

Paternal Adjustments After First-Born

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ABSTRACT

The key concepts of this study include the adjustments that the fathers have to do after their firstborn. The adjustments they make regarding the changes are being studied. It maybe pertaining to work, finance, changes in the relationship with their partner, sharing responsibilities, help seeking behaviour etc. The population taken for the study included legally married, first-time fathers falling under the age category from 21 to 40. Biological parent who is employed and literate are preferred. The sample of the study constituted of 8 first-time fathers, who had their first-born. Qualitative research method is used in this study. Considering the responses received for the screening questionnaires the participants were chosen. Participants were then contacted to conduct a telephonic interview. All the words from the telephonic interview were recorded and transcriptions were made. After that, the transcripts underwent a thematic analysis. The findings shows that the new fathers experience change in sleep routine they have been following. Work life balance is also difficult to be maintained which leads to distress. New fathers prioritising their baby and try spending more time with the baby can lead to decline in work priorities. Change in relationship with the partner has also been reported by the participants. Difficulty in financial management, change in the dynamics of the household etc. were also seen after having the first born. Help seeking behaviour in men are also addressed. Change in the personal, professional and family lives of the new fathers are thoroughly discussed.

Keywords: First Born, Adjustments, Father

Child's primary caregiver is considered its parent. Parents can be biological as well as non-biological. Biological parents are the ones whose gametes fuse to produce another individual. Caregivers can be a couple or a single individual. A couple can comprise heterosexual, homosexual, or gender-queer partners. A heterosexual couple includes a cisgender man and a cisgender woman. They are referred to as father and mother, in their parenthood. The objective of this study is to understand the Paternal adjustment patterns after the birth of first-born among heterosexual couples.

The transition to parenthood includes lots of changes and challenges. Generally, these are the 4 types of problems experienced by couples during adjustment to parenthood explained by Belly: "(1) the physical burden of caring for an infant, (2) the strain on the husband-wife

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Received: January 19, 2023; Revision Received: April 25, 2023; Accepted: April 29, 2023

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relationship, (3) emotional costs related to doubts over competence and responsibilities of parenthood, and (4) personal confinement. Couples that become familiar with and accept many changes that accompany parenthood may avoid unnecessary marital stress” (Belly, J. 1986, Transition to parenthood).

Another important part of the transition to parenthood is the gestation period and birth of the child. Gestation period lasts around 38 to 42 weeks. This period is termed as prenatal period, which can be further divided into 3 stages. From conception to 2 weeks, it is called germinal period. 3rd week to the 8th week it's known as the embryonic period. From 9th week till birth, it is named as the foetal period. The period just before and after birth is called the perinatal period.

The postpartum period can be divided into 3 stages; initial or the acute phase, subacute phase and the delayed postpartum period respectively. Acute phase is marked from 8 to 19 hours soon after birth. Subacute phase is from 2 to 6 weeks. The last stage lasts up to 8 months which is known as delayed postpartum phase. Psychological disorders might start to emerge during the subacute phase of the postpartum and continue to prolong according to their severity.

The changes that first-time fathers may have to make vary greatly. It changes from personal to professional levels. In personal life, adjusting the sleep cycle and accommodating the needs of a new baby can cause distress. Shifting a household's usual dynamics to the schedules of the newly born can have a negative impact. Adjustments among the couple, as they get less quality time to spend can lead to frictions in their relationship. Drastic change in the daily life, physical exhaustion from taking care of the baby, being there for the needs of the partner, going for work can be stressful for the first-time fathers. So, fathers can turn out to be the sole breadwinners for some months as their partners need to rest. Thoughts about making both ends meet can add to the misery. Most people would not compromise on the necessities of the baby as it is very important.

Issues faced by the fathers differ as they see their partner in distress or struggling with these changes. As the fathers don't actively participate in the delivery of the baby other than providing moral support, certain other responsibilities fall upon their shoulders. The sole provider for the family to a certain time would be the father. As the necessities increase, employment is an unavoidable thing for most of the males at this phase of life.

