

BÖLÜM 6

ADÖLESAN DÖNEMDE ERKEN EVLİLİKLER VE ADÖLESAN GEBELİKLER

Nurgül ŞİMAL YAVUZ¹
Havva YEŞİLDERE SAĞLAM²

GİRİŞ

Adölesan dönem, çocukluktan erişkinliğe geçişte bireyin fiziksel, bilişsel ve psiko-sosyal alanlarda belirgin dönüşümler yaşadığı kritik bir gelişim evresidir (1). Hızlı büyüme, cinsel olgunlaşma, psikososyal yeniden yapılanma ve kimlik gelişimi bu dönemin ayırt edici özellikleridir (2). Bedensel değişimlerin yanı sıra özerklik kazanma, kimlik inşası, toplumsal rollerin benimsenmesi ve yakın ilişkilerin kurulması gibi temel gelişimsel görevler ön plana çıkmaktadır (1,2). Bu süreçte adölesanlarda riskli davranışlara eğilim artmakta; buna paralel olarak ruh sağlığı sorunları daha görünür hâle gelmektedir. Adölesanların sosyal çevre ve kimlik oluşumu belirgin biçimde etkilenmektedir (1,3). Dünya Sağlık Örgütü (DSÖ), adölesanları 10-19 yaş, gençleri ise 15-24 yaş aralığında tanımlamaktadır (3). Küresel ölçekte yaklaşık 1,3 milyar adölesanın bulunduğu ve bunun dünya nüfusunun yaklaşık %16'sına karşılık geldiği bildirilmektedir. Adölesan nüfusunun 2050'ye dek özellikle düşük ve orta gelirli ülkelerde artacağı ve bu grubun %90'ından fazlasının söz konusu bölgelerde yaşayacağı öngörülmektedir (4,5). DSÖ verilerine göre; Türkiye'de 10-19 yaş grubundaki adölesan sayısı yaklaşık 13 milyon, 15-24 yaş aralığındaki genç nüfus ise yaklaşık 6,8 milyondur; bu değerler ülke nüfusu içinde dikkate değer bir paya işaret etmektedir (6). Türkiye İstatistik Kurumu'nun 2022 verileri, 15-24 yaş grubundaki genç nüfusun yaklaşık 12,95 milyon kişiyle toplam nüfusun %15,2'sini oluşturduğunu göstermektedir (7). Bu

¹ Öğr. Gör. Dr., Lokman Hekim Üniversitesi, Sağlık Bilimleri Fakültesi, Ebelik Bölümü, nurgulsimal@gmail.com, ORCID iD: 0000-0002-0817-0640

² Dr. Öğr. Üyesi, Kütahya Sağlık Bilimleri Üniversitesi Sağlık Bilimleri Fakültesi, Hemşirelik Bölümü, Doğum ve Kadın Hastalıkları Hemşireliği AD., havva.yesilderesaglam@ksbu.edu.tr, ORCID iD: 0000-0001-8311-3745

Resmi veriler adölesan gebeliğin hâlâ dikkate değer bir boyutta seyrettiğini ve sağlık sistemleri ile sosyal politikaların çok sektörlü, kanıta dayalı önlemlerle güçlendirilmesi gerektiğini ortaya koymaktadır. Güncel kanıtlar, doğurganlık hızlarının düştüğü ortamlarda dahi dezavantajlı alt gruplar için riskin sürdüğünü ve koruyucu/hizmete erişimi artırıcı politikaların öncelikli olduğunu göstermektedir. Adölesan dönemde erken evlilikler ve adölesan gebelikler; ekonomik yoksulluk, düşük eğitim düzeyi, ataerkil toplum yapısı, toplumsal baskılar, ahlaki ve dini değerler, erken cinsel deneyimler ve yasal düzenlemelerdeki yetersizlikler gibi çok boyutlu nedenlerden kaynaklanmaktadır. Bu nedenlerin ortadan kaldırılabilmesi için ekonomik destek programları, kız çocuklarının eğitimine öncelik verilmesi, toplumsal cinsiyet eşitliği politikalarının güçlendirilmesi ve yasaların etkin şekilde uygulanması gerekmektedir. Topluluklardaki yüksek işsizlik oranları ve düşük eğitim düzeyi, sorunu daha da kötüleştirerek, erken evliliğin istisna olmaktan çıkıp norm haline geldiği bir yoksulluk döngüsü yaratmaktadır. Bu nedenle, politika yapıcılar erken evlilikle mücadele etmek için müdahaleler tasarlarırken sosyoekonomik bağlamı göz önünde bulundurmalı ve bu durumun sıklığını azaltmanın bir yolu olarak ekonomik güçlendirmeyi vurgulamalıdır.

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