

## CONCEPT ANALYSIS

# A Concept Analysis of Maternal Role Transition Among First-Time Mothers

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## Abstract

Becoming a mother represents a pivotal life transition that introduces new roles and responsibilities for women. A deeper understanding of this concept can aid researchers and healthcare professionals in selecting appropriate measurement tools and designing nursing interventions that support a positive transition to motherhood, particularly for first-time mothers. This concept analysis aimed to explore and to clarify the defining attributes of maternal role transition in first pregnancy in order to establish an operational definition, and to identify its antecedents and consequences.

Guided by Walker and Avant's concept analysis model, this study also applied the Population, Concept, and Context (PCC) framework to determine eligibility criteria for the integrative review: studies on motherhood (population), transition (concept), and first-time pregnancy and childbirth (context). Electronic databases including CINAHL, MEDLINE, Scopus, and ProQuest were searched. Extracted data included definitions of maternal role transition, its key domains, the settings and populations of the included studies, and information relevant to the eight steps of concept analysis—namely, attributes, antecedents, and consequences.

From an initial 1,045 citations, 64 full-text articles were screened, and 30 studies met the inclusion criteria. Findings indicated that maternal role transition is both a process and an experience that facilitates a woman's journey toward embracing motherhood. Influential factors include preparation, perceived life changes, social support, trust, emotional comfort, couple relationships, and infant growth and development. A successful transition resulted in enhanced maternal skills, competence, confidence, acceptance of the maternal role, gratification, infant attachment, and overall maternal role adjustment.

**Keywords:** *maternal role, transition, motherhood, first-time mothers, concept analysis*

## Introduction

Becoming a mother is an important transition for a woman that adds new roles and responsibilities to their lives (Buck et al., 2020). A woman establishes maternal identity as she becomes a mother through her commitment to and involvement in defining her new self. Maternal identity continues to evolve as the mother acquires new skills to regain self-confidence as new challenges arise (Mercer, 2004). The term “maternal role attainment” was introduced in the 1960s by Robin as part of the transition process (Fouquier, 2013). Then Mercer (1995) introduced a framework for studying the variables that she thought would affect maternal role attainment.

After the first childbirth, women are in transition to being first-time mothers (Huang et al., 2019). They must undergo role function

adaptation to their new maternal role (Ospina Romero et al., 2012). The quality of interactions between mother and child is a maternal-driven process that occurs primarily throughout the first year of a baby's life but may continue throughout a child's life (Bicking Kinsey & Hupcey, 2013). Culture is one of the most important variables affecting the development of maternal roles. Furthermore, maternal role attainment and satisfaction differ in pregnancy and postpartum (Kordi et al., 2017). Applying the nursing process to any of the factors that influence the new mother's adaptive processes is one of the profession's most enduring challenges and one of the most important for the future of our children and our planet, depending to a very great extent on our ability to foster the essential bond between mother and child (Mercer & Walker, 2006).

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The maternal role is a broad process, multidimensional, and is influenced by various factors such as maternal support and resilience (Spiteri et al., 2014). Likewise, the scientific literature on the maternal role transition is quite limited to the preparation for assessment and interventions on the physical changes derived from the physiological gestation process (Osorio-Castano et al., 2017). Understanding the factors affecting the achievement of the maternal role can be the first step in developing and improving the quality of care for mothers. An analysis of the concept is an endless process, and if knowledge and experience are available, further concept development is always necessary (Rafii et al., 2020). A literature review reveals the complexity and need for clarity in using the terms for constructs, concepts, and variables of maternal role attainment (Fouquier, 2013). Moreover, several studies only focused on the multiparous or general population of mothers (Rafii et al., 2020; Shrestha et al., 2019). Advancements in the concept will allow researchers to utilize appropriate measurements, allowing nursing interventions to be developed to provide a good transition to the maternal role, especially for first-time mothers. This concept analysis aimed to explore and to clarify the defining attributes of maternal role transition in first pregnancy in order to arrive at an operational definition, and to identify its antecedents and consequences.

## Methods

### Design

The concept analysis model of Walker and Avant (2014) was used. The strength of the said model is that it provides a structural guideline. Walker and Avant (2014) defined concept analysis as defining a concept carefully by understanding and examining its basic elements and underlying attributes.