Men have additional strain due to gender norms imposed by social structures in addition to the stress of having their first born. Male youngsters are conditioned to repress their feelings, and adults overlook their emotional health, which makes them feel even more hopeless and makes them unwilling to assistance. This takes an alarming toll on their mental health which can lead to disruption of normalcy for the people around them. In this new stage of fatherhood, there are chances of experiencing burnout caused by sudden changes. The lack of social support that men often struggle with can have adverse effects on their overall well-being.

Mostly, the word postpartum is associated with Postpartum Depressive Disorder (PPD). Postpartum depression refers to a non-psychotic depressive episode beginning in or extending into the postnatal period (O'Hara et al., 1984; Cox et al., 1993). Both the sexes are susceptible to PPD, which is a type of mood disorder. Some of the symptoms include changes in the eating or sleeping patterns, anxiety, low energy, impatience, melancholy etc.

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Postpartum issues can affect the couple in different ways. Mothers might experience the issues related to her mood, anxiety, feeding related, body image issues etc. In fathers, it could be seeing their partner in distress, work-life balance, financial constraints, hesitation to seek help etc.

One of the theories related to parenting is the Attachment theory. The earliest proponent of attachment theory was British psychologist John Bowlby. According to him, attachment is a “persistent psychological connection between people”. When children are away from their primary caregivers, they often suffer worry and discomfort, and Bowlby was interested in understanding why. An emotional connection to another person is called attachment. Bowlby was of the opinion that a child’s early relationships with its caregiver have a profound effect that endures throughout life. The infant’s chances of survival are increased, he claimed, since attachment keeps the youngster near to the mother. According to Bowlby, attachment is the end result of evolutionary processes. Bowlby and others believed that children are born with an inbuilt need to create relationships with caregivers, contrary to the behavioural theories of attachment that stated attachment was a taught activity.

A review was done regarding the mental health of babies titled "Prevention of Mental Health Difficulties for Children Aged 0–3 Years." The early years of life are a crucial time for treatments to stop future mental health issues. The importance of comprehending and recognising both protective and risk variables throughout pregnancy and the early postnatal period is highlighted by the fact that the first symptoms of mental health issues may appear as early as infancy. During the perinatal period, there is an increased risk of mental health issues for parents. The process of preventing early mental health issues in new born and young children requires a grasp of the data around parental anxiety and depression prevention and intervention.

The majority of early childhood prevention and intervention programmes focus on parents in an effort to improve both their own and their children's mental health, with a particular focus on the period from conception to age three. Psychoeducation and training in practical skills are included in effective parenting programmes, along with work on the co-parenting relationship, fostering stable attachment, and improving parental reflective functioning. Despite the fact that both targeted and general programmes have had significant effects, universal programmes offer the extra advantage of reaching patients who would not have otherwise sought care.

We were able to create novel early intervention programmes and integrated preventative models that could be used as early in life as possible by merging this data.

Need and Significance of the Study

The topic related to maternal postpartum issues has been over worked in the area of research. At the same time researches regarding the paternal adjustments and postpartum issues are comparatively less. Studies conducted in the Indian context can rarely be found pertaining to these topics.

Stigma around mental health aspects are still present. Even today there are people who have not understood the importance of sound mental health. The stereotypes regarding the men’s behaviour especially for seeking help and speaking out their miseries are yet to be broke. The common saying that ‘men don’t cry’ still exist. This can affect the individuality, social roles and responsibilities of the individual. Its impact can also be seen in the interpersonal

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relationships of the person. In parenthood the problems they face can cause distress in many areas of their life such as work life balance, relationship with the partner, attachment to the infant, mental peace etc.

