

# The experience of first-time parents in the transition to parenthood: Scoping review

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## ABSTRACT

**Background:** Marriage is everyone's dream and need to create a whole and happy family (household). Changing the status and role of being a parent is fun and even sad if the adjustment is not properly prepared. Self-acceptance as a parent can affect a person's psychological level where the rates of stress, depression, violence against family children, and even divorce experience an increasing trend. Young parents are more vulnerable to becoming victims of both physical and verbal violence. **Methods:** The method in this research is scoping review. The literature search in this study used three medical journal databases, namely Ebsco, ProQuest, and Willey Online Library, and one search engine, namely Google Scholar. Articles were selected using inclusion criteria, namely original research, in English and Indonesian, published within the last 5 years (2017-2022). The total search results were 3,395 articles. 10 articles that met the inclusion criteria in the authors' review were found. The instrument used to assess the quality of articles was the Joana Briggs tool from the Joana Briggs Institute (JBI). **Conclusion:** From the results of the review, it was found three themes related to readiness, influencing factors, and support in the transition to parenthood. The review of the ten articles showed that the transition to parenthood requires readiness both physically and mentally, internal and external factors, and the need for support from family, social, and health services.

## 1. Introduction

*First-time parents or new parents bring many changes to the household. One of the changes is the changing role of being a father and mother (Gage et al., 2016).* Adjustments during the transition to parenthood can influence changes in the lifestyle of previously married couples in the process of self-acceptance (Morawska et al., 2018). The process of self-acceptance of being a parent can affect the psychological level (Chen, Tung, et al., 2021a) such as increased levels of stress and anxiety which disrupt daily activities and relationships between husband and wife (Martins, 2019). Young married couples are more vulnerable to becoming victims of both physical and verbal violence (Jones et al., 2018). They face many environmental and social problems so they must be able to adapt to deal with the stress and pressure that arises in their family life (Sarawati & Andari Wuri Astuti, 2020).

In Indonesia, the number of cases of violence against children was recorded at 11,057 cases in 2019, increasing by 221 cases to 11,278 in 2020. In Central Java, the number of children (0-18 years old) victims of violence was 1,224 cases in 2022. It was the second largest nationally. Cases of abuse and violence by parents towards children occurred because of the object of parental emotional outlet and problems with their partners (Chen, Selix, et al., 2021). The transition to parenthood that was not properly prepared can harm the new parent's well-being and interpersonal relationships (Chen, Tung,

et al., 2021b) such as the onset of depressive symptoms and worse relationship adjustments up to divorce (Barimani, Vikström, Rosander, Forslund, et al., 2017). The role of being a parent made them anxious and worried about the magnitude of the responsibility (A. W. Astuti et al., 2021). Central Bureau of Statistics of Indonesia recorded that divorce cases in Indonesia were 516,334 cases in 2022. It increased 15.31% compared to 2021 which was 447,743 cases. In Central Java, the divorce rate is also experiencing an increasing trend. There were 72,997 cases in 2021 and increased to 85,412 in 2022. It was the highest province with divorce cases nationally.

The readiness level of the couple is a major factor in determining the success or failure of a household (Rajabi et al., 2020). The transition to becoming parents must be created with togetherness (A. A. P. A. W. Astuti & Dwi, 2022). The young parents need guidance to deal with the pressures of marriage, healthy sexual decision-making process (A. W. Astuti et al., 2020), participation in contraceptive use (Ivanova et al., 2018), husband's participation in the perinatal period (Onah et al., 2017), and their responsibilities in life as parents (Astuti et al., 2019). In assisting the preparation for becoming parents, the midwife's role is to guide and foster adjustment to their new role such as providing information about maternal and child health care, listening to their stories and complaints, giving awards by praising and understanding what they need comprehensively so that adaptation abnormalities during the transition process can be prevented and detected early (Yunita et al., 2020). Comprehensive midwifery care can prevent complications during the prenatal and post-natal periods which result in maternal and neonatal deaths (Anisa & Astuti, 2022).

