



Shifting Family Dynamics: A Phenomenological Study of Gender Role Reversal among Househusbands

Daffodel Lorette B Allapitan ¹, Lady Claire P Antioquia ², Mary Rose Angel S Palco ³, Roselle Marie C Fermano ⁴, Araceli Bustamante Paster ^{5*}

¹⁻³ CHRA College of Arts and Sciences, City of Cabuyao, Laguna, Philippines

⁴ College of Arts and Sciences City of Cabuyao, Laguna, Philippines

⁵ PhD College of Arts and Sciences City of Cabuyao, Laguna, Philippines

* Corresponding Author: Araceli Bustamante Paster

Article Info

ISSN (online): 2582-7138

Volume: 06

Issue: 02

March-April 2025

Received: 09-01-2025

Accepted: 10-02-2025

Page No: 625-631

Abstract

The study focuses on the investigation of the lived experiences of househusbands experiencing a shift in family dynamics currently living around Cabuyao, Laguna. It aims to delve into the situation faced by the househusbands, how the people around them perceive their situation, and what they feel about the responsibilities they assumed since they became househusbands. The study used a purposive sampling design, as it allows researchers to provide an in-depth analysis of the experience. Of the seven (7) househusbands, between 21-45 years old with at least one (1) child. Also, the study utilized a semi-structured interview as a research instrument, as it allowed the researchers to delve deeper into participants' responses. The finding revealed 9 superordinate themes (1) Family Management, (2) Household Responsibilities, (3) Emotional Struggles, (4) Challenges of Role Adjustment, (5) Societal Criticism, (6) Impact on Family Dynamics, (7) Acceptance of Non-Traditional Role, (8) Self-Discovery through Role, and (9) Effective Coping Mechanism. This study uncovered the factors that contribute to the experiences of the househusband and provided a better idea of the experiences of the househusbands. This is important in fostering a more inclusive and supportive environment for them. Also, we can empower househusbands to become more confident in voicing out their thoughts.

DOI: <https://doi.org/10.54660/IJMRGE.2025.6.2.625-631>

Keywords: Househusband, stay-at-home dad, family dynamics, gender role reversal, role adjustment, coping mechanisms, societal perception

1. Introduction

Managing a household in contemporary society poses considerable challenges that challenge traditional gender roles. From an early age, individuals absorb these roles through cultural, familial, and societal influences. As societal norms progress, many couples are revisiting and reshaping their domestic responsibilities according to personal preferences and specific circumstances. Traditional gender roles often dictate professional choices, responsibilities, and aspirations in adulthood, with men typically embodying traits associated with masculinity—such as dominance and competitiveness—while women are often seen as caregivers exhibiting nurturing qualities. However, the rigid delineations of these roles are increasingly becoming more fluid. Bhushan (2023) ^[2] stated that an increasing number of men are embracing the role of househusbands. As gender roles evolved, couples divided their household responsibilities based on their preferences and circumstances with open communication and support between partners. The rise of househusbands is attributed to various factors, including economic factors, changing attitudes towards masculinity, and the pursuit of work-life balance.

A notable trend has emerged with more women opting for careers and financial independence, while men increasingly take on roles as househusbands. This shift, highlighted by Jones (2020) ^[5], reflects significant societal changes leading to higher

participation of mothers in the workforce and heightened involvement of fathers in childcare. In Luzon, 62.7% of Overseas Filipino Workers (OFWs) are women, often resulting in prolonged separations from their children. Such dynamics can prompt fathers to become more engaged in family nurturing and child-rearing responsibilities.

The evolution of gender roles has significant implications for family dynamics, prompting couples to adopt new communication and decision-making strategies. This shift encourages shared parenting responsibilities, leading to varied paternal engagement that enriches the parent-child relationship. However, househusbands often encounter societal stereotypes and biases that question their masculinity, as traditional gender roles are deeply rooted in many cultures. Despite these challenges, there is a gradual change in societal attitudes, with increasing recognition of shared parenting and the importance of active father figures within the home.

The study investigates the experiences of househusbands, focusing on their daily routines, challenges, and the impact of their role as primary caregivers on their identity, self-esteem, and fulfillment. It also explores how being a househusband affects family dynamics, including spousal support, parenting difficulties, children's adjustment, and social interactions.

2. Methodology

A. Research Design

This qualitative study aims to delve into the intricate lived experiences of gender role reversal among househusbands in Cabuyao, Laguna. The research design employed a phenomenological approach as it focuses on the subjective experiences perceived by the participants.

