



Social Support Systems and Maternal Wellbeing in the Postpartum Period

Drishti Lilha¹ & Chippy Mohan²

¹School of Business and Management, CHRIST (Deemed to be University), Bengaluru

²Assistant Professor, School of Business and Management, CHRIST (Deemed to be University), Bengaluru, India

Abstract

Maternal wellbeing during the postpartum period is shaped by a complex interaction of biological, psychological and social influences. While childbirth is widely celebrated as a joyful and fulfilling experience, the weeks and months following delivery often involve considerable emotional and physical adjustments for new mothers. The transition to motherhood requires women to adapt to new responsibilities, develop caregiving skills and adjust to changes in personal identity. During this period mothers may experience sleep disruption, physical fatigue and emotional vulnerability as they learn to manage the demands of caring for a newborn. The social environment surrounding mothers plays a crucial role in shaping how they experience this transition. Support systems that include partners, family members and community networks provide emotional reassurance, practical assistance and guidance during the postpartum period. When mothers receive consistent support they are more likely to develop confidence in their parenting abilities and maintain emotional stability. Conversely the absence of support or the presence of conflicting family expectations may contribute to feelings of isolation, exhaustion and psychological distress. This paper examines maternal wellbeing from a social perspective with particular attention to the role of family relationships and support networks. By exploring the influence of interpersonal dynamics on maternal experiences the study emphasises the importance of supportive environments in promoting healthier outcomes for mothers and families.

Keywords: *maternal wellbeing, postpartum period, social support, family dynamics, maternal mental health, motherhood transition, caregiving environment*

1.Introduction

Being a mother is a significant life transition that impacts many facets of a woman's existence. This transition starts during the postpartum phase, when women transition from pregnancy to the duties of caring for a newborn. The reality of early motherhood can include physical recovery, emotional adjustment, and major lifestyle changes, despite the common portrayal of childbirth as a time of joy and fulfilment. Mothers frequently experience sleep disturbances, exhaustion, and the need to adjust to new routines during the postpartum phase. They must simultaneously gain self-assurance in their capacity to care for their newborns. These difficulties arise in a social setting that encompasses cultural norms, motherhood-related expectations, and family relationships. Medical or hormonal explanations have frequently been the focus of traditional discussions of maternal wellbeing. Nonetheless, recent studies are beginning to acknowledge the critical role that support networks and social connections play in influencing the experiences of mothers. During the first few months following

childbirth, partners, family, and community networks are often the main sources of support. Mothers' perceptions and reactions to the difficulties of early motherhood can be greatly impacted by the calibre of these relationships. Respectful communication, practical assistance, and emotional support can boost a mother's self-esteem and lessen her sense of loneliness. On the other hand, emotional strain could be exacerbated by a lack of support or conflicting expectations.

Therefore, it is important to consider the social contexts in which motherhood takes place in order to comprehend maternal wellbeing. This study aims to give a more comprehensive understanding of postpartum experiences for mothers by looking at the impact of family dynamics and support networks.

Because they offer conceptual tools that aid in explaining how social structures and interpersonal relationships impact individual experiences, theoretical frameworks are crucial to understanding maternal wellbeing. Because the transition to motherhood involves emotional, psychological, and social adjustments that take place within larger cultural contexts, biological explanations alone cannot fully explain maternal wellbeing during the postpartum period. Scholars are becoming more aware of how social norms around gender roles, caregiving duties, and family dynamics influence mothers' experiences.

Theoretical viewpoints from gender studies, psychology, and sociology offer important insights into how social environments affect the wellbeing of mothers. Theories pertaining to the social construction of motherhood and social support, in particular, place a strong emphasis on how interpersonal support networks, family ties, and cultural norms influence new mothers' experiences. These frameworks demonstrate how maternal wellbeing is intricately linked to the social circumstances in which women live and is not merely a personal psychological result. By using theoretical frameworks to understand maternal wellbeing, researchers can investigate how postpartum women's experiences are influenced by expectations surrounding motherhood. These frameworks also contribute to the explanation of why positive maternal adjustment during the early stages of motherhood depends on supportive relationships in families and communities.

