

**ATTACHMENT STYLES, MARITAL SATISFACTION AND PATERNAL  
ADAPTATION AMONG FIRST-TIME FATHERS**



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**ATTACHMENT STYLES, MARITAL SATISFACTION AND PATERNAL  
ADAPTATION AMONG FIRST-TIME FATHERS**

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To My Beloved Sarwar Jaan, Maternal Uncles, Brother, Cousins and Friends.

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## Abstract

This study utilized a cross-section research design to explore the mediating role of marital satisfaction between attachment styles and paternal adaptation among first-time fathers. A total of 450 first-time fathers were approached through purposive sampling technique. The study used three research measures in their Urdu versions for data collection: Revised Adult Attachment Scale (Anjum & Batool, 2016); ENRICH Marital Satisfaction Scale (Anjum et al., 2022) and Paternal Adaptation Questionnaire (Eskandari et al., 2016). The Paternal Adaptation Questionnaire was first translated into Urdu language and its psychometric properties were established as part of Study 1; it was then utilized for data collection in Study 2. The results showed the full mediating role of marital satisfaction between attachment styles and paternal adaptation among first-time fathers. The findings revealed that attachment styles were significant positive predictor; length of marriage was a significant negative predictor and age of child was a non-significant predictor of marital satisfaction. The findings also showed that marital satisfaction, age of child were significant positive predictors; length of marriage was a significant negative predictor and attachment styles were non-significant predictor of paternal adaptation. Significant mean differences were indicated between marital satisfaction across education levels, monthly income levels and marriage types; whereas, significant mean differences were found between paternal adaptation across paternal age groups, monthly income levels, family system, pregnancy intention and child's gender.

*Keywords:* attachment styles, marital satisfaction, paternal adaptation, first-time fathers



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## **Chapter 1**

### **Introduction**

Becoming a father for the first time is a life-altering experience that brings immense joy, exceptional responsibility and unexpected challenges. As men embark on this transformational journey, their attachment style, marital satisfaction and paternal adaptation play a central role in shaping their relationships and future experiences.

Attachment styles being developed in early childhood, influence the quality of adult relationships including romantic relationships and parenting; whereas Marital satisfaction, a significant aspect of romantic relationships, can impact parenting behaviors and overall family's well-being. Paternal adaptation is a complex and multifaceted phenomenon which involves different physiological, psychological, and behavioral changes that men go through as fathers in order to adjust to their new role. First-time fathers have to adapt to a transformed identity, redefined relationships and a dramatically shifted sense of purpose impacting their emotional, social and psychological well-being.

A first-time father, also known as a novice father or new dad, is a man who is expecting a child or has recently become a father for the first time (Huang et al., 2014; Shaul, 2019). The journey of becoming a father for the first time is a profound and transformative experience that brings forth major physiological or psychological changes including family restructuring along with subsequent redefinition of roles and tasks (Carvalho et al., 2017). Therefore, this transition is a beautiful yet challenging period for the first-time fathers. Researchers suggest that a smoother transition to fatherhood during the first 1000 days of a child's life (the gestational period along with the first two years

after birth) positively impacts the child's development and the nature of parent-child relationship (Bakermans-Kranenburg et al., 2019).

Following the birth of first child, there are varying stimuli likely to be confronted by first-time fathers which should be addressed timely and efficiently in order to ensure a smoother transition to their paternal role. Rominov et al. (2016) outlined some of these stimuli including managing work-life balance, financial commitments, dealing with pressures in marital relationship, learning new parenting knowledge and skills, adapting to the personal identity changes and developing relationship with the child. These challenges have to be surmounted first in order to adapt to this new role of fatherhood.

Fatherhood often prompts men to reassess their identities, leading to a stronger sense of purpose and a shift in their personal goals and priorities (Brannen & Nilsen, 2006). Various research studies have explored this phenomenon that first-time fathers typically undergo a series of changes that encompass emotional, psychological, behavioral, and social changes.

For men, attaining the status of father makes them experience plethora of emotions varying from being overjoyed with this new title to the feelings of being overwhelmed as a result of additional responsibilities. Habib and Lancaster (2010) shed light on these emotional and psychological changes emphasizing that first-time fathers often experience a surge in emotional sensitivity partly due to the significant life changes and new responsibilities that accompany the arrival of the first baby. Genesoni and Tallandini (2009) outlined some of these concerns that act as common sources of anxiety for the first-time fathers which include concerns regarding health of their partner as well

as of the baby, their ability to be a good parent and role model, financial stability and future worries such as ability to provide for their child's education and well-being.

Craig and Mullan (2011) shed light on the behavioral changes stating that many first-time fathers often take on more responsibility regarding household chores and childcare tasks, reflecting a shift towards more shared parental roles. Their major aim is to strike a balance between work and family, therefore, they opt for flexible work schedules in order to spend more time with their families (Aldous et al., 1998).

Eggebeen and Knoester (2001) emphasized the changes in the social dynamics for first-time fathers as they typically prioritize their time with their baby and partner, minimizing their engagement in other social activities. They often seek advice and support from friends, family and healthcare providers regarding childcare issues (Barclay & Lupton, 1999).

### **1.1 Attachment Styles**

Attachment styles are fashioned by one's early experiences with caregivers and manifested in ways through which an individual perceives and responds to intimacy in future relationships (Bowlby, 1969; Shaver et al., 2000). There are mainly four main attachment styles: secure, anxious-preoccupied, dismissive-avoidant and fearful-avoidant (Bartholomew & Horowitz, 1991).

Individuals having a secure attachment style tend to cultivate strong, satisfying relationships by embracing intimacy and having effective communication skills, eventually striking a balance between personal independence and healthy interdependence. Those with an anxious-preoccupied attachment style exhibit clingy

behavior in relationships and look for constant reassurance from their loved ones. Such individuals experience emotional dysregulation and fears of abandonment (Mikulincer & Shaver, 2007).

Individuals having a dismissive-avoidant attachment style often come across as detached, standoffish, or unresponsive, as they tend to prioritize self-sufficiency and emotional autonomy over closeness and connection with others. Those with a fearful-avoidant attachment style struggle to form intimate relationships due to underlying trust issues and fears of abandonment or rejection, ultimately leading to emotional numbness (Mikulincer & Shaver, 2007).

The major impact of Attachment styles on the quality of engagement in future relationships cannot be overseen and disregarded as the nature of impact has been studied in various researches. Attachment style can impact the extent of relationship satisfaction (Mikulincer & Shaver, 2007), conflict resolution strategies (Gilliland & Dunn, 2003), and even mental health of an individual (Cassidy & Shaver, 2008). Understanding the styles of attachment would offer valuable insights into the dynamics of personal relationships and individual behavior.

## **1.2 Marital Satisfaction**

Marital satisfaction as defined by Hawkins and Weisberg (2013) is the subjective appraisal of one's marriage in terms of the extent to which it gratifies one's needs, expectations and aspirations. It is a central aspect of a healthy and thriving marriage, which comprises various dimensions that promote the overall quality of relationship (Johnson et al., 2005).

These various dimensions have been outlined by researchers, including emotional expression and support (Gilliland & Dunn, 2003); conflict resolution and communication (Markman et al., 1994); intimacy and physical connection (Schnarch, 2001); parenting and co-parenting in couples with children (Huang et al., 2014); financial management, decision-making along with shared values and goals (Hawkins & Weisberg, 2013).

Couples experiencing higher marital satisfaction exhibit greater overall happiness (Diener et al., 2000), better physical and psychological health (Kiecolt-Glaser & Newton, 2001), and a low probability of divorce (Amato & Previti, 2003). Conversely, couples experiencing lower marital satisfaction report increased stress, tension, and conflict (Gottman, 1999), ultimately threatening the stability and longevity of the relationship.

A strong marital bond is the cornerstone of a happy and healthy family. It is important to have an understanding of key factors and values that contribute towards a fulfilling marriage so as to promote the acquisition of those values among couples. A healthy and resilient marriage positively impacts the quality of parenting and fosters healthy growth and development of the next generation.

### **1.3 Paternal Adaptation**

Shaul (2019) defined the concept of paternal adaptation as the process by which men adapt their role as fathers which lead to changes in their overall identity and sense of relationships. Research has identified several aspects of paternal adaptation which includes emotional transformation (Berman & Pedersen, 2017); identity redefinition (Raley & Bianchi, 2006); relationship recalibration (Amato, 1994); parenting skill development (Cabrera et al., 2000)

Paternal adaptation is crucial for both fathers' well-being and their ability to provide involved parenting as well as for the child's personality development (Horn & Sylvester, 2002). Effective paternal adaptation leads towards enhanced father-child relationship (Palkovitz, 2002); increased paternal involvement (Horn & Sylvester, 2002); improved child development (Amato, 1994); better mental and physical health for fathers (Berman & Pedersen, 2017)

As suggested by Fortier (1987), three factors are likely to influence men's adaptation to their paternal role and their attachment with the child. These factors include men's past experiences with their own attachment figures, their perception of infant from the time of birth and the value they place on the overall birth experience either pleasurable or painful.

#### **1.4 Problem Statement**

For men, the transition to fatherhood will always remain a significant life event that makes them experience a mix feeling of joy, happiness, anxiety and stress, which in turn profoundly impacts their emotional, psychological, and social well-being as well as the dynamics of their relationships and their overall adaptation to new roles and responsibilities. More often than not, first-time fathers do find it challenging to adjust to their new role, which can influence their marital satisfaction and parenting styles.

Attachment styles, which are formed as a result of early interactions with caregivers, shape an individual's relationships as well as parenting behaviors as supported through the postulations of the Attachment theory. These styles of attachment also

influence the ways of perceiving and reacting to stress, including the stress related with becoming a parent.

Marital satisfaction being the subjective evaluation of the quality and stability of a marriage, plays a pivotal role in the family system as higher marital satisfaction is linked with effective parenting practices and positive child outcomes, whereas lower marital satisfaction can aggravate stress which may deter the process of paternal adaptation for new fathers.

There has been extensive literature on attachment styles with regards to the romantic relationships but there is a paucity of studies exploring their specific impact on paternal adaptation. Understanding the interplay between attachment styles, marital satisfaction, and paternal adaptation among first-time fathers in the Pakistani context can bring attention towards the rising need to develop targeted interventions and support services for the first-time fathers in Pakistan in order to promote healthier transitions to parenthood, strengthening family relationships and encouraging effective parenting practices.

## **1.5 Rationale**

Transition to fatherhood is a critical yet challenging period for the first-time fathers. There has been a major research focus on maternal adaptation both in western and non-western cultures, overshadowing the unique experiences and challenges faced by first-time fathers.

In Pakistan's patriarchal culture, fatherhood is a significant social and cultural milestone but role of father is rather marginalized or limited towards meeting the

financial needs of family while not really encouraged or expected to nurture an emotional bond with the new born. Therefore, the transition to fatherhood in non-western cultures become even more challenging due to the traditional gender roles, hence, making it essential to study their influence on paternal adaptation. This study in its uniqueness addresses this gap and explores how the cultural and societal norms of Pakistan distinct from the western cultures shape the first-time fathers' adaptation to their paternal role and responsibilities.

The association between first-time fathers' attachment patterns, marital satisfaction, and paternal adaptability has not yet been demonstrated by a theoretical framework. Investigating the ways in which paternal adaptation is influenced by attachment styles and marital satisfaction can provide an insight into the intricacies of father-child interactions. Additionally, not much research has been conducted on the intermediary role of marital satisfaction between attachment styles and paternal adaptation. Examining this mediating influence can lead to a deeper comprehension of family dynamics.

This research study addresses these gaps and explored the mediatory function of marital satisfaction in the relationship between attachment styles and paternal adaptation among first-time fathers. The findings of this study are potentially significant and will contribute towards the growing body of research on fatherhood and family relationships in non-western cultures.



## **1.6 Research Questions**

This study aimed to investigate the following research questions:

1. How do first-time fathers' attachment styles affect their level of marital satisfaction and their ability to adapt as fathers?
2. In first-time fathers, is there a link between attachment styles and paternal adaptation that is mediated by marital satisfaction?
3. How do demographic variables impact marital satisfaction and paternal adaptation among first-time fathers?

## **1.7 Research Objectives**

The current research study has the following objectives:

1. To investigate how first-time fathers' styles of attachment affect their level of marital satisfaction and their ability to adapt as fathers
2. To assess the mediatory role of marital satisfaction between attachment styles and paternal adaptation among first-time fathers.
3. To explore the effects of demographic variables on marital satisfaction and paternal adaptation among first-time fathers.

## **1.8 Hypotheses**

Following hypotheses have been formulated for the current research study:

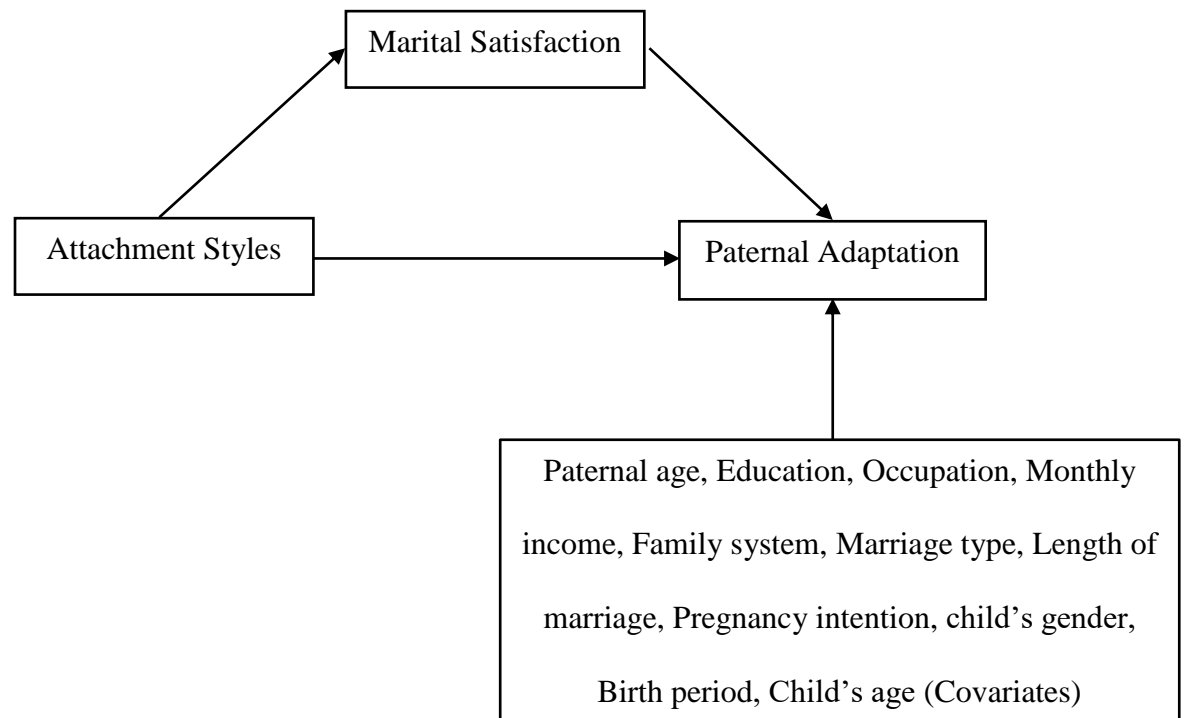
1. Marital satisfaction would likely mediate the relationship between attachment styles and paternal adaptation among first-time fathers.
2. Attachment styles, length of marriage and age of child would likely predict marital satisfaction among first-time fathers.

3. Attachment styles, marital satisfaction, length of marriage and age of child would likely predict paternal adaptation among first-time fathers.
4. There would likely be differences between marital satisfaction among first-time fathers across their age, education, occupation, monthly income, family system, marriage type, pregnancy intention, child's gender and child's birth period.
5. There would likely be differences between paternal adaptation among first-time fathers across their age, education, occupation, monthly income, family system, marriage type, pregnancy intention, child's gender and child's birth period.

### 1.9 Hypothetical Model

**Figure 1**

*Hypothetical model of Study 2*



## **1.10 Significance**

The basic idea behind the current research study is to explore the influence of certain variables i.e. attachment styles and marital satisfaction on the paternal adaptation among first-time fathers. Despite the importance of these variables, research has largely focused on mothers, leaving a significant gap in our understanding of first-time fathers' experiences. This research study aimed at exploring the interplay between attachment styles, marital satisfaction, and paternal adaptation among first-time fathers, shedding light on the complex dynamics that shape their journey into fatherhood. The findings of this research study would enlighten the health care professionals to design and implement appropriate interventions for first-time fathers who seem to be struggling in different aspects. Such interventions would be helpful in enhancing marital satisfaction and facilitating paternal adaptation among first-time fathers. This study would create awareness among the first-time fathers to gain parenting knowledge and childcare skills to facilitate their adaptation to this new role.

As we delve into the complexities of paternal adaptation, we uncover the remarkable ways in which men rise to the challenges of fatherhood and how this shift impacts their lives as well as the lives of those around them. It is imperative that we look at the effects of attachment styles and marital satisfaction on the paternal adaptation to enhance our understanding about the possible relationship between them and to identify potential solutions to facilitate the smoother transition to fatherhood among first-time fathers.

## **1.11 Operational Definitions**

The operational definition of variables of the current research study are as follow:

### **1.11.1 *Attachment Styles***

Attachment style is the pattern of bonding learned by people in their childhood as a result of the care received from their primary caregivers and then they carry it into their adult relationships (Huang, 2023). In current study, attachment style is operationalized as the way of behaving and interacting in close relationships in adulthood which is learned as a result of childhood experiences with the primary caregivers.

### **1.11.2 *Marital Satisfaction***

Marital Satisfaction is an appraisal of happiness as well as parenting and communication issues experienced by the couple in a marital relationship (Fowers & Olson, 1993). In current study, marital satisfaction is operationalized as the subjective feeling of pleasure, satisfaction and compatibility experienced by the first-time father in his marital relationship.

### **1.11.3 *Paternal Adaptation***

Paternal adaptation is the conceptual comprehension of fatherhood that results from meeting its requirements such as taking on certain traits, carrying out fatherly duties and responsibilities and comprehending the process of evolution and conversion, which eventually results in self-efficacy and parental satisfaction (Eskandari et al., 2016). In current study, paternal adaptation is operationalized as the subjective understanding of the role and responsibilities concerning fatherhood that may include having an emotional

and physical bond with the child, meeting child's needs and performing them with utmost dedication while overcoming challenges and achieving internal satisfaction.