## 2. Methods

### 2.1. Identifying research questions

In identifying research questions, the authors used the PEO framework (Pham et al., 2014) as follows:

**Table 1.** Framework PEO

| <b>P (Population)</b>  | <b>E (Exposure)</b>               | <b>O (Outcomes)</b> |
|--|-----------------------------------|---------------------|
| First time* parents *<br>OR First year* parenthood*<br>OR First time* parenthood *<br>OR early* parent *<br>OR Pre-parenthood *<br>AND | Transition* to Parenthood*<br>AND | Experience*<br>AND  |

The scoping review question in this paper is how was the first-time parent's experience in transitioning to parenthood? It aims to explore midwifery evidence regarding the experience of first-time parents in the transition to becoming parents in terms of first-time parent readiness, factors that influence the transition to parenthood, and support in the transition to becoming parents at first-time parents.

### 2.2. Identifying relevant articles

The identification of articles was carried out using inclusion and exclusion criteria as follows:

**Table 2.** Inclusion Criteria and Exclusion Criteria

| <b>Inclusion Criteria</b>  | <b>Exclusion Criteria</b>   |
|--|---|
| 1. Articles published in scientific journals   | 1. Articles in the form of opinions   |
| 2. Articles in the form of original articles (original research)   | 2. Articles in the form of guidelines and standard operating procedures (SOP) |
| 3. Articles published in 2017-2022   | 3. Articles in the form of study design systematic reviews or scoping reviews |
| 4. Articles in English and Indonesian Languages  |   |
| 5. Articles focused on the needs of first-time parents' experience, influencing factors, and support in the transition to parenthood |   |

In searching for articles, the authors used several search strategies using keywords, medical subject headings (MeSH), truncations, and Boolean operators (OR, AND, and NOT) (Liddle & Pennick, 2015). This scoping review search was carried out by searching for

relevant literature using three databases in searching for literature sources, namely EBSCO, ProQuest, Willey Online Library, and one search engine; namely Google Scholar. The authors chosen the databases based on their scope of the article publication and appropriate with the topic research in this research. The focus of this research was to discuss the experience of first-time parents in the transition to parenthood.

### 2.3. Selecting Articles

There were 3,395 articles found based on keywords search. 391 articles were from Pubmed. 758 articles were from ProQuest. 380 articles were from Willey, and 1,870 articles were from Google Scholar. Furthermore, screening was carried out by selecting articles based on the suitability of the title and abstract of the article following the purpose of the scoping review with the issue raised, namely the implementation of first-time parents in the transition to becoming parents. The final results obtained 10 articles which met the inclusion criteria based on the results of the analysis. The following is the process of searching for articles used in the literature review which can be seen in the flowchart.