The phenomenological approach is utilized in this study, as it allows researchers to provide an in-depth analysis of the experiences of the participants. Furthermore, the aim of phenomenology in this study is to contribute valuable insights into the family dynamics focusing on gender role reversal among househusbands, providing a nuanced understanding of how being a househusband can impact family dynamics.

B. Research Locale

This study has taken place in the city of Cabuyao Laguna. Respondents are interviewed at their homes or any other comfortable location of their choosing. They are interviewed in person or via a video call online. The researchers used this type of implementation to ensure that the participants were relaxed and safe, allowing them to tell their stories and express their experiences comfortably and without restriction. The researchers chose this location since there is a substantial number of househusbands in this area and to minimize the time and money spent on traveling.

C. Population and Sampling

The target number of participants in the study is seven (7) Filipino househusbands residing in Cabuyao, Laguna. These participants have been chosen through purposeful sampling to ensure that they represent the phenomenon of gender role reversal within the context of their family dynamics. Andrade (2020) ^[1] stated that the advantage of purposeful sampling is that it allows the study of a population of specific interest. The researchers used a purposeful sampling design, where the researchers relied on their judgment following specific criteria in choosing a participant that suits their needs.

D. Research Participants

The study participants are selected in the City of Cabuyao Laguna, where they have the commonality of being current househusbands between the ages of 21-45 years old with at least one (1) child. Furthermore, these participants should be at least two (2) years of being a househusband, must not have any form of job (eg. Work- from-home or home-based job and business), and have spouses who have taken the role of being the main provider of the family. They are the preferred participants since they can provide the necessary information for the study conducted.

E. Research Instrumentation

This study used semi-structured interviews as a research instrument. According to Delve (2022) ^[4], a semi-structured interview is a technique for gathering data in which participants are given a set of open-ended questions to answer, and then further questions are presented to delve deeper into their responses and the subject matter. The interview was composed of nine (9) self-made questions by the researchers. These questions were anchored based on the Family Systems Theory by Dr. Murray Bowen, specifically on its three main concepts namely the boundaries, bidirectional, and equilibrium.

F. Data gathering procedure

The first step in gathering the data is to construct the research instrument. The researchers gathered questions that were parallel to the study. The data-gathering procedure consists of validation to check the reliability of the researchers' instruments. The researchers gathered possible participants and ensured participants met the criteria of having been the primary caregiver while their spouse was the main provider for at least two years. After verifying the qualifications of each participant, the researchers obtained informed consent from all.

G. Treatment of qualitative data

The researchers used thematic analysis to analyze the gathered qualitative data, as it focuses on the data to identify common themes that will come up from the interview. Caulfield (2023) ^[3] claimed that thematic analysis offers flexibility and simplifies large data sets by categorizing them into broad themes. This method involves the transcription of interview recordings verbatim, data coding, and categorizing these codes into main themes. Thematic Analysis enabled the researchers to construct the themes that will emerge from the data and develop relevant programs or interventions based on the study's findings.

H. Ethical Consideration

The sole purpose of this study is to delve deeper into the lived experiences of househusbands facing the circumstances of gender role reversal within a household. The researchers prioritized the well-being of the participants, recognizing their autonomy and dignity as individuals by providing informed consent and thoroughly stating the objectives, procedures, benefits, and potential harm while conducting the study.

Informed consent has been obtained from the participants with their respective signatures, which denote their voluntary participation in the study. The researchers ensured confidentiality and anonymity, which means they are responsible for protecting the privacy of the participants'

information and any confidential data. This contributes to the participants' well-being, making them feel that the information and responses they share are safe, secure, and respected.

The sole priority of the researchers is to maximize possible benefits and minimize potential harm while, at the same time, maintaining a fair and justified distribution among each participant in the study. Moreover, the participants have the right to withdraw from participating before or during the study without any unwanted consequences. Overall, the researchers ensure that this study is free of plagiarism or any research misconduct and that the results are presented

accurately.

3. Results

This chapter presents the result and discussion of the data gathered through a phenomenological approach. The primary objective of this study is to explore the lived experiences of househusbands experiencing the shift in family dynamics concerning gender role reversal using a phenomenological approach in specific barangays Niugan, Banay-Banay, Pulo, San Isidro, Mamatid, Marinig, Gulod in the City of Cabuyao, Laguna.