Addressing the issues faced and adjustments made by the fathers after having their first born can spread an awareness. Other factors that cause the issues can also be evaluated in depth. Understanding the importance of mental health and causes of these issues can help in improvement of the interpersonal relationships. Parenting could be done in a better way after knowing how these aspects affect the attachment with the infant. Balancing of the different areas of life and its necessity are also been added in these topics.

The population taken for the study included legally married, first-time fathers falling under the age category from 21 to 40. Biological parent who is employed and literate are preferred. Problems faced by the legally married couples and unmarried couples are different in the Indian society. The social acceptance for unmarried couple is less compared to what a legally married couple receive in a social setting. But the pressure faced by married couple is relatively high when compared to the later. Literate and employed fathers have to balance the work as well as the time spend with family. This can be a reason to cause distress if not managed well. First-time fathers might be anxious as it is a new experience in their life. Fathers who are present with their partner throughout the gestation period and the time of birth can face certain stressful events. Thus, the distress of biological parent is comparatively more than who have adopted an infant. Transition from to the fatherhood might be frightening or challenging at times. Taking care of an infant is not as easy as it is been depicted in movies and literature. Mental health, financial constraints, intimate relationship, attachment with the baby, dividing the household chores etc. are some of the main issues faced by the first-time parents. Therefore, the title of the research is 'Paternal adjustments after the first born' is apt.

REVIEW OF RELATED LITERATURE

Deborah, Jonathan, Phyllis (2001) initiated A prospective study on the course of sleep disturbances in first-time fathers during the transition to parenthood. This study investigated the prevalence, incidence and persistence of sleep problems in first time dads from the third trimester of their partner's pregnancy to two months postpartum and identified relevant variable.

Lifestyle, and psychosocial characteristics as well as sleep quality throughout their partner's third trimester of pregnancy and two months after delivery. The percentage of women who reported having disturbed sleep (PSQI global score > 5) rose from 29.6% in the third semester to 44.7% at two months after giving birth. 33.7% of women experienced sleep problems two months after giving birth. During two months after delivery, 70.6% of the men who had sleep difficulties at the prenatal evaluation still had them. At two months postpartum, the start and durability of disrupted sleep were independently correlated with a rise in depressed symptoms and increased parental stress.

Anne, Carol, Sarah (2006) conducted a study about the men's adjustment to fatherhood. The objective of the study was to assess the factors affecting the transition of fathers to fatherhood. 255 first time fathers were the participants of this study. The results of the study show that high amount of distress is seen in fathers during the gestation period. And it gradually decreases during the postpartum. The attachment between the father and the child

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is also affected because of these anxiety and distress. It is concluded that a small amount of the father's face issues and it affects their role as a parent and partner.

Janice (2008) did a study on the Influences of maternal postpartum depression on fathers and on father–infant interaction. In families with depressed mothers as opposed to nondepressed mothers, this study looked at the impact of parental PPD on fathers and identified maternal and paternal characteristics linked with father-infant contact. They were also both recorded interacting with their new-born. The findings show that higher levels of parental melancholy and parenting stress are related to maternal PPD. Fathers do not mitigate the detrimental impacts of a mother's depression, as seen by the partners of depressed women interacting less optimally with their infants. Even more than maternal depression, the mothers' feelings about her relationship with the child had an impact on how the father and child interacted.

Glasser and Lerner (2018) did a study titled Focus on Fathers: paternal depression in the perinatal period. The purpose of this study is to provide a succinct summary and synthesis of the most recent studies on paternal depression during pregnancy. The reported prevalence shows a substantial degree of variability in rates because of variation in several methodology related factors, ranging from 2.3% to 8.4%. however, the rates of mother depression are still greater than the rates of paternal depression, and the two are correlated. Paternal postpartum depression may also have an influence on healthcare expenditures, since greater father child dyad expenses were discovered after adjusting for possible confounders. It is crucial to concentrate in the mental health of dads during the perinatal time for both their wives and children. Programs that advocate for screening for maternal perinatal mood and anxiety disorders should ask about the fathers' emotional status. If his suffering is mentioned, this should be confirmed and then, if necessary, followed by support and intervention.

