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Presentation and Analysis of the social phenomenon of Teenage Abortion – Analysis of both its reasons and effects as witnessed based on research findings - Emphasis on the impacts of teenage abortion on teenagers in terms of its psychological and emotional effects – Reflections drawn upon the research findings and presented effects

Introduction

The aim of this essay is to present you with a social phenomenon of intense psychological and sociological impact. This phenomenon is teenage abortion. Teenagers consist of a special group in terms of their needs, their easily reversible psychological situation, and their passion for experimentation, their identity crisis and their tendency to get easily carried away. Teenagers are going through a period of their life during which they are asked to set their future goals, they feel the intense need to set their mark within the socio-historical context in which they live and they also have the need to enjoy their lives and learn as many things as they can. They are a special age group characterized by an intense sensitivity and passion for experimenting. As a result, there have been numerous social phenomena deriving from the interaction developed between teenagers and their social environment. All these kinds of social phenomena have caused lots of heated debate in terms of finding the right way to deal with them and minimize their negative impacts. Teenage abortion is one of these social phenomena. Abortion among teenagers is a common social phenomenon in the 21st century. It is estimated that about 33 percent of teenage girls between the ages of 15 to 20 years of age are likely to have had one abortion in their lives. Abortion affects a teenager's health in several ways. For instance,

physical and psychological or emotional complications are witnessed according to research findings to have appeared after a girl has had an abortion. This essay is to present you with the effects of abortion on teenagers. It will highlight on the psychological and emotional complications, as witnessed in research findings.

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Background

The 21st century has been characterized as the century of the radical technological and scientific progress which has been aiming at providing people with a better quality of life. Yet, people's lives worldwide have been dealing on an everyday basis with numerous social problems ranging from poverty to increase in violent behavior. This paradox of nowadays' period is difficult to be explained in terms of finding one or more specific reasons for the outbreak of such social phenomena. The fact is that there is a combination of factors which lead to the appearance of problematic social situations which demand for the collaboration and cooperation of all in order to manage and eliminate their reasons for existence. According to research findings, ' Social class is among the strongest known predictors of illness and health and yet is, paradoxically, a variable about which very little is known. Psychologists have an important role to play in unraveling the mystery of the SES-health gradient' (The Challenge of the Gradient, American Psychologist,

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January 1994). In other words, there seems to be lots of heated debate concerning the reason for any kind of problematic social phenomenon, since even in higher social classes where problems of survival are minimal, social phenomena of problematic nature are equally apparent.

Teenage abortion has proven to be a problem for teenagers regardless of their social class or nation. There seems to be a higher rate of teenagers within the social layers of less educated classes or poorer environments, but the rate of abortion has come out to be increasing dangerously during the recent years. This increase has been causing lots of heated debate, since there seems to be more emphasis on both the sexual education of teenagers and on providing them with various options in order to be able to have the ability to talk about their problems or questions. Research has resulted in finding that the main reasons why teenage abortion seems to be increasing are lack of good sexual education, increased sexual activity among teenagers and bad relationships and influence within their family environment and the environment of their friendships with their teens.

Teenagers seem to enter a race in which they wish to win the medal for daring the most dangerous and innovating experiences. As a result, they get isolated from their parents and any older members of their close environment since they feel that no older person can realize their need for trying and experimenting new things. Their tendency to try and experiment on sexual activity is an immediate result of this mentality of theirs. This passion for trying new things which give them the false impression that they enter the world of the adults in combination with their false belief that they know everything and they know better, results in them falling into the trap of

getting caught in the danger of a possible abortion.

The moment when teenagers come in touch with the need for abortion, the real problem begins. The impact of such an experience is not measurable since it is mainly of psychological and emotional complications.

The main effects of such an experience of an abortion are the bad mood, the crying episodes, the deterioration of self-concept, the disturbances in their sleep, appetite and sexual activities, and the reduced motivation in almost all the aspects of their lives. The interpersonal relationships of teenagers are directly affected and the feelings of extreme guilt and anxiety are the ones which conquer their psychological state. The most dangerous effect is considered to be their tendency to commit suicide and their great depression which leads them to finding no interest and /or meaning in their lives at all.

Teenagers come in front of one of the worst dilemmas in one's life. They are asked to judge and think the value of two lives. They are asked subconsciously and consciously to decide upon the future of their life which has already driven a period of about 15 years of duration and the life of a new existence which has the chance to see the light of life on earth after nine months. Their incapability of taking over the responsibility of a new life since they are going through such a period in their lives, in which they have to find and define their own identity, brings them in front of a dead end.

They have no other option than save the chances for a healthy, normal life of their own. But the impact of taking on the responsibility of terminating the life of a new existence cannot be dealt with effectively, without the proper help and support.

There are always moments in mortals' lives when specific decisions are

neither purely positive nor negative. Abortion is one of these cases, since there can be no right or wrong. It is wrong to take on responsibilities at an improper age and this is what logic implies. But then again there is all this emotional situation and burden of knowing that you are paying the cost for a serious mistake by taking away the life of a new existence.

Research findings seem to focus on this aspect of the phenomenon of teenage abortion. Teenagers are not able to deal with the guilt for their mistake and the termination of a life. Their lives go on their own routes, but there is always this suspicion of a nightmare hanging over their heads. They have this inner knowledge of their fatal mistake which they paid extremely severely.

There seems to be a general title under which the effects of abortion can be categorized. There can be no doubt that the effects of abortion are mainly emotional and psychological. Society seems to be holding a miscellaneous attitude towards abortion. There are those who seem to be holding a very severe attitude towards women who decide to move on to an abortion and those who tend to show their understanding. This social behavior also affects teenagers who seem to find themselves in the position of having to deal with their own personal problem and the behavior they accept from their environment.

