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Original Article

Cultural Practices During Antenatal Period among Pregnant Women

Navdeep Kaur[1], Maniender Kaur[2]
[1]Obstetrics & Gynaecology, BFUHS, Nursing Tutor, Rattan Professional Educational College, Mohali, India
[2]Gynaecology, BFUHS, Professor, Rattan Professional Educational College, Mohali, India
Corresponding author : Navdeep Kaur, Lecturer/Rattan Professional Educational College, Mohali/India
Corresponding E-mail : jagjitnavdeep@gmail.com

Abstract

Introduction : Tradition represents the sum total of all behaviours that are learned, shared by a group of people and transmitted from generation to generation. These are also being carried out or followed by the family and the woman at the time of pregnancy also.1 Pregnancy has a great impact on the health of the mother which can affect her both mentally as well as physically. Every individual has its own traditional beliefs, culture, norms, and practices related to pregnancy and health care which directly or indirectly may either protect or harm the health of mother and fetus.

Methodology : Research methodology refers to the principles and ideas on which researchers base their procedures and strategies. Methodology helps to formulate the blue print undertaken study. Research methodology involves the systematic proceedings by which the researcher starts from the initial identification of the problem to its final conclusions

Results : The analysis, interpretation of data collected from 100 pregnant women's who visited to antenatal OPD for regular checkup in civil hospital phase-6 Mohali Punjab. The data was collected in the master data sheet and both descriptive and Inferential statistics were used to for data analysis.

Conclusions : The aim of the study is to assess the cultural practices during antenatal period among pregnant women attending antenatal OPD in selected hospital of Distt Mohali, Punjab. Most of the subject organize any religious ceremony 81 or prefer to visit religious places 82 or read the any religious books 78% and Majority of subject watch religious programs 78. Most of the subject wear the tokens. Majority of the subject avoid to any kind of food or keep fast food ever yes. Majority of subject avoid any certain people and avoid certain places like funeral places. Most of the subject avoid meet to postnatal mothers. Majority of the subject visit Faith healers. Most of subject prefer to avoid food from another person. Majority of subject prefer to avoid exposure/ lunar eclipse/solar eclipse or avoid other attire to wear rather than your religion. Majority of the subject avoid four-way junction. Most of the subject avoid hair washing on Tuesday or Thursday.

Keywords : Exploratory study; Cultural Traditional; Antenatal; Pregnant

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Introduction

Tradition represents the sum total of all behaviours that are learned, shared by a group of people and transmitted from generation to generation. These are also being carried out or followed by the family and the woman at the time of pregnancy also.1 Pregnancy has a great impact on the health of the mother which can affect her both mentally as well as physically. Every individual has its own traditional beliefs, culture, norms, and practices related to pregnancy and health care which directly or indirectly may either protect or harm the health of mother and fetus.

On the other hand, there are also certain harmful cultural practices during the perinatal period which include pregnancy, childbirth, and postnatal period refer to deep-rooted traditional practices that adversely affect physical, sexual, psychological well-being, and violate human rights, socio-economic participation, and benefits of women, children and societies at large.

During pregnancy, some of the traditional beliefs and practices include food and water restrictions; avoiding specific places such as the graveyard; not going out at specific times in the day; not associating with some people deemed to be evil and drinking special herbal preparations. Some women are restricted from work during pregnancy while others are not.

Majority of the women adopt complementary therapies. Each cultural has its own values, beliefs and practices related to the pregnancy. If the health care providers are familiar with different cultural beliefs, practices and behavioural restrictions and communicate with the women for whom they care, then women from culturally and linguistically diverse backgrounds will have a choice in and are able to accept different health care facilities.

In ancient times, indigenous practices constituted the major source of survival in Africa, America, Asia and Australia. Nutrition related practices during pregnancy are based on a belief that 'hot' foods are harmful and 'cold' foods are beneficial. Because pregnancy generates a hot state, pregnant women are advised to attain balance by eating cold food and avoiding hot food. Cold foods are recommended in early pregnancy to avoid miscarriage. Hot foods are encouraged during the last stages of pregnancy to facilitate labour.

Objectives of The Study :

1. To assess the cultural practices during antenatal period among pregnant women.
2. To find out the association between the cultural practices during antenatal period among pregnant women with selected socio-demographic variables.

Methodology

The research scholar has adopted a very suitable, feasible and statistically appropriate research methodology to go about this present research study. This research technique is designed by the researcher in such a manner that the researcher is able to accomplish the study's objective and generalize the findings to the entire Research methodology refers to the principles and ideas on which researchers base their procedures and strategies. Methodology helps to formulate the blue print undertaken study. Research methodology involves the systematic proceedings by which the researcher starts from the initial identification of the problem to its final conclusions. The sample size of 100 pregnant women was taken.Non-Probability, Convenient sampling technique was used to draw the sample from the population. Pregnant women who are attending antenatal OPD in selected hospitals of Dist. Mohali. The subjects were made aware of the study's purpose and the confidentiality of their data was maintained at all times. The information was obtained by the investigators. Respondents were given necessary instructions and consent was taken

Research approach : The research approach adopted for this study is quantitative in nature.