Sabrina, Leonardo, Fabielle, Anelise, Lynne, Adriane (2019) did research on the effect of paternal depression on the father child interaction. By examining the impact of paternal postpartum depression on father-infant relations, the current study attempted to close this gap. Additionally, they looked at whether variations in facial recognition were able to mitigate the effects of paternal postpartum depression on interactions between fathers and infants. According to the findings, fathers who had postpartum depression interacted with their children in a poorer way than controls did on measures of responsiveness, mood, and sensitivity. They also had more trouble recognising cheerful adult faces but more ease in detecting sad adult features. Sad adult and infant faces were given larger intensities by depressed fathers.

Anna, Jia, Sarah, Sullivan, Claire (2019) did a study regarding the dyadic adjustment of fathers. This study concluded at the relationships between changes in dyadic adjustment and new dad's views of maternal gatekeeping as mediated by coparenting proximity. The correlations between father's views of mother gatekeeping at 3 months and relative change in dyadic adjustment from the third trimester to 9 months postpartum were mediated by father's perceptions of relative change in coparenting closeness from 3 to 6 months. Results show that more perceived mother gate opening was linked to better levels of dyadic adjustment through larger levels of coparenting closeness, whereas greater perceived maternal gate closure was linked to lower levels of coparenting closeness.

A comprehensive study (2020) titled "Prevalence of prenatal and postpartum depression in fathers: A comprehensive meta- analysis of observational surveys. This study conducted a meta-analysis of the prevalence of prenatal and postpartum depression in dads globally in

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order to close this gap. According to this meta-analysis, dads are rather often affected by pregnancy and postpartum depression. In this population, regular screening, efficient prevention, and suitable treatment must be undertaken.

Matthew, Alina, Divna, Ania, Renee (2014) conducted study using the Parenting and Family Adjustment Scale (PAFAS) to assess the parenting skills and family relationships. The PAFAS was created as a succinct outcome measure for measuring changes in parenting behaviours and parental adjustment in the evaluation of individual or group parenting treatment as well as public health initiatives. The results showed that the measure had acceptable conceptual and predictive validity as well as strong internal consistency. Confirmatory factor analysis in Study 2 verifies the durability of the PAFAS Parenting and PAFAS Family Adjustment factor structures discovered in the study.

Sarah, Helle, Knud (2021) did a Qualitative study of Fathers' Experiences of Postpartum Depression and Their Help-Seeking Behaviour. This study investigated the experiences of PPD in dads and their behaviour in seeking help.

The results show that paternal PPD significantly affects dads' welfare and daily lives because the fathers experienced feelings of inadequacy and helplessness in their new roles as fathers. There were discovered a number of stresses that contributed, including issues with breastfeeding, unstable employment situations, and mother PPD. False ideas, a lack of understanding about PPD, adhering to male standards, and the perception that PPD is taboo and stigmatised were all listed as obstacles to getting care. Potential facilitators in the dads' process of identifying PPD symptoms and seeking care included the fathers' health visitors and partners. The results also point to paternal PPD screening as a potential catalyst for fathers' behaviour of seeking treatment.

Deborah and a panel author (2019) conducted A prospective study of postnatal depressive symptoms and associated risk factors in first-time fathers. Depression symptoms at two months postpartum were linked to older age, worse sleep quality at study entrance, worse couple adjustment, having a partner suffering prenatal depressive symptom, and increased parental stress. At six months after delivery, depression symptoms were independently linked to poor sleep, financial stress, and a reduction in marital adjustment. For males at risk for depression during the transition to parenting, the psychological risk factors identified offer opportunity for early screening and focused preventive efforts.

