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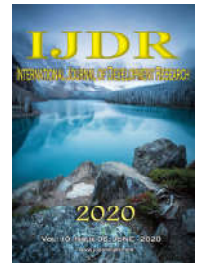
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EFFECT OF WORK ON HEALTH, SOCIAL AND CULTURAL ASPECTS OF THE DAILY LIFE OF BRAZILIAN TEENAGERS IN BOM JESUS CITY, PIAUÍ STATE, BRAZIL

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ABSTRACT

Introduction: The exposure of children and teenagers to work, often inadequately, has significant legal, biological, social, cultural and economic implications. **Objective:** this study present research results that aimed to analyze the repercussions of teenagers working. An exploratory qualitative study was conducted with 17 teenage workers, in Bom Jesus city, South of Piauí state, Brazil, based on the hermeneutic dialectic method. **Results:** The results showed that teen labor had negative repercussions on the health of the teenagers, represented by physical and mental fatigue, insomnia, musculoskeletal pain and headaches. In cultural and social life, there was a reduction in leisure and sport practices. There was a positive effect on the assumption of responsibilities, prevention of social vulnerabilities, financial independence, social recognition, personal fulfillment, social interactions, emotional balance, experiences and professional learning, even when recognizing the negative interference in academic activities. **Conclusion:** It is suggested that society and employers create spaces for basic health care to intervene and expand the physical and psychological protection of working teenagers.

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INTRODUCTION

Worldwide, approximately 15% of workers are young people aged between 15 and 24 years, representing a labor force of 541 million workers often employed in the labor market early and inappropriately, triggering a series of significant legal, biological, social, cultural and economic implications on the national and international scene, even after the advent of legal provisions to protect children and teenagers that prohibit practices harmful to the full development of these subjects in training (ILO, 2018). In Brazil, child labor continues to occur in several regions and in different productive sectors, generally under precarious conditions that put this vulnerable segment of

the population at risk. According to the National Household Sample Survey (PNAD-Brazil), in 2016, approximately 1.8 million children and teenagers from five to 17 years of age were working in Brazil, with the Northeast being the region with the largest registry of children doing any type of work (79,000), followed by the Northern Region (47,000). However, among those aged 14 to 17 years, the South Region was the one that had the highest numbers, proportionally, with 16.6% of the population of this group employed somewhere (IBGE-Brazil, 2018). Consequently, 47.6% of Brazilian children and teenagers between 5 and 13 years of age are used as labor in agricultural activities; 24.7% in areas such as construction, industry, transport and services; 21.4% in commerce; and

6.3% in domestic services (IBGE-Brazil, 2018). It should be noted that the development of such work assignments could trigger physical and psychological fatigue that can alter the quality of health of these teenager workers (Ibrahim *et al.*, 2018). Among the implications of teenager submission to task overload and to job fatigue is the reduction in time spent for leisure and education, often resulting in school dropouts and an increase in the number of absences from class, compromising academic performance (Santos *et al.*, 2018). From this perspective, it is recognized that, through all cultural and social elements, the definition of working children and teenagers has different meanings and cannot, therefore, be seen as an isolated phenomenon (Nützi *et al.*, 2015). However, it is undeniable that the exploitation of work in adolescence distances its structural role, impedes the consolidation of the rights of children and teenagers, perpetuates a social structure that produces inequalities, and constitutes a violation of human rights. This fact points to an immediate and cautious intervention focused not only on the elimination of hazardous jobs that employ children and teenagers but also on strengthening the family structure and accompanying policies and actions to support work in rural and urban areas by multiprofessional teams for health and intersectoral support (Miquilin *et al.*, 2015). Based on the understanding of the need to expand the scope of research involving teenage workers beyond its economic dimension (Frenzel and Bardagi, 2014) due in particular to the multiplicity of factors related to the early insertion of teenagers into the labor market (Pereira *et al.*, 2016). and considering that work can contribute to the appearance of sequelae and permanent changes in the physical and mental health of teenagers (Nishijima *et al.*, 2015) the following question guiding this study emerged: what are the repercussions of daily work on teenagers? The approach to the repercussions of work in adolescence will allow a better evaluation of the impact of these activities on teenagers. This study will provide essential information for reforming public health policies and practices (Hamdan-Mansour *et al.*, 2010) Thus, we aim to analyze the repercussions of work on the daily lives of teenagers.

