

## Analysis Of Risk Factors For Adolescent Pregnancy And Innovations In Community-Based Prevention Interventions In Rural Areas

Benedika Mardewi Iswari<sup>1)</sup>, Lidia Hastuti<sup>2)</sup>, Lilis Lestari<sup>3)</sup>, Suriadi Jais<sup>4)</sup>, Haryanto<sup>5)</sup>

<sup>1,2,3,4,5)</sup>Master of Nursing Study Program, Muhammadiyah Institute of Technology and Health, Kalimantan Barat

\*Corresponding Author

Email: [lidya\\_zain@yahoo.com](mailto:lidya_zain@yahoo.com)

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### Abstract

Teenage pregnancy in rural areas remains a complex health and social issue in Indonesia and Southeast Asia. Low reproductive health literacy, poverty, and conservative cultural norms contribute to the high pregnancy rate in the 15–19 age group. This study aims to review various factors influencing teenage pregnancy in rural areas and identify innovative community-based preventive interventions that have been implemented. This research is part of a scoping study framework using the Systematic Literature Review (SLR) approach guided by PRISMA 2020. The literature search was conducted in PubMed, CINAHL, and Scopus databases using a combination of keywords in Indonesian and English. Of the 143 articles identified, 12 met the inclusion criteria and were analyzed using the thematic analysis approach of Braun and Clarke (2006). The results of the study indicate that the involvement of families, community leaders, and educational institutions plays a crucial role in increasing adolescent reproductive awareness. Participatory community-based interventions based on local values are considered more effective than top-down approaches. A collaborative, cross-sectoral approach is a promising strategy for reducing teenage pregnancy rates in rural areas.

**Keywords:** *Pregnancy, Adolescent, Risk, Community, Rural.*

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## INTRODUCTION

Adolescents play a crucial role in development because they are in a transitional phase that determines the future direction of both individuals and society (Elsayed, 2021). Technological advancement and globalization expose them more rapidly to information and new lifestyles. However, not all adolescents are able to filter information in accordance with the values and culture prevailing in their environment (Odgers & Jensen, 2020). In this context, various social problems related to adolescent behavior emerge, one of which is early-age pregnancy (Fegert et al., 2020).

Adolescent pregnancy has become a public health issue that requires serious attention in many countries. World Health Organization data in 2025 show that approximately 12 million girls aged 15–19 give birth each year, with the highest rates in Sub-Saharan Africa and South Asia. Adolescent pregnancy contributes to increased maternal mortality among young mothers, pregnancy complications, and prolonged social and economic problems. Many adolescent girls lose educational and employment opportunities due to pregnancy, which in turn exacerbates family poverty and gender inequality.

In Southeast Asia, adolescent pregnancy remains a serious problem influenced by social and cultural factors. UNICEF reports that the adolescent fertility rate averages 50 per 1,000 girls aged 15–19, which is higher than the global average. In countries such as Indonesia, the Philippines, and Thailand, conservative cultural norms regarding contraception and the practice of early marriage are major barriers to reducing cases. In Indonesia, the adolescent birth rate was recorded at 47.8 per 1,000 live births in 2022, with the highest figures in Papua and East Nusa Tenggara. The COVID-19 pandemic further worsened the situation due to disruptions in school activities and limited access to reproductive health services, especially in rural areas with minimal access to education and health facilities.

Several studies in Indonesia indicate that socio-economic and cultural conditions in rural areas influence adolescents' life patterns. Research by Santoso et al. (2020) in Central Java found that adolescent girls from low-income families were three times more likely to experience unintended pregnancy than those from more affluent families. (Wulandari et al., 2023) reported that peer pressure and social media influence play significant roles in shaping adolescent behavior in rural areas. Meanwhile, (Effendi et al., 2021) noted that community-based approaches were able to reduce adolescent pregnancy rates by 25% in East Nusa Tenggara, although digital technology had not yet been widely involved. Other studies also show that limited reproductive knowledge among adolescents in rural communities contributes to risky sexual behavior and increases the likelihood of early pregnancy (J. S. Adjie et al., 2022).