The essential postulates are mentioned in the summary of the associated literature review included points regarding routine changes, attachment with the child, distress during the gestation and developmental period. Some studies have marked the presence of high stress in fathers during the gestation period. This can affect the well-being of the family, and relationship among the couple. Presence of anxiety and distress in fathers can have negative impact in the attachment with their baby. Other researches have also found that mother feeling about her relationship with the child had an impact on how the father and child interacted. Also, fathers who had postpartum depression interacted in a poor way with their children. Marital adjustments have affected by prenatal stress, poor sleep, financial stress. Disrupted sleep were independently correlated with depressed symptoms and increased stress proves other studies. These are some of the main ideas put forward by the above-mentioned studies.

RESEARCH METHODOLOGY

Qualitative research method is used in this study. Qualitative research involves the studied use and collection of a variety of empirical materials – case study, personal experience, introspective, life story, interview, observational, historical, interactional, and visual texts – that describe routine and problematic moments and meanings in individuals' lives. (Denzin and Lincoln 2005:2) Phenomenological Research Design is the adopted approach to finish this research. Phenomenological research is a qualitative research approach that seeks to understand and describe the universal essence of a phenomenon. The approach investigates the everyday experiences of human beings while suspending the researchers' preconceived assumptions about the phenomenon (*What Is Phenomenological Research Design?* — Delve, 2022). Purposive sampling (also known as judgment, selective or subjective sampling) is a sampling technique in which researcher relies on his or her own judgment when choosing members of population to participate in the study (Black, 2010).

The sample of the study constituted of 8 first-time fathers, who had their first-born.

Inclusion criteria:

- Indian citizen
- Legally married
- First time Father (Became father for the first time)
- Baby is less than 1 year old
- Biological Father
- Age 21-40
- Employed, Literate

Exclusion criteria:

- Below the age of 21 and above the age of 40
- Live in relationship
- Adopted child
- Fathers working abroad (staying away from their family)

A 5-item screening questionnaire was made and circulated among the population in a google form. The participation was completely voluntary. Through the use of the purposive sampling method, the participants were identified. Responses received for the screening questions were taken into consideration. From that, participants were chosen for further study. The selected participants were contacted for the telephonic interview. A detailed interview schedule was prepared with experts' advices. The participant was interviewed based on the interview schedule prepared. Thematic analysis is a method for analysing qualitative data that entails searching across a data set to identify, analyse, and report repeated patterns (Braun and Clarke 2006).

RESULTS AND DISCUSSION

All the words from the telephonic interview were recorded and transcriptions were made. After that, the transcripts underwent a thematic analysis. The analysis of individual data allowed for the search of themes. Repeated readings of the transcripts were required during the thematic analysis process in order to comprehend and the formation of the codes. The information from the data was then coded and given a theme and sub theme in order to extract any information that would be pertinent to the study question. Codes were examined clearly so that themes drawn from the data that effectively represented key elements. The interviews were then read again to see if the themes still accurately reflected the data set.

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Prior to the beginning of the telephonic interview, consents to record the interview were taken. During the interview, the participants received assurances concerning anonymity and that the recording would only be utilised for the investigation. The verbatim and the demographic details of each of the participants are discussed below.

Table 1: shows the Demographic details of the participants:

Participant	Age	Age of the Baby
P1	31	10 months
P2	32	11 months
P3	30	12 months
P4	33	9 months
P5	32	10 months
P6	30	8 months
P7	29	11 months
P8	28	12 months

Table 2 Shows the themes and sub themes drawn from the verbatim report

ORGANISING THEMES	BASIC THEMES
Personal Adjustments	1.1 Time spend for personal activities 1.2 Change in Sleep patterns
Professional Adjustments	2.1 Decline in work priorities 2.2 Work Life balance
Family Adjustments	3.1 Financial Adjustments 3.2 Family well-being
Relationship	4.1 Relationship with the partner
Help-seeking Behavior	5.1 Attitude towards Help-seeking

DISCUSSION

1. Personal Adjustments: It relates to the adjustments fathers may make in their personal lives after having their first child. This covers their daily schedules, leisure time, and other activities. Changing the whole system of routine, they have been following for days and years might be disrupted. They may not be able to handle everything after having the baby because it will be a new experience. It could take some time to comprehend and overcome the challenges. Not only do changes occur inside the family during this time, but also on a personal level. They acquire a great transmission that culminates to fatherhood. Addition of a new member into their life can be overwhelming. The new beginning might not be as great as depicted in fictions and movies. It can be challenging and stressful at the same time.