## Chapter 2

### Literature Review

#### 2.1 Attachment Styles

Attachment styles have been an important construct and various researches have studied this construct in different contexts. Mohammadi et al. (2016) referred the attachment styles as those relational behaviors that occur between an individual and his primary caregivers in childhood to get his basic needs met, and which are later utilized by him in adulthood to formulate schemas in order to guide his interactions with the world and others around him. Hence, childhood attachment patterns can shape the attachment patterns in adulthood.

Attachment styles were initially conceptualized by John Bowlby and later expanded by Mary Ainsworth. Though, they developed in early childhood as a result of experiences with caregivers, attachment styles influence the quality of future relationships of an individual in adulthood. The primary attachment styles identified in literature are secure, anxious-preoccupied, dismissive-avoidant, and fearful-avoidant.

John Bowlby developed the attachment theory in 1969 and proposed that a child forms mental representation of attachment known as attachment styles as a result of early life experiences with his caregivers, that are relatively stable and dictate his future relationships (Bowlby, 1988; Fraley, 2002; Simpsom et al., 2007). Mary Ainsworth expanded on Bowlby's theory through her "Strange Situation" study that led to the classification of attachment styles in children in terms of secure, anxious-ambivalent, and

avoidant (Ainsworth et al., 1978). Later, Main and Solomon (1990) identified a fourth attachment style i.e. disorganized attachment.

Hazan and Shaver (1987) extended the attachment theory to adult romantic relationships and proposed three attachment patterns manifested in adult romantic relationships. One of them is Secure attachment pattern in which an individual feels comfort, intimate, supportive, understanding, and dependent in relation to his/her partner; Avoidant attachment pattern is exhibited by individuals who have fear of intimacy and discomfort with dependence; Anxious/Ambivalent attachment pattern is manifested by an individual who is emotional unstable, feels strong physical attraction and seeks more closeness with his/her partner.

According to Bartholomew (1990), an adult's attachment style can be classified along the avoidance or anxiety dimensions and is based on their positive or negative models of themselves and other people. Based on these results, Bartholomew and Horowitz (1991) further classified adult attachment styles into four groups: secure, representing a positive self-image and a positive image of others; preoccupied, representing a negative self-image and a positive image of others; fearful-avoidant, representing a negative self-image and a negative image of others; and dismissive-avoidant, representing a positive self-image and a negative image of others.

Attachment styles profoundly impact interpersonal relationships. Securely attached individuals tend to have healthier, more stable relationships, while those with insecure attachment styles (anxious, avoidant, or fearful) often face challenges such as communication issues, trust problems, and difficulties with intimacy (Shaver & Mikulincer, 2002). In romantic relationships, attachment styles can predict relationship

satisfaction and stability. For instance, higher satisfaction and decreased conflict are reported by those with secure attachment styles (Feeney, 2008).

## **2.2 Marital Satisfaction**

Marital satisfaction is a construct which encompasses relationship quality, intimacy, commitment, affection, agreement, and support among individuals in marital relationship (Delatorre & Wagner, 2020). It refers to the subjective evaluation of overall quality of marriage (Funk & Rogge, 2007).

The patterns of interaction between partners are likely to impact marital satisfaction as supported by the Behavioral Theory of Relationships. According to this theory, higher marital satisfaction is achieved with effective communication and positive behaviors like affection, positive reinforcement between partners (Jacobson & Margolin, 1979). On the other hand, lower marital satisfaction is the result of negative behaviors like criticism and withdrawal experienced by partners in a relationship.

Social Exchange Theory views the costs and benefits of a relationship as crucial determinants of marital satisfaction (Thibaut & Kelley, 1959). This theory posits that the individuals seek to enhance the rewards (e.g., love, support) and reduce the costs (e.g., conflict, stress) in their relationship, hence, leading towards higher marital satisfaction.

Fairness and balance in contributions and rewards within a relationship also impact marital satisfaction as proposed by the Equity Theory (Walster, Walster, & Berscheid, 1978). Partners are more likely to experience marital satisfaction when effort, resources, and rewards have been distributed fairly whereas they are more likely to



experience resentment and dissatisfaction in case of perceived injustice in terms of financial contributions, domestic responsibilities, or emotional support.

### **2.3 Paternal Adaptation**

Paternal adaptation implies to the process of adjustment by men to their fatherhood role which leads towards changes in their identity, behavior, and relationships (Cabrera et al., 2000).

Men undergo physiological, psychological, behavioral, and social changes during their transition to fatherhood which shapes their adaptability as a father, as supported through various theories. Transition to Fatherhood Theory suggests that men undergo a series of transitions, including changes in identity, roles, relationships, and responsibilities after becoming a father through a process of adaptation which also comprise redefining their priorities and adjusting to new demands (Cowan & Cowan, 2000).

The enhanced involvement of fathers in childcare activities in order to bond with their children enhances their paternal identity as proposed by Paternal Involvement Theory (Lamb, 1987); and this involvement can be influenced by biological as well as social factors, such as hormonal changes and cultural expectations according to Biosocial Theory of Paternal Care (Gray & Anderson, 2010). This is also supported through social Role Theory which holds societal norms and expectations as critical in shaping fathers' behavior and involvement in childcare (Pleck, 1997).

Successful paternal adaptation with specific expectations and responsibilities depends on how well father integrates these roles into his identity and daily life (Biddle,

1986). In accordance with the Attachment theory, smooth adapt also dependent on the early attachment experiences of father with his caregivers, which in turn impacts the quality of emotionally bonding with his children (Bowlby, 1969).

#### **2.4 Interplay between Attachment Styles, Marital Satisfaction and Paternal Adaptation**

The following literature illustrates the interconnected relationships among the research variables i.e. attachment styles, marital satisfaction, and paternal adaptation, highlighting how they have influenced one another in previous studies.

Many studies have accounted for the relationship between attachment styles and marital satisfaction. A descriptive-correlative study was carried out by Mohammadi et al. (2016) to investigate the connection between lifestyle and attachment style with marital satisfaction. Through a multistage random sampling process, 292 employees of the Bandar Abbas Oil Refining (BAOR) company i.e. 146 couples were recruited for the study. The findings indicated that lifestyle characteristics and attachment style both predict marital satisfaction, but attachment style has a greater impact on the quality of the marriage. In particular, the study found a strong inverse link between marital satisfaction and insecure attachment types, including avoidant and anxious-ambivalent. This suggests that marital satisfaction is often lower in people with insecure attachment types. However, no significant correlation was found between marital satisfaction and a secure attachment type.

Using Gottman's marital communication model as a mediator, Mardani et al.'s study from 2021 also sought to determine the causal association between attachment

styles and marital satisfaction. All Ahvaz University students enrolled for the 2019–2020 academic year were a part of the study. A multi-stage random sampling procedure was used to choose 230 individuals. The Revised Adult Attachment Scale (RAAS) by Collins and Reed, the Gottman Communication Skills Scale (FHS), and the Hudson Index of Marital Satisfaction (IMS) were used to gather data. The findings demonstrated a good fit between the research model and the study population, with statistical significance seen in all direct pathways. Furthermore, through the mediation of Gottman's communication abilities, a secure attachment, anxiety-insecure attachment, and avoidance-insecure attachment were found to be strongly correlated with marital satisfaction.

Another research on 207 married people, Crowley (2010) looked at marital satisfaction and the relationship between individual attachment patterns and interactive conflict styles (accommodation and demand-withdraw). Two dimensions from the attachment theory of adult romantic relationships were found using factor analysis i.e. self (anxiety) and other (avoidance). Self-report measures were employed to assess global marital satisfaction, attachment, accommodation and demand-withdraw behaviors. Anxiety, avoidance, and complete accommodation were found to have negative correlations with each other, whereas demand-withdraw behaviors and both attachment dimensions (avoidance and anxiety) showed positive correlation. Total accommodation was positively correlated with marital satisfaction, but demand-withdraw behaviors were negatively correlated. Additionally, there was an inverse relationship between marital satisfaction and both attachment dimensions. Moreover, a strong correlation between constructive and destructive conflict styles was discovered, suggesting that lower demand-withdraw behaviors were linked to higher overall accommodation.

Similarly, a cross-correlational study by Azizi and Beyranvand (2018) examined the relationship between marital satisfaction and attachment styles among 150 employed nurses who were chosen at university hospitals in Khorramabad in 2014 utilizing the stratified random selection approach. Questionnaires such as the Enrich Marital Satisfaction Scale and the Adult Attachment Scale were used to gather data. Using both inferential and descriptive statistics, the analysis was carried out using SPSS version 20 software. The study results showed that marital satisfaction had a negative correlation with avoidance attachment and a positive correlation with secure attachment. Ambivalent attachment type and marital satisfaction did not significantly correlate. According to regression analysis, attachment types accounted for almost 40% of the variation in marital satisfaction. Specifically, secure attachment and avoidance were significant predictors of marital satisfaction.

Likewise, Amani et al. (2024) conducted a correlational study using structural equation modeling (SEM) to look into the relationship between attachment styles and marital satisfaction via the lens of storytelling enjoyment and narrative mindset. A total of 294 married people (145 males and 149 women) were chosen through convenience sampling. The results showed that the proposed model was a good fit. Secure attachment style had a positively associated with marital satisfaction via storytelling enjoyment and narrative mindset, but ambivalent attachment style showed the opposite. Examining the gender factor revealed that the model was a good fit for women but not men.

In order to find out how attachment styles and emotional intelligence relate to marital satisfaction, Abbasi et al. (2016) carried out a cross-sectional study. In 2011, 450 married people (226 men and 224 women) were chosen in Mashhad, Iran, using a

multistage sampling technique. To gather information, the researchers used the Bar-On Emotional Quotient Inventory (EQ-i), the Enrich Marital Satisfaction Questionnaire, and the Attachment Styles Questionnaire (ASQ). The results showed that marital satisfaction is substantially predicted by attachment styles. Secure attachment type was positively correlated, while avoidant and ambivalent attachment types were negatively correlated with marital satisfaction. Furthermore, there was a significantly positive correlation found between marital satisfaction and emotional intelligence and its constituent parts. However, the interpersonal and stress management components did not significantly predict marital satisfaction.

In a like manner, Raesipoor et al. (2012) used a descriptive correlation methodology to examine the association between attachment types, communication patterns and marital satisfaction among 240 Band-Abbas married couples who had been living together for at least six months. The findings showed a strong positive correlation between communication patterns and marital satisfaction as well as between attachment types and marital satisfaction. The study concluded that attachment types were the best indicator of marital satisfaction.

Shinde et al. (2023) explored the predictive role of an individual's attachment pattern in determining relationship satisfaction. The study acknowledges that partners in a relationship may experience varying levels of happiness and hold different expectations from their union. The primary objective was to identify each participant's attachment style and evaluate their marital satisfaction. Data was collected via an online questionnaire from 65 married individuals across various regions of India. The questionnaire incorporated Collins and Reed's 18-item Adult Attachment Scale, along

with Funk and Rogge's 16-item Couples Satisfaction Index (CSI-16). The hypotheses were examined using regression analysis. The findings revealed that individuals with a Close and Depend attachment styles reported significantly higher levels of relationship satisfaction compared to those with an Anxiety attachment style.

Marital satisfaction among first-time fathers is also likely to be influenced by their respective attachment style as Mikulincer and Shaver (2007) stated that a father with a secure attachment is likely to exhibit trust, realistic expectations, closeness and interdependence and a healthy coping to deal with threats and stressors in his marital relationship. Mikulincer and Shaver (2007) suggested that the adult attachment system gets activated in response to a perceived threatening event. A sense of safety and security is created as a result of the adults' mental representation of how sensitive and responsive their attachment figures would be when they are distressed that ultimately helps them to deal with the perceived threat effectively.

The birth of a first child is a stimulus that may impact the quality of marital life and related satisfaction and may in turn effect the paternal adaptation among first-time father as suggested by Palm (2014) that the quality of communication and marital relationship affects the father-child attachment and overall paternal adaptation. Numerous studies have validated the significant influence of marital satisfaction on paternal adaptation. A study conducted by Choi and Jung (2021) revealed that high marital satisfaction leads to a greater sense of perceived parental competence and low marital satisfaction could become a cause of disturbance in the process of paternal adaptation according to Cabrera et al. (2009).

As stated by Perry (2016), some first-time parents get so distressful following the birth of their first child that they are unable to support each other through this new phase ultimately leading towards marital dissatisfaction. Comparative to mothers, the transition to parenthood and adapting to the paternal role is harder for fathers because men usually identify their spouses to be the primary or only source of support. When this support gets shaken in response to a stressor faced by both parents, fathers often feel deprived which effects their adaptability to their new role of being a father.

A cross sectional study by Eskandari et al. (2019) was conducted in healthcare facilities in Iran using a lottery approach. The study included 572 first-time fathers with an average age of 29.89 years. The data revealed that planning for parenting positively predicts the paternal roles and responsibilities whereas, marital satisfaction positively predicts parental development and stabilization in paternal role. Father's employment was the only factor predicting the challenges and concerns, while marital satisfaction remained the most predictive factor for overall paternal adaptation.

Similarly, Nezhad et al. (2022) conducted a cross-sectional study on 298 Iranian fathers from 41 comprehensive healthcare centers in Rasht, selected via stratified sampling, in order to examine paternal adaptation and its related factors. Data was collected using the Paternal Adaptation Questionnaire (PAQ). The results identified several factors including a history of miscarriage, father's nationality, maternal age as well as satisfaction with family wellbeing welfare, income level and married life to be significantly related with paternal adaptation. An inverse correlation was found between the father's age and paternal adaptation, with older fathers exhibiting lower paternal

adaptation. Additionally, significant differences were found in paternal adaptation scores across child's age and length of marriage.

In a like manner, Franzen et al. (2021) explored the experience of first-time fathers regarding childbirth and analyzed their sociodemographic, antenatal, and obstetrical factors across three dimensions including professional support, worries, and prenatal preparation using a cross-sectional design. A sample of 350 first-time fathers, with a mean age of 33 years, was recruited from two university hospitals in France and Switzerland which were known for managing high-risk pregnancies. However, only 160 fathers completed the First-Time Father Questionnaire (FTFQ). The findings showed a favorable correlation between fathers' experiences and prenatal preparation and antenatal education. Significant concerns were also a feature of the birthing experiences. In addition, the survey discovered that 45% of participants got knowledge from friends or family, and 57% of participants used one type of prenatal education.

Additionally, Jazayerinezhad et al. (2018) conducted a systematic review aiming to identify factors influencing fathers' adaptation. They selected 21 studies meeting specific criteria, including a focus on fatherhood and adaptation, utilization of quantitative or qualitative methods, provision of relevant information on factors affecting fathers' adaptation to healthy children, and publication in reputable scholarly journals. The included studies were published between August 1990 and September 2017. The findings emphasized a number of important variables that affected fathers' ability to adjust, including age, employment, education, marital happiness, attendance at prenatal classes, caregiver support, and gender of the kid.



Likewise, Noh (2021) carried out a study to investigate the experiences of first-time fathers in South Korea as they adjusted to becoming parents. Twelve first-time fathers of children younger than two months old were selected as a sample. Individual in-depth interviews were performed, and Colaizzi's phenomenological method was applied to examine verbatim transcripts. The themes of "getting ready to be a father," "the difficulties of being a father," "the desire to strengthen family ties," and "the recognition of fatherhood" were shown to be related. The results revealed that Korean first-time fathers prepared for parenthood by bonding with their new child through prenatal education and taegyo activities. They experienced self-growth and came to terms with their status as fathers.

In rural Pakistan, Jeong et al. (2018) looked into how parents understood dads' parenting responsibilities in relation to the early development and health of their young children. Between January and March 2017, data were gathered through focus groups with seven fathers and seven mothers, as well as in-depth interviews with thirty-three fathers and their spouses. The data was analyzed using thematic content analysis. The results indicated a change in perspective towards a more family-centered understanding of fatherhood in the early years, highlighting the direct and indirect roles that fathers play in raising their young children through co-parenting. The study identified a number of contextual systems that affect fatherhood.

Some studies have also found the influence of attachment styles of the quality of parenting among fathers. Attachment style of a father formed in response to his childhood experiences does act as a guide in the formation of his future relationships in adulthood. According to Collins et al., (2006), the childhood history of father's interpersonal

experiences, memories, beliefs, and expectations shape how they think and feel about their future relationships and how they behave in those relationships.

Research has looked into how a person's attachment style affects the fathering techniques that he employs. In a varied sample of 72 fathers with young children, Howard (2014) investigated the relationships between fathers' romantic attachment styles, parenting philosophies, and the stability and dependability of father-child attachment. Fathers who identified themselves as secure, were found to have lower levels of abuse potential and parenting stress in addition to higher levels of parenting efficacy and knowledge of child development. Parenting stress was linked to children's security, but abuse possibility was also linked to children's dependency. Thus, fathers with varying romantic attachment styles may harbor different parenting beliefs, leading to distinct patterns of attachment security and dependence in their children.

## **2.5 Theoretical Framework**

In current research study, Roy Adaptation Model of Nursing (RAM) was used as a theoretical framework to enhance our understanding of the first-time fathers and their adaptation to this new role. This model was developed in 1976 by Sister Callista Roy, an American nursing expert. The fundamental tenet of RAM is that people are adaptive systems who work to preserve equilibrium and wellbeing in response to both internal and external stimuli (Rasmus, 1993).

There are four aspects in Roy Adaptation Model; Stimuli, Coping mechanism, Adaptive modes, and Outcome. Roy, as cited by Rasmus (1993), proposed three types of stimuli that occur in each of the adaptive modes; focal stimulus is the one immediately

confronting an individual and causing a major change, contextual stimuli involve all other presenting stimuli that affect an individual's behavior or the context of the situation and residual stimuli are the nonspecific stimuli including attitudes, beliefs, experiences and expectations which influence an individual's response to the focal stimulus.

Roy (1984) postulated four adaptation modes, which are inherent and learned processes used to adjust physically and mentally to an environment that is continuously changing. These consist of physiological, self-concept, role function and interdependence modes. In the physiological mode, the focus is on body's physical responses and functions like nourishment, activity, rest, neurological function etc. Self-concept mode concerns an individual self-image and identity. Role function mode examines how changes and stressors affect one's ability to perform social roles such as those of a parent. Interdependence mode addresses how individuals adapt to changes in their social support systems and relationships including dynamics of giving and receiving support (Roy, 1984).