MATERIALS AND METHODS

Ethical considerations: In this study, the Recommended Ethical Procedures were followed, and approval was obtained from the Ethics Committee in Research (Protocol number 935.473). Participation in this study started with the signing of an Informed Consent Terms (ICT) form, either by the parents of minors under 18 years or the participants themselves if over 18 years, and the signing a Terms of Assent (TA) form for children under 18 years. To prioritize compliance with the ethical precepts of the research regarding confidentiality and anonymity, teenagers were assigned a code consisting of the letter "A" followed by the Arabic number corresponding to the order of interviews.

Instrument design, location, study population and data collection: This study was an exploratory, descriptive, qualitative study based on Minayo's Hermeneutic-Dialectic method (Minayo, 2006), which involves a dialogic reflection on the social reality studied from the appropriation of three of its foundations: understanding, common sense and meaning. The data were produced in the urban area of a municipality in the southern region of the state of Piauí, Brazil, with 17 teenagers working in commercial establishments, private or public institutions, or in the residences of this municipality

who met the inclusion criteria, which were: a) age between 14 and 19 years, taking into account the classification of a teenager as the stage of 10 to 19 years of age established by the World Health Organization (WHO) and the minimum age to work in Brazil of 14 years (Brazil, 2018) b) and involvement in any labor activity, whether formal (signed Workbook and social security benefits) or informal (with or without a Service Contract). From a database at the study site with the number of the target population for the study, an invitation was sent to participate in the study, using Snowball Sampling (Biernacki, 1981) and the Chain of Informants (Penrod *et al.*, 2003) methods. The research data were produced in two stages, the first of which consisted of the application of a semi structured, recorded audio interview using a script with closed and open questions, in which the guiding question was: Tell me how you work fits in your daily life? From the answer, other auxiliary questions were used depending on the direction of the interview. These questions were explored in three stages. First, a Speech Trigger was presented, represented by songs of youthful rhythms with lyrics about work, which served not only to contextualize the topic addressed in the question but also to encourage the participant to express knowledge and concepts previously associated with the issue. Then, the guiding question was asked. Finally, in the same theme, the interviewee was asked to finish his reflection on the subject by describing a scene from his life that would support his response. This data-producing process allows the expansion of consciousness to action, facilitating a dense description of the subject (Sirisawasd *et al.*, 2014). This study was conducted in commercial, residential and private or private spaces employing teenagers in their work productive functions. It is noteworthy that in the first stage of the study, participants were addressed only by the researcher, as a placeholder, individually, to promote the participant's reflection of his own reality without interference from the external environment in that process (Minayo, 2006) The average length of the interviews was thirty minutes, and the locations and times were determined by each participant, but the main spaces used were their residences. Finally, in the second stage, a focus group along with recorded audio was used, which established a dialogue among seven participants from the first stage that was guided by open questions that addressed some phenomena raised in the study that deserved greater understanding and discussion (Minayo, 2006).

Statistical analysis: Participant demographic characteristics were calculated as the mean \pm standard deviation or n (%) of the total. The other data were analyzed using the Hermeneutics-Dialectic (Minayo, 2006) approach, from the following stages: the transcription of the recordings and the organization of the reports and observations raised by the theme; that is, all the answers acquired in each question were structured in a table in order to promote a visual didactic scheme of the data to allow the researcher to create a horizontal map of their findings in the study, a horizontal and exhaustive reading of texts or "Floating Reading", and a final analysis.