### Search Strategy

The databases searched include CINAHL, MEDLINE, Scopus, and ProQuest to ensure comprehensive coverage of nursing, medical, interdisciplinary, and other relevant literature. Papers published in English were considered for inclusion in the studies. This paper included cross-sectional, longitudinal, qualitative, grounded theory, and interventional studies to capture a broad range of perspectives, experiences, and evidence. Papers published between 2011 and 2021 were considered for inclusion, taking into consideration topic dynamism, evolving healthcare practices, and societal norms (Gusenbauer & Gauster, 2024; Flanagan & Tatano, 2024). Furthermore, studies that did not report on the maternal role, involved participants who were not first-time mothers, focused on physiological aspects rather than the relevant psychological, social, or emotional contexts, or were centered on psychometric

evaluations, were excluded from the review. Keywords used were related to: "motherhood"[All Fields] OR "maternal role transition"[All Fields] OR "becoming a mother"[All Fields]

### Study Selection

All citations identified by implementing the search strategy described earlier were collated and uploaded into the Rayyan for Systematic Reviews (Ouzzani et al., 2016), which was also used to remove duplicates. Titles and abstracts were then screened by AMG using the inclusion or exclusion criteria. For papers without abstracts, the full text was retrieved. After title and abstract screening, the potentially relevant studies were retrieved in full. The AMG and AOB assessed these studies in detail and evaluated their suitability based on the inclusion criteria. Reasons for exclusion were reported for studies that do not satisfy the inclusion criteria. The final study reported the search results and were presented in a PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-Analyses) flow diagram. The final report described or named all search methods, strategies, and sources. Moreover, the included articles met the following criteria: (1) containing a definition of maternal role transition, (2) discussing the history of the concept of maternal role transition in first-time mothers, (3) identifying the relationship between maternal role transition and associated outcomes, and (4) reporting the findings of all the studies regarding the analysis of the concept of maternal role or related concepts.

