

**MOTHER'S PERSPECTIVE ON THEIR MOTHERHOOD A QUALITATIVE
STUDY**



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1. The study was conducted adhering to rigorous ethical research standards, ensuring the protection of participants' rights, privacy, and confidentiality. Prior to their involvement in the study, all participants provided informed consent.
2. The findings and conclusions presented in this study are based on a thorough analysis and interpretation of the collected data. We have made diligent efforts to accurately represent the results, supported by appropriate Interpretative Phenomenological Analysis (IPA) and relevant evidence.
3. Any external sources of information, such as scholarly works, published articles, or other pertinent materials, have been appropriately acknowledged and referenced.
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Dedication

This thesis is respectfully dedicated to **my beloved parents**, whose unwavering support, prayers, and sacrifices have been instrumental in every step of my academic journey. To **my respected teachers**, whose guidance, knowledge, and encouragement have greatly contributed to my intellectual and personal growth. And to **the mothers who participated in this study**, whose honesty, strength, and lived experiences form the cornerstone of this research.

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My sincere appreciation extends to all my friends and others who have provided assistance at various occasions especially mothers who participated in this study. Their views and tips are useful indeed. Unfortunately, it is not possible to list all of them in this limited space. I am grateful to all my family members.

Abstract

Mothers perception about their experience of motherhood, and constructs the meaning of motherhood within their own sociocultural contexts. Using Interpretative Phenomenological Analysis (IPA) the research investigate the lived experiences of mothers by focusing on their roles and challenges they face in their maternal journey. Sample of 7 mothers were targeted and information was collected through semi-structured interviews. The superordinate themes emerged as *maternal emotional experiences*, *social dynamics* and *maternal identity*. Findings highlight that motherhood perceived as deeply transformative journey, filled with emotional intensity, challenges, and fulfillment. Across narratives Mothers consistently prioritize their children's needs emotionally, physically, and morally while navigating the complexities of extended family dynamics, social expectations, and personal sacrifices.

Key words: Motherhood, Maternal Identity, Lived Experience, Parenting, mother challenges.

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CHAPTER 1

INTRODUCTION

A mother is traditionally defined as a female parent who gives birth or nurtures a child, delivering emotional, physical, and social care (American Psychological Association [APA], 2022). Definition of a mother is multifaceted and complicated by biological, social, cultural, and legal aspects. A conception of motherhood along these aspects gives an inclusive outline of how maternal identity comes about and is experienced. Biologically speaking, a mother has classically been described as an individual female who bears a child, making a genetic and physiological contribution to the growth of the child (Schaffer & Kipp, 2013). The concept focuses on reproduction, giving birth, and innate maternal feelings most commonly associated with hormonal and neurological processes experienced during and after pregnancy (Numan & Young, 2016). A mother is an initial caregiver who cares and provides emotional, intellectual, and social growth for a child (APA, 2022). Various cultures perceive motherhood differently such as Collectivist cultures perceive motherhood as a mutual responsibility where aunts, grandmothers, and older sisters undertake care activities (UN Women, 2023).

Western legal frameworks tend to define mothers through birth certificates, adoption papers, or judicial decisions (Family Law Reform Act, 2022). Although in Indigenous communities motherhood may focus on spiritual and ancestral ties in the construction of motherhood (Smith, 2023) Motherhood is more and more seen not just as a social or biological role but as an identity transition characterized by multifaceted emotional, cognitive, and physiological transformations. The term matrescence characterize the process of becoming a mother as similar to adolescence an active

process that includes neurological, hormonal, psychological, and social changes (Blaskey, 2024). Neurological findings show that motherhood generates a long lasting impact on the maternal brain, improving emotional sensitivity, memory and caregiving skills (Hoekzema et al., 2020). Emotional availability and bonding is core to the mother role studies indicate that maternal psychological health, particularly postnatal is a high predictor of mother infant attachment. A meta-analysis shows that maternal depression was strongly linked with disturbed bonding and both stress and anxiety cause medium negative effects (Slade et al 2023).

Maternal responsiveness and interaction style are very important for the cognitive and emotional development of children's Mothers who employ more elaborative and affectively congruent language with children bring up better memory, language abilities and emotional functioning (Katz et al., 2022). Motherhood role is not only choices of mother it is strongly influenced by context socioeconomic status (SES), maternal education and social support critically affect women's experience and performance of the maternal role. A systematic review shows that social support specifically emotional and practical support after birth of children increases maternal confidence and parenting practices flexibility (Henderson et al. 2023) on the other hand parenting stress, low income and poor mental health decrease maternal sensitivity and enhance negative parenting practices (Madigan et al., 2019). Motherhood also overly burdened by emotional and cognitive struggle like household chores and relationship responsibilities that can be unappreciated, particularly in patriarchal environments (Wilkins et al., 2025) studies indicate that in some situation motherhood is specifically considered in terms of warmth and competence can provide good social impressions (Schanzenbach & Nunn, 2025). How mothers

interpret their journey of motherhood is deeply linked with understanding of cultural, familial expectations and emotional challenges that they have to face with this role.

1.1 Background

Researches highlights that mothers' perceptions of motherhood are shaped by sociocultural norms, mental health experiences and evolving modern pressures these insights are important for understanding that how women interpret, perform and internalize maternal role. A Pakistan study shows that postnatal anxiety significantly shapes mother lived perceptions of motherhood a study in Karachi explored the experiences of mothers with anxiety during the first year after giving birth shows that mothers struggle with household responsibilities, social expectations and financial pressures including cultural expectations and rules intensify their worry and limit coping (Saeed et al., 2024). Early motherhood in collectivistic cultures has been limit mothers autonomy a study of first-time mothers in Pakistan highlighted how extended-family pressures, caregiving burdens and limited decision-making capacity diminish mothers' sense of control even when support networks are ostensibly present (Fayyaz et al., 2025) Adolescents' views of motherhood offer further sociocultural nuance. A study in Sindh Province found that young mothers often accept early maternity under social pressure, believing it strengthens their identity and status within the family, even while being unaware of its psychological and educational consequences (Agha & Rind, 2025).

Metaphor-based research from Turkey (February 2024) with mothers of children with disabilities reveals that perceptions of motherhood are often framed through dual themes interpretation (e.g., divine reward, empowerment, privilege) and challenges (e.g., stigma, isolation, relentless struggle) (Gökçek & Boyacıoğlu, 2024). On a global scale, media-driven ideals of the "perfect mother" continue to shape how mothers

view themselves. Qualitative studies highlight how discourses of the “supermom” create inter-identity tensions particularly regarding body image, partner relationships, and caregiving obligations (Emmanuel et al., 2024). Meanwhile, social media exposure exacerbates stress: biological research links time spent viewing motherhood-related content with elevated cortisol and self-comparison pressures (Biological Psychology study, 2022). Generational shifts further complicate mothers' self-conceptions. A 2025 survey of Gen Z and millennial women revealed widespread anxiety about motherhood's impact on career and self-esteem, though the majority still describes it as “tough but worthwhile”. In contrast, a separate large online survey found 91 % of mothers reported greater joy from parenting than expected, pointing to complex emotional layering in maternal perception (Peanut app survey, 2024).

Support systems for mothers vary greatly across cultures and play a significant role in shaping their perceptions of motherhood. In Nordic countries, for instance, generous welfare policies such as subsidized childcare, paid parental leave and flexible employment contribute to reduced stress and higher parental satisfaction (OECD, 2020). Mothers in South and East Asia rely on extended family support but must also navigate cultural pressures that lead to mother's self-sacrifice over their personal interests which create a dual perception of motherhood as both revered and burdensome. Studies reveal that maternal self-concepts influenced by personal resilience, psychological health and the availability of social and familial support systems (Johnston & Swanson, 2006). While some women describe motherhood as empowering experience while some report feelings of stress and emotional exhaustion often due to external pressures, economical challenges and inadequate support (Liss et al., 2013). Mothers who trust in their ability to fulfill their child's needs generally

report higher levels of satisfaction while those who are more vulnerable to stress and anxiety are experience uncertainty and self-doubt (Leahy-Warren et al., 2012).

Cultural orientation shapes the behavioral expressions and psychological meaning of motherhood in individualistic cultures like West mothers often aim to nurture independence and self-sufficiency in their children while in collectivist cultures like Asian countries motherhood tends to emphasize social harmony, familial interdependence, and the transmission of values. These cultural frameworks fundamentally shape not only maternal practices but also the way mothers perceive their fulfillment in their role(Ohashi et al., 2023). A cross-cultural study comparing mothers in Shanghai and the western United States found that Chinese mothers endorsed collectivist goals such as training and compliance while American mothers prioritized individualistic values such as self-esteem, creativity and independence (Wang et al., 2021) while both groups expressed warmth and nurturance this shows that how cultural values orientation effect their parenting priorities. In a large multinational study across nine countries mothers from collectivistic backgrounds reported greater use of warm parenting and placed more emphasis on children's obedience and familial roles mothers in individualistic settings shows more controlling behavior and expressed higher concern over children's behaviors (Keller et al., 2024).

Moreover, perceptions of parental control differ. In collectivist contexts, maternal authority is often viewed positively as a form of guidance and protection whereas in individualistic cultures, it may be interpreted as intrusive or overly authoritarian (Zhang & Akhtar, 2025). Mental health outcomes are similarly linked to cultural expectations. A 2023 cross-national study of maternal anxiety and breastfeeding practices found that collectivistic orientations were associated with higher

breastfeeding rates and lower anxiety if emotional and instrumental support from family was available. However, societal pressure to maintain a positive image (i.e., "saving face") in collectivist cultures could conceal maternal distress, especially in cases of intimate partner violence (Ivković et al., 2023). Generational data also indicate growing ambivalence. While mothers in individualistic cultures often report career disruption and identity loss, many also find deep meaning in caregiving. For example, a 2025 U.S.-based survey of Gen Z and millennial mothers found high anxiety over motherhood's impact on personal freedom and financial stability, yet 91% also reported finding more joy in parenting than expected (Good Housekeeping, 2025; Peanut App Survey, 2024). Research challenges the assumption that motherhood is uniformly penalized in the workforce.

A recent multi-institutional study involving over 4,000 participants showed that parents especially mothers were sometimes perceived as warmer and more competent in professional settings. However, this "parenthood boost" was uneven and varied based on race, gender, and social context (Schanzenbach & Nunn, 2025). At the personal level, motherhood is experienced differently by each woman, influenced by factors such as psychological disposition, individual background, financial status, and life experiences. While some women derive a strong sense of purpose and fulfillment from motherhood, others may encounter emotional conflict, ambivalence, or even regret (O'Reilly, 2010). In Western contexts, motherhood is frequently portrayed as a deliberate choice tied to personal growth and emotional satisfaction. Mothers in these settings often emphasize the pleasure of supporting their children's independence and self-determination Keller supports this noting that autonomy-promoting parenting practices are highly valued in Western societies while in many Asian cultures,

motherhood is more commonly viewed as a social norms and ethical values (Keller, 2016).

Cultural influences also shape maternal sensitivity and caregiving behavior in a comparative study of German and Korean mothers notable differences in caregiving strategies was observed German mothers tended to respond to their children's needs only after when they express their needs while Korean mothers often anticipated their children's needs before they express which shows that mothers caregiving responses was rooted in cultural beliefs that mothers should understand and respond to their children's emotional states, promoting closeness and maintaining social harmony (Rothbaum & Trommsdorff, 2007). Across many cultures including Pakistan role of mother is deeply embedded in traditional values and social expectations Women are often expected to complete their household responsibilities on time support their partners and along with all these ensure proper child-rearing (Qadir, De Silva et al 2005).

Parenting styles also vary significantly across cultures and are embedded in broader social values. The authoritative style characterized by high warmth and appropriate behavioral control continues to be robustly associated with positive child outcomes. Recent large studies across cultural settings show links with better adolescents' mental health, longer sleep duration, and higher life satisfaction (Mastrotheodoros et al., 2018). Warmth combined with moderate control predicts the lowest externalizing behaviors and improved psychological adjustment (Villarejo et al., 2020). In several European and Latin American samples, indulgent parenting (high warmth, low control) has been associated with equal or even better outcomes than authoritative parenting for adolescent adjustment, self-concept, and school competence (Martin-Blesa et al., 2024). Adolescents of indulgent parents reported

low externalizing behavior and high emotional adjustment (Verdura et al., 2020). Contrary to Western norms, in some collectivistic and ethnic minority contexts, authoritarian parenting (strictness with low warmth) has been associated with acceptable academic and social outcomes children interpret strictness as caregiving or training rather than harshness (Dwairy & Achoui, 2006). Negative parenting styles characterized by hostility, psychological control (e.g., guilt, love withdrawal), or neglect are consistently linked to increased externalizing problems, emotional deregulation, aggression, and lower mental health (Pinquart, 2017; Aunola & Nurmi, 2005) Recent meta-analysis affirms that psychological control and harsh parenting significantly predict adolescent externalizing symptoms. Cross-cultural research reaffirms that optimal parenting styles vary by culture: while authoritative style remains favorable in many Western contexts, indulgent and even authoritarian approaches may be optimal in collectivist or immigrant communities depending on local norms (Pinquart & Lauk, 2024). Generation-based studies also note the rise of "gentle" or mindful parenting among Millennials and Gen Z parents, emphasizing empathy and less punitive discipline, often influenced by mental health awareness and technology usage (Parents article 2025)

In African communities, collective child-rearing practices and an emphasis on respect may also result in authoritative dynamics that foster positive development (Lansford et al., 2015). These cross-cultural differences shows the importance of parenting practices within their specific cultural contexts applying Western parenting styles without considering these nuances risks misrepresenting non-Western parenting behaviors psychological and behavioral development of children is closely tied to the parenting style they experience. Authoritative parenting balances emotional support with expectations that lead to positive developmental outcomes including

high self-esteem, academic success and moral reasoning (Steinberg, 2001) children raised in such environments tend to internalize values, build strong social skills, and demonstrate better emotional control. Parenting styles also have impacts on mother's mental health authoritarian approaches can heighten stress levels and reduce maternal well-being due to the constant pressure of over control (Pomerantz & Dong, 2006) while in Authoritative parenting style higher maternal satisfaction and lower stress because its emphasis on communication and mutual respect (Jones et al., 2008). In Pakistani context parenting styles are influenced by collectivist cultural values, religious beliefs and family structures extended family especially in rural areas often plays a vital role in children upbringing and mothers follow authoritarian or authoritative patterns depending on their socio-economic status and education (Riaz, 2011). In rural households authoritarian parenting styles is used because this approach focus on strict discipline and obedience that reflecting cultural values like Adab (respect) and the social structure of deference to elders (Batool & Aqeel, 2017).

