

A Meitheal For Mothers – Community Singing and The Maternal Experience



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Introduction

- *Meitheal* – Bonding Social Capital
- RQ 1: How do perinatal women in Ireland perceive their needs in relation to well-being and, maternal, singing and creative self-efficacy?
- RQ 2: What specific features of a mother-focused community singing programme do perinatal women in Ireland identify as important for meeting their needs and fostering participation?

Literature Review

- Matrescence
- Communal Singing
- Well-Being – PERMA Model
- Mental Illness & Loneliness
- Peer Support
- Self-Efficacy – Maternal, Singing and Creativ



Methodology

MIXED METHODOLOGY

QUANTITATIVE INTERNET QUESTIONNAIRE

QUALITATIVE INTERVIEWS

FEASIBILITY STUDY

Questionnaire Demographics

Sample	N=187
Mean Age of Mothers	33.9 (<i>SD</i> = 4.65)
Mean Age of Infants	6.13 months old (<i>SD</i> = 3.20)
White Irish/Other	98.9%
Relationship	95.8%
Education Level 8+	69.3%
Employment	84.1%
Gross Income:	70.2%

- WEIRD sample – White, educated, industrialized, rich, democratic.

Interview Demographics

Sample	N=13
Mean Age of Mothers	35 (SD = 4.08)
Mean Age of Infants	6.8 months old (SD = 3.33)
White Irish	92.3%
Relationship	100%
Education Level 8+	84.6%
Employment	84.6%
Gross Income:	92.3%

Interview - Findings

❖ Reflexive Thematic Analysis (Braun and Clarke, 2006)

- Theme 1 - Loneliness and Disconnection in Early Motherhood
- Theme 2 - Shifting Selves – Identity, Loss, and Reclamation
- Theme 3 - Everyday Creativity in Mothering
- Theme 4 - Voice, Confidence, and Singing
- Theme 5 - Enabling Spaces – Safety, Flexibility, and Participation

Feasibility Study

- RCT
- 7 weeks
- Questionnaire - Pre-study, Post and 6 Months Post Study.
- Mothers - Mean age: 36 (SD = 4.65)
- Mean age of infants: 6.2 months

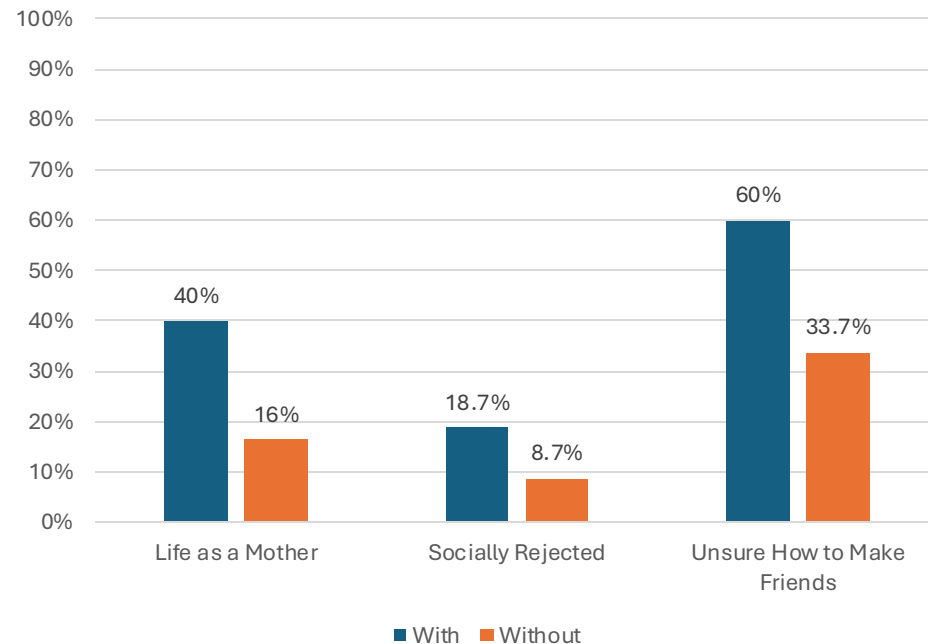
Control Group	Experimental Group
N=13	N=13
Infant-Directed Singing	Adult <u>AND</u> Infant Directed Singing
45 Minute Sessions	90 Minute Sessions
	Tea/Coffee
	Meditation
	Routine/Transition Songs
	Google Classroom

RQ.1 Well-Being Definition

‘The combination of feeling good and functioning well; the experience of positive emotions such as happiness and contentment as well as the development of one’s potential, having some control over one’s life, having a sense of purpose, and experiencing positive relationships. It is a sustainable condition that allows the individual or population to develop and thrive.’ (Ruggeri *et al.*, 2020, p. 1)