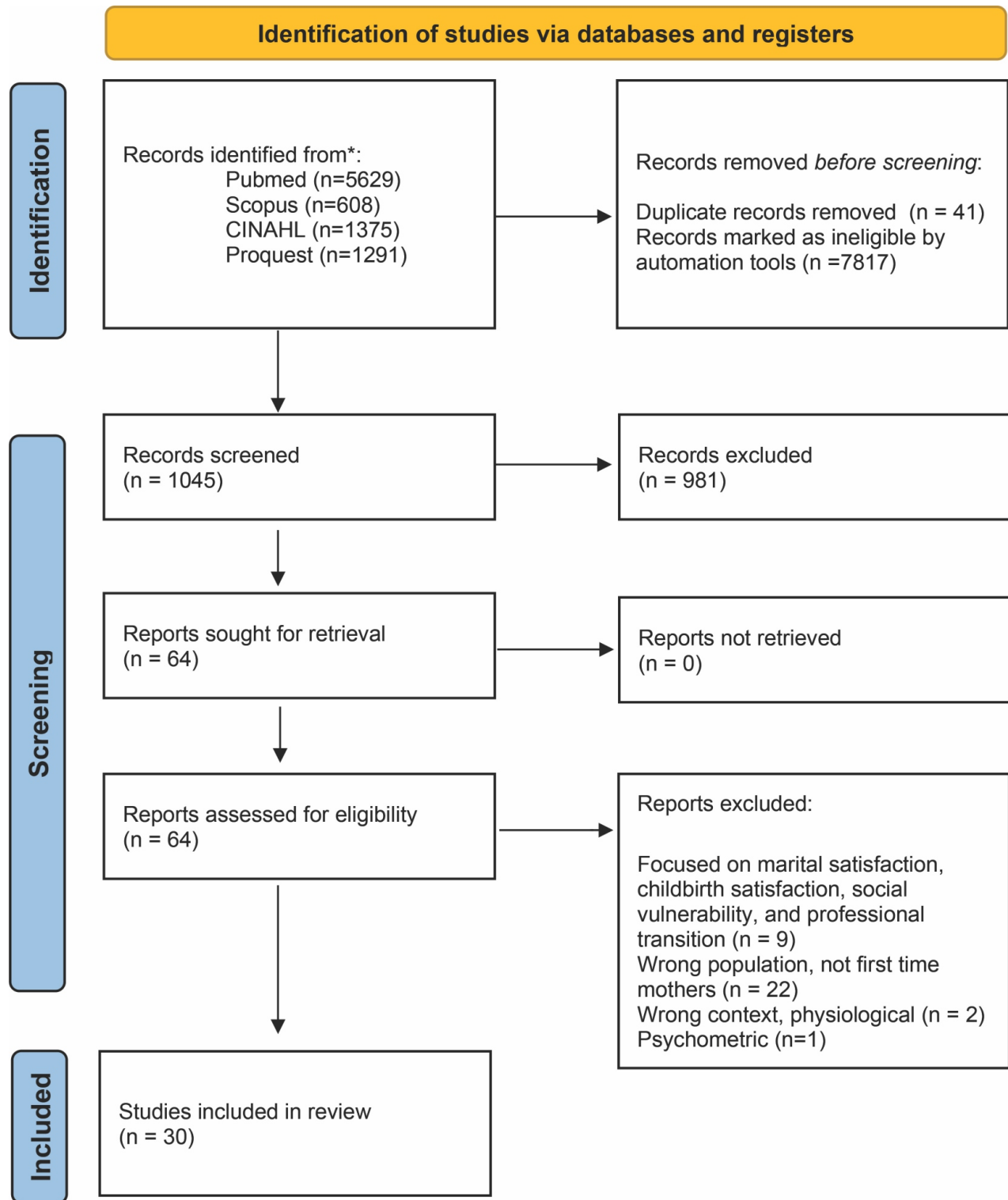
## Results

Searches identified 1,045 possible citations after automation tools removed ineligible and duplicated records. After initial screening of the titles and abstracts, 64 full studies were assessed for possible inclusion in the review, and 30 met the inclusion criteria (Figure 1).

### Included Studies

There were six (6) cross sectional studies (DiPietro et al., 2015; Mallette et al., 2015; Mihelic et al., 2016; Mirghafourvand 2019; Özşahin, 2020; Wu & Hung, 2016), three (3) longitudinal studies (Law et al., 2019; Missal, 2013; Toomey et al., 2015), eleven (11) descriptive exploratory and qualitative studies (Buck et al., 2020; Burningham et al., 2014; das Neves Carvalho et al., 2017; Gbogbo, 2020; Loudon et al., 2016; Masala-Chokwe & Ramukumba, 2017; Neiterman & LeBlanc, 2018; Notley et al., 2020; Russo et al., 2015; Skrondal et al., 2020; Tsai & Wang, 2019), three (3) grounded theory (Alinejad-Naeini et al., 2021; Berman et al., 2014; Edwards et al., 2021), two (2) interventional studies (Kordi et al., 2017; Song et al., 2020), a biographical interview (Natorva, 2015), content analysis (Moridi et al., 2019),

Figure 1. PRISMA flow diagram (Page et al., 2020)



feminist participatory action research (Etowa, 2012), and discussion paper (Babetin, 2020).

Most of the studies were conducted in Canada (n=5), Australia (n=4), Iran (n=4), United States (n=3), Taiwan (n=2), United Kingdom (n=2), Brazil (n=1), Ghana (n=1), Norway (n=1), Russia (n=1), Portugal (n=1), South Africa (n=1), South Korea (n=1), Turkey (n=1), and multi-country studies in UAE and Oman (n=1) and the United Kingdom and United States (n=1).

### Epistemological Principle: Uses of the Concept

The etymology of mother was first recorded in the 1200s and defined as "female parent, a woman to her child," Middle English *moder*, from Old English *modor*, from Proto-Germanic *\*mōdēr* (source also of Old Saxon *modar*, Old Frisian *moder*, Old Norse *moðir*, Danish *moder*, Dutch *moeder*, Old High German *muoter*, German *Mutter*), from PIE *\*mater-* "mother" (source also of Latin *māter*, Old Irish *mathir*, Lithuanian *motė*, Sanskrit *matar-*, Greek *mētēr*, Old Church Slavonic *mati*), "[b]ased ultimately on the baby-talk form *\*mā-* (2); with the kinship term suffix *\*-ter-*" [Watkins]. Spelling with *-th-* dates from early 16c., though that pronunciation is probably older. The etymology of motherhood is based on the "state or fact of being a mother," 1590s, from *mother* + *-hood*. Earlier was *moderhede* "motherhead."

