

**UNDERSTANDING THE FIRST FIVE YEARS OF
FATHERHOOD AMONG YOUNG PROFESSIONAL
FATHERS**

FATIN NAJIHAH BINTI MOHAMAD FOZI

UNIVERSITI SAINS ISLAM MALAYSIA

**UNDERSTANDING THE FIRST FIVE YEARS OF
FATHERHOOD AMONG YOUNG PROFESSIONAL
FATHERS**

Fatin Najihah Binti Mohamad Fozi

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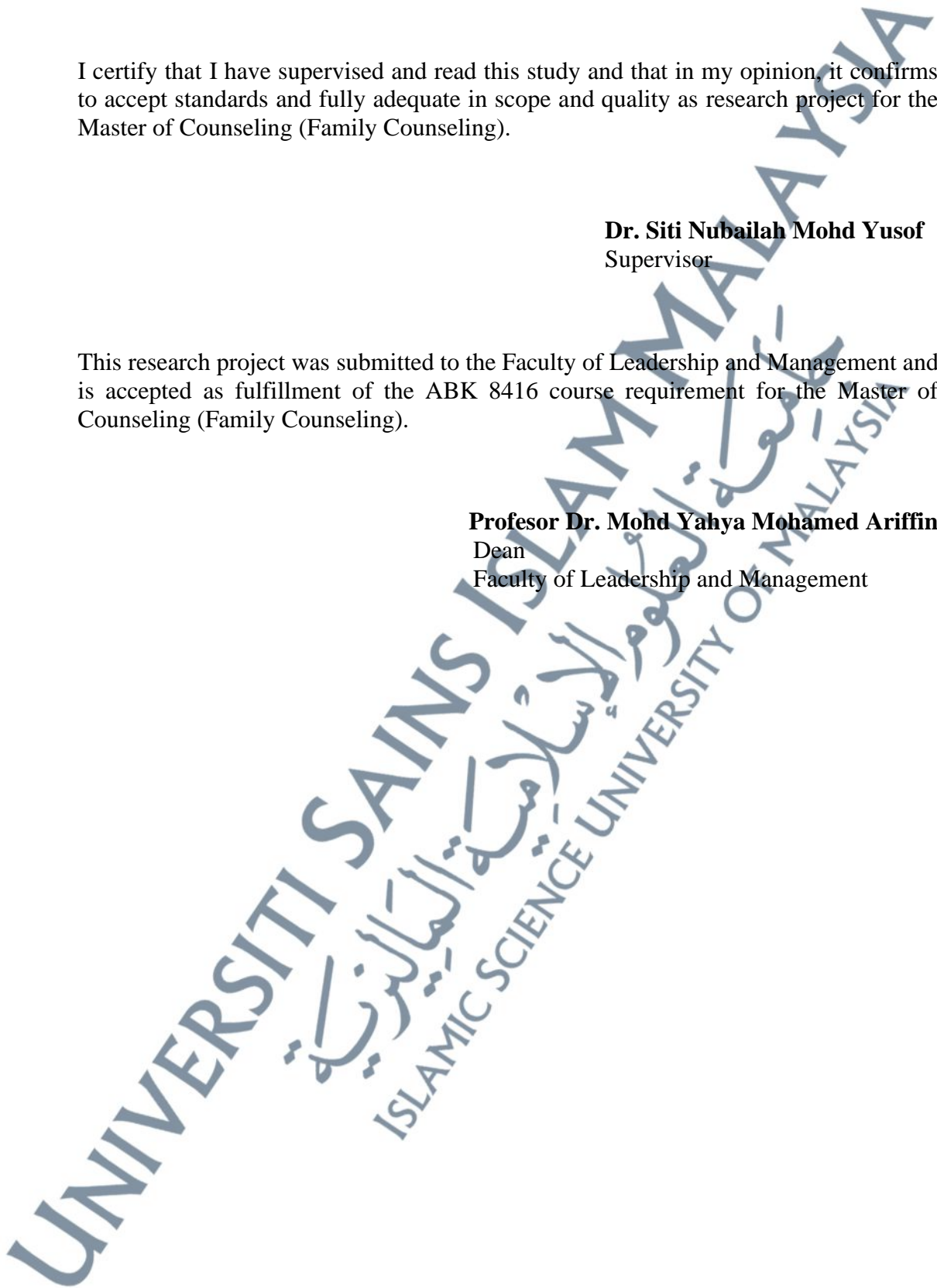
APPROVAL PAGE

