

## Negotiating motherhood: the difficulties and challenges of rural first-time mothers in Parung. West Java

Yati Afiyanti, author

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### Abstrak

Suatu studi hermeneutic fenomenologi telah dilakukan untuk mengeksplorasi berbagai kesulitan dan tantangan pertama kali menjadi seorang ibu di daerah pedesaan Indonesia. Sebanyak 13 ibu muda yang berpartisipasi dalam studi ini telah menceritakan pengalaman mereka tentang kesulitan dan tantangan yang mereka alami ketika dirinya telah menjadi seorang ibu pada periode tersebut. Data dikumpulkan dengan wawancara semi struktur. Tiga kesulitan dan tantangan utama menjadi seorang ibu teridentifikasi dari studi ini : (1) menjadi ibu baru tidak mudah, (2) menjadi seorang ibu baru tidak sebebaskan seperti sebelum menjadi ibu (3) mencoba menjadi seorang ibu yang baik. Dengan hasil studi ini diharapkan para praktisi kesehatan akan lebih memahami masalah kesulitan dan tantangan-tantangan yang dialami seorang ibu muda pada awal masa menjadi ibu, sehingga keadaan tersebut dapat diatasi dengan baik.

*A hermeneutic phenomenological study was carried out to explore the difficulties and challenges of being a first-time mother in a rural area in Indonesia. The purposes of the present study were to provide health care providers with a greater understanding of the difficulties and the challenges of early motherhood. The thirteen Indonesian women who participated in this study described their experiences of first-time motherhood during early motherhood. Data were collected through semi structured conversational interviews. Three majors difficulties and challenges were identified: (1) being a new mother is not easy (2) a new mother is not as free as she was before and (3) trying to be a good mother. These challenges have offered insight, information and understanding into the experiences of Indonesian women with early motherhood. Also, this study will give a richer and deeper understanding of the needs of women during this period and about their feelings on the mothering role, which is useful for health care providers and others, who are concerned about this issue.*