Maternal role attainment is an interactional and developmental process that occurs over time. During this process, the mother becomes attached to her infant, acquires competence in the caretaking tasks involved in the role, and expresses pleasure and gratification in the role. "The stage of personal or maternal identity is characterized by the mother's sense of harmony, confidence, satisfaction in the maternal role, and attachment to her infant. She feels a congruence of self and motherhood as others accept her performance" (Mercer, 2004, p. 227).

Attainment is a "dynamic, interpersonal relationship in which a patient grows and develops to attain certain life goals. The theory explains that factors that can affect the attainment of goals are roles, stress, space, and time" (King, 1992, p. 21).

The transition has been described as the "passage from one life phase, condition, or status to another" as "periods in between fairly stable states" (Chick & Meleis, 1986, p. 238).

### Attributes

Two attributes emerged in the literature review: "a process" and "an experience." Motherhood is a major life event. Becoming a mother involves moving from a known reality to a new reality, which means being aware of the transition, preparing for it, and

restructuring objectives, behaviors, and responsibilities to achieve a new conception and identity (Mercer, 2004).

Maternal role transition is the process of adaptation in which the person uses problem-solving and recognition strategies (Alinejad-Naeini et al., 2021). It is also a process of knowledge and skills building (Edwards et al., 2021) and a continuous cycle of reactive decision-making and progressive learning to redefine self into a new role of motherhood (Berman et al., 2014; Edwards et al., 2021; Kordi et al., 2017; Law et al., 2019; Özşahin, 2020). Maternal role transition is also a complex and transformative process into acceptance to parenthood happens to a woman when she becomes a mother (Babetin, 2020; Buck et al., 2020; das Neves Carvalho et al., 2017; DiPietro et al., 2015; Moridi et al., 2019; Özşahin, 2020; Wu & Hung, 2016). It is described as the process of developmental and contextual changes and normative developmental processes and tasks that have their own time, rhythm, and manner (Berman et al., 2014; Kordi et al., 2017; Neiterman & LeBlanc, 2018; Zenettini et al., 2019). The maternal role is also a metamorphosis from woman to mother in a psychologically profound experience that overlaps and is separate from the physical experience of becoming a mother (Babetin, 2020). Lastly, maternal role transition is described as multidimensional and complex personal, physical, cognitive, social, psychological, moral, behavioral, economic, spiritual, cultural, and material changes (Buck et al., 2020; Skrondal et al., 2020; Babetin, 2020; das Neves Carvalho et al., 2017; Etowa, 2012; Law et al., 2019; Gbogbo, 2020; Missal, 2013; Moridi et al., 2019; Nartova, 2015; Neiterman & LeBlanc, 2018; Tsai & Wang, 2019).

This transition can also be interpreted as an experience and as a unique heroine's journey (Babetin, 2020; Buck, 2020) in defining the self as a mother (Zenettini et al., 2019; Nartova, 2015) through acclimation or accommodation (DiPietro et al., 2015; Gbogbo, 2020; Moridi et al., 2019; Nartova, 2015; Neiterman & LeBlanc, 2018; Özşahin, 2020). It also considers an experience of change from being a childless adult into being a mother (Burningham et al., 2014; Missal, 2013; Wu & Hung, 2016; Zenettini et al., 2019) in which a woman recognizes that their lives had changed and adjustment to their new circumstances is needed (Alinejad-Naeini et al., 2021; Babetin, 2020; Burningham et al., 2014; Etowa, 2012; Mallette et al., 2015; Masala-Chokwe & Ramukumba, 2017; Mihelic et al., 2016; Song et al., 2020; Wu & Hung, 2016). This transition is also brought up by past and shared experiences (Berman et al., 2014; Gbogbo, 2020; Özşahin, 2020). Furthermore, the said transition is affected by many environmental factors surrounding individuals and broader social settings (Edwards et al., 2021; Notley et al., 2020; Skrondal et al., 2020; Song et al., 2020).

