

The Experience of Pregnancy through the Narrative of Physical Change

– From interviews with primiparas –

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The study intends to clarify the significance of narratives regarding the experience of the pregnancies of primiparas. In this study, two primiparas who gave birth within one year were interviewed about their pregnancy experience, focusing on their physical change and the significance of the change. This study uses interviews about life experience as a reference by inquiring into the narrative of their experience. The results indicated that the two primiparas progressed toward becoming a mother with a mother's awareness and with physical change. They tried to understand the change of a "women's body" into a "mother's body," but they could not easily accept the change and thus experienced conflict. They then tried to accept the change for their baby's sake, over the passage of time. The author concludes that an experience of pregnancy means the balancing act of being both a woman and a mother, and it is thought that this period can act as both a base for child care and as base for becoming a mother.