In more urban areas educated families use authoritative parenting style supportive guidance and open communication is more common research shows that this approach correlates with better academic, emotional and social outcomes in Pakistani children (Imran et al., 2014). Permissive and neglectful parenting styles are less used but can be found in few families that facing economic crises mental health challenges or instable family structure, such as death of one of the parents or labor migration (Aslam, 2012; Zia & Zia, 2016). Religious teachings also play an important role in shaping parenting behaviors in Pakistani culture Islam places great emphasis on moral development, compassion, and spiritual guidance parents especially mothers often draw upon Islamic values to guide their children's behavior and teach those ethical rules (Rashid & Tariq, 2020). Quran education and character development are

central to many households. Younger generations, influenced by globalization and exposure to international parenting discourse, are gradually adopting more democratic and child-centered approaches while still rooted in cultural traditions (Khan & Irshad, 2021).

From an Islamic perspective, motherhood is not merely a biological function but a sacred role with profound spiritual significance. A mother is seen as a vital figure in the moral and religious upbringing of her children. Islam honors the maternal role through religious obligations like *Tarbiya* the moral, emotional, and spiritual nurturing of children. The Prophet Muhammad ﷺ emphasized this responsibility, saying: “Every one of you is a shepherd, and every one of you is accountable for his flock. A woman is the guardian of her husband’s house and children and is accountable for them” (Sahih al-Bukhari, Hadith 893; Sahih Muslim, Hadith 1829).

Breastfeeding is also emphasized as an early duty of mothers: “Mothers may breastfeed their children two complete years for whoever wishes to complete the nursing period” (Qur’an 2:233). This reflects the dual physical and spiritual dimensions of maternal care. Mothers are also tasked with teaching children about prayer, ethical living, and religious practices. As the Qur’an instructs: “And enjoin prayer upon your family [and people] and be steadfast therein” (Qur’an 20:132).

The mother’s own behavior serves as a model for the child. Imam Al-Ghazali stressed that a child’s righteousness is deeply influenced by the mother's personal piety and conduct (Al-Ghazali, *Ihya Ulum al-Din*). Islam also stresses the importance of maintaining an Islamic home environment characterized by honesty, modesty, discipline, and regular prayer. The elevated status of the mother is reflected in the well-known Hadith: “Paradise lies under the feet of the mother” (Sunan al-Nasa’i, Hadith 3104), signifying that honoring one's mother is among the highest acts of piety

in Islam. Through every act of nurturing, teaching, and caregiving, the mother fulfills a lifelong form of worship, contributing to the religious and moral legacy of future generations.

1.2 Research Gap

There are many studies present on motherhood but all studies focused on institutional, medical and psychological dimensions of maternal role mostly studies from Western individualistic perspective (Barone et al., 2022) different frameworks generalize motherhood as a monolithic experience and overlook cultural norms and identity based perceptions that shape how mother perceive and experience their motherhood roles. A research focus on importance of mother's narratives and meaning making process (Hirani et al., 2015) but their remain a limited exploration of how mother's interpret and construct their maternal identity and how she responded to social norms intergenerational expectations and modern pressure in collectivist societies where gender roles and religious beliefs are deeply interlinked.

Most current studies used quantitative methods that not capture the nuanced emotional, moral and existential dimensions of motherhood as lived experiences of women. There is lack of qualitative studies which mainly focused on mother's lived experiences their inner conflicts challenges they are facing because of societal expectations especially in transitional society like Pakistan where female often navigate between traditional expectations and modern ideals (Fatima & Rahman, 2023). Prior researches has focused on psychological impact of motherhood on women like maternal stress, postnatal depression and burnout there is still insufficient focus to the ways women drive meaning, pride, guilt or conflicts from their maternal role especially I linked with mothering practices, child upbringing, education or emotional labor (Slomian et al., 2023). The intersection of motherhood with factors

like education economic status, social media exposure and family structure remain under research.

1.3 Problem Statement

How mothers perceive their motherhood journey identify key methods influence mothers and their role? Motherhood is often regarded as one of the most significant roles in a woman's life, yet the ways in which mothers perceive and experience this role can vary widely depending on cultural, social, economic, and personal contexts.

While research has examined parenting practices, child development, and maternal well-being, comparatively less attention has been paid to how mothers themselves make sense of their identity, challenges, and satisfactions as mothers (Fatima & Qadir, 2021). In many societies, including collectivist and patriarchal contexts such as Pakistan, mothers are often judged by societal standards rather than their own perceptions, which can create tension between personal experiences and cultural expectations (Batool & Aqeel, 2017)

1.4 Researched Questions

- How do mother perceive their experience of being a mother?
- What type of challenges mother's face in motherhood journey?
- How does being a mother affect their personal identity?
- What role do family and spousal supports play in mothers parenting experience?

1.5 Objective of the Study

- To explore how mother perceive and interpret their lived experiences of motherhood.
- To identify and understand the common challenges mothers encounter during their motherhood journey.

- To examine how the role of motherhood influences mothers' sense of personal identity and life priorities.

1.6 Significance of Study

This study mainly focused on mother's voices explores motherhood focusing on lived experiences of mother's. Much of the existing researches represent motherhood through the perspective of children's, society, psychological and families framework they overlook the depth and diversity of meaning of mother in voices of women themselves who performing this role and fulfilling this responsibility (O'Reilly, 2010). This research focus on that how children upbringing and motherhood responsibilities impact on women personal identity with limited exploration of mothers' own voices and the internal processes through which they make sense of their experiences (Dow, 2016). By focusing on lived experiences of mother's this study offer a valuable insight into the role of psychological, social and cultural factor's that shaped maternal identity this study bring light to the challenges a women face in their motherhood journey like societal expectations, dual role strain, responsibilities of both children and family and mental health concerns and it also highlights the importance of understanding motherhood from women's perspective. By using qualitative research design this research cover a critical literature gap by offering in depth study of how mother's identities built and influenced and also highlights the importance of developing maternal support systems that are responsive to diverse lived experiences.

CHAPTER 2

LITRATURE REVIEW

Motherhood is a topic of wide interest across multiple disciplines like from psychology to sociology feminist theory and cultural studies Motherhood is a multifaceted and dynamic concept that involves biological, emotional, social and cultural demands scholars have examined how mother's identity and expectation change over time. A research took place from July 2021 to March 2022 among 400 mothers in their first 2 months after delivery and residing in Turkey. Participants were assessed online through the use of a Maternal Descriptive Information Form and the Support and Control in Birth (SCIB). The findings of this research revealed that mother-to-be perceptions on control and support during birth were in the level of moderate by using the lowest and highest possible scores on the Support and Control in Birth Scale. Specifically improvement in satisfaction with birth experience and healthcare providers, both midwives and obstetricians, had a positive effect on maternal feelings of control and support at birth (Topçu TYet.al., 2025).

Study examines the cultural views and practices of parenting in urban and rural Pakistan with special reference to how traditional values and new influences re-shape parenting practices and parental empowerment within these two different contexts. The study also contrasts changing norms of parenting, evaluating the socio-economic, cultural, and gender forces affecting parenting choices. A mixed-methods, cross-sectional research design was used by integrating qualitative (focus group discussions and semi-structured interviews) and quantitative (surveys) data collection approaches. A purposive sample of 230 parents participates on the basis of gender, socio-economic status, and geographic region findings of the study reveal noteworthy variations in parenting practices and empowerment between urban and rural locations

urban parents showed greater parental empowerment with easier access to resources and autonomy of decision-making compared to rural parents. Urban parenting was associated with greater independent thought, emotionality and equality between the genders also their parenting styles shaped by education and media while rural parenting continued more conservative, with greater respect, obedience, and interference of extended family, more adherence to gender roles were seen (Khan et.al. 2025).

An exploratory qualitative study was carried out in rural and more disadvantaged parts in Pakistan's province of Sindh. 37 young women, who had undergone early marriage, adolescent pregnancy and motherhood, were interviewed. Data were translated and transcribed verbatim results of study reveal that child and close family group marriage, worse socioeconomic circumstances and social norms facilitated adolescent motherhood among young women. Association with the extended family also raised the chances of early maternity since various members of the family exerted social pressure to be a mother. This put the girls in a hurry to start motherhood shortly after marriage. These young mothers did not know the social, psychological and physical implications of adolescent's motherhood. They accepted it willingly as it was viewed as a means of consolidating their status within the family (Agha N & Rind RD 2025)

A study aimed to explore the lived experiences of first-time mothers within Pakistani collectivistic culture, particularly the emotional, relational, and cultural challenges they encounter within the first three years of marriage and motherhood. A qualitative research design using Interpretative Phenomenological Analysis was used to offer a rich analysis of maternal experiences. A purposive sample of six first-time mothers living in joint family systems was participating.

Superordinate themes such as self-identity, resilience, adaptation, and interpersonal relationships were grouped into master themes like coping strategies, cultural identity, and social expectations. The findings showed that new mothers experience significant emotional distress because of limited autonomy, cultural expectations, and societal pressures. Challenges to coping entailed juggling home duties, child-rearing directions taken by extended family members, and fiscal limitations. Although social support was a key coping mechanism, most mothers reported that it fell short, causing psychological tension. In spite of these hardships, resilience was noted among participants who used self-examination, boundary establishment, and adaptive coping styles (Fiaz & Rani 2025).

Innovative Italian research proposes a new, scalable measurement approach to quantify individual self-reports of mental load gaps the cognitive and affective load involved in planning household and childrearing tasks in heterosexual couples. Based on novel data from the TIMES Observatory in Italy, the research integrates time-use diaries with novel survey measures to estimate cognitive labor, emotional exhaustion, and spillover of mental load into work. Findings show systematic gender imbalances women are far more likely than men to carry organizational responsibility for household responsibilities, rate lower satisfaction with this split, and feel greater emotional exhaustion. These duties are underappreciated by their partners. The impacts are most significant among college-educated and working women, who also indicate higher family responsibility spillovers than men during paid work time. The felt burden of overseeing family activities is more clearly linked to within-couple differences in time use than with absolute amounts of time spent on their performance, highlighting the relational and conflictual character of mental load (Barigozzi et al., 2025).

A 2024 Danish investigation employing online focus groups investigated women's considerations regarding when to begin motherhood. There were three online focus groups conducted on Facebook. Twenty-six women of childbearing age debated the age of motherhood for three days in January 2020. Data were treated with Systematic Text Condensation. Participants indicated internal and external pressures from relatives, society at large, and comparisons to make the decision to become a mother or not and when to do so (Petersen et al., 2024). A recent paper, citing JAMA Internal Medicine, revealed an alarming increase in poor or fair maternal mental health from 1 in 20 in 2016 to 1 in 12 by 2023. The fall was particularly steeper among single mothers, those with less education, and those with publicly insured children (Margolin & Gallant, 2025).

Research was carried out in Turkey to examine the connection between birth mothers' views of birth experiences and postpartum breastfeeding achievement. The population of this descriptive and observational study included mothers who had given birth via vaginal delivery or unplanned cesarean section in Ankara maternity hospital between .Data were gathered through a "socio-demographic form", "mother's perception of birth scale (MPBS)" and "LATCH-breastfeeding diagnosis and assessment scale (LATCH)" by face-to-face interview method. The study included 350 mothers with a mean age of 30.10 ± 3.85 years. It was found that 45.1% of mothers had high school education, 81.1% were unemployed, 80.9% lived in the province, and 74.9% had a nuclear family structure. It was found that 53.1% of mothers had planned pregnancies, 49.7% had spontaneous vaginal delivery, 91.4% had no complications about breastfeeding with their previous births, and 63.4% never attended antenatal education.. A negative weak correlation between the total scores of the MPCs and LATCH was determined. There was a moderate level of negative

correlation between the LATCH scale's total score and the average score of experiences for the labor sub dimensions of the MPBS (Reyyan Gürel et al.2025).

The purpose of this research was to establish the relationship between emotional intelligence (EI), breastfeeding self-efficacy, and maternal expectations among pregnant women who were given or not given education and counseling during pregnancy. An observational cross-sectional design was implemented in a state hospital among 146 pregnant women (intervention group, n = 72; control group, n = 74). The intervention group underwent five stages, while the control group received regular pregnancy care. Data is gathered by the "Personal Information Form", "Rotterdam EI Scale", "Prenatal Breastfeeding Self-Efficacy Scale", and "Prenatal Maternal Expectations Scale". The emotional intelligence scores being higher in the intervention group, breastfeeding self-efficacy and antenatal motherhood expectations were also found to be higher in the intervention group. Moreover, intervention group's EI, EI self-evaluation sub-dimension, prenatal motherhood expectations, unrealistic negative motherhood expectations mean, and breastfeeding self-efficacy scale were significantly higher compared to those of the control group. The results of the regression analysis indicate that the "self-evaluation" sub-dimension of the EI in the intervention group is related to regulate others and their own emotions, EI, breastfeeding self-efficacy, and prenatal motherhood expectations. This research indicates that pregnant women who participated in antenatal classes during the prenatal phase scored higher in EI, breastfeeding self-efficacy, and prenatal maternal expectations compared to those who were pregnant and received no education (Bayındır & Tosun 2025).

A cross-sectional survey was carried out in two largest urban slums of Dhaka city. The final analysis included 437 mother–children dyads. The outcome of interest

was the mother's 'varied perceptions' about their children's nutritional status under five years of age. 'Varied perception' indicates the variation between a mother's subjective report of her child's nutritional status and the anthropometrically derived nutritional status. Approximately one in two mothers' views regarding children differed from the anthropometry-based status. Several findings suggest that educating the mothers on health with regard to appropriate child feeding practices and anthropometric measurements can help mothers improve their knowledge and identify their child's nutritional status with increased accuracy. More qualitative studies can play a vital role in obtaining profound understanding into maternal perception for the creation of context-specific interventions (Sarker T et al. 2024).

Parental burnout has also been shown to differ across cultural contexts a 2024 global study identified that burnout levels were highest in individualistic Western societies that attributed to high expectations for child success intensive parenting norms and limited social and family support while in collectivist cultures mothers got benefit because of shared parenting responsibilities and extended family support which prevent them from emotional exhaustion (Roskam et al., 2024). A study in urban China revealed that younger educated mothers value individualistic goals such as their children emotional autonomy and academic competitiveness even while continuing to uphold traditional values of filial duty and respect (Li & Guo, 2023).

