

CHAPTER 5

DISCUSSION, RECOMMENDATION AND CONCLUSION

5.1 Introduction

This chapter further discusses the findings that have been obtained in Chapter 4. The discussion of the findings was presenting in three main sub-topics: (i) the feelings of the young fathers about fatherhood experience, (ii) how young fathers acquire the knowledge about their child development and (iii) the changes of young fathers during the first 5 years of fatherhood period. In the discussion, of the findings, the researcher explains in detail based on the research objectives of this study. The research implications and recommendations that can help in improving this study for future research and practice are also discussed in this chapter. The chapter ends with a summary of the findings.

5.2 Summary of the Study

The purpose of this research is to understand the feelings of young fathers about fatherhood experience. Then, the researcher wants to find out how young fathers acquire the knowledge about their child development. The researcher also wants to find out the changes of young fathers during the first 5 years of fatherhood period. This study involved three participants of young fathers among professional group. All of the participants have first 5 years of fatherhood experience of young fathers among professional group. In this study, the interview method was used by the researcher to collect data and the data was analyzed by using the thematic analysis. All of the research

questions have been answered by the participants and the researcher is able to acknowledge the results of the study.

The results of the study are presented in three main sub-topics which are: (i) the feeling of the young fathers about fatherhood experience, (ii) how the young fathers acquire the knowledge about their child development, and (iii) the changes of young fathers during the first 5 years of fatherhood period. The discussion of each of the main sub-topics are explained in detail in the section below.

5.3 Discussion of the Findings

This section specifically discusses the findings. The discussion of the findings based on the research objectives of the study.

5.3.1 Research Objective 1: To understand the feeling of young fathers about fatherhood experience

The results derived from research question one revealed one themes which are the feelings of young fathers about their fatherhood experience that was gained from the research participants. The feelings of young fathers about their fatherhood experience theme has four sub-themes that consists of: (i) emotional experience at the beginning of fatherhood, (ii) young father's definition of fatherhood, (iii) perception of young fathers on childbirth, and (iv) characteristics of good father.

i) Emotional experience at the beginning of fatherhood

Based on Jean-Martin Deslauriers (2011), the statements made by the young fathers expressing their desire for paternity were frequently contradictory. In general, they claimed to have been shocked to learn of the pregnancy, but when probed further,

they also claimed to have had some intention of getting pregnant. Some males expressed their amazement at the pregnancy's announcement. The couples decided to risk with conception without consciously considering whether or not they were prepared for pregnancy. They purposefully avoided from using birth control and let nature decide for them.

Various emotions were expressed by the young fathers relating to the announcement of the pregnancy. In most cases, it was difficult to assert if the young father welcomed the pregnancy or not. The interview transcripts revealed that the participants often experienced conflicting feelings felt simultaneously. For example, participants reported feeling both fear and confidence at the same time. The reactions communicated by the participants were those of surprise, joy, anger, emotional numbness, fear, and confidence (Jean-Martin Deslauriers, 2011). Some young men were so shocked that they could not believe the news and they needed to see the test results themselves. Others could not even express any feelings. Shock took on other forms as well.

A few young men expressed a positive surprise because the pregnancy confirmed their fertility. Anger, frustration and a feeling of being trapped were also expressed by young fathers. Faced with such a big change, these participants also felt at loose ends, unsure of where they were in their life. The feeling of not being ready to assume the role of provider was sometimes expressed through anger at the announcement of their partner's pregnancy and other young men had a low level of reaction and removed themselves emotionally from the situation while they processed the news. They could not initially express themselves and they simply could not find the words (Jean-Martin Deslauriers, 2011).

In general, their comments can be separated into two categories. In the first category were men whose reaction is captured by the comment "I was happy but ...". Their happiness was mixed with other feelings at the announcement of the pregnancy. "I was happy, but ..." highlights the fact that for many young men, the approaching paternity brought about happiness that was somewhat diminished by their low economic status and young age. A second category, "I was happy," represented the young men who expressed unambiguous feelings of joy at the news of the pregnancy. Some of these men felt ready for fatherhood even though the pregnancy was not planned (Jean-Martin Deslauriers, 2011).