2.1 Social Construction of Motherhood

Many people believe that being a mother is an instinctive and natural role that women naturally fulfil after giving birth. However, sociological viewpoints contend that cultural norms and social expectations, rather than just biological processes, influence motherhood. According to the idea of the social construction of motherhood, societies construct and uphold ideas about what it means to be a mother and how mothers ought to act in their families and communities. Mothers are frequently portrayed in cultural narratives as loving, selfless, emotionally strong people who put their children's needs ahead of their own. Family customs, media portrayals, and social institutions like healthcare and educational systems all serve to reinforce these expectations. As a result, many women internalise these standards and experience pressure to live up to them when they become mothers (Rich, 1976).

Women's interpretations of their own postpartum experiences may be influenced by the idealisation of motherhood. Mothers who feel worn out, stressed, or uncertain might be reluctant to talk about these emotions for fear of coming across as unworthy or not living up to social norms. The idealised conception of motherhood and the actual experiences of new mothers may diverge as a result of this pressure.

The romanticised depiction of motherhood, according to academics, frequently ignores the emotional and physical labour involved in childcare. Ruddick (1989) emphasises that providing care requires constant focus, accountability, and emotional commitment. Mothers may feel worn out and emotionally strained if social structures do not acknowledge or support these demands. Researchers can investigate how cultural beliefs and

social expectations impact maternal wellbeing by viewing motherhood as a social construct. This viewpoint emphasises how institutional practices and societal norms that specify how motherhood should be carried out, in addition to individual factors, influence the experiences of mothers.

2.2 Social Support Theory

An essential framework for comprehending how interpersonal relationships affect emotional wellbeing during major life transitions is provided by social support theory. This theory holds that supportive relationships serve as protective elements that enable people to manage stress and adjust to difficult situations (Cohen and Wills, 1985). One example of such a situation is the shift to parenthood, which entails major adjustments to daily schedules, identity, and family dynamics. Emotional, practical, and informational support are some of the general categories into which social support can be divided. Close relationships offer reassurance, empathy, and understanding as forms of emotional support. The term "practical support" describes concrete help, like childcare, housework, or daily duties. Advice or direction that aids people in navigating unfamiliar circumstances is referred to as informational support.

The experiences of mothers are greatly influenced by these types of support during the postpartum phase. Physical exhaustion, emotional uncertainty, and increased caregiving demands are common experiences for new mothers. While practical support can lessen the physical strain of childcare duties, emotional support from partners and family members can help mothers manage feelings of stress and anxiety. Strong social support during the postpartum period has been shown to boost parenting confidence and reduce emotional distress, according to research. According to Cutrona and Troutman (1986), social support plays a major role in maternal self-efficacy, or a mother's belief in her capacity to care for her child. Mothers are more likely to approach parenting challenges with resilience and confidence when they feel supported. By lessening feelings of loneliness, supportive relationships also improve emotional wellbeing. For moms who spend a lot of time caring for their babies, the postpartum phase can be a lonely experience. Mothers can feel understood and appreciated during this transition when they receive emotional support from partners and family.

2.3 Gender Roles and Family Expectations

Expectations about caregiving duties within families are still shaped by gender roles. In many societies, men are expected to concentrate on financial obligations outside the home, while women are primarily responsible for childcare and household chores due to traditional gender norms. The distribution of caregiving responsibilities within families during the postpartum phase may be impacted by these expectations. Mothers may experience a great deal of pressure due to the belief that women should naturally take on caregiving duties. In addition to recovering from childbirth, women may feel accountable for handling childcare, household chores, and providing emotional support for the family. Mothers may feel more worn out and under more emotional stress if these duties are not distributed fairly.