Various studies demonstrate that community-based approaches play an important role in preventing adolescent pregnancy. (Zulu et al., 2022) in Zambia and (Malapela et al., 2024) in South Africa found that the involvement of community leaders, parents, and health workers can reduce early marriage and adolescent pregnancy in rural areas. In Latin America, (Ribas, 2021) reported that empowering adolescent girls through peer support groups was effective in reducing pregnancy risk, while (Perdomo & Ramírez, 2021) emphasized social knowledge in rural communities to design sustainable interventions. Similarly, (Myat et al., 2024) found that comprehensive reproductive health education in schools contributed to a reduced risk of adolescent pregnancy.

Although many studies have been conducted, most still focus on individual factors and have not examined in depth the interconnection of social elements at the community level. In fact, rural communities have great potential through social systems such as mutual cooperation, local organizations, and traditional leaders. This gap indicates the need for more comprehensive studies to identify the role of communities in designing effective and sustainable adolescent pregnancy prevention strategies. This study aims to systematically review various research findings related to adolescent pregnancy and to identify directions for developing innovative community-based intervention strategies.

## RESEARCH METHODS

This study applied the Systematic Literature Review (SLR) method to synthesize empirical findings related to adolescent pregnancy in rural areas. Systematic literature review is a structured approach used to identify, evaluate, and integrate findings from previous studies in a transparent and reproducible manner (Sauer & Seuring, 2023). The review process followed the PRISMA 2020 guidelines developed by (Page et al., 2021) which provide standardized procedures for reporting systematic reviews. Because no prior protocol had been registered, the PRISMA-ScR checklist was also used to guide the scoping process and ensure comprehensive literature mapping (Tricco et al., 2018).

The literature search was conducted using Harzing's Publish or Perish (PoP) application, which facilitates the systematic retrieval of academic publications from major databases (Kotenko et al., 2021). Searches were performed in PubMed, CINAHL, and Scopus using a combination of Indonesian and English keywords, including "*kehamilan remaja*," "*adolescent pregnancy*," "*remaja pedesaan*," "*rural adolescents*," "*pencegahan kehamilan remaja*," and "*teenage pregnancy prevention*."

The initial search process yielded 143 articles relevant to the research topic. These articles were then screened based on the predetermined inclusion and exclusion criteria, as presented in Table 1.

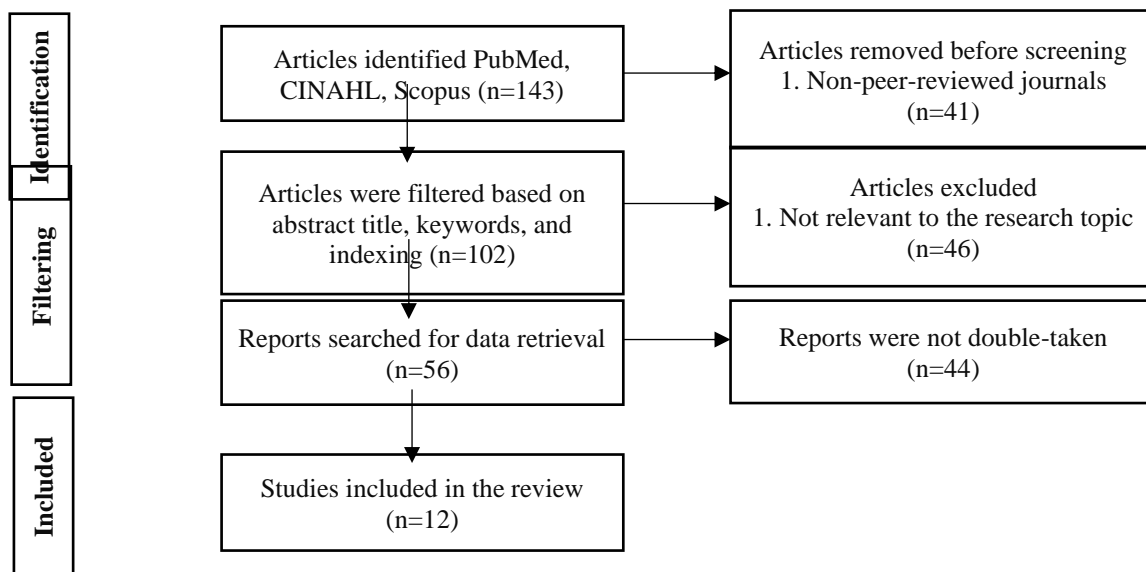
**Table 1.** Inclusion and Exclusion Criteria

