



Review Article

Situations of induced abortion experienced by adolescents in Brazil: an integrative review

Situações de abortamento induzido vivenciadas por adolescentes no Brasil: uma revisão integrativa

Situaciones de aborto inducido experimentadas por adolescentes en Brasil: una revisión integradora

Pablo Luiz Santos Couto¹, Alba Benemerita Alves Vilela², Antônio Marcos Tosoli Gomes³, Tarciso da Silva Flores⁴, Yndira Yta Machado⁵, Samantha Souza da Costa Pereira⁶

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Corresponding Author:

Pablo Luiz Santos Couto

Email: pablocouto0710@gmail.com



¹Enfermeiro. Colegiado de Enfermagem, Centro de Ensino Superior de Guanambi. Guanambi, Bahia, Brasil.

²Enfermeira. Programa de Pós-Graduação em Enfermagem da Universidade Estadual do Sudoeste da Bahia. Jequié, Bahia, Brasil.

³Enfermeiro. Programa de Pós-Graduação em Enfermagem da Universidade do Estado do Rio de Janeiro. Rio de Janeiro, Rio de Janeiro, Brasil.

⁴Advogado. Colegiado de Direito, Centro de Ensino Superior de Guanambi. Guanambi, Bahia, Brasil.

⁵Enfermeira. Programa de Pós-Graduação em Enfermagem da Universidade do Estado do Rio de Janeiro. Rio de Janeiro, Rio de Janeiro, Brasil.

⁶Enfermeira. Colegiado de Enfermagem, Centro de Ensino Superior de Guanambi. Guanambi, Bahia, Brasil.

RESUMO

Analisar o estado da arte em periódicos indexados sobre as situações de abortamento entre adolescentes no Brasil. Foi realizada uma revisão integrativa de literatura nas bases de dados SCIELO, LILACS e BVS, com os descritores aborto and adolescentes. Após a aplicação dos critérios de inclusão foram encontrados 129 artigos, dos quais aproveitou-se 25. Desse modo, procedeu-se a leitura flutuante, logo após a leitura crítica e em seguida a análise temática, descritiva e qualitativa. Os resultados da leitura e análise dos artigos, organizados em um quadro sinóptico, evidenciaram duas categorias temáticas: “Fatores que levam as adolescentes a abortarem” e “Consequências do aborto e abortamento para a saúde das adolescentes”. A falta de diálogo e orientações nos lares, entre os pais e as adolescentes, bem como as situações de vulnerabilidade como baixo nível sócio-econômico e baixo nível de escolaridade, a falta de apoio dos companheiros, além do incentivo dos mesmos e dos próprios pais para a prática, configuram os principais fatores que levam as adolescentes ao abortamento clandestino. Diante disso, as principais consequências, são complicações decorrentes de abortamentos feitos em locais inapropriados para a prática segura, como hemorragias, infecções, perfurações das alças intestinais, infertilidade e óbito. O estado da arte leva a concluir que muitas adolescentes no Brasil, as mais pobres e em decorrência de problemas sociais e econômicos, são influenciadas a praticarem o abortamento, mas esbarram na insegurança dos locais clandestinos e impróprios à prática segura, o que ocasiona em óbitos na maioria dos casos.

Descritores: aborto; adolescentes; saúde sexual e reprodutiva.

ABSTRACT

To analyze the state of the art in indexed journals in cases of abortion among adolescents in Brazil. An integrative review of the literature was performed in the electronic databases Scielo, Lilacs and BVS with descriptors abortion and adolescents. After applying the inclusion criteria were found 129 articles, which were used 25. Therefore, we proceeded to the initial reading, after the critical reading and then the descriptive and qualitative analysis. Results: the results of reading and analyzing the articles, organized in a synoptic table, showed two thematic categories: “Factors that lead adolescents to practice abortion” and “Consequences of abortion for the health of adolescents”. Dialogue and guidelines at home, between parents and adolescents, as well as situations of vulnerability, low socioeconomic status and low level of education, lack of support from boyfriends and fostering them and their own parents for practices are the main factors that lead young people to engage in unsafe abortions. Therefore, the main complications of unsafe abortions are hemorrhage, infection, bowel perforation and death. The state of the art leads to the conclusion of that many adolescents in Brazil, the poorest and because of social and economic problems, are influenced to practice abortion, but come in cont Of unsafe abortion, which leads to death in most cases.