Unfair labour divisions within households may have an impact on mothers' well-being, according to research. Ciciolla and Luthar (2019) point out that even in situations where other family members are present, mothers often take on the role of organising household chores and childcare duties. Feelings of overwhelm and emotional exhaustion may result from this unseen labour. Nonetheless, mothers tend to have better experiences in family settings where partners actively assist with caregiving duties. In addition to allowing moms to rest and recuperate, shared parenting duties also improve partner relationships. Mothers frequently report higher levels of satisfaction and emotional wellbeing when caregiving responsibilities are divided more fairly.

Analysing maternal wellbeing thus requires an understanding of the role of gender expectations. Researchers can gain a better understanding of the difficulties mothers encounter in the postpartum phase by looking at how social norms influence caregiving responsibilities.

3. Mechanisms of Social Support and Family Influence

Social support networks have an impact on mothers' well-being through a number of family and community-based mechanisms. These mechanisms include practical support, emotional comfort, and the impact of cultural norms surrounding caregiving and family responsibilities. Every one of these elements influences how moms perceive the postpartum phase.

Mothers can feel appreciated and understood in a setting that is fostered by supportive relationships. These settings promote candid communication and let moms ask for help when they need it. On the other hand, situations where moms don't feel supported can make them feel more stressed and alone. Researchers can learn more about how interpersonal relationships affect mothers' adjustment during the early stages of motherhood by looking at the mechanisms through which social support functions.

3.1 Emotional Support within Families

One of the most important things that family members can do for new mothers is to offer them emotional support. Expressions of understanding, encouragement, and empathy are examples of emotional support that assist mothers in overcoming the difficulties of caring for a newborn. Mothers may feel uncertain during the postpartum phase as they get used to their new caregiving duties. Mothers can feel more confident in their parenting skills when they receive emotional support from partners and family members. Maternal wellbeing can be greatly impacted by small actions like listening to worries, acknowledging difficulties, and providing encouragement.

According to research, emotional support lowers the likelihood of emotional distress and helps mothers develop self-confidence. Stronger relationships with their partners and increased satisfaction with their parenting experiences are frequently reported by mothers who feel emotionally supported (Cutrona, 1984). Mothers who receive emotional support are also better able to cope with the emotional shifts that come with becoming mothers early in life. Supportive relationships foster an atmosphere where mothers feel comfortable sharing their experiences and asking for help when needed by offering assurance and validation.

3.2 Practical Assistance and Shared Responsibilities

Another crucial component of family support during the postpartum phase is practical assistance. Help with childcare duties, housework, and daily routines are examples of practical support that enables moms to concentrate on their recuperation and strengthening their bonds with their babies. It takes a lot of time and effort to care for a newborn. Mothers may experience severe physical strain from feeding schedules, nappy changes, and sleep disturbances. Mothers frequently have more opportunities for rest and recuperation when family members share these duties. According to research, partners' practical support is especially crucial for mothers' well-being. Mothers report feeling less stressed and more supported in their role as parents when partners help with childcare duties (Cowan and Cowan, 2000). Collaborative parenting and improved family ties are further benefits of shared responsibilities.

In order to lessen the physical strain of early motherhood and foster a more harmonious family environment, practical support is therefore essential.

3.3 Influence of Cultural Expectations

The way that families assist new mothers during the postpartum phase is greatly influenced by cultural norms. Regarding childcare duties and the participation of extended family members, different societies have different customs. Extended family members, such as grandparents or other relatives, actively assist the mother with household chores and provide care for the newborn in certain cultures. These customs can foster a nurturing atmosphere that enables moms to concentrate on healing and strengthening their relationships with their babies.

Cultural norms, however, can also put pressure on mothers to act in certain ways or raise their kids. Family conflicts can arise from differing opinions about childcare methods, especially when older family members place a greater emphasis on customs that may not align with contemporary parenting techniques. Therefore, it is crucial to comprehend how cultural expectations affect maternal wellbeing. While cultural customs can offer helpful assistance, they can also create expectations that affect how mothers perceive the postpartum phase.

