

Assess the Cultural and Social Beliefs Regarding Pregnancy among Antenatal Mothers in Selected Hospital, Vadodara with View to Provide Information Booklet

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Abstract---

Background: In spite of bloom in health care facilities maternal and fetal morbidity as well as mortality is the biggest concern in India. Cultural beliefs can influence women's use of formal maternal health care services and induce threat towards maternal and fetal health. Hence it is important to know the various belief followed by childbearing women.

Aim: Assess the cultural and social beliefs regarding pregnancy among antenatal mothers.

Materials and Method: A descriptive research study was conducted among 60 antenatal mothers which selected by using non probability sampling technique. The primary data of research collected through likert scale based on cultural and social belief during pregnancy Data was analysed by descriptive and inferential statistics. The significance level of the study is fixed at 0.05level.

Result: Result of the study shows that, harmful beliefs regarding being pregnant followed by 55% of antenatal mother. 28.3% are following moderately beneficial belief. whereas, only 16.7% of antenatal mother are following beneficial cultural and social belief regarding pregnancy. overall mean percentage of cultural and social belief of pregnancy (88.83%) with SD (19.58). The analysis of the association between a demographic variable and cultural and social belief of pregnancy was significantly associated with educational status, Type of family, Occupation and Source of information. However, other demographic variable including age, area of residence, religion are not significantly associated with the cultural and social beliefs of pregnancy.

Conclusion: In the present study it is evident that, child bearing mother still following some belief which is not beneficial for healthy outcome of pregnancy, this is the matter of concern which need the counselling and evaluation of views of the mother during reproductive age.

Keywords--- Pregnancy, Antenatal Mother, Cultural and Social Beliefs During Pregnancy, Information Booklet on Pregnancy.

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I. INTRODUCTION

In India, pregnancy is usually viewed as a normal physiologic phenomenon that does not require any intervention by the health care professionals.¹ Only in the event, where pregnant women seek health care advice, if there is any problem or risk. Many Indian women believe they have little or no control over their pregnancies and outcomes. Each and every woman during the pregnancy relying on the suggestions, advices given by their elders, family members and relatives rather than seeking counselling or advices from the health care professionals². There are plethora of viewsexiting in the community associated with personal, religious, and traditional health beliefs on one's preference regarding pregnancy which need to be addressed from the cultural and social context.³

There are various views based on nutrition, travelling, during pregnancy, some believe that hot foods are harmful and cold foods are beneficial. Pregnancy is a period of joy and anticipation, and mothers-to-be are often brimming with questions and base their practices on myth and superstition, beliefs regarding childbearing that is practiced mainly because, Indians believe that there is nothing to lose if they abide with these beliefs, that were derived from their traditions, customs and culture.⁴ They emphasized that when a woman is pregnant her one foot is confined to a hospital while the other foot is bound 'six-feet below the ground. Health beliefs about childbirth are as old as human history itself. Globally, studies have indicated that there is often a conflict between the orthodox medicine and the traditional beliefs of women regarding pregnancy.⁵

The beliefs and practices relating to pregnancy and birth start with the desire of being pregnant and affect the woman, her family and surroundings. In our society, pregnant women are expected to adopt many beliefs and traditions during the period that starts from the beginning of pregnancy and continues till birth.⁶ The beliefs and practices relating to pregnancy and birth start with the desire of being pregnant and affect the woman, her family and surroundings. In our society, pregnant women are expected to adopt many beliefs and traditions during the period that starts from the beginning of pregnancy and continues till birth. The belief is practices relating to pregnancy start with the desire of being pregnant which affect the women, her family and surrounding. In our society every pregnant woman accepted to adopt various social and traditional belief of pregnancy but there are some beliefs which harmful and should not be followed.⁷ More information is needed on the benefits of formal maternal healthcare services; such educational programs should be geared towards not only women but also husbands, parents, and in-laws. By recognizing and appreciating common local beliefs, providers can be better positioned to provide culturally competent care.⁸

II. METHOD

The researcher followed descriptive research design with quantitative approach for the study. The major goal of this research is to assess the cultural and social beliefs of pregnancy among antenatal mothers and find out the association between the cultural and social beliefs regarding pregnancy with socio demographic variable. A total of 60 antenatal mothers were selected from the Obstetrics OPD of Dhiraj Hospital by using non probability purposive sampling. A conceptual framework used for this study is based on "leininger trans cultural sunrise model". After obtaining institutional ethical clearance, Informed consent was taken from participants data was collected by using likert scale based on cultural and social belief regarding pregnancy. Demographic checklist is used to find out the

demographic characteristics of respondents. Data was entered in Microsoft excel and analysed by SPSS software. Descriptive statistics like mean, mean percentage and inferential statistics like chi-square tests used to analyse and interpret the data where, p-value of less than 0.05 is considered as statistically significant.