One of the most intriguing characteristics of those who decide to move on to the decision of an abortion, is the fact that they seem to have a kind of knowledge as far as their action is concerned. They seem to have an idea on what the emotional burden of their action is. This is probably why most women who experience the procedure of having an abortion, seem to be

highly organized in groups. This kind of being self-organized and joining a group of women who have similar experience, is probably a way to fight against the burden which they feel after the abortion. Not feeling alone helps them to alleviate the internal burden of their feeling guilty or simply bad for their action.

It is common knowledge that societies lack in the field of healing. There seems to be lots of attention paid to managing to prevent or eliminate whatever is considered to be bad or harmful but there is unfortunately lots to be done in the field of treatment. Although lots of heated debate has been existing regarding the best ways to deal with the prevention of specific social phenomena, there seems to be constant increase in the appearance of bad social phenomena. The worst though is the fact that there is no special action taken in exploring collective initiations aiming at the healing of bad effects of any kind of harmful or problematic social situation.

This is widely acknowledged on behalf of those involved in an event of an abortion. But the unpleasant truth remains more solid than ever. Research findings witness that the longer the period has been since an individual has experienced an abortion, the worst is the damage done on her soul. There seems to be common consensus regarding the fact that women and especially women of a younger age, like teenagers, pay a very high price for abortion.

The psychological and emotional effects remain the most outstanding of all when it comes to the judgment of the overall effects of an abortion. The Post – Abortion Syndrome is the scientific definition which is widely used in order to signify the emotional and psychological effects of an abortion.

In the original study titled ' Psychological Problems Sequelae in Adolescents after Artificial Abortion' which was published in the journal J Pediatr Adolesc Gynecol 25 in 2012, researchers refer on page 246, that ' Adolescents who had an abortion significantly more often did not desire to continue education, in other words they sacrificed further education. Also, they significantly more often expressed interest for frequent sexual intercourse, desire to be pregnant, and desire to give birth to a baby. This is in line with findings of Black and DeBlasie¹ who found that adolescent single mothers are likely to be poor and to sacrifice education. Isolation, unstable marriages, stress, and guilt are among many social/psychological problems.' So it becomes clear that the Post Abortion syndrome is closely related to the educational level of people, since there seems to be a higher rate of less educated women who decide to go on with an abortion. Furthermore, the abortion seems to affect teenagers who perform well in school. They may decide to quit their studies or adopt a totally indifferent behavior towards their studies and future aspirations.

In the same article there has been lots of reference concerning the symptoms of abortion. It is clear that research findings focus on the isolation which teenagers experience and the loss of interest and joy in their lives. Their decision and action has been following them in their lives after years. There seems to be a strong and stable possibility of people being tortured by their nightmare of having killed a life. They lose interest in their lives, in their goals. They even reach a point when they do not set any goals at all. They feel their lives have no meaning at all. They feel distant or cut off from reality and other people. They feel that no one understands them or that

they can help them.

Women and especially those of a young age, which is teenagers, experience lots of stress, horror and fear. They carry within them the vacancy of a missing existence and the horrifying feeling of a loss. They suffer from second thoughts, remorse and the nightmare created by this question hanging over their heads which remains unanswered, consisting of the question ‘ What if the abortion had not taken place?’

All these feelings and emotions are not easily accepted and /or admitted to themselves, whatsoever to others. They are painful feelings and difficult to be accepted and/or admitted to others. The behavior of those who have experienced the procedure of an abortion is changing rapidly and is characterized by sudden turnovers and abrupt attitudes. There is lots of violence or a kind of aggressive behavior towards others. There are lots of psychosomatic effects such as problems in sleeping, insomnia, different kinds of inexplicable pains, a constant feeling of being too tired or dizzy to do anything. There may be feelings of cramps, of numbing or feeling motionless. There may be skin irritations, eating disorders, problems with the heart or breathing. All these health problems derive from the psychosomatic effects of abortion. In addition, abortion creates these kinds of psychological illusions during which women think they see their killed baby in front of them or they think they hear babies crying or calling for help. There are even cases in which women may see other babies in the street and they think that these babies are staring at them and are accusing them of their bad, unspoken action. The guilt which women feel may lead them to adopting self-punishing behaviors like self-punishment, depriving themselves of

anything good or putting themselves in unpleasant or dangerous situations on purpose. There is a tendency of neglecting themselves, of not paying attention to their behavior, to their appearance or their safety. There has been lots of research findings which witness women hurting themselves as a way to manage and experience pain in the name of the price they feel that they have to pay for, since they have committed the crime of an abortion.

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Conclusion

Teenage abortion is not one of these social issues which can be dealt with effectively. It requires lots of thought and design of such policies which can help all those involved, in order to find themselves better prepared and educated in order to find the strength to deal with its impacts. Like any kind of social situation, teenage abortion demands for such a kind of collaboration of all the involved social fields, so that prevention of the phenomenon is achieved. It is not easy to find the best appliances and methods in order to deal with its effects. The human soul and especially the soul of young persona which is highly sensitive is not easy to be fully treated and healed after a traumatic experience. This is why societies should focus on the ways that such traumatic social phenomena could be prevented from happening. Prevention is better than treating. And this is a piece of social knowledge which all social factors of impact on people's lives such as education and

governmental policies ought to keep in mind. Last but not least, research is the field which can provide people with findings and rates and numbers. But people are not single numbers. People are unique existences with their special needs and problems and this is why societies should be orientated to finding the route to a healthy quality of life.

References

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