Phenomenology was applied in the case of Lived experiences of mothers with postnatal anxiety: a qualitative phenomenology study from Pakistan. The interviews were audio-recorded and then transcribed and analyzed through the method of thematic analysis. Data collection was carried out in two community sites in Karachi, Pakistan; the Bin Qasim and Gadap town Women aged 18 years or more, who had a live birth in the last 12 months and a score of 10 or greater on the Generalised

Anxiety Disorder-7. In-depth, individual-level interviews were carried out with 10 participants. The qualitative data consisted of three themes. Theme one: Factors identified to be related with postnatal anxiety, Theme two: The effects of postnatal anxiety perceived and Theme three: Needs for support. The initial theme was also divided into two subthemes i.e. Mothers' perception of managing household tasks and sociocultural expectations of motherhood and lack of finances (Saeed.Q et.al.2024).

A phenomenological research in 2024 investigated the impact of using social media on mother identity among women with young children. The sampling frame for the study was established based on the criterion sampling technique, which is a type of purposeful sampling technique. The sample was 27 women who frequently use social media and have children aged 0-6. Data were gathered through an "Introductory Information Form" and a "Semi-structured Interview Form.". Data was analyzed applying Colaizzi's phenomenological interpretation technique. It was found that 96.3% of the women used Instagram, 63% used Youtube, and 40.7% used Twitter, and they spent 1-3 hours per day on these websites. They were found to have, for the most part, sought assistance from their mothers and immediate surroundings (70.4%), web browsers (22.2%), social media (14.8%) and health professionals (7.4%), respectively, as a solution strategy when they came across a condition or issue they had no knowledge of child care. It was concluded that the working mothers (59.3%) who took part in the study felt guilty and inadequate because of the perceived super motherhood brought about by the social media profiles they were following, and thus, they were tolerant, gentle and overlooked the mistake in the care strategy of their own kids (Aker et. al 2024).

Qualitative research with content analysis methodology was applied to 11 postpartum women who had been regularly referring to all-embracing health service

centers in Kermanshah, Iran, from October 2020 to January 2021 for accessing postpartum care in the initial 6 months after delivery. Furthermore, interviews were performed with healthcare professionals ($n = 6$) and husbands ($n = 3$) in order to more sufficiently enrich the study data. Twenty-two one-on-one semi-structured interviews were collected through a purposive sampling strategy. Three overarching categories and thirteen subcategories were revealed. The broad categories were: "comprehensive support", "support barriers," and "support promotion strategies." Mothers' primary perception and expectation about social support was the feeling of not being alone and having comprehensive support, particularly from the husband and enhancing his awareness regarding the same support as central themes influencing maternal perceptions (Soleimanian et al., 2023). A qualitative study based on data that had been gathered for a bigger study of women who had given birth during the COVID-19 pandemic in the United States. The results reported here are from an analysis of a subset of open-ended questions.

Sixty-six responders filled out questionnaires on the impact of COVID-19 on childbearing and postpartum experiences. Inductive thematic analysis was used to analyze data. Findings indicate that participants felt overwhelmed, alone, and lacked sufficient physical and emotional support. Supportive maternal healthcare was lacking in both short-term and long-term with a strong focus on inadequate postpartum support. This research affirms prior findings that women who gave birth and transitioned into motherhood during the COVID-19 pandemic experienced it in various ways. The findings add to the body of knowledge on women's experiences not only in the early postpartum period, but also in their everyday lives a year following childbirth. Stress on the healthcare system due to COVID-19 affected both physical

and mental well-being of mothers who were left with poor care, education, and support(Lisette Saleh et. al 2023).

A descriptive qualitative study was carried out within a largely urban area of Southwestern Ontario, Canada. Purposive and snowball sampling approaches were used to recruit participants who had recently become parents within the last 24 months. Researchers carried out focus groups employing a semistructured interview guide with 26 women. Interviews were audio recorded, transcribed, and analyzed thematically. Participants' accounts of digital technology use during the transition to parenting phase were subsumed under the overarching theme "balancing the tensions of digital technology use in the transition to parenting" and 4 subthemes: self-comparison on social media, second-guessing parenting practices, communities of support, and trusting intuition over technology. While new digital technologies promised "in-the-moment" connectivity to support from community members and health information, it was at the expense of mothers, who expressed guilt, shame, and self-doubt that elicited them into a state of questioning and holding in contention whether they were good mother and using technology ethically (Munblit.e.al.2023)

A research was conducted in Turkey 2023 involving 28 women this research sought to investigate how mothers of children with disabilities interpret mothering through metaphor. The interviews were carried out individually through the in-depth interview technique and analyzed through the descriptive analysis method. The metaphors identified by mothers of children with disabilities were classified into two major themes interpretation and challenges. Sub-themes are found in each of the major themes. The central theme of interpretation encompasses purification from sins and reward by God, empowerment, being blessed, and acceptance/appraisal in attitude

toward life, whereas the secondary theme of challenges encompasses ongoing struggle, stigmatization, loneliness, and uncertainty (Gökçek, Boyacıoğlu 2023).

A cross-sectional study was carried out at Riphah International University from October 2020 to January 2021, spanning 4 months. Non-probability convenience sampling was used to recruit samples and they included 84 mothers aged 23-60 years of children aged 3-16 years who had Autism Spectrum Disorder (ASD) from various special education centers of Lahore. findings indicates that Forty five Mothers experienced moderate to severe burden and Parental Stress Additionally, there is a significant positive relationship between the two scores. There was a significant relationship observed between the stress of the mother and the severity of autism and medication of the child, and the burden of the mother with the age of the child (Nazia mumtaz et.al 2022).

Qualitative research of 12 semi-structured interviews with seven women who attested to a self-help group, and five of their partners, in Segovia, Spain (2018-2019). A qualitative content analysis was conducted. Five categories emerged: health care during prenatal stage, health care during childbirth, postpartum women's care, health response of parenting; and gestation and advantages of a self-help group. During the prenatal phase they required more information regarding childbirth and postpartum and preparation to assist them in becoming parents. During childbirth, there was disappointment with regard to meeting expectations of the health care provided. During the postpartum phase, they indicated the need for more follow-up of women on a bio psychosocial level. During pediatric visits, the role of father involvement was emphasized. Women indicated that, as of now, there are no health benefits that support the creation of support groups and safe spaces where they can ventilate their feelings and emotions (M Hernández et.al.2022).

By employing a blend of human annotations, dictionary models and unsupervised methods, identify stark discrepancies between distressed and healthy mothers' experiences. Distressed mothers reported interpersonal issues and lack of support, with 8.60% - 14.56% reporting severe symptoms such as suicidal thoughts. Conversely, healthy mothers mostly reported childcare difficulties, like breastfeeding or sleeping questions, and had no serious mental health issues. On both online platforms, discovered that distressed mothers posted similar content. Nevertheless, the speech and affect patterns among distressed mothers varied between helpline vs. online forum, implying the platform design may influence significant measures of their support-seeking experience. Results shed new light on the caregivers' experiences of postpartum mental health distress (Yao, X et.al.2022)

A research attempted to examine relationships between the two dimensions of perceived parenting competence and controlling and positive food parenting practices. The UK mothers (N = 269) of children aged 18-59 months filled out questionnaires of both dimensions of perceived parenting competence. There were relationships between competence perceptions and application of food parenting practices. Self-efficacy and parenting satisfaction were positively related to the application of most beneficial food parenting practices. Parenting satisfaction, but not parenting efficacy, was related to lower application of some of the potentially harmful controlling food parenting practices. Neither parenting self-efficacy nor parenting satisfaction was associated with reported pressure to eat by mothers (Holley CE et.al. 2022).

A research on mothers' thinking and adaptation behaviors concerning the baby. The research was planned in descriptive and cross-sectional form. Data were gathered with a questionnaire and "The scale of being the mother of a baby." The research was conducted with 112 mothers that were accessed by snowball sampling

technique and consented to participate. It was found out that they wished to get information on maternal and infant nutrition, diseases, and immunization. There was a statistically significant difference between pacifier use age it was concluded that mothers received 130.7 points in total from the scale, 88.3 points from the motherhood sub-dimension rating, and 42.3 points from the life change sub-dimension (Simsek A. et al. 2022).

A Comparative Study on Younger and Older Mothers examines whether, and how, mothers' meaning of parenthood and their perceived social support are interrelated and related to their happiness. Similarities and differences between younger and older mothers in these respects are also investigated. A total of 1292 Chinese mothers were recruited from various Hong Kong communities. The findings indicate that the older mothers were happier than the younger mothers and that parental meaning and perceived social support positively influenced the happiness of both older and younger mothers. Furthermore, although the findings indicate significant interaction effects between the meaning of parenthood and perceived social support from significant others and friends on older mothers' happiness, similar effects were not observed among younger mothers. This research indicates that social support young mothers get from their partners and friends do not enhance the relationship between the meaning of parenthood and happiness for them. These results are important in understanding the significance of harmonizing social support and meaning-making among younger mothers (To SM et al. 2022).

Exploratory-descriptive study was conducted over 6 months in five different antenatal hospitals in Sindh, Pakistan. A total of 17 semi-structured interviews were conducted with pregnant women, purposefully selected with heterogeneous characteristics to explore diverse perspectives, while symptoms of depression were

quantified by the Edinburgh Postnatal Depression Scale before the interview. Verbatim transcriptions were coded openly and merged into categories and theme. Six themes were revealed through in-depth thematic analysis: 1) purpose of life, 2) emotional management, 3) self-belief, 4) positive approach, 5) building strength of support and relationship and 6) humanity and spirituality. Women concurred that these traits may lead to an improvement in their mental health (Bhamani SS et.al. 2022).

This study was intended to investigate the lived experience of mothers dealing with 11-15 years old adolescents and the issues they face. Semi-structured interviews were used with 7 adolescent mothers. Applying Interpretative Phenomenological Analysis (IPA), two superordinate themes were developed i.e., parental self-doubt and apprehensions. These superordinate themes encompassed 10 sub-themes. The outcomes indicated that mothers reflect back on their past and compare their child to their own childhood and apply some measures that do not work. This contributes to loss of control among the mothers and their related fears and helplessness make them question themselves in the maternal role (Zulfiqar,L & Subhan,S 2022). A descriptive-correlational study of first-time to examine discrepancies between expectations of motherhood and the experience of motherhood in the first 6 to 12 weeks postpartum relationships between maternal quality of life, mood, parental attitudes, and expectations, and predictors of quality of life. Sixty-one mothers participated. Based on scores from the Parenting Expectations Measure, 44% of participants had expectations of motherhood that were not met. Expectations were also a strong predictor of pregnancy and postpartum quality of life (Mary K Adams et.al, 2021).

A phenomenology investigation was undertaken to explore the ways in which mothers' experiences of their child's development and growth altered her view of her identity and herself. Participants were eight women who had launched the oldest child from home in the past 2 years. Robust data analysis and triangulation processes were undertaken to construct themes. Universal themes shared by all participants were classified as internal and external. A few participant experiences were affected by incidental themes like later children, expectations vs. reality, and spirituality. Participants' experience of their role as a mother was also affected by letting go through the developmental journey of their children (Simmons et al. 2021).

A study examines the part that isolation and loneliness have to play in the accounts of women who have been diagnosed with perinatal depression. Isolation and loneliness are more and more recognized as risk factors for depression, including for perinatal depression, but very little has been discovered about whether and how, women themselves link isolation or loneliness to perinatal distress. Drawing on thematic analysis of semi-structured interviews with fourteen English mothers, concluded that women tended to associate depression during and post-pregnancy with a sense of being disconnected from their old self and relationships. Women felt lost, bound to their houses, and frequently unsupported by partners and relatives. Yet, anxiety at being judged as not good enough mothers rendered women hesitant to form genuine relationships with others or to feel or show negative emotions, more lonely and depressed (Lever Taylor et.al.2021).

A qualitative exploration of early mothers' experiences of the interrelationship between body image and exercise during the first five years following birth. Twenty-one postpartum mothers (0-5 years) undertook one-to-one, semi-structured online/phone interviews. Thematic analysis was undertaken following the Braun and

Clarke guide. Three patterns of body image/exercise were suggested by women's accounts, each involving distinct behavior and motivation. Mothers who had reported exercising, or not exercising, due to body dissatisfaction factors were found at highest risk of adverse consequences due to body distress and negative exercise habits. Mothers with greater body appreciation reported more positive exercise behavior (Raspovic AM et.al.2020).

A quantitative longitudinal study to investigate factors that affect MSE among primiparous women in China during the first three months postnatal carried out using questionnaires. A total of 420 Chinese primiparous women were recruited from obstetric wards at three hospitals in Xiamen City, Fujian Province of China. Initial baseline questionnaires to measure socio-demographic and clinical characteristics were distributed to participants face-to-face by the researcher on the postnatal ward at three days postnatal. Six and 12-week postnatal follow-up questionnaires were distributed electronically by the researcher to participants in the form of the Self-efficacy in Infant Care Scale (SICS), the Edinburgh Postnatal Depression Scale (EPDS) and the Postpartum Social Support Scale (PSSS) as a measure of MSE, postnatal depression symptoms and social support, respectively. Quantitative data were processed using SPSS results indicate the variables social support, women's satisfaction with 'Doing the month', postnatal depression, maternal education, baby health, and maternal occupation had an influence on MSE at six weeks postnatal and the variables postnatal depression, social support, baby health, women's satisfaction with 'Doing the month', and baby fussiness were the factors influencing MSE at 12weeks postnatally (X Zheng et al. 2017).

CHAPTER 3

RESEARCH METHADODOLOGY

3.1 Research Epistemology

This study uses an Interpretative epistemology because in this research examining experiences, meanings, and interpretations of motherhood that are subjective not objective (Creswell & Poth, 2018). Every women experience motherhood in a different way, influenced by social, cultural, emotional, and personal factors. The ontological stance is consistent with relativism because every mother views and experiences motherhood differently depending on her upbringing, culture, emotional world, and family.

3.2 Population and Sampling

Target population of this study is mothers who have direct caregiving responsibilities and shared their experiences as mother. Purposive sampling was used to choose sample of seven mothers. Purposive sampling also known as selective sampling that researchers used to choose participants based on particular traits, backgrounds, or expertise related to the study concerns. This increases the findings validity and applicability.