The reactions to the announcement varied greatly among the young men of the sample. Moreover, individual men they often expressed different and sometimes opposing emotions simultaneously. Consequently, it is not possible to quantify the central trends for example the percentage of participants who reported having felt joy at this moment. In addition, the young fathers believed their experience of fatherhood helped them to mature and improve their self-image, adopt a healthier lifestyle and set goals that gave them a direction in life. Fatherhood seemed to be a powerful factor in social integration, through their infant (Jean-Martin Deslauriers, 2011).

ii) Young father's definition of fatherhood

The young father reported that the responsibility of fatherhood was a way to grow up. Fatherhood seemed to favour the construction of identity and was accompanied by pride. The willingness to take on responsibility, the feeling of being more mature and the ability to work to meet the needs of the child are important indicators of their increasing status as adults (Jean-Martin Deslauriers, 2011). Young fathers are generally committed to their children and that their involvement can be

beneficial for all, an unplanned child is by no means an unwanted child (Bren Neale, 2016).

The same might be said of laws that have an effect on young fathers. Young fathers have the capacity to both positively impact their children's lives and increase their own life chances, but this potential is just slowly coming to light in the current environment. New empirical data on the many situations of young fathers' life are presented in the first three articles. Explore young fathers' goals to be "breadwinners" in the first section by tracking their journeys from education and training to job or benefits. This section will also highlight their desire to support their families. The study clarifies the persistent perception that young fathers are to be written off as immature by showing the huge, extended hard effort they put out in managing their triple responsibilities of earning, learning, and caring. (Johnson, 2015).

There is a little research that examines how role models influence the ongoing construction of the fatherhood identity in the absence of these preparatory experiences. How the fathers of young children socially construct and define the fatherhood identity. Of particular interest in this article is the way that men shape fatherhood roles according to various models in their lives. Self-improvement changes these fathers discussed included furthering their education, becoming a positive role model and obtaining employment (Johnson, 2015).

iii) Perception of young fathers on childbirth

When participants whose partners had given birth were asked what they liked about being a father, the majority (81%) commented on the joy and happiness fatherhood brought them. This statement referred to the participants of this research experiences during their child giving birth. As expressed by additional participants:

“Everything about it from first being in the hospital and holding him to that first smile. Everything about him, him right now is the best thing that ever happened. He brings the joy back into my life. Just seeing him happy. Just everything”. The gratification they felt regarding the responsibility of fatherhood and the satisfaction of producing a living legacy. In contrast, the difficulties these young fathers identified included the burden of responsibility, particularly regarding finance (Celeste A. Lemay, Suzanne B. Cashman, Dianne S. Elfenbein, and Marianne E. Felice, 2010).

Taking more time to adjust to the pregnancy of their partners may thus result in a delayed involvement. On the contrary, men who were fathering for the first time were more likely to be more involved with their first-borns compared to later-born children that the presence of a supportive husband promotes a positive antenatal experience for his pregnant partner and is the most significant factor in a mother's childbearing decision (Weilin Lynn Xue , Shefaly Shorey , Wenru Wang et. al, 2018). A father attitude as his perception of how he should be involved in the pregnancy and childbirth process. The five factors appeared to influence father levels of involvement during pregnancy and childbirth. The factors included: (1) informational support for fathers, (2) father's attitudes towards their involvement, (3) marital relationships with partners, (4) father's relationships with their own parents, and (5) sociodemographic factors.

iv) Characteristics of a good father

In this research, the young father participants put prioritize of their family and being together with their spouse to manage their child together. When young and young expectant fathers were asked to describe the characteristics of a good father, one overriding theme the concept of availability, primarily expressed as “being there” emerged. These young men thought that the primary characteristic of a good father was

being available to one's child when that child needed him, they included this as a goal they themselves hoped to achieve and used it to describe how they viewed whether or not an individual including their own father was a "good" father. Other themes characterizing a good father that emerged included the following: providing financial and emotional support, teaching including lessons and values and assuming responsibility for one's child (Celeste A. Lemay, Suzanne B. Cashman, Dianne S. Elfenbein, and Marianne E. Felice, 2010).

The desire and importance that young fathers and young expectant fathers in this study expressed pertaining to being good fathers for their children supports a move toward care that is parent/child centered (Black et al., 1999; Furstenberg & Harris, 1993). Participants in this study identified multiple requirements to be "good" fathers. These needs included employment, education and role models. They also expressed an interest in being a positive influence on their offspring. These results suggest the need for strategies and interventions for reaching young fathers that include building upon, encouraging and developing these positive attitudes (Celeste A. Lemay, Suzanne B. Cashman, Dianne S. Elfenbein, and Marianne E. Felice, 2010).