Descriptors: abortion; the teenagers; sexual and reproductive health.

RESUMEN

Analizar el estado del arte en revistas indexadas en casos de aborto entre adolescentes en Brasil. Una revisión integradora de la literatura se realizó en las bases de datos electrónicas Scielo, Lilacs y BVS con los descriptores aborto and adolescentes. Después de aplicar los criterios de inclusión fueron encontrados 129 artículos, que se utilizaron 25. Por lo tanto, se procedió a la lectura inicial, después de la lectura crítica y luego el análisis descriptivo y cualitativo. Los resultados de leer y analizar los artículos, organizados en una tabla sinóptica, mostraron dos categorías temáticas: “Factores que llevan a las adolescentes a practicar el aborto” y “Consecuencias del aborto para la salud de las adolescentes”. La falta de diálogo y las directrices en el hogar, entre padres y adolescentes, así como las situaciones de vulnerabilidad, un estatus socioeconómico bajo y bajo nivel de educación, la falta de apoyo de novios, y el fomento de ellos y de sus propios padres para prácticas son los principales factores que llevan a los jóvenes a practicar abortos ilegales. Por lo tanto, las principales complicaciones de abortos no aptos para la práctica segura, son hemorragia, infección, perforación del intestino y la muerte. La revisión conduce a la conclusión de que muchas adolescentes en Brasil, las más pobres y debido a los problemas sociales y económicos, son influenciados para practicar el aborto, pero vienen en contra de la inseguridad de los sitios ilegales e no aptos al aborto seguro, lo que conduce a la muerte en la mayoría de los casos.

Descritores: aborto; los adolescentes; salud sexual y reproductiva.

INTRODUCTION

Adolescence is a period of human development that occurs in the second decade of life, according to the Statute of the Child and Adolescent, this phase ranges from 12 to 18 years of age. It can be considered as a transition phase between childhood and adult life, thus transforming biological, psychological, social and legal aspects (1-3).

This period requires that the human being builds a new identity, which generates questions, stresses, insecurities in interpersonal relationships, whether with family, colleagues, friends or boyfriends and girlfriends, in the environment in which he lives, with himself and with/the other teenagers (1).

It is evident that the questions about sexuality stand out in this age group, as well as the bodily changes that are caused by sex hormones. The exercise of sexuality in adolescence without responsibility, maturity and without prevention of sexually transmitted diseases, affects indicators depending on the incidence of diseases, as well as unplanned pregnancy and, consequently, abortion (4). This lack of guidance on sexuality may reside in the taboo that the theme is within the family, in which parents find it difficult to address, either because of the social constructions of sexuality, or because of the low levels of training of their elders or even because of the embarrassment they experience when they discuss these issues with children in a healthy way (5).

In this context, teenage pregnancy appears to be associated with a number of factors, resulting from misinformation about contraceptive methods, early sexual initiation, poor education. Economic situation of the adolescent's family, whereby less favored economic classes have shown high rates of this event (3,6).

It is understood that teenage pregnancy is a transformative phenomenon that causes changes in the environments of these young women. It causes serious complications, such as abandoning school activities, family conflicts, social discrimination, withdrawal from social groups, postponement or termination of dreams and plans. Such factors lead to feelings of loss, loneliness, sadness, isolation, worries, in addition to unemployment or difficulty to enter the labor market. These factors associated with lack of support from family and partner lead adolescents to practice abortion (7-8).

According to the World Health Organization (WHO), abortion is defined as the expulsion of the fetus weighing less than 500g, with about 20-22 weeks of gestation, which is eliminated in abortion, a name that gives rise to the termination of pregnancy before the conceptus or product of conception becomes independently viable, through the use of drugs or surgical intervention (1).

