

**CUSTOMS AND PRACTICES EXISTING AMONG ANTENATAL MOTHERS OF A
SELECTED HOSPITAL AT MANGALURU: A DESCRIPTIVE STUDY**

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ABSTRACT

Efforts are made to improve the health of the women during pregnancy by assessing the customs and practices existing among the antenatal mothers and its influence on the health of the mother. This study is essential for determining the customs and practices existing among antenatal mothers in selected areas of Mangaluru. Statement of the problem "A descriptive study on customs and practices existing among antenatal mothers in a selected hospital of Mangaluru". **Objectives of The Study:** The objectives of the study are

1. To assess the customs existing among antenatal mothers.
2. To assess the practices of customs existing among antenatal mothers.
3. To find the association between customs existing among antenatal mothers with selected demographic variables.
4. To find out the association between practices of customs existing among antenatal mothers with selected demographic variables.

Methods: Non experimental descriptive survey research design was considered as the appropriate design for the study. The setting of the study is antenatal ward and antenatal OPD of a selected hospital at Mangaluru. The participants of the study comprises of antenatal mothers between the age group of 20- 45 years, who are able to understand Kannada or English or who are willing to participate in the study. The measurements used for the study is demographic variables, questionnaire and checklist. **Result:** For achieving the research results, the collected data must be processed and analyzed in an orderly coherent fashion. The term analysis means the computation of certain measure that exist among the data collection of 120 antenatal mothers regarding knowledge on customs and practices that existing among them. The data collection was done using structured questionnaire. The collected data were tabulated and analyzed using descriptive and inferential statistics.

Distribution of demographic characteristics of antenatal mothers

n=120

Sl. No.	Demographic variables	F	%
1.	Age		
	18-22yrs	28	23.3
	23-26yrs	63	52.5
	27-32yrs	26	21.7
	33-39yrs	3	2.5
2.	Gravida status		
	1	35	29.2
	2	57	47.5
	3	24	20.0
	4 or above	4	3.3
3.	Gestational age		
	1 st trimester	39	32.5
	2 nd trimester	63	52.5
	3 rd trimester	18	15.0

4.	Religion		
	Hindu	26	21.7
	Christian	43	35.8
	Muslim	51	42.5
5.	Educational status		
	no formal education	24	20.0
	Primary	49	40.8
	Secondary	37	30.8
	diploma or school	9	7.5
	degree (UG/PG)	1	.8
6.	Occupation		
	home maker	51	42.5
	private jobs	44	36.7
	government jobs	21	17.5
	self employee	4	3.3
7.	Place of residence		
	Rural	93	77.5
	Urban	27	22.5

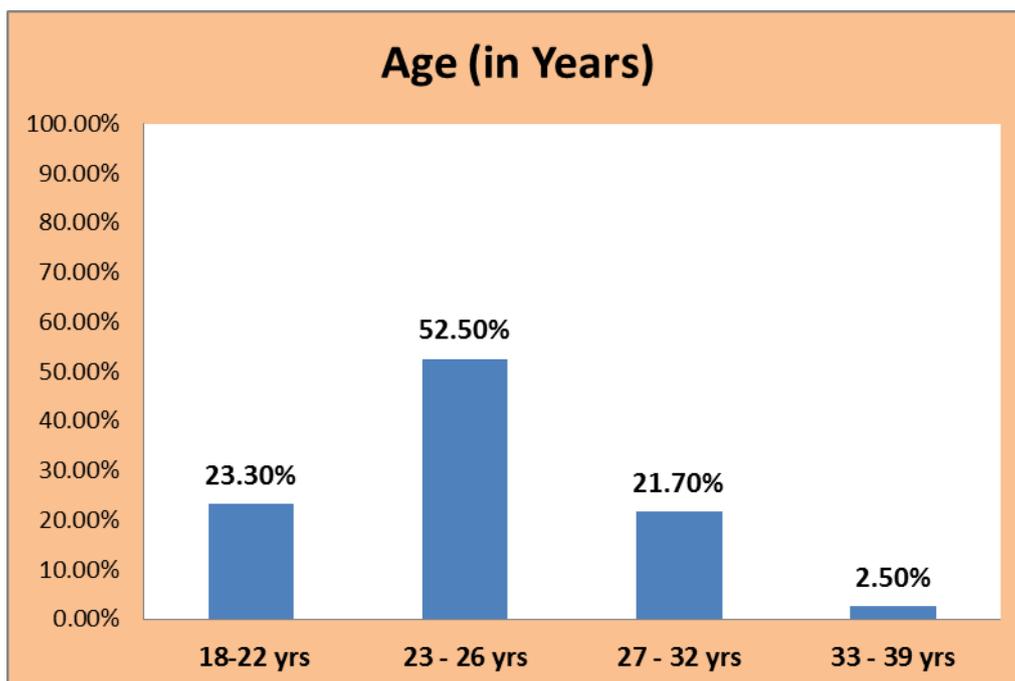


Figure 1: A bar graph showing distribution of antenatal mothers according to their age.

Figure 1 reveals that 52.50% of the antenatal mothers are in the age group 23-26 years and 23.30% of antenatal mothers fall in the age group 18-22 years. However, age group 27-32 years has 21.70% and age group 33-39 years has only 2.50% participants. There are no participants of age above 39 years.

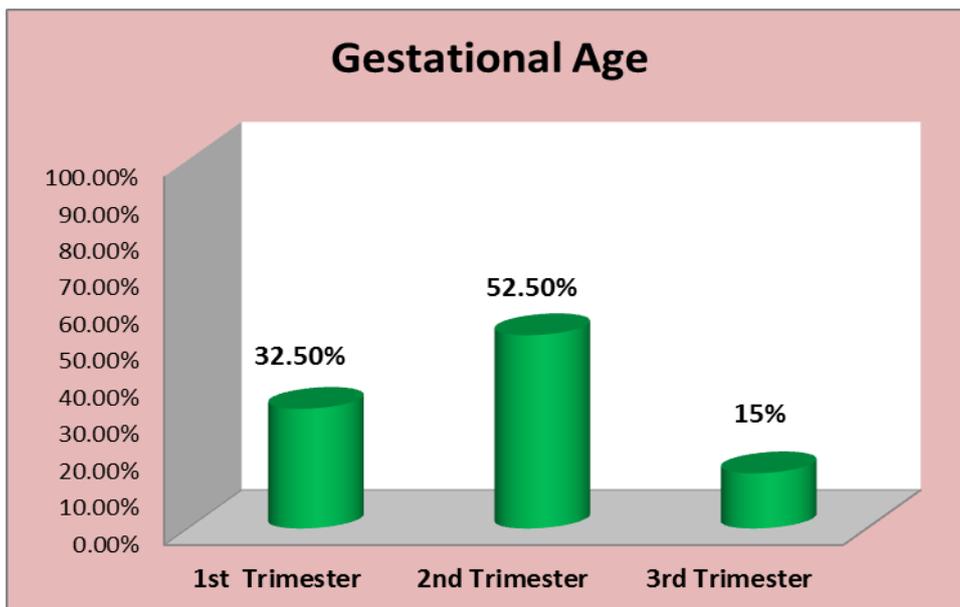


Figure 2: A Stacked horizontal cylinder showing distribution of antenatal mothers according to their gestational age.

Figure 2 reveals that 52.50% of antenatal mothers belongs to second trimester and 32.50% of antenatal

mothers belongs to first trimester. Only 15% of antenatal mothers belongs to third trimester.

