



Experiences of pregnancy living in the coldness of the streets and their possibilities. Pereira 2022

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ABSTRACT

This study focuses on understanding the experience of pregnancy in women living in street situations, exploring the physical and psychological changes they face, as well as the challenges and risks to which they are exposed. It is highlighted that pregnancy generates unique and significant moments in women's lives, but when it occurs in a context of indigence, the risks of gender violence, sexual exploitation, drug use and lack of access to adequate health services intensify. The research was conducted using a qualitative methodology based on Heidegger's hermeneutic phenomenological theory. In-depth interviews were conducted with 13 pregnant women who were being supported by the Temeridé Foundation, an organization that works in the care of homeless people. The objective was to understand the experiences and meanings associated with pregnancy in the context of living on the street. The results revealed that pregnant women living on the streets yearn for the arrival of help and positive changes in their lives. However, they face lack of resources, discrimination, mistreatment and stigmatization. The study highlights the importance of providing dignified treatment based on human rights, as well as breaking with the health system that lacks focus on caring for people in street situations. In conclusion, this study highlights the need to understand the experiences of pregnant women living on the street and to implement strategies that address their specific needs. A compassionate and discrimination-free approach to health care is suggested, with the goal of providing support and improving the quality of life for these women during pregnancy and beyond.

Keywords: *pregnancy, experiences, coldness of the streets, risks*

INTRODUCTION

Pregnancy generates in all women important physical and psychological changes in women, it is a period that generates unrepeatable, significant and unique moments, which manage to ignite to the limit of generating traces and illusions, as well as an immense company that allows growth, commitments and even

strengthening of virtues such as patience, tolerance, care and protection. It is precisely the movement of invisible fibers that generate momentary but persevering desires for change in women who live in adverse situations, but who when experiencing pregnancy idealize the possibilities of the coldness of the streets and their adventures in need of change, longing for

that helping hand that can generate "golden minutes", Of those that only an angel sent from heaven can toast to reorient their lives along paths of illusion.

The embement exposed to the insecurities of the street continues to be a generator of exposure to gender violence, social, sexual exploitation, hand in hand with the abusive habit of drugs and limited access to health services in the context of risk, making pregnant women a group particularly susceptible to abuse due to negligence, physical, emotional and sexually transmitted disease manipulation. (Rizzini & Couto, 2018). The experiences generated from the habitability in the street go on to violate the pregnant woman and the fetus that from intrauterine life is exposed to all the experiences of the mother, use, abuse, exposure and addiction of drugs, social stigma, mistreatment and null stimuli and positive care.

Pregnant women who often experience moments on the street do not stop fantasizing, the embazo becomes a unique source of possibilities for change because despite the indigence in which they have turned their worlds they eagerly yearn for the arrival of help, that which extends the hand to get them out of the abyss, without criticism, prosecution, stigmatization, marginalization, abuse and humiliation; aspiring to be a source of transformation, with strategies that break invisibility, (Gontijo, Calaf, Fernández, Penna, & Santos Motta, 2018) where compassionate views predominate, dignified treatment, based on rights as a person, human being, mother, woman, decoupling the health system lacking street work, without discrimination.

METHODOLOGY

Qualitative, interpretative study that was based on Heidegger's hermeneutic phenomenological theory, focusing on the essence of being in the world wrapped in experiences, "the hermeneutic

circle is a methodological reference of analysis to understand the world lived by the being through a precompression; an understanding and an interpretation to reveal the essence of the phenomenon" (Guerrero Castañeda, De Oliva Menezes, & De Prado, 2019). The study allowed to describe the experience in its most original state, from its contexts, with a transparent and neutral approach to the understanding of the phenomenon of pregnancy in the possibilities offered by the street, understanding focused on the subjectivity of pregnant women.