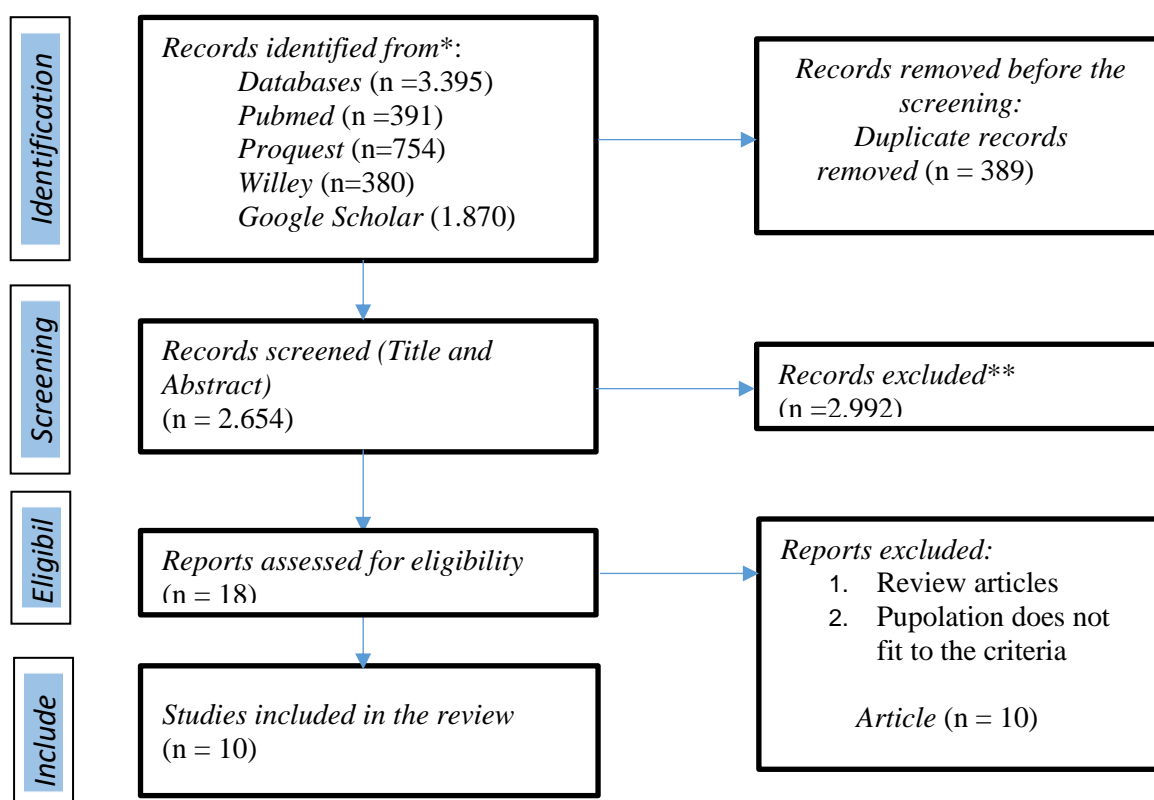


Fig. 1. Prism Flow Chart

Search using keywords, databases, and search engines resulted 3,395 articles. The articles obtained were extracted into Mendeley. 389 articles were removed through checking article duplication and manually screening titles and abstracts of 3,006 research articles. 2,992 articles were excluded because they did not fit the inclusion and exclusion criteria. 18 articles were then screened totally. Then, it was found that 8 articles were excluded because the year of data collection was more than 5 years. Article extraction and article quality assessment were carried out on 10 eligible articles.

### 2.4. Charting Data

The 10 articles that had been critically assessed as a whole were then extracted to include the main criteria including author, year, research title, purpose, country, research design, population and research instruments, and results. The charting data was carried out through discussions with the second author who adopted the modified Joanna Briggs Institute (JBI). The author recorded and compared the extracted data, which can be seen in the following Table:

**Table 3.** Charting Data

| No | Research title, Author, Year, research title  | Country   | Purposes  | Research design, population, and instruments  | Research results  |
|----|---|-----------|---|---|---|
| A1 | <i>Evaluation of an intervention aimed at supporting new parents: The Baby Newsletter project</i> (Panza et al., 2020)  | Singapore | To evaluate the effectiveness of parenting and child development increasing self-efficacy                                   | It is quantitative research with non-randomized pre/post-intervention in controlled study.  | Scores at 12 months were higher than 1 week after delivery in both groups for all TOPSE domains. Improvement was slightly stronger in the Newsletter group for almost all skills except learning and knowledge [difference in mean of variation: -0.48 (95% CI: -3.17; 2.21)]. The difference is significant only for play and fun [2.18 (95% CI: 0.12; 4.25)]. The increase in scores in almost all domains was more pronounced for parents with a higher education level for their first child. |
| A2 | <i>Transition to parenthood: consequences on health and well-being. A qualitative study</i> (Martins, 2019)   | Portugal  | To explore the effects on the health and well-being of parents during the first six months of transition to parenthood.     | It is qualitative research. The research was conducted using a grounded theory approach with in-depth interviews. Participants in this study were 5 couples.  | The health and well-being effects of older people were categorized as “living at the edge of capacity” which consisted of the sub-categories “feeling exhausted”, “feeling tiredness in mother”, “overflowing emotions”, and “feel less tired” to explain the impact the birth of a child has on a parent’s life, when taking on all the duties and responsibilities of being a parent.   |
| A3 | <i>Early parenting support and information: a consumer perspective</i> (Morawska et al., 2018)  | Australia | To determine family support for couples transitioning to parenthood   | It is quantitative research. The study design was cross-sectional with two separate study groups, using an online survey in the form of a questionnaire. The number of samples in this study was 77 pairs of prospective parents and 123 people who were already parents. | The results showed that transitioning parents indicated that they were satisfied with the level of support and information about parenting, although they rated this quality of support and information as “average.”   |
| A4 | <i>Facilitating and inhibiting factors in transition to parenthood – ways in which health professionals can support parents</i> (Barimani, Vikström, Rosander, Forslund Frykedal, et al., 2017) | Sweden    | To describe the transitional conditions that parents perceive as facilitating and hindering their transition become parents | It is quantitative research with deep interview. Interview was done with 60 Parents.  | The factors facilitated the transition to possessing knowledge were experiencing social support, receiving professional support, receiving information about resources in health care, participating in well-functioning parent education groups, and listening to professional comments on gender differences as a compliment.   |
| A5 | <i>Psychological Challenges of Transition to Parenthood in First-time</i>   | Iran      | To identify the psychological challenges to the transition  | It is quantitative research. The study population was all first-time parents who were referred to the Amjadieh Khaghani   | The results of the analysis of the data obtained reveal that the transition to parenthood can usually be considered a positive or   |

