

## Research Scholar Information Sheet

Institute of Kashmir Studies, University of Kashmir



Name of Scholar: Kulsoom Wahid

Name of Supervisor: Dr. Humaira Showkat

Year of Registration: 2024

Title of PhD: The Lived Experience of First-Time Pregnancy: A Qualitative Exploration of the Experiences of Kashmiri Women (Tentative)

Short Summary: This qualitative study explores the lived experiences of first-time pregnancy among women in Kashmir, delving into the social, cultural, and emotional aspects of this significant life event. By examining the experiences of first-time pregnant women in Kashmir, this research aims to uncover the unique challenges, support systems, and coping mechanisms employed by these women as they navigate the journey to motherhood. The study seeks to provide a nuanced understanding of the complex interplay between cultural traditions, societal expectations, and personal experiences that shape the lives of first-time pregnant women in Kashmir.

The objectives of this research are to investigate the lived experiences of first pregnancy among Kashmiri women, including the experiences of women with cesarean and normal

deliveries, examining the factors that influence delivery choices. explore the impact of marketing on pregnancy and childcare decisions.

The study also aims to explore diseases during pregnancy, such as gestational diabetes, hypertension, and anemia, on women's experiences, health outcomes, and quality of life. Furthermore, the research examines the gender aspect of pregnancy, including the role of male partners and family members in decision-making processes and support systems.

Current Status: Planning Stage and Reviewing the literature