RQ.1 Well-Being – Positive Emotion

Presence/Absence of Mental Illness -
Perceptions



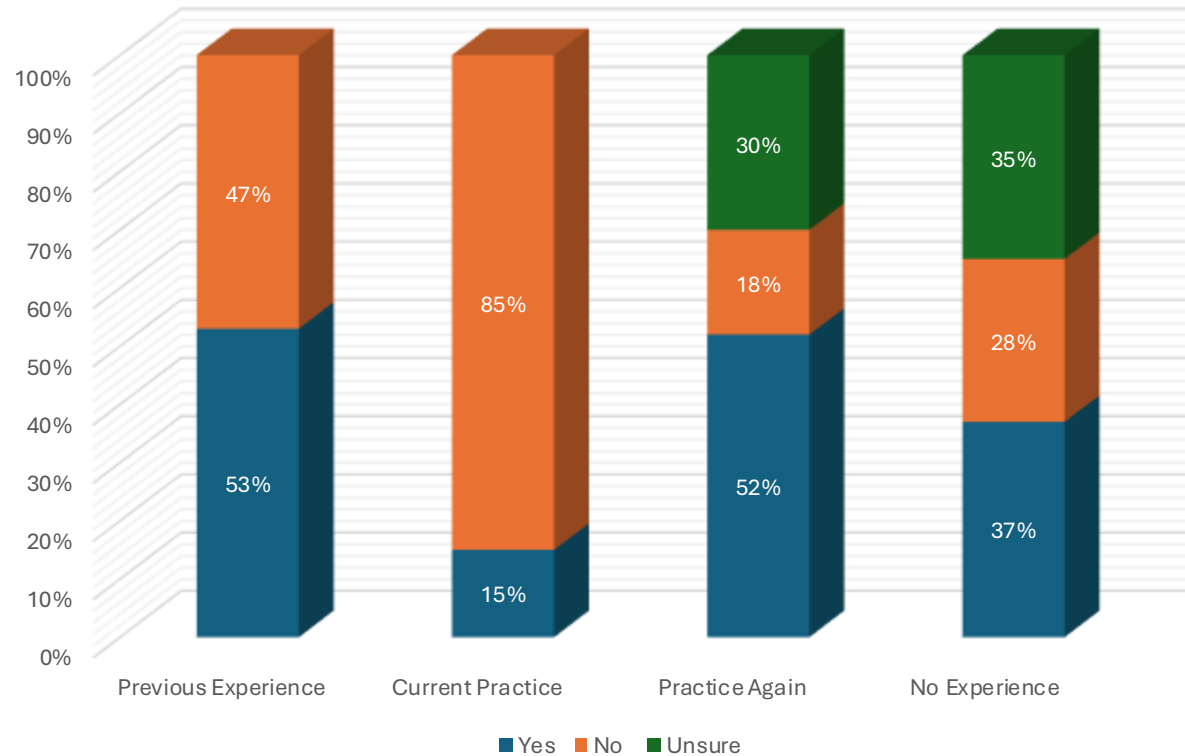
'Yeah, definitely can [be lonely]. Especially in the early days, in the first few months when you're home alone with the baby, the days can be very long.' (Harper)

'When your partner goes back to work after the first few weeks, you're like, oh my God, I'm here with this baby. What do I do, you know?' (Sophia)

'Even after having such an amazing partner, there are still points in time where I know that he will never understand what I'm trying to tell him.' (Scarlett)

RQ.1 Well-Being – Engagement

Meditation



‘When I stopped? Honestly, probably around the time I had Lucas... every kind of free minute was taken up with stuff for him.’ (Audrey)

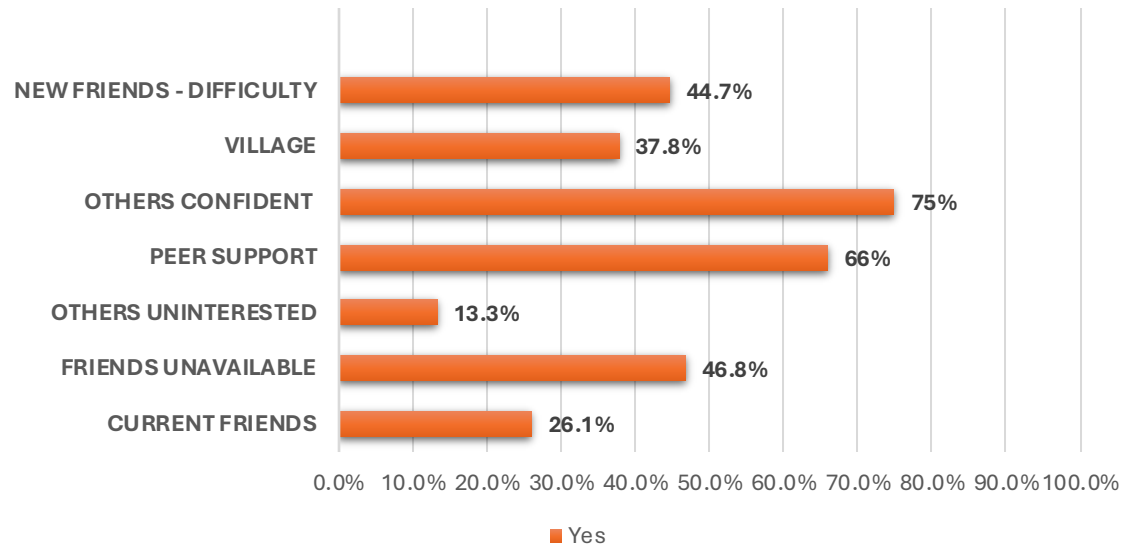
‘Yeah, I would. I suppose it’s just finding the time, you know... it would be more sporadic. It’s not like a practice that I do... every day.’ (Sophia)

