

RESEARCH ARTICLE

An Explorative Study to Identify the Cultural Believes on Postnatal Care Among Mothers in Selected Hospital, Erode

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ABSTRACT:

The promotion of knowledge has been recognized as an important aspect of understanding the health care more effectively. Objectives: The purpose of this study was to identify the cultural believes on postnatal care among mothers. Design: A descriptive design was used. Sample: Postnatal mothers at TPN Hospital, Erode (Dt). Sampling Technique: Purposive sampling technique was used.. Data collection: A Structured interview questionnaires was used to collect data from samples. Results: Finding depicts that 73.3% of mothers had average attitude on postnatal care and 26.7% of the samples having poor attitude on postnatal care. Area- wise distribution of cultural believes on postnatal care among postnatal mothers shows that the highest percentage score (mean 1.23 and SD 0.17) which was 63.3% on the area of Exercise and the lowest mean score (2.5 and SD 1.98) which was 43.3% on the area of food. The Overall cultural believes score on postnatal mothers shows that (mean 4.73 and SD 2.32) which was 53.23%. This shows that the postnatal mothers have average attitude on postnatal care. There is no significant association of attitude scores on cultural believes on postnatal care among mothers with their selected demographic variables except age of the mother, mode of delivery and postnatal day. Conclusion: The knowledge and attitude of postnatal care should be reinforced to improve the health of the mother and the baby.

KEY WORDS: Cultural believes, postnatal care, Mothers.

INTRODUCTION:

Every year there are estimated 200 million pregnancies in the world. Nost of them face the chance of an adverse outcome for both the mother and for the newborn, (Bijaya Shakya, 2004).

Postpartum cultural beliefs and practices are widely prevalent in Northern Nigeria. A Cross- sectional study was carried among cohort 300 mothers regarding the postpartum cultural believes and practices in Danbare village, Northern Nigeria. Common postpartum practices include sexual abstinence (100%), physical confinement (88%), hot ritual baths (86%), nursing in heated rooms (84%) and ingestion of gruel enriched with local salt (83%).

The majority of mothers (93%) believed that these practices made them stronger and helped them to regain their physiological state. Almost half of the respondents (49%) said that they would continue with these practice. In a conclusion, women are still holding on to postpartum believe. However, educated women could act as agent of change towards the elimination of practices harmful to the health of mothers, (Rachael Myers, 2010).

The traditional and cultural believes and decision making within the household influence the child birth practice and choice of the place of delivery.

OBJECTIVES:

1. To assess the cultural believes on postnatal care among postnatal mothers.

2. To find out association between the a cultural believes on postnatal care among postnatal mothers with their selected demographic variables

OPERATIONAL DEFINITIONS:

Cultural believes on postnatal care:

Cultural believes refers to the believes ,attitudes or the activities of the postnatal mothers regarding postnatal care like special food, breast feeding, sexual contact, naming ceremony, bathing and newborn care.

Postnatal mother:

Mother who delivered a child and got admitted in postnatal ward from second day of delivery.

RESEARCH METHODOLOGY:

Research Design

The research design selected for the present study is descriptive research design.

Setting:-

The setting for study is TPN Hospital, Erode (Dt).

Sample and sample size

The samples for the present study were postnatala mothers admitted in TPN Hospital, Erode (Dt), who fulfill the sampling criteria. The sample size was 30 postnatal mothers.

Sampling Technique:-

“Purposive sampling technique” is used to select cases.

SAMPLING CRITERIA:

Inclusion Criteria:-

- Postnatal mothers
- Age group between 18- 35 years
- Who are willing to participate in the study.
- Able to understand and speak Tamil
- Available during data collection period

Description of the tool

Section A: Demographic variables

Section B: Structured interview Questionnaire to identify the cultural believes on postnatal care among mothers

RESULTS:

Table 1 Frequency and percentage distribution of samples according to their demographic variables.

Demographic variables	frequency	Percentage
Age		
a) 18- 22 years	6	20%
b) 23-26 years	15	50%
c) 27- 30 years	6	20%
d) 31- 35 years	3	10%
Educational status of mothers		
a) Secondary	3	10%
b)Higher secondary	14	46.6%
c) Graduate	9	30%
d) Professionals	4	13.3%
Occupational status of mothers		
a)Housewife	15	50%
b) Sedentary	10	33.3%
c) Moderate	4	13.3%
d) Heavy	1	3.3%
Type of Gravida		
a) Primipara	16	53.3%
b) Multipara	12	40%
c) Grandmultipara	2	6.7%
Mode of Delivery		
a) Normal vaginal delivery	21	70%
b) LSCS	9	30%
Postnatal day		
a) 1 st day	5	16.67%
b) 2-3 days	16	53.33%
c) 4-5 days	9	30%
d) Above 5 days	-	-
Dietary pattern		
a)Vegetarian	8	26.67%
b) Non vegetarian	8	26.67%
c) Mixed	14	46.67%
Types of family		
a)Nuclear	15	50%
b) Joint	15	50%
Source of Information		
a)Relatives	15	50%
b)Neighbors	14	46.67%
c)Mass media	1	3.33%

Table 2 Frequency and Percentage distribution of the cultural believes on postnatal mothers.

S. No	Cultural Believes	Frequency	Percentage
1.	POOR	8	26.6%
2.	AVERAGE	22	73.3%
3.	GOOD	-	-

Table 3 Chi square value of association between cultural believes on postnatal care among postnatal mothers with their Demographic variables

Demographic variables	χ^2 Value	Table value	Level of significance P<0.05
Age of the mothers	4.42	3.841	Significant
Education of the mothers	0.77	3.841	Not significant
Occupation of the mothers	1.22	3.841	Not Significant
Type of Gravida	1.25	3.841	Not significant
Mode of Delivery	4.43	3.841	Significant
Postnatal day	4.43	3.841	Significant
Dietary pattern	3.18	3.841	Not significant
Type of Family	1.03	3.841	Not significant
Source of Information	1.24	3.841	Not significant

Table 2 reveals that 26.6% of mothers having poor attitude on cultural believes regarding postnatal care and 73.3% of mothers having average attitude on cultural believes regarding postnatal care. This shows that the postnatal mothers have average cultural believes on postnatal care.

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The obtained χ^2 values regarding selected background factors of postnatal care reveals that there is no significant association between cultural believes on postnatal care among postnatal mothers except age of the mothers, mode of delivery and postnatal day.

DISCUSSION

Highest percentage (50%) of mothers were in the age group of 23-26 years, 46.67% of them had higher secondary education and 50% of them were housewives. 53.3% of them were primipara mothers, 70% of them had normal vaginal delivery. 53.3% of them had 2-3 days of postnatal day and 46.67% of them were taking mixed diets. Similar 50% and 50% of them were in the nuclear family and received information from relatives respectively. The study findings reveals that 26.6% of mothers having poor attitude on cultural believes regarding postnatal care and 73.3% of mothers having average attitude on cultural believes regarding postnatal care. This shows that the postnatal mothers have average attitude on cultural believes on postnatal care.

NURSING IMPLICATION:

NURSING EDUCATION:

By mass health education and through innovative measures, nurses and midwives educate regarding the practices of postnatal care among mothers.

NURSING PRACTICES:

The proper information regarding cultural believes must be implicated in clinical areas to improve the knowledge level.

RECOMMENDATION:

- ❖ The replication of the present study can be conducted with large samples.
- ❖ A comparative study can be conducted on knowledge of primipara and multipara mothers
- ❖ A similar study can be conducted by adopting other techniques like video teaching programme.
- ❖ A similar study can be conducted as an experimental study with STP

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