

Thematic Analysis with Textual Representation

Theme 1: Physical and Emotional Challenges of Postpartum Mothers

Postpartum mothers in this study shared common physical and emotional burdens. Many expressed experiencing overwhelming fatigue and disrupted sleep schedules. P4 admitted, 'I barely get two hours of straight sleep. Every little cry wakes me up,' indicating the extent of sleep deprivation. P6 reinforced this by saying, 'Even when I try to rest, my body feels tired and restless.' Breastfeeding was also a significant source of distress. P2 found it painful, stating, 'I wanted to breastfeed, but the pain was unbearable,' while P5 shared her worry about low milk supply.

Pain and discomfort persisted long after delivery for some mothers. P3 remarked, 'I thought I'd recover quickly, but even months later, I still feel body pain.' Emotional instability was another highlighted issue, with P7 revealing, 'There were days I cried for no reason at all.' These reflections align with research that emphasizes the physical and emotional toll of early motherhood (Dennis & McQueen, 2009; Brown & Lumley, 2000; O'Hara & Wisner, 2014).

Theme 2: Psychological and Social Challenges

Psychological and social issues also weighed heavily on postpartum mothers. Self-doubt emerged as a recurring concern, particularly among P1, who said, 'Sometimes I feel like I'm not doing things right. Am I a good mom?' Isolation compounded these struggles, with P6 stating, 'It's just me and my baby the whole day-I miss talking to people.' Financial stress was another burden, with P5 explaining, 'Everything became more expensive after giving birth-milk, diapers, vitamins.' These insights echo previous studies highlighting the psychological vulnerability and financial strain faced by new mothers (Leahy-Warren et al., 2012; Beck, 2002; Gjerdingen & Center, 2005).

Theme 3: Coping Strategies and Support Systems

Despite these challenges, mothers also shared various coping strategies. Family support played a crucial role, as all participants benefited from household help and emotional reassurance. P3 noted, 'My husband helps at night so I can take short naps,' and P1 expressed gratitude for her mother-in-law's assistance. Peer support was also valuable; P2 said, 'Talking to other moms makes me feel normal. I'm not alone in this.' Spiritual practices and personal coping mechanisms such as prayer and journaling were equally important. P5 mentioned, 'Prayer keeps me strong. When I feel weak, I just pray,' while P7 shared, 'I journal to release all my emotions-it's like therapy.' These findings support research emphasizing the importance of social and

spiritual coping strategies (Shorey et al., 2018; Letourneau et al., 2012; Beck, 2002).