In the Roy Adaptation Model (RAM), coping mechanisms are conceptualized as a process involving physical, cognitive, and emotional responses to a stimulus. RAM also emphasizes outcomes, which encompass both adaptive responses and ineffective or maladaptive responses to the stimulus. These outcomes reflect the effectiveness of the coping mechanisms employed in response to the stimulus.

For the current research study, focal stimulus is the father having the first child, contextual stimulus is marital satisfaction and paternal attachment style. The outcome is the paternal adaptation (Li et al., 2022).

## **Chapter 3**

### **Method**

This research study used a quantitative research design to investigate the relationship between attachment styles, marital satisfaction and paternal adaptation among first-time fathers in Pakistan. Self-administered questionnaires were used and different analysis were carried out using Statistical Package for the Social Sciences (IBM SPSS Statistics 27).

#### **3.1 Research Design**

Cross-sectional research design was used in the current research study in order to explore the relationship between attachment styles, marital satisfaction and paternal adaptation among first-time fathers at a single point in time. Attachment styles are the independent variable, paternal adaptation is the dependent variable and marital satisfaction is the mediator between attachment styles and paternal adaptation in this study.

#### **3.2 Research Strategy**

The research strategy employed for this study is survey method. Self-administered questionnaires regarding the study variables were shared with the participants for the purpose of data collection. Through this method, data was collected from a large number of respondents within a 3 months period. The collected data was then analyzed using advanced statistical techniques to determine validity, reliability, and statistical significance of the variables under study.

### **3.3 Research Sample**

The sample for the current study involved first-time fathers. Sample size was calculated using G\*Power (version 3.1.9.7), resulting in a total sample of 380 first-time fathers and 20% was increased. The participants were being recruited using purposive sampling technique due to stringent inclusion and exclusion criteria.

#### **3.3.1 Inclusion criteria**

The inclusion criteria for the participants were as follows:

- Being a first-time father.
- Having a child between the ages of 0 to 2 years.
- Currently living with the mother of the child.

#### **3.3.2 Exclusion criteria**

The exclusion criteria for the study included:

- First-time fathers who were unfamiliar with the Urdu language.
- Fathers of children with physical disabilities.

### **3.4 Research Measures**

The research measures used in this study were in Urdu language, and included an informed consent form, a demographic information form and three standardized questionnaires: Revised Adult Attachment Scale (RAAS)- Close Relationships Version, ENRICH Marital Satisfaction (EMS) Scale, and Paternal Adaptation Questionnaire (PAQ).

### ***3.4.1 Informed Consent Form***

The informed consent form included information about the important elements of research study, such as its purpose, duration, the confidentiality of participants' personal information, and the right to withdraw from the study at any time without penalty. The goal is to obtain participants' approval regarding their voluntary participation after they have been fully informed about all aspects of the study (see Appendix C).

### ***3.4.2 Demographic Information Form***

Demographic information form included all the demographic variables crucial for the current study so as to explore their potential effects on the study variables (see Appendix D). This form inquired about the following: father's age, education, occupation, monthly income, family system (nuclear/joint), birth-order, marriage-type (love/arrange), length of marriage, pregnancy intention (planned/intended), child's age, gender and birth period (full-term/pre-term).

### ***3.4.3 Revised Adult Attachment Scale (RAAS)- Urdu Version (Anjum & Batool, 2016)***

Revised Adult Attachment Scale (RAAS)- Close Relationships Version is originally developed by Nancy Collins in 1996 in English language and translated into Urdu language by Wahida Anjum and Iffat Batool in 2016 (see Appendix E). The Cronbach's alpha for the original and translated versions of RAAS is .92 and .88 respectively (Anjum & Batool, 2016).

This scale consists of 18 questions about how one normally feels in important close relationships in his life, each with a score range of 1 to 5, where 1 = "Not at all

characteristic of me" and 5 = "Very characteristic of me". Items 2, 7, 8, 13, 16, 17, and 18 are scored in reverse, with 1 indicating "very characteristic of me" and 5 indicating "not at all characteristic of me." This scale consists of three subscales, each with six items: Close, Depend, and Anxiety. The Close subscale, which comprises items 1, 6, 8, 12, 13, and 17, assesses a person's comfort level with closeness and intimacy. The Depend subscale assesses how much a person believes he can rely on others to be there when needed; it comprises items 2, 5, 7, 14, 16, and 18. The Anxiety subscale which comprises items 3, 4, 9, 10, 11, and 15, assesses a person's fear of being rejected or unloved. (Collins, 1996).

The Close and Depend subscales were blended into a single composite known as CLOSDEP. Four attachment styles (secure, preoccupied, dismissive, and fearful) were developed based on scores on three subscales (close, depend, and anxiety). A secure attachment style is indicated by a score greater than 3 on CLOSDEP and less than 3 on Anxiety subscale; a preoccupied attachment style is indicated by a score greater than 3 on both CLOSDEP and Anxiety subscale; a dismissive attachment style is indicated by a score less than 3 on both CLOSDEP and Anxiety subscale; and a fearful attachment style is indicated by a score less than 3 on CLOSDEP and greater than 3 on Anxiety subscale (Collins, 1996).

#### ***3.4.4 ENRICH Marital Satisfaction (EMS) Scale- Urdu Version (Anjum et al., 2022)***

The ENRICH Marital Satisfaction (EMS) Scale is originally developed by Blaine J. Fowers and David H. Olson in 1993 in English language and translated into Urdu language by Anjum et al., in 2022 (see Appendix F). The Cronbach's alpha for the original and translated version is .86 and .92 respectively. This scale has 15 items, each

with a score range of 1 to 5, where 1 equals "Strongly Disagree" and 5 equals "Strongly Agree." Reverse scoring is used for items 2, 5, 8, 9, and 12, with a score of 1 representing "Strongly Agree" and 5 representing "Strongly Disagree" (Fowers & Olson, 1993).

The EMS scale is divided into two subscales: the Marital Satisfaction scale, which contains ten items (2, 3, 5, 7, 8, 10, 11, 12, 14, 15), and the Idealistic Distortion scale, which contains five items (1, 4, 6, 9, 13). Individual raw scores for the Marital Satisfaction and Idealistic Distortion subscales are derived by first reversing the negative items and then adding the relevant items for each subscale (Fowers & Olson, 1993).

#### ***3.4.5 Paternal Adaptation Questionnaire- (PAQ) (Eskandari et al., 2016)***

Eskandari et al. developed the Paternal Adaptation Questionnaire (PAQ) in 2016, with a Cronbach's alpha of .89 (see Appendix G). This scale consists of 38 components, each scored on a range from 1 to 5. It is divided into five subscales: ability in performing the roles and responsibilities (13 items); perceiving the parental development (8 items); stabilization in paternal position (8 items); spiritual stability and internal satisfaction (6 items); and challenges and concerns (3 items), with reverse scoring.

The total score ranges from 38 (0%) to 190 (100%), representing a continuum from nonadaptation to complete adaptation by fathers (Eskandari et al., 2016). As this research measure was not available in Urdu language, it has been translated into Urdu as part of study 1 and utilized for data collection in Study 2 (see Appendix H).



### 3.5 Procedure

#### 3.5.1 *Study 1-Translation and Validation of the Paternal Adaptation Questionnaire into Urdu language*

The primary objective of Study 1 was the translation of the Paternal Adaptation Questionnaire (PAQ) into Urdu and its validation among first-time fathers. This study was conducted in two phases: Phase I involved the translation of the scale and Phase II involved determining the scale's psychometric properties. The study 1 strictly adhered to the guidelines of World Health Organization (2018a, 2018b) for the translation and validation of the scale.

##### **Phase I: Translation of the Paternal Adaptation Questionnaire (PAQ).**

During this phase, the Paternal Adaptation Questionnaire (PAQ) was translated into Urdu from its original English language. Prior to the translation process, permission was obtained from the author to translate the scale into Urdu. The translation proceeded through the following steps:

*Step 1: Forward Translations.* Three bilingual experts proficient in both English and Urdu were approached for the forward translation from English to Urdu keeping the contextual meanings intact. These experts were enrolled in the MS degree of Clinical Psychology at prestigious institutions in Islamabad, Pakistan.

*Step 2: Committee Approach.* The compatibility between the scale's English version and the forward translations were examined using a committee approach. Members of the committee involved two female bilingual experts who are professors at Bahria University, Islamabad. Committee members selected the most appropriate

response for every item and also did slight modifications for some items from the received scripts by evaluating the translation's precision, contextual meaning, conceptual clarity, linguistic difficulty, grammatical validity, and sensitivity to regional differences. Responses that accurately conveyed the context of the original version's items were chosen after careful scrutiny by the committee members.

***Step 3: Backward Translation.*** Three other bilingual experts proficient in both English and Urdu were approached to do the backward translations from Urdu to English. These experts were enrolled in the MS degree of Clinical Psychology at a prestigious institution in Islamabad, Pakistan.

***Step 4: Committee Approach.*** After receiving three English-translated scripts, another committee of two bilingual experts with PhD degrees was formed. Members of the committee evaluated the back translations in terms of the ambiguity, consistency, and language disparities. After an in-depth evaluation, the committee members selected the most accurate responses out of all the responses for every item of the scale from the received receipts.

After selection and compilation of all the items of the scale, it was reviewed by Psychology subject expert who has a command on both English and Urdu languages. Expert reviewed the original English scale items along with the final version of forward translation and backward translation. After comparison and in-depth evaluation of each item in terms of appropriateness, no incongruity was found between the original English version and both translations. Hence, Urdu version of the Paternal Adaptation Questionnaire (PAQ) was finalized.

**Step 5: Pilot-Testing.** In order to determine the reliability and validity of PAQ-Urdu version, a pilot testing was conducted on a sample of 80 first-time fathers who fulfilled the inclusion requirements. Urdu version of PAQ was administered on the participants and their feedback was taken regarding facing any difficulty in reading or understanding the meaning of the scale items. The participants reported no such difficulty or confusion; therefore, no amendments were made to the translated items of the scale.

**Phase II: Psychometric Testing of the Paternal Adaptation Questionnaire (PAQ)-Urdu Version.** To make sure the scale is measuring what it is intended to measure, it is crucial to determine the psychometric properties of the Urdu version of PAQ. During phase II, the psychometric properties which include the test-retest reliability, language equivalency, construct validity (convergent and discriminant validity), and exploratory factor analysis (EFA) of the Urdu version of the Paternal Adaptation Questionnaire (PAQ) were explored and established.

**Step 1: Test-Retest Reliability.** In order to establish reliability of the Urdu version of PAQ, the same scale was administered twice on the same set of sample participants (N=80) in two different settings after an interval of 2 weeks. Test-retest reliability assesses the consistency and agreement of responses on the same scale when being administered on two separate occasions on the same sample participants.

**Step 2: Language Equivalency.** The English and Urdu versions of Paternal Adaptation Questionnaire (PAQ) were administered on 50 first-time fathers with the aim of assessing language equivalency i.e. same meaning is conveyed through both versions: original English version and translated Urdu version. The correlation scores of both

versions of PAQ ensured the language equivalency between the source language (English) and Desired language (Urdu).

**Step 3: Construct Validity.** Construct validity is classified into two types: convergent validity refers to the extent to which two assessment measures of related constructs correlate with one another, and discriminant validity refers to the extent to which two assessment measures of unrelated constructs do not correlate (Bhattacharjee 2023). To ensure the construct validity PAQ- Urdu version, two additional Urdu-translated measures were used.

Convergent validity was tested using the Flourishing scale, which was originally established by Diener et al. (2009) in English and later translated into Urdu by Choudhry et al. (2018). This scale has eight items and assesses the respondent's perceived accomplishment in major life dimensions such as relationships, self-esteem, purpose, and optimism, resulting in a single psychological well-being score (see Appendix I).

For discriminant validity, the Brief Self-Control Scale was used. Tangney et al. (2004) developed this 13-item scale, which is translated into Urdu by Zafar and Kausar (2013) and assesses self-discipline via self-report (see Appendix J).

**Step 4: Confirmatory Factor Analysis.** A confirmatory factor analysis was carried out on 38 items of PAQ-Urdu version in order to assess and validate its factor structure using Structural Equation Model (SEM) along with AMOS (Analysis of Moment Structures) version 24.0.

The Paternal Adaptation construct included five sub-factors which were named as ability in performing the roles and responsibilities, perceiving the parental development,

stabilization in paternal position, spiritual stability and internal satisfaction, challenges and concerns.

### ***3.5.2 Study 2-Attachment Styles, Marital Satisfaction and Paternal Adaptation among First-time Fathers***

Study 2 employed a quantitative approach, utilizing three specific questionnaires in Urdu in order to measure attachment styles, marital satisfaction and paternal adaptation among first-time fathers. The Revised Adult Attachment Scale (RAAS)-Close Relationships Version assessed the attachment styles, ENRICH Marital Satisfaction (EMS) Scale evaluated the marital satisfaction and Paternal Adaptation Questionnaire (PAQ) assessed the paternal adaptation of first-time fathers. Prior to their application in research, permission was sought from both the authors who developed them and the authors who translated them in Urdu. Due to the unavailability of Paternal Adaptation Questionnaire (PAQ) in Urdu, permission was obtained from its author to translate it first as part of study 1 and then use the translated version in study 2 (see Appendix A). The data was collected from 450 participants who were first-time fathers and it was done using both paper and online forms to reach large number of participants in a relatively short period of time. The informed consent form, comprising the details of the research study was provided to each participant beforehand in order to ensure their voluntary participation in the study. Following their acceptance, they had to complete the demographic information form, which asked for certain personal information.

The following analysis were conducted using IBM SPSS Statistics (Version 27): Descriptive statistics to summarize the characteristics of participants; Pearson product moment correlation to investigate the relationship among study variables; Independent

sample t-test and One-way ANOVA to compare the means of different groups within the sample; Multiple linear regression analysis to estimate the relationship among study variables and Mediation analysis to explore the mediating influence of marital satisfaction between attachment styles and paternal adaptation among first-time fathers.

### **3.6 Research Ethics**

The current research study strictly adhered to the ethical considerations. First and foremost, the researcher got the informed consent signed from all participants that warranted their voluntary participation in the research. The informed consent incorporated all the key details regarding research purpose, scope and duration that helped the participants to make an informed decision regarding their participation in the study.

It was ensured to the participants that the informational data gathered through this research would only be used for research purposes maintaining the confidentiality and the anonymity of all research participants. Participants were also given the right to withdraw from the study at any point in time without any penalty or consequences. Lastly, the researcher communicated the research findings with honesty and without any manipulation, ensuring the validity and reliability of the findings.

## Chapter 4

### Results

#### 4.1 Study 1-Translation and Validation of the Paternal Adaptation Questionnaire (PAQ) into Urdu language

Study 1 aimed at the translation of the Paternal Adaptation Questionnaire (PAQ) into Urdu language and its validation among first-time fathers.

**Table 1**

*Demographic Characteristics of Participants (N = 80)*

Variables	Categories	f	%
Paternal Age Groups	21-25	3	3.8
	26-30	35	43.8
	31-35	33	41.3
	36-40	8	10
	41-45	1	1.3
Education Levels	Matric	1	1.3
	Intermediate	1	1.3
	Bachelors	52	65
	Masters	26	32.5
Occupation	Government employee	20	25
	Private employee	41	51.2
	Businessman	19	23.8
Monthly Income Levels	Less than 10,000	1	1.3
	10,000-50,000	4	5
	50,000-100,000	17	21.3
	100,000-150,000	16	20
	150,000-200,000	13	16.3
	More than 200,000	29	36.3
Family System	Nuclear	20	25
	Joint	60	75

*Note.* f = frequency; % = Percent

Table 1 illustrates the demographic characteristics of 80 sample participants. With respect to age groups, 3.8% belonged to the age group of 21-25; 43.8% belonged to the age group of 26-30; 41.3% belonged to the age group of 31-35; 10% belonged to the age group of 36-40 and only 1.3% belonged to the age group of 41-45. On education levels, 1.3% reported to have matric degree; 1.3% reported to have intermediate degree; 65% reported to have bachelor's degree and 32.5% reported to have master's degree. Among these participants, 25% were government employees, 51.2% were private employees and 23.8% were businessmen. On monthly income levels, 1.3% reported to have less than 10,000 monthly income; 5% reported to have monthly income within range of 10,000-50,000; 21.3% reported to have monthly income within range of 50,000-100,000; 20% reported to have monthly income within range of 100,000-150,000; 16.3% reported to have monthly income within range of 150,000-200,000 and 36.3% reported to have more than 200,000 monthly income. On family system, 25% of participants said they were in a nuclear family, and 75% said they were in a joint family.



**Table 2**

*Test-retest reliability of Urdu version of the Paternal Adaptation Questionnaire-PAQ and its 5 Subscales (N = 80)*

Variables	$\alpha$
Paternal Adaptation Questionnaire (PAQ)	0.98
1. Ability in performing the roles and responsibilities	0.97
2. Perceive the parental development	0.99
3. Stabilization in paternal position	0.97
4. Spiritual stability and internal satisfaction	0.97
5. Challenges and concerns	0.99

*Note.*  $\alpha$  = Cronbach's alpha

Table 3 shows the results of test-retest reliability of Urdu version of Paternal Adaptation Questionnaire (PAQ) that was administered twice on the same participants (N=80) in two different settings after an interval of 2 weeks. The results indicate that PAQ-Urdu version administered initially and PAQ-Urdu version administered after 2 weeks has excellent internal consistency of value = 0.98. The Cronbach's alpha for the subscales of PAQ-Urdu version also indicated excellent internal consistencies.

**Table 3**

*Language equivalency between English and Urdu Version of the Paternal Adaptation Questionnaire-PAQ and its 5 Subscales (N = 50)*

Variables	Versions	r
Paternal Adaptation Questionnaire (PAQ)	English-Urdu	.81**
1. Ability in performing the roles and responsibilities	English-Urdu	.66**
2. Perceive the parental development	English-Urdu	.75**
3. Stabilization in paternal position	English-Urdu	.74**
4. Spiritual stability and internal satisfaction	English-Urdu	.90**
5. Challenges and concerns	English-Urdu	.76**

*Note.* \*\*p < 0.01. ; r = Pearson Correlation

The results in Table 3 illustrates that both English and Urdu version PAQ have significant positive correlation of value= .81. There are also significant positive correlations between subscales of English and Urdu version of PAQ,

**Table 4**

*Psychometric Properties of Urdu Version of the Paternal Adaptation Questionnaire-PAQ and its 5 Subscales (N = 450)*

Variables	k	M	SD	$\alpha$	Range	
					Potential	Actual
Paternal Adaptation Questionnaire (PAQ)	38	162.95	20.10	.95	38-190	50-189
1. Ability in performing the roles and responsibilities	13	58.71	7.42	.94	13-65	13-65
2. Perceive the parental development	8	34.04	5.19	.86	8-40	8-40
3. Stabilization in paternal position	8	33.62	5.25	.90	8-40	8-40
4. Spiritual stability and internal satisfaction	6	27.28	3.72	.86	6-30	6-30
5. Challenges and concerns	3	9.30	3.32	.74	3-15	3-15

*Note.* k = Number of items; M = Mean; SD = Standard Deviation;  $\alpha$  = Alpha

Table 4 represents the psychometric properties of PAQ-Urdu version and its 5 subscales. The values of Mean, Standard Deviation, Cronbach alpha, and Ranges (potential and actual) for the scale and its subscales are presented. The Cronbach's alpha for the Urdu version of PAQ is .95 that indicates an excellent internal consistency (M = 162.95; SD = 20.097). The 5 subscales of PAQ have respective Cronbach alpha values of 0.94, 0.86, 0.90, 0.86 and 0.74, hence indicating sound reliability.