I certify that I have supervised and read this study and that in my opinion, it confirms to accept standards and fully adequate in scope and quality as research project for the Master of Counseling (Family Counseling).

Dr. Siti Nubailah Mohd Yusof
Supervisor

This research project was submitted to the Faculty of Leadership and Management and is accepted as fulfillment of the ABK 8416 course requirement for the Master of Counseling (Family Counseling).

Profesor Dr. Mohd Yahya Mohamed Ariffin
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AUTHOR DECLARATION

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

I hereby declare that the work in this research project is my own except for quotations and summaries which have been duly acknowledged.

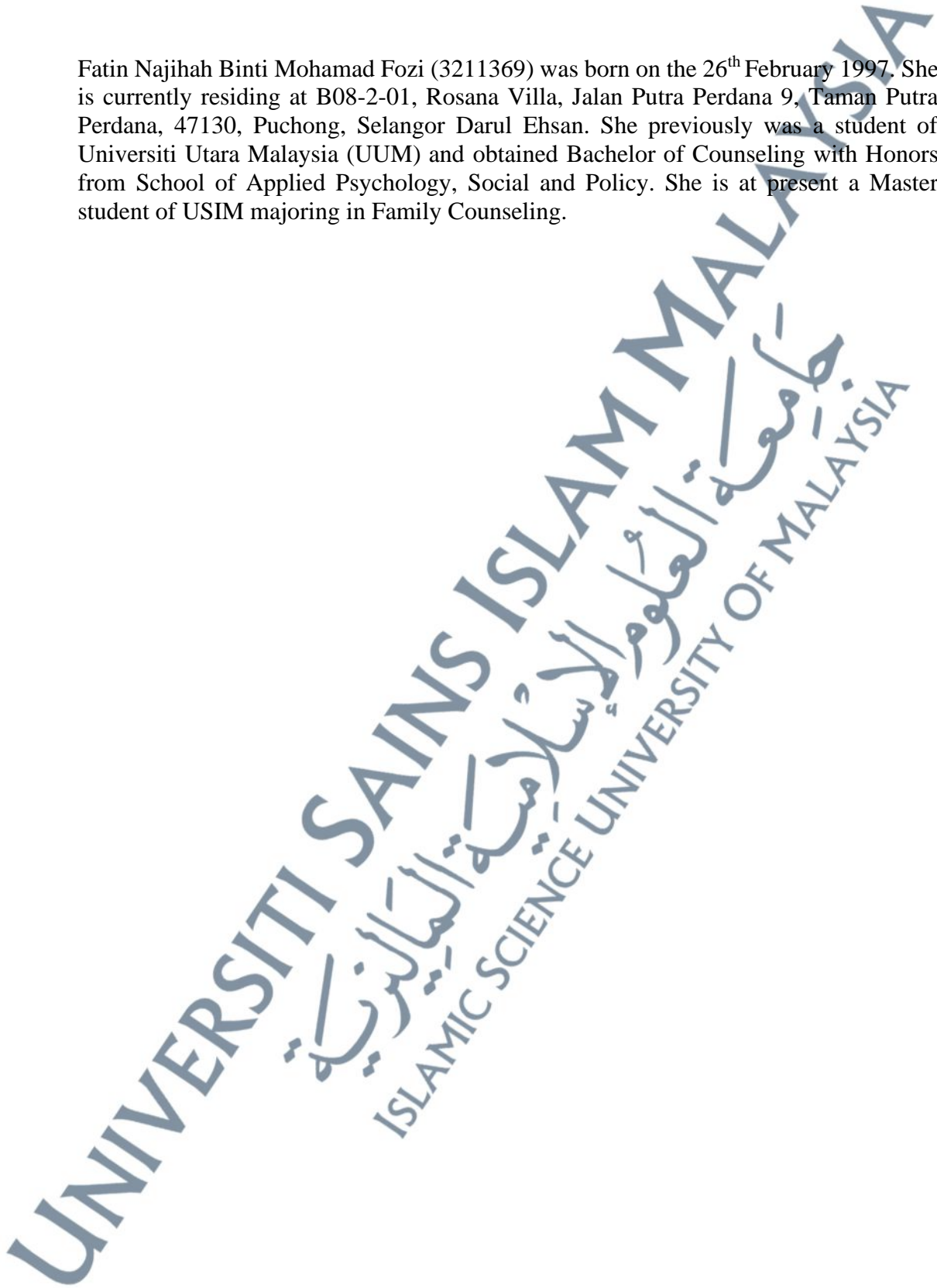
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ABSTRAK

