

ABSTRACT

This study aimed to know the lived experiences of pregnant students of Capiz State University Pilar Satellite Campus, among 12 pregnant students who were officially enrolled during the Academic year 2023-2024. The data were gathered using an in-depth interview with the help of a structured questionnaire. This qualitative study was conducted based on the epistemology of constructionism using phenomenological research design. Findings revealed that pregnant students experienced supportive relationships with friends, family, and teachers. However, they faced challenges, including social discrimination from others and some faculty members. To manage these difficulties, the students employed positive coping strategies. They focused on maintaining a balanced, staying physically active with pregnancy-safe exercises, and ensuring enough rest. They also earned on their partners, family, and friends for emotional support, sharing their concerns and joys with their support network. Although the participants stressed that having a child in college year was not a burden to pursue their dreams as long as they sustained positive coping mechanisms. It was recommended that the school create more inclusive and equitable experiences for pregnant students by introducing programs that can help them.

Keywords: Lived experiences, pregnant students, challenges, coping mechanism, pregnancy