RESULTS

Demographic and labor characteristics of the participants: A total of 17 voluntarily working teenagers responded to the survey (Table 1). Ten male teenagers and seven female teenagers, all unmarried, participated in the study. Twelve

teenagers were aged 18 to 19 years, three were between 16 and 17 years and only two were between 14 and 15 years. In the investigation of the family's average monthly income, 47.1% (8) of the teenagers stated that their family's income was one to two times the minimum wage. Using the categorization of the social classes of the Interunion Department of Statistics and Socioeconomic Studies (DIEESE), most of the teenagers were included in the Lower and Lower Middle Class, thus evidencing the low purchasing power of the group. Using the monthly minimum wage in the study period as the reference, which was R\$ 1,045 (07) of teenagers had monthly income around minimum wage. In addition, these salaries were associated with labor relations established in large part (70.6%) by contracting through services rendered. Regarding the schooling of young people, most, 64.7% (11), were planning to complete high school.

Table 1. Demographic characteristics of the working teenagers (N = 17) in the study

Demographic characteristics	Mean ± SD or n (%)
Sex	
Female	07 (41.2)
Male	10 (58.8)
Mean age (y)	
14 ---- 15	02 (11.8)
16 ---- 17	03 (17.6)
18 ---- 19	12 (70.6)
Marital status	
Single (a)	17 (100)
Family monthly income	
1-2 minimum wages	08 (47.1)
3-5 minimum wages	06 (35.3)
> 5 minimum wages	03 (17.6)
Person with whom the teenager lives	
Family members or other caregivers (aunt, grandparents, spouse and child, sibling)	04 (23.5)
Parents	12 (70.6)
Alone	01 (5.9)
Education status	
Did not complete elementary school	01 (5.9)
Did not complete high school	11 (64.7)
High school	03 (17.6)
Did not complete higher education	02 (11.8)
Work experience	
Secretary	02 (11.8)
Teacher assistant	01 (5.9)
Nanny	02 (11.8)
Hawker	01 (5.9)
Salesman	03 (17.6)
Nursing technician	01 (5.9)
Sales promoter	01 (5.9)
Mechanical assistant	03 (17.6)
Waiter	01 (5.9)
Box operator	01 (5.9)
Agriculture and livestock technician	01 (5.9)
Working time (hours)	
< 8 h	07 (41.2)
8 h	08 (47.0)
09 to 10 h	01 (5.9)
24 h room service	01 (5.9)
Work shift	02 (11.8)
Morning and Evening	01 (5.9)
Morning and afternoon	11 (64.6)
Morning	02 (11.8)
24 h	01 (5.9)
Afternoon and night	01 (5.9)
Afternoon	01 (5.9)
Work experience (y)	
<1	09 (52.9)
1	02 (11.8)
2	02 (11.8)
>4	04 (23.5)

Note that all teenagers were enrolled in regular education series, although school dropout was reported for up to two years. The evaluation of the professional role that the teenagers played in the local labor market showed that seven of the functions performed were included in the List of Worst Forms of Child Labor (TIP-Brazil), determined by Decree no. 6.481/08 [16], as the auxiliary activities of mechanics (03), nanny (02), nursing technician (01) and street vendor (01). Consequently, 10 teenagers reported being involved in work activities not included in the IPT, such as salesmen in clothing and computer stores (03), secretaries in a farm offices and in the municipality's secretariat of culture (02), waiter in a pizzeria (01), cashier in a clothing store (01), promoter of sales in a medical clinic (01), auxiliary technician in agronomy (01) and assistant professor in art classes (01). Most (47%) of the activities were developed for a daily workday of eight hours, distributed in the morning and afternoon periods. However, four-hour days were reported in the afternoon, five consecutive hours in the morning, seven o'clock in the afternoon and evening, nine or ten o'clock in the morning and afternoon, and weekly 24-h shifts in the morning, afternoon and evening hours. It is worth mentioning that the longest working day was found for the nanny profession because on three days of the week, the work was carried out over 10 hours, and for two days, it was performed for 9 hours. Three periods were reported by the nursing professional were performed in two weekly shifts, normally, but there were situations that required the extension of the shift due to a reduced workforce. This situation contributed to greater occupational risks and the likelihood of work accidents with the teenager worker. Most teenagers, 52.9% (09) stated that they had been working less than a year. Using the current minimum monthly wage of R\$ 954 or USD 253.88 as the reference, 41.2% (07) of the teenagers had monthly income between one half and one times the minimum wage. The repercussion of work in the teenager's daily life was presented based on the experiences and perceptions of the teenagers portrayed in three thematic units, as explained below.