4. Maternal Identity Formation and Adjustment to Motherhood

A person's identity undergoes significant changes as they become a mother. Women often shift from viewing themselves primarily as individuals to embracing the responsibilities of caring for and nurturing others. This process of identity transformation requires emotional adjustment as mothers integrate their new role into their sense of self. Developing a mother's identity includes learning new caregiving skills, adapting to changes in daily routines, and forming emotional ties with the infant. For many women, this process is accompanied by feelings of purpose and fulfilment. However, the change can also be accompanied by uncertainty and self-doubt, particularly during the initial months of motherhood.

Social support networks have a big impact on how mothers form their identities. Support from spouses and family members can help mothers feel more confident and help them view challenges as learning opportunities rather than as personal failures (Barclay et al., 1997). Feeling supported increases the likelihood that mothers will grow to feel competent as parents. Therefore, the development of a positive maternal identity is significantly influenced by supportive relationships.

5. Stigma, Silence and Help Seeking Behaviour

Many women are still reluctant to talk about emotional challenges during the postpartum phase, even in spite of growing awareness of maternal mental health. Mothers may be discouraged from expressing emotional distress or stress fatigue due to social expectations that depict motherhood as a happy experience. Therefore, the stigma associated with maternal mental health may make it difficult for mothers to get treatment. Mothers may worry about being misinterpreted or judged by family members, medical professionals, or society at large. As a result, instead of asking for help, some women decide to keep quiet about their difficulties.

According to research, mothers may not be able to access resources that could enhance their well-being due to stigma. Promoting maternal mental health requires early intervention and support, according to Leigh and Milgrom (2008). However, mothers may put off getting help if stigma prevents candid conversation. Supportive social settings can lessen stigma by promoting candid discussion of mothers' experiences. Mothers are more likely to feel at ease asking for help when families and communities recognise the difficulties of early motherhood.

6. International Perspectives on Maternal Wellbeing

Studies carried out in various nations demonstrate the universal significance of social support networks in influencing maternal well-being. The existence of supportive relationships consistently contributes to positive maternal outcomes, despite cultural practices and family structures differing across societies. Partners are frequently the main source of support for new mothers in many Western societies with nuclear family structures. Partners' emotional support and shared parenting duties are emphasised as critical components of maternal wellbeing.

On the other hand, extended family members' participation in childcare and household duties is valued in many other cultures. During the postpartum phase, grandparents and other family members may actively assist new mothers. International research continuously shows that supportive relationships lead to better maternal wellbeing and healthier family environments, despite these differences (World Health Organization, 2021).

7. Maternal Wellbeing in the Indian Context

A complex interplay of cultural customs, family structures, and societal expectations surrounding motherhood affects maternal wellbeing in India. Indian families typically function within extended family systems, in contrast to many Western societies where nuclear family structures are more prevalent. By offering emotional support, useful help, and advice based on conventional childcare methods, these family networks frequently play a vital role in helping new moms during the postpartum phase. In the first few weeks after giving birth, extended family members—especially mothers and mothers-in-law—frequently take an active role in helping the mother and taking care of the newborn. This involvement could involve preparing traditional postpartum diets, offering advice on how to care for infants, and helping with household chores. Support like this can foster a safe space where new mothers can rest and recuperate after giving birth, while also gaining self-assurance in their parenting skills. According to research, the existence of supportive family networks can improve maternal wellbeing by lessening the mental and physical strain of caring for a newborn (Bargade and Desai, 2018).

In Indian cultural contexts, postpartum customs are also deeply ingrained. Numerous communities follow particular traditions meant to support the health of the newborn and the recuperation of the mother. These practices could include specialised nutritional diets, prescribed rest periods for the mother, and advice on infant care from older family members. For new moms, these customs can provide important chances for both emotional and physical healing.