The practice of abortion involves complications, which result from organic factors such as partial elimination of the fetus, infections, traumatic injuries such as perforation of the uterus, bowel perforation, infarction of the uterus and attachments, intoxications, caused by ingested substances, renal and cardiac complications; leading them to more serious complications such as hysterectomy and the woman's death (4). It is responsible for the majority of deaths related to the practice of illegal abortion, with an estimated 529 thousand deaths per year, in addition to approximately 350 thousand women being hospitalized due to abortion complications

(9). Among adolescents, they represent the 5th cause of death; about 140 teenagers a day have their pregnancies interrupted (10).

In view of this, the criminalization of abortion places women, including adolescents, most of the time in clandestine conditions, putting their own life at risk. This occurs for several reasons such as the fear of the reaction of family members and for the unplanned pregnancy being judged by society, for some not having a steady partner, and, above all, for being abandoned by partner or the partner's persuasion to have the abortion (11).

The fact that many adolescents resort to abortion reinforces the argument that pregnancies in this phase, most of the time, are not planned. Thus, there is evidence of a response by the adolescent herself to the absence of programs and public policies relevant to this issue, in addition to the lack of support on the part of parents, since few families accept the situation of teenage pregnancy, and also the abandonment and lack of support from the partner (4).

In view of this, this article is justified by the fact that the practices of abortion and abortion in adolescence are a public health problem, which requires greater attention from governments and health professionals, with educational actions aimed at informing adolescents about the importance of using contraceptive methods and the problems related to an unplanned and unwanted pregnancy.

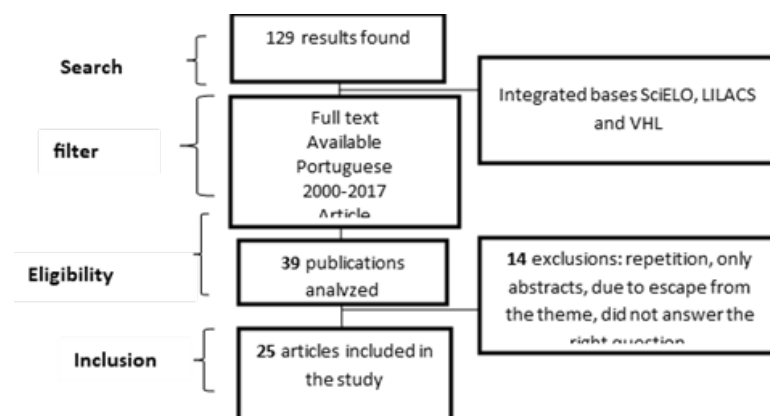
Therefore, the following was designed as a research question: what is the state of the art in indexed journals about the situations of abortion and abortion among adolescents in Brazil? To assist in obtaining the answers to such questioning, the objective was to analyze the state of the art in indexed journals on abortion situations among adolescents in Brazil.

METHOD

An integrative literature was performed to establish the state of the art of the study objects in the journals to be investigated between February and March 2018 by means of a retrospective survey of the research published in indexed journals, in the period of 2000 to 2017 in the databases: Scientific Electronic Library Online (SciELO), Latin American and Caribbean Literature (LILACS) and Virtual Health Library (VHL). It should be noted that the state of the art is the level of development and knowledge achieved at a given moment on a given theme, which allows the analysis of the current state of knowledge about an object (12).

For the selection of articles, the following descriptors were used: abortion and adolescents. In total, 129 articles were found, of which 39 were selected, which after reading the abstracts, there were repetitions in the content, different themes, some did not answer the guiding question or were not in the article format, thus, 25 articles were used which met the inclusion criteria: national scientific articles, published in full in Portuguese, during the period from January 2000 to December 2017, referring to abortion and abortion among adolescents, focusing on the main results of the causes and factors that lead adolescents to abort, as well as the consequences of this practice for their health, as shown in figure 1.

Figure 1. Detailed flowchart of the systematic selection of articles included in the study. SciELO, LILACS and VHL journal. Brazil, 2017.



After reading the abstracts and the main results of the selected articles, dissertations and theses, manuals, scientific articles presented in languages other than those included in the selection were excluded, studies that did not present results consistent with those proposed in this article. Thus, a total of 65 articles were found in ScieELO, of which 12 were used; in Lilacs, a total of 40 articles were found, among which 07 were used; in the VHL 55 articles were found, however 06 were used.