3.2.1. Inclusion Criteria

- Mothers who performing raring their children without formal assistance family will be included.
- Mothers from both nuclear and joint family will be included
- Mothers having children's 5 years old or above

3.2.2. Exclusion Criteria

- Mothers with any chronic physical and psychological illness will be excluded

- Divorced and widows will not include as participant

3.3 Data Collection

The method used for data collection was semi-structured one-on-one telephone interviews. Open-ended questions are used throughout interviews allowing respondents to openly express their thoughts, emotions, and personal tales. All interviews conducted on phone calls and audio recorded that are last for 10 to 20 mints approximately. All interviews are handwritten and then transcribed to extracts initial themes that will use for further analysis.

3.3.1 Operational Definitions

Motherhood

Motherhood refers as a state of being mother and the associated roles, responsibilities emotions and experiences that come with rising children's. Self-reported experiences, feelings, beliefs and evaluation expressed by mothers regarding their maternal role, responsibilities, identity and challenges. Participant's narratives and interpretations explore through qualitative research by using semi-structured interviews to articulate how mothers understand, interpret and give meaning to their lived experience (Creswell & Poth, 2018)

3.4 Procedure

The study was conducted in various structured steps to assure the integrity and reliability of the data collection and analysis procedure. The approach includes the creation of an interview guide with open-ended questions that was based on current literature and fit with the research objectives. The questions sought to elicit mothers' experiences, perspectives, emotional responses, and meanings around their maternal journey. Using purposive sampling, seven mothers were chosen and invited to participate based on their relevance to the research issue. Participants were

approached via social circle and their consent was secured prior to data collection. Explain the study's purpose, participants' rights, confidentiality, and voluntary participation to participants. Semi-structured interviews were conducted over the phone calls. All interviews were end in 15-20 minutes and all interviews were audio-recorded with participant consent and transcribed verbatim for analysis purposes. Transcriptions were reviewed for accuracy and anonymized to protect participant's identities. The data was then organized and analyzed.

3.5 Data Analysis

The qualitative data was analyzed by using Interpretative Phenomenological Analysis (IPA) which is a well-known tool used to explore lived experiences. In this study the participant served as the unit of analysis was mothers with a particular emphasis on their subjective perception of motherhood during analysis, each transcript was read several times to become fully familiar with the content and context of the participants' narratives. Key themes were created based on patterns discovered in individual transcripts which reflect the participants' meaning-making processes after evaluating every participant response separately themes were cross compared to discover sub and superordinate themes with similar meanings and unique features. Themes were interpreted in broader context of psychological and cultural constructs of motherhood.

3.6 Research Ethics

- **Informed Consent:** Before starting interview it make sure that participant was totally aware of the study aims, procedure, risks and benefits.
- **Confidentiality and Anonymity:** Personal information of participant was removed from transcripts. Pseudonyms were applied in reporting of all findings. Data was kept securely and accessed only by researcher.

- Voluntary participation: Participants was fully voluntary, and it informed to participants that they have right to withdraw at any time without any explanation or penalty.

Interview Booklet

Main Question:

How mothers perceive their own motherhood, identifying key factor influences mothers and their role?

Leading questions:

- *In term of raising children how do you think that mothers feel about themselves?*

بچوں کی پرورش کے لحاظ سے آپ کے خیال میں مائیں اپنے آپ کو کیسا محسوس کرتی ہیں؟

- *How much you satisfied with your responsibilities as a mother? If satisfied then what was the reasons of your satisfaction/ if not then what the reason behind?*

بحیثیت ماں آپ اپنی ذمہ داریوں سے کس حد تک مطمئن ہیں؟ کن وجوہات کی بنا پر؟

- *As a mother which aspects has been the most satisfying and fulfilling for you?*

ماں ہونے کی حیثیت سے آپ کے لیے سب سے اطمینان بخش پہلو کون سا رہا؟

- *As a mother in which aspects have you faced the most challenges?*

ماں ہونے کی حیثیت سے آپ کو کن پہلوؤں پر زیادہ چیلنجز کا سامنا کرنا پڑا؟

- *As a mother how do you think your personality is perceived by your children's?*

بحیثیت ماں آپ کو کیا لگتا ہے کہ آپ کی شخصیت آپ کے بچوں کی نظر میں کیسی ہے؟

- *How has your child influence your personal growth/personal life?*

بچوں نے آپکی ذاتی نشوونما پر کس طرح اثر ڈالے؟

- *How do you balance your role as mother and other roles (as a wife, daughter in law, daughter and sister)?*

اپ ماں ہونے کے ساتھ ساتھ اپنی زندگی کے دیگر کرداروں میں کیسے توازن دکھتی ہیں (مثلاً
بحثیت بیوی، بہو اور بیٹی وغیرہ)

- *In raising children what role has your family especially your husband played and what extent are you satisfied with their role?*

بچوں کی پرورش میں آپ کے خاندان، خاص طور پر آپ کے شوہر کا کیا کردار رہا اور آپ ان کے
کردار سے کس حد تک مطمئن ہیں؟

- *What kind of challenges you face because of nature of your family system?*

اپنے خاندانی نظام کی وجہ سے آپ کو کن کن مشکلات کا سامنا کرنا پڑا ہے؟

- *If you could change on thing about your parenting what would it be?*

اگر آپ اپنی پرورش کے انداز میں کوئی ایک چیز بدل سکتی تو وہ کیا ہوتی؟

CHAPTER 4

RESULTS

This chapter presents the findings derived from in-depth semi-structured interviews with 7 mothers. Data analyzed through the lens of Interpretative Phenomenological Analysis (IPA). The aim was to explore how mothers perceive their motherhood roles within the context of their everyday lives, family system and sociocultural influences. Through thematic development several superordinate themes and related subordinate themes emerged that capture both emotional and practical realities of motherhood as experienced by participants. Each theme presented here is supported by verbatim analysis moves beyond surface-level description to interpret how participants perceive their roles, responsibilities and evolving identities as mothers.

Table.4.1

Demographic Variables of participants (N=7)

Participant	Age	Years of marriage	No. of children	Education	Family system
Participant A.K	33	11	4	BS	Nuclear
Participant S.A	35	12	3	F.A	Nuclear
Participant S.B	32	9	3	B.A	Joint
Participant Q.S	29	8	2	BS	Joint
Participant U.R	31	9	3	M.A.Ed.	Joint
Participant N.S	31	10	1	MPhil	Joint
Participant A.M	35	12	2	Masters	Nuclear

Table.4.2

Verbatim and themes of participant 1(N=7)

Participant response		Themes
Children need their mother a lot in every aspect, whether it is about studies or any other work	بچوں کو ماں کی بہت ضرورت ہوتی ہے ہر لحاظ سے چاہے پڑھائی کی بات ہو یا کوئی اور کام	Rely on mother
Having children is a great blessing because not having children is a great sorrow for a woman. Society makes her very miserable.	اولاد کا ہونا بہت بڑی نعمت ہے کیونکہ اولاد کا نہ ہونا عورت کیلئے بہت بڑا دکھ ہے معاشرہ بہت تنگ کر دینا ایسی صورت میں	Blessings Social pressure not have children Children give relief
For me, my children are the first priority, so there is no time left for other people. There is not as much time left for the family as there was before the birth of children.	میرے لیے میری اولاد اولین ترجیح ہے اس لیے باقی لوگوں کے لیے وقت ہی نہیں بچتا۔ فیملی کے لیے اتنا وقت نہیں بچتا جتنا بچوں کی پیدائش سے پہلے ہوا کرتا تھا۔	Neglect family due to raring
Life changes a lot after having children.	بچے ہونے کے بعد زندگی بہت بدل جاتی ہے۔	Change in life priorities
I give my children my full time to make their future good.	بچوں کے فیوچر کو اچھا بنانے کیلئے انہیں مکمل وقت دیتی ہوں۔	Full time for children
I support my children at every stage of their lives.	بچوں کو انکی زندگی کے ہر موڑ پر سپورٹ کرتی ہوں۔	Support for children
My children consider me their friend. They tell me everything without hesitation.	میرے بچے مجھے اپنا دوست سمجھتے ہیں۔ ہر بات بلا جھجک مجھ سے بتاتے۔	Sharing relation is considered good
Being a mother is not an easy job, the responsibilities increase a lot.	ماں ہونا آسان کام نہیں بہت ذمے داریاں بڑھ جاتی ہیں۔	Mothering Difficulties
It would be very difficult to fulfill the responsibilities of the house with children.	بچوں کے ساتھ گھر کی ذمہ داری کو پورا کرنا بہت مشکل ہو جاتا۔	Neglect to home/relations
It would be the responsibility of a mother to educate children well and it would be quite difficult to fulfill this responsibility.	بچوں کی اچھی تربیت کرنا اک ماں کی ذمہ داری ہوتی اور اس ذمے داری کو پورا کرنا کافی مشکل ہوتا۔	Mother responsible for caregiving it self

Whenever a child misbehaved, the first question would be raised about the mother's upbringing, which was intolerable.	جب بھی کوئی بچہ بد تمیزی کرتا تو سب سے پہلا سوال ماں کی پرورش پر اُٹھتا۔ جو کہ نا قابل برداشت ہو تا۔	Mother considered self-responsible or training
Our society would blame only the mother if the child misbehaved.	ہمارا معاشرہ صرف ماں کو قصور وار مانتا اگر بچہ بگڑ جائے۔ -	Mother considered self-responsible or training
Having children earned a woman respect in this society and in-laws -	اولاد کے ہونے سے ہی ایک عورت کو اس معاشرے اور سسرال میں عزت ملتی۔ -	Children are condition to positive status of female
In the case of not having children, the woman would be blamed, which is completely wrong.	اولاد نہ ہونے کی صورت میں عورت کو قصور وار ٹھہرایا جاتا جو کہ سراسر غلط ہے۔ -	Social pressure
Mother was always a role model for her children, so I always tried to behave well in front of them and adopt good habits.	ماں ہمیشہ اپنے بچوں کے لیے رول ماڈل ہوتی اس لیے میری ہمیشہ کوشش ہوتی کہ انکے سامنے اچھے طریقے سے رہوں اچھی عادات اپناؤ۔ -	Mother as mentor or role model
Only an educated mother can explain her children well in every matter.	ایک پڑھی لکھی ماں ہی اپنے بچوں کو اچھے سے ہر معاملے میں سمجھا سکتی۔ -	Importance of educated mother
I always explain my children about their mistakes with love.	میں ہمیشہ اپنے بچوں کو انکی غلطیوں پر پیار سے سمجھا تی ہو۔ -	Traner
I think that being strict on children would make them so stubborn.	مجھے لگتا کہ بچوں پر بے جا سختی انہیں ڈھیٹ بنا دیتی۔ -	Avoid strict training
I always explain to my children with love how they should behave inside and outside the house.	میں اپنے بچوں کو ہمیشہ پیار سے سمجھاتی کہ انہیں گھر کے اندر اور باہر کیسے رہینا ہے۔ -	
My children always happily tell their friends that our mother helps us with work and does not impose restrictions without reason.	میرے بچے اپنے دوستوں کو ہمیشہ خوشی سے بتاتے کہ ہماری ماں ہر کام میں ہماری مدد کرتی اور بغیر وجہ کے پابندیاں نہیں لگاتی۔ -	emotionally supportive parenting

I think it would be very beneficial to live with in-law. It would help a lot in taking care of the children.	مجھے لگتا ہے کہ اپنے ساس سسر کے ساتھ رہنا بہت فائدے مند ہوتا۔ بچوں کو سنبھالنے میں بہت مدد مل جاتی۔	Family support importance
For the sake of the children, I have to tolerate many things from my in-laws so that my children do not get worried.	بچوں کی خاطر بہت سی باتیں بھی سسرال والوں کی برداشت کرنی پڑتی تاکہ میرے بچے پریشان نہ ہوں۔	Peaceful environment
There is nothing more important to me than the peace of my children.	مجھے میرے بچوں کے سکون سے بڑھ کر کچھ نہیں ہے۔	Children peace priority
I would have tried to spend as much time as possible with my children and husband and take care of their needs.	میری کوشش ہوتی کہ جتنا وقت ممکن ہو میں اپنے بچوں اور شوہر کے ساتھ گزاروں اور انکی ہر ضرورت کا خیال کروں۔	Prioritizing Family Bonding
I left many of my hobbies (like studying, work) for my children so that my children could have a better life.	میں نے اپنے بہت سے شوق (آگے پڑھائی کا، نوکری) اپنے بچوں کے لیے چھوڑ دیے تاکہ میرے بچوں کی تربیت پر انکا کوئی منفی اثر نہ پڑے۔	Emotional Sacrifice & Self-Neglect
I share my life experiences with them so that they can learn from it.	میں اپنی زندگی کے تجربات ان سے شیئر کرتی ہوں تاکہ وہ اس سے سیکھ حاصل کر سکیں۔	Teaching through personal experience

Table. 4.3

Verbatim and themes of participant 2(N=7)

Participant response	Themes
Mothers face many difficulties in raising children.	Parenting difficulties/mother hood challenges
They have to fulfill both the children's needs and household responsibilities. A mother has to work very hard for her children.	Dual role strain / Balancing childcare and household tasks
I try my best to fulfill my responsibilities so that I don't make any mistake that could harm my children.	High sense of maternal responsibility

I make every effort to meet my children's needs and be a good mother to them.	میری پوری کوشش ہوتی ہے کہ بچوں کی ضروریات پوری کروں اور انکے لیے اچھی ماں بن سگوں۔	expectations of "ideal mother"
I am satisfied with myself that I am a good mother. I am fulfilling my responsibilities well.	میں اپنی طرف سے مطمئن ہوں کہ میں ایک اچھی ماں ہو میں اپنی ذمے داریاں اچھی طرح نبھا رہی	maternal identity satisfaction
I faced more difficulties in raising my children because I also had to take care of the needs of both my in-laws and my parents' family.	بچوں کی پرورش میں زیادہ مشکلات کا سامنا اس لیے کرنا پڑا کیونکہ سسرال اور میکے کی ضروریات کا بھی خیال رکھنا پڑتا تھا۔	Extended family obligations
Despite trying, mothers still fall short in fulfilling the responsibilities towards their in-laws.	سسرال کی ذمے داریوں میں کوشش کے باوجود بھی ماؤں سے کچھ کوتاہی ہو ہی جاتی ہے۔	Extended family obligations
As children grow older, a mother's responsibilities keep increasing. When the children were young, they used to stay at home, so taking care of them wasn't very difficult.	جیسے جیسے بچے بڑے ہوتے ماں کی ذمے داریاں بڑھتی جاتی ہیں جب بچے چھوٹے تھے تو گھر میں ہی رہتے تھے اس لیے انہیں سنبھالنا مشکل نہیں ہوتا تھا۔	Evolving maternal responsibilities over time
As the children grew older and started going out, it became the mother's job to get them ready and take care of their meals.	جیسے جیسے بچے بڑے ہوئے وہ باہر جاتے انکو تیار کرنا انکے کھانے کا خیال کرنا یہ سب ماں کو ہی کرنا پڑتا	Evolving maternal responsibilities over time
Dropping off and picking up children from school along with managing the household becomes difficult.	بچوں کو سکول چھوڑنا واپس لانا اور ساتھ گھر سنبھالنا مشکل ہو جاتا۔	Time management burden of motherhood
The happiest time for a woman is when she becomes a mother. Having healthy children by the grace of Allah is a satisfying aspect for a woman.	ایک عورت کے لیے سب سے خوشی کا وقت ہوتا جب وہ ماں بنتی ہے۔ اللہ کی رضا سے صحت مند اولاد ہونا ہی عورت کے اطمینان بخش پہلو ہوتا۔	Motherhood as peak emotional fulfillment
My children have a very friendly relationship with me. They tell me everything first. They share all their problems with me.	میرے بچوں کے میرے ساتھ بہت دوستانہ تعلقات ہیں وہ اپنی ہر بات سب سے پہلے مجھے بتاتے ہیں۔ ہر مسئلہ مجھے بتاتے۔	Sharing relation is considered good