**Table 5***Item Total Correlation of Urdu Version of the Paternal Adaptation Questionnaire-PAQ**(N = 450)*

Item No.	PAQ-Urdu Version	Item No.	PAQ-Urdu Version
	r		r
1	.80**	20	.65**
2	.69**	21	.67**
3	.73**	22	.72**
4	.72**	23	.74**
5	.71**	24	.73**
6	.72**	25	.50**
7	.64**	26	.71**
8	.57**	27	.77**
9	.74**	28	.74**
10	.71**	29	.75**
11	.78**	30	.74**
12	.71**	31	.59**
13	.69**	32	.76**
14	.71**	33	.73**
15	.71**	34	.81**
16	.61**	35	.68**
17	.53**	36	.18**
18	.67**	37	.15**
19	.65**	38	.12**

*Note.* \*\*p < 0.01.

Table 5 indicates that all the items have significant positive correlation with the total of PAQ-Urdu version.

**Table 6**

*Construct validity of Urdu Version of the Paternal Adaptation Questionnaire-PAQ (N = 450)*

Variables	Flourishing scale	Brief Self-control scale
	Pearson Correlation	Pearson Correlation
Paternal Adaptation Questionnaire (PAQ)	.22**	-.16**

*Note.* \*\*p < 0.01.

Table 6 shows the results for the Construct validity of the Urdu Version of Paternal Adaptation Questionnaire (PAQ) and its 5 Subscales. To assess the convergent validity, Flourishing Scale was used that revealed a significant and positive correlation of value .22 with Paternal Adaptation Questionnaire (PAQ), indicating low convergent validity. To assess the discriminant validity, Brief Self-Control Scale was used that revealed significant negative correlation of value -.16 With Paternal Adaptation Questionnaire (PAQ), indicating high discriminant validity.

**Table 7**

*Fit Indices of Confirmatory Factor Analysis for Urdu Version of the Paternal Adaptation Questionnaire- PAQ (N =450)*

Model	$\chi^2$	df	$\chi^2/df$	GFI	CFI	RMSEA
Initial Model	7851.215	655	11.987	.547	.595	.156
Model Fit (First Order)	1754	651	2.69	.92	.90	.08
Model Fit (Second Order)	1812.74	656	2.77	.91	.90	.07

*Note*  $\chi^2$  = chi square; df = degree of freedom; GFI= Goodness of Fit Index; CFI=Comparative Fit Index; RMSEA=Root Mean Square Error of Approximation

Table 7 listed the fitness indicators for the Paternal Adaptation construct. The first and second-order confirmatory factor analyses of Paternal Adaptation indicated poor absolute model fit, with  $\chi^2$  (651) = 1754,  $p < .05$  and  $\chi^2$  (656) = 1812.74,  $p < .05$ , respectively. However, the researchers emphasized that the chi-square test, as stated by Hair et al. (2010), can be modified by sample size and parameter count. As a result, alternative fit indices such as GFI, CFI, and RMSEA were examined to evaluate model fit. Hu and Bentler (1999) recommend a good relative model fit with a  $\chi^2/df$  ratio between 0 and 3, RMSEA value of .08 or less, and CFI and GFI values of .9 or higher. The estimated model fit did not match these standard requirements.

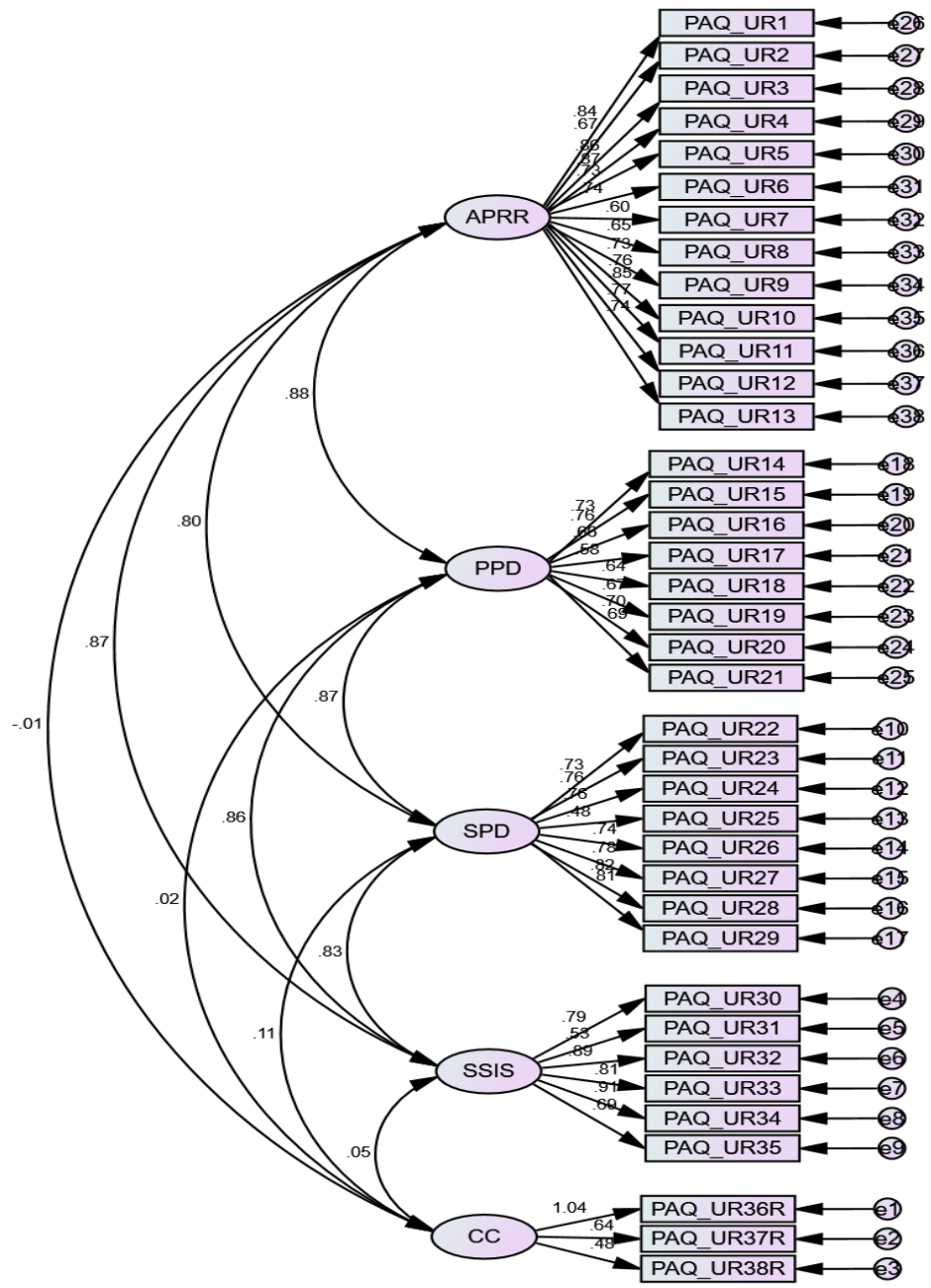
For better model fit, a model modification technique was used, in which covariance was inserted between the error terms of the latent factors of paternal adaptation. Because the items were similar with regard to of the overall construct, only covariance with a chi-square value change of 4.0 or above was included (Kenny & Milan,

2012). Following these changes, the absolute and relative fit indices were compared again. The RMSEA values for first and second-order models were .08 and .07, and the GFI values were .92 and .91, respectively. However, the CFI score for both models was 0.90. These indices suggested that the model was well-fitted to the test data.

**Figure 2**

*First Order Confirmatory Factor Analysis for Urdu Version of the Paternal Adaptation*

*Questionnaire- PAQ (N = 450)*





**Table 8**

*Psychometric Evaluation of First Order Confirmatory Factor Analysis for Urdu Version of the Paternal Adaptation Questionnaire- PAQ (N =450)*

Factors	CR	AVE	MSV	$\lambda$ Ranges
Perceiving the parental development	0.87	0.46	0.77	0.58-0.76
Challenges and concerns	0.78	0.57	0.01	0.48-1.04
Spiritual stability and internal satisfaction	0.90	0.61	0.76	0.53-0.91
Stabilization in paternal position	0.91	0.55	0.76	0.48-0.82
Ability in performing the roles and responsibilities	0.95	0.57	0.77	0.60-0.87

*Note.* CR = Composite Reliability; AVE = Average variance extracted; MSV = Maximum Shared Variance;  $\lambda$  (lambda) = standardized factor loading

Table 8 represents the psychometric properties of PAQ-Urdu version. The composite reliability coefficients were found to be above the acceptable criteria of 0.7, as suggested by Hair et al. (2012) and Henseler, Hubona, and Ray (2016). Convergent validity was determined by assessing the scale items' factor loadings on their respective constructs. Hair et al. (2010) regard standardized factor loadings of .40 or higher to be acceptable, indicating that the corresponding factor accounts for 16% or more of the variance in the newly constructed measure. The factors of ability in performing the roles and responsibilities, perceiving the parental development, stabilization in paternal position, spiritual stability and internal satisfaction, and challenges and concerns explained 57 %, 46 %, 55 %, 61 %, and 57 % of the variance, respectively, with composite reliability coefficients ranging from .78 to .95, indicating excellent reliabilities.

**Table 9**

*Fornell-Larcker Criterion for the Factors of Urdu Version of the Paternal Adaptation*

*Questionnaire- PAQ (N =450)*

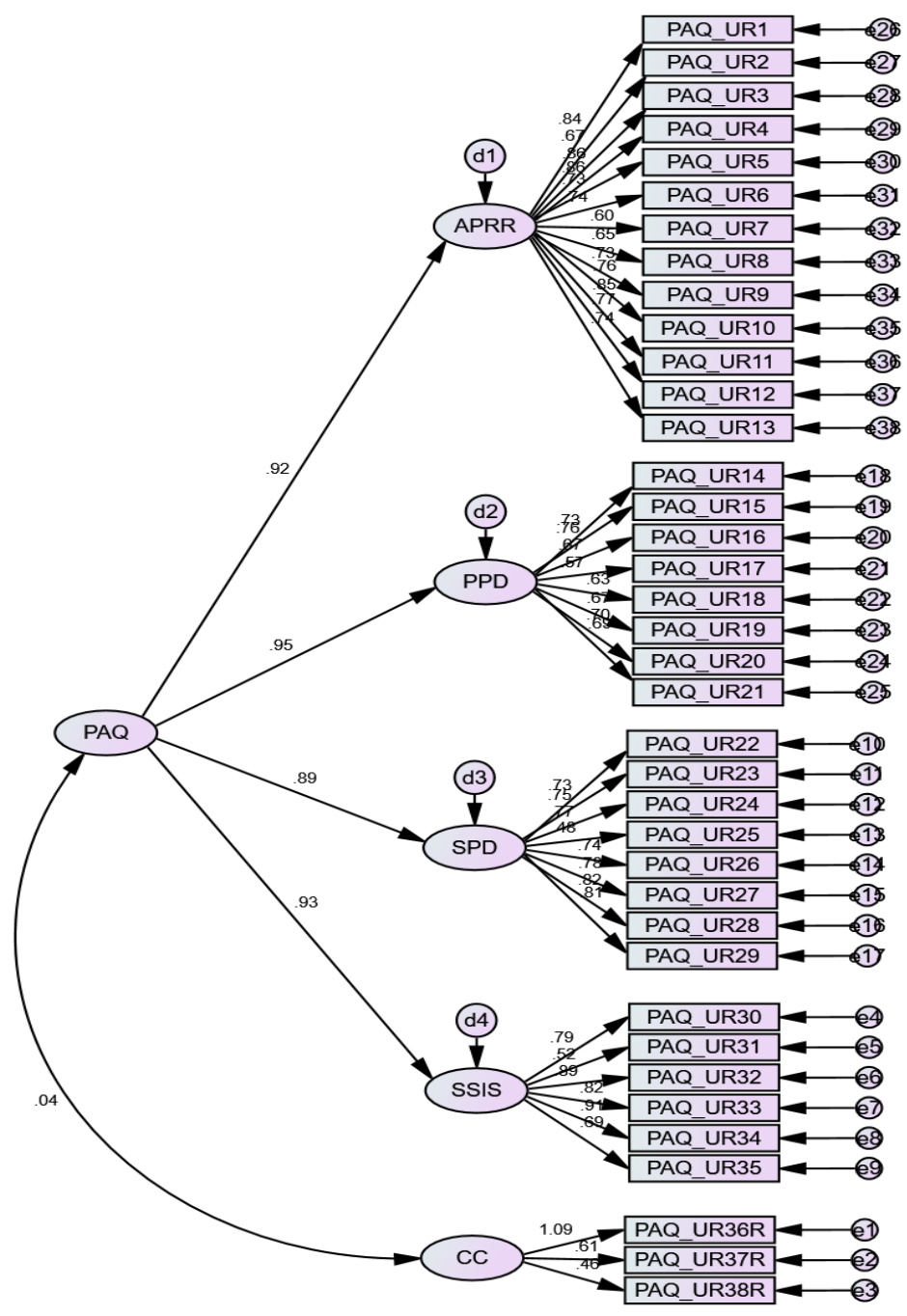
Factors	K	1	2	3	4	5
Perceiving the parental development	8	0.680				
Challenges and concerns	3	0.016	0.757			
Spiritual stability and internal satisfaction	6	0.861	0.047	0.780		
Stabilization in paternal position	8	0.869	0.108	0.832	0.741	
Ability in performing the roles and responsibilities	13	0.879	-0.015	0.869	0.803	0.757

*Note.* k = Number of Items

The discriminant validity was tested using two alternative approaches, as proposed by Henseler, Hubona, and Ray (2016) and Voorhees et al. (2016). Table 9 depicts the first technique, which involved comparing the scale's square root of average variance extracted (AVE) values with their relative association with all other factors as described by Fornell and Larcker. According to Hair et al. (2010), the second technique required that a factor's average variance (AVE) should be more than the variance shared with all other factors (MSV). However, the results demonstrated poor discriminant validity as shown in Table 8. Therefore, researchers such as Gaskin (2015) and Hair, Anderson, Tatham, and Black (2010) proposed conducting a second-order confirmatory factor analysis on all constructs of paternal adaptation.

**Figure 3**

*Second Order Confirmatory Factor Analysis for Urdu Version of the Paternal Adaptation Questionnaire- PAQ*



**Table 10**

*Second order Confirmatory Factor Analysis for Urdu Version of the Paternal Adaptation Questionnaire- PAQ (N =450)*

Factors	CR	AVE	MSV	$\lambda$
<b>Paternal Adaptation</b>	.96	.85		
Ability in performing the roles and responsibilities				.92
Perceiving the parental development				.95
Stabilization in paternal position				.89
Spiritual stability and internal satisfaction				.93
<b>Challenges and concerns</b>	0.78	0.57	0.08	

*Note.* CR = Composite Reliability; AVE = Average variance extracted; MSV = Maximum Shared Variance;  $\lambda$  (lambda) = standardized factor loading  $\geq .7$

The second-order constructs were psychometrically evaluated, yielding positive estimations for the factors' reliability and convergent validity. As shown in Table 2, the composite reliability coefficient and average variance extracted (AVE) values were above the required thresholds of 0.7 and 0.5, respectively (Henseler, Hubona, & Ray, 2016; Hair et al., 2010).

All factor loadings for the items exceeded the 0.70 threshold. The paternal adaptation questionnaire explained 85% of the variation, and its composite reliability was .96, indicating high reliability and validity. To evaluate the discriminant validity, all paternal adaptation factors underwent second-order confirmatory factor analysis. Hair et al. (2010) suggest that the AVE should be bigger MSV. The results demonstrated strong discriminant validity.

#### **4.2 Study 2-Attachment Styles, Marital Satisfaction and Paternal Adaptation among First-time Fathers**

The aim of study 2 was to investigate the relationship between attachment styles, marital satisfaction and paternal adaptation among first-time fathers. As part of this study, different hypotheses were formulated and tested using correlation analysis, independent sample t-test, one-way ANOVA, regression analysis and mediation analysis.