The selected articles were organized and described by the names of the authors, titles, year of publication, database, method and main results, in a summary table. The chart facilitates the viewing, analysis and synthesis of articles that met the pre-established criteria.

For the a priori analysis of the results, a fluctuating reading and then a critical reading of the material selected for classification of the text units and construction of inferences and interpretations were performed. Subsequently, thematic, descriptive and qualitative analysis was carried out, which allowed the identification of similarities and divergences in the interpreted results. From the convergences, it was possible to group the articles into two themes: "Factors that lead adolescents to the practice of abortion" and "Consequences of abortion for the health of adolescents".

RESULTS

The results obtained are shown in Figure 2, in which authors' names, titles, year of publication, scientific journal, methods and main results are identified. The highest concentration of articles was in the thematic category "Factors that lead adolescents to abortion", where 16 articles were grouped; the years with the largest number of publications were 2012 with 6 articles. In turn, in the category "Consequences of abortion and abortion for the health of adolescents", 09 articles were grouped; the years with the largest number of publications was 2013 with 5 articles.

Figure 2. Summary table with information regarding the identification of integrated articles. Brazil, 2017.

AUTHORS	TITLE	YEAR	DATABASE	METHODS	CATEGORY
CARVALHO, Simones Mendes; PAES, Graciele Oroski	The experiences of young women in the process of clandestine abortion - a sociological approach.	2014	LILACS	Qualitative, interview. Semi-structured individual	Factors that lead adolescents to abortion
CORREIA, Divanise Suruagy et al	Adolescent students: knowledge of the complications of induced abortion	2011	LILACS	Transverse quantitative	Health consequences of abortion for adolescent girls
FARIA, Ester Correa Rodrigues de et al	Adolescent abortion: experience and care needs	2012	SCIELO	Qualitative, descriptive	Factors that lead adolescents to abortion
FERNANDES, Amanda de Oliveira; SANTOS JUNIOR, Hudson Pires de Oliveira; GUALDA, Dulce Maria Rosa	Adolescent pregnancy: perceptions of mothers of young pregnant women	2012	SCIELO	Qualitative, descriptive	Factors that lead adolescents to abortion
FIEDLER, Milla Wildemberg; ARAUJO, Alisson; SOUZA, Márcia Christina Caetano	The prevention of teenage pregnancy in the view of adolescents	2015	SCIELO	Descriptive, exploratory, qualitative	Health consequences of abortion for adolescent girls

FONSECA, Franciele Fagundes et al	Vulnerabilities in childhood and adolescence and Brazilian public intervention policies	2013	BVS	Narrative Review	Factors that lead adolescents to abortion
SELL, Sandra Elisa et al	Reasons and meanings attributed by women who experienced induced abortion: an integrative review	2015	SCIELO	Quantitative and qualitative	Factors that lead adolescents to abortion
SILVA, Andréa de Albuquerque Arruda et al.	Factors associated with teenage pregnancy recurrence at a school maternity hospital: a case-control study	2013	BVS	Case-control study	Factors that lead adolescents to abortion
TABORDA, Joseane Adriana et al.	Consequences of teenage pregnancy for girls considering the socioeconomic differences between them	2014	SCIELO	Exploratory and qualitative	Health consequences of abortion for adolescent girls
NUNES, Maria das Dores; MADEIRO, Alberto; DINIZ, Debora	Stories of abortion among teenagers in Teresina, Piauí, Brazil	2013	LILACS	Cross-sectional and descriptive	Health consequences of abortion for adolescent girls
MARANHAO, Thatiana Araújo; GOMES, Keila Rejane Oliveira; BARROS, Idna de Carvalho	Predictive factors of abortion among young people with obstetric experience	2016	LILACS	Descriptive statistics	Factors that lead adolescents to abortion
CALDEIRA, Sebastião et al .	Being a mother of a pregnant teenager: experience and expectations.	2012	BVS	Qualitative	Factors that lead adolescents to abortion
DIAS, Ana Cristina Garcia et al	The parents' perspective regarding adolescent pregnancy.	2012	SCIELO	Qualitative	Factors that lead adolescents to abortion
SANTOS, Vanessa Cruz et al .	Criminalization of abortion in Brazil and implications for public health	2013	SCIELO	Critical review	Health consequences of abortion for adolescent girls
VIEIRA, Thaine Santos	Family planning for adolescents: potential and limitations	2013	SCIELO	Critical review	Factors that lead adolescents to abortion
AZEVEDO, Walter Fernandes de et al	Complications of teenage pregnancy: systematic literature review	2015	LILACS	Systematic literature review	Health consequences of abortion for adolescent girls
DINIZ, Debora; MEDEIROS, Marcelo	Itineraries and methods of illegal abortion in five Brazilian capitals	2012	BVS	Qualitative, structured interview	Health consequences of abortion for adolescent girls
DOMINGOS, Selisvane Ribeiro da Fonseca et al	Experience of women with abortion in adolescence due to mother's imposition	2013	LILACS	Qualitative	Factors that lead adolescents to abortion
PILECCO, Flávia Bulegon; KNAUTH, Daniela Riva; VIGO, Álvaro	Abortion and sexual coercion: the context of vulnerability among young women	2011	SCIELO	Quantitative	Factors that lead adolescents to abortion
SANTOS, Tássia Ferreira; ANDREONI, Solange; SILVA, Rebeca de	Prevalence and characteristics of women with induced abortion - Favela México 70, São Vicente - São Paulo	2012	LILACS	Transverse	Factors that lead adolescents to abortion