Inclusion Criteria	Exclusion Criteria
Published between 2015–2025	Published before 2015
Articles are peer-reviewed journal papers or scientific proceedings	Articles come from non-scientific sources such as blogs, opinion pieces, or news
Articles discuss adolescent pregnancy in rural areas or community-based interventions	Articles are not related to either topic
Written in Indonesian or English	Articles written in other languages
Available in full-text and fully accessible	Articles are only available in abstract or preview form
Empirical studies using qualitative or quantitative approaches	Articles are purely conceptual reviews, editorials, or scholarly opinions

Source: Author's data processing, 2025

After initial selection based on title, abstract, and complete content, 143 articles met the basic criteria. A further screening stage was conducted to ensure alignment with the study's primary focus, namely identifying social and cultural factors of teenage pregnancy in rural areas and innovative community-based interventions. Based on this process, 12 final articles met all inclusion criteria and were suitable for further analysis.

The article selection and screening process is visualized using a PRISMA diagram, as shown in Figure 1.



**Figure 1.** PRISMA diagram

## RESULTS AND DISCUSSION

### Analysis of 12 Articles

Based on the selection process and thematic analysis, various findings were identified, which are summarized in Table 2.

**Table 2.** Results of Analysis of 12 Articles

No	Title & Authors	Objective	Theme	Method	Main Findings
1	<i>Adolescent Pregnancy Prevention in Rural Indonesia: A Participatory Action Research</i> (Effendi et al., 2021)	To analyze the effectiveness of participatory community approaches in preventing adolescent pregnancy in rural areas.	Participatory community intervention	Participatory Action Research (PAR)	Youth group-based and community leader-based approaches reduced adolescent pregnancy risk and improved reproductive health literacy.
2	<i>Contemporary Pathways to Adolescent Pregnancy in Indonesia</i> (Ayuandini et al., 2023)	To explore adolescent girls' experiences regarding social and cultural causes of pregnancy in rural areas.	Social and cultural factors	Qualitative interviews	Social norms, early marriage, and limited access to reproductive education were dominant factors.
3	<i>Perceptions of Adolescent Pregnancy in the Rural Context and the Colombian Armed Conflict</i> (Perdomo & Ramírez, 2021)	To identify social perceptions of adolescent pregnancy in post-conflict rural Colombia.	Social and cultural perceptions	Qualitative, ethnographic study	Adolescent pregnancy was perceived as a form of social resilience, and community interventions must adapt to local values.
4	Prevalence and Factors Associated With Adolescent Pregnancy Among an Indigenous Ethnic Group in Rural Nepal: A Community-based Cross-sectional Study (Bhatta et al., 2024)	To determine the prevalence and associated factors of adolescent pregnancy among rural ethnic groups.	Sociodemographic factors	Quantitative, cross-sectional	Low education and low family economic status were significantly associated with adolescent pregnancy.
5	The Role of Parents in Preventing Teenage Pregnancy in Rural Areas of Banyumas District (Gamelia & Kurniawan, 2024)	To assess the role of family communication in preventing adolescent pregnancy.	Family role	Descriptive quantitative	Open communication between parents and children effectively increased adolescents' reproductive awareness.
6	Community Involvement in Adolescent Pregnancy Prevention: : A Literature Review (Riyanti et al., 2024)	To evaluate the level of community involvement in adolescent pregnancy prevention programs in villages.	Community participation	Mixed methods	Collaboration among communities, teachers, and health workers strengthened program effectiveness.
7	Knowledge, Attitude, and Practice Towards Reproductive Health Issue of Adolescents in Rural area, Indonesia: A	To assess adolescents' knowledge, attitudes, and practices regarding	Adolescent knowledge and behavior	Quantitative survey	Most adolescents had low knowledge, highlighting the importance of school-