The population under study were pregnant women who were being intervened, approached and protected by the Temeridé Foundation from street work, the participants allowed to study the multiple experiences and meanings around pregnancy, compared to living on the streets and the outcomes of being immersed in them. The selected participants had experienced pregnancy, so it was possible to approach 13 women who met inclusion criteria, until achieving data saturation. The purpose of the in-depth interview was to collect meanings of the experience of pregnancy living on the streets and its wide possibilities that emerge from the contexts allowing to show the reality as they lived it.

RESULTS

The results described below were achieved by delving into the phenomenon described in such a way that relevant sections and subsections emerged that contributed to the knowledge from the coldness of the streets when experiencing it during pregnancy, delving into their contexts is evidenced needs for intervention and continuous care with a focus on women's rights favoring processes of transformation and reconstruction of their lives, where the importance of the family support network and social fabric is rescued.

First section: characterization of the participants

TABLE 1: Characterization of the study: Experiences of pregnancy living in the coldness of the streets and their possibilities. Pereira 2022.

Participant (E: Pregnant)	Age /years	Total Pregnancies	Life time on the street	Trimester of pregnancy	Ethnic group
E1	27	5	5 years	First	Mestizo
E2	22	3	9 years	2nd	Afrodescendiente
E3	21	1	7 years	First	Mestizo
E4	25	2	10 years	First	Mestizo
E5	26	8	9 years	2nd	Mestizo
E6	18	3	3 years	Third	Mestizo
E7	17	2	1 year	First	Mestizo
E8	41	3	32 years	First	Mestizo
E9	21	2	2 years	Third	Mestizo
E10	20	1	1 my	Third	Mestizo
E11	16	1	3 months	Third	Mestizo
E12	31	1	1 year	2nd	Afro-descendant
12	Total				

This table shows the diversification of ages of pregnant women compared to experiencing moments of life on the street, in a relevant way two minor pregnant women and a long-lived with 41 years were found. There was evidence of 5 participants in their first trimester of pregnancy equivalent to 42% of the sample, the next 25% with 3 pregnant women were in the second trimester and 4 participants with 33% in the third trimester.

The sociodemographic characteristics showed the establishment of a couple relationship in 7 pregnant women equivalent to 58% of the sample the absence of emotional stability, defined by the participants as the null support of the parent, which founded the need for interaction with several men or women in search of subsistence mechanisms main source of work that provided income for consumption, Food and habitability (residences). It is important to highlight in 83% of pregnant women risky sexual behaviors as part of their daily lives, the normalization of contacts, touching, as well as permissiveness in times of physical, sexual, emotional and gestational abuse. The study found similarities in contrast to the research: Situation of women on the street, which documented "the different problems to which women were exposed when they were in a situation of street dweller, such as sexual harassment, reduction of women as objects and lack of access to basic feminine care products." (OAS, 2019).

Regarding the obstetric history, 67% of the participants had experienced simulated situations with their previous pregnancies, expressed exhaustion, remorse and guilt for having lost their children, having released that lasso led them to more poverty, being submerged with greater tenacity to the world of the exploration of a wide variety of drugs, with greater attachment to those more degrading. This path was the only mechanism as a source of refuge, the value of life continued to decline so that corporeality, respect for femininity, gender and pregnancy did not have great significance in its beginnings. The new experience of another pregnancy was considered a source of hope, the change felt possible so the world of the street would give them other options to which they were accustomed, but they had one more opportunity than life provided them. This finding is based on the article Adolescent motherhood in the context of the streets, where they describe that a large part of young women choose to leave the streets and seek different forms of support, including in foster care institutions. In these cases, the children begin to represent an opportunity for transformation; Pregnancy becomes a strategy to break with invisibility, women in this period begin to occupy socially recognized roles, becoming mothers, women and caregivers who provide love and affection (Rizzini & Couto, 2018).