RIBEIRO, Thays Barbosa; BOLPATO, Marieli Basso	Provoked abortion: physical, psychological consequences and implications for nursing care.	2013	SCIELO	Descriptive and bibliographic	Health consequences of abortion for adolescent girls
PRIETSCH, Silvio Omar Macedo et al	Unplanned pregnancy in the extreme south of Brazil: prevalence and associated factors	2011	BVS	Transverse	Factors that lead adolescents to abortion
SILVEIRA, Paloma; MCCALLUM, Cecilia; MENEZES, Greice	Experiences of abortions in private clinics in Northeast Brazil	2016	SCIELO	Qualitative research	Health consequences of abortion for adolescent girls
LEITE, Marilene Prima; BOHRY, Simone	Conflicts related to teenage pregnancy and the importance of family support	2012	BVS	Qualitative	Factors that lead adolescents to abortion
SOUZA, Daryane Ariel; KAZMIERCZAK, Marília; COUTO, Rafaella.	Women and society: How can we understand women in the light of their social rights today?	2012	SCIELO	Qualitative	Factors that lead adolescents to abortion

DISCUSSION

Adolescent pregnancy is a complex event, associated with economic, educational, social and sexual behavior conditions, which due to its incidence has been identified as a public health problem (13). Therefore, studies have pointed out that most pregnancies that occur in adolescence are not planned, and the option for abortion is high (11,14-15). Estimates indicate a high prevalence of adolescents who have abortions, which puts not only their health at risk, but also their lives (1).

A study conducted in Teresinha/PI with adolescents between 14 and 19 years old showed that the greater the number of unplanned pregnancies, the greater the chance of abortion being induced as a method of birth control (15). In this sense, they show that there is a lack of public policies related to educational action for family planning, which aim to inform adolescents about the use of contraceptives.

Thus, pregnancy can be a reason for joy for some young women and their family, but it can also be unexpected and unwanted, very common among the poorest adolescents and who are in a situation of social vulnerability, which can impact their lives with family, friends, and partners. For this reason, some families propose abortion to adolescents, carried out under precarious and insecure conditions, putting their lives at risk, for the good of their future and their personal goals.

In this context, the following two categories will be discussed in greater depth: "Factors that contribute to the practice of abortion among adolescents" and "The consequences of abortion", considering that they are important themes for this study.

Factors that contribute to the practice of abortion among adolescents

Imposition/guidance from the family or partner, which led them to choose to terminate the pregnancy was identified as one of the factors for abortion among adolescents (14-

16). It is evident that they see themselves alone without support from family members and their own partners during pregnancy and therefore, in their view, the only alternative found is abortion.