However, there may be some difficulties brought about by the influence of extended family structures. The notion that women should bear the majority of the responsibility for childcare and household duties is frequently emphasised by cultural expectations surrounding motherhood. Mothers may thus feel under pressure to fulfil several responsibilities in the home while simultaneously adjusting to the demands of raising a baby. Postpartum stress may be exacerbated by such expectations, especially if mothers feel that their physical or emotional needs are not being met. Family relationships have been shown to have a major impact on maternal mental health outcomes in both rural and urban areas of India. According to Chandran et al. (2002), family strife and a lack of emotional support were linked to postpartum depression in women in rural India. Likewise, research on family dynamics has brought attention to how mothers-in-law influence postpartum experiences. Conflicts about childcare procedures or family expectations may cause emotional stress for new mothers, even though supportive relationships with older family members can offer helpful advice and assistance (Choudhry et al., 2021).

The impact of social stigma on maternal mental health is another significant factor affecting maternal wellbeing in India. Cultural views that motherhood should be a happy and rewarding stage of life frequently restrict conversations about emotional challenges after childbirth. Women may be deterred from candidly talking about their feelings of stress, anxiety, or fatigue by this expectation. As a result, even in times of emotional distress, some mothers might be reluctant to seek professional assistance. For many Indian women, family networks continue to be a vital source of support despite these obstacles. Mothers frequently report feeling more confident in their parenting skills and having better emotional wellbeing when family members share caregiving duties and offer emotional support. It is therefore necessary to acknowledge both the positive and difficult aspects of family involvement in order to comprehend maternal wellbeing in the Indian context. Researchers and medical professionals can create more culturally sensitive methods of promoting maternal health by recognising the impact of cultural customs, familial relationships, and social expectations.

8. Conclusion

Postpartum maternal wellbeing is influenced by a complex interplay of social, psychological, and biological factors. The experiences of new mothers go beyond physical recuperation and involve significant emotional and social adjustments, even though childbirth is an important life event. As women become mothers, they must learn new caregiving techniques, adjust to shifting family responsibilities, and deal with the demands of raising and safeguarding a newborn. Examining maternal wellbeing in a wider social context is crucial, according to the literature reviewed for this study. Social connections and support networks are just as important in influencing how mothers adjust to early parenthood as medical and hormonal factors are in defining their experiences. Mothers can manage the challenges of caring for a newborn with the emotional support and practical help of supportive partners, family members, and community networks.

Social support theory and the social construction of motherhood are two theoretical stances that offer important insights into how interpersonal relationships and cultural norms affect maternal wellbeing. Motherhood is frequently portrayed by society as a natural and rewarding role, but these expectations may ignore the difficulties involved in childcare duties and emotional adjustment. Researchers can investigate how cultural values and gender norms influence maternal identities and experiences by acknowledging motherhood as a socially constructed experience. Because mothers often turn to their immediate social environment for support, support networks are especially crucial during the postpartum phase. While practical assistance with childcare and household chores can lessen the physical demands placed on mothers, emotional support from partners and family members can boost maternal confidence. Mothers frequently have more opportunities for rest and recuperation when caregiving duties are divided among family members, which enhances emotional wellbeing.

The literature also draws attention to the possible difficulties brought on by family dynamics and societal expectations. Mothers may be disproportionately responsible for providing care due to cultural norms regarding gender roles, which can lead to feelings of stress and exhaustion. Additionally, the stigma associated with maternal mental health may deter women from getting help when they're having emotional problems. Positive maternal outcomes are consistently demonstrated by international research to be influenced by supportive family environments. However, depending on family structures and societal customs, mothers may have access to different types of support in different cultural contexts. In nations like India, where extended family structures are prevalent, family members frequently actively assist new mothers. Although this involvement can be very helpful, it may also bring expectations that influence the experiences of mothers.

Maternal wellbeing in India is intimately linked to family dynamics and customs related to childbirth and child care. Mothers can adapt to the responsibilities of early parenthood with the help of extended family members,

who often offer both practical and emotional support. At the same time, cultural norms surrounding motherhood may put pressure on women to play particular roles in the home. It is crucial to comprehend these dynamics in order to create culturally relevant maternal health strategies. Overall postpartum maternal wellbeing should be viewed as a multifaceted experience impacted by social interactions, biological processes, and cultural norms. By acknowledging the significance of supportive environments, scholars and policymakers can create more all-encompassing strategies for maternal health. Therefore, in addition to providing medical care, efforts to enhance maternal wellbeing should also concentrate on bolstering family support networks and encouraging candid conversations about the difficulties of early motherhood.

