

## Abstract

Transition to parenthood is a significant life event in the life of first time fathers. First time fathers face different kinds of psychosocial stressors that have not been explored yet. The present study aimed to explore the psychosocial stressors and coping mechanisms of fathers after birth of first child. The sample was comprised of 14 fathers who recently had first child. The main research measure that was used to explore the stressors of fatherhood was semi-structured interview. Interpretative phenomenological analysis was used to analyze the interviews. Seven domains were identified; personal, occupational, social and sexual life stressors, mental disturbance and coping strategies. Themes were extracted from all these domains. Results revealed that fatherhood was a life changing event in which fathers experienced stressors related to adjustment problems, father-child relationship, conflicts with spouse and family and increased responsibilities in their personal life, increased financial problems and work load in their professional lives. The main stressors that first time fathers experienced in their social life were impaired social affiliation and social isolation whereas they also experienced lack of sexual drive and lack of reciprocation from their partners in sexual life. It was concluded that fathers experienced negative emotions and thought disturbances due to abovementioned psychosocial stressors. Moreover, it was seen that most fathers, after the birth of their first child, started using avoidance coping strategies at emotional, cognitive and behavioral levels to tackle their psychosocial stressors.

*Key words:* First time fathers, psychosocial stressors, coping strategies, interpretative phenomenological analysis