The family members of this group of pregnant women react in different ways to the knowledge of the pregnancy, from feelings that lead to denial, revolt and concern, to acts of physical and psychological violence, for example. Thus, encouraging abortion by family members and partners is evidenced (17). In this context, the denial of pregnancy by the parents may be due to disappointment due to the unexpected event, which requires adolescents to follow other paths, as they know that pregnancy will interfere in their studies and professional career, such as postponement or dropping out of school, difficulty in finding a job and, consequently, in the economic dependence on their parents.

The family is also afraid that pregnant teenagers will be judged, since society is loaded with moral values and social judgments that tend to condemn and stigmatize teenagers for having become pregnant without getting married or without a steady partner and as a single mother (11). Four articles showed that the adolescents performed the abortion for fear of a violent reaction from their family, being expelled from home or being forced into marriage (14-15,18-19).

Many families react differently to teenage pregnancies, which makes teenagers afraid of their parents, as they almost always force marriage, even if teenagers do not have emotional and financial support (18). Others still expel their daughters from home and abandon them without any support, and there are still those who use physical violence and even induce abortion (19). Therefore, many adolescents choose not to announce the pregnancy, and end up having an abortion. It is noteworthy that there are few cases in which family members accept and understand pregnancy.

However, reports of adolescents who opted for abortion were also identified in some studies, due to the imposition of partners (1,5,10). In this perspective, the partner is identified as one of the main interlocutors, since most of them compel,

pressure or omit their opinion about the decision to abort. Even so, social responsibility falls on women, due to the culturally established and naturalized power relations between men and women, socially constructed in childhood (11).

This situation is associated with the gender difference created in the macho and patriarchal society, which is Brazil, and is related to the behaviors to be taken as a standard for men and women, since childhood, girls and boys are oriented that motherhood and conception is the responsibility of women only, the man being the head and provider of the home, therefore, only maintaining the family and marriage according to the standard, moral and natural norms of this type of society.

Culturally, women are surrounded by motherhood and, therefore, they must take care of the home, take care of the children and be housewives, with an obligation to respect subservience to their partners and husbands (19). Despite all the progress that the feminist movement has achieved in the struggle for equal rights, for sexual and reproductive autonomy, the vision that associates women with reproductive functions still remains in the social imagination (20). Given this, women tend to be the only ones culturally responsible for abortion practices.

Concerning the adolescents' level of education, a factor that contributes to clandestine and unsafe abortion practices, a study carried out in São Paulo showed that the lower the adolescent's level of education, the greater the chance of having an abortion (20). In three other articles, it was reported that higher education, and consequently, higher socio-economic level, increases the chance of inducing abortion in appropriate places and in private clinics/hospitals, which doctors are paid to mask and underreport cases (11,21-22).

Thus, It is inferred that adolescents with a higher level of education, with greater access to knowledge, and therefore are more likely to use contraceptive methods that could reduce the possibility of an unplanned pregnancy, also practice abortion safely. However, adolescents with a high level of education when they discover an unplanned pregnancy, think about continuing their studies or advancing their professional career, when they choose abortion (11).

The most economically privileged adolescents who have access to financial resources, opt for a form of safer abortion, albeit clandestine, in Clinics and private hospitals, whose doctors violate professional ethics, accept the payment to carry out the illegal yet safe procedure. The inexperienced adolescents, on the other hand, have no guidance on how to deal with sexuality, and end up getting pregnant, and for fear of the consequences they do not seek help or adequate guidance, and choose their own decision for abortion, in inappropriate places suggested by friends, or other women who have already had an abortion, thus with the possibility of resulting in tragedies such as serious sequelae and even the adolescent's death (12-13,15,22).

In a study carried out with young people between 18 and 24 of both sexes in Rio de Janeiro, Porto Alegre and Salvador, Brazil, it was evidenced that the abortion rate was lower in young women who received information regarding sexual relations, unprotected practices and consequences

from their parents first, in comparison to those who did not have access to knowledge together with the family (22).

It is observed that adolescents with less education have less information about contraceptive methods, consequently a higher incidence of pregnancy, which results in a greater practice of illegal and unsafe abortion, in inappropriate places, also called 'backyard clinics', with poor hygiene conditions and untrained professionals, where the adolescent is more vulnerable to infection and other complications that can lead to sterility or even death.