The repercussions of work on teenager health: In this study, among the main changes in health associated with the occupational activity reported by the teenagers were fatigue, whether physical or mental, and stress, justified by the overload of their work, and these were highlighted.

"It also has the charge of the teacher, the director of the school. You have to do this, and I do not know what. I have to rehearse. I have to do what I asked for; that is the concern. But it's even more tired. Tiredness, mainly mental!" (A6)

"Here comes stress, and when you're stressed the psychological way, here comes tiredness because we do not always have time to rest or something, to give a break to the body. When I get home, after 22:30, I'm going to have dinner, watch something, then go to sleep." (A7)

Some clinical symptoms were still referred to as health changes resulting from labor, as highlighted in the projections of scenes about work experiences.

"We used to take weight that the hand and fingers sometimes stopped, something from 100 to 120 kg for two people to pick up. Because there was a lot of dust, and I had asthma, I started to feel tired and feel short of breath, but I did not want to show the guys because I needed the work and had to show my effort to be able to get it. I got

home and could not sleep, and the other day I had to stand to go to work." (A7)

"I get down and get up a lot at work. It's tiring, and I feel pain in the spine because not always the person lowers in the right position, and I spend a lot of time in the same position. There are hours that I think I'm going to fall." (A9)

"I have actually lost a fingernail, fell because of a very heavy iron, and I was on top without using a boot, which was soon as I entered. Then, when I get home in the evening, I just want to lie down and sleep, but I get that headache, and then begins the pain in the stomach. I have been to the hospital once because of that." (A2)

Another alteration in health explained by the teenagers was sleep disorders attributed to a routine life composed of many events and responsibilities, which induced frequent episodes of nocturnal insomnia and drowsiness or fatigue during the working day.

"The work day is so tiring that you cannot sleep at night, so you wake up early the next day to work and start your day with a headache because of a lack of sleep." (A8)

"There are times I would like to stay home lying down, sleeping, resting after school, but I have to get home, have lunch, take a shower and go to work." (A2)

In addition, one of the participants, in an attempt to solve the insomnia problem, stated that he had resorted to the use of benzodiazepines without a prescription, as he expressed in the following statement:

"Some days I had to take [benzodiazepine] medicine to sleep because I could not sleep." (A2)

Despite these reports, there was also an attempt by some teens to deny that work interfered with their health; some felt the need to prove themselves as healthy individuals, to present themselves as fully able to perform the job functions, and some even justified this achievement as a promotion or personal satisfaction.

"I only get sick when I'm stopped. When I work, I do not feel any pain, and I'm happy. The work for me is an accomplishment that I think everyone has to have because it is part of life, of routine. Which is great, huh?!" (A12)

"Until in health, we think, but at the time of adolescence, so, we think it's tough. We see it happening to other people, but we do not think it will happen to us." (A10)

However, we can also capture concern about the future health consequences of alterations that occur from the present work, supporting the idea that disease in the teenager can determine the quality of life in the future adult, as reported below:

"Although I think that in the future may cause me an inconvenience, something due to that unnecessary charge at that moment in front of all the service I do; for a simple beast, small motive, I be both charged and be called both bad name. And a lot of people tell me to look for a psychologist to talk to me until I'm calmer, to find a doctor to give me a medicine so I can relax." (A6)

"Now, so in my case, I have been worrying more about my health because I have insomnia, so I have been doing treatment since before, since now, to have no problem, I

am aiming for the future, so I do not stay, more finished." (A7)

The repercussions of work on the social and cultural aspects of adolescence: Work also interfered with the socialization of the participating teenagers, especially in leisure, since the daily dedication to work activities for many hours ended up limiting their leisure time, when these social interactions and play activities would contribute to the physical, mental, social and emotional development of teenagers (Pereira and Oliveira, 2013) as participants reported:

