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A DESCRIPTIVE STUDY TO ASSESS THE POSTNATAL CARE PRACTICES OF MOTHERS SELECTED FROM DIFFERENT CULTURES, LUDHIANA, PUNJAB.

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ABSTRACT

The postnatal period is the movement when both pain and pleasure join together in the act of giving birth. It is like sharp point of needle, astride upon that points are both pleasure and pain, at the same time female is undergoing the miracle of child birth. After the birth of the baby, the women during postnatal period and newborn need special care and attention to prevent postnatal complications. The investigators has taken up this study to assess the postnatal care practices of mothers selected from different culture who are residing in Ludhiana, Punjab. The objectives were to assess the postnatal care practices of mothers selected from different cultures, to analyze the healthy and unhealthy postnatal care practices of mothers selected from different cultures, to associate the relationship of postnatal care practices of mothers with selected variables such as age, education, type of family, dietary pattern and parity etc and to prepare an information booklet regarding healthy postnatal care practices. Areas of post natal care practices are dietary pattern, care of perineum, body massage, bath and fitness practices, restrictions imposed during postnatal period, newborn care and myths related to postnatal period. The conceptual framework was based on 'Modified Madeline M Leiningers (1979) Sunrise model used for transcultural nursing. A quantitative approach and non experimental Descriptive research design was used. The study was conducted in selected areas of Mohar Singh Nagar, Issa Nagri Play Ground and Islam Ganj Of Ludhiana, Punjab. A total 150 mothers were selected through purposive sampling from different cultures, ie, 50 each from Punjab, Bihar and Rajasthan culture. The data was collected through structured interview schedule. Pilot study was done on 15 mothers to check the feasibility and practicability of the study and the reliability of the tool was $r=0.8$. Data analysis has done by using mean, standard deviation, chi square, anova and t test, pie, bar diagrams and tables were used to depict the findings. Majority of

mothers (38.7%) were in the age group of 32-38years, 42% were having primary education, 56.7% were from nuclear family, 73.3% , non vegetarian and having one to two children. Mothers from different culture follow different types of post natal care practices. Mothers from Punjab and Bihar culture followed healthy practices than Rajasthan culture. Socio demographic variables had no influence on post natal care practices, except education and dietary pattern had a positive correlation. An information booklet was given to increase the awareness regarding healthy postnatal care practices.

Key words: *descriptive study, post natal care practices, mothers, different culture.*

ARTICLE

INTRODUCTION:

The mysteries of life, birth and death are having entwined with cultural beliefs and practices. Much of women's behavior during the postpartum period is strongly influenced by her culture background. Every society has its own traditional beliefs and practices related to pregnancy and healthcare.

There are many such practices, rituals beliefs protect or harm the health of mother and fetus in uterus. People held a common belief that women and infant are vulnerable for infection during the postpartum period, therefore women in many societies observed a series of postpartum practice which aimed to protect the mother and the newborn babies.

In developing countries ,over 60% of maternal death occur during the postpartum period. Effective postpartum care is essential to maximize survival of mothers and newborn regardless of where a women delivers.

It is necessary for health practitioners to be attentive in caring for the newly delivered mother in a way that will restore strength , muscle tone, vitality and overall health. Traditional practices aim at restoring the normal function of sexual and reproductive organs, increasing wellbeing and energy of the mothers, promoting wound healing, weight loss and for aesthetic reasons.

NEED OF THE STUDY:

(MC MINCY 2014)Women's health considered to be a back bone of the societies. Negligence during confinement period may lead any serious illness or death of mother and infants. Some of the practices followed are first bath of the baby by adding 40 stones or placing a needle to bath water of babies, not cutting babies nail until they were 40 days old, time of breast feeding within one hour or 8 hours after delivery, wrapping babies with yellow fabric or using lamp with yellow light in case of jaundice. The mothers who are not equipped with sufficient knowledge about newborn care and using traditional childcare methods may sometimes cause harm to their newborn.

The investigators observed that nowadays there are so many lacunas in taking care of mother and baby. It is believed that good planned nursing interventions on postnatal care and newborn care helps the mother to provide adequate care to herself and her baby. So the investigators have done a study on specific aspects on postnatal care (dietary pattern, care of breast, perineum, and postnatal exercises) and new born care(breast feeding, newborn hygiene, seasonal clothing). In the present study the researchers took an effort to assess the postnatal care practices from different culture along with helping to preserve the healthy cultural postnatal care practices by providing an information booklet.