| No | Research title, Author, Year, research title   | Country   | Purposes   | Research design, population, and instruments  | Research results  |
|----|--|-----------|--|---|---|
|    | <i>Parents</i> (Seyed Karimi et al., 2021)   |           | parenthood in first-time parents   | Community Counseling Center in Tehran City District 7, Iran, from May to August 2020. The studied couples had <4 years old children. The study participants were 17 couples (n=34 subjects) who were selected by purposive sampling technique and based on theoretical saturation criteria. The required data was collected by conducting semi-structured interviews with research participants. Interviews were recorded and then transcribed verbatim. Finally, after extraction, the data obtained were coded and categorized using the content analysis method in MAXQDA. | negative experience. The most serious challenges faced by couples in transition to parenthood included the ambiguity and changing roles of partners; duality and conflict in motherhood; feeling restricted and prevented from pursuing personal goals; psychological and emotional support from family and husband; parental disputes; changes in sexual relations; fear of failure to financially support the child; dissatisfaction with appearance and weight change, and differences in parenting practices. |
| A6 | <i>First-time fathers' experiences during their transition to parenthood: A study of Korean fathers</i> (Noh, 2021)                              | Korea     | To explore the experience of transitioning to first-time parenthood from fathers and to provide baseline data for the development of perinatal education and nursing interventions | It is quantitative research. Data collection was carried out from September 2019 to February 2020 through in-depth interviews which were conducted individually with 12 participants. First-time fathers with under 2 months children were recruited. Verbatim transcripts were analyzed using the Colaizzi phenomenological method.  | Four theme clusters were identified, namely preparation for fatherhood, challenges to fatherhood, motivation for fostering family ties, and recognition of fatherhood.  |
| A7 | <i>Pre-parenthood Sense of Self and the Adjustment to the Transition to Parenthood</i> (Chen, Tung, et al., 2021a)                               | Singapore | To identify the moderating role of pre-parental self-appreciation and a sense of mastery in psychological well-being during the transition become parents                          | It is longitudinal quantitative. The number of samples in this study was 2,588 people from teenagers through their transition to becoming parents.  | The transition to parenthood decreased the psychological well-being of new parents. Positive pre-parental self-esteem during adolescence may not protect against the immediate and long-term effects of parenting transitions.  |
| A8 | <i>Parenting and Relational Well-being During the Transition to Parenthood: Challenges for First-time Parents</i> Sylvie (Lévesque et al., 2020) | Canada    | To examine new parents' experiences and perceptions of the challenges of taking on parental roles and maintaining relational well-being  | It is qualitative research with in-depth interviews with 23 new parents.  | Topics covered concern their trajectory before, during, and after the birth of a child. The thematic analysis revealed three main challenges during the transition to parenthood: (1) loss of individuality and togetherness, remembering primary identity as parents; (2) parental equality in parenting and related duties: a significant source of distraction; and (3) managing expectations: the influence of social norms and   |