Second section: depicting pregnancy experiences in the coldness of the street

The results of the field approach are described below, which correspond to the representation of pregnancy experiences in the coldness of the street, 9 participants were found with expressions about behaviors that are creators of unprosperous moments for the participants due to their wide offer of risk experiences such as social consumption, attempted sexual behavior, promiscuity, behaviors in front of family members and society with marked challenging personality traits, partners and peers who consume longer in drugs; When approaching the participants, they concluded that these moments were contiguous benefactors of entering other situations of risk such as street experiences. With respect to this finding, the existing literature on risky sexual behaviors in adolescence, support relevant aspects such as the use of drugs, considered inducers and facilitators to be under the effect of these, it is less likely to use protection methods and contraceptives in this population opening the possibility of diverse sexual partners, The article describes those who consume it susceptible to increasingly risky practices and wide possibilities of street exploration. (Alfonso Figueroa, Figueroa Pérez, García Breto, & Soto Carballo, 2019).

Delving into the experience of the street in pregnant women, 10 participants found authentic expressions against the beginning of consumption as the first deteriorating experience from every point of view leading to contexts of extreme poverty, even mental poverty to the limit of invading feelings, thoughts and behaviors, being the administrator of their lives; Life on the street is given by the damages of drugs, by the use and abuse to which it leads to be "hooked", which represents that, the longer the time of contact with the substances, the greater the damage, deterioration and impact on the body, the mind is harassed by consumption and social interaction is widely altered by the constant quarrels against lying, stealing and manipulating nearby networks in search of resources to supply drugs.

Complementary to the above, 8 users described the detachment of families due to exhaustion when giving opportunities for change, so they

end up closing their homes to the participants who see in the street a life without limits, norms and with the possibility of subsistence; in 50% of the participants, their previous children were protected by the Colombian Institute of Family Welfare – ICBF because they did not demonstrate a family support network that supported them, A short time later they wasted their ties to continue living in the world of the street. In the study the death cycle of homeless people in Bogotá. theories, forgetfulness, policies and fatal outcomes correlated data were found with these experiences, early entry into the stage of hopelessness had several determinants, the main one was the rupture of family ties in less than 25% of women living on the street, The maternal figure was excited to maintain contact and, in a complementary way, 11.4% of women seek to maintain it with their children trying to correct the affective shortcomings, although they ended up in a short time in abandonment. (Alfonso, Barrera, Bernal, Camargo, & Garzón, 2019)

Third section: Interpreting the experiences of pregnancy against the possibilities of the street

A relevant aspect in front of the derivations of the street expressed by the participants was the loss of value as a woman, 100% of pregnant women were used by society for commercial purposes when providing services as sex workers, in the coldness of the street they had no more opportunities, protection or compassion than men and territorial fights, Because of drugs and clients were part of their daily experiences, pregnant women did not see themselves at home to take care of their children, their minds consumed by drugs had pretensions of risk with longings for non-separation from their future children. Correlating the findings with other studies was the role of hegemonic femininity, from which women are located as objects of pleasure and desire, reproducers of the world of life on the street, but who may not be worthy of being stable partners, because they do not meet the condition of being in the space of the house as caregivers. increasing their risk of victimization and rejection for not complying with the norm (Rodríguez Lizarral, 2020).

Another experience reported by 6 pregnant women were the traces lived in childhood, they had moments of touching and abuse by a relative, which led to the breakdown of the group of coexistence and to start their lives in substitute homes or foundations, after time some decided to escape, but others when they reached their majority took some street risks. When arriving at contexts of risk in search of protection and refuge, they found partners who surrounded them with sexual violence, pimping and prostitution, these repetitive situations were still tolerated by 4 participants, since in pregnancy the couples committed to provide food, place of habitability and consumption. In contrast to what they experienced with men they expressed exhaustion and intolerance with their presence, which led them to fully identify with same-sex couples, in women they found understanding, compassion for their situation, protection, alliances and attachment.

DISCUSSION

The results of the work allowed to elucidate in all the users an extensive horizon of the experiences when being on the street, they conceived unique environments that accepted them without question, that contact of permanent risk generated some defense mechanisms that made them strong, resistant and clinging to a world of few possibilities to replace the basic needs of human beings in moments of consumption, informal work, normalization of violence, sexual, physical, mental abuse, devaluation of women and begging; A pointed aspect was the contemplation of men as desired for being pregnant, their sexual contacts with different clients increased, since they no longer had to think about protection against pregnancy, minimizing the need for protection against sexually transmitted infections – STIs.