PROBLEM STATEMENT:

A Descriptive Study To assess The Postnatal Care Practices Of Mothers Selected From Different Culture, Ludhiana, Punjab.

OBJECTIVES:

1. To assess the postnatal care practices of mothers from different culture.
2. To analyze the healthy and unhealthy postnatal care practice of mother selected from different cultures.
3. To associate the relationship of postnatal care practices of mothers selected from different culture.
4. To prepare an information booklet regarding healthy postnatal care practices.

RESEARCH METHODOLOGY:

Research approach: Quantitative approach

Research design: Non experimental descriptive design

Setting of the study: study was conducted at selected areas of *Mohar Singh Nagar, Issa Nagri Play Ground and Islam Ganj Of Ludhiana, Punjab.*

Population: all mothers who belong to any of three cultures from Punjab, Bihar and Rajasthan, residing in selected areas of Ludhiana.

sampling technique: purposive sampling technique was used.

Sample size: 150 mothers were selected, 50 from each culture

Development of tool: based on the objectives, structured interview schedule was used to assess the postnatal care practices among mother selected from selected culture. It was developed after intensive literature review, expert consultation and discussion with panel members.

There were total 80 items covered both healthy and unhealthy practices. Maximum score was 80 and minimum was zero. The area of assessment were

diet during postnatal period, care of breast and breast feeding, body massage, bath, fitness practices, restrictions imposed during postnatal period, new born care and myth related to postnatal period.

FINDINGS:

- Majority of mothers belonged to the age group 32-48years, were primary level educated, from nuclear family, were non vegetarian and having parity of one to two children.

Table 1-Mean practice score and standard deviation of postnatal care practices of mothers from different cultures.

N=150				
Selected cultures	n	Mean practice score	SD	z
Punjab	50	58.64	9.22	3.65*
Bihar	50	58.62	8.88	
Rajasthan	50	39.68	4.80	

Maximum score=80

significant at $p < .05$ level

Minimum score=0

Table 1 depicts that majority of mothers from Punjab and Bihar culture having highest postnatal care practice score (58.64 & 58.62 respectively). But the mean practice score of Rajasthan was only 39.68.

- It was concluded that mothers from Punjab and Bihar culture follow more healthy postnatal care practices than mothers from Rajasthan.
- According to the post natal dietary practices majority of mothers followed whole grain cereals like dalia, khichdi in Bihar culture, 98% mothers from Punjab culture followed normal vegetarian and non vegetarian food, and 64% mothers from Rajasthan followed jaggery boiled in milk to make shira, dried ginger and moong dal halwa with all the dry fruits and nuts.
- Majority of mothers from three cultures were following healthy practices like massage the body with oil to increase blood circulation, visit the doctors for follow up after delivery, start light exercises.
- The most common restrictions imposed in these cultures were no shouting, crying and engaging in stressful conversation, followed by avoiding ac and fan, covering head with scarf for whole day, do not engage in sexual relation, not to

- wear yellow cloth and give yellow food to mothers, not to switch off light during night etc.
- In the area of newborn care majority of mothers practiced massaging the body of newborn with any baby oil, provide eye care with plain water and the common unhealthy practices like putting 'kajal ' in the eyes to make the eyes big and prevent bad eye, applying clarified butter on umbilical cord for immediate healing.
 - The common myths followed by three cultures were, holding the baby in their lap while having her food believing that the baby too can get the same effect of food, never allowing the mothers to perform any spiritual activity and to visit religious place during their postnatal period.
 - Analysis of variance and 't' test were used to find the association between postnatal care practices and socio demographic variables and found that age, type of family and parity had no influence on post natal care practices , but education and dietary pattern had a positive correlation with the same.
 - An information booklet was distributed to those mothers who were following unhealthy postnatal practices.

CONCLUSION:

- In every culture different types of postnatal care practices were followed.
- Mothers from Punjab and Bihar followed healthy postnatal care practices as compared to mothers follow Rajasthan culture.
- Socio demographic variables had no influence on post natal care practices except education and dietary pattern.

RECOMMENDATIONS:

- Similar study can be conducted by using qualitative approach using in depth interview.
- Similar study can be conducted in the state of Bihar and Rajasthan for better relevant results.
- A comparative study can be conducted on rural and urban communities to assess the post natal care practices.

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