

Abstract

The study aimed to explore the experiences of primigravidas; pregnant women for the first time in Pakistan. A sample of twelve participants, of age range 19 to 25 years was recruited from a private midwifery clinic in Multan. The required data were collected through a purposive sampling technique. Semi-structured interview protocol was developed comprising of questions related to psychosocial and physiological experiences of the participants. Interpretative Phenomenological Analysis was undertaken to analyze the interviews. Results from analysis revealed five super-ordinate themes: physiological and emotional journey; knowledge and concerns; perceived social support; fears and apprehensions; and religious coping. Based on interpretation and in-depth analysis of the phenomenon, the results highlighted that primigravidas experienced various physiological and emotional changes. It was also revealed that in the first pregnancy, women tend to feel happy, content, satisfied, and they had a sense of completeness along with worries, irritability, and mixed emotions. They were more likely to be unaware of the pregnancy related experiences. Primigravidas had fears and apprehensions relating to labor process and their baby's health. It was also revealed that primigravidas in Pakistan had social support and they used religious coping. It was concluded that primigravidas experienced physiological changes, emotional changes, fears and apprehensions, social support and they were likely to use religious coping.

Keywords: primigravida, pregnancy, interpretative phenomenological analysis, lived experiences, first-time pregnant women