	Cross-Sectional Study (J. M. S. Adjie et al., 2022)	reproductive health in rural areas.			based reproductive education.
8	Adolescent Pregnancy Prevention Through Local Wisdom: The Role of Tiga Batu Tungku in Indonesia (Kiriwenno et al., 2025)	To examine the role of local values and religious leaders in reducing adolescent pregnancy rates.	Local wisdom	Qualitative, case study	Religious values and customary norms were effective when integrated with community educational approaches.
9	Tapping into Community Resiliency in Rural Adolescent Pregnancy Prevention: An Implementation Sciences Approach (Ott et al., 2020)	To explore community resilience in preventing adolescent pregnancy in rural areas.	Community social resilience	Qualitative, interviews & observation	Social resilience and local support networks strengthened community intervention success.
10	Pathways to Adolescent Pregnancy in Southeast Asia : Qualitative Evidence From Lived Experiences of Girls in Four Countries (Habito et al., 2025)	To examine the relationship between early marriage and adolescent pregnancy in Southeast Asia.	Early marriage and policy	Comparative mixed study	Cultural factors and poverty triggered early marriage, requiring cross-country community-based strategies.
11	Understanding Adolescent Perinatal Wellbeing in Rural Parts of Kenya : A Qualitative Study (Lang et al., 2025)	To analyze adolescent perinatal wellbeing in rural areas and available community support.	Adolescent maternal wellbeing	Qualitative descriptive	Social support from communities and rural health workers played an important role in young mothers' wellbeing.
12	Parents Involvement and Barriers of Programme Interventions to Reduce Adolescent Pregnancy (Cahyaningtyas et al., 2020)	To identify barriers to parental involvement in adolescent pregnancy prevention programs.	Intervention barriers	Cross-sectional survey	Major barriers included social taboos, lack of parental education, and minimal formal community support.

Source: Data processing from 12 articles from 2015-2025

Based on the review of the twelve articles listed in Table 2, it is evident that adolescent pregnancy in rural areas remains a complex issue influenced by social, cultural, and economic factors. Most studies indicate that limited access to reproductive health education and inadequate information at the village level are the main causes of the high rate of adolescent pregnancy (Ayuandini et al., 2023)(Bhatta et al., 2024). Poverty, early marriage, and conservative social norms further reinforce this tendency (Habito et al., 2025)(Perdomo & Ramírez, 2021). These findings also show that most rural adolescents have a low level of knowledge regarding the consequences of early pregnancy, which makes them more vulnerable to risks without sufficient awareness of its health and social implications (J. M. S. Adjie et al., 2022).

The reviewed studies also highlight the involvement of the social environment in preventing adolescent pregnancy. The roles of families, schools, and community leaders repeatedly emerge as key determinants of intervention success (Gamelia & Kurniawan, 2024) (Riyanti et al., 2024). Studies conducted in Indonesia, Nepal, and Kenya demonstrate that open communication between parents and adolescents, as well as social support from surrounding communities, can strengthen reproductive literacy and awareness of the risks of early pregnancy (Bhatta et al., 2024) (Lang et al., 2025). Several studies further emphasize that approaches integrating cultural and religious values with reproductive health education are more readily

accepted by rural communities than formal educational models (Kiriwenno et al., 2025) (Perdomo & Ramírez, 2021).

In addition, several studies discuss innovations in community-based interventions that emphasize active community participation in preventing adolescent pregnancy. Community-based participatory action research approaches have proven effective in fostering a sense of community ownership over implemented programs (Effendi et al., 2021) (Ott et al., 2020)(Odgers & Jensen, 2020). Local innovations such as the integration of local wisdom, the involvement of village health volunteers, and the support of religious leaders have shown positive results in reducing adolescent pregnancy cases in several regions (Kiriwenno et al., 2025) (Cahyaningtyas et al., 2020). Nevertheless, some studies also highlight challenges such as social taboos surrounding discussions of sexuality, limited training for community health workers, and a lack of program sustainability (Riyanti et al., 2024) (Lang et al., 2025).

## **Discussion**

### **Synthesis of Findings and Research Implications for the Prevention of Adolescent Pregnancy in Rural Areas**

Adolescent pregnancy in rural areas remains a complex and multidimensional social phenomenon. Most studies highlight that social, economic, and cultural factors play a crucial role in shaping adolescent behavior and the risk of early pregnancy. Limited access to reproductive health information and formal education consistently appears across various research contexts, including Indonesia, Nepal, and Kenya (Ayuandini et al., 2023)(Bhatta et al., 2024)(Lang et al., 2025). Conservative social norms and the practice of early marriage further reinforce the high prevalence of adolescent pregnancy in rural settings (Perdomo & Ramírez, 2021)(Habito et al., 2025). These conditions illustrate that adolescent pregnancy is deeply embedded within the social structure of rural communities.