### Model Case

Motherhood is a process that begins from pregnancy and is manifested by the birth of a baby. It considers redefining the self. *"I think it's gotten better, again, as I gained confidence, and at some point, trusting the baby, getting to know the baby... So, the experience has gone very well because I've been bad by myself and at some point, I don't know who told me, just like "drop the book" ...so "Just drop the book and just watch the baby" ...So I that's what I've done and since it's been going well"* (Edwards et al., 2021, p. 5)

Mothers develop the role of taking their baby, based on the premise that the roles played are based on the mother's experience, which might be going on for years. *"Becoming a mother completely changed my identity. I once described myself as a professional, wife, friend, sister, daughter... And then I lost that sense of self. I was no longer a career-focused professional. I had no time to be a wife or a friend. I had become a mom; that was all I could eat, breathe, or think. I was no longer a person in her own right and didn't have time to mind. As a new maternal side emerged, I put all my energy and time into being the most informed and best mother I could be"* (Babetin, 2020, p. 412).

### Additional Case

*"If I can do this, I can mother him for my entire life. Because I did this, that was so profound, hard, and overwhelming. It was painful. So, I think you should try because if you feel that you did this yourself, with your power and a supportive team, you will have a lot more confidence to be a good mother in the long run. So, it was important! That I did this. The fact that I had the birth that I did has enabled me to cope with the extreme. I just feel incredibly strong, and I feel really strong as a mother"* (Skrondal et al., 2020, p. 5).

### Borderline Case

*"Hmm, initially, I didn't know that I was pregnant; I was still having my period until four months when I started vomiting and sleeping always in class. My teacher called me and asked me if I was pregnant. I said no, and then she asked me if I had missed my period, and I said no. One day, my mother said she was taking me to the clinic for a malaria test but ehm, but when we got to the clinic, she asked the nurse to do a pregnancy test on me, and the result was positive. I started crying, and my mother started beating me; she said I had brought disgrace to her and that she worked hard to send me to school, and I paid her back with pregnancy. When we got home that day, I ran and went to my grandmother because my mother said she would beat me till I died. So, I am still staying with my grandmother; she treats me with love and care. Her encouragement helps me cope with*

*disappointment and is a source of emotional support for me"* (Gbogbo, 2020, p. 5).

### Contrary Case

*"In the beginning, it was difficult... it seems that my feeling is scared, that I could not get her in the lap that was going to return to the infection. I was traumatized so that I would take her like this; it seemed that my belly ached, and I could not stay with her in my lap... I was traumatized by my delivery, so much so that in the first few days I could not look at her, you know, I cried with sadness, but not because of fear, but because of what"* (Zenettini et al., 2019 p. 658).

As a surrogate mother: *"I told myself from the beginning that this is not my child, I will just carry her for nine months, and I had no feelings for her... When you are pregnant, you feel sad, you feel alone, and you need someone besides you. Just exchanging money for a baby is very cold and heartless. It makes you feel bad, as if it is a duty"* (Taebi et al., 2020).

### Antecedents of Maternal Role Transition

A woman must develop a set of knowledge and skills specific to mothering and the integration of mothering into her life (Buck et al., 2020; Edwards et al., 2021; Masala-Chokwe & Ramukumba, 2017; Song et al., 2020). Preparation is also important to maternal role transition. A woman prepares for motherhood through prenatal education and learning to take care of their baby (Missal, 2013; Skrondal et al., 2020), which enhances their physical (Buck et al., 2020; Skrondal et al., 2020), psychological (Babetin, 2020; das Neves Carvalho et al., 2017; Etowa, 2012; Law et al., 2019; Missal, 2013; Tsai & Wang, 2019), and financial (Gbogbo, 2020; Missal, 2013; Moridi et al., 2019; Nartova, 2015; Neiterman & LeBlanc, 2018) aspect. And this includes the growth and development of the infant inside the womb (Babetin, 2020; Toomey et al., 2015; Tsai & Wang, 2019; Zenettini et al., 2019). Significant attributes of maternal role transition are couple relationship or marital satisfaction (Babetin, 2020; das Neves Carvalho et al., 2017; DiPietro et al., 2015; Kordi et al., 2017; Law et al., 2019; Mihelic et al., 2016; Moridi et al., 2019; Neiterman & LeBlanc, 2018; Wu & Hung, 2016), experience of comfort (Alinejad-Naeini et al., 2021; Burningham et al., 2014; das Neves Carvalho et al., 2017; Law et al., 2019; Notley et al., 2020; Wu & Hung, 2016), gained trust (Edwards et al., 2021; Loudon et al., 2016; Skrondal et al., 2020), and support from peer/ social environment (Edwards et al., 2021; Gbogbo, 2020; Kordi et al., 2017; Law et al., 2019; Loudon et al., 2016; Masala-Chokwe & Ramukumba, 2017; Mirghafourvand, 2019; Moridi et al., 2019; Natorva, 2015; Neiterman & LeBlanc, 2018; Notley et al., 2020; Özşahin, 2020; Toomey et al., 2015; Wu & Hung, 2016); family