"It [work] interferes a lot, because you get very involved with work and forget to live your life! Forget about leaving, I do not feel like going out anymore because that fatigue from work only makes me want to get home and sleep because I know that the other day I have to get up early and go to work! So you do not have time to have fun, just like before." (A4)

"If it was not for the job, I had more time to have fun and also for the family, the bond with the family that reaches even the psychological of us!" (A5)

Also, in the social sphere, the male teenagers reported mostly a decrease in sports practices after they started to work, as explained by A6:

"There are many things that work interferes. In the past, I worked, I could go to work gym in the afternoon; nowadays, I cannot."

A smaller number of teenagers argued that work did nothing to hinder their lives, or that it could bring positive implications, such as the acquisition of responsibilities, to their daily lives, which shows the adaptation of some of these teenagers to their working conditions and the allocation of work in their daily events.

"Work does not interfere in my life, not at all, because we have to have time for everything: to work, to have fun, to date, to go to church, to go to school; then, you can divide everything." (A7)

It is important to recognize that work plays a crucial role in shaping the personality of the young person, increasing their self-esteem and their sense of responsibility. In this way, it can be associated with positive elements, such as the achievement of financial independence, the possibility of helping the family and the belief that early work will contribute to the improvement of living conditions in the future. It emerges, mostly indicated by the parents, as a part of the teenager's education, which was internalized in the following statement:

"The work interferes a lot in my life, but at least the person occupies the head and does not think nonsense because you know how teenager you are! Boy is like that, he has nothing in his head, and he only thinks of doing something stupid; so, he better take his head, not to mess up. I see so many kids of my age smoking marijuana, doing something wrong in the middle of the street. I think: 'If I had not worked.'" (A9)

Among the benefits of working, the teenagers also mentioned greater social recognition and personal fulfillment, achieved mainly by the sense of social "utility" triggered by working, according to the following expressions:

"My parents started to treat me differently, everything I ask them to give, because they know that I have responsibility in that, and also because I help them, there they trust me more and this has greatly improved my relationship with mine parents because they say that it's my job to study and not work, but I can do both!" (A2)

"The self-esteem of the person increases. The person sees that at least serves something. The person is seeing that it is being useful at that moment." (A6)

Entering into the world of work also enabled interpersonal interactions, while expanding the social network of young workers, especially by interacting with coworkers and clients, thus increasing the capacity to communicate and the development of emotional balance with insight into the instabilities present in these relationships.

You learn to deal with different people and even make friends at the moment, so this is a very nice thing because without work, you would not be able to live any of it! (A7)

When I was younger, I was more shy to talk to people and such, but then and there, I started working with people, and I was opening up more in my social side, well, because of the coexistence with many people. (A4)

The repercussions of work on the finances and professional training of teenagers: Another intercession referred to by the teenagers was related to finances, including the possibility of acquiring financial independence in relation to their parents in their adolescence, since some participants affirmed that, by value of their monthly labor wages, they were able to assume all or part of their costs, such as clothing, food, transportation, leisure, study, and other necessities:

"Teenager work is good because it does not depend on parents; for example, the question of spending, at least I'm aware that it's my money because, like that, when it comes easy, the person does not give value. Is not even my mother talking to me: 'When you work, you will know how much a shirt, a cell phone is worth'. Before I did not even care if my cell phone dropped, I told my mother I did not want it anymore, but now when my cell phone falls to the floor, it gives my heart ache!" (A9)

The practice of some occupational activity also represented the possibility of obtaining experiences and training that were capable of contributing to the professional transformation of the teenager, as mentioned in the report:

"Work is as a school, that you learn and you end up specializing in it. And you can go beyond what you can because at work, even tired, I learned different things; nowadays, turning 19, I have the curriculum I've seen 25-year-old people who do not have so much experience, and I know that with the experience I had in various jobs, today, I do not stop." (A7)

Thus, the majority of participants in this study were concerned about entering the labor market early, under any working conditions, in order to guarantee the acquisition of the "first experience" that is so important for permanence and professional growth in the world of work.

