



## TRANSITION TO MOTHERHOOD AMONG JORDANIAN WOMEN

**Introduction:** Transition to motherhood is a major normal developmental life event for women where the women face many life challenges to attain her role as a competent mother where support is very important. It is an understudied phenomenon among the Arab culture and especially the Jordanian society.

**Aim:** This study aimed to explore the phenomenon of transition to motherhood as being experienced and lived by Jordanian women using a descriptive phenomenological approach.

**Methodology:** A purposive sample of 15 first-time mothers, from different age groups, had normal vaginal deliveries, had a singleton healthy baby, and willing to participate in the study were selected. The data were collected using semi-structured individualized interviews.

**Result:** The study revealed six themes regarding transition to motherhood: emotional impact of motherhood, gradual process of motherhood, adaptation to motherhood, change, negative aspects of motherhood, and meaning of motherhood. The findings of this study illuminated that transition to motherhood is an important developmental milestone for Jordanian mothers that needs to be explored by research studies. Furthermore, nurses must act as supportive persons for Jordanian first-time mothers to facilitate their transition to motherhood.

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