| No  | Research title, Author, Year, research title  | Country     | Purposes  | Research design, population, and instruments   | Research results  |
|-----|---|-------------|---|--|---|
| A9  | <i>Transition to parenthood: it does not get easier the next time. Exploring ways to support well-being among parents with newborns Susan (Ketner et al., 2019)</i> | Netherlands | To investigate two types of predicting factors on parental well-being: individual well-being and care-related well-being  | It is quantitative research. Participants were 416 parents (90 fathers, 326 mothers of infants (under 1 year old), both first-time parents and non-first-time parents. Relationship quality, life skills, parenting skills, and social support are taken into account.                             | judgments on parents' self-development.<br>The results showed that the two types of well-being have different main predictors. Self-esteem, self-management, and interpersonal relationship skills contribute to both types of well-being, suggesting that interventions aimed at enhancing these skills can be of great benefit to parents in their transition to parenthood. Fathers and mothers differed significantly on several predictors-for example, self-esteem, self-management, parenting behavior, and empathy-indicating that they may have different support needs in the transition to parenthood better than first-time parents.  |
| A10 | <i>Long-term effects of pregnancy and childbirth on sleep satisfaction and duration of first-time and experienced mothers and fathers (Richter et al., 2019)</i>    | Germany     | To examine changes in sleep satisfaction and sleep duration of mothers and fathers during pre-pregnancy, and postpartum up to 6 years after giving birth. It was also carried out to determine potential protective and risk factors for sleeping during that time. | It is quantitative longitudinal. During the follow-up period (2008–2015). 2541 women and 2118 men reported the birth of their first, second, or third child and provided longitudinal data for analysis. A fixed effects regression model was used to analyze sleep changes associated with labor. | Sleep satisfaction and duration decreased markedly at delivery and reached a peak during the first 3 months postpartum. The women were more affected (decreased sleep satisfaction compared to prepregnancy: women, 1.81 points on a 0 to 10 scale, $d = 0.79$ vs. men, 0.37 points, $d = 0.16$ ; reduction in sleep duration compared to prepregnancy: women, 62 minutes, $d = 0.90$ vs men, 13 minutes, $d = 0.19$ ). In both women and men, sleep satisfaction and duration did not fully recover until 6 years after the birth of their first child. Breastfeeding was associated with a slight decrease in maternal sleep satisfaction (0.72 points, $d = 0.32$ ) and duration (14 minutes, $d = 0.21$ ). Parental age, household income, and dual parenting vs. single parenting were not associated with improvement in sleep quality or only very weak. |

## 2.5. Presenting data/result, discussion, and conclusion

*Critical Appraisal is the process of carefully and systematically evaluating a scientific article or research to assess its validity, value, and relevance in a particular context* (Burls, 2009). In this scoping review, the authors assessed the quality of the articles using the Critical Appraisal Skill Program (CASP) tool for qualitative research and the Joanna Briggs Institute (JBI) critical appraisal tools for quantitative articles.

Five research articles were assessed for the quality of the articles using CASP with the assessment criteria used, namely:

2: the questions were answered properly and explained in detail

1: the questions were answered but not explained in detail

0: the questions were not answered and/ or not explained in the article

After evaluating, the articles were classified into four categories/grades, namely: Qualitative article quality assessment category.

**Table 4.** Qualitative article quality assessment category

| Evaluation | Grade | Category    |
|------------|-------|-------------|
| 16-20      | A     | Very good   |
| 11-15      | B     | Good        |
| 6-10       | C     | Good enough |
| 0-5        | D     | Not good    |

Five quantitative research articles were assessed for the quality of the articles using the Joanna Briggs Institute (JBI) critical appraisal tools with the following assessment criteria:

2: the questions were answered properly and explained in detail

1: the questions were answered but not explained in detail

0: the questions were not answered and/ or not explained in the article

The categories/grades of quantitative research articles that have been assessed for the quality of the articles are based on the table below:

**Table 5.** Qualitative article quality assessment categories

| Evaluation | Grade | Category    |
|------------|-------|-------------|
| 13-16      | A     | Very good   |
| 9-12       | B     | Good        |
| 5-8        | C     | Good enough |
| 0-4        | D     | Not good    |

