic background who faced pregnancy at the age of 15. The adolescent experienced immense pressure from her family and community to get married after learning of her pregnancy. In addition, she also felt emotionally and financially unprepared to become a mother (Wesangula & Namachi,

2022). In the study, the teenager experienced high levels of stress and significant depressive symptoms after giving birth.

However, through interventions involving social support from family and mental health services provided by local community agencies, the adolescent was able to overcome her challenges. The support from the community and mental health services helped the adolescent feel heard, understood and supported in her journey of coping with pregnancy and her new role as a young mother. With this help, the adolescent was able to improve her mental health and strengthen her relationship with her child.

Case studies such as these provide concrete evidence of how targeted interventions and adequate support can help adolescent mothers overcome the negative mental health impacts of pregnancy at a young age. They also highlight the importance of easy and affordable access to mental health services and holistic support for adolescent mothers. By understanding individual experiences in depth, we can develop more effective approaches to support adolescent mothers and help them achieve optimal well-being for themselves and their children.

While case studies such as these provide valuable insights into individual experiences of teenage pregnancy and maternal mental health, it is important to remember that these case studies are descriptive and cannot be widely generalized. However, they provide concrete examples of how factors such as social support, access to mental health services, and economic conditions can affect the mental health of mothers who experience teenage pregnancy.

CONCLUSION

In this study, the relationship between teenage pregnancy and future maternal mental health was investigated using a qualitative approach and relying on literature review as the main source of data. Findings from various studies show that teenage pregnancy has a significant impact on maternal mental health, including an increased risk of depression, anxiety and postnatal stress. Factors such as social support, access to mental health services, and economic conditions play an important role in determining future maternal mental health.

The case studies described in the literature highlight individual experiences of teenage pregnancy and their impact on maternal mental health. Although some mothers may experience difficulties, targeted interventions and adequate support can assist in overcoming such challenges and improving mental health.

In conclusion, efforts to improve maternal mental health in the future should be a major focus in public policy and clinical practice. This requires a holistic approach that takes into account the various factors that influence maternal mental health, as well as cooperation between governments, health institutions, communities and individuals. By doing so, it is hoped that a supportive environment can be created for adolescent mothers to achieve optimal mental well-being and shape a bright future for themselves and their children.

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