

## **PSYCHOLOGICAL ASPECTS OF WOMEN'S SELF-REALIZATION DURING THE POSTPARTUM ADAPTATION PERIOD**

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The postpartum period is a complex stage of psycho-emotional adjustment, marked by physiological, cognitive, and social changes. Women face significant challenges that affect their self-esteem, identity, and sense of personal fulfillment. Self-realization can serve as a stabilizing factor, reducing the risk of postpartum depression and supporting a woman's smooth transition into the role of motherhood.

To examine the role of readiness for self-realization during postpartum adaptation and to identify key psychological factors that support mental well-being in this period.

The study is based on theoretical analysis and empirical data gathered through a survey of women in the postpartum period (n = 50).

According to the data, 76% of respondents stated that the feeling of self-realization positively influences their emotional state. Women who retain professional identity, receive partner support, or have access to education or creative activities report lower levels of anxiety and depressive symptoms. In contrast, major barriers to self-realization include chronic fatigue, lack of support, and time constraints.

Self-realization in the postpartum period is an essential psychological resource that helps women maintain identity, autonomy, and emotional stability. Psychological support for mothers should be focused not only on caregiving challenges but also on personal growth and self-expression.

### **References:**

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