Meanwhile, the men in this study expressed no lack of purpose or clarity about their fatherhood role. Nor did they directly express any sense of personal insecurity about what it means to be men in contemporary society. Rather, they seemed overwhelmingly to welcome the changing nature of men and masculinity and their new father role. This enabled them with striking consistency to flesh out a wide range of reasons for the importance they attached to the status of fatherhood, its sociocultural characteristics and their own transition to fatherhood. Without exception and with great clarity, interviewees related the importance of fathers to the very particular and changed

character of the landscape of contemporary manhood and fatherhood (Karen Henwood and Joanne Procter, 2003).

Within this changed landscape good fathers have an expanded role. They are expected to be present in the home and involved in their children's lives, to keep contact with and be sensitive to their child's needs (including being able to put the child's needs before their own), to value family time (above work and leisure) and generally be part of family life. Good fathers are described as being involved in the routine care or nurturing of their child and as being understanding, approachable and supportive. Good fathers are also depicted as actively participating in domestic life as having shared responsibilities and roles thus generally cooperating with their partner in the home (Karen Henwood and Joanne Procter, 2003).

5.3.2 Research Objectives 2: To identify how young fathers acquire the knowledge about their child development

The results derived from the research question two revealed one themes which are the source of knowledge that was gained from the research participants. The source of knowledge theme has two sub-themes that consists of: (i) instructional media preferences and (ii) moral examples.

i) Instructional media preferences

Based on the Tanya M. Coakley, M.S.W., Schenita D. Randolph, Stephanie I. Coard, Tiarney D. Ritchwood, 2019, instructional media preferences used the Internet as a tool to access factual information about the knowledge of the child during the pregnancy and after the child giving birth. Some acknowledged generational differences in preferences for technology over print media like online book, paper, social media and

any website link that the young father can refer and used as the guidelines. While most fathers appreciated the accessibility of information obtained from the Internet, some expressed concerns about the abundance of misinformation and contradictions available on the Internet and suggested that youth require guidance to sort through information.

Learning media, some other frequently explored learning media include slides, hypermedia, etc. (see studies by Mayer et al. 2005; Mcnamara & Shapiro, 2015; Park, Flowerday, & Brunken, 2015; Shang, 2017; Stebner et al., 2017). A case in point is the Appropriate Instructional Media Selection Model (AIMS) proposed by Ihebuzor (1986), which only takes media attributes, cost, usability, service ability and availability as the criteria. Sadler-Smith and Riding (1999) successfully obtained learners' learning media preferences by using the Instructional Preferences Inventory, and it found that business students showed superior preference for print media rather than non-print media. It can be print media like online book being physical book or mostly in this study the young fathers used non-print media like website or any paper online to gain the knowledge. This source used by all of participants to get the knowledge about their child and wife during pregnancy and after giving birth. Instructional media preferences help the participants a lot beside they find the knowledge from others sources.

ii) **Moral Example**

In this study, the participants also shared their sources to get the knowledge for their child development and during their wife pregnancy period. This source is moral example which is from their mother and mother in law. All of them trusted that their mother and mother in law had lot of experiences and tips to share with them and their partner. They used their mother and mother in law experiences and tips as a guidance to help them to manage their children. They as a young father did not have any

experiences and knowledge before so that the experiences sharing by the mother and mother in law is really valuable for them. They trusted the experiences sharing will teach them a lot of things that they need to know as a new parent and young father.

Parents preferred parenting support that is tailored to parents of infants born preterm has flexible delivery enhances coping skills and the spousal relationship and is sensitive to the emotional context of parenting an infant born preterm. Understanding the experiences and the preferences of parents of infants born preterm is an important step in tailoring parenting interventions to fit their needs (Koa Whittingham, Roslyn N. Boyd, Matthew R. Sanders et. al, 2013).