"Sometimes it also has that issue that many young people want to start working, have that will, but the boss says

they need people with experience, but how will the young man learn if he does not teach?" (A7)

Although they demonstrate an understanding that work can be part of vocational training, the participants also indicated how work significantly interfered in daily school life, showing a priority for work over education, especially justified in some cases by the financial need to assume their material costs or to assist in monthly family income.

"If I had someone who could help me in this part, I would study, but only that I had to give up my studies to be able to work because I was always independent!" (A7)

"When the teacher spends a job doing group work, I do not have the time to do it! This happens straight away. That is when my colleagues break my branch, other times I have to do it alone at work, often I cannot do everything." (A8)

DISCUSSION

All the perceptions and experiences presented/described in the participant narratives are relevant to understanding how work is inserted into the daily life of teenagers and the repercussions that follow. These repercussions include aspects related to health, social dynamics, cultural experiences, financial and educational issues, and the impact on family relationships, revealing the multidimensional nature of the theme. The relationship between teenager health and work is complex, since health as a multidimensional concept involves the physical, social, psychological and cultural dimensions of the individual. Therefore, it is not limited to the simple absence of disease. Thus, poor health, restriction of activities due to health, depression and diseases related to the musculoskeletal system, can characterize the interference of labor in health (Miquilin *et al.*, 2015). According to Article No. 432 of the Consolidation of Labor Laws (CLL), a working day of up to eight hours is allowed for a young person who has already completed Elementary School and is involved in theoretical and practical activities, and time only spent in practical activities (Brazil, 2009) Thus, the workload of nurses and nannies not only exceeded the limits of legal hours, as was described in the study as unhealthy working conditions, it was a common characterization of teenagers that their daily work routine was basically geared for exclusively practical actions. In addition, it is common for young people who are subject to heavy workloads to study and work, especially within higher education, which can lead to frequent decrements in school performance or drop out. In terms of working time, there was relative stability of work and early labor insertion in teenagers if we consider that all of adolescence is composed of 10 years, but there is a longer service period than this period; that is, characterizing that work began even in infancy, generally, due to the impossibility of family providers to guarantee the sustenance of their members and the negligence of the State in guaranteeing the rights of survival for all individuals. For teenager health, stress and fatigue were commonly associated with deleterious aspects of work, such as intense workload, strict collection for productivity, unhealthiness of the occupational activity, or even aspects of everyday life such as school and domestic obligations, which ended up accumulating and producing exhaustion. However, it was verified that health is not only affected by work but by the style and conditions of life, the social context and the individual's own genetics (U.S. Department of Labor, 2008).

However, this information is worrisome, as inexperience, inadequate training and different exposure to hazards can contribute to an increased risk of occupational accidents (Pratt *et al.*, 2016) and to a worse assessment of current and future health (Giatti *et al.*, 2012). The main symptoms reported by the teenage participants as a result of the workday were pain in the body, usually in the region of the spine, legs and hands due to the performance of labor activities with manual weight overload. Such self-reported conditions by teenagers contradict the legal guidance in Regulatory Standard No. 17 governing ergonomics, which provides that a worker younger than 24 years of age can only manually carry a load of up to 12 kilograms (Brazil, 2018). In addition, the adherence of inadequate posture in day-to-day work also resulted in dizziness and cramps. The workload, both physical and mental, also triggered headaches and stomach problems. Adherence to activities with the risk of accidents culminated in the loss of part of the body, i.e., the fingernail. The experience of these unsafe conditions in the work environment, combined with the fact that teenagers are in a stage of physical and psychological development that makes them more vulnerable to accidents and diseases, contributes to work in adolescence being associated with greater prevalence of worse health, in addition to being away from usual activities due to health reasons such as spine or back problems, depression, and other injuries (Miquilin *et al.*, 2015). It is emphasized that health impairment in teenagers includes not only direct effects on current and future health but also the well-being and development of teenagers' potential. Thus, it is important to consider both the risks inherent in the environment and the conditions under which the work is carried out, as well as potential effects on health-related behaviors and psychosocial development (Giatti *et al.*, 2015; Graves and Miller, 2015; Aransiola and Justus, 2018).