(Burningham et al., 2014; Notley et al., 2020; Mihelic et al., 2016; Toomey et al., 2015); partner/spouse (das Neves Carvalho et al., 2017; DiPietro et al., 2015; Gbogbo, 2020; Kordi et al., 2017; Moridi et al., 2019; Notley et al., 2020; Skrondal et al., 2020; Wu & Hung, 2016); and health professionals (Buck et al., 2020; Law et al., 2019; Russo et al., 2015).

### Consequences

According to the analysis of the studies included, the consequences of this concept (maternal role transition) were classified into five categories including: "gaining maternal skills, competence, and confidence" (Babetin, 2020; Buck et al., 2020; Burningham et al., 2014; DiPietro et al., 2015; Edwards et al., 2021; Etowa, 2012; Kordi et al., 2017; Masala-Chokwe & Ramukumba, 2017; Mirghafourvand, 2019; Missal, 2013; Natorva, 2015; Skrondal et al., 2020; Song et al., 2020; Tsai & Wang, 2019) which relates to maternal self-efficacy (Law et al., 2019; Mihelic et al., 2016); "maternal role adjustment" (Alinejad-Naeini et al., 2021; Babetin, 2020; das Neves Carvalho et al., 2017; DiPietro et al., 2015; Mallette et al., 2015; Mihelic et al., 2016; Notley et al., 2020; Song et al., 2020; Tsai & Wang, 2019); "attachment to the infant" (Alinejad-Naeini et al., 2021; Berman et al., 2014; Edwards et al., 2021; Etowa, 2012; Loudon et al., 2016; Natorva, 2015; Wu & Hung, 2016; Zenettini et al., 2019); "gratification" through sense of control (Buck et al., 2020; Edwards et al., 2021; Kordi et al., 2017; Masala-Chokwe & Ramukumba, 2017; Natorva, 2015;), fulfillment of achieving goals (Missal, 2013; Notley et al., 2020; Skrondal et al., 2020), happiness and satisfaction (Burningham et al., 2014; DiPietro et al., 2015; Kordi et al., 2017; Moridi et al., 2019); and "acceptance of the role of becoming a mother" (Buck et al., 2020; DiPietro et al., 2015; Gbogbo, 2020; Moridi et al., 2019; Neiterman & LeBlanc, 2018; Özşahin, 2020) by compromising in the face of reality through adjustment (Mallette et al., 2015; Tsai & Wang, 2019), overcome the feelings of despair and frustration (Alinejad-Naeini et al., 2021), fulfilling parenting behaviors (Kordi et al., 2017; Notley et al., 2020; Özşahin, 2020), getting to know themselves both as a human being and as a good mother (Buck et al., 2020; Loudon et al., 2016; Natorva, 2015; Skrondal et al., 2020), decision to become a mother or being pregnant (Moridi et al., 2019; Neiterman & LeBlanc, 2018), and better adaption to the role (Wu & Hung, 2016).

### Empirical Referents

Maternal role transition is a process and experience that favors a woman's transition toward motherhood, which is affected by holistic functioning, preparation, perceived changes, social support, trust, comfort, couple relationships, and infant growth and development. As a consequence of a good transition of a woman in first-time motherhood, the woman develops maternal