5.3.3 Research Objectives 3: To understand the changes of young fathers during the first 5 years of fatherhood period

The results derived from the research question three revealed one themes which are the changes of young father during the first five years of fatherhood period that was gained from the research participants. The changes of young father during the first five years of fatherhood period theme has two sub-themes that consists of: (i) perception of young fathers during fatherhood period and (ii) young father's adjustment throughout pregnancy and childbirth.

i) Perception of young fathers of fatherhood

The young fathers were asked about their aspirations for fatherhood, and many of them acknowledged that in order to be better fathers, they would need to change their past and present behavioural patterns, saying, "Part of the things I need to do to show him a good example so he don't feel that there's no hope for him." Themes that emerged from their answers to the question of what they would have to do or be in order to be

better fathers corresponded with the goals they had set, with 14 (47%) young men of all ages saying that getting a job or finishing school would help them, and 10 (30%) thinking that changing their current lifestyle would be helpful (Celeste A. Lemay, Suzanne B. Cashman, Dianne S. Elfenbein et. al, 2010).

The majority of young and newlywed fathers expressed hopes and aspirations for their child's future, many of which included the hope that their child "turn out better than me" and exceed their own successes. Young fathers wished their children wouldn't do the same errors they did. Young fathers also hoped for their kids to have a good life and do well in school and in their careers. (Celeste A. Lemay, Suzanne B. Cashman, Dianne S. Elfenbein et. al, 2010).

Since they differ from the before, dominating concept of a breadwinner, a dictator, and an authoritative figure, fatherly requirements are different. They believed that because of this paradigm, their own fathers had been unable to develop relationships with other family members, missing out on family life. The advantages, incentives, and benefits of bonding with their child were anticipated by the men. The enjoyment came from interacting verbally and physically with the infant as well as from their company.

ii) Young father's adjustment throughout pregnancy and childbirth period

Confirming a pregnancy is the first and most important step in becoming a father. When fathers found out they were expecting their first child, Finnbogadóttir et al. (2003) found that they had a sensation of unreality. Rosich-Medina & Shetty's (2007) research, which indicated that fathers felt most attached to the pregnancy when feeling their foetus' movements and during the ultrasound scans, supported the conclusions of these qualitative investigations. Widarsson et al. (2012) discovered in their study on the

support requirements of expectant parents that fathers felt helpless when they could only watch their women suffer.

Forsyth et al. (2011) discovered that fathers were more worried about their spouses' suffering during pregnancy. This may be the result of them hiring seasoned fathers who may have gone through childbirth and so having previously witnessed their spouses' suffering. Perhaps this explains why they were more worried about their partners' suffering than first-time fathers, who were more worried about how to support their spouses during labour. Fathers went through a lifestyle change as they made the transition to parenthood, with some having trouble adjusting to the new way of life and spending less time by themselves (Fenwick et al. 2012; Finnbogadottir et al. 2003). They would nevertheless attempt to lead healthier lifestyles in order to handle the forthcoming difficulties of fatherhood (Dolan & Coe 2011; Finnbogadóttir et al. 2003; Sansiriphun et al. 2010).

The fathers wanted to be in the greatest possible condition to be able to support their new family since they felt a feeling of obligation towards them. Social activities are typically curtailed when personal lifestyles change. In contrast to mothers, fathers spend more time caring for their partners, attending antenatal classes, and researching pregnancy and childbirth (Finnbogadóttir et al. 2003; Sansiriphun et al. 2010; Widarsson et al. 2012). Fathers may have seen that their connections with other fathers improved while those with other non-fathers worsened due to this change in social activity (Finnbogadóttir et al. 2003, Widarsson et al. 2012).

Most fathers reported feeling more mature toward the end of the pregnancy as their obligations grew. Their behavior suggested that their value systems had changed as they ready to serve as good fathers and examples for their kids (Kao & Sansiriphun et al. 2010; Long 2004). For instance, they sought information on pregnancy and labor,

particularly for new fathers (Deave & Johnson 2008, Kao & Long 2004, Sansiriphun and others (2010)). It appeared that giving fathers, they would feel included if they knew specifics. Besides, they desired emotional assistance, informational help and giving them comfort in knowing they weren't alone (Finnbogadóttir et al. 2003, (2012) Widarsson et al).

Both Longworth & Kingdon (2011) and Premberg et al. (2011) noted that men were nervous since they were venturing into uncharted area in their study on first-time fathers' experiences of childbirth. Similar information was presented in Dolan & Coe's (2011) study. Additionally, in numerous researched examining fathers' experiences of childbirth (Bäckström & Hertfelt Wahn 2011; Premberg & Lundgren 2006; Sapkota et al. 2012), fathers' helplessness while they could only watch their partners suffer in pain was a recurrent theme. The fathers' experiences of fear regarding childbirth reported that fear for the health of their partners and infants was another notable cause for distress.