**Table 11***Demographic Characteristics of Participants (N = 450)*

Variables	Categories	f	%	M	SD
Paternal Age Groups	21-25	30	6.7	-	-
	26-30	200	44.4	-	-
	31-35	174	38.7	-	-
	36-40	40	8.9	-	-
	41-45	6	1.3	-	-
Education Levels	Matric	5	1.1	-	-
	Intermediate	10	2.2	-	-
	Bachelors	296	65.8	-	-
	Masters	139	30.9	-	-
Occupation	Government employee	105	23.3	-	-
	Private employee	215	47.8	-	-
	Businessman	125	27.8	-	-
	Unemployed	5	1.1	-	-
Monthly Income Levels	Less than 10,000	5	1.1	-	-
	10,000-50,000	19	4.2	-	-
	50,000-100,000	104	23.1	-	-
	100,000-150,000	90	20.0	-	-
	150,000-200,000	86	19.1	-	-
	More than 200,000	146	32.4	-	-
Family System	Nuclear	117	26.0	-	-
	Joint	333	74.0	-	-
Marriage-Type	Love Marriage	175	38.9	-	-
	Arrange Marriage	275	61.1	-	-
Length of Marriage (in years)	-	-	-	3.63	2.50
Pregnancy Intention	Planned	381	84.7	-	-
	Unintended	69	15.3	-	-
Birth Period	Full-term-birth	377	83.8	-	-
	Pre-term birth	73	16.2	-	-
Age of child (in months)				12.68	8.22
Gender of child	Male	230	51.1	-	-
	Female	220	48.9	-	-

*Note.* f = frequency; % = Percent; M = Mean; SD = Standard Deviation

Table 11 illustrates the demographic characteristics of 450 sample participants. With respect to age groups, 6.7% belonged to the age group of 21-25; 44.4% belonged to the age group of 26-30; 38.7% belonged to the age group of 31-35; 8.9% belonged to the age group of 36-40 and only 1.3% belonged to the age group of 41-45. On education levels, 1.1% reported to have matric degree; 2.2% reported to have intermediate degree; 65.8% reported to have bachelor's degree and 30.9% reported to have master's degree. Among these participants, 23.3% were government employees, 47.8% were private employees, 27.8% were businessmen and 1.1% were unemployed. On monthly income levels, 1.1% reported to have less than 10,000 monthly income; 4.2% reported to have monthly income within range of 10,000-50,000; 23.1% reported to have monthly income within range of 50,000-100,000; 20% reported to have monthly income within range of 100,000-150,000; 19.1% reported to have monthly income within range of 150,000-200,000 and 32.4% reported to have more than 200,000 monthly income. On family system, 26% of participants said they were in a nuclear family, and 74% said they were in a joint family. Among these participants, 38.9% have their love marriage and 61.1% have their arrange marriage. With respect to pregnancy intention, 84.7% reported to have planned pregnancy and 15.3% reported to have unintended pregnancy. Among these participants, 51.1% have a Baby boy and 48.9% have a aby girl as their first child. 83.8% reported full -term birth whereas 16.2% reported pre-term of their first child. The means and standard deviations for length of marriage (in years) of participants are  $M=3.63$ ;  $SD=2.50$ , whereas the means and standard deviations of age of child (in months) are  $M=12.68$ ;  $SD= 8.22$

**Table 12**

*Intercorrelations of Attachment Styles, Marital Satisfaction and Paternal Adaptation among First-time Fathers (N = 450)*

Variables	1	2	3
Attachment Styles	-	-	-
Marital Satisfaction	0.094*	-	-
Paternal Adaptation	0.046	0.196***	-

*Note.* \*p < .05. \*\*p < .01. \*\*\*p < .001.

Table 12 illustrates that attachment styles and marital satisfaction has a significant weak positive correlation of value = 0.094 whereas no significant correlation exists between attachment styles and paternal adaptation among first-time fathers. Marital satisfaction is also found to have a significant weak positive correlation of value = 0.196 with the paternal adaptation among first-time fathers.



**Table 13**

*Mean differences between Marital Satisfaction and Paternal Adaptation across Paternal Age Groups among First-time Fathers (N = 450)*

Variables	Paternal age groups	M	SD	F (4,445)	p	$\eta^2$	Post-Hoc
Marital Satisfaction	21-25	60.27	12.15	1.710	.147	.015	-
	26-30	62.80	10.91				
	31-35	62.64	11.73				
	36-40	58.13	16.87				
	41-45	58.13	16.87				
Paternal Adaptation	21-25	151.83	16.90	8.083	.000**	.068	1 < 2, 1 < 3
	26-30	164.45	16.21				
	31-35	166.05	16.53				
	36-40	150.25	38.65				
	41-45	163.67	24.35				

*Note.* M = Mean; SD = Standard Deviation; F = Levene's statistic; p = significance value;  $\eta^2$  = eta-squared

A one-way ANOVA was performed to compare the mean differences between marital satisfaction and paternal adaptation across paternal age groups among first-time fathers. For marital satisfaction, the test results showed that there were no significant differences across paternal age groups {F (4,445) = 1.710, p = .147}, whereas, for paternal Adaptation, there were significant mean differences across paternal age groups {F (4,445) = 8.083, p = .000}.

The assumption of homogeneity of variance was not assumed as  $p < .05$ , therefore, Dunnett T3 Test was carried out for post-hoc multiple comparisons between paternal adaptation across paternal age groups among first-time fathers. The analysis showed significant mean differences between paternal adaptation across age groups of 21-25, 26-30 and 31-35, among which age group of 21-25 had lower paternal adaptation as compared to the other two groups. On the other hand, no significant mean differences were found across other paternal age groups of first-time fathers.

**Table 14**

*Mean differences between Marital Satisfaction and Paternal Adaptation across Education Levels among First-time Fathers (N = 450)*

Variables	Education levels	M	SD	F	p	$\eta^2$	Post-Hoc
				(3,446)			
Marital Satisfaction	Matric	73.00	.000	8.509	.000	.054	1 > 2, 1 > 3,
	Intermediate	47.00	16.87				1 > 4
	Bachelors	61.54	11.95				
	Masters	63.97	10.66				
Paternal Adaptation	Matric	167.00	.000	2.795	.06	.018	-
	Intermediate	171.00	16.87				
	Bachelors	164.40	17.44				
	Masters	159.16	24.92				

*Note.* M = Mean; SD = Standard Deviation; F = Levene's statistic; p = significance value;  $\eta^2$  = eta-squared

A one-way ANOVA was performed to compare the mean differences between marital satisfaction and paternal adaptation across education levels among first-time fathers. The test results showed that there were significant mean differences between marital satisfaction across education levels {F (3,446) = 8.509, p = .000}. Moreover, there were no significant mean differences between paternal adaptation across education levels {F (3,446) = 2.795, p = .06}.

The assumption of homogeneity of variance was not assumed as  $p < .05$ , therefore, Dunnett T3 Test was carried out for post-hoc multiple comparisons between

marital satisfaction across education levels among first-time fathers. The analysis showed that the first-time fathers with a matric degree have higher marital satisfaction as compared to other education levels. There were no significant mean differences across other education levels.

**Table 15**

*Mean differences between Marital Satisfaction and Paternal Adaptation across Occupations among First-time Fathers (N = 450)*

Variables	Occupation	M	SD	F (3, 446)	p	$\eta^2$
Marital Satisfaction	Government employee	62.94	10.82	.817	.485	.005
	Private employee	61.18	11.64			
	Businessman.	62.87	13.41			
	Unemployed	64.00	.00			
Paternal Adaptation	Government employee	161.99	16.46	.955	.414	.006
	Private employee	163.49	24.42			
	Businessman.	163.39	14.01			
	Unemployed	149.00	.00			

*Note.* M = Mean; SD = Standard Deviation; F = Levene's statistic; p = significance value;  $\eta^2$  = eta-squared

A one-way ANOVA was performed to compare the mean differences between marital satisfaction and paternal adaptation across occupations among first-time fathers. The test results in Table 15 showed no significant mean differences between marital satisfaction  $F(3, 446) = .817, p = .485$  and paternal adaptation  $\{F(3, 446) = .955, p = .414\}$  across different occupations among first-time fathers.

**Table 16**

*Mean differences between Marital Satisfaction and Paternal Adaptation across Monthly Income Levels among First-time Fathers (N = 450)*

Variables	Monthly Income Levels	M	SD	F	p	$\eta^2$	Post-Hoc
				(5,444)			
Marital Satisfaction	less than 10,000	70.00	.00	3.227	.007	.035	1 > 3, 1 > 4,
	10,000-50,000	65.37	6.30				1 > 5, 1 > 6,
	50,000=100,000	62.28	9.91				5 > 6
	100,000-150,000	61.09	13.45				
	150,000-200,000	65.41	10.80				
	more than 200,000	59.93	13.05				
Paternal Adaptation	less than 10,000	163.00	.00	3.047	.010	.033	5 > 1, 5 > 2,
	10,000-50,000	155.26	15.96				5 > 3, 5 > 4,
	50,000=100,000	160.69	16.82				5 > 6
	100,000-150,000	161.68	19.43				
	150,000-200,000	169.90	13.44				
	more than 200,000	162.26	25.28				

*Note.* M = Mean; SD = Standard Deviation; F = Levene's statistic; p = significance value;  $\eta^2$  = eta-squared

A one-way ANOVA was performed to compare the mean differences between marital satisfaction and paternal adaptation across monthly income levels among first-time fathers. The test results showed significant mean differences between marital satisfaction {F (5,444) = 3.227, p = .007} and Paternal Adaptation {F (5,444) = 3.047, p = .010} across monthly income levels.

The assumption of homogeneity of variance was not assumed as  $p < .05$ , therefore, Dunnett T3 Test was carried out for post-hoc multiple comparisons of mean differences between marital satisfaction and paternal adaptation across monthly income levels among first-time fathers. The analysis showed that first-time fathers having a monthly income of less than 10,000 and 150,000-200,000 have higher marital satisfaction as compared to the other monthly income levels. There were no significant mean differences found between marital satisfaction across other monthly income levels.

The analysis showed that the first-time fathers with a monthly income of 150,000-200,000 have higher paternal adaptation as compared to other monthly income levels. There were no significant differences found between paternal adaptation across other monthly income levels.

**Table 17**

*Mean differences between Marital Satisfaction and Paternal Adaptation across Family Systems among First-time Fathers (N = 450)*

Variables	Nuclear family system		Joint family system		t (448)	P	Cohen's d
	M	SD	M	SD			
Marital Satisfaction	61.53	12.69	62.29	11.65	- 0.594	.553	- 0.064
Paternal Adaptation	166.39	15.57	161.74	21.35	2.161	.031	.232

*Note.* M = Mean; SD = Standard Deviation; t = test statistic; df = degree of freedom; p = significance value

An independent sample t-test was conducted to compare the mean differences between marital satisfaction and paternal adaptation across family systems among first-time fathers. For marital satisfaction, the assumption of homogeneity of variance was found to be assumed as  $F = 2.825$ ,  $p > .05$ . The results of independent sample t-test showed that there were no significant differences between marital satisfaction among those first-time fathers living in a nuclear family system ( $M = 62.52$ ,  $SD = 12.69$ ) and those living in a joint family system ( $M = 62.29$ ,  $SD = 11.65$ );  $t(448) = -0.594$ ,  $p = .553$ .

As for paternal adaptation, the assumption of homogeneity of variance was found to be assumed as  $F = .809$ ,  $p > .05$ . The results of independent sample t-test showed that there were significant differences between paternal adaptation among those first-time living in a nuclear family system ( $M = 166.39$ ,  $SD = 15.57$ ) and those living in a joint family system ( $M = 161.74$ ,  $SD = 21.35$ );  $t(448) = 2.161$ ,  $p = .031$ , and the first-time fathers living in a nuclear family system were found to have higher paternal adaptation with small effect size.



**Table 18**

*Mean differences between Marital Satisfaction and Paternal Adaptation across Marriage Types among First-time Fathers (N = 450)*

Variables	Love marriage		Arrange marriage		t	df	p	Cohen's d
	M	SD	M	SD				
Marital Satisfaction	64.61	9.30	60.49	13.09	3.898	442.529	.000	.350
Paternal Adaptation	164.81	15.74	161.77	22.38	1.562	448	.119	.151

*Note.* M = Mean; SD = Standard Deviation; t = test statistic; df = degree of freedom; p = significance value

An independent sample t-test was conducted to compare the mean differences between marital satisfaction and paternal adaptation across marriage types among first-time fathers. For marital satisfaction, the assumption of homogeneity of variance was not assumed as  $F = 27.946$ ,  $p < .05$ . The results of independent sample t-test showed that there were significant differences between marital satisfaction among those first-time fathers with a love marriage ( $M = 64.61$ ,  $SD = 9.30$ ) and those with an arrange marriage ( $M = 60.49$ ,  $SD = 13.09$ );  $t(442.529) = 3.898$ ,  $p = .000$ , and the first-time fathers with a love marriage were found to have higher marital satisfaction with small effect size.

As for paternal adaptation, the assumption of homogeneity of variance was found to be assumed as  $F = 1.481$ ,  $p > .05$ . The results of independent sample t-test showed that there were no significant differences between paternal adaptation among those first-time fathers with a love marriage ( $M = 164.81$ ,  $SD = 15.74$ ) and those with an arrange marriage ( $M = 161.77$ ,  $SD = 22.38$ );  $t(448) = 1.562$ ,  $p = .119$ .

**Table 19**

*Mean differences between Marital Satisfaction and Paternal Adaptation across Pregnancy Intention among First-time Fathers (N = 450)*

Variables	Planned Pregnancy		Unintended Pregnancy		t (448)	P	Cohen's d
	M	SD	M	SD			
Marital Satisfaction	62.24	11.89	61.30	12.13	.597	.551	.078
Paternal Adaptation	164.74	20.65	153.10	12.96	4.520	.000	.591

*Note.* M = Mean; SD = Standard Deviation; t = test statistic; df = degree of freedom; p = significance value

An independent sample t-test was conducted to compare the mean differences between marital satisfaction and paternal adaptation across pregnancy intention among first-time fathers. For marital satisfaction, the assumption of homogeneity of variance was found to be assumed as  $F = 1.035$ ,  $p > .05$ . The results of independent sample t-test showed that there were no significant differences between marital satisfaction among those first-time fathers who had a planned pregnancy ( $M = 62.24$ ,  $SD = 11.89$ ) and those who had an unintended pregnancy ( $M = 61.30$ ,  $SD = 12.13$ );  $t(448) = 0.597$ ,  $p = 0.551$ .

As for paternal adaptation, the assumption of homogeneity of variance was found to be assumed as  $F = 2.174$ ,  $p > .05$ . The results of independent sample t-test showed that there were significant differences between paternal adaptation among those first-time who had a planned pregnancy ( $M = 164.74$ ,  $SD = 20.65$ ) and those who had an unintended pregnancy ( $M = 153.10$ ,  $SD = 12.96$ );  $t(448) = 4.520$ ,  $p = .000$ , and the first-time fathers who had a planned pregnancy were found to have higher paternal adaptation with medium effect size.

**Table 20**

*Mean differences between Marital Satisfaction and Paternal Adaptation across Child's Gender among First-time Fathers (N = 450)*

Variables	Baby Boy		Baby Girl		t	df	p	Cohen's d
	M	SD	M	SD				
Marital Satisfaction	62.84	11.82	61.31	12.01	1.358	448	.175	.128
Paternal Adaptation	160.96	23.77	165.04	15.13	-2.184	390.836	.030	-.204

*Note.* M = Mean; SD = Standard Deviation; t = test statistic; df = degree of freedom; p = significance value

An independent sample t-test was conducted to compare the mean differences between marital satisfaction and paternal adaptation across child's gender among first-time fathers. For marital satisfaction, the assumption of homogeneity of variance was found to be assumed as  $F = .105$ ,  $p > .05$ . The results of independent sample t-test showed that there were no significant differences between marital satisfaction among those first-time fathers who have a baby boy ( $M = 62.82$ ,  $SD = 11.81$ ) and those who have a baby girl ( $M = 61.31$ ,  $SD = 12.01$ );  $t(448) = 1.358$ ,  $p = .175$ .

For paternal adaptation, the assumption of homogeneity of variance was not assumed as  $F = 6.720$ ,  $p < .05$ . The results of independent sample t-test showed that there were significant differences between paternal adaptation among those first-time fathers who have a baby boy ( $M = 160.96$ ,  $SD = 23.765$ ) and those who have a baby girl ( $M = 165.04$ ,  $SD = 15.131$ );  $t(390.836) = -2.184$ ,  $p = .030$ ; and the first-time fathers having a baby girl were found to have higher paternal adaptation with small effect size.

**Table 21**

*Mean differences between Marital Satisfaction and Paternal Adaptation across Birth Periods among First-time Fathers (N = 450)*

Variables	Full-term birth		Pre-term birth		t (448)	p	Cohen's d
	M	SD	M	SD			
Marital Satisfaction	62.24	12.16	61.32	10.67	.609	.543	.078
Paternal Adaptation	162.55	21.10	165.05	13.762	-.976	.330	-.125

*Note.* M = Mean; SD = Standard Deviation; t = test statistic; df = degree of freedom; p = significance value

An independent sample t-test was conducted to compare the mean differences between marital satisfaction and paternal adaptation across birth periods among first-time fathers. For marital satisfaction, the assumption of homogeneity of variance was found to be assumed as  $F = .069$ ,  $p > .05$ . The results of independent sample t-test showed that there were no significant differences between marital satisfaction among those first-time fathers having a child with full-term birth ( $M = 62.24$ ,  $SD = 12.16$ ) and those having a child with pre-term birth ( $M = 61.32$ ,  $SD = 10.67$ );  $t(448) = .609$ ,  $p = .543$ .

As for paternal adaptation, the assumption of homogeneity of variance was found to be assumed as  $F = 1.551$ ,  $p > .05$ . The results of independent sample t-test showed that there were no significant differences between paternal adaptation among those first-time fathers having a child with full-term birth ( $M = 162.55$ ,  $SD = 21.10$ ) and those having a child with pre-term birth ( $M = 165.05$ ,  $SD = 13.76$ );  $t(448) = -.976$ ,  $p = .330$ .

**Table 22***Regression Coefficients for Predicting Marital Satisfaction among First-time Fathers**(N= 450)*

Variables	$\beta$	SE	95% CI		p
			LL	UL	
Attachment Styles	.129	.097	.078	.459	.006
Length of Marriage (in years)	- .229	.231	-1.547	-.639	.000
Age of Child (in months)	.029	.070	-.095	.179	.545

*Note.*  $\beta$ = Standardized Regression Co-efficient; SE = Standard Error; CI = Confidence Interval; LL = Lower Limit; UL = Upper Limit; p= Significance value

The assumptions of independence of residuals and multicollinearity were found to be assumed. The value of Durbin Watson was 1.887 which lies between 1 and 3, hence the assumption of independence of residual was fulfilled. The data showed that there was no evidence of multicollinearity as the tolerance values of attachment styles, length of marriage (in years), age of child (in months) were greater than .2. The overall model accounted for 5.7 % of variance. The findings in Table 22 showed that that attachment styles were found to be significant positive predictors of marital Satisfaction whereas length of marriage (in years) was found to be significant negative predictor of marital satisfaction among first-time fathers. Age of child (in months) was not found to be a significant predictor of marital satisfaction.