Another important aspect from the ruthless gaze of society, condemns them to invisibility as pregnant, the stigma for living on the street living in consumption and working in the "rebusque" was a symbol of continuous inhuman behavior, permanent accusations and negative reinforcements; 84% of the participants, faced with more social harassment, tried to take refuge

during pregnancy in their close relatives, Although that moment symbolized greater rejection, discrimination and absence of compassionate support. When contrasting the literature, it was evident that the absence of positive stimuli with which to notice their symbolic and real insertion in society, and of solidarity actions of other relatives or close friends, the street with its hidden attractions was the only alternative to a life without those unbearable tensions (Alfonso, Barrera, Bernal, Camargo, & Garzón, 2019).

It was identified in 75% of pregnant women the decision to continue life on the street since they were still attracted and enraptured by their benefits, even living that stage it was more difficult to get rid of the substances because of the damage they generated in the brain, those moments of lucidity were not enough to size the posture of a future mother surrounded by favorable environments, achieving good nutrition, sleeping in a dignified place and providing care for the fetus. This section invites us to rethink the extramural commitment required by the homeless person, where interdisciplinary work can facilitate spaces for pregnant women that guarantee strategies of protection and gradual disengagement from their contexts, providing places where they feel functional, productive, unconcerned about working in informality to meet their needs and less anxious about the vehement desire for consumption.

Finally, the management and approach to people with substance use disorder who live in the coldness of the streets requires an inclusive look, where the opportunities for transformation away from harmful contexts as soon as their pregnancies are identified and do not wait until the moment of birth, when passive consumption was at its maximum exposure, the future child will arrive with traces of life due to abstinence from substances, permanent gestational abuse due to negligence and lack of protection due to poor care; The separation for supposed protection of the infant is the only intervention achieved by the State and health systems when they are identified in institutional births, although this separation symbolizes for women to sink into

their contexts to be consumed by drugs and the street.

CONCLUSIONS

Based on the findings reached, the interpretation of the experiences of pregnant women with street life practices was described, allowing the identification of some issues that require further deepening, future studies that support the holistic approach from the nursing discipline and approach by integral health team, based on respect for human rights without discrimination for their life condition. Below are synthesized the conclusions from the experience of pregnant women and what it symbolizes to enter the space of the street.

Pregnancy in women who live on the street momentarily becomes an expectation of change, although their experience is not planned is a reason for illusion, because their experiences show tired and worn faces and bodies, the opportunity to leave the world offered by the street becomes instants that occupy their thoughts daily but are not enough to let go, for the physical, mental and social damage is increasing.

The experience of a new pregnancy does not generate great impact compared to life on the street, that area seduced them with consumption, it is still the place of easier access, without limits, rules, reproaches, commitments and responsibilities. Avoiding every day in the midst of the dangers of the night in search of what is necessary for subsistence, provision of sex work, habitability in residences where they serve clients and share smells, overcrowding and poverty are part of their daily life.

The experiences of pregnancy in the coldness of the street makes them self-absorbed, distancing them from abuse but does not encourage them to ask for help, they continue to endure humiliation, destructive criticism, intimidation, street fights, exposure to sexual abuse, confrontation between peers, polydrug use and conditions of extreme poverty. Pregnant women who live on the street begin to change their attitudes as a defensive

mechanism, these lessons of the context make them insensitive, strong, unsympathetic, intolerant and aggressive people.

The phenomenon studied requires an integrated vision, where the multidisciplinary approach from the same contexts is incessant and prudent, thinking about recovering human beings, conducting inclusive processes, transforming lives and generating spaces that promote styles different from those accustomed, the coldness of the streets has only shown them mistreatment, if you want to change you must take a continuous work, Articulated and winner of positive moments that generate meetings of trust with possibilities of recovery.

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