Table 1: Presentation of Themes

Superordinate Themes	Subordinate Themes
Family Management	• Childcare Concerns • Mutual Decision • Financial Practicality • Health Reasons • Bonding with Children
Household Responsibilities	• Household Chores • Childcare • Scheduling and Preparation • Financial Management • Emotional and Physical Presence
Emotional Struggles	• Initial Discomfort • Feelings of Fulfillment • Realization of Challenges • Social Isolation • Adaptation and Adjustment
Challenges of Role Adjustment	• Financial Strain • Emotional Adjustment • Continuous Caregiving Stress • Health Management Challenges • Social Isolation and Pride Conflict
Societal Criticism	• Lack of External Concern • Personal Focus Over Societal Judgement • Teasing or Stereotypes • Family Critiques
Benefits and Challenges in Family Dynamics	Benefits: • Increased Bonding Time • Equality and Role Sharing Challenges: • Financial Adjustments • Emotional Struggles with Role Shift • Ego and Masculinity
Acceptance of Non-Traditional Role	• Cultural Influence • Personal Adaptation • Practical Responsibilities • Peer and Social Influence
Self-discovery Through Role	• New Skills and Abilities • Patience and Endurance • Responsibility and Adaptability • Self-sufficiency and Independence • Familiarity and Comfort Routine
Effective Coping Mechanisms	• Adaptation and Acceptance • Time Management • Task Preparation • Positive Mindset and Support • Delegation and Assistance

The table above represents the themes that emerged in this study which gives us an understanding of the lived experiences of househusbands experiencing the shift in

family dynamics concerning gender role reversal. The study resulted in nine (9) superordinate themes with forty- three (43) themes.

Table 2: Descriptions for Family Management

Main Theme	Subthemes	Source / Excerpts
Family Management	Childcare Concerns	"Kasi kung upa, hindi mo sigurado yung taong uupahan mo... Baka kung pabayaang lang diba" (P1).
	Mutual Decisions	"Desisyon nga nung uhhh... me and my wife, desisyon namin yun... nag-usap kami mag-asawa kung sino" (P2).
	Financial Practicality	"Kung kukuha kami ng katulong, ganun din... kung ano yung swelduhin ko, ibabayad lang namin sa katulong" (P5).
	Health Reasons	"Na-operahan ako ng appendix eh... kaya asawa ko nagtrabaho." (P4) "Nahinto na ako magtrabaho, nagkasakit na ako..." (P3).
	Bonding with Children	"Lastly, bonding with children emerged as a compelling motivator"

The first theme represented the reasons that influenced their decision to be a househusband. This superordinate theme falls under the two key concepts of the Family Systems Theory: boundaries and equilibrium. It was clearly stated that participants considered the boundaries between roles in

making decisions to become a househusband. This decision aims to maintain a good balance within the household, to secure the stability of the whole family which highlights the concept of equilibrium.

Table 3: Descriptions for Household Responsibilities

Main Theme	Subthemes	Source / Excerpts
Household Responsibilities	Household Chores	"Syempre yung lahat ng gawain sa bahay tsaka yung pag-aalaga sa bata..." (P1) "Maglilinis ng bahay, magluto, maglaba" (P5)
	Childcare	"Pag-aalaga sa family, pagbantay sa mga bata tsaka paghatid-sundo." (P3) "Bantayan yung mga anak namin... mag-aalaga." (P4)
	Scheduling and Preparation	"I make sure na yung nag-w-work, ini-r-ready ko lahat ng dapat o mga kailangan nila." (P2)
	Financial Management	"Pag-aasikaso... pagbabadjet, pag-aasikaso sa asawa." (P6)
	Emotional and Physical Presence	"Dun ko naramdaman na mahirap pala ang buhay ng isang nanay kapag nasa bahay lang" (P7)

Participant posits that being a househusband made them realize how hard it is to do all the jobs within a household, resulting in appreciating the efforts of their wives as they now also experience the weight of the household responsibilities.

This theme falls under the concept of boundaries as it highlights the different responsibilities of each househusband compared to their traditional role and even with their spouses.

Table 4: Descriptions for Emotional Struggles

Main Theme	Subthemes	Source / Excerpts
Emotional Struggles	Initial Discomfort	"Masama sa loob kasi parang wala ka nang silbi" (P1) "Napaka-sad yun para sa'kin kasi hindi naman talaga ako sanay" (P2)
	Feelings of Fulfillment	"Buti na lang, na-train niya ako. Kaya marunong ako sa gawain bahay" (P5).
	Realization of Challenges	"Ngayon ko na-realize yung sakripisyo sa'kin ng mother ko" (P5) "Yun pala, dapat pala bago umuwi si mister... nabaliktad... bago umuwi si misis" (P6).
	Social Isolation	"Para ma-overcome ko naman yung lungkot ko rito ah... kapag off na siya, papasundo sa'kin, kakain kami sa labas" (P2).
	Adaptation and Adjustment	"More on lagi sa trabaho. Matagal din bago nasanay. Syempre, malaking adjustment din talaga" (P3).