1.1 Time spend for personal activities: The amount of time spent on hobbies and personal activities decreases after having new born. Because they are dependent, new born require complete care. The majority of the parent's time will be devoted to caring for the infant. The baby's routine will be followed throughout the entire house. Participants have stated that they don't have a lot of free time to spend on themselves or to do the things they truly want to do, such as watch movies, travel, meet up with friends, etc. As an individual become a parent, all their attention and priorities will be the baby. Then people experiencing all these for the first time will be busy getting used to all the changes.

1.2 Change in sleep pattern: new parents frequently experience changes in their daily routines. Their changing habit has primarily affected their sleep patterns. The baby's sleep received more attention, and parents' sleep came next. The infant might wake up in the

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middle of the night as they are developing their sleep patterns. Then, in order to calm them down, caregivers will also need to awaken.

2. Professional adjustments: It's a wonderful joy to welcome a new family member. Care giving responsibilities for a growing child are demanding at the same time. Physical tiredness from carrying the infant around, creating a flexible schedule, and handling chores are all difficult. Above all, this is the moment when expenses rise and a new born needs cannot be compromised. As their partner need complete rest and support at this stage of life, fathers are sometimes the only bread winners. It may not go as smoothly as we believe while managing our time for personal and professional purposes. Work is essential, for earn a living and which is cannot be compromised.

2.1 Decline in work priorities: being a new father makes it challenging to adapt to the changes. It may be completely unfamiliar at first, and it will take some time getting used to. They could have trouble managing the timing of their job. Given that they want to spend the majority of their time with their partner and new baby. Some people even adjust their job hours so they may spend a lot of time at home. If these issues are not handled effectively, it will affect their professional lives.

2.2 Work-Life Balance: Work life balance is defined as effectively balancing time spent working with time spent on other activities, such as meeting personal and family needs. The wellbeing of the new parent might be impacted by stress and pressure at work since the situation at home required his attention. For those who need to work to provide for themselves, a job is quite essential. The physical tiredness from taking care of things at home and subsequent professional stress can have a significant negative impact on fathers' well-being.

3. Family adjustments: The addition of a new family member is a joyous occasion. The first infant is very precious to receive. A new born requires all of our attention and is dependent on us. Additionally, they are growing every day in both physical and psychological ways. Coming out of the womb into a new environment may require some adaption period. The new born will need many months to adjust to their own sleep schedules and habits. The new parents may experience severe distress as a result of this. As a result of the new baby, the entire dynamic of the household changes. Their timetables will follow the baby's schedules closely. The parents could become mentally and physically exhausted as a result. There were just two people at first, and now there is a trio. The parents' relationship might be impacted by this as well. It could be challenging for them to find time for themselves. It might be quite difficult for the new parents because this is their first time going through this. Taking care of a new person might be difficult because of all the additional responsibilities. stress and tiredness may increase along with the requirements and costs.

3.1 Financial constraints: money is required to make a livelihood, even though it may occasionally be materialistic. To live a happy life, decent money management is also essential. Managing a living area cost is a tedious undertaking. The tension might be lessened when it is divided among the residents of the house. When requirements increase without effective management, it may also have an effect on people's mental health. The costs could go up if there is a new member. Even though both partners work, mom require more rest after giving birth. Fathers may need to continue working in order to support their families during this time. Fathers may be the only breadwinners in the family for a few months, taking care of the expenditure. It might be challenging if finances are not well handled because there cannot be any compromises made on the demands of the infants. Babies need a lot of time and attention, which may be draining. Parents who have just had a

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child may also face constant financing requirements. As they attempt to handle alone, this might primarily have an adverse effect on the wellbeing of new fathers.