‘I just, I don’t think I’d be doing it correctly... I suppose my knowledge of meditation is very limited.’ (Hazel)

RQ.1 Well-Being – Relationships

‘I do think this idea of a village is incredibly important. More so for the mother's mental health than anything else.’ (Hazel)

Peer Support - Perceptions

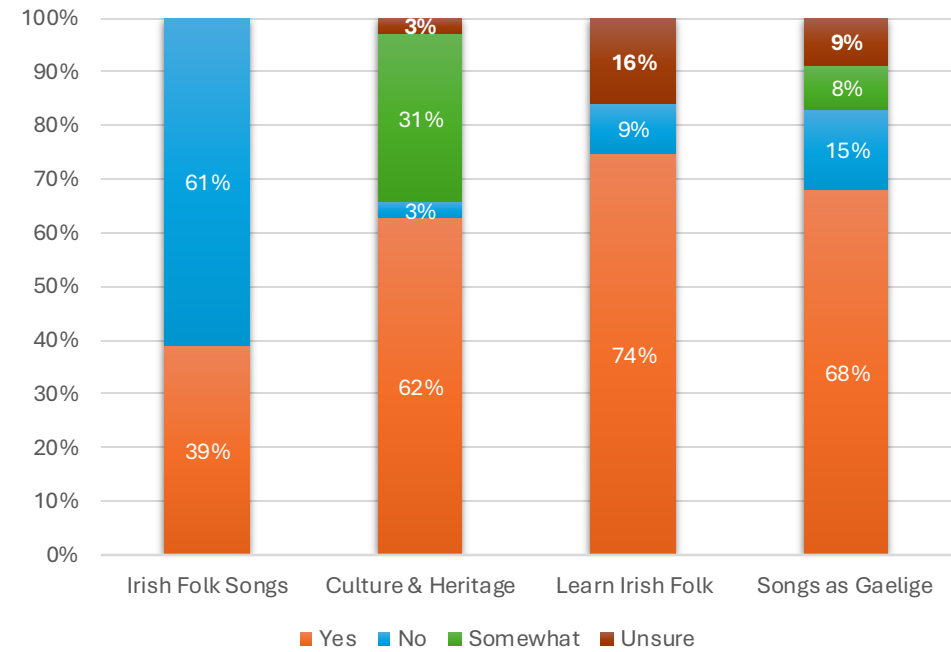
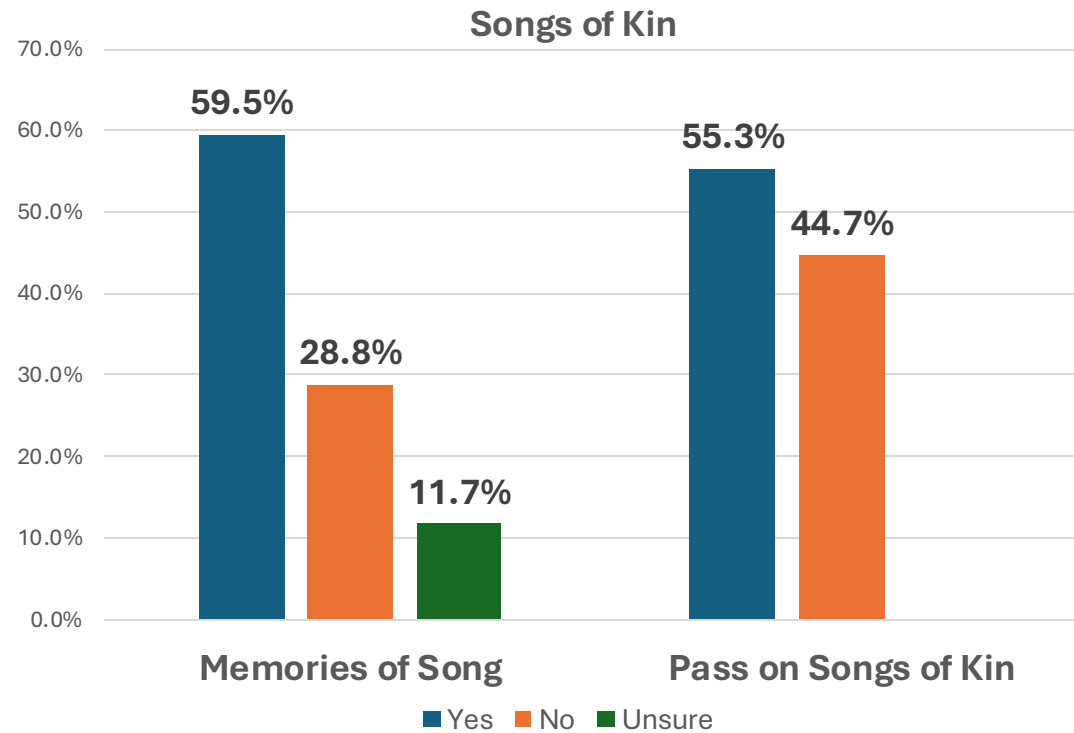


‘Personally, I think it's gone. Like, I just don't think people want to, I don't know out to fear or whatever it is, but I don't think people are, like it was back then. Like, all of our doors would've been open and stuff. Like, you know, we'd go from house to house, nearly, you know?’ (Violet)

You're sleep deprived, and then you're trying to like, have the courage to, like, set up a whole new social network as well.’ (Audrey)

“We'll all be kind of chatting and stuff, but, like, literally we've been going for six months, and we don't know any other of their names... We know all the baby's names and we talk about the babies. And we don't know any of the women's names.’ (Charlotte)

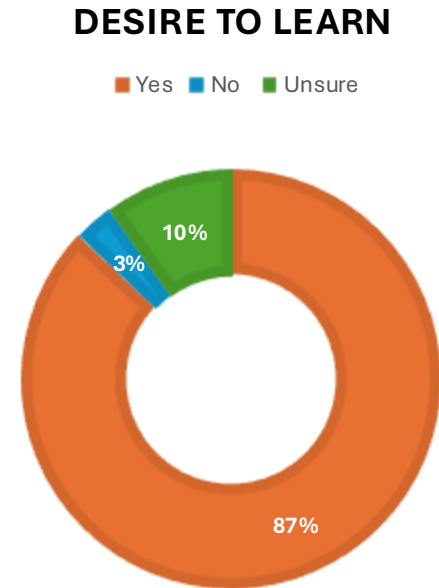
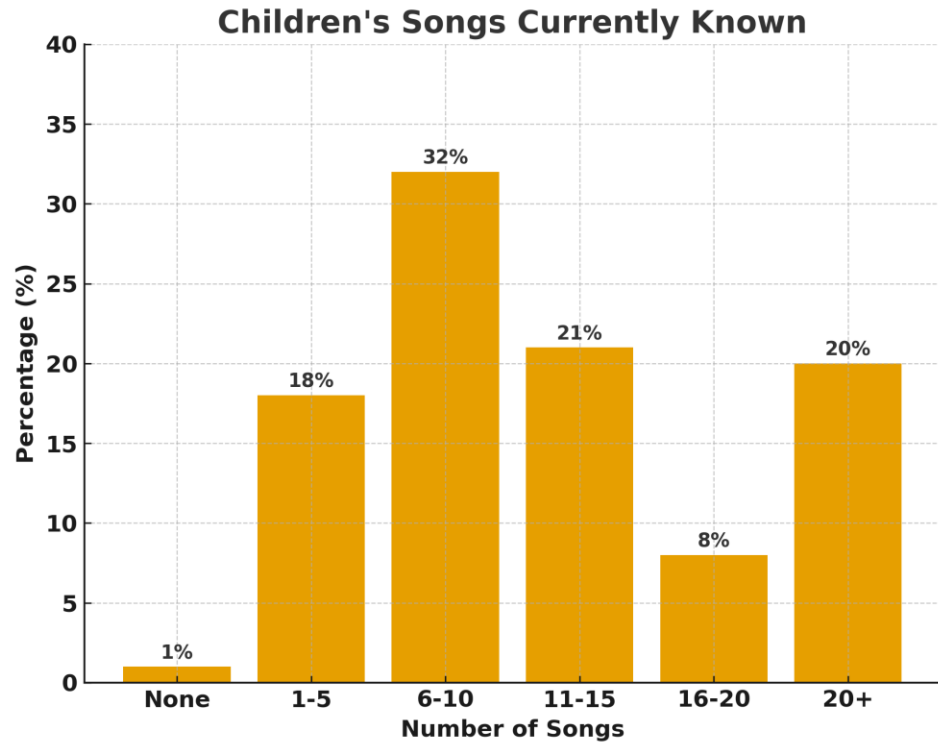
RQ.1 Well-Being – Meaning



Meaning: Identity

- *You don't realise going into motherhood how much your life is going to change.'* (Hazel)
- *'I myself am a new baby. I myself am this new person who's exploring herself... I will never be that person that I used to be.'* (Scarlett)
- *'It can be a really lonely stage of your life because your kind of, you're edging back from what you used to be and you know the company you might have normally kept, has obviously kind of diminished because your day-to-day is completely changed.'* (Audrey)

RQ.1 Well-Being – Accomplishment



RQ.1 Self-Efficacy - Singing



'I'm absolutely hopeless! I wouldn't even sing, like. I'd just hide away if I had to sing somewhere.' (Isabella)

‘More relaxed and confident. Support in numbers. And maybe the fact that your own voice is diluted a little bit by others.’
(Sadie)

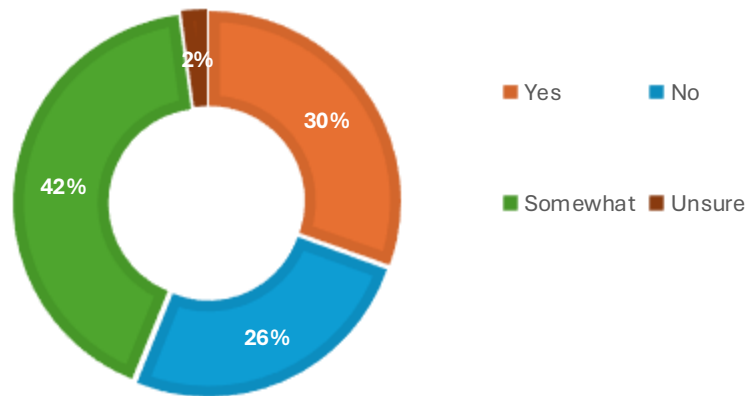
. 'I remember, I like, I remember as clear as day, the teacher telling me to move back from the microphone.' (Violet)

'I think if you had lessons you probably could. Or if you were involved in a choir or a group, you'd probably get better, yeah.'
(Zoe)

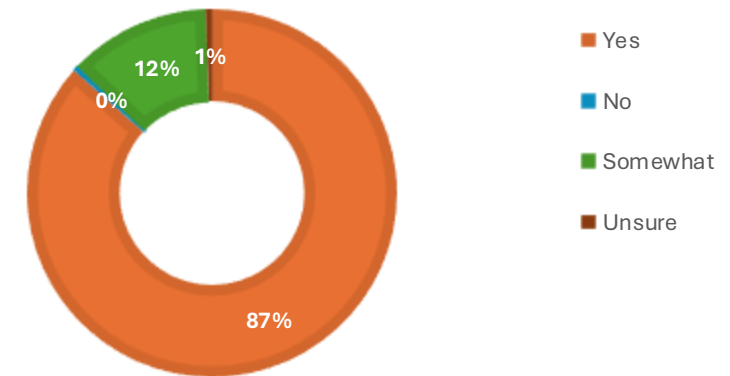
'I know that my mood affects my baby's mood as well... and then sing or just start humming 'Om' chant... it really helps to calm her down.' (Scarlett)

RQ.1 Self-Efficacy - Creative

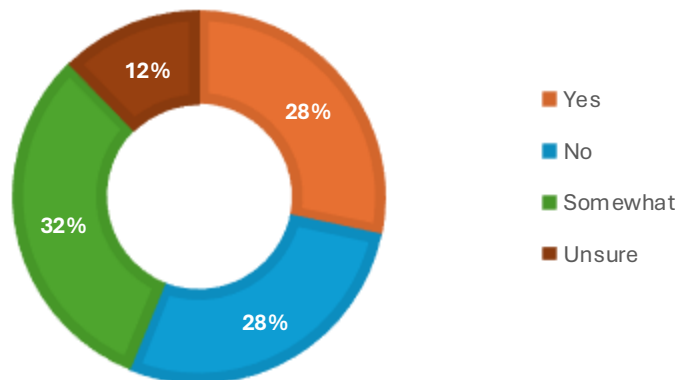
SELF-IDENTIFY - CREATIVE



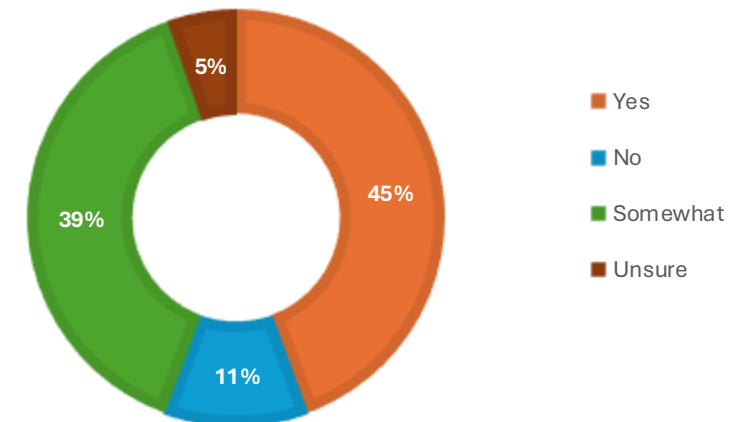
THINK ON YOUR FEET



MOTHERHOOD & CREATIVITY



PROBLEM SOLVING

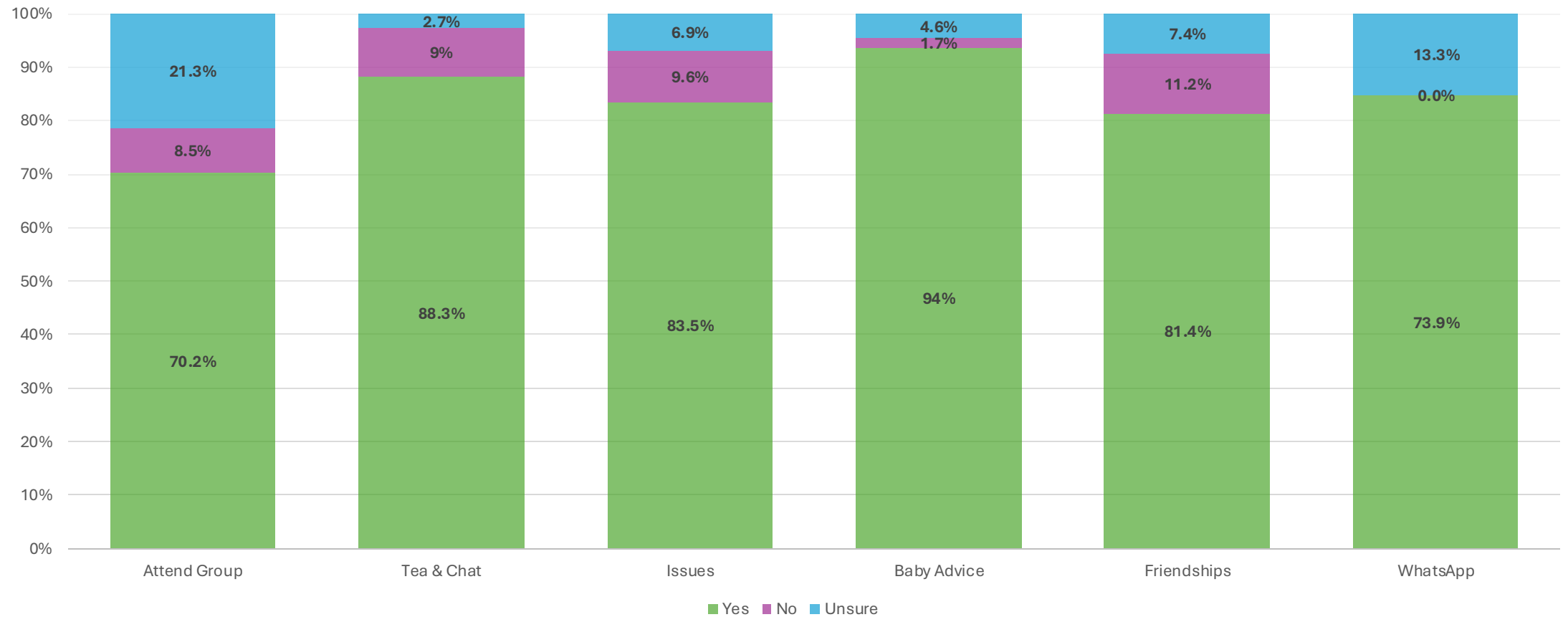


How Do We Identify a Creative Person?

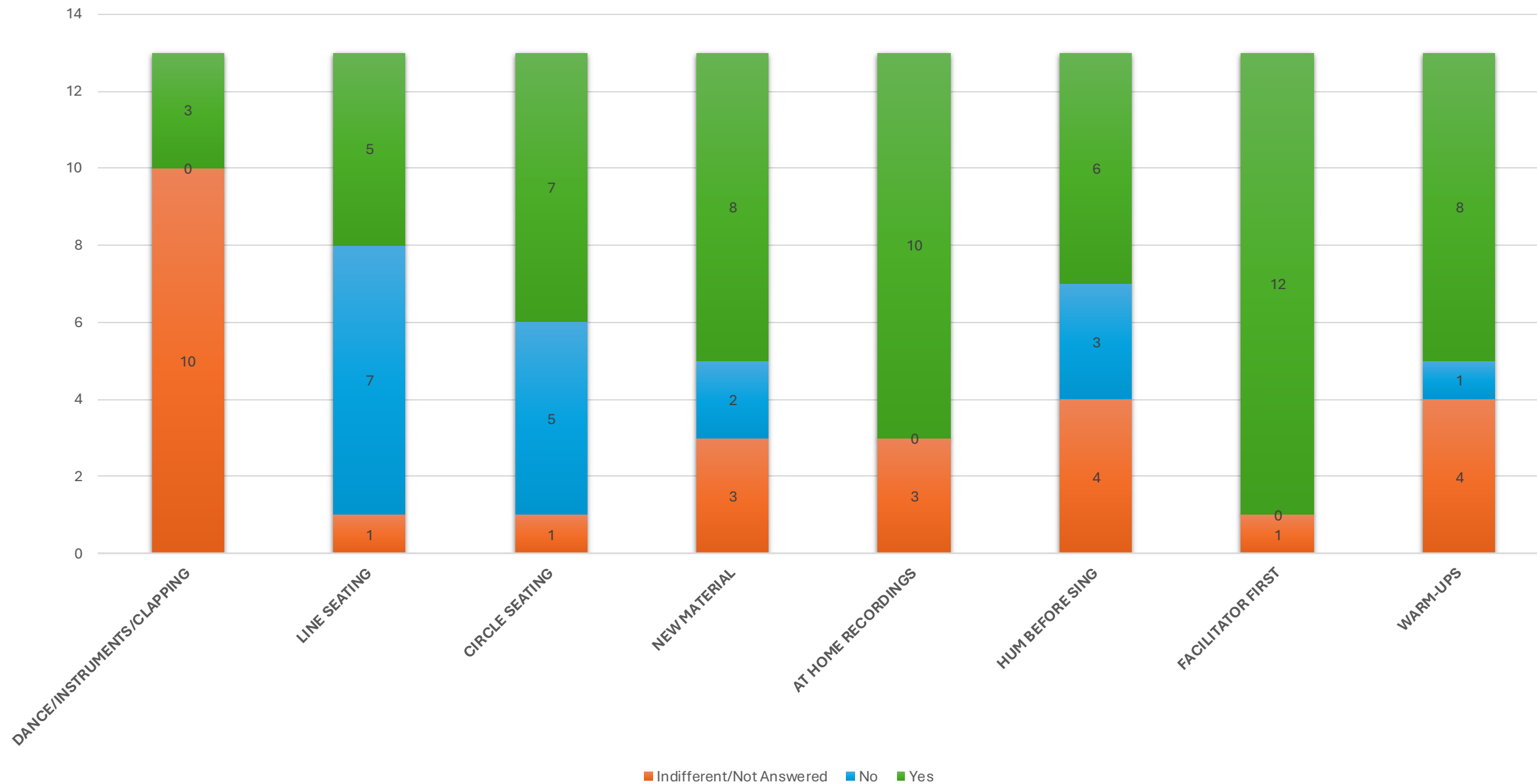
- *‘I have that opinion that if you're creative, you're like that “Airy Fairy.”’ (Violet) ‘If I had to pick one word that I would use to describe all the really creative people in my life, they're all kind of hippies.’ (Hazel)*
- *‘They’re [creative people] kind of energetic...kind of fun and more free than...yeah maybe a bit more liberal or confident actually. You know, they're very kind of self-assured.’ (Sophia)*
- *‘Even, like the house interiors, do you know, they'd see maybe a blank wall and they'd say, well, a few shelves would look good there.’ (Zoe)*
- *‘They are unapologetically themselves. They express their truth or their higher expression clearly...They're not afraid to try new things. They are an idea storehouse.’ (Scarlett)*

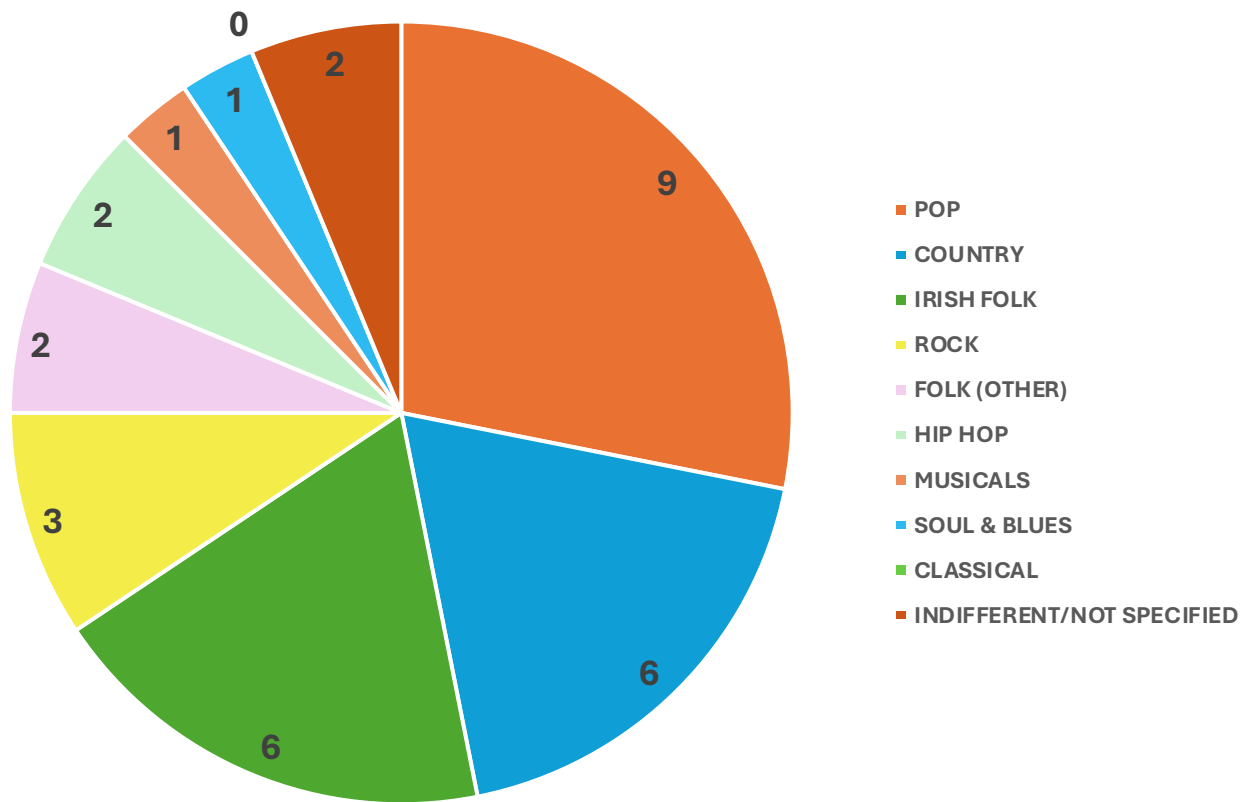
RQ.2 Specific Class Features

SINGING GROUP ELEMENTS

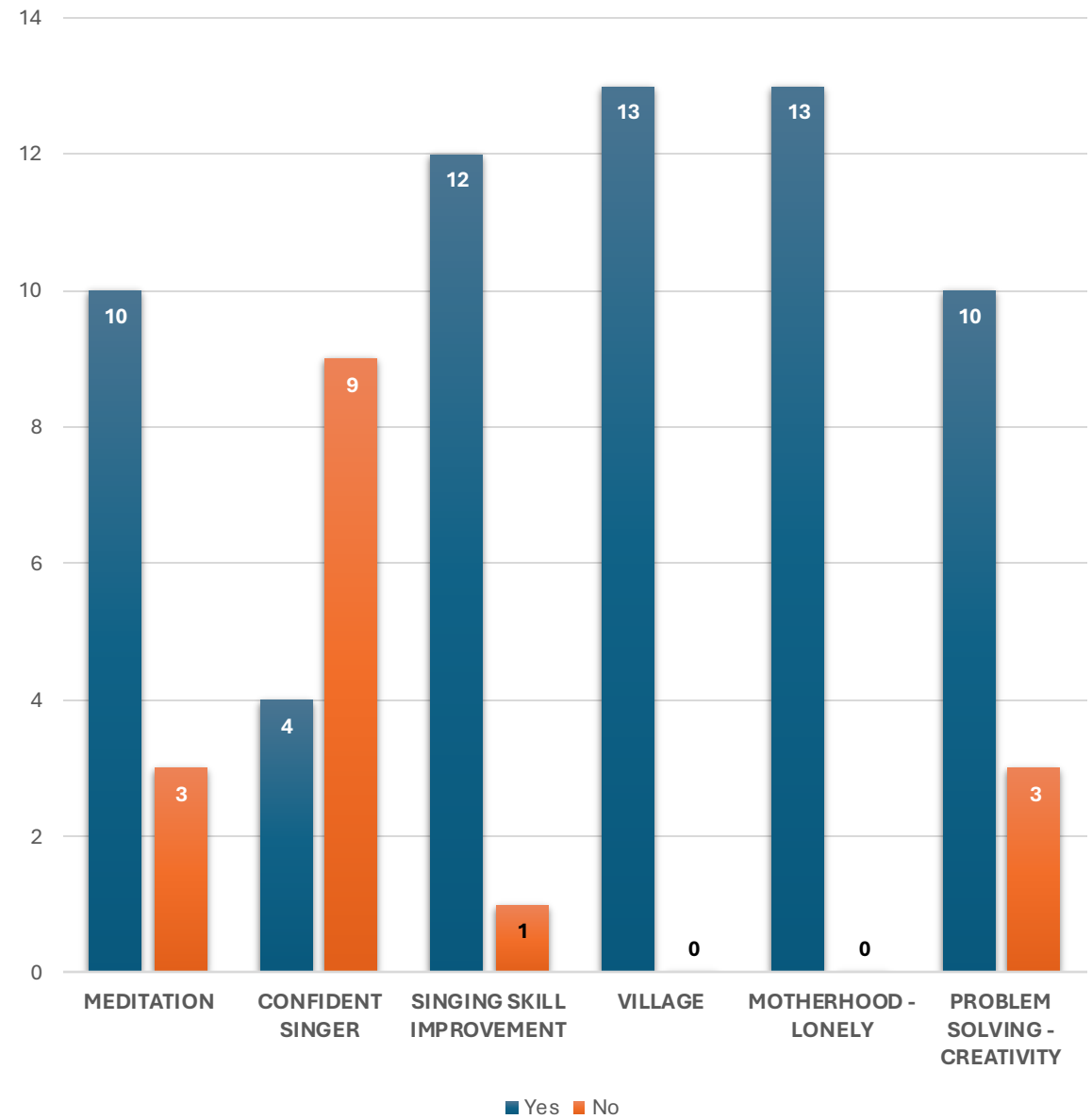


Singing Group Structure Preferences





Responses to Closed Interview Questions



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