



Notice for the PhD Viva-Voce Examination

Ms Salome Namrata Simeon, Registration Number: 1850091, PhD scholar at the School of Psychological Sciences, CHRIST (Deemed to be University) will defend her PhD thesis at the public viva-voce examination on Wednesday, 25 June 2025 at 9.00 am in Room No. 628, 6th Floor, R & D Block, CHRIST (Deemed to be University), Bengaluru - 560029, Karnataka, India.

Title of the Thesis : **Transition Experiences and Significant Social Relationships of First-Time Mothers**

Discipline : **Psychology**

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The members of the Research Advisory Committee of the Scholar, the faculty members of the Department and the School, interested experts and research scholars of all the branches of research are cordially invited to attend this open viva-voce examination.

Registrar (Academics)

Place: Bengaluru
Date: 19 June 2025

ABSTRACT

The transition into motherhood is a critical period of adjustment. Early explorations of this transition have highlighted the complexity of this change and the need to study it in a mother-centric approach within specific contexts. The Indian woman's transition cannot be divorced from her cultural context and is unique in several ways.

Additionally, major life transitions are disruptive events that are often navigated with the help of social connections. Thus, the study explored the first-time mother's transition into motherhood and her significant relationships. Using Interpretative Phenomenological Analysis (IPA), the study uniquely understood the transition experience of first-time mothers ($n = 8$)—the universal and its unique culturally influenced aspects, gained the essence of this transition experience from the last trimester of pregnancy to six months postpartum, explored the significant social relationships of first-time mothers—the importance and the changes experienced within them, explored the culture and its ideals—the distinct mothering goals, motherhood ideals, family structures and relationships, as experienced by the mother and finally, unearthed support needs as experienced by the mother. The seven major themes that emerged were the loss of control, belongingness to the family, feeling a sense of responsibility, navigating the different voices, a rollercoaster ride of emotions, a changing self and support needs.

Keywords: first-time mothers, interpretative phenomenological analysis, transition, social relationships, support needs

Publications:

1. **Simeon, S. N.**, Yalla, P. E., & Kuruveettissery, S. (2024). Belongingness to the family during the transition into motherhood in Bangalore, India: A practical theological reflection with recommendations for support within the church in Bangalore. *Practical Theology*, 1-13