**Table 6.** Research data of quality qualitative articles

| Study  | A2 | A4 | A5 | A6 | A8 |
|--|----|----|----|----|----|
| Clear aim & objectivity                      | 2  | 2  | 2  | 2  | 2  |
| Appropriateness of methodology               | 2  | 2  | 2  | 2  | 2  |
| Research design                              | 2  | 2  | 2  | 2  | 2  |
| Recruitment                                  | 1  | 1  | 1  | 1  | 2  |
| Data collection                              | 2  | 2  | 1  | 1  | 1  |
| Relation between researcher and participants | 1  | 1  | 0  | 0  | 0  |
| Ethical issues consideration                 | 2  | 2  | 1  | 1  | 2  |
| Data analysis                                | 2  | 1  | 1  | 1  | 2  |
| Finding & reporting                          | 2  | 2  | 2  | 2  | 2  |
| Research value                               | 2  | 2  | 2  | 2  | 2  |
| Total  | 18 | 17 | 14 | 14 | 17 |
| Overall                                      | A  | A  | A  | A  | A  |

**Table 7.** Quantitative Article Quality Assessment Data

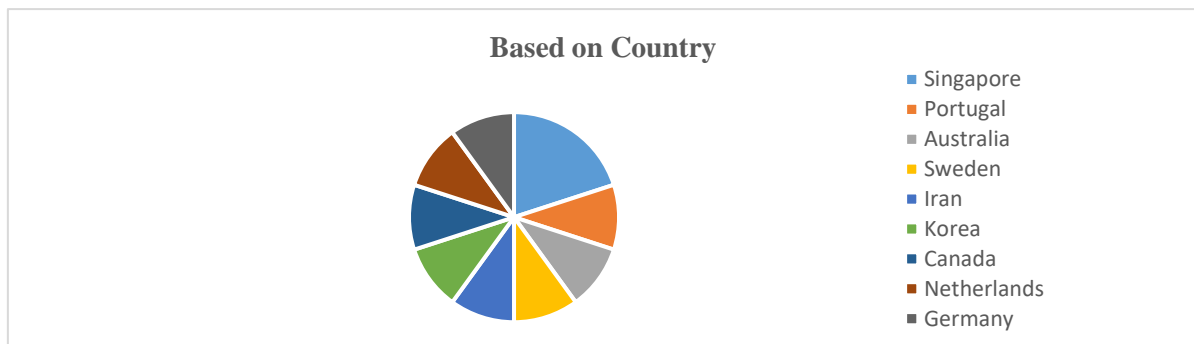
| Study  | A1 | A3 | A7 | A9 | A10 |
|--|----|----|----|----|-----|
| Research sample inclusion criteria               | 2  | 2  | 2  | 2  | 2   |
| Research subjects and settings                   | 2  | 2  | 2  | 2  | 2   |
| Valid and measurable measurement results         | 2  | 2  | 2  | 2  | 2   |
| Objectives and measurement criteria              | 2  | 2  | 0  | 2  | 2   |
| Confounding factor                               | 0  | 0  | 0  | 0  | 0   |
| How to deal with distracting factors             | 2  | 2  | 2  | 2  | 2   |
| Valid and reliable measurement tool              | 2  | 2  | 2  | 2  | 2   |
| The suitability of the statistical analysis used | 2  | 2  | 2  | 2  | 2   |
| Total  | 14 | 14 | 12 | 14 | 14  |
| Overall  | A  | A  | B  | A  | A   |

Based on the results of the quality assessment of the articles, it was found that there were 9 articles of quality A (A1, A2, A3, A4, A5, A6, A8, A9, A10), and 1 article of quality B (A7). Article A7 has the lowest score because it does not explain the sample of exclusion criteria and confounding variables that can appear in the study.