Bapa muda merupakan salah satu peranan penting dalam proses perkembangan anak. Tetapi secara amnya, bapa muda tidak mendapat peluang untuk berkongsi perasaan mereka tentang pengalaman tempoh menjadi bapa kerana kebanyakan ibu muda hanya mendapat sokongan dan peluang untuk berkongsi pengalaman keibuan mereka dan terlibat dalam proses perkembangan anak. Tambahan pula, bapa muda pada masa kini lebih mengakui peranan mereka dalam proses perkembangan anak terutamanya dalam kalangan golongan profesional bapa muda. Ini kerana mereka mempunyai kesedaran tentang peranan penting sebagai bapa muda terutamanya proses perkembangan awal kanak-kanak iaitu 5 tahun pertama tempoh menjadi bapa. Bapa merupakan individu penting dalam pembentukan keluarga. Namun begitu, kajian sosial berkaitan bapa di Malaysia amat kurang berbanding kajian sosial berkaitan entiti lain dalam sesebuah keluarga. Hal ini disebabkan pengkaji telah memilih dan menjalankan kajian ini. Kaedah kualitatif fenomenologi telah digunakan dalam kajian ini. Tujuan kajian ini adalah untuk memahami perasaan bapa muda tentang pengalaman bapa, mengenal pasti bagaimana bapa muda memperoleh pengetahuan tentang perkembangan anak mereka dan memahami perubahan bapa muda dalam tempoh 5 tahun pertama tempoh menjadi bapa. Tiga orang bapa muda dari kumpulan profesional berbeza yang mempunyai anak pertama berumur di bawah 5 tahun telah ditemu bual. Menggunakan sampel bertujuan, temu bual telah dijalankan dengan bapa muda dalam bentuk temu bual mendalam separa berstruktur. Hasilnya, ia menunjukkan para peserta berkongsi perasaan mereka berkaitan penglibatan mereka dalam perkembangan kanak-kanak. Responden melibatkan diri dalam perkembangan kanak-kanak dari kehamilan hingga melahirkan, yang menyebabkan pasangan mereka sebagai ibu tidak terbeban dan mendapat sokongan emosi. Untuk penyelidikan akan datang hendaklah menggunakan saiz sampel yang lebih besar dan dengan persampelan yang lebih pelbagai. Lebih ramai bapa muda sebagai peserta daripada kumpulan profesional yang berbeza seperti doktor, jurutera, peguam atau lain-lain. Ia juga boleh disertakan pakar sebagai peserta untuk berkongsi tentang keibubapaan dari pihak mereka untuk dibandingkan dengan perkongsian bapa muda.

Kata kunci: Bapa muda, 5 tahun pertama, kebapaan, kumpulan professional.