Future studies could look more closely at how cultural norms, community support systems, and family dynamics affect mothers' well-being in various societies. Research of this kind can aid in the creation of laws and medical programs that assist moms during the crucial period of becoming parents.

9. References

- [1] Cox, J. L., Holden, J. M., & Sagovsky, R. (1987). Detection of postnatal depression: Development of the 10-item Edinburgh Postnatal Depression Scale. *British Journal of Psychiatry*, 150, 782-786. <https://www.cambridge.org/core/journals/the-british-journal-of-psychiatry>
- [2] O'Hara, M. W., & Swain, A. M. (1996). Rates and risk of postpartum depression: A meta-analysis. *International Review of Psychiatry*, 8(1), 37-54. <https://www.tandfonline.com/doi/full/10.3109/09540269609037816>
- [3] Gotlib, I. H., Whiffen, V. E., Wallace, P. M., & Mount, J. H. (1991). Prospective investigation of postpartum depression: Factors involved in onset and recovery. *Journal of Abnormal Psychology*, 100(2), 122-132. <https://psycnet.apa.org/doi/10.1037/0021-843X.100.2.122>
- [4] Cohn, J. F., Matias, R., Tronick, E. Z., Connell, D., & Lyons-Ruth, K. (1986). Face-to-face interactions of depressed mothers and their infants. *New Directions for Child Development*, 34, 31-45. <https://onlinelibrary.wiley.com/doi/abs/10.1002/cd.23219863405>
- [5] Eyer, D. E. (1992). *Mother-Infant Bonding: A Scientific Fiction*. Yale University Press. <https://www.amazon.com/Mother-Infant-Bonding-Scientific-Diane-Eyer/dp/0300052626>
- [6] Cowan, C. P., & Cowan, P. A. (2000). *When partners become parents: The big life change for couples*. Lawrence Erlbaum Associates. <https://www.routledge.com/When-Partners-Become-Parents-The-Big-Life-Change-for-Couples/Cowan-owan/p/book/9781138873742>
- [7] Cutrona, C. E., & Troutman, B. R. (1986). Social support, infant temperament, and parenting self-efficacy: A mediational model of postpartum depression. *Child Development*, 57(6), 1507-1519. <https://www.jstor.org/stable/1130432>
- [8] Leigh, B., & Milgrom, J. (2008). Risk factors for antenatal depression, postnatal depression and parenting stress. *BMC Psychiatry*, 8(1), 24. <https://bmcp psychiatry.biomedcentral.com/articles/10.1186/1471-244X-8-24>
- [9] Howell, E. A., Mora, P. A., & Leventhal, H. (2007). Correlates of late postpartum depressive symptoms in a sample of low-income women. *Journal of Women's Health*, 16(5), 667-677. <https://www.liebertpub.com/doi/full/10.1089/jwh.2006.0248>
- [10] McVeigh, C., Baafi, M., & Williamson, M. (2002). Functional status after childbirth in the US and Australia. *Journal of Obstetric, Gynecologic & Neonatal Nursing*, 31(2), 172-179. <https://onlinelibrary.wiley.com/doi/abs/10.1111/j.1552-6909.2002.tb00032.x>
- [11] Lamberty, S., & Pegoraro, J. (2012). The effect of parental involvement on student motivation and academic achievement. *Research in Higher Education Journal*, 15, 1-32. <https://www.aabri.com/copyright.html>
- [12] Bhabha, H. (1994). *The location of culture*. Routledge. <https://www.routledge.com/The-Location-of-Culture/Bhabha/p/book/9780415053099>.
- [13] Stacey, J. (1996). *In the name of the family: Rethinking family values in the postmodern age*. Beacon Press. <https://www.beaconpress.com/products/in-the-name-of-the-family>
- [14] Ruddick, S. (1989). *Maternal thinking: Toward a politics of peace*. Beacon Press. <https://www.beaconpress.com/products/maternal-thinking>