III. FINDINGS

Finding of the Study is based on the Objectives, which is Further Divided into Various Section

Section A: Description of samples according to their demographic characteristics.

Among 60 antenatal mothers, majority (80%) were in the age group of 21-35 years and lowest (20%) were in the group of <20 years. Distribution of area of living shows that, (65%) of antenatal mothers resides at rural area only (35%) living in urban area. (53.3%) of antenatal mothers were belongs to Hindu religion, (25%) antenatal mothers belongs to Christian religion, (13.3%) antenatal mothers belongs to Muslim religion and least (8.3%) antenatal mothers belongs to other religion. (35%) of antenatal mothers were illiterate, (35%) of antenatal were educated only up to primary education, (6.67%) antenatal were completed their secondary education and (23.3%) of antenatal were graduated/post graduate. Majority (65%) of antenatal belongs to the joint family and (35%) antenatal belongs to the nuclear family. (46.7%) were house wife, (13.3%) were private employee, (21.7%) were health sector and (18.3%) were having other profession. Majority of antenatal mothers receives the information (33.4%) from the internet, (20%) from newspapers, (28.3%) from hospital staff, and 18.3 receives from the other sources.

Section B: Analysis of data related to cultural and social beliefs regarding pregnancy among antenatal mothers.

Table 1: Distribution of Mean, Mean Percentage and Standard Deviation of Cultural and Social Belief Regarding Pregnancy

N=60

Aspect	Maximum	Overall Mean	Mean Percentage	Standard Deviation
Cultural and social beliefs regarding pregnancy	60	53.33	88.83%	19.58

Above Table illustrates data of cultural and social belief regarding pregnancy of antenatal mothers, shows overall mean (53.33) with mean percentage (88.83%) and standard deviation is (19.58)

Section -C: Association between cultural and social beliefs with selected socio-demographic variables.

The association of cultural and social belief shows significant association with Sociodemographic variable including, educational status with χ^2 value 17.34 (6df=12.59), Type of family with χ^2 value 44.15 (6df=12.59), Occupation χ^2 value 44.15 (6df=12.59), Source of information χ^2 value 13.13 (6df=12.59). However, age of antenatal mothers, χ^2 value 1.055 (2df=5.99), area of residence χ^2 value 1.270 (2df= 5.99) and religion χ^2 value 8.385 were not significantly associated with cultural and social belief regarding pregnancy

IV. DISCUSSION

The present study was conducted to assess regarding pregnancy among the 60 antenatal mothers attending Obstetrics OPD of Dhiraj Hospital, Vadodara. Result of the study indicates that over half of the antenatal mother

following cultural and social belief which is not beneficial for the maternal and fetal health which is the matter of concern. Association of demographic characteristics depicts that, antenatal mother who studied higher education and obtained information from the health care facilities or working in health care sector following beneficial belief of pregnancy. However other demographic variables including age, religion, area of residence is not associated with the cultural and social belief of pregnancy.

There are various researches which supports the present study, the study of Robab Lantifnejad Roudsari (2015) in North of Iran about the belief of pregnancy and birth shows that once behaviour is more influenced by sociocultural beliefs than physical issues.¹The article published by P. Dako (2015) about influence of sociocultural interpretation about pregnancy depicts that women are more likely to follow the sociocultural practices existing in the society.⁹ Claudia Turner (2017) published article on belief and practices during pregnancy in Cambodia which shows that there are certain harmful belief about eating habits and colostrum which leads to ill effect on maternal and fetal health.¹⁰

Considering the influence of cultural and social values on women's perception and practices of pregnancy, it is recommended that further researches should be done in this field to understand once culture and their views regarding pregnancy, childbirth and rearing practices of child. Awareness programme on practices followed during pregnancy, parturition and can be conducted according to the need of population so that maximum outcome of maternal and fetal health can be achieved.

V. CONCLUSION

Result of the study summarizes that Cultural and social belief affects the ones preferences of practices regarding pregnancy. It is recommended that there is need to educate and understand about existing beliefs of pregnancy, whether they are beneficial or harmful for the maternal and foetal health. Understanding women's views, perceptions, experiences, preferences and social values related practices followed during the pregnancy will help and explain the decision-making processes of child bearing mother.

Conflict of Interest: The author has declared that, there is no conflict of interest in present research study.

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Ethical clearance: After obtaining institutional ethical clearance from the authoritative area, Informed consent was taken from representatives before the primary data collection.

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