### 3. Results/Findings

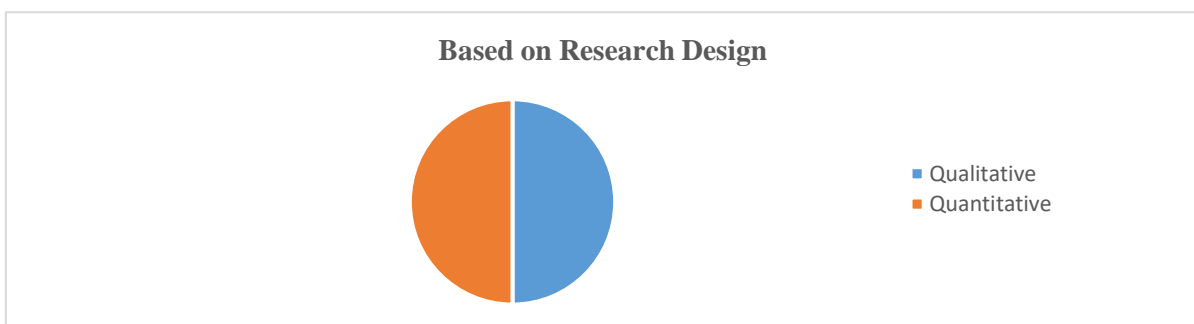
Based on the ten articles that have been reviewed in the scoping review related to the implementation of first-time parents in the transition to parenthood, the following results are obtained.

#### 4.1. Study Characteristics Based on Country

**Fig. 2.** Characteristics of articles by country

Based on Table 1, the results of several articles were found from various countries. 2 articles were from Singapore. 1 article was from Portugal. 1 article was from Australia. 1 article was from Sweden. 1 article was from Iran. 1 article was from Korea. 1 article was from Canada. 1 article was from Netherlands. 1 article was from Germany.

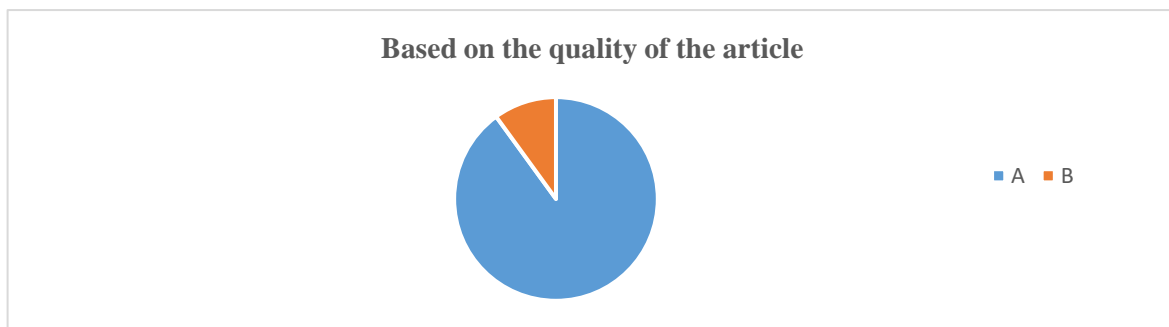
#### 4.2. Study Characteristics Based on Research Design

**Fig. 3.** Characteristics based on research design

Based on the characteristics of the research design, it resulted that 5 articles were a qualitative research design, and 5 others were quantitative research.



### 4.3. Study Characteristics based on Article Quality



**Fig. 4.** Characteristics based on the quality of the article

Based on the critical appraisal assessment carried out from 10 articles, 9 articles were obtained with grade quality (A) and 1 article with grade quality (B). Research articles with moderate quality are because they have not been explained in the article related to the research sample exclusion criteria, the role of researchers during data collection and their relationship with participants, and data collection methods that have not been explained as a whole.

### 4.4. Based on the Article Theme

In this study, the mapping of the article themes was carried out, while the analysis was carried out after analyzing the data through data extraction and assessing the quality of the research articles. The results of the analysis of the research themes are as follows:

**Table 8.** Analysis and Mapping of Research Article Themes

| No | Themes  | Sub Themes       | Research Articles          |
|----|---|------------------|----------------------------|
| 1  | Readiness of first-time parents in the transition to parenthood | Physique         | A1, A2, A3, A5, A10        |
|    |   | Mental           | A1, A2, A3, A4, A5, A6, A7 |
| 2  | Factors influencing the transition to parenthood                | Internal factors | A1, A2, A5, A6, A7, A8, A9 |
|    |   | External factors | A3, A5, A6, A7, A8, A9     |
| 3  | Support in the transition to parenthood                         | Family           | A3, A5, A6, A7             |
|    |   | Social           | A2, A5                     |
|    |   | Health services  | A3, A5                     |