3.2 Family well-being: well-being of the family lies on a lot of factors. It mainly relies upon the physical, mental and financial aspects of the members. The dynamics and well-being of the family may be affected by the arrival of a new member. It might be either unpleasant or pleasant. That will depend on how all the other factors, such as financial management and adaptations to recent changes, are handled. A family may rejoice the arrival of a new child, especially a firstborn, as a very special occasion. It may be exhausting and overwhelming to be new parents. The family's welfare might be affected by changes to their daily routine, the work-life balance, and budgetary constraints associated with the new baby. As people age and social networks dwindle, family ties become increasingly crucial for well-being, even as the demands of family caregiving rise. According to the stress process hypothesis, both good and bad relationships may significantly affect a person's wellbeing.

4. Relationship: it is the feeling of connection. A relationship can be the link between two items or persons. Human connection may take many different shapes. Any two people or a group of people can experience it. Families can be created as a result of relationships. Here is where the interaction between spouses, parents and kids, siblings, grandparents and grandkids, etc. takes place. The effect of relationship a person has can have an impact on their well-being. Other than maintaining the tie that they had with their partner, the relationship that new dads need to culminate is the attachment with the new born. Attachment to the new born can be influenced by a variety of factors, including the partner's relationship with the child, their own mental health, and so on. In addition, transitioning from partner to parent while still being the partner can be difficult. Adapting to the new changes might also have an impact on the relationship with the spouse.

4.1 Relationship with the Partner: a couple's life changes dramatically once they become parents. Fathers are more active in parenting than they have ever been, yet mothers are still viewed as the expert caretakers in our society. How mothers react to their spouses' parenting is extremely important. It has an impact on how new fathers perceive their whole family situation, including his bond with his wife or partner. A new birth is the addition of a new member to an already existing partnership. This may be quite stressful and upsetting. Taking care of a new born requires all of your attention and might strain your relationship with your partner. Physical weariness from bearing the baby, as well as sleep difficulties, might have an impact on the partners' well-being. These might gradually manifest in their connection. When mothers need to relax as a result of physical changes in their bodies, fathers may have to exert greater effort. As their first child, new parents may be unaccustomed to changes. Having a child may be a life-changing experience for parents.

5.Help-seeking behaviour: it is defined as any proactive action taken while feeling in need or in stressful situations to actively seek support from the medical system or from reliable community members, including understanding, direction, treatment and general support. while adjusting to the new circumstances, first-time dads require assistance. New parents may confront difficulties when they embark on their parenting journey for the first time. In certain families, the parents of the couple may be there to assist them in caring for the new baby. As the same time, new parents manage things on their own in other areas. This can be stressful when other factors such as work-life balance and budgetary limits become a problem. A study was conducted to understand about the help seeking behaviour about new fathers titled "Fathers' help seeking behaviour and attitudes during their transition to

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parenthood". When they take on this difficult, demanding and ever-changing position, new fathers encounter a plethora of changes. The current study sought to comprehend these experiences, particularly how fathers seek assistance and knowledge when confronted with stressful situations. Fathers saw themselves as strong figures who provided financial and emotional security to their family. In their transition to parenting, fathers faced worry and uncertainty and used a range of coping mechanisms, which were classified as individual and interpersonal coping strategies.