Research design : The study employs a descriptive design. This design is appropriate for obtaining an accurate representation of the characteristics of the selected population and is instrumental in assessing various variables related to pregnant women attending antenatal OPD.

Sample : Pregnant women

Sample Size : 100

Sample Techniques : Non-Probability, Convenient sampling technique was used to draw the sample from the population.

Population : The target population for this research consists of pregnant women who are attending antenatal Outpatient Departments (OPDs) in selected hospitals of District Mohali.

Setting : Pregnant women who are attending antenatal OPD in selected hospitals of Dist. Mohali

Tools & Data Collection : Data Collection Methods : The data were collected using structured tools (e.g., surveys or questionnaires).

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Results

In the present study it was found that hundred subjects were used cultural practices for different purposes during antenatal period like most of the participants (80%) expressed that families believe that the pregnant women should not eat green vegetables, yam, pulses, red grams, papaya, and mangoes and that she should eat less during pregnancy. Saxena V. et. al according to used to explore self experience for significant years in the field of maternal care and deliveries among 990 traditional birth attendants from 13 districts of Uttarakhand. Focused one to one in depth interviews were done to collect the data. The results revealed that most of the participants (80%) expressed that families believe that the pregnant women should not eat green vegetables, yam, pulses, red grams, papaya, and mangoes and that she should eat less during pregnancy. Most of the mothers (90%) delivered on the floor of the cowshed demarcated with cow dung.

Table-I : Levels of Practices

Sr.No.	Levels of Practices	f	%
1.	No practice (0)	00	0
2.	Some practices (1-6)	00	0
3.	Maximum practices (7-12)	06	6
4.	High Practices (13-20)	94	94

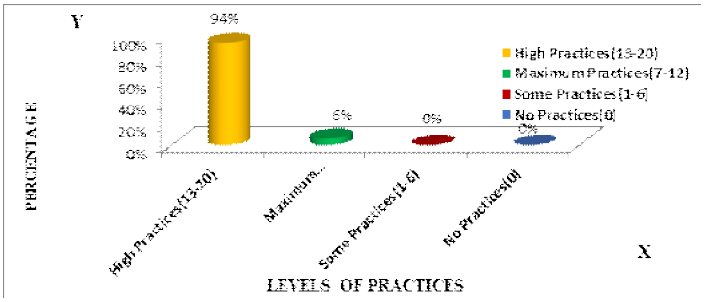

Figure-1 Shows the frequency of level of Practices

Table-II Association between cultural practices during antenatal period among pregnant women with selected socio-demographic variables

Sr. No	Selected Socio-Demographic Variables	Levels of Practices		Chi, df, P-value
		Maximum (7-12)	High (13-20)	
1.	**Age in year**			
	21-25	02	40	0.2917,
	26-30	02	31	2,
	31-35	02	23	0.8643 NS
2.	**Type of Gravida**			1.5373,
	Prim gravida	02	63	1,
	Multigravida	03	31	0.2149 NS
3.	**Education status**			
	No formal education	00	30	7.2511,
	Primary	01	22	3.
	Secondary	03	29	0.0642 NS
	Graduation and above	02	06	
4.	**Types of family**			
	Nuclear	02	20	0.5346,
	Joint	03	51	2,
	Extended	01	23	0.7654 S
5.	**Occupation Status**			
	House wife	03	69	3.2210,

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	Private Job	02	22	2,
	Government Job	01	03	0.1197 NS
6.	**Types of pregnancy**			
	Single	05	81	0.3831,
	Twin	01	10	2,
	Triplets	00	03	0.8257 NS
7.	**Dietary habits**			0.7282,
	Vegetarian	03	63	1,
	Non-Vegetarian	03	31	0.3934 NS
8.	**Source of Information**			
	Family	03	54	0.1873,
	Friends and Relative	02	24	2,
	Neighbor	01	16	0.1906NS

*Significant, NS non-significant at P value less than 0.05

The data indicated that no significant statistic link existed between cultural practice during antenatal period among the pregnant women following cultural practices among antenatal women and socio demographic variable among antenatal women P value less then 0.05.

Conclusions

Most of the subject organize any religious ceremony 81 or prefer to visit religious places 82 or read the any religious books 78% and Majority of subject watch religious programs 78. Most of the subject wear the tokens. Majority of the subject avoid to any kind of food or keep fast food ever yes.Majority of subject avoid any certain people and avoid certain places like funeral places. Most of the subject avoid meet to postnatal mothers. Majority of the subject visit Faith healers. Most of subject prefer to avoid food from another person. Majority of subject prefer to avoid exposure/ lunar eclipse/solar eclipse or avoid other attire to wear rather than your religion.

Conflict of interest : No

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