Work in the adolescence can entail prejudice towards teenager behaviors. Domestic services and construction, occupations that were identified in the screen study, are activities with a higher prevalence of emotional and/or behavioral disorders, especially involving aggressiveness (Dall'Agnol *et al.*, 2015). In addition, it is noticeable that working teenagers do not have the time to experience the teenage phase properly and are often deprived of some possible means of psychosocial development. For this reason, they may suffer psychological and physical problems that will later compromise their mental and psychosocial well-being (Hamdan-Mansour *et al.*, 2013). The narratives obtained about health also show a reduced duration of sleep, which may be associated with work-related injuries (Graves and Miller, 2015) and may result in health problems and impairments in growth that can alter the standard of living in the future. It should be noted that, in recent decades, there has been a considerable decrease in sleep hours, as well as in the perception of adequate sleep among teenagers, which is considered a potential public health problem (Keyes *et al.*, 2015). As an attempt to improve problems with insomnia, a strategy to prevent risks to health among teenagers was evidenced through self-medication. First, for the treatment of insomnia, behavioral measures, such as sleep hygiene, should be performed, and only when good responses are not obtained should psychoactive medications be used, given their probability to cause dependence and psychological changes (Vernaglia and Flores, 2014). The effort to neutralize the negative effects of work on health also presented itself as a negative strategy, since the nonrecognition of potential occupational hazards implies a position of greater vulnerability

to the disarrangement in the health of teenager workers. Added to this position is the fact that the existence of precarious employment is a risk factor for early insertion of teenagers in the labor market, and once entering these occupations that do not need prerequisites, many teenagers with low schooling and no experience end up underemployed, with abusive hours and conditions that expose them to physical and social risks (Pereira *et al.*, 2016). Concerning future health, mentioned by some teenagers, it is, therefore, legitimate to study the effects of work in childhood on health in adult life. There is evidence that the greater the work overload in childhood and adolescence, the greater the repercussions on physical and psychological health in adulthood (Giatti *et al.*, 2014; Miquilin *et al.*, 2015).

Concerning socialization issues, the leisure time for the teenager worker is a social achievement, in which he or she frees himself from the productive forces and recognizes himself as a subject out of time destined to the obligation or commitment of labor, institutions, organizations and groups (Mawn *et al.*, 2010; Pereira and Oliveira, 2013). That said, working hours for teenagers should be kept in balance with their developmental needs and other equally important activities appropriate for their age (Graves and Miller, 2015), a situation not found in this screening study since most of the teenagers mentioned abstaining from social activities, which they commonly performed before their introduction into the job market to stay at home and rest. It should also be noted that sports practices, represented as a moment of leisure, not only educate but also provide teenagers with the opportunity to understand and use their body (Pereira and Oliveira, 2013). In addition, in a study carried out with primary school students of the school network of São Paulo, for sports practices related to parasympathetic activity in teenagers, it was verified that involvement in these sports activities outside of the school environment provides improvements in body weight, height and adequate biological maturation (Cayres *et al.*, 2015). Based on this information, there may be repercussions on the biopsychosocial development of the teenagers in this study, since important activities that should be carried out at this stage are compromised due to their early insertion into the labor market. However, it was not only negative aspects reported and identified in the participants' statements. The benefits of work for the teenager were mentioned and included increased self-esteem, responsibility, attainment of independence and autonomy. In this way, financial maturity was observed among the participating teenagers, since when they began to assume some of their expenses, they showed an understanding of the costs and efforts of their parents to support their children, presenting the work experience as an excellent strategy for education and financial independence.

