

## Abstract

There have not been many studies in Iceland on how fathers cope in their fatherhood, there for was it necessary in our opinion to make a further study on this matter.

*Purpose:* The purpose of this study was to see how fathers are coping in the fathers role concerning, pressure, responsibility, mental health, education to the fathers, attitude toward breastfeeding and their taking maternity leave.

*Methods:* The study was based qualitative research by Vancouver-school in phenomenol studies. We used in our study purpose sample were we took interviews with ten fathers between 20-40 years that had child/children between the age six months and four years old. The interviews were taken between 29<sup>th</sup> of February and 13<sup>th</sup> of March 2008, each interview was recorded and later written and copied down and analysed according to Vancouver-school into the major-, main- and sub theme.

*Conclusion:* Our main conclusion of this study revealed that fathers are enjoying great pleasure regarding the fatherhood. They also experience great responsibility and some of them informed us that their anxiety of becoming a parent did not necessarily show mental discomfort more over the importance of the role they were taken op on. The fathers were mostly happy about the education they received before the birth of their child, but they wanted further education after the birth, regarding general information about how to take care of the child. When the conclusion of the research is analysed we saw that increase in information after the birth of the child is necessary and take in to consideration the fathers needs and aspect. The researchers hope that the study will open op the conversation of these matters and cast the light on how fathers are coping with their role as fathers and also helps health staff to see if the fathers are properly taken care of during the process of becoming a fathers.

*Key words:* Experience, father, fatherhood, education, breastfeeding, mental health, maternity leave.