



International Conference on LGBT studies

09-11 December 2022 Berlin, Germany

A Prebirth Coparenting Intervention with Turkish Couples: An Experimental Study

Yalçın Özdemir, Mehmet Şakiroğlu, Ali Serdar Sağkal, Gökhan Aksu
Ayşegül Seyhan, Aylin Hiçde

Aydın Adnan Menderes University, Turkey

Abstract

Child rearing in Turkey is seen as the natural duty of mothers and the roles of mother and father show a very unbalanced distribution in terms of gender roles. This research examines the effects of a prebirth coparenting intervention program on Turkish couples' coparenting experiences, perceived romantic relationship quality, depression, and anxiety levels. In the research, we used a pretest-posttest-follow-up test, with control group, a randomized experimental design. A total of 40 couples were enrolled in the study. The Prebirth Coparenting Intervention Program was composed of a five modules and implemented as a 13-hour program. The research findings indicated that being in the intervention group had a significant positive effect on coparenting experiences at post-test and follow-up test. However, unexpectedly, the prebirth coparenting intervention program had not significant effects on romantic relationship quality, depression, and anxiety levels. In conclusion, implementing an intervention program at the transition to parenthood period promotes the coparenting experiences of the couples. Based on the present evidence, it can be implied that coparenting seems to be a potentially malleable construct in family research.

Keywords: Coparenting dynamics, intervention, parenting, transition to parenthood, Turkish culture

**This research was supported by Tübitak, Project N: 118K047.*