## 4. Discussion

Based on the results of a literature search, 3 themes were obtained as follows:

### 1) Readiness of first-time parents in the transition to parenthood

Based on the 10 articles that have been reviewed by the authors, it is stated that the transition to parenthood is a challenge that must be faced by parents, especially during the first semester or 6 months after delivery. In facing the challenges of transitioning into parenthood, readiness is needed. Readiness to become parents is a socio-psychological phenomenon that includes knowledge, emotional evaluation, perceptions, and individual beliefs as parents which will be implemented in the parenting behavior component (Biktagirova & Valeeva, 2015).

Physical readiness is one of the most important readiness that parents need to prepare for the maintenance of the health of themselves and their family members because these health conditions can affect the psychology of parents (Morawska et al., 2018). Based on the research conducted by (Humphrey et al., 2019), some mothers noted that they felt more angry and irritable when fatigue was especially felt in the first month of parenthood. A mother who feels alone in caring for her baby or who does not trust her partner's care may experience such strong emotional instability that she ends up having emotional outbursts as if she has reached her limit. With no control over her impulses, the discrepancy caused by mounting dissatisfaction was exposed, which led her to "explode" for seemingly insignificant reasons and at times and become aggressive towards her husband with the sharpest words.

In general, men tend to have higher self-esteem than women (Scheppingen et al., 2016). A study by (Scheppingen et al., 2016) showed that mothers' self-esteem was more influenced by the transition

to parenthood than fathers and mothers' self-management showed lower skill levels than fathers. This is in line with research by (Chen, Tung, et al., 2021b) that positive pre-parental self-esteem during adolescence may not protect against the immediate and long-term effects of parenting transitions. The transition to parenthood is accompanied by many stressful situations, emotional disturbances, and psychological impacts that are felt throughout the first semester of parental role practice and are more intense during the postpartum period (Sari et al., 2022; Seyed Karimi et al., 2021). So before having children, you should discuss the changes and challenges in life that will be experienced so that prospective parents are ready for all the possibilities.

## 2) Factors that influence first-time parents in the transition to parenthood

The transition to becoming parents must be built with togetherness, but many factors often influence it. Based on the research conducted by (Barimani, Vikström, Rosander, Forslund Frykedal, et al., 2017), the provision of information about childcare is very necessary both for parents who are having children for the first time and who already have experience caring for babies before. Most parents receive support and information from family doctors and are satisfied with the services they receive although they rate the quality of this support and information as "average". A high level of education is expected to make it easier to understand and digest the information received so that more health knowledge is received.

Becoming a parent causes a loss of individuality and togetherness. A research by (Lévesque et al., 2020) stated that the majority of first-time parents felt a feeling of losing oneself both as an individual and as a couple. Raising a child requires selflessness and balancing roles is not an easy task plus the role of parenting and the well-being, development, and upbringing of children are subject to various social norms that make it difficult to develop their identity harmoniously as competent parents.

## 3) First-time parent support in the transition to parenthood

Childbirth is a struggle between life and death that a woman, especially a pregnant woman, must go through. Support from husbands, parents, parents-in-laws, and other families is needed, especially because it is very important to provide emotional support while adapting to the physical changes experienced by mothers (Schobinger et al., 2022). Likewise, fathers who assist in postpartum care also feel tired, exhausted, and lack sleep from helping with the care of their newborns (A. W. Astuti et al., 2021). In line with research (Seyed et al., 2021) mentioned that all mothers need support and care for their emotional and physical changes, mainly practical support.

## Limitation of the Study

The bias in this scoping review is that there is a personal perspective of the researcher or the subjective judgment of the researcher that influences the object in the study as well as other concerns including the simple quality of the study, heterogeneity, and sample size.

## 5. Conclusion

The results of a review of first-time parent experiences in the transition to parenthood found 3 themes related to readiness, influencing factors, and support in the transition to parenthood. The importance of knowledge of readiness both physically and mentally, internal and external influencing factors and support from family, social and health services are needed. Researchers recommend strengthening mental health for parents at PUSPAGA (Family Learning Center) as a family service unit in provinces and districts/cities.

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