The variation in methodological approaches across studies reflects the richness of perspectives in understanding this issue. Several studies employ qualitative approaches to explore adolescents' experiences and community social perceptions (Perdomo & Ramírez, 2021)(Kiriwenno et al., 2025), while others rely on quantitative methods to identify associations between sociodemographic factors and the risk of adolescent pregnancy (Bhatta et al., 2024)(Cahyaningtyas et al., 2020). Some studies combine both approaches through mixed-methods designs to obtain a more comprehensive understanding (Riyanti et al., 2024) (Effendi et al., 2021). This methodological diversity represents a strength, as it enables multidimensional analysis of individual behavior, social dynamics, and the effectiveness of community-level interventions.

Studies conducted in Indonesia demonstrate strong relevance to the rural social context. (Effendi et al., 2021), through Participatory Action Research, showed that active community involvement was able to reduce the risk of adolescent pregnancy while simultaneously improving reproductive literacy in rural areas. These findings are consistent with (Riyanti et al., 2024), who reported that the involvement of communities, schools, and village health workers strengthened the success of prevention programs. (Gamelia & Kurniawan, 2024) further emphasized that open communication between parents and children serves as a fundamental basis for reducing risky sexual behavior, while (J. M. S. Adjie et al., 2022) found that enhanced reproductive education in schools contributed to positive changes in adolescents' knowledge and attitudes in rural areas.

Cultural values and local wisdom also emerged as critical themes in several studies. (Kiriwenno et al., 2025) emphasized that integrating religious values and customary norms into reproductive education programs increased community acceptance of issues that had long been considered taboo. Similar findings were reported by (Perdomo & Ramírez, 2021) in Colombia, where adolescent pregnancy was perceived not merely as a moral issue but as a form of social adaptation in a post-conflict context. (Ott et al., 2020) in the United States reinforced this perspective by demonstrating that community resiliency plays a significant role in reducing

adolescent vulnerability in rural areas. These findings indicate that culturally and socially grounded approaches can bridge the gap between traditional values and modern educational needs.

In addition to highlighting collaborative strengths, several studies also identified innovations in community intervention design. (Effendi et al., 2021) and (Cahyaningtyas et al., 2020) found that the direct involvement of village volunteers, religious leaders, and families increased the effectiveness of prevention programs. Community empowerment models through adolescent training and group-based discussion approaches proved relatively successful at the local level. On the other hand, (Habito et al., 2025) and (Lang et al., 2025) emphasized the need to integrate economic and social approaches in preventing adolescent pregnancy, as poverty and gender inequality remain strong determinants in many rural regions. The combination of reproductive education, economic empowerment, and social support has been shown to produce more sustainable outcomes than single-approach interventions.

Nevertheless, this review also reveals several gaps in the existing literature. Research on community-based interventions in rural areas remains limited, and most studies focus on descriptive analyses without long-term evaluation. Moreover, few studies have incorporated digital or information technology dimensions into community approaches, despite the significant potential of digital media to reach adolescents in remote areas. Most research designs are cross-sectional, making it difficult to capture behavioral changes among adolescents after intervention programs are implemented. These limitations indicate the need for the development of longitudinal studies and sustainable participatory intervention models.

## CONCLUSION

Adolescent pregnancy in rural areas is a problem rooted in interrelated social, economic, cultural, and structural factors. Limited reproductive health education, poverty, and strong social norms are dominant determinants influencing the high prevalence of adolescent pregnancy. Community-based interventions have proven effective in improving reproductive literacy, strengthening social support, and fostering a sense of shared responsibility at the local level. The involvement of community leaders, families, and educational institutions is a key element in building sustainable prevention strategies. The findings of this review emphasize the importance of participatory and locally grounded approaches in reducing the risk of adolescent pregnancy in rural settings.

Future research is recommended to develop community-based intervention models integrated with digital technology and longitudinal evaluation to ensure that their effectiveness can be continuously assessed. Further studies should also expand research areas to other rural regions in Southeast Asia in order to obtain a more comprehensive cross-cultural understanding. Collaboration among researchers, health professionals, educational institutions, and local governments needs to be strengthened so that innovations in adolescent pregnancy prevention can be implemented adaptively according to each region's social context. Cross-sectoral approaches involving local stakeholders are expected to enhance program sustainability and reduce disparities in reproductive health services for adolescents in rural areas.

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