The health consequences of abortion for adolescent girls

Abortion is illegal in Brazil under the penal code, with punishments foreseen for both the woman and the person who performs the intervention. Except in cases of imminent risk of death for the mother or in situations of rape (21). Therefore, the risks faced by younger women when carrying out illegal abortion are greater when compared to those of older women. These adolescents are more vulnerable to diseases and death due to illegal and unsafe abortion, since they also resort to places such as "abortionist houses" and abortion teas, most often requiring hospitalization to perform curettage (23).

This fact may be due to the adolescents' lack of information, as they do not communicate with the family, nor are they able to pay for a private clinic. Thus, they perform abortions in inappropriate places and with poor hygiene conditions, being exposed to injuries and complications such as hemorrhages, perforation of the uterus, infections and death.

A study highlighted that in Brazil, it is estimated that one million adolescents become pregnant each year and 10.7% end up having an abortion and curettage (24), which is the second most performed obstetric procedure in health services in public units, in addition to having a high frequency among women in this age group (17,25). In a study carried out in private clinics in the Northeast on the experiences of induced abortions, it was pointed out that in Brazil, deaths caused by post-abortion complications predominantly affect adolescents, black women, with low income and who live in peripheral urban areas (26).

It should be noted that the longer the gestation time, the greater the consequences resulting from abortion. The possible psychological consequences they may have are: anxiety, guilt, regret, sadness, anguish, depression, suicidal thoughts, a feeling of emptiness, even relief and liberation (25). Negative symptoms can arise as guilt and distress are projected, and thus anxiety develops. The adolescent may experience depression, which leads to social isolation and disturbances in feelings, reasoning and behavior, and the feeling of guilt can lead to suicidal thoughts (25).

The organic factors resulting from the complications of abortion are partial elimination of the fetus, infections, perforations of the uterus, bowel perforation, intoxications due to the use of the substances used, cardiac and renal complications. All which can make teenagers remain sterile or even die (4,27).

It can be inferred that abortion is configured as a public health problem due to the increase in maternal death rates attributed to this practice (28). In this perspective, it is important to produce new studies that inquire about the legalization of abortion and its practices in Brazil and the relationship with the decrease in the maternal mortality rate, since they are practiced in illegal clinics (29).

Family planning becomes an important ally, since if adolescents are instructed on the use of contraceptive methods, safe sexual practices (with the use of condoms), consequently there will be a decrease in the occurrence of undesirable pregnancies and the reduction of abortions, ultimately resulting in a decrease in the number of deaths associated with unsafe abortion.

CONCLUSION

It was found in this state of the art that the adolescents who most abort are those who do not plan pregnancies, in many cases abortion is influenced by the pressure from the family and the partner, and the adolescent's level of education and socio- economics factors are the most determining factors for choosing the location, often unfavorable for the practice.

It is also concluded that the social and health phenomenon involving abortion among adolescents causes physical and psychological complications, which results in high mortality rates. In this perspective, adolescents, when performing abortions in precarious places, may develop hemorrhage, infections, anxiety, depression, leading them to resort to hospital services to perform curettage, a procedure considered invasive and risky for women's health.

It is essential that health professionals carry out educational actions with adolescents in different spaces, whether in family visits, in sexual health workshops at schools or in the Family Health Strategy itself. It is vital that topics are discussed about the consequences for the health of adolescents and issues involving sexual and reproductive autonomy, in order to empower them over their bodies. It is important that they also include family members and partners, as these are the ones that most influence the young woman in her decision to have an abortion.

It is suggested that further studies are carried out in order to investigate how health professionals can carry out interventions with family members, and if possible, with partners. Although public health policies have evolved in relation to women's sexual and reproductive health, it is still essential that family planning programs include adolescents, with a focus on actions that aim to minimize unwanted and unplanned pregnancies and, as a result, decrease abortion, especially in inappropriate places.

Among the limitations of this study, the fact that abortion is still considered illegal and taboo for society is highlighted, therefore, adolescents, while participating in studies developed on this theme, can hide information regarding to the act, out of fear, insecurity and shame.

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