5.4 Implications of the Study

The understanding of the first five years of young father of fatherhood is important or needs to be alert by the psychology and counselling profession in that field because the research or study in Malaysia is less about the fatherhood experiences especially for the young father. Mostly, the research and the study about the mother experiences as a first time to be a mother. Actually, the father is the important roles for the child development and as a support system for their partner since the first trimester of the pregnancy, during the child giving birth and after that the process of the child growth. People always said that fathers not really important because they just as a breadwinner in the family but they still have feelings to involve together with their

partner, to improve themselves and to increase their knowledge about the pregnancy and child development.

Based on the first research objective, we can see how the father feelings when they shared about their feelings starting from the first time they know about the pregnancy until the child giving birth and the process of the child to growth and the develop in the first five years of phases. The first five years phases of the child are the important because the early phases they explore their surroundings which is the parents (father and mother) is the important roles to them to learn. This study will help the profession out there like counsellor to focus on the father role for the involvement of child development other than mother role which is did the program for the young father to expose to them more about their role. This study will help young fathers out there to alert their own feelings that others young fathers feel the same thing.

Other than that, the second research objective which is the result showed where the young fathers get the knowledge for them as a young father that do not have any experience about the pregnancy, child growth and how to play the role as a father. Mostly, the participants get the knowledge from the online website or social media and from their parents. Only one of the participants that joined paternal class for the knowledge. From this study, we can see how struggle the new parents to get the knowledge. From the researcher opinion, it is because in Malaysia still do not have regular class or program for the new parents to get the knowledge that they have big task in this stage whereas a couple with one child. Malaysia still not really alert about how important the paternal class to join. The expertise out there can do more paternal class to guide the new parent to manage their children well and more prepared with knowkedge.

Lastly, for the research objectives three is more about the changes happen in the young father life starting from the first time their partners announce to them about the pregnancy until the child giving birth. The young father shared their life changes after get the child. They shared the transition from single to couple and now to fatherhood period that the challenges for them as a young father. The expertise can share on the social media how to control their emotion when the transition happened and how they deal with the changes. The young fathers out there can alert with the changes and shared with the future young father to be prepare themselves as a father.

5.5 Recommendations and Suggestions

The researcher provides some suggestions for future researchers who wish to conduct further studies related to this issue. Even though this research might not be ideal, it can still indirectly guide the future researchers to produce better research findings. There are several recommendations for future research.

Firstly, the researcher suggests that 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. The future researchers also can choose the participants and the experts from the different races and religious like Indian, Chinese and others. This might uncover different and interesting results because the views of participants from different backgrounds of race, career and culture. It is because they will provide different perceptions and ideas to more understanding about the first five years of young fathers of fatherhood experience among the professional group and also

enhance them the program or activity to explore more about the fatherhood period through them as a young father.

Apart from that, the objective to explore the feelings of the young father for the first five year of fatherhood among the professional group to explore more about the father roles and how the adjust themselves with the changes. This is also important to give awareness to people out there that what a father feeling towards their children because mostly people focus on the mother issue and explore about them rather than a father. From this study, the experts can know that the young father more involved with their partner about their child but still have big amount of the future young father out there still not play their role well.

Last but not least, the researcher also suggests that the future researchers could use the mixed method in data collection so that the results of the study will be more valid.

5.6 Conclusion

This chapter has provided a summary of the findings, discussion of the findings, implications and also suggestions of the study. To summarize the study, it can be concluded that the findings of the research show that the young father feelings. How the feelings of young father to be a father that before this might be the young father have a shame to share about their feelings before as we know that a man mostly hide their true feelings. From this research, we learn to be more alert about the young father or new parent feelings that before this they did not know how to shared.

Moreover, from this study which is how struggle the young father got the knowledge to learn about the child and pregnancy period. So that, the experts will alert to do more program with the paternal class. Then, how the child giving birth changes

their life as a young father. This chapter discussed about the results the researcher obtained during the interview session. This chapter discussed the objectives of our research consists of three objectives including the theme for analysis data. What the researcher can be conclude is the how important role of father and guide them. Sometimes people will ask to the mother so the young father be abandoned because no wants know about their feelings.