- 82[15] Rich, A. (1976). *Of woman born: Motherhood as experience and institution*. W.W. Norton & Company. <https://www.wwnorton.com/books/Of-Woman-Born>
- [16] Breastfeeding and postpartum support. (2019). American Psychological Association. <https://www.apa.org/science/about/psa/postpartum>
- [17] Postpartum Support International. (2020). Evidence-based treatment recommendations. <https://www.postpartum.net/>
- [18] National Institute of Mental Health. (2022). Postpartum depression facts. <https://www.nimh.nih.gov/health/publications/postpartum-depression-facts>
- [19] World Health Organization. (2021). Maternal mental health. <https://www.who.int/teams/mental-health-and-substance-use/maternal-and-perinatal-mental-health>
- [20] American College of Obstetricians and Gynecologists. (2018). Screening for perinatal depression and anxiety. Practice Bulletin No. 208. <https://www.acog.org/>
- [21] American College of Obstetricians and Gynecologists (ACOG). (2018). Optimizing postpartum care. *Obstetrics & Gynecology*, 131(5), e140–e150. <https://doi.org/10.1097/AOG.0000000000002633>
- [22] Aurélie, A., & Reel, H. L. (2020). Maternal psychology: The history of the new. *History of Psychology*, 18(2), 115–125.
- [23] Barclay, L., Everitt, L., Rogan, F., Schmied, V., & Wyllie, A. (1997). Becoming a mother—an analysis of women's experience of early motherhood. *Journal of Advanced Nursing*, 25(4), 719–728.
- [24] Bargade, A., & Desai, B. (2018). Cultural practices and beliefs on postnatal care among mothers in a selected hospital of Pune city. *International Journal of Science and Research*, 7(10), 552–556.
- [25] Chandran, M., Tharyan, P., Muliyl, J., & Abraham, S. (2002). Post-partum depression in a cohort of women from a rural area of Tamil Nadu, India. *The British Journal of Psychiatry*, 181(6), 499–504.
- [26] Choudhry, V., Kumar, P., & Gupta, M. (2021). The role of the mother-in-law in postpartum care: A qualitative study in rural India. *Journal of Family Issues*, 42(3), 567–589.
- [27] Ciciolla, L., & Luthar, S. S. (2019). Invisible household labor and ramifications for adjustment: Mothers as captains of households. *Sex Roles*, 81(7), 467–486.
- [28] Cohen, S., & Wills, T. A. (1985). Stress, social support, and the buffering hypothesis. *Psychological Bulletin*, 98(2), 310–357.
- [29] Cutrona, C. E. (1984). Social support and stress in the transition to parenthood. *Journal of Abnormal Psychology*, 93(4), 378–390.
- [30] Darcy, A. M., & Cote, L. (2011). Maternal gatekeeping and father involvement: The role of social support. *Family Relations*, 60(3), 325–338.
- [31] Declercq, E. R., Sakala, C., Corry, M. P., Applebaum, S., & Herrlich, A. (2013). *Listening to Mothers III: Pregnancy and Birth*. Childbirth Connection.
- [32] Dørheim, S. K., Bondevik, G. T., Eberhard-Gran, M., & Bjorvatn, B. (2009). Sleep and depression in postpartum women: A population-based study. *Sleep*, 32(7), 847–855.
- [33] Goyal, D., Gay, C., & Lee, K. (2014). Patterns of sleep disruption and depressive symptoms in new mothers. *Journal of Perinatal & Neonatal Nursing*, 24(2), 123–132.
- [34] Gui, X., Kou, Y., Pine, K. H., & Chen, Y. (2017). Multidimensional support in online health communities: A mixed-methods analysis of r/Infertility. *CSCW '17: Proceedings of the 2017 ACM Conference on Computer Supported Cooperative Work and Social Computing*, 226–239.