ABSTRACT

Young fathers are one of the important roles in the development child process. But generally, young fathers do not get chances to share their feelings about the experience of fatherhood period because mostly young mothers only get support and chances to share their motherhood experiences and involves in the development child process. Additionally, young fathers nowadays more acknowledge about their role in the development child process especially among the professional group of young fathers. It is because they had awareness about the important roles as a young father especially the early childhood development process which is the first 5 years of fatherhood period. Father is an important individual in the formation of a family. However, social studies related to fathers in Malaysia are very less compared to social studies related to other entities in a family. It is caused the researcher have chosen and conducted this research. Qualitative methods of phenomenology had been used in this study. The purpose of this study was to understand the feeling of the young fathers about fatherhood experience, to identify how young fathers acquire the knowledge about their child development and to understand the changes of young fathers during the first 5 years of fatherhood period. Three young fathers from different professional group that have first child age under 5 years old had been interviewed. Using purposive samples, interviews had been conducted with the young fathers in the form of semi-structured in-depth interview. As the results, it shows the participants sharing their feelings related to their involvement in the child's development. Participants get involved in the child's development from pregnancy to delivery, which results in their partners as mothers not being burdened and receiving emotional support. For future research should use a larger sample size and with a more varied sampling. More young fathers as a participant from the different of professional group like doctor, engineer, lawyer or others. It is also can be include the experts as a participant to share about the fatherhood from their side to compare with the young father sharing.

Keywords: young fathers, first 5 years, fatherhood, professional group

ملخص البحث

يعتبر الآباء الصغار أحد الأدوار المهمة في عملية نمو الطفل. لكن بشكل عام ، لا يحصل الآباء الصغار على فرص لمشاركة مشاعرهم حول تجربة فترة الأبوة لأن معظم الأمهات الشابات يحصلن فقط على الدعم والفرص لمشاركة خبراتهن في الأمومة وينخرطن في عملية تنمية الطفل. بالإضافة إلى ذلك ، يعترف الآباء الصغار في الوقت الحاضر أكثر بدورهم في عملية تنمية الطفل وخاصة بين المجموعة المهنية من الآباء الصغار. ذلك لأن لديهم وعياً بالأدوار المهمة كأب صغير وخاصة عملية تنمية الطفولة المبكرة وهي أول سنوات من فترة الأبوة. الاجتماعية المتعلقة بالكيانات الأخرى في الأسرة. لقد تسبب في اختيار الباحث 5 وإجراء هذا البحث. تم استخدام الأساليب النوعية للظواهر في هذه الدراسة. كان الغرض من هذه الدراسة هو فهم شعور الآباء الصغار بتجربة الأبوة ، للتعرف على كيفية اكتساب الآباء الصغار للمعرفة حول نمو أطفالهم وفهم التغيرات التي طرأت على الآباء الصغار خلال السنوات الخمس الأولى من فترة الأبوة. تمت مقارنة ثلاثة آباء صغار السن من مجموعة مهنية مختلفة لديهم أول طفل يقل عمره عن 5 سنوات. باستخدام عينات هادفة ، تم إجراء مقابلات مع الآباء الصغار في شكل مقابلة متعمقة شبه منظمة. كنتيجة ، فإنه يُظهر المشاركين يشاركون مشاعرهم المتعلقة بمشاركتهم في تنمية الطفل. يشارك المشاركون في تنمية الطفل من الحمل إلى الولادة ، مما يؤدي إلى عدم تحميل شركائهم كأهات وتلقي الدعم العاطفي. بالنسبة للبحوث المستقبلية ، يجب استخدام حجم عينة أكبر وأخذ عينات أكثر تنوعاً المزيد من الآباء الشباب كمشاركين من مختلف الفئات المهنية مثل الطبيب أو المهندس أو المحامي أو غيرهم. كما يمكن تضمين الخبراء كمشاركين للمشاركة حول الأبوة من جانبهم للمقارنة مع مشاركة الأب الشاب.

الكلمات المفتاحية: آباء صغار ، أول 5 سنوات ، أبوة ، مجموعة مهنية

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