**Table 23***Regression Coefficients for Predicting Paternal Adaptation among First-time Fathers**(N= 450)*

Variables	$\beta$	SE	95% CI		p
			LL	UL	
Attachment Styles	.075	.167	-.055	.578	.105
Marital Satisfaction	.153	.078	.104	.411	.001
Length of Marriage (in years)	-.219	.390	- 2.528	-.995	.000
Age of Child (in months)	.207	.115	.281	.732	.000

*Note.*  $\beta$ = Standardized Regression Co-efficient; SE = Standard Error; CI = Confidence Interval; LL = Lower Limit; UL = Upper Limit; p= Significance value

The assumptions of independence of residuals and multicollinearity were found to be assumed. The value of durbin watson was 2.031 which lies between 1 and 3, hence the assumption of independence of residual was fulfilled. The data showed that there was no evidence of multicollinearity as the tolerance values of attachment styles, marital satisfaction, length of marriage (in years) and age of child (in months) were greater than .2. The overall model accounted for 10.2 % of variance. The findings showed that marital satisfaction and age of child (in months) were found to be significant positive predictors of paternal adaptation whereas length of marriage (in years) was significant negative predictor of paternal adaptation. Conversely, attachment styles were not found to be a significant predictor of paternal adaptation.

**Table 24**

*Standardized Estimates of Direct effect of Attachment Styles on Paternal Adaptation in presence of Marital Satisfaction among First-time Fathers (N = 450)*

Predictors	Marital Satisfaction		Paternal Adaptation	
	$\beta$	SE	$\beta$	SE
Attachment Styles	0.135**	0.098	0.065	0.159
Marital Satisfaction	-	-	0.160**	0.077
<b>Covariates</b>				
Paternal age			0.056	1.465
Education			- 0.117*	1.785
Occupation			0.074	1.290
Monthly income			0.068	0.742
Family system			- 0.146**	2.165
Marriage type			- 0.089	1.959
Length of marriage			- 0.227***	0.461
Pregnancy intention			- 0.249***	2.676
Child's gender			0.072***	1.865
Birth period			0.065	2.639
Child's age			0.198***	0.113
R <sup>2</sup>	0.132***		0.206***	
F	5.536***		8.725***	

*Note.* \* $p < .05$ . \*\* $p < .01$ . \*\*\* $p < .001$ .  $\beta$  = Standardized Regression Co-efficient; SE = Standard Error; R<sup>2</sup> = Coefficient of Determination

Table 24 reveals the findings of direct effect which shows that attachment styles were significant positive predictors of marital satisfaction and non-significant predictors of paternal adaptation; whereas marital satisfaction was a significant positive predictor of paternal adaptation. Covariates including child's gender and age were significant positive predictors of paternal adaptation. Education, family system, length of marriage, pregnancy intention, were significant negative predictors of paternal adaptation. Meanwhile, paternal age, occupation, monthly income, marriage type and birth-period were non-significant predictors of paternal adaptation.



**Table 25**

*Standardized Estimates of Indirect effect of Attachment Styles on Marital Satisfaction and then to the Paternal Adaptation among First-time Fathers (N = 450)*

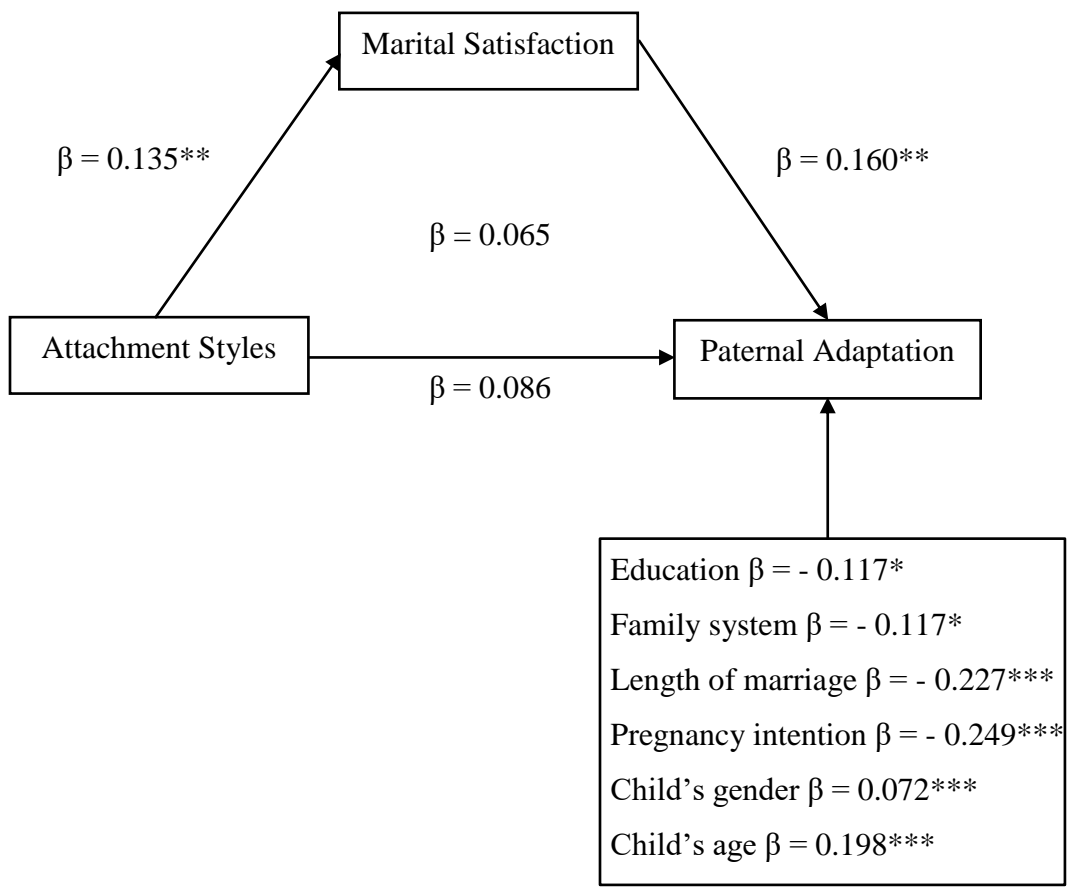
<b>Mediator</b>	<b><math>\beta</math></b>	<b>Boot SE</b>	<b>95% Boot CI</b>	
			<b>Boot LL</b>	<b>Boot UL</b>
Marital Satisfaction	.022	.011	.005	.047

*Note.*  $\beta$  = Standardized Regression Co-efficient; CI = Confidence Interval; LL = Lower Limit; UL = Upper Limit

The results of indirect effect show that marital satisfaction was found to be a significant positive mediator between attachment styles and paternal adaptation among first-time fathers. This implies that the type of first-time father's attachment style affects his level of marital satisfaction, which in turn impacts how well he adapts to his role as a father. In other words, attachment styles affect paternal adaptation indirectly by first impacting marital satisfaction.

**Figure 4**

*Pathway Model of Mediation Analysis Between Attachment Styles, Marital satisfaction and Paternal Adaptation among First-time Fathers (N = 450)*



The model represents the mediating effect of marital satisfaction in the relationship between attachment styles and paternal adaptation among first-time fathers. The model is depicting that attachment styles was significantly related with paternal adaptation after introducing mediating variable which concluded that marital satisfaction was fully mediating the relationship between attachment styles and paternal adaptation among first-time fathers.

## Chapter 5

### Discussion

This research study aimed to explore the mediating role of marital satisfaction between attachment styles and paternal adaptation among first-time fathers. For this very purpose, various hypotheses were formulated and tested through different analysis using SPSS version 27.

The first hypothesis stated that marital satisfaction would likely mediate the relationship between attachment styles and paternal adaptation among first-time fathers. The literature strongly supports research on the role of marital satisfaction as a mediator between attachment types and paternal adaptation. Attachment patterns have regularly been proven in studies to have a major impact on marital satisfaction, which in turn influences paternal actions and adaptation. Individuals with secure attachment styles, for example, report higher marital satisfaction, which leads to better paternal adaptability, especially among first-time fathers (Feeney, 2003; Simpson & Rholes, 2017). This is consistent with the idea that secure attachment creates emotional support and effective communication within marriage, hence improving a father's capacity to adjust to his new role.

Furthermore, insecure attachment styles, such as anxious or avoidant attachment, have been linked to reduced marital satisfaction, limiting paternal adaptability. Fathers who deal with attachment anxieties frequently face difficulties in their marital relationships, which leads to stress and less successful parenting (Jones et al., 2015; Mikulincer & Shaver, 2007). Marital satisfaction thus acts as an important mediator,

buffering or exacerbating the effects of attachment styles on paternal adaptation, depending on the quality of the marital connection.

The importance of family and marriage ties in Pakistani culture helps to understand the entire mediating function of marital satisfaction in attachment styles and paternal adaptation among first-time fathers. Marriage is frequently regarded as the foundation of the family unit in Pakistani society, with high cultural expectations for marital harmony and cooperation. Secure attachment styles are likely to increase marital satisfaction by encouraging trust, communication, and emotional intimacy, all of which are important in the early years of fatherhood. This marital satisfaction, in turn, gives emotional stability and support, allowing first-time fathers to better adjust to their new roles.

Furthermore, in a collectivist society like Pakistan, where extended family support is frequent, the strength of the marital connection can have a considerable impact on a father's adjustment process. A successful marriage connection can reduce stress and provide a solid support network, allowing men to negotiate the obstacles of parenthood more easily. Insecure attachment styles, on the other hand, can intensify stress and impair a father's ability to adjust to his new position, potentially leading to marital conflict.

Additionally, in a community where conventional gender roles are prevalent, fathers' obligations to provide and protect can put strain on their adaptation process. Secure marital relationships, which are marked by mutual support and understanding, can alleviate this stress by encouraging a collaborative approach to parenting. This cultural backdrop helps to explain why marital satisfaction plays such an important mediating

role, as it directly effects how first-time fathers in Pakistan handle their new duties and form bonds with their children.

The second hypothesis stated that attachment styles, length of marriage and age of child would likely predict marital satisfaction among first-time fathers. The study's findings are consistent with previous research on the factors that influence marital satisfaction among first-time fathers. Among the attachment styles, secure attachment is associated with higher levels of marital satisfaction due to good communication and emotional support (Simpson et al., 2007). This confirms our conclusion that attachment styles are a substantial positive predictor of marital satisfaction.

In contrast, the length of marriage has been shown to have a complex relationship with marital satisfaction. According to research, while marital satisfaction often increases with marriage length, it can sometimes decrease during particular phases, such as the transition to parenthood (Doss et al., 2009). This is consistent with our result that length of marriage is a major negative predictor of marital satisfaction, probably due to the additional stressors of parenting that may outweigh the benefits of marital longevity.

However, the child's age appears to have less influence on marital satisfaction. Previous research suggests that the transition to parenting impacts couples' happiness differently based on a variety of criteria, but the child's age alone is not a reliable predictor (Cowan & Cowan, 2000). This confirms our conclusion that the age of child is not a significant indicator of marital satisfaction.

These findings might be understood via the prism of cultural norms in Pakistani culture, which emphasizes conventional family roles and expectations. Attachment styles

play an important influence in structuring marital dynamics because supportive and communicative partnerships can protect against the stresses of traditional expectations. The loss in satisfaction with longer marriages may be due to the cumulative burden of fulfilling these tasks over time. The child's age may not have a large effect because of the immediate, often overwhelming obligations of first-time fatherhood, which may be influenced less by the child's age and more by the broader issues of balancing cultural expectations and familial responsibilities.

The third hypothesis stated that attachment styles, marital satisfaction, length of marriage and age of child would likely predict paternal adaptation among first-time fathers. However, this study indicated that attachment styles were not a significant predictor of paternal adaptation. This is congruent with the findings of a study by McHale et al. (2004), who discovered that while attachment patterns influence overall family dynamics, their direct impact on paternal adaptation is limited. This shows that other variables, such as marital satisfaction and child's age, may be more important in predicting how first-time fathers adjust to their new duties (McHale et al., 2004).

Previous research supports our finding that marital satisfaction has a substantial impact on paternal adaptation. For example, Weissman et al. (2015) discovered that new fathers who were more satisfied with their marriage had better adaptation and involvement in parenting, as the healthy marital connections create a supportive environment that facilitate paternal participation and adjustment.

The study's finding revealed that child's age also has an important effect on paternal adaptation. Nomaguchi and Milkie (2003) found that as children grow, paternal roles and duties vary, leading to increasing adaptation and pleasure. This conclusion

emphasizes the beneficial relationship between the child's age and father adaptability, as older children may contribute to a more stable and engaged parenting experience (Nomaguchi & Milkie, 2003).

In contrast, the length of marriage appears to be a negative predictor of paternal adaptation. Crouter et al. (2001) found that the dynamics of long-term marriages may lead to changes in parental responsibilities that are less advantageous for new fathers, henceforth, the changing nature of marital relationships throughout time may present obstacles for paternal adaptation.

In Pakistani culture, traditional gender norms and societal expectations can have a considerable impact on paternal adaptation. In Pakistani culture, where traditional roles are frequently stressed, marital satisfaction may play an important role in paternal adaptation due to the necessity for supportive partnerships when navigating parenting for the very first time. The significance of the child's age may be tied to changing expectations and parental participation as the youngster grows. The negative correlation with marriage length may reflect difficulties in adjusting to new roles within the framework of established marital dynamics, whereas the lack of significance for attachment styles may be attributed to prevailing cultural norms and expectations that prioritize other factors over individual attachment styles.

The fourth hypothesis stated that there would likely be differences between marital satisfaction among first-time fathers across their age, education, occupation, monthly income, family system, marriage type, pregnancy intention, child's gender and child's birth period. Research on marital satisfaction among first-time fathers has repeatedly demonstrated how education, monthly income and marriage type influence

satisfaction levels. For example, educational attainment has been shown to be positively correlated with marital satisfaction. Higher levels of education frequently result in improved communication skills and more resources, which contribute to increased marital stability (Carlson & McLanahan, 2006). Similarly, monthly income is important; financial stability reduces stress and conflict, leading to greater marital happiness (Conger et al., 1992). According to studies, couples with higher income levels have fewer financial anxieties, which can improve relationship quality (Dew & Wilkinson, 2014).

The type of marriage also influences satisfaction. Amato and Keith (1999) found that couples in arranged marriages may encounter distinct problems than those in love marriages, potentially affecting their marital satisfaction differently. Arranged marriages frequently involve distinct expectations and dynamics, which might affect satisfaction levels (Ghimire & Axinn, 2013). Overall, these findings highlight the intricate connection between socioeconomic characteristics and marital satisfaction, demonstrating how different aspects of people's lives can influence their relationship quality.

In Pakistani society, the inequalities in marital satisfaction among first-time fathers across education levels, monthly income, and marriage types can be analyzed via a variety of sociocultural lenses. Education is generally associated with increased awareness and communication skills, which can lead to greater marital satisfaction. Educated fathers may also have greater access to resources and support networks, resulting in a more stable and successful marital connection.

Monthly income is important for marital satisfaction since financial stability is highly prized in Pakistani society. Higher income levels can reduce financial stress,



allowing men to focus more on their families and overall well-being. In contrast, lower income levels may cause financial hardship, hurting marital peace.

Marriage types, such as arranged and love marriages, reflect different cultural expectations and dynamics. Arranged marriages, which are common in Pakistan, may include pre-established expectations and family involvement, which can have a different impact on marital satisfaction than love marriages, in which couples typically have a stronger personal connection and understanding of each other's expectations from the start. These cultural influences influence how first-time fathers perceive and report marital pleasure.

The fifth hypothesis stated that there would likely be differences between paternal adaptation among first-time fathers across their age, education, occupation, monthly income, family system, marriage type, pregnancy intention, child's gender and child's birth period. Research has repeatedly shown that numerous demographic and socioeconomic characteristics influence paternal adaptability among first-time fathers. For example, older fathers are more likely to display emotional maturity and stability than their younger counterparts. This is backed by research showing that older fathers are more equipped for the demands of parenting and exhibit more positive paternal adaptability (Ahnert, 2011; Belsky & de Klerk, 2016).

Similarly, monthly income has been demonstrated to have a considerable influence on paternal adaptation. Higher income gives more resources and less financial stress, resulting in a more supportive and stable parental environment (McLoyd, 1998; Conger et al., 2002). Fathers with higher incomes report better adaptability due to fewer economic stress and greater access to parenting resources.

The family system also influences paternal adaptability. According to studies, men in nuclear families confront different obstacles than those in extended or single-parent homes. The support structures and dynamics of these family networks have a considerable impact on how first-time fathers adjust to their new duties (Harris & Furstenberg, 1996; Murry et al., 2001).

Pregnancy intention has an additional influence on paternal adaption. Planned pregnancies are connected with higher levels of positive father engagement and adaption than unplanned ones. Fathers who anticipate and prepare for fatherhood typically have easier transitions (Hale, 2009; Schindler et al., 2010). Gender of the child also plays a role, with some research indicating that fathers may adapt differently depending on their child's gender, presumably impacted by cultural expectations and personal prejudices (Cabrera et al., 2000; LeVine et al., 2016).

These findings are particularly relevant to Pakistani culture. Pakistani society places a high value on family structure and conventional roles, which can impact paternal adaptability. For example, in Pakistan, the family system frequently includes extended family support, which might affect a father's adjustment to parental roles (Khan & Haque, 2020). Furthermore, marriage type and pregnancy intention are culturally significant elements; arranged marriages and unplanned pregnancies may alter father expectations and adaption processes in various ways (Ahmed et al., 2018). The gender of the child can also play a role, since conventional gender norms may influence paternal behavior and adaption, with fathers possibly confronting different expectations depending on the kid's gender (Shah et al., 2017). These cultural nuances emphasize the significance of

considering contextual elements when judging paternal adaptation among first-time fathers in Pakistan.

## 5.1 Conclusion

This study utilized a cross-section research design to explore the mediating role of marital satisfaction between attachment styles and paternal adaptation among first-time fathers. A total of 450 first-time fathers were approached through purposive sampling technique. The study used three research measures in their Urdu versions for data collection: Revised Adult Attachment Scale (Anjum & Batool, 2016); ENRICH Marital Satisfaction Scale (Anjum et al., 2022) and Paternal Adaptation Questionnaire (Eskandari et al., 2016). The Paternal Adaptation Questionnaire (PAQ) was first translated into Urdu language and its psychometric properties were established as part of Study 1; it was then subsequently utilized for data collection in Study 2.

Cronbach  $\alpha$  for Urdu version of PAQ was .95 and test-retest reliability was .98. This indicated that PAQ-Urdu Version had sound reliability values. All items had significant positive correlations with total score of PAQ-Urdu Version. Language equivalency between English and Urdu version of PAQ showed significant positive correlation signifying that both versions of scale conveyed similar meaning. Construct validity of the scale had been established. For convergent validity, PAQ-Urdu Version had a significant positive correlation of .22 with the Flourishing Scale (Urdu version). For discriminant validity, PAQ-Urdu Version had a significant negative correlation of -.16 with Brief Self-Control Scale (Urdu version). The reliability and validity coefficients suggest that Paternal Adaptation Questionnaire-PAQ (Urdu Version) is a reliable and valid scale. Confirmatory factor analysis was conducted to determine the factor structure

of PAQ-Urdu Version using AMOS (Analysis of Moment Structures) version 24.0. first and second order confirmatory analysis were conducted that showed a good model fit for PAQ-Urdu version and that factor loadings were greater than .7.