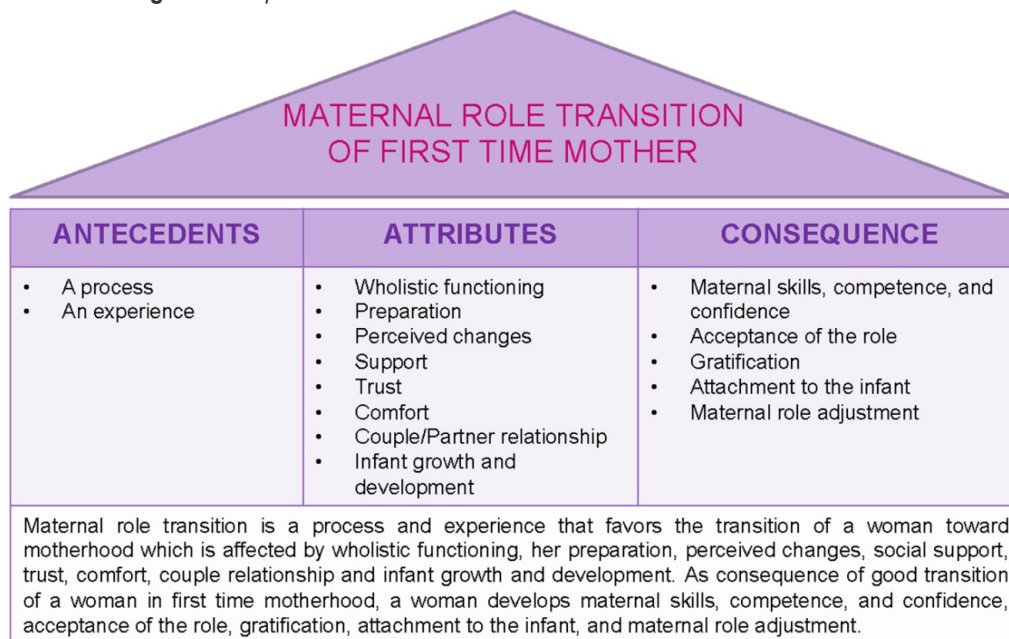
skills, competence, confidence, acceptance of the role, gratification, attachment to the infant, and maternal role adjustment. On the other hand, an unfavorable transition in motherhood occurs when a woman lacks sufficient support, preparation, or confidence, leading to stress, anxiety, and difficulty adjusting to her new role. This would lead to low maternal confidence and competence, post-partum depression and anxiety, maternal role strain, impaired maternal-infant bonding, and relationship strain.

### Discussion

This study investigated the concept of maternal role attainment of first-time mothers using a concept analysis. Attributes of maternal role attainment of first-time mothers is that the transition is both a process and an experience. A study revealed that maternal role attainment should begin during pregnancy and continue during the transition period (Nakamura et al., 2015). The maternal role transition is a "being process" is very dynamic, and the mother must pass through them, an interactive and developmental process that occurs over some time (Spinelli et al., 2016).

Another maternal perception of parenting refers to first-time mothers giving the meaning of their experiences in parenting. First-time mothers who appraise their experiences in parenting as positive will have an easier transition (Mangeli et al., 2017).

Antecedents of maternal role transition of first-time mothers includes: her preparation, perceived changes, social support, trust, comfort, couple relationship, and infant growth and development. One of the key components to assist the maternal role transition is how the first-time mother prepares herself. It is shown that if a woman is prepared to become a mother, it increases confidence around labor and birth, reduces in anxiety, the higher the likelihood of breastfeeding, facilitates improved communication, and increases satisfaction with birth (Stoll & Hall, 2012). A qualitative study of pregnant women indicates how women create a strategy to promote a healthy pregnancy through lifestyle adjustments, information gathering, and seeking timely medical care. Insight into pregnancy-related conditions was sought from various sources and influenced both by local traditions and modern medical knowledge. Public knowledge about different symptoms during pregnancy and a high confidence in maternal health care are the most likely contributing factors to the relatively good maternal health status (Graner et al., 2013). Women's autonomy is significantly altered by a model of maternity care, the nature of interactions with care providers, and women's ability for self-determination (Vedam et al., 2019). The standards for high-quality maternity care that elevate the experience of care outcomes as important health outcomes include the following: communication with women and

**Figure 2.** Empirical referent of maternal role transition of first-time mothers.

their families is effective and responds to their needs and preferences; women and newborns receive care with respect and preservation of their dignity and autonomy; and every woman and her family are provided with emotional support that is sensitive to needs and strengthens the woman's capability (World Health Organization, 2016). Pregnant women value the opportunity to be full participants in care planning, including the ability to understand and apply the best available evidence to their situations (Lothian, 2013). On the other hand, the experience of mistreatment by providers, such as non-consented care, loss of patient autonomy, or poor provider-patient communication during pregnancy, has been linked to reduced adherence to care, psychosocial distress, and adverse maternal health (Miller & Lalonde, 2015). Lastly, a study showed that pregnant women reporting inadequate social support demonstrated that prenatal care positively impacts the psychosocial well-being of women with greater stress or lower personal coping resources (Heberlein et al., 2016).

