

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



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DECLARATION

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.
4. This thesis represents my original work, and I strictly prohibit any unauthorized copying or use of it as someone else's own

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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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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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