For study 2, various hypotheses were formulated and tested through different analysis using SPSS version 27. The results showed the full mediating role of marital satisfaction between attachment styles and paternal adaptation among first-time fathers. The findings revealed that attachment styles were significant positive predictor; length of marriage was a significant negative predictor and age of child was a non-significant predictor of marital satisfaction. The findings also showed that marital satisfaction, age of child were significant positive predictors; length of marriage was a significant negative predictor and attachment styles were non-significant predictor of paternal adaptation. Significant mean differences were indicated between marital satisfaction across education levels, monthly income levels and marriage types; whereas, significant mean differences were found between paternal adaptation across paternal age groups, monthly income levels, family system, pregnancy intention and child's gender.

## **5.2 Limitations and Suggestions**

There are some limitations of this study. Due to the time constraints, the cross-sectional research design was used in this study that only provided a snapshot of the relationships between variables. The study relied on self-report measures, which can be subjective and prone to biasness. The participants may have masked their true experiences and feelings, hence, affecting the accuracy of the results. In this regard, a mixed method approach would have added depth and breadth to the study, by providing a

holistic picture and enhancing the understanding of the phenomena with regards to the first-time fathers' adaptation to the parenthood and their experiences.

The study sample was taken from twin cities of Pakistan; Islamabad and Rawalpindi, therefore, the results may not be generalizable to other areas of Pakistan. For future studies, we can ensure the inclusion of sample participants from different regions of Pakistan in order to increase the generalizability of research findings. The study has not fully explored the complex cultural, social, and economic contextual factors that influence paternal adaptation in Pakistan. They can be studied in detail by conducting more future studies in this area.

### **5.3 Implications**

The findings of this research study will highlight the significance of paternal adaptation and empower the first-time fathers in Pakistan to take an active role in their children's lives. The study's findings will shed light on the urgent need of developing culturally sensitive interventions that incorporate the unique cultural and societal context of Pakistani fathers.

In this way, the healthcare providers will be able to better assist the first-time fathers in reducing parenting stress and anxiety by providing them with effective coping strategies and support, hence, leading them to experience more positive parenting. By promoting healthy paternal adaptation and marital satisfaction, the research can ultimately contribute to better outcomes for children in Pakistan, including improved mental health and well-being. The study can also foster collaboration and further research

in the field, leading to a deeper understanding of family dynamics and parenting practices in Pakistan.

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**Appendices**

## Appendix A

### Permission from the Authors

(URGENCY) Request permission to use Revised Adult Attachment Scale– Close Relationships Version (Urdu Translated) Inbox x

**Iqra Kamal** Mon, Jul 1, 7:11PM (13 days ago) ☆  
 Hello Professor Collins. I hope this email finds you well. I am Iqra Kamal, currently enrolled in MS program of Clinical Psychology at Bahria University, Islama

---

**Nancy Collins** <ncollins@ucsb.edu> Mon, Jul 1, 10:45PM (13 days ago) ☆ 😊 ↶ ⋮  
 to me ▾

Hi Iqra - Thank you for your message. You have my permission to use our scale in any way you need. Good luck with your research.  
 Best wishes, Dr. Collins

...

--

**Nancy L. Collins, Ph.D. [she/her]**  
 Professor, Psychological and Brain Sciences  
 Affiliated Professor, Department of Communication  
 Chair, UCSB Institutional Review Board  
 University of California, Santa Barbara  
 Santa Barbara, CA 93106-9660  
 Email: [ncollins@psych.ucsb.edu](mailto:ncollins@psych.ucsb.edu)  
 Department website: <https://psych.ucsb.edu/people/faculty/nancy-collins>  
 Lab website: <http://www.ucsbcriab.com>  
 Campus Office: Psy-E 3815

*I acknowledge with gratitude the traditional custodians of the land upon which the University of California, Santa Barbara is located and pay my respect to the Chumash Elders past, present, and future.*

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Request permission to use ENRICH Marital Satisfaction Scale (Urdu Translation) in Research 🔍 🖨️ 📄

**Iqra Kamal** Sun, Dec 10, 2023, 8:34 PM ☆  
 Hello Professor Fowers. I hope this email finds you well. I am Iqra Kamal, currently enrolled in MS program of Clinical Psychology at Bahria University, Islamabad

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**Fowers, Blaine J** <bfowers@miami.edu> Sun, Dec 10, 2023, 9:33 PM ☆ 😊 ↶ ⋮  
 to me ▾

Greetings,

You have permission to use the Marital Satisfaction Scale from ENRICH that was published in 1993. I have attached a copy of the article that contains the scale items and the scoring procedure. This version is not part of the current ENRICH inventory. You can find information about the current version of ENRICH at [prepare-enrich.com](http://prepare-enrich.com).

Best wishes,  
 Blaine

Blaine J. Fowers, Ph.D.  
 Professor  
 Department of Educational and  
 Psychological Studies



## Request Permission to Use URDU REVISED ADULT ATTACHMENT SCALE and ENRICH MARITAL SATISFACTION SCALE (URDU VERSION) in Research ◇ ☰ 📄

Inbox x

**Iqra Kamal**

Wed, Oct 25, 2023, 8:04 AM



Assalam o alaikum. I hope this email finds you well. I am Iqra Kamal, currently enrolled in MS program of Clinical Psychology at Bahria University, Islamabad. I

**Wahida Anjum** <wahidaanjum@yahoo.com>

Sun, Oct 29, 2023, 8:48 AM



to me ▾

dear research scholar, you have my permission to use these two scales. The required documents are attached below other information is available on Google Scholar for you to download the relevant articles. install the page software to open the file of the ENRICH marital satisfaction scale.

good luck

Dr. Wahida Anjum  
Assistant Professor  
Department of Psychology  
Lahore Leads University  
Email address: [wahidaanjum@yahoo.com](mailto:wahidaanjum@yahoo.com)  
contact number:03311140848

## Request Permission to Use PATERNAL ADAPTATION QUESTIONNAIRE (PAQ) in Research ◇ ☰ 📄

Inbox x

**Iqra Kamal** <iqrakamal4797@gmail.com>

Dec 10, 2023, 8:01 PM



to narges.eskandari ▾

Assalam o alaikum Professor Dr. Eskandari. I hope this email finds you well.

I am Iqra Kamal, currently enrolled in MS program of Clinical Psychology at Bahria University, Islamabad. I am doing my research under the supervision of Dr. Noshi Iram Zaman (Associate Professor - Bahria University, Islamabad Campus) and my research aims to investigate Paternal Adaptation, Attachment Style and Marital Satisfaction among First-time Fathers in Pakistan. I am also aiming to translate this scale in my native language i.e. Urdu. For this very purpose, I am writing this email to request your permission to use the PATERNAL ADAPTATION QUESTIONNAIRE (PAQ) in my research study as I firmly believe it to be an ideal tool for measuring the Paternal Adaptation.

In addition to requesting permission, I would also like to ask if it would be possible to obtain a copy of the scale in its original format along with the administration instructions, scoring system and reference. I would be highly grateful to you. Looking forward to your quick response.

Regards,  
Iqra Kamal.

6

**narges eskandari** <narges.eskandari@gmail.com>

Jan 11, 2024, 11:27 PM



to me ▾

Dear Iqra Kamal, you are allowed to use the questionnaire " PATERNAL ADAPTATION QUESTIONNAIRE (PAQ) " in your research aim to investigate Paternal Adaptation, Attachment Style and Marital Satisfaction among First-time Fathers in Pakistan .

...

## Request Permission to Use The Flourishing Scale (FS)-Urdu Version in Research.

**Iqra Kamal**

Tue, Mar 26, 8:17 PM ☆

Hello Dr. Derrick. I hope this email finds you well. I am Iqra Kamal, currently enrolled in MS program of Clinical Psychology at Bahria University, Islamabad. I

**Wirtz, Derrick** <derrick.wirtz@ubc.ca>

Wed, Mar 27, 9:11AM ☆ 😊 ↶ ⋮

to me ▾

Hi Iqra,

Yes, the scale is free to use — all that the authors request is to cite it in your research.

Here is a link with more info: <http://labs.psychology.illinois.edu/~ediener/FS.html>

Good luck in your research!

Derrick

Request Permission to Use The Flourishing Scale (FS)-Urdu Version in Research. Inbox x**Iqra Kamal**

Thu, Mar 14, 1:45AM ☆

Assalam o alaikum Dr. Fahad. I hope this email finds you well. I am Iqra Kamal, currently enrolled in MS program of Clinical Psychology at Bahria University, Is

**Iqra Kamal**

Thu, Mar 14, 5:05AM ☆

Assalam o alaikum Dr. Fahad. I hope this email finds you well. I am Iqra Kamal, currently enrolled in MS program of Clinical Psychology at Bahria University, Is

**Iqra Kamal**

Thu, Mar 14, 7:02 PM ☆

Assalam o alaikum Dr. Fahad. I hope this email finds you well. I am Iqra Kamal, currently enrolled in MS program of Clinical Psychology at Bahria University, Is

**Fahad Riaz** <fahad.riaz.psy@gmail.com>

Fri, Mar 15, 8:37 PM ★ 😊 ↶ ⋮

to me ▾

Thank you for your email. Sure, you can use it. Find it attached.  
The Urdu version of the scale is annexed at the end of the article.

All the best!

Best,  
Fahad Riaz, Ph.D (Psychology)

Request Permission to Use the Brief Self Control Scale-Urdu Version in Research. Inbox x**Iqra Kamal**

Mon, Mar 4, 4:41PM



Hey Miss June Price Tangney. I hope this emails finds you well. I am Iqra Kamal, currently enrolled in MS program of Clinical Psychology at Bahria University, I

**June Tangney** <herlmeasures@gmail.com>

Thu, Mar 7, 11:30PM



to me ▾

Greetings,

You are more than welcome to use our measures. I am attaching the translated Urdu version of the Brief Self-Control Scale along with two articles on the reliability and validity of the measure.

Attached is a Urdu translation shared with us by Prof. Dr. Rukhsana Kausar ([rukhsana.saddul@gmail.com](mailto:rukhsana.saddul@gmail.com)). I have also attached scoring instructions along with the English translation of the Brief Self-Control Scale.

Please do keep in touch and let us know how your research develops. I would be grateful for a summary of the results whenever they become available.

Best Wishes,

June T.

## Appendix B

### Data Collection Letter



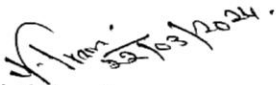
March 22, 2024

### TO WHOM IT MAY CONCERN

#### REQUEST FOR DATA COLLECTION

It is stated that **Ms. Iqra Kamal** Enrollment No. 01-275222-007 is a student of MS Clinical Psychology Bahria University Islamabad Campus conducting research on "**Attachment style, marital satisfaction and paternal adaptation among first time fathers**" under supervision of undersigned. It is requested that kindly allow her to collect the data from your esteemed institution.

Regards,

  
**Dr. Noshi Iram Zaman**  
Associate Professor  
Department of Professional Psychology  
Bahria University  
E-8 Islamabad

## Appendix C

### Informed Consent Form

#### اجازت نامہ

میرا نام اقر اکمال ہے۔ میں بحریہ یونیورسٹی اسلام آباد میں ایم۔ ایس کلینیکل سائیکالوجی کی طلبہ ہوں اور ڈاکٹر ارم نوشی ذمان کی زیر نگرانی ایک تحقیق کر رہی ہوں جس کا مقصد پہلی بار باپ بننے والوں کے منسلک ہونے کے انداز، ازدواجی اطمینان اور ابوی موافقت کے متعلق جاننا ہے۔ اس مقصد کے لیے اس تحقیق میں آپ کی شمولیت درکار ہے۔ میں آپ کو اس بات کی یقین دہانی کراتی جاؤں کہ اس تحقیق سے حاصل کی گئی آپ کی تمام ذاتی معلومات کو پوشیدہ رکھا جائے گا اور صرف اور صرف تحقیقی مقاصد کیلئے ہی استعمال کیا جائے گا۔ آپ کو بغیر کسی وجہ یا دباؤ اس تحقیق سے دستبرداری کا مکمل اختیار حاصل ہو گا اور اس صورت میں آپ سے حاصل کی گئی تمام معلومات کو خارج کر دیا جائے گا۔

میری تحقیق کا کل دورانیہ تقریباً 7-6 ماہ ہو گا۔ اگر آپ تحقیق سے متعلق نتائج کو جاننے میں دلچسپی رکھتے ہوں تو نیچے دیے گئے ای۔ میل ایڈریس پر رابطہ کر سکتے ہیں۔

ای۔ میل ایڈریس: iqrakamal4797@gmail.com

اگر آپ اوپر فراہم کردہ معلومات سے متفق ہیں اور اس تحقیق میں اپنی شمولیت پر رضامند ہیں تو نیچے دی گئی جگہ پر دستخط کریں۔ آپ کی اس تحقیق میں شمولیت اور تعاون کا شکریہ۔

امیدوار کے دستخط: \_\_\_\_\_

تاریخ: \_\_\_\_\_

## Annexure D

## Demographic Information Form

ذاتی کوائف نامہ

عمر: \_\_\_\_\_

تعلیم: \_\_\_\_\_

پیشہ: \_\_\_\_\_

ماہانہ آمدنی: \_\_\_\_\_

خاندانی نظام: انفرادی \_\_\_\_\_ اجتماعی \_\_\_\_\_

بہن بھائیوں کی تعداد: \_\_\_\_\_

آپ کا پیدائش میں نمبر (ترتیب): \_\_\_\_\_

آپ کی شادی: محبت کی \_\_\_\_\_ والدین کی پسند سے \_\_\_\_\_

شادی کی مدت (کل عرصہ): \_\_\_\_\_

حمل: ارادی \_\_\_\_\_ غیر ارادی \_\_\_\_\_

بچے کی پیدائش: پورے وقت پر \_\_\_\_\_ قبل از وقت \_\_\_\_\_

بچے کی جنس: \_\_\_\_\_

بچے کی عمر: \_\_\_\_\_

## Annexure E

## Revised Adult Attachment Scale (Urdu Version)

**ہدایات:** درج ذیل میں دیے گئے جملے ان جذبات سے متعلق ہیں جو آپ عام طور پر روزمرہ زندگی میں اپنے اہم اور قریبی تعلقات کیلئے محسوس کرتے ہیں۔ اپنے ماضی اور حال کے ان تعلقات مثلاً خاندان کے افراد، قریبی دوست اور محبوب کے متعلق سوچیں اور اپنے جواب کی مناسبت سے درج ذیل میں دیے گئے 1 تا 5 کے پیمانے میں سے مناسب ہندسے کا انتخاب کریں۔ اپنی متعلقہ خصوصیت کو دائرہ لگائیں۔

یہ میری بالکل خصوصیت نہیں 1		یہ میری تھوڑی سی خصوصیت ہے۔ 2		یہ میری کچھ حد تک خصوصیت ہے۔ 3		یہ میری بہت حد تک خصوصیت ہے۔ 4		یہ میری بہت زیادہ حد تک خصوصیت ہے۔ 5		
نمبر شمار	بیانات					یہ میری بالکل خصوصیت نہیں 1	یہ میری تھوڑی سی خصوصیت ہے۔ 2	یہ میری کچھ حد تک خصوصیت ہے۔ 3	یہ میری بہت حد تک خصوصیت ہے۔ 4	یہ میری بہت زیادہ حد تک خصوصیت ہے۔ 5
-1	میں نسبتاً آسانی سے لوگوں میں گھل مل جاتا ہوں۔					1	2	3	4	5
-2	میرے لیے دوسروں پر انحصار کرنا مشکل ہے۔					1	2	3	4	5
-3	میں اکثر پریشان ہوتا ہوں کہ دوسرے لوگ حقیقتاً مجھ سے پیار نہیں کرتے۔					1	2	3	4	5
-4	مجھے لگتا ہے کہ میں جتنا دوسروں کو لوگوں سے گھلنا چاہتا ہوں وہ اتنا (ہی) میرے قریب ہونے سے ہچکچاتے ہیں۔					1	2	3	4	5
-5	میں دوسروں کو لوگوں پر انحصار کرنے میں پُرسکون ہوتا ہوں۔					1	2	3	4	5
-6	میں دوسروں کے زیادہ قریب آنے سے پریشان نہیں ہوتا۔					1	2	3	4	5
-7	مجھے لگتا ہے کہ جب آپ کو لوگوں کی (مدد کی) ضرورت ہوتی ہے وہ وہاں کبھی (مدد کیلئے) موجود نہیں ہوتے۔					1	2	3	4	5
-8	میں کسی حد تک دوسروں کے قریب ہونے سے گھبراتا ہوں۔									
-9	میں اکثر پریشان رہتا ہوں کہ دوسرے لوگ میرے ساتھ نہیں رہنا چاہتے۔					1	2	3	4	5
-10	جب میں دوسروں کیلئے (مجھے) احساسات ظاہر کرتا ہوں تو مجھے خدشہ ہوتا ہے کہ وہ میرے بارے میں ویسا (اچھا) محسوس نہیں کریں گے۔					1	2	3	4	5

5	4	3	2	1	میں اکثر سوچتا ہوں کہ کیا لوگ واقعی ہی میری پرواہ کرتے ہیں۔	-11
5	4	3	2	1	میں لوگوں سے قریبی روابط (تعلقات بنانے) استوار کرنے میں پُرسکون ہوتا ہوں۔	-12
5	4	3	2	1	جب کوئی جذباتی طور پر میرے بہت زیادہ قریب ہو جائے تو میں بے چین ہو جاتا ہوں۔	-13
5	4	3	2	1	مجھے معلوم ہے کہ جب مجھے (مدد کی) ضرورت ہوگی تو لوگ وہاں (مدد کیلئے) موجود ہوں گے۔	-14
5	4	3	2	1	میں لوگوں کے قریب ہونا چاہتا ہوں لیکن پریشان رہتا ہوں کہ وہ مجھے دکھ نہ دیں۔	-15
5	4	3	2	1	مجھے دوسروں پر مکمل بھروسہ کرنا مشکل لگتا ہے۔	-16
5	4	3	2	1	لوگ اکثر یہ چاہتے ہیں کہ میں ان سے جذباتی طور پر اس سے زیادہ قریب ہوں جتنا میں (آسانی سے) ہو سکتا ہوں۔	-17
5	4	3	2	1	مجھے یقین نہیں کہ میں ہمیشہ ضرورت کے وقت لوگوں پر انحصار کروں کہ وہ وہاں (مدد کیلئے) موجود ہوں۔	-18