Living with in-laws helps avoid the issue of leaving children alone at home in case of an emergency.	سسرال کے ساتھ رہنے سے کسی مجبوری کی صورت میں بچوں کو گھر پر چھوڑنے کا مسئلہ نہیں ہوتا	Importance of extended family
I face problems when going to family events because there's no elder at home to stay with the children.	مجھے خاندان میں آنے جانے میں مسائل پیش آتے کیونکہ کوئی گھر کا بڑا میرے بچوں کے پاس نہیں ہوتا۔	Importance of extended family
The husband is busy working outside all day and can't give much time to the children. A mother's responsibilities regarding children are more than those of a father.	شوہر سارا دن گھر سے باہر کام میں مصروف ہوتے وہ اتنا وقت بچوں کو نہیں دے پاتے - بچوں کو لے کر ماں کی ذمے داریاں باپ کی نسبت زیادہ ہوتی -	Mother responsibilities/ Unequal parenting roles
A mother happily does everything for her children. After becoming a mother, balancing other responsibilities becomes a bit difficult, but mothers do everything for the sake of their children.	ایک ماں اپنے بچوں کے کام خوشی خوشی کرتی ہے ماں بننے کے بعد باقی ذمے داریوں میں توازن رکھنا ذرا مشکل ہوتا لیکن ماں اپنے بچوں کی خاطر سب کر لیتی ہیں -	Maternal self-sacrifice
For the peace of my home and a good environment for my children, I ignore many things said by my in-laws.	میں اپنے گھر کے سکون اور بچوں کے اچھے ماحول کے لیے سسرال والوں کی بہت سی باتیں نظر انداز کر دیتی ہوں -	Prioritizing peaceful environment for children
I keep my children close to the family to ensure they are well brought up and have good relationships with their relatives.	بچوں کی اچھی تربیت اور انکے خاندان کے ساتھ اچھے تعلقات کے لیے انہیں خاندان کے قریب رکھتی ہوں -	Importance of family relationships
I always try that my husband has no complaints about me so that my children remain content and at peace.	میری ہمیشہ کوشش ہوتی کہ میرے شوہر کو میرے سے کوئی شکایت نہ ہو تاکہ میرے بچے مطمئن اور پرسکون رہیں -	Maintaining marital harmony for children's emotional wellbeing
For me, spending as much time as possible with my children is a source of happiness. I enjoy doing things for my children and spending time with them.	میرے لیے میرے بچوں کو زیادہ سے زیادہ وقت دینا خوشی کا باعث ہوتا ہے بچوں کے کام کرنا ان کے ساتھ وقت گزارنا مجھے پسند ہے -	time is source of Emotional fulfillment
My children follow me in everything, which I like very much.	میرے بچے ہر کام میں مجھ فالو کرتے جو کہ مجھے بہت پسند	Mother as role model

I believe children should not be disciplined too harshly.	مجھے لگتا ہے کہ بچوں پر ضرورت سے زیادہ سختی نہیں کرنی چاہیے۔	Positive parenting
Sometimes mothers get angry at their children due to pressure from in-laws, which is wrong, as it harms the children's self-confidence.	بعض اوقات ماٹیں اپنے سسرال کی ذمے داریوں کی وجہ سے بچوں پر غصہ ہو جاتی جو کہ غلط اس سے بچوں میں خود اعتمادی ختم ہوتی۔	extended family stress
As mothers, we should know how to balance our responsibilities.	بحیثیت ماں ہمیں اپنی ذمے داریوں میں توازن کرنا آنا چاہیے۔	Responsibilities management

Table.4.4

Verbatim and themes of participant 3(N=7)

Participant response		Themes
Mothers always feel good about their children, but other responsibilities cause difficulties.	مائیں بچوں کے میں ہمیشہ اچھا ہی محسوس کرتی ہیں باقی ذمے داریوں کی وجہ سے مشکلات ہوتی ہیں۔	motherhood challenges
I am fully satisfied with how I am fulfilling my responsibilities.	میں اپنی ذمے داریوں سے سو فیصد مطمئن ہوں کہ میں اچھے سے نبھا رہی۔	Personal satisfaction of mother role
It is a bit difficult to complete every task for the children on time.	بچوں کے ہر کام کو وقت پر کرنا زرا مشکل ہوتا ہے۔	On time raring is difficult
Along with running the home, a mother also has to ensure the proper upbringing of the children.	گھر کے ساتھ بچوں کی اچھی پرورش کا خیال بھی ماں کو کرنا پڑتا۔	Dual role of homemaking and parenting
Due to a short gap between my first two children, responsibilities increased a lot, but now I've become used to it.	میرے پہلے دونوں بچوں میں کم وقفے کی وجہ سے ذمے داری بہت بڑھ گئی تھی لیکن اب عادت ہو گئی ہے۔	Maternal load
The most difficult part of raising my children was due to the environment of our village.	بچوں کی تربیت میں سب سے زیادہ مشکل مجھے ہمارے گاؤں کے ماحول کی وجہ سے اٹھانی پڑی۔	Environmental challenges in childrearing

<p>I had to raise the children by keeping them at home. I provided everything they needed at home so they wouldn't go outside.</p>	<p>بچوں کو گھر میں رکھ کے انکی پرورش کرنی پڑی - بچوں کو انکی ضرورت کی ہر چیز گھر میں فراہم کی تاکہ وہ باہر نہ جائیں -</p>	<p>Environmental challenges in childrearing</p>
<p>People compare children with others and say their kids are very well-behaved.</p>	<p>لوگ بچوں کا دوسروں بچوں سے موازنہ کرتے ہیں کہ انکے بچے بہت سلجھے ہوئے -</p>	<p>Social comparison and parenting pressure</p>
<p>I find happiness in my children's happiness. I enjoy fulfilling my children's needs.</p>	<p>مجھے میرے بچوں کی خوشی میں ہی خوشی ملتی ہے - مجھے میرے بچوں کی ضروریات پوری کرنا اچھا لگتا ہے -</p>	<p>Maternal satisfaction</p>
<p>Spending time with my children and their father makes me happy. My children are more attached to their father than to me.</p>	<p>بچوں اور انکے والد کے ساتھ وقت گزارنا میرے لیے خوشی کا باعث ہوتا - میرے بچے میرے سے زیادہ اپنے بابا سے منسلک ہیں -</p>	<p>Importance of Father –child relationship</p>
<p>It is the wife who instills the father's love in the hearts of the children. If a woman wants, she can distance the children from their father.</p>	<p>ایک بیوی ہی اپنے بچوں کے دل میں انکے باپ کا پیار ڈالتی۔ اگر عورت چاہے تو وہ بچوں کو باپ سے دور بھی کر سکتی</p>	<p>Mother's role in shaping father-child relationship</p>
<p>I always try to ensure that my children stay close to their father and have a good relationship with him.</p>	<p>میری ہمیشہ کوشش ہوتی کہ میرے بچے اپنے بابا کے قریب رہیں ان سے اچھے تعلقات ہوں بچوں کے -</p>	<p>Mother's role in shaping father-child relationship</p>
<p>My in-laws are good and support me in everything. In the beginning, it was difficult to adapt to my in-laws' ways, but not anymore.</p>	<p>میرے سسرال والے اچھے ہیں ہر کام میں میری سپورٹ کرتے ہیں شروع شروع میں سسرال کے طور طریقے اپنانے میں مشکلات ہوئی تھی پر اب نہیں -</p>	<p>Positive support from extended family</p>
<p>I always set aside an hour at night for the children's studies.</p>	<p>رات کو ایک گھنٹہ بچوں کی پڑھائی کے لیے لازمی نکالتی ہوں -</p>	<p>Time for children education</p>
<p>When a woman doesn't get her husband's support, she becomes irritable, and her behavior with the children also worsens.</p>	<p>جب عورت کو شوہر کی سپورٹ نہیں ہوتی تو عورت چڑچڑے پن کا شکار ہوتی۔ اور بچوں کے ساتھ بھی انکا رویہ خراب ہوتا۔</p>	<p>Impact of marital support on maternal mental health and parenting</p>

I work as a teacher in a school because of my children, to protect them from a bad environment.	میں سکول میں استانی کی جاب اپنے بچوں کی وجہ سے کرتی تاکہ انکو خراب ماحول سے بچا سگوں۔	Children well-being is priority
My husband and I make weekend plans to go out, which makes the children happy and gives me a break too.	میں اور میرے شوہر ویک اینڈ پر کہیں نہ کہیں گھومنے کا منصوبہ بنا لیتے جس سے بچے بھی خوش ہو جاتے اور مجھے بھی بریک مل جاتا۔	Family leisure and self-care
Some level of strictness is necessary with children, otherwise they become spoiled.	بچوں پر کچھ حد تک سختی بھی کرنی چاہیے ورنہ بچے بگڑ جاتے ہیں۔	Some degree of strict parenting is necessary
My elder son has become spoiled due to excessive pampering and doesn't listen to me now, so I have to be stricter with him.	میرا بڑا بیٹا لاڈ پیار میں بگڑ گیا اب مہی بات نہیں مانتا اس لیے مجھے اس پر زیادہ سختی کرنی پڑتی۔	Some degree of strict parenting is necessary
Too much pampering from in-laws spoils the children because they don't allow any strictness.	سسرال والوں کے زیادہ لاڈ پیار بگاڑ دیتا بچوں کو کیونکہ وہ بچوں پر سختی نہیں کرنے دیتے۔	Grandparental indulgence and lack of discipline
Mothers should be strict with children to the extent that they listen to their mother. Mothers should not beat their children; it has a negative effect.	ماؤں کو بچوں پر اس حد تک سختی کرنی چاہیے کہ وہ ماں کی بات مانیں۔ - ماؤں کو مار پیٹ نہیں کرنی چاہیے بچوں پر برا اثر پڑتا ہے۔	Avoid physical punishment
Every child has a different psychology that only a mother can understand; some respond to love, others to scolding.	ہر بچے کی نفسیات الگ ہوتی جو کہ صرف ماں سمجھ سکتی کچھ بچے پیار سے بات سمجھتے اور کچھ ڈانٹ کھا کر۔	Importance of Understanding child psychology
Mothers should understand children according to their psychology and be strict only as much as necessary.	ماؤں کو بچوں کی نفسیات کے مطابق سمجھا نا چاہیے جس حد تک سختی کی ضرورت ہو کرنی چاہیے۔	Importance of Understanding child psychology

Table.4.5

Verbatim and themes of participant 4(N=7)

Participant response	Themes
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Raising children is most difficult for a mother, especially with the first child, because she has no idea how to manage everything.	بچوں کی پرورش ماں کیلئے سب سے مشکل ہوتی خاص طور پر پہلے بچے کی دفعہ کیونکہ سب کچھ کیسے سنبھالنا پتہ ہی نہیں ہوتا	Motherhood Challenges
Becoming a mother for the first time is one of the most difficult experiences.	پہلی بار ماں ایک مشکل ترین تجربہ ہوتا ہے -	Motherhood Challenges
I am quite satisfied with my responsibilities.	میں اپنی ذمے داریوں سے کافی حد تک مطمئن ہوں۔	Motherhood Challenges
I feel there are some areas where I fell short.	مجھے لگتا ہے کہ کچھ پہلو ہیں جہاں میرے سے کمی رہ گئی -	
Due to household responsibilities, I am unable to give my full attention to the children.	گھر کی ذمہ داریوں کی وجہ سے بچوں کو اپنی پوری توجہ نہیں دے پاتی	Extended family challenges
I try my best to fulfill all my children's needs on time.	میں بچوں کی ہر ضرورت کو وقت پر پورا کرنے کی مکمل کوشش کرتی ہوں -	Mothers' emotional satisfaction linked to children's happiness
I can't give the children as much time as I feel I should.	بچوں کو اتنا وقت نہیں دے پاتی جتنا کہ مجھے لگتا ہے کہ دینا چاہیے -	Guilt over not spending enough time
Managing both school responsibilities and household duties becomes difficult.	بچوں کے سکول کے ساتھ ساتھ گھر کی ذمے داریوں کو پورا کرنا مشکل ہو جاتا ہے -	Responsibilities management challenges
I've made a timetable to ensure I complete everything on time so that the children and family don't face problems because of me.	ہر کام کو وقت پر انجام دینے کے لیے میں نے ٹائم ٹیبل بنایا ہوا تاکہ بچوں اور گھر والوں کو میری وجہ سے مشکل نہ پیش آئے	Trying hard to balancing family and children responsibilities
I feel at peace when the children are at school because I know they are in a safe place. I feel calm when the children are in front of my eyes.	بچے سکول ہوں تو میں مطمئن ہوتی ہوں کہ محفوظ جگہ ہیں۔ بچے میری نظروں کے سامنے رہیں تو سکون رہتا مجھے -	Concern when children are out of sight
When the children go out somewhere, I constantly worry about them.	بچے باہر کہیں چلے جائیں تو مجھے سارا وقت انکی فکر لگی رہتی -	Concern when children are out of sight

