

ABSTRACT

This master's thesis is focused on the experiences of men with the transition to fatherhood during the pregnancy period of the partner and the first months of the child's life. The aim of the study is to explore their experience with this period and to understand how the father identity is formed in the process of becoming a father. The theoretical part introduces the topic of generativity as a prerequisite for parenting and psychological concepts focused on the process of becoming a father. It also discusses the subject of becoming a father in terms of different time periods: preparation for parenthood, pregnancy, childbirth and the first year of the child's life. Subsequently, it is described which biological and psychological changes occur in men in the process of becoming a father, and what changes occur in a relationship with a partner. The practical part presents qualitative research of men who have recently become fathers. Semi-structured interviews were conducted to discover their experience. The research is done within the framework of the interpretative phenomenological analysis. Analysis of the interviews has shown that the topic of responsibility and commitment to the child, the formation of father identity, fatherhood and motherhood, changes in the relationship, and the management of paternal role are important themes in the process of becoming father. The practical part also describes the unique experience of each participant of the research. In the final part, the resulting data are compared with theoretical and empirical findings of literature.

KEY WORDS

Fatherhood, transition to fatherhood, becoming a father, father identity, parenthood