

# The Moderating Effect of Husband's Parenting Cooperation on the Relationship between Maternal Role Strain and Maternal Adaptation.

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- **Abstract:** This study was conducted to identify the maternal role strain, maternal adaptation, and husband's parenting cooperation among primipara mothers, and to confirm the effect of the husband's parenting cooperation on the relationship between maternal role strain and maternal adaptation (including woman's level of self-awareness and role perception). Method: The study participants were 250 primiparas in S City and J province. Data were collected from November to September 2018 using the Maternal Adaptation Questionnaire, Maternal Role Strain scale, and Multi-dimension Scale of perceived husband's parenting cooperation. Collected data were analyzed with t-test, ANOVA, Scheffe' test, Pearson's correlation coefficient, and PROCESS macro regulation effect analysis. Results: Among the subcategories of maternal adaptation, husband's parenting cooperation was found to be a significant regulating variable in the relationship between maternal role strain and maternal role perception of primiparas, but the maternal role strain as a woman had no regulation effect. Conclusion: The result suggested that it is necessary to develop nursing interventions for a primipara with an emphasis on strengthening the husband's parenting cooperation in order to enhance maternal adaptation.
- **Keywords:** Maternal, cooperation, self-awareness, perception, primiparas, Strain scale, interventions.