## Annexure F

## ENRICH Marital Satisfaction Scale (Urdu Version)

بالکل درست		کچھ حد تک درست		ہو بھی سکتا ہے اور نہیں بھی		کچھ حد تک درست نہیں		بالکل درست نہیں	
5		4		3		2		1	
بالکل درست	کچھ حد تک درست	ہو بھی سکتا ہے اور نہیں بھی	کچھ حد تک درست نہیں	بالکل درست نہیں	بیانات	نمبر شمار			
5	4	3	2	1	میں اور میرا ساتھی ایک دوسرے کو اچھی طرح سمجھتے ہیں۔	-1			
5	4	3	2	1	میں اپنے ساتھی کے شخصی کردار اور ذاتی عادات سے خوش نہیں ہوں۔	-2			
5	4	3	2	1	میں بہت خوش ہوں کہ جس طرح ہم اپنی شادی شدہ زندگی میں اپنی ذمہ داریاں نبھاتے ہیں۔	-3			
5	4	3	2	1	میرا ساتھی مکمل طور پر میرے مزاج کو سمجھتا اور ہمدردی کرتا ہے۔	-4			
5	4	3	2	1	میں ہماری باہمی گفتگو سے خوش نہیں ہوں اور ایسا محسوس کرتا ہوں کہ میرا ساتھی مجھے سمجھتا ہی نہیں ہے۔	-5			
5	4	3	2	1	ہمارا تعلق مکمل طور پر کامیاب ہے۔	-6			
5	4	3	2	1	میں بہت خوش ہوں کہ جیسے ہم دونوں فیصلے لیتے اور جھگڑے سلجھاتے ہیں۔	-7			
5	4	3	2	1	میں اپنے مالی حالات اور مالی فیصلوں سے ناخوش ہوں۔	-8			
5	4	3	2	1	میری کچھ ضروریات اس رشتے سے پوری نہیں ہوتی۔	-9			
5	4	3	2	1	میں بہت خوش ہوں کہ جس طرح ہم اپنی محبت اور فارغ وقت کی سرگرمیوں کا انتظام کرتے ہیں اور اکٹھے وقت گزارتے ہیں۔	-10			
5	4	3	2	1	میں بہت خوش ہوں کہ جس طرح ہم محبت اور جنسی تعلق کا اظہار کرتے ہیں۔	-11			
5	4	3	2	1	ہم جس طرح اپنے والدین ہونے کی ذمہ داریاں سنبھالتے ہیں میں اس سے مطمئن نہیں ہوں۔	-12			
5	4	3	2	1	مجھے اپنی بیوی کے ساتھ تعلق پر کبھی بچھتاوا نہیں ہوا حتیٰ کہ، ایک لمحے کے لیے بھی نہیں۔	-13			
5	4	3	2	1	میں اپنے والدین، ازدواجی رشتے داروں اور دوستوں سے خوش نہیں ہوں۔	-14			
5	4	3	2	1	مجھے بہت اچھا محسوس ہوتا ہے کہ ہم سب اپنے مذہبی عقائد اور اقدار پر عمل کرتے ہیں۔	-15			

## Annexure G

## Paternal Adaptation Questionnaire (Urdu Version)

**ہدایات:** نیچے دیے گئے بیانات کے آگے پانچ ممکنہ جوابات ہیں۔ ہر بیان کو غور سے پڑھیں اور فیصلہ کریں کہ بطور باپ وہ آپ کی ذات کے بارے میں کس حد تک درست یا غلط ہے۔ ان پانچ ممکنہ جوابات میں سے آپ کسی ایک جواب کا انتخاب کرتے ہوئے اس کے گرد گول دائرہ لگائیں۔

5- ہمیشہ		4- اکثر		3- کبھی کبھار		2- بہت کم		1- کبھی نہیں		
5- بالکل متفق		4- متفق		3- معلوم نہیں		2- غیر متفق		1- بالکل غیر متفق		
ہمیشہ	اکثر	کبھی کبھار	بہت کم	کبھی نہیں	بیانات				نمبر شمار	
					باپ ہونے کی حیثیت سے۔۔۔۔					
5	4	3	2	1	میں اپنے بچے کی جذباتی ضروریات پوری کرتا ہوں۔				-1	
5	4	3	2	1	میں اپنی بیوی کی جذباتی ضروریات پوری کرتا ہوں۔				-2	
5	4	3	2	1	میں اپنے بچے کے طبی اور صحت سے وابستہ مسائل کا خیال رکھتا ہوں۔				-3	
5	4	3	2	1	میں اپنے بچے کی حفاظت کا خیال رکھتا ہوں۔				-4	
5	4	3	2	1	میرا اپنے بچے کے ساتھ دوستانہ اور قریبی رشتہ ہے۔				-5	
5	4	3	2	1	میں اپنے بچے کی تربیت میں کافی وقت صرف کرتا ہوں۔				-6	
5	4	3	2	1	میں اپنے بچے کی تربیت سے متعلق طریقوں پر معلومات تلاش کرتا ہوں۔				-7	
5	4	3	2	1	میں اپنے گھر والوں کے لیے مناسب رفقاء (دوست، ملازم وغیرہ) کے چناؤ میں محتاط ہوں۔				-8	
5	4	3	2	1	میں اپنے خاندانی مسائل کو سنبھالتا اور نمٹاتا ہوں۔				-9	
5	4	3	2	1	میرا اپنے بچے کو تعلیم دلوانے کا ارادہ ہے۔				-10	
5	4	3	2	1	میں اپنے خاندان کو آرام اور سکون فراہم کرتا ہوں۔				-11	
5	4	3	2	1	میں اپنے بچے کو معاشرتی زندگی کے لیے تیار کرتا ہوں۔				-12	
5	4	3	2	1	میرے بچے کی دینی تربیت میرے لیے اہم ہے۔				-13	
					اپنے بچے کی پیدائش کے بعد مجھے محسوس ہوا کہ۔۔۔۔					
					بالکل متفق	متفق	معلوم نہیں	غیر متفق	بالکل غیر متفق	
5	4	3	2	1	میں زندگی کے نظریے اور معنی کو بہتر سمجھتا ہوں۔				-14	
5	4	3	2	1	میں زیادہ ذمہ دار ہو گیا ہوں۔				-15	
5	4	3	2	1	اب میری زندگی کا ایک معنی اور مقصد ہے۔				-16	
5	4	3	2	1	میں کاملیت (مکمل ہونا) کو پہنچ گیا ہوں۔				-17	
5	4	3	2	1	میں کم پریشان اور زیادہ پرسکون ہو گیا ہوں۔				-18	
5	4	3	2	1	میں نے اپنے مزاج اور رویے کو بہتر کیا ہے۔				-19	

5	4	3	2	1	میں اپنے والدین کے مشفقانہ احساسات کو زیادہ سمجھ سکتا ہوں۔	-20
5	4	3	2	1	میرے بچے کا روشن مستقبل میرا اور میری بیوی کا مشترکہ مقصد ہے۔	-21
بالکل متفق	متفق	معلوم نہیں	غیر متفق	بالکل غیر متفق	میں باآسانی ایک باپ ہونے کا کردار نبھایا ہوں کیونکہ۔۔۔۔	
5	4	3	2	1	میں اپنے بچے کی تربیت کے بارے میں کافی معلومات حاصل کر سکتا ہوں۔	-22
5	4	3	2	1	میری بیوی اور میں نے ہمارے رشتے اور نئی صورت حال کے درمیان توازن قائم کر لیا ہے۔	-23
5	4	3	2	1	میرے پاس مناسب صلاحیت اور مہارت ہے کہ میں اپنے بچے کی دیکھ بھال کر سکوں۔	-24
5	4	3	2	1	میرے بچے کی پیدائش سے پہلے میں نے بچے کی تربیت اور اس سے متعلقہ مسائل کے بارے میں کافی معلومات حاصل کر لی تھیں۔	-25
5	4	3	2	1	اپنے بچے کی دیکھ بھال کے حوالے سے میری ذمہ داریاں واضح ہیں۔	-26
5	4	3	2	1	ہمارے گھر کی فضاء پُر سکون اور آرام دہ ہے۔	-27
5	4	3	2	1	میں موجودہ صورت حال کو سنبھال سکتا ہوں۔	-28
5	4	3	2	1	میں اپنی ذمہ داریاں بخوبی نبھاتا ہوں۔	-29
ہمیشہ	اکثر	کبھی کبھار	بہت کم	کبھی نہیں	میں بچے کے ہونے سے مطمئن ہوں کیونکہ۔۔۔۔	
5	4	3	2	1	میں مصیبت کے وقت میں خدا پر بھروسہ کرتا ہوں۔	-30
5	4	3	2	1	میں اپنی معاشی خوشحالی کو اپنے بچے کا ہونا گرانٹا (مانتا) ہوں۔	-31
5	4	3	2	1	میں باپ بننے پر پُر مسرت ہوں۔	-32
5	4	3	2	1	میں اپنے اور اپنے بچے کے مستقبل کو لے کر پُر امید ہوں۔	-33
5	4	3	2	1	میں اپنے بچے کی تربیت سے لطف اندوز ہوتا ہوں۔	-34
5	4	3	2	1	مجھے بطور باپ خود پر فخر ہے۔	-35
ہمیشہ	اکثر	کبھی کبھار	بہت کم	کبھی نہیں	میں پریشانی اور تناؤ کا شکار ہوں کیونکہ۔۔۔۔	
5	4	3	2	1	میرے بچے کا رونا اور کم خوابی مجھے پریشان کرتا ہے۔	-36
5	4	3	2	1	میرے بچے کی ناتوانی اور کمزوری مجھے شدید پریشان کرتی ہے۔	-37
5	4	3	2	1	میں اپنے ذاتی اور پسندیدہ معاملات کو وقت نہیں دے پاتا۔	-38

## Annexure H

## Paternal Adaptation Questionnaire (English Version)

**Directions:** The statements below have five possible answers. Read each statement carefully and decide how true or false it is about you as a father. Choose one of these five possible answers and put a circle around it.

	<b>1-Never</b>	<b>2-Rarely</b>	<b>3-Sometimes</b>	<b>4-Often</b>	<b>5-Always</b>	
	<b>1-Strongly disagree</b>	<b>2-Disagree</b>	<b>3-Have no idea</b>	<b>4-Agree</b>	<b>5-Strongly agree</b>	
<b>No.</b>	<b>As a father...</b>	<b>Never</b>	<b>Rarely</b>	<b>Sometimes</b>	<b>Often</b>	<b>Always</b>
1.	I meet my child's emotional needs.	1	2	3	4	5
2.	I meet my spouse's emotional needs.	1	2	3	4	5
3.	I mind my child's medical and health care issues.	1	2	3	4	5
4.	I care about my child's safety.	1	2	3	4	5
5.	I have a friendly and intimate relationship with my child.	1	2	3	4	5
6.	I spend enough time on my child's bring-up.	1	2	3	4	5
7.	I seek knowledge concerning the way to bring up my child.	1	2	3	4	5
8.	I am careful with choosing suitable companions for my family.	1	2	3	4	5
9.	I manage and tackle my family problems.	1	2	3	4	5
10.	I plan to educate my child.	1	2	3	4	5
11.	I provide my family with comfort and peace.	1	2	3	4	5
12.	I prepare my child for social life.	1	2	3	4	5
13.	My child's religious bring-up is important to me.	1	2	3	4	5
	<b>I feel that...after my child's birth.</b>	<b>Strongly disagree</b>	<b>Disagree</b>	<b>Have no idea</b>	<b>Agree</b>	<b>Strongly agree</b>
14.	I understand the concept and meaning of life better.	1	2	3	4	5
15.	I have been more responsible.	1	2	3	4	5
16.	My life has meaning and purpose now.	1	2	3	4	5
17.	I have reached completion.	1	2	3	4	5
18.	I have been less stressed and more relaxed.	1	2	3	4	5
19.	I have improved my temper and behavior.	1	2	3	4	5

20.	I can understand my parents' parental feelings more.	1	2	3	4	5
21.	My child's fortune is the common goal of my wife and I.	1	2	3	4	5
	<b>I easily cope with being a father because...</b>	<b>Strongly disagree</b>	<b>Disagree</b>	<b>Have no idea</b>	<b>Agree</b>	<b>Strongly agree</b>
22.	I can obtain enough knowledge about bringing up my child.	1	2	3	4	5
23.	My wife and I have stricken a balance between our relationship and the new circumstances.	1	2	3	4	5
24.	I have enough ability and skill to take care of my child.	1	2	3	4	5
25.	I attained enough knowledge about child bring-up and its concomitant problems before my child's birth.	1	2	3	4	5
26.	My responsibilities for taking care of my child are clear.	1	2	3	4	5
27.	Our home atmosphere is peaceful and comfortable.	1	2	3	4	5
28.	I can manage the present conditions.	1	2	3	4	5
29.	I meet my responsibilities well.	1	2	3	4	5
	<b>I am satisfied with having a child because...</b>	<b>Never</b>	<b>Rarely</b>	<b>Sometimes</b>	<b>Often</b>	<b>Always</b>
30.	I trust in God in time of trouble.	1	2	3	4	5
31.	I owe my financial blessings to the presence of my child.	1	2	3	4	5
32.	I am pleased to be a father.	1	2	3	4	5
33.	I am hopeful of the future of mine and my child.	1	2	3	4	5
34.	I enjoy bringing up my child.	1	2	3	4	5
35.	I am proud of myself as a father.	1	2	3	4	5
	<b>I am stressed and worried because...</b>	<b>Never</b>	<b>Rarely</b>	<b>Sometimes</b>	<b>Often</b>	<b>Always</b>
36.	My child's crying and insomnia worries me.	1	2	3	4	5
37.	Inability and vulnerability of my infant extremely worries me.	1	2	3	4	5
38.	I can't spend time on my personal and favorite issues.	1	2	3	4	5

## Annexure I

## Flourishing Scale (Urdu Version)

**ہدایات:** مندرجہ ذیل 8 بیانات درج ہیں جن سے آپ اتفاق یا اختلاف کر سکتے ہیں۔ نیچے دیا گیا 1 سے 7 تک کا پیمانہ آپ کے ہر بیان کے ساتھ اتفاق کی وضاحت کرتا ہے۔ اس لیے متعلقہ خانے میں نشان لگا کر جواب دیجیے۔

کامل اتفاق		اتفاق		کچھ حد تک اتفاق		نہ اختلاف نہ اتفاق		کچھ حد تک اختلاف		اختلاف		کامل اختلاف	
7		6		5		4		3		2		1	
کامل اتفاق	اتفاق	کچھ حد تک اتفاق	نہ اختلاف نہ اتفاق	کچھ حد تک اختلاف	اختلاف	کامل اختلاف	بیانات					نمبر شمار	
7	6	5	4	3	2	1	میں بامقصد زندگی گزار رہا ہوں۔					-1	
7	6	5	4	3	2	1	میرے سماجی تعلقات مددگار اور سود مند ہیں۔					-2	
7	6	5	4	3	2	1	میں اپنے روزمرہ کے کاموں میں دلچسپی لیتا ہوں۔					-3	
7	6	5	4	3	2	1	میں دوسروں کی خوشی اور بھلائی کے لیے اہم اقدامات کرتا ہوں۔					-4	
7	6	5	4	3	2	1	جو کام میرے لیے بہت اہمیت رکھتے ہیں میں ان میں بھرپور صلاحیت رکھتا ہوں۔					-5	
7	6	5	4	3	2	1	میں ایک اچھا انسان ہوں اور اچھی زندگی بسر کرتا ہوں۔					-6	
7	6	5	4	3	2	1	میں اپنے مستقبل کے بارے میں پُر امید ہوں۔					-7	
7	6	5	4	3	2	1	لوگ میری عزت کرتے ہیں۔					-8	

## Annexure J

## Brief Self-Control Scale (Urdu Version)

ہدایات: دیئے گئے بیانات کو استعمال کرتے ہوئے، برائے مہربانی نشاندہی کریں کہ دیئے گئے بیانات کس حد تک ظاہر کرتے ہیں کہ آپ عموماً اس طرح کے ہیں۔

بہت میری طرح		زیادہ تر میری طرح		کسی حد تک میری طرح		بہت کم میری طرح		بالکل بھی میری طرح نہیں	
1		2		3		4		5	
نمبر شمار	بیانات								
	بہت میری طرح	بہت کم میری طرح	کسی حد تک میری طرح	زیادہ تر میری طرح	بہت میری طرح	بہت کم میری طرح	کسی حد تک میری طرح	زیادہ تر میری طرح	بالکل بھی میری طرح نہیں
-1	میں ایسی خواہشات جن سے فوری مزاحاصل ہو ان پر قابو پانے میں اچھا ہوں۔								
-2	بڑی عادتیں چھوڑنے میں مجھے دقت ہوتی ہے۔								
-3	میں سست ہوں۔								
-4	میں نامناسب چیزیں کہتا ہوں۔								
-5	اگر کچھ بڑی چیزیں جو میرے لئے بڑی ہیں اگر ان میں مزہ ہے تو میں کرتا ہوں۔								
-6	میں وہ چیزیں کرنے سے انکار کر دیتا ہوں جو میرے لئے بڑی ہیں۔								
-7	میری خواہش ہے کہ میں زیادہ نظم و ضبط والا ہوتا۔								
-8	لوگ کہتے ہیں کہ مجھ میں سخت نظم و ضبط ہے۔								
-9	خوشی اور مزہ بعض اوقات مجھے کام کرنے سے دور رکھتے ہیں۔								
-10	مجھے توجہ مرکوز کرنے میں دشواری ہوتی ہے۔								
-11	میں لمبے عرصے کے مقاصد پر موثر انداز سے کام کرنے کے قابل ہوں۔								
-12	بعض اوقات میں خود کو کچھ ایسا کرنے سے روک نہیں پاتا جبکہ مجھے پتہ ہو کہ یہ غلط ہے۔								
-13	میں اکثر متبادل راستوں کے متعلق سوچے بغیر عمل کر دیتا ہوں۔								

## Annexure K

### Plagiarism Report

#### Thesis Final

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