5.1 Attitudes towards help-seeking behaviour: during difficult times, help-seeking behaviour can be quite beneficial. Interpersonal interactions can also influence help-seeking behaviour. New fathers may find the transition to parenthood difficult. In our society, it is often difficult to seek help. Men have stereotypes that they are not allowed to grieve, speak up about their issues, seek help, and so on. During the postpartum period, when fathers have their first child, many of them may be unaware of the needs and necessities of a neonate. Because of the bodily changes that occur after birth, new fathers may have to exert additional effort compared to mothers. For a while, fathers may have to be the sole breadwinners. Physical exhaustion from caring for the baby, financial constraints, and frustration their partner face can all have an impact on the fathers' well-being. These can elicit the desire for assistance. Some participants felt at ease asking assistance.

SUMMARY AND CONCLUSION

The transition to fatherhood is a challenging period in one's life. The purpose of this study was to raise awareness about the changes that fathers make after having their first child. It encompasses the changes a person must make in their personal, family, and professional lives. Participants were chosen based on their responses to a screening distributing questionnaires via Google Forms. A total of eight participants were considered for the follow up research. A telephonic interview was done to better understand the adjustment that fathers must make. The transcripts were transcribed and analysed verbatim. Thematic analysis comprised reviewing to analyse and extract what might be relevant to the study topic, and themes and sub-themes were assigned. The themes and sub-themes were explored, and conclusions were established.

Conclusion

The key concepts of this study include the adjustments that the fathers have to do after their firstborn. The changes that first-time fathers may have to make vary greatly. It changes from personal to professional levels. In personal life, adjusting the sleep cycle and accommodating the needs of a new baby can cause distress.

As per the analysis done, most of the fathers' face change in daily routine. This included changes in sleep pattern and other activities. This can cause distress. Professional adjustments are also been done by new fathers. Most of the also find it difficult to manage the time spend with family and at work. Participants also find changes in the relationship they have with their partner. Most them prioritise the needs of the new born first, as they are dependant, demands attention and care. At this phase where everything revolves around the baby, parents might not get enough time for each other. Some couple feels that their bond has grown stronger as they have a baby together and take care of things together.

Work life balance is one of the main issues faced by new fathers. As they are the sole bread winners of the house for some time. Mothers need rest and care as they are recovering from the physical changes they have gone through after delivery. Some participants priorities family as they welcome their first born. This can lead to decline in work priorities. Loss in

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business, unable to attend office calls etc are some issues they face as fathers spend time with the babies.

Family adjustments like financial management, change in the dynamics of the household can happen with the arrival of the new born. As the needs increase, expenses also increase because the requirements of the baby cannot be put aside. If finance is not being managed properly it can cause distress. Family members can feel excited at the same time overwhelming as they receive the first born.

The stigma around the mental health of men is a burning topic in the social media and surroundings. Men are expected to be strong and who keep their emotions to themselves. Help seeking behaviour at difficult time like postpartum has also been analysed. Most of the participants doesn't feel hesitant to seek help at needed times. This can give hope towards the changing society and stigmas.

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Acknowledgement

I would like to thank the universe for providing constant inspiration and motivation to accomplish the research. I would wish to take this opportunity to express my heartfelt gratitude to each one of my peers, professors and family members who helped me complete the study successfully. First and foremost, I would want to express my heartfelt gratitude to Dr. (Fr.) Augustine George, the principal of Kristu Jayanti College, for providing me with this change to pursue this research. It gives me great joy to have Dr. Molly Joy, Head of the Department of Psychology at Kristu Jayanti College, Bangalore as my guide and mentor for this research. Her unconditional support and desire to make the research more valuable was absolutely admirable. I would also want to thank the lecturers in the department for their ongoing assistance admirable. Finally, I would want to convey my gratitude to my family and friends. It would have been difficult for me to complete my research without their remarkable support and encouragement throughout my research.

Conflict of Interest

The author(s) declared no conflict of interest.

How to cite this article: Amritha, H. & Joy, M. (2023). Paternal Adjustments After First-Born. *International Journal of Indian Psychology*, 11(2), 492-505. DIP:18.01.053.20231102, DOI:10.25215/1102.053