Maternal role transition leads to the development of maternal skills, competence and confidence. Adaptation to motherhood's role can be promoted by supporting mothers, empowering them, and increasing their self-efficacy to eliminate negative factors and emotions (Heydarpour et al., 2017). There is a need to assist women in infant care to achieve positive outcomes where nurses should evaluate and bolster mothers' belief in their abilities. Nurses must recognize that infant care programs should be tailored to mothers' specific maternal characteristics (Liu et al., 2012). Another consequence of maternal role transition is maternal role acceptance and gratification. The maternal

outcomes of success in the maternal role include confidence, gratification, and attachment to the child. In addition, a child's outcomes are cognitive and emotional development, attachment, health, and social competence (Rafii et al., 2020). In acquiring a maternal role, the mother is aware of the infant's behaviors, develops her own unique set of maternal behaviors, and gains confidence and competence in her decisions and the performance of her mothering skills (Fouquier, 2011). Being competent in the maternal role facilitates parental adaptive skills, such as sensitive behaviors and responsiveness, and a better relationship between mother and baby (Dunbar et al., 2021; Sexton et al., 2015). Maternal and infant attachment is explicitly demonstrated in Kangaroo mother care. Kangaroo mother care is a safe way to improve maternal mental health. Kangaroo mother care was effective in decreasing postpartum depression among the mothers at the postpartum care centers (Badiie et al., 2014; Cho & Jeong, 2021). Kangaroo mother care allows the mother and baby to be in contact earlier and in a normal way. It increased the mothers' confidence in caring for their infants and, in general, was beneficial for both the infant and mother (Hunt, 2008).

While this study provides valuable insights into maternal role attainment among first-time mothers, it is important to recognize some limitations that may affect the generalizability and interpretation of the findings. The study primarily focused on maternal perspectives, ignoring the potential impact of paternal or familial dynamics on maternal role attainment. Future research should take a more holistic approach, incorporating the perspectives of all stakeholders involved in

the transition to parenthood. Another, it is important to recognize that this concept analysis is primarily theoretical in nature and may lack empirical support. While the study provides a conceptual framework for understanding maternal role attainment for first time mothers, it does not test or validate the proposed concepts and relationships using empirical research methods. Given the theoretical nature of the concept analysis and the need for empirical validation, it is recommended that future research proceed with theory testing and validation through qualitative and quantitative studies.

### Implication to Nursing Practice

- Nursing intervention can aid in enhancing positivity and comfort in pregnant women.
- Interactive reciprocal nursing interventions enhance mother-infant interactions and maternal knowledge about infant care.
- Not just for mothers: Transition affects the entire family, with each member possessing individual emotional responses toward the event.

### Conclusion

Understanding the factors affecting the achievement of the maternal role can be the first step in developing and improving the quality of care for the mother and her child. Also, the findings can help develop or revise the models, theories, and instruments collected for this purpose. An analysis of the concept is an endless process, and as long as knowledge and experience are available, further development of a concept is always necessary. Maternal role transition is a process and expertise that favors a woman's transition toward motherhood, which is affected by her preparation, perceived changes, social support, trust, comfort, couple relationship, and infant growth and development. As a consequence of good transition for a woman in first-time motherhood, a woman develops maternal skills, competence, confidence, acceptance of the role, gratification, attachment to the infant, and maternal role adjustment.

### Recommendation

This study confirmed that preparation, social support, and maternal confidence significantly influence the transition to motherhood. Therefore, it is recommended that healthcare professionals, particularly nurses, prioritize interventions aimed at enhancing these factors to facilitate a smoother maternal role transition and improve maternal and infant outcomes. Interventions intended to strengthen maternal confidence and self-efficacy should be embedded into nursing practice.

Interactive and reciprocal nursing interventions can be used to improve mother-infant interactions and maternal knowledge of infant care. Nurses can empower first-time mothers by providing hands-on guidance, encouragement, and positive reinforcement.

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