This participant perception corroborates the results of a bibliometric study on teenage Brazilian workers, which identified that the participants of the reviewed studies often have a more positive perspective of work compared to what some theoreticians would suppose or what is usually emphasized in discussions on the subject. The results indicate the perception of greater autonomy and initiative, expansion and improvement of social relations, including in the family, acquisition of knowledge and skills for the future, besides the preventive function that work exerts for these teenagers, point to a panorama of global development allowed by work, in addition to the financial contribution that is an obvious result of the work for these young people (Frenzel and Bardagi,

2014). Thus, teenager labor represents the transition to adult life and the confrontation of adult responsibilities. The teenagers participating in this study, in their reports, seem to highlight work as an important factor at this time of entry into adult life. The idea of a responsibility, for example, so closely associated with the idea of an adult, is expressed by many as the economic responsibility of being able to support or actively supporting a family. As mentioned by the study participants, the teenager's first job implies the experience of several significant moments, represented by physical, psychological, relational and social changes, which are capable of influencing the ways of thinking and acting in the world throughout professional life (Monteiro and Vale, 2011; Monteiro, 2014). However, it is important to consider that the favorable attributions of the teenager to having a job or profession may be related to the fact that work is seen as a means to obtain independence and change their life to a position of financial autonomy, often the main reason why most teenagers work (Sobrosa *et al.*, 2013). Additionally, early entry into the labor market may, in some situations, be an attempt by parents to use work as a protective factor to avoid involvement in harmful situations such as crime, drug use and early pregnancy (Silva and Trindade, 2013). Nevertheless, despite this discourse and from an extended analysis, it is necessary to consider the socioeconomic context of the research participants who belong to the popular classes, receive low salaries and are subject to a significant amount of labor activities included on the IPT list. Thus, it is considered that the work done by these vulnerable teenagers is, for the most part, precarious and excessive in terms of physical and psychological load, although it recognizes that there are other forms of work in adolescence and other contexts to be contemplated by other researchers (Frenzel and Bardagi, 2014). Above all, the association of work and study in teenage daily life proved to be detrimental to educational and vocational training, since the early entry into the labor market proved to be detrimental to a considerable portion of the participants in their academic lives, which can subsequently make it difficult to enter jobs with better wages. It can be observed that the school-work double journey can be exhausting for the teenagers, causing their academic performance to decline, thus resulting in school repetitions, which can lead to demotivation and school dropout (Pereira *et al.*, 2016). A survey carried out with the objective of characterizing the work done by children and teenagers in a state school in Divinópolis-Brazil corroborates the possible school dropout of these affirmations, noting that working students had a significantly higher percentage (27.3% > 5.9%) of repeating grades when compared to that of those who did not work. As observed in this study, the authors verified that the school difficulties resulted from the fatigue from work. Once the need for work exists, there is decreased time for sleep and rest (Cecilio and Silveira, 2014). As a result, teenagers may drop out of school and perpetuate the family poverty cycle by being undereducated and submitting to cheap labor (Andersson *et al.*, 2014).

Conclusion

Teenage work and the reasons that led the teenagers to work or the working conditions can have positive and negative repercussions in their daily lives. Interference in health, including fatigue, whether physical or mental, and stress due to the performance of functions with manual overload and sleep disorders, in addition to clinical symptoms of pain in the body,

can be attributed to routine life being permeated by responsibilities. Concerning the social and cultural repercussions triggered by work, we emphasize the interference in leisure time, including sports practices. However, the findings point to work benefits, including increased family, social and personal achievement, as well as increased interpersonal interactions. Finally, the search for better socioeconomic conditions, the acquisition of material goods, financial independence, social ascension, and professional apprenticeship, even recognizing its important negative implications in daily school life, stand out as the main consequence of work in teenage life. Although this study was carried out in the specific context of the Brazilian labor market, it presents similar characteristics to other studies in several countries with respect to teenagers working. Thus, it is suggested as a topic for future research to determine the existence of labor fatigue among teenage workers, which was self-referenced by some participants as being present in the development of these professional activities. Finally, it is important to emphasize the importance of expanding the discussion about interventions that increase the protection of these teenagers in the development of work activities; once work in this phase of life is part of the Brazilian context, it needs to be protected to avoid the emergence of negative consequences for the teenagers and their future life.

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