I always try to demonstrate good habits in front of my children.	میں ہمیشہ کوشش کرتی ہوں کہ بچوں کے سامنے اچھی عادات اپناؤں -	Mother is role model
I avoid lying or being dishonest with my children.	بچوں کے ساتھ کبھی غلط بیانی یا کوئی جھوٹ نہ بولوں۔	Avoiding dishonesty
Children adopt the habits they observe in their mother. I try to fulfill every promise I make to them, no matter what.	بچے ماں کو جیسا کرتے دیکھتے ہیں وہ وہی عادات اپنا لیتے ہیں میں ان سے جس بات کا وعدہ کروں اسکو ہر حال میں پورا کرنے کی کوشش کرتی ہوں -	Mother is role model
If there's something I can't agree to, I explain and refuse instead of lying. This helps children develop honesty and reduces stubborn behavior.	جو بات ماننے کی نہ ہو اس پر انکو سمجھا کر انکار کرتی ہوں بجائے کہ میں غلط بیانی کروں۔ اس سے بچوں میں سچ بولنے کی اور ہر بات پر زد نہ کرنے کی عادت آ جاتی	Importance of consistency and fulfilling promises
Living with in-laws has both advantages and disadvantages I benefited more from living with in-laws because I got a lot of help in looking after the children. If I didn't understand something, the elders at home were there to help.	سسراں والوں کے ساتھ مل کر رہنے کے فوائد بھی ہیں پر نقصانات بھی ہیں مجھے سسرال والوں کے ساتھ رہنے میں زیادہ ہوا کیونکہ بچوں کو سنبھالنے میں بہت مدد ملی جس بات کی سمجھ نہیں آرہی ہوتی تھی تو گھر میں موجود بڑوں سے مدد مل جاتی تھی -	Both supportive and demanding aspects of joint families
When I have to leave the children at home, I don't worry about them too much.	بچوں کو گھر پر چھوڑ کا جانا پڑے تو مجھے انکی زیادہ فکر نہیں ہوتی -	Supportive family system
The downside is that having more people at home increases responsibilities.	نقصان یہ ہوا کہ گھر میں لوگ زیادہ کی وجہ سے ذمے داریاں بھی زیادہ ہیں -	Pressure of joint family system
Because of household responsibilities, I can't give my children as much time as a mother should.	گھر کی ذمے داریوں کی وجہ سے بچوں کو اتنا وقت نہیں دے پاتی جتنا اک ماں کو دینا چاہیے -	Both supportive and demanding aspects of joint families
Sometimes, after getting tired from all the responsibilities, I end up taking out my frustration on the children.	بعد اوقات ان ذمے داریوں سے تھکنے کے بعد تکاوٹ کا غصہ بچوں پر نکل جاتا ہے	Frustration directed at children due to exhaustion
Everyone at my in-laws shares the work, so balancing household and children's responsibilities becomes a bit easier for me.	سسراں میں سب مل جل کر کام کرتے اس لئے بچوں اور گھر کی ذمے داریوں میں توازن رکھنا میرے لیے ذرا آسان ہو جاتا -	Supportive aspects of joint family

Before having children, I used to be very lazy, but now I don't even get time to rest during the day.	بچوں کی پیدائش سے پہلے میں بہت سست بڑا کرتی تھی پر اب بچوں کے ساتھ تو دن میں آرام کا وقت ہی نہیں ملتا	Personal changes
Children should be explained everything with love. I often used to get angry at the children, which made them more stubborn.	بچوں کو ہر بات پیار سے سمجھا نی میں اکثر بچوں پر غصہ کر چاہیے جاتی تھی جس کی وجہ سے وہ ذدی ہو گئے ہیں۔	Prefer Gentle parenting
Whatever I explain to them lovingly, they always remember and act upon.	میں جو بات انکو پیار سے سمجھاؤں وہ بات ہمیشہ یاد رکھتے ہیں اور اس پے عمل بھی کرتے ہیں۔	Benefits of gentle parenting
This habit of getting angry worries me a bit about my children. The exhaustion from all the work often ends up being directed at the children.	میں بس ایک اس غصہ کرنے والی عادت کی وجہ سے تھوڑی اپنے بچوں کو لے کر پریشان ہوتی ہوں۔ سب کاموں کی تھکاوٹ کہیں نہ کہیں بچوں پے نکل جاتی	Guilt of short temperament
My husband supports me a lot. When I'm resting, their father takes care of their needs.	میرا شوہر میرا بہت ساتھ دیتے میرے آرام کرنے کے وقت انکے والد انکی ضروریات کا خیال	Spouse support

Table.4.6

Verbatim and themes of participant 5(N=7)

Participant response		Themes
A mother does not consider her child's responsibilities as a burden but willingly takes them on with happiness.	ماں اپنے بچے کے کاموں کو بوجھ سمجھ کر نہیں بلکہ اپنی خوشی سے ذمہ داری سمجھ کر کرتی ہیں	Maternal responsibility
When a woman gets married, a natural instinct develops within her to become a mother And take responsibility for children.	عورت کی جب شادی ہوتی ہے تو قدرتی طور پر اس کے اندر ماں بننے اور بچوں کی ذمہ داریاں اٹھانے کا جذبہ پیدا ہو جاتا۔	Instinct of motherhood
A mother adjusts her lifestyle according to the needs of her children.	ماں اپنی زندگی گزارنے کے طریقوں کو اپنے بچوں کی ضروریات کے مطابق بدل لیتی ہے	Adaptability

I consider me as a good mother because my children's upbringing reflects it.	میں اپنے آپکو ایک اچھی ماں سمجھتی ہوں کیونکہ میرے بچوں کی پرورش اس بات کا ثبوت ہے۔	Self-perception of parenting
I don't trust anyone when it comes to my children; I take care of all their needs Myself.	میں اپنے بچوں کے معاملے میں کسی پر بھروسہ نہیں کرتی انکی ہر ضرورت کا خود خیال کرتی ہوں۔	Overprotective
From food to education, I handle all the responsibilities of my children on my own.	میں بچوں کے کھانے پینے سے لے کر انکی پڑھائی تک سب ذمے داریاں خود نبھاتی ہوں۔	Self-reliance in parenting
Due to the joint family system, I sometimes face challenges, as in-laws support things for the children that I don't want them to do.	مشترکہ خاندانی نظام کی وجہ سے کچھ پہلوؤں پر مشکلات کا سامنا کرنا پڑتا کیونکہ سسرال والے بچوں کو ان باتوں پر سپورٹ کرتے جو میں نہیں چاہتی کہ میرے بچے کریں۔	Joint family conflicts
Because of the responsibilities of in-laws, I often end up taking out my anger on the children.	سسرال کی ذمے داریوں کی وجہ سے اکثر بچوں پر غصہ نکل جاتا ہے۔	Stress displacement
I strongly dislike interference from in-laws in the upbringing of my children.	مجھے سسرال والوں کی دخل اندازی بچوں کی پرورش کے معاملے میں بہت نا پسند ہے۔	Disapproval of interference
Joint family system also has its benefits children learn a lot, such as sharing, respecting boundaries, and being empathetic.	مشترکہ خاندانی نظام کے فوائد بھی ہیں بچے بہت کچھ سیکھتے ہیں وہ شیرنگ کرنا سیکھتے لوگوں کے بیچ کیسے اپنی حدوں میں رہنا اور دوسروں کا احساس کرنا وغیرہ۔	Pros of joint family
I have certain principles for my children, and I don't like when anyone encourages them to break those rules.	میرے کچھ اصول ہیں بچوں کے لئے اور مجھے نہیں پسند کے کوئی میرے بچوں کی حوصلہ افزائی کرے ان اصولوں کو توڑنے میں۔	Parental control and discipline
When a woman becomes a mother, the purpose of her life becomes the proper upbringing of her child.	جب ایک عورت ماں بن جاتی ہے تو اسکی زندگی کا مقصد اسکے بچے کی اچھی پرورش بن جاتا ہے۔	Purpose and identity shift
My life revolves around my children. I try to fulfill their needs and desires before my own.	میری زندگی کا محور میرے بچے ہیں میں اپنے سے پہلے انکی ضروریات اور خواہشات کو پورا کرنے کی کوشش کرتی ہوں۔	Self-sacrifice

If the children are happy, the mother finds her happiness in their well-being.	اگر بچے خوش ہوں تو ماں اسی میں خوش ہوتی ہے کہ اسکے بچے ٹھیک ہیں -	Emotional dependence
If the child is growing and being raised well, the mother feels content and happy.	اگر بچے کی نشوونما اچھی ہو رہی اسکی پرورش اچھی ہو رہی تو ماں خود کو مطمئن اور خوش سمجھتی ہے -	Satisfaction from parenting
Whenever my children need any kind of help, they come only to me.	میرے بچوں کو جب بھی کسی قسم کی مدد چاہیے ہوتی وہ میرے پاس ہی آتے ہیں -	Emotional availability
Children go to the one they trust in times of distress someone they believe can help them. My children always come to me in such times.	بچے تکلیف کے وقت اسی کے پاس جاتے جن سے انہیں یقین ہوتا کہ وہ انکی تکلیف کو ختم کرنے میں مدد کرے گا اور میرے بچے ہمیشہ ایسے وقت میں میرے پاس ہی آتے -	Trust and availability
My attachment with my children is stronger than with their father, and that's why I feel I am a good mother because they always share everything with me first.	میری اٹیچمنٹ میرے بچوں کے ساتھ انکے والد سے زیادہ ہے جس وجہ سے بھی مجھے لگتا کہ میں ایک اچھی ماں ہوں۔ کیونکہ وہ ہر بات سب سے پہلے مجھے بتاتے -	Emotional closeness
I compromise in many areas so that the environment at home remains pleasant and relationships stay strong.	میں بہت سی جگہوں پر کمپرومائز کر جاتی ہوں تاکہ میرے گھر کا ماحول اچھا رہے۔ سب سے تعلقات اچھے رہیں -	Sacrifice for harmony
As children grow, mothers should also evolve their parenting styles. For example, when a child is small, they understand love, but as they grow, a bit of strictness is necessary, or they may go astray	جیسے جیسے بچے بڑے ہو تے ماؤں کو اپنی پرورش کے انداز بھی بدلنے چاہیے۔ جیسے کہ جب بچہ چھوٹا ہوتا وہ پیار سے سمجھتا جب تھوڑا بڑا ہو تو ماں کو ذرا سختی کرنی چاہیے ورنہ بچے بگڑ جاتے۔	Evolving parenting style
I think I am a bit of a controlling mother, and I should work on changing myself.	مجھے لگتا ہے کہ میں تھوڑی کنٹرولنگ ماں ہوں تو مجھے اپنے اندر تبدیلی لانی چاہیے -	Self-reflection
We should maintain a friendly relationship with children because if they get scolded instead of being explained, they begin to hide things.	ہمیں بچوں کے ساتھ دوستانہ تعلقات رکھنے چاہیے کیونکہ جب بچے کو غلط کام پر سمجھا نہ کے بجائے ڈانٹ پڑی ہے تو وہ باتیں چھپانے لگتے ہیں -	Importance of communication

Fear negatively affects children's self-confidence, so mothers should always maintain a friendly relationship with them.	بچوں میں جب ڈر آ جاتا تو انکی خود اعتمادی پر برا اثر پڑتا ہے اس لیے ماؤں کو ہمیشہ بچے کے ساتھ دوستانہ تعلقات رکھنے چاہیے	Building confidence
Only a mother teaches a child to learn from their mistakes instead of being afraid of them.	ماں ہی بچوں کو غلطیوں پر ڈرنے کے بجائے ان غلطیوں سے سبق حاصل کرنا سیکھاتی۔	Teaching through mistakes
For a woman, giving birth to a child is not as difficult as raising them well.	ایک عورت کے لیے بچے کو پیدا کرنا اتنا مشکل نہیں جتنا اسکی اچھی پرورش کرنا ہے۔	Value of upbringing

Table.4.7

Verbatim and themes of participant 6(N=7)

Participant response		Themes
Raising children is a challenging situation, and mothers have to face many difficulties.	بچوں کی پرورش کرنا ایک چیلنجنگ صورتحال ہوتی ہے، جس میں ماؤں کو بہت سی مشکلات کا سامنا کرنا پڑتا ہے	Motherhood as a Demanding and Challenging Experience
I am satisfied with my responsibilities because my children's personalities are developing just the way I want them to.	میں اپنی ذمہ داریوں سے الحمد للہ مطمئن ہوں کیونکہ جیسے میں چاہتی ہوں کہ میرے بچوں کی شخصیت بنے، ویسے ہی بن رہی ہے	Parental Satisfaction through Positive Child Development
I face a lot of difficulty in handling my children's tantrums because in a joint family system, other children are also present, and kids tend to adopt each other's behaviors.	مجھے بچوں کے ٹینٹرمز سنبھالنے میں بہت مشکلات کا سامنا کرنا پڑتا ہے کیونکہ جو انٹ فیملی میں باقی بچے بھی ہوتے ہیں، تو بچے ایک دوسرے کو دیکھ کر رویے اپنا لیتے ہیں۔ اور بچوں کو اندازہ نہیں ہوتا کہ وہ جو عادت دوسرے بچوں سے سیکھ رہے ہیں، وہ ٹھیک ہے یا غلط	Behavioral Challenges in Joint Family Influences
Sometimes my children consider me a strict mother because I give them limited screen time, which is actually good for them.	میرے بچے کبھی کبھار مجھے سخت ماں سمجھتے ہیں کیونکہ میں انہیں کم اسکرین ٹائم دیتی ہوں، جو کہ ان کے لیے بہتر ہے۔	parental Boundary-Setting
I believe that being friendly with children these days is more effective because they understand and accept things more easily when spoken to with love.	میرا ماننا ہے کہ آج کل کے بچوں کے ساتھ دوستانہ رویہ رکھنا زیادہ بہتر ہے کیونکہ وہ پیار سے بات کو جلدی سمجھتے اور مانتے ہیں۔	Balanced Parenting

In a joint family, a mother often doesn't get the ideal environment she wishes for her child. In such a setup, the child doesn't just learn from the parents but also absorbs behaviors from other relatives and their children.

جوائنٹ فیملی میں وہ مثالی ماحول نہیں ملتا جیسا ایک ماں چاہتی ہے کہ اس کے بچے کو ملے۔ اس نظام میں بچہ صرف والدین سے ہی نہیں سیکھ رہا ہوتا بلکہ باقی رشتہ داروں اور ان کے بچوں سے بھی بہت کچھ سیکھتا ہے

Family role

It becomes very challenging for me to stop my child from doing the same and to explain why it's not good.

تو ایسے میں بچے کو اس سے روکنا اور اسے بات سمجھانا میرے لیے بہت چیلنجنگ رہا

Positive Discipline Strategies

My parents, husband, and in-laws have all been very supportive, especially since a lot changed after I took on the responsibility of a child. They stood by me and helped me whenever I felt exhausted.

میرے والدین، شوہر اور سسرال والے سب کافی سپورٹ کرتے رہے ہیں کیونکہ بچے کی ذمہ داری آنے کے بعد زندگی میں بہت کچھ بدل گیا تھا۔ لیکن سب نے مجھے سنبھالا۔

Family Support and Shared Parenting Responsibility

Along with raising my child, I have also experienced personal growth. I used to get frustrated very quickly, but after learning to handle my daughter's tantrums, I've developed a lot of patience.

بچے کی پرورش کے ساتھ میری ذاتی نشوونما بھی ہوئی ہے۔ پہلے میں بہت جلدی فروسٹریٹ ہو جاتی تھی، لیکن جب بیٹی کے ٹینٹرمز کو سنبھالنا سیکھا تو میرے اندر بہت صبر آ گیا۔

Mother's Personal Growth through Parenting

A child's personality is deeply influenced by positive relationships with parents and other relatives. Their self-esteem, confidence, self-perception, and even intelligence are all affected by the quality of these relationships.

بچے کی شخصیت پر والدین اور دیگر رشتہ داروں کے ساتھ مثبت تعلقات کا بہت گہرا اثر ہوتا ہے۔ بچے کی خود اعتمادی، اُس کا اعتماد، خود کو دیکھنے کا انداز، حتیٰ کہ اُس کی ذہانت بھی ان تعلقات سے متاثر ہو رہی ہوتی ہے

Relational Influence on Child Development

I believe that a nuclear family system is better when it comes to raising children, but even in that setup, children should remain close to their paternal family.

مجھے لگتا ہے کہ بچوں کی پرورش کے لحاظ سے نیوکلیئر فیملی سسٹم بہتر ہوتا ہے، لیکن اس میں بھی بچوں کو اپنے ددھیال کے قریب رکھا جانا چاہی۔

Balancing Nuclear and Joint Family Benefits

In the beginning, I adopted a somewhat authoritarian parenting style, but later I realized that it wasn't the right approach. The authoritative style is far more effective and supportive. I feel that was a mistake on my part, and I should have embraced the authoritative style from the start.

شروع میں میں نے کچھ حد تک آمرانہ پیرنٹنگ اسٹائل اپنایا تھا، لیکن بعد میں مجھے احساس ہوا کہ یہ درست طریقہ نہیں ہے۔ اتھارٹیٹیو انداز زیادہ (Authoritative) مددگار ثابت ہوتا ہے۔ مجھے لگتا ہے کہ یہ میری غلطی تھی، اور مجھے ابتدا سے ہی اتھارٹیٹیو طرز

Parenting Style Transition and Reflection

تربیت کی طرف آنا چاہیے تھا۔

Table.4.8

Verbatim and themes of participant 7(N=7)

Participant response	Themes
Becoming a mother is an honor for a woman. Every woman wishes to have children, as they are a blessing.	Spiritual blessing of motherhood
Responsibilities aside, having children is a joyful and fulfilling experience it gives a sense of completeness to one's family.	Emotional fulfillment
I am quite satisfied with my responsibilities because I try my best to do everything.	Role satisfaction
I always try to provide everything my children need and teach them whatever I believe is necessary for their learning and growth.	Personal Investment in Mothering
Despite all efforts, some gaps remain. For example, children learn things from their school or social circle that become difficult to explain later.	Personal Investment in Mothering
Sometimes it becomes difficult to make children understand things because they are not yet at the level where parents are thinking.	Intergenerational Communication Gap
The most fulfilling thing for a mother is when her child understands her and reflects the behavior she hoped to instill.	Parental Validation through Children's Behavior

<p>For parents, the most reassuring thing is to see their children learning good values in life and applying them.</p>	<p>والدین کے لیے سب سے تسلی بخش بات یہی ہوتی ہے کہ ان کے بچے زندگی میں کچھ اچھا سیکھ رہے ہیں اور اس پر عمل بھی کر رہے ہیں۔</p>	<p>Parental Validation through Children's Behavior</p>
<p>For children, the mother is the primary and complete source of understanding and learning.</p>	<p>بچوں کے لیے ایک مکمل ذریعہ سمجھنے اور سیکھنے کا ماں ہی ہوتی ہے</p>	<p>Mother as Central Emotional anchor</p>
<p>My children are most comfortable with me. I'm always their main support, which is why they come to me for every issue and need.</p>	<p>میرے بچے سب سے زیادہ میرے ساتھ آرام دہ ہوتے ہیں۔ ان کی سپورٹ ہمیشہ میں ہی بن جاتی ہوں، اسی لیے وہ ہر مسئلے یا مدد کے لیے میرے ہی پاس آتے ہیں۔</p>	<p>Mother as Central Emotional Anchor</p>
<p>In a joint family, there were many responsibilities alongside parenting, which became overwhelming. But now, in a nuclear family setup, things are much easier.</p>	<p>جوائنٹ فیملی میں بچوں کے ساتھ ساتھ اور بھی بہت سی ذمہ داریاں تھیں جو اکثر مشکل بن جاتی تھیں، لیکن اب نیوکلیئر فیملی میں یہ کافی آسان ہو گیا ہے</p>	<p>Joint family responsibilities</p>
<p>My husband fully supports me in every responsibility, so now things don't feel so difficult. With just the children to focus on, we manage smoothly</p>	<p>شوہر ہر ذمہ داری کو پورا کرنے میں میرا مکمل ساتھ دیتے ہیں، اس لیے اب سب کچھ اتنا مشکل نہیں لگتا۔ صرف بچوں کی ذمہ داری ہے، جو ہم آسانی سے نبھا لیتے ہیں۔</p>	<p>Spouse support</p>
<p>The most challenging part of parenting was during our time in a joint family when I would discipline the kids, their grandmother would stop me in front of them, which was very frustrating.</p>	<p>بچوں کی پرورش میں سب سے زیادہ چیلنجنگ بات یہ رہی کہ جب ہم جوائنٹ فیملی میں تھے، اور میں بچوں کو کسی بات پر ڈانٹتی تھی تو ان کی دادی مجھے بچوں کے سامنے روک دیتی تھیں، جو میرے لیے بہت پریشان کن ہوتا تھا۔</p>	<p>Joint family impacts</p>
<p>The children were getting spoiled due to excessive pampering in the joint family and becoming stubborn. I would often discuss with their grandmother to be more cautious, as this behavior was harmful.</p>	<p>بچے جوائنٹ فیملی کے لاڈ پیار میں بگڑ رہے تھے اور ضدی ہوتے جا رہے تھے۔ میں اکثر ان کی دادی سے بات کرتی تھی کہ بچوں کو سنبھالیں، ورنہ یہ رویہ ان کے لیے نقصان دہ ہوگا۔</p>	<p>Family impacts</p>
<p>I also discussed with other in-laws that certain things should not be done in front of the children, as it creates a wrong image. This helped improve things to some</p>	<p>میں نے باقی سسرالی رشتہ داروں سے بھی بات کی کہ بچوں کے سامنے ایسی چیزیں نہ کریں جن سے ان کا غلط رویہ بنے۔ اس سے</p>	<p>Family support</p>

extent.	کچھ حد تک بہتری آئی۔	
The mother plays the most vital role in a child's upbringing, but support from the rest of the family has also helped a lot, as they now understand me better.	بچوں کی پرورش میں ماں کا سب سے اہم کردار ہوتا ہے، اور باقی خاندان کی سپورٹ بھی میرے لیے بہت مددگار رہی، کیونکہ اب وہ مجھے اچھی طرح سمجھتے ہیں۔	Maternal Role Supported by Family
My husband is extremely supportive he picks and drops the kids from school and takes them out on weekends. Every family member plays their role well.	میرے شوہر بہت زیادہ سپورٹ کرتے ہیں، بچوں کو اسکول لیے جانا، چھوڑنا، اور ویک اینڈز پر باہر گھمانا سب انہی کی ذمہ داری ہے۔ ہر فیملی ممبر اپنا کردار اچھی طرح نبھاتا ہے۔	Role of Family support
My children are very attached to their father and his family. Everyone tries to provide a good environment and treat the children with love and care.	میرے بچے اپنے والد اور ان کے خاندان کے افراد سے بہت اٹیچڈ ہیں۔ سب کی کوشش یہی ہوتی ہے کہ بچوں کو اچھا ماحول ملے اور وہ ان سے پیار سے پیش آئیں۔	Emotional Bonding and Support from Extended Paternal Family
After having children, all the focus shifts to them even forgetting whether I've eaten or not. Now all that matters is that everything should be perfect for the kids.	بچوں کے بعد ساری توجہ بچوں پر ہو جاتی ہے، یہاں تک کہ یاد ہی نہیں رہتا کہ خود کچھ کھایا ہے یا نہیں۔ اب بس یہی فکر رہتی ہے کہ بچوں کی ہر چیز مکمل اور درست ہو۔	Maternal Self-Neglect and
I feel that sometimes I get too strict with the kids, which I need to be mindful of, because they are still too young to understand everything.	مجھے لگتا ہے کہ کبھی کبھی میں بچوں کے ساتھ بہت سخت ہو جاتی ہوں، جو کہ مجھے سوچنا چاہیے کیونکہ وہ ابھی اتنے بڑے نہیں ہوئے کہ ہر بات کو سمجھ سکیں۔	Emotional fulfillment
A child learns everything from their mother. The way a mother reacts becomes the way a child reacts.	بچہ ہر چیز ماں سے ہی سیکھتا ہے۔ جیسا ماں کا ردعمل ہوتا ہے، ویسا ہی بچہ بھی ردعمل دیتا ہے	Mother as role model
For a woman, giving birth to a child is not as difficult as raising them well.	ایک عورت کے لیے بچے کو پیدا کرنا اتنا مشکل نہیں جتنا اسکی اچھی پرورش کرنا ہے۔	Value of upbringing

Table.4.9

Subordinate themes and extracted themes

Subordinate themes	Extracted themes
Motherhood as Challenging Role	<ul style="list-style-type: none"> • Rely on mother • Parenting difficulties

Strong Maternal Identity	<ul style="list-style-type: none"> • Dual role strain • Responsibilities management • Guilt over not spending enough time • Self-responsibility for caregiving • Self-perception of parenting • Identity shift • Maternal self-neglect •
Family and Spousal Support	<ul style="list-style-type: none"> • Support for children • Spouse support • Cooperative parenting roles • Positive support from extended family
Complex Role of Family	<ul style="list-style-type: none"> • Familial stress • Demanding family dynamics • Grandparental indulgence
Motherhood as Emotional Fulfillment	<ul style="list-style-type: none"> • Spiritual blessing of motherhood • Children bring relief • Emotional fulfillment • Maternal satisfaction linked to children's happiness
Emotionally Sensitive Parenting	<ul style="list-style-type: none"> • Gentle parenting • Avoiding strictness • Emotional intelligent parenting • Affectionate parenting
Mother as Role Model	<ul style="list-style-type: none"> • Mother as mentor • Teaching through mother experiences • Value of upbringing
Social Challenges as Mother	<ul style="list-style-type: none"> • Emotional anchor and educator • Social pressure • Social comparison in parenting • Intergenerational communication gap
Shifting Priorities	<ul style="list-style-type: none"> • Change in life priorities • Time management challenges
Prioritizing Children's Emotions	<ul style="list-style-type: none"> • Prioritizing peace for children • Child well-being as priority • Creating peaceful environment • Importance of family relationships • Marital harmony for children well-being

Table.4.10

Subordinate and Superordinate themes

Superordinate themes	Subordinate themes
Maternal Emotional Experiences	<ul style="list-style-type: none"> • Motherhood as emotional fulfillment • Emotionally Sensitive Parenting • Prioritizing Children's Emotions
Social dynamics	<ul style="list-style-type: none"> • Family and Spousal Support • Complex Role of Family • Social challenges as mother
Maternal identity	<ul style="list-style-type: none"> • Strong Maternal Identity • Mother as Role Model • Shifting Priorities • Motherhood as challenging role

Superordinate theme: Maternal Emotional Experiences

Emotional dimension captures that how mothers experience emotional fulfillment, sensitivity and caregiving as well as emotional challenges and the need to create peace and harmony for children's emotional stability.

Motherhood emotional experiences

This theme explores the emotional transformation and gratification mothers drives from their role even when it involves personal sacrifices.

Participant A.K:

‘‘I left many hobbies for my children’s so that my children could have a better life’’

Participant S.A:

‘‘Happiest time for a women is when she became mother. For me spending time with my children is a source of happiness. I enjoy doing things for my children’s.’’

Participant S.B:

‘‘I find happiness in my children’s happiness. I enjoy fulfilling my children’s needs.’’

Participant U.R:

‘‘My life revolves around my children’s. I try to fulfill their needs and desires before my own.’’

Participant’s responses within this theme capture the profound emotional fulfillment that motherhood offers despite the personal costs it often entails. For these mothers nurturing their children’s is not simply a responsibility but a deeply meaningful and rewarding experience that brings them joy and sense of completeness. Their narratives revealed that their emotional gratifications are closely tied to the happiness and success of their children’s so much that their own desires, interests and needs frequently take backseat. For Pakistani mothers motherhood is a most honorable and spiritually fulfilling phase of their life their journey of motherhood is not only linked with responsibilities and challenges but also a deep emotional transformation in which love, selflessness and joy become interlinked with their evolving identities.

Emotionally Sensitive Parenting

That superordinate theme reflects mother’s preferences about emotionally supportive, gentle and appropriate parenting style and avoiding strict parenting that is not good for children development.

Participant A.K:

‘‘I always explain my children about their mistakes with love because I think that being strict on children’s would make them stubborn.’’

Participant S.A:

‘‘I believe children should not be disciplined too harshly. Sometimes mother’s got angry on their children’s due to pressure from in-laws which negatively affect their self-confidence.’’

Participant Q.S:

‘‘Children’s should be explained everything with love because whatever I explain to my children’s with love they always remember and act upon.’’

Participant N.S:

‘‘I try to deal with my children’s tantrums logically so their confidence isn’t harmed and being friendly with them is more effective than strictness that effect their confidence negatively.’’

Participants responses in this theme show their interest toward emotionally sensitive parenting and avoidance toward strict, over controlling parenting approach. These mothers emphasize the importance of empathy, calm communication and emotional awareness that guided their children’s behaviors. Their preferences toward emotional sensitive parenting are because of their desire to nurture emotionally secure, confident and emotion expressive children’s. They understand the importance of boundaries setting as children’s grown. These Pakistani mothers reveal a parenting ethos that deeply rooted with compassion, reflection and emotional intelligence one that not seek only to control behavior but to cultivate trust, understanding and long term moral growth in their children’s.

Prioritizing Children’s Emotions

This theme highlights mother’s desires for creating emotionally stable, peaceful and comfortable environment for children’s for their better growth by managing conflicts and protecting them from stress.

Participant A.K:

‘‘I always avoid arguments in front of children’s because I don’t want to destroy their mental peace their emotional stability is most important than proving my point right.’’

Participant S.B:

‘‘I try to create a calm and peaceful environment at home so that my children’s grow up emotionally secure’’

Participant Q.S:

‘‘I think peaceful home environment help children to be more focused and confident that why I avoid harsh and strict reacting approach.’’

Participant N.S:

‘‘I make sure that our home environment stay happy and loving because I don’t want that my children’s carry emotional burdens from home into the outside world’’

Mother’s responses under this theme highlight that how mothers make efforts to manage conflicts to suppress stress to make calm and comfortable home environment for their children’s. These mothers emphasized that peace of mind of their children’s is important than anything else that’s why they always try to manage stress and family conflicts. They believe that a comfortable home environment fosters children’s confidence, focus and emotional clarity. Mothers reported that they always try to use calm language and measured tone even in state of stress because children’s emotional cues from their environment they doing so they position themselves as buffers that protect their children’s from emotional fallout. This shows that how Pakistani mothers prioritize their children’s mental peace and stability by creating a peaceful, loving and emotionally regulated home environment.

Superordinate theme: Social Dynamics

Its highlight that how mothers experiences are influenced by family system cultural tradition and social expectations. Focuses on role of spousal and family relationships in shaping mothers perception.

Family and spousal support

Its highlight the importance of emotional, physical and practical support from family especially husband in managing the demands of motherhood.

Participant A.K:

‘‘My husband always supported me in everything that related to our children’s. My in-law also supports me when I have too much work or my children’s was sick that support was very helpful and gives relief.’’

Participant S.A:

‘‘I get a lot of help from my mother in law and husband whenever I need without their help I’m unable to complete my tasks on time.’’

Participant S.B:

‘‘My husband understand my responsibilities and always tries to make things easier for me. He tries to share my responsibilities that overcome my strain.’’

Participant U.R:

‘‘In family having helping hands around make many things easier. My husband helps with decision and always gives importance to my opinion.’’

For these mothers parenting is not a solitary task but a shared responsibility. Emotional support and understanding from partner emerged as a powerful source of comfort and strength for Pakistani mothers. If in laws and husband understand their challenges, shared decisions, give importance to their opinions and validate their efforts then mother feel more confident and complete their tasks happily. Mothers highlight the importance of family members shared efforts in raising children’s in

good manners. Mothers highlights that when support network are present and cooperative mothers experience greater peace of mind, reduce stress and strengthen ability to meet their children's needs.

Complex Role of Family

This theme captures mothers mixed experiences within family system, where support often coexists with control, expectations and stress.

Participant S.A:

“Sometime the interference of elders make it difficult to raise children are the way I want because they have their own point of views and I become hard to make decisions freely.”

Participant Q.S:

“Support is there but you are continuously being judged and watched mothers can't make decisions independently for their children's.”

Participant A.M:

“I feel that joint family system affects children's training because there are too many influences that confused children's which instructions they follow and what they ignore.”

These responses shows complex realities of joint family system in our society where help and support from family is present for mother with many expectations and challenge that make their role more difficult. Mothers express that over involvement of their in laws make it difficult for a mother to take any decision for betterment of their children's. Intergenerational gap also become challenging for mothers because they face difficulties in proving their point of view or opinion related to their parenting styles these reflections shows that while joint families are source of strength they also pose significant challenges for mothers.

Social challenges as mother

This theme shows that how cultural norms, social expectations and living environment shape maternal experiences and add pressure to already demanding role.

Participant A.K:

‘‘Having children’s is a blessing because if women not have children society make it very tough for her.’’

Participant S.B:

‘‘Our society blame only mother if child misbehaved. People compare children’s behavior with other and evaluate negatively.’’

Mother’s responses show that how external social and environmental forces shape the maternal experiences in Pakistani context. For these mother social expectations act as an invisible but strong force that mold their perceptions, behaviors and decision making. Mothers reports that how society always blame female for anything that was not in their hand like society make it tough if female not have children’s. If children’s learn anything bad from surrounding and behave in that way people blame mother for that bad behavior. People put all efforts of mother on backseat just because of a bad behavior of child. Mother’s responses show that how societal norms and expectation shaped parental journey and make it more difficult for women.

Superordinate theme: Maternal Identity

This superordinate theme focuses on how motherhood shapes women's self-concepts, their sense of duty, and personal fulfillment. It illustrates the internalized role of the mother as central to self-worth and identity.

Strong Maternal Identity

This theme presents the mother's deep sense of personal accountability and internal motivation to fulfill their caregiving duties effectively.

Participant A.K:

'It was responsibility of mother to raise children's well and mother should try her best to fulfill this duty.'

Participant S.A:

'I try my best to fulfill my responsibilities and make every efforts to meet my children's need and be a good mother.'

Participant U.R:

'A mother does not consider her child responsibilities as a burden and willingly take them with happiness. Mother adjusts her life style according to child needs.'

For participants motherhood is not just a role but a deeply rooted commitment that define their sense of self, purpose and success in life. Mothers show a strong belief that their children's are their responsibilities and they try their best to fulfill it. They feel happy after completing tasks of their children's. They set standards for themselves and try their best to meet them some mothers report fear of failure not because of societal norms but because their personal expectations and standards

Mother as Role Model

This theme involves mother's intentional modeling of moral behaviors character development and value transmission to children through example transparent communication and consistency.

Participant A.K:

‘‘Mother was always a role model for her children so I always tries to behave well in front of them and adopt good habits. I share my life experiences with them so that they learn from it.’’

Participant Q.S:

‘‘I always try to demonstrate good habits in front of my children. I avoid lying if I can’t agree to something I explain and refuse instead of lying this helps in developing honesty on children’s.’’

Participant A.M:

‘‘For children mother is a primary and complete source of understanding and learning.’’

Mother’s responses show a deep commitment of developing good habits in their children’s through personal example and conscious parenting. Mothers see themselves not only as a caregiver but also as a role model and teacher. These mothers responses shows that they are aware of reality that children’s learn by observation from surrounding that’s why they prefer to adopt good habit that they wish to see in their children’s like honesty, loving caring and confident. These mothers acknowledge that fear base discipline lead to low confidence thus they promote open communication and friendly relation with children’s.

Shifting Priorities

This subordinate theme show that how motherhood transform women time management their life goals. It captures how mothers prioritize their children above all else often at the cost of personal interests or needs.

Participant A.K:

‘Ever since I became a mother I have no time for myself. My hobbies interests’ friend circle has taken backseat now life is about my children’s need.’

Participant S.A:

‘I plan my day completely around my children’s from studies to their meal I have to make sure everything complete on time smoothly. I don’t remember when I plan something for myself only.’

Participant Q.S:

‘I start teaching where my children’s studying because I wanted to give proper attention their education and activities.’

Participant A.M:

‘I used to be social but now I even skip weddings and outing for my children’s. I prefer to stay with them instead of going out.’

Mothers responses highlight the changings in priorities of mothers they leave their personal interests just to fulfill needs of their children’s because now their personal interests was not their priorities their children’s are their priority. Their responses reflect deep emotional involvement of mothers in parenting where time is not just a logistic term but a symbolic expression of love their sense of responsibility and maternal identity. They consider shifting in priorities as a fulfilling part of their motherhood journey even it also involve personal compromises but they do compromises happily just for their children’s.

Motherhood as Challenging Role

This theme highlights the complex and overwhelming nature of motherhood where mothers juggle caregiving role, household responsibilities and emotional strain with limited support.

Participant A.K:

‘‘It become very difficult to fulfill the responsibilities of house with children’s.’’

Participant S.A:

‘‘Mothers face many difficulties in raising children’s because they have to fulfill both children need and household responsibilities.’’

Participant Q.S:

‘‘Raising children is most difficult for a mother because there are lot of responsibilities which need too much efforts.’’

For these mothers motherhood is not simply about raising children it’s also involve multiple responsibilities they have to fulfill all needs of their partners and in laws with that have to manage children responsibilities. Mothers spoke of being central pillar in their children lives they expected to present ever for them with that they have to fulfill other responsibilities in constant multitasking their no time left for their selves.

CHAPTER 5

DISSCUSSION

This chapter presents a comprehensive interpretation of the study's results utilizing Interpretative Phenomenological Analysis (IPA). The results are now summarized under three broad superordinate themes derived from the data *Maternal Emotional Experiences*, *Social Dynamism* and *Maternal Identity*. These thematic categories capture the lived realities of Pakistani mothers as they conduct their roles in complicated cultural, familial, and emotional settings.

5.1 results discussion

5.1.1 Maternal Emotional Experiences

The results of this research identify that mothers often went through extreme emotional changes during their parenting experience, going back and forth between satisfaction, fear, and self-doubt. Mothers expressed joy and ambivalence both capturing the richness of motherhood as both rewarding and taxing this resonates with (Laney et al. 2020) who find that maternal emotional lives are not monolithically positive but characterized by contradictions of love, frustration and loss of independence. In nurturing environments, mothers still feel shame and isolation, pointing out that emotional distress is integral to the maternal role and not anomalies (Lever Taylor et.al., 2021). This research also highlights the ways in which social pressures reinforce such emotional difficulties mothers who were high-achievers tended to internalize failure on the basis of perfectionistic cultural standards this reflected in mothers in this study who felt guilty when they could not achieve idealized expectations of care. A study illustrated how postpartum anxiety erodes maternal confidence and enhances self-perceived inadequacy considered collectively, these findings imply that mothers' emotional health are influenced by the interactive

process between internal expectations and societal external pressures, and hence increased vulnerability in maternal self-construction (Saeed et.al.2024)

5.1.2 Social Dynamics

The research pointed out the significance of spousal and social support in influencing maternal experience. Mothers repeat the influence of the family specifically partners, in-laws, and extended family members in imposing support or stress. These findings align with the view that mother's holistic support, particularly from spouses, as the focal point in their adjustment (Soleimani et al.2023). Cultural norms were the pervasive force in mothers' social interactions in Pakistani culture. Motherhood is conceptualized as a moral obligation linked with sacrifice and honor to family. Mothers face significant emotional distress due to limited autonomy, cultural expectations and societal pressures. Cultural frame was reflected in mother's discourses where family reputation and peace is valued above individual welfare but this collectivist frame also weighs mothers down with selfless expectations usually at the cost of their own individuality (Fiaz & Rani 2025). An emerging change in urban Pakistan where certain mothers increasingly practice more democratic parenting styles, indicating subtle changing social norms. This research also observed mothers interfering between classic expectations and contemporary influences, reinforcing the transitional character of motherhood roles in today's society (Khan et.al. 2025).

5.1.3 Maternal Identity

The most vivid finding was the persistent negotiation of maternal identity. Mothers often explained motherhood as a process of change that shapes their sense of self and force them to balance personal goals against cultural expectations. Maternal identity as developing and constantly reconstructing in response with children's development and changing contexts (Simmons et al. 2021). The theory of

matrescence conceptualizing motherhood as a stage of development with deep psychological, emotional, and physiological transformation (Blaskey & Jones, 2024). In Pakistani mothers, identity conflict is compounded by patriarchal values and collectivist demands, where mothering success is evaluated not just by children's achievements but also by adherence to cultural norms (Fatima & Qadir, 2021). Most mothers gained self-esteem and empowerment through their caregiving work findings indicate that authoritative parenting contributes to the confidence and satisfaction of mothers this also indicates that although maternal identity is a source of strain at the same time it also presents the possibility for growth, resilience, and meaning-making, especially under the structure of family and community organization (Bhamani SS et.al. 2022).

5.2 Implications

Theoretically research adds to the knowledge of methods as an evolving and transformative experience influenced by emotional experiences, social dynamics, and negotiation of identity it identifies how mother eternally negotiate personal preferences with cultural demands providing further insight into the complexity of maternal identity in Pakistani context.

Practically, findings indicate a need for more social and emotional support of mother's research indicates that mothers experience guilt, stress and self-sacrifice but also show resilience and adoptability. More participation from spouses and family members would ease the burden on the mothers.

At the policy level research emphasize the necessity of understanding maternal well-being as central to family and child development. Maternal mental health services, work place support policies like maternity leave and flexible work and public education campaigns acknowledging cultural pressures and encouraging joint

care giving responsibilities are necessary. By prioritizing these areas, policies can built settings that allow for mothers not just perform to fulfill their responsibilities but also to maintain to their own personal health and development.

5.3 Limitations of the study

- The study was based on relatively small sample of participants, and as such findings may not be generalizable to other populations.
- The research only sampled participants within a single social and cultural context and as such can only be indicative of the diversity of experiences of motherhood within a specific region or within a socio economic class.
- The study only focuses on the voice of mothers and did not capture the voices of other family members, including father, children and members of extended family. Because of this exclusion complete picture of motherhood is not found.
- The cross-sectional design of the study only captured mother's perceptions at a single moment in time not evolving experiences.

5.4 Future Research Directions

- Future studies should adopt longitudinal research designs to explore how mother's perceptions evolve across different stages of child-rearing.
- Conduct research in different cultural groups and socio-economic context would improve the generalizability of the results.
- Comparative studies of father, children and more close relatives may give a border picture of the family dynamics that influence the motherhood experience.

5.5 Conclusion

This study explored the phenomenon of being a mother among Pakistani mothers, focusing on their emotional experiences, social relationships and maternal identity. The findings suggest that while motherhood often portrayed as happy, blessed and purposeful experience, many participants also experienced challenges such as guilt, stress and self-sacrifice. The social and cultural norms especially in the context of joint family system play a important role in how mothers understood and expressed their roles at a time they providing support and on other time creating pressure. The study highlights the fluid and dynamic nature of maternal identity and its construction that shaped by mother desires, cultural norms and family structure. This research highlights the importance of acknowledging and prioritizing mother's emotional well-being for betterment of both child development and family stability. This study highlights the challenges of motherhood in Pakistani culture by exploring lived experiences of mothers.

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