The third superordinate theme highlights the emotional struggles they experience in taking the role of househusband. This theme falls under the concept of boundaries. The degree to which the boundaries within the family are well defined

may be reflected in the emotional reaction to taking on a new function. While ambiguous limits might cause uncertainty or unease, clearly defined boundaries can make a person feel more at ease.

Table 5: Description for Challenges of Role Adjustment

Main Theme	Subthemes	Source/Excerpts
Challenges of Role Adjustment	Financial Strain	"Lagi kang walang pera... hindi mo mabili yung gusto mo" (P1) "Dun kami umaasa sa padala ng asawa ko" (P3).
	Emotional Adjustment	"Yung environment mong hinahanap... ang hirap kapag napaka-imposibleng makapag-adjust agad" (P2).
	Continuous Care Giving Stress	"Yung stress, pagod... wala kang day-off" (P5).
	Health Management Challenges	"Ang hirap magpuyat 'pag may sakit ang bata" (P6).
	Social Isolation and Pride Conflict	"Minsan gusto kong manghingi pero nahihiya ako kasi lalaki ako... kinakain ko na lang yung pride ko" (P6).

The fourth superordinate theme highlights the challenges of role adjustment encountered by the househusbands. This superordinate theme falls under the two key concepts namely the bidirectional and equilibrium. The challenges faced by the participants highlight the bidirectional impact of gender role

reversal as taking new roles directly influences the experiences of each of the family members. As for the equilibrium, these challenges reflect the attempt of the family members to maintain the stability and balance of the whole family.

Table 6: Description of Societal Criticism

Main Theme	Subthemes	Source/Excerpts
Societal Criticism	Lack of External Concern	“Wala... balewala sa kanila” (P1) “Wala naman. Parang normal lang din eh” (P4).
	Personal Focus Over Societal Judgement	“Hindi ko concern ang masasabi ng ibang tao” (P2).
	Teasing or Stereotypes	“Pagtatawanan ka ‘pag naglalaba ka... ‘O ano? Tigasin ka na ngayon... tiga-saing” (P5).
	Family Critiques	“Sinabihan niya akong parang walang tao pag-uwi... minsan naasar ako kapag sinasabihan niya ako” (P6).

The fifth superordinate theme highlights the societal criticisms they encountered as a househusband both from outside and within the household. This theme falls under the concept of boundaries by exploring how others perceive the househusband's

role concerning societal norms surrounding gender roles and family obligations. It highlights the effects of strict or lenient social boundaries on how family members view their roles, particularly for the househusbands.

Table 7: Description of Benefits and Challenges in Family Dynamics

Main Theme	Subthemes	Source/Excerpts
Benefits and Challenges in Family Dynamics	Benefits - Increased Bonding Time - Equality and Role Sharing	“Siyempre yung bonding naming pamilya... maganda ang magiging labas nung pagiging samahan niyo” (P2). “Mutual naman yung desisyon kasi... wala kami yung magsusumbatan” (P5).
	Challenges - Financial Adjustments - Emotional Struggles with Role Shift - Ego and Masculinity	“Nabawasan yung kita namin” (P1) “Konti lang naman yung sahod” (P4) “Pride kasi lalaki ako... dapat ako yung nagpapasok ng pera” (P6) “Ahh... yun yung ano eh... ego lang eh...pero inaayos naman ang lahat” (P2).

The sixth superordinate theme highlights the benefits and challenges in family dynamics after being a househusband. This theme shows the challenges within the dynamics of their families as they experience a shift in their roles which were completely different from their traditional roles. This superordinate theme falls under the two key concepts of Bowen's theory: bidirectional and equilibrium. The concept of bidirectional highlights how the role of househusbands directly affects the entire family

dynamics as it shows the reciprocating relationship of each family member to the whole family system, particularly with the new roles of the househusbands. This theme also highlights how the role shift affects family balance. The stability of the family may be upset by the changes in the role of one member, such as the househusband taking on caregiving duties, which may prompt attempts to restore equilibrium.

Table 8: Description of Acceptance of Non-Traditional Roles

Main Theme	Subthemes	Source/Excerpts from Participants
Acceptance of Non-Traditional Roles	Cultural Influence	“Kasi sa kultura natin... kapag sinabing ganun, para kang under... sa akin naman hindi. Pero syempre, ego natin yun eh” (P2).
	Personal Adaptation	“Para sa’kin wala namang pagkakaiba eh. Ano lang, di ko naman masyadong dinadamdam eh, kaya parang balewala lang” (P1).
	Practical Responsibilities	“Iba na ‘yung system nung nag-t-trabaho ka sa nasa bahay ka lang... limitado na ‘yung kasiyahan mo” (P3).
	Peer and Social Influence	“Maraming magbibiro sa’yong kaibigan mo... lalo na kapag nasa gathering kayo ng mga lalaki kayo-kayo... pero sa akin, I’ll take it na biro na lang” (P5).

The seventh superordinate theme highlights how househusbands accepted non-traditional roles specifically from being the main provider to primary caregiver. This theme falls under the concept of bidirectional as social

expectations and personal experiences form a person's view of gender roles. At the same time, participants' behavior and role as househusbands may affect how other people view and engage with them, resulting in a cycle of reciprocity.

Table 9: Description of Self-Discovery Through Roles

Main Theme	Subthemes	Source/Excerpts from Participants
Discovery of Skills and Resilience	New Skills and Abilities	“Masarap pala ko magluto... aprubado rin ni misis” (P1).
	Patience and Endurance	“Marunong pala ako maglaba, maglinis, tsaka yung pasensya sa bata kasi ang ligalig talaga ng dalawang anak namin” (P6).
	Responsibility and Adaptability	“Nalaman ko na ganun pala ang buhay ng isang taong-bahay... na nasa bahay lang... mahirap na masaya” (P7).
	Familiarity and Comfort Routine	“Ahh... kaya ko pala. Tsaka yun nga, sabi ko mas mahirap” (P5). “Normal na lang din sa’kin na yung kagaya nung paglalaba... yun lang naman yung mabigat sa’kin eh” (P4).

The eighth theme highlights the self-discovery of personal attributes of the househusbands through their roles. This theme falls under the concept of bidirectional equilibrium. By highlighting their attributes, househusbands doing their role directly influence each of the family members as this

discovery of new attributes contributes to the entire family. These personal attributes could also benefit the whole system of the family as househusbands may use these to maintain the balance within the family.

Table 10: Description of Effective Coping Mechanism

Main Theme	Subthemes	Source/Excerpts from Participants
Effective Coping Mechanisms	Adaptation and Acceptance	“Kung ang tinatakbo ng tubig, bakit ka a-ano... sasalungat? Para di ka mahirapan, sumabay ka na lang” (P1).
	Time Management	“Kailangan may time management ka... alam mo yung oras na yun, yun yung gagawin mo” (P5).
	Task Preparation	“Hinahanda ko lang yung mga gagawin ko para mas madali siya” (P4).
	Positive Mindset and Support	“Hindi ako nangangapa kung anong gagawin ko kasi napaka-systematic kong tao... na-i-apply ko naman sa kanila” (P2).
	Delegation and Assistance	“Nakakatulong ko yung biyenang ko, nakakatulong ko yung mga bayaw ko” (P5).

The ninth superordinate theme focuses on the effective coping mechanisms employed by participants to manage their responsibilities. These mechanisms relate to the bidirectional influence and equilibrium within the family dynamic. The househusband's ability to cope is intertwined with the behaviors of other family members, which in turn affects their reactions to his new role. This ongoing dynamic interaction showcases the househusbands' strategies aimed at restoring family equilibrium, allowing them to adapt to their new responsibilities while maintaining the stability and balance of the family system.

4. Discussion

The research discussion is based on an in-depth analysis of participants' responses and narratives collected during interviews. The researchers conducted thorough transcriptions and analyses, which led to a deep understanding of the participants' lived experiences. This process revealed nine emerging superordinate themes, including (1) Family Management, (2) Household Responsibilities, (3) Emotional Struggles, (4) Challenges of Role Adjustment, (5) Societal Criticism, (6) Benefits and Challenges in Family Dynamics, (7) Acceptance of Non-Traditional Role, (8) Self-discovery Through Role, and (9) Effective Coping Mechanisms. These themes developed organically from the data, further supported by subordinate themes that contributed to the overall study.

Family Management

This study found that decisions to become a househusband were influenced by a combination of factors. Childcare concerns were very visible, with many participants expressing a preference for personally caring for their children due to trust issues with external caregivers. Mutual spousal decisions played a significant role, as many couples collaboratively decided that one parent should stay home. Financial practicality was also a consideration, as some found it more economical to forgo outside employment than pay for

childcare. Health issues or physical limitations prompted others to assume the role. Finally, the desire for stronger bonding with children was a key motivator, with participants valuing the opportunity to be present during their children's formative years.

Household Responsibilities

Participants described their primary duties as encompassing a wide range of tasks. Household chores such as cleaning, cooking, and laundry were central to their daily routines. Childcare responsibilities included overseeing their children's safety and well-being, as well as managing daily routines. Budgeting and ensuring the household's financial stability were also part of their duties. Importantly, they emphasized the emotional support they provided to their families, highlighting the importance of being present and available.

Emotional Struggles

Through this study, the researchers identified that the transition to being a househusband was often accompanied by emotional challenges. Many participants reported experiencing initial discomfort and feelings of unease. However, they also found fulfillment in their role, particularly in managing household tasks and supporting their families. They gained a deeper appreciation for the work traditionally performed by women. Some experienced social isolation, while others went through a period of adaptation and adjustment as they became accustomed to their new roles.

Challenges of role adjustment

This study found out that househusbands faced numerous challenges in adapting to their new lifestyle. Financial strain was a significant concern, as many relied solely on their spouse's income. Emotional adjustment to full-time caregiving was also difficult for some. Caregiving stress and exhaustion were common, as were health management

challenges, particularly when caring for sick children. Some participants experienced social isolation and struggled with feelings of pride when needing support from their spouses.

Societal Criticism

This research found that the perceptions of their role varied. Some participants reported that people around them were indifferent to their role shifts. Others experienced teasing or encountered stereotypes from peers. Some faced family critiques, particularly from their spouses regarding the quality of their housework. However, many participants prioritized their family's needs over societal judgment.

Benefits and challenges in family dynamics

This research identified that being a househusband had both positive and negative impacts on family dynamics. Increased bonding time and equality were among the benefits, as participants appreciated the opportunity to spend more time with their families and share responsibilities. However, financial strain and emotional struggles related to role shifts were also experienced.

Acceptance of non-traditional role

It also highlights how the participants navigated the influence of gender roles, often feeling societal pressure to conform to traditional expectations of masculinity.

Despite these pressures, many embraced their role as a practical and fulfilling adjustment. They viewed their role as a way to prioritize their family's needs and found satisfaction in their contributions.

Self-discovery through role

This study also shows how becoming a househusband led to personal growth and self-discovery. Participants discovered new skills and abilities, particularly in domestic tasks. They gained patience and endurance, especially when managing children and household duties. They also developed a sense of responsibility and adaptability, as well as self-sufficiency and comfort with routine.

Effective coping mechanisms

This study also found out how househusbands employed various coping strategies to manage the challenges of their role. Adaptation and acceptance were key, as they learned to go with the flow and embrace their new lifestyle. Time management and task preparation helped them organize their day and handle their responsibilities efficiently. Maintaining a positive mindset and relying on their support system were also important. Some participants practiced delegation and assistance, accepting help from family members when needed.

The study on househusbands enhances the understanding of gender role reversal caused by a sudden shift in family dynamics by examining the experiences of men in primary caregiving roles. This study challenges conventional gender norms that assign caregiving primarily to women, highlighting the necessity for policies and support systems that address the specific needs of househusbands and their families. Ultimately, the findings advocate for a more inclusive society and suggest pathways for future research in this area.

5. References

1. Andrade C. The inconvenient truth about convenience and purposive samples. *Indian Journal of Psychological Medicine*. 2020. <https://doi.org/10.1177/0253717620977000>
2. Bhushan R. Breaking gender stereotypes: The rise of the house husband. *Medium*. 2023. <https://medium.com/@iritwik9/breaking-gender-stereotypes-the-rise-of-the-house-husband-e0d9e16b65cc>
3. Caulfield J. How to do thematic analysis: Step-by-step guide & examples. *Scribbr*. 2023. <https://www.scribbr.com/methodology/thematic-analysis/>
4. Delve. What are semi-structured interviews? *Delve*. 2022. <https://delvetool.com/blog/semi-structured>
5. Jones C. Stay-at-home father families: Family functioning and experiences of non-traditional gender roles [Apollo – University of Cambridge Repository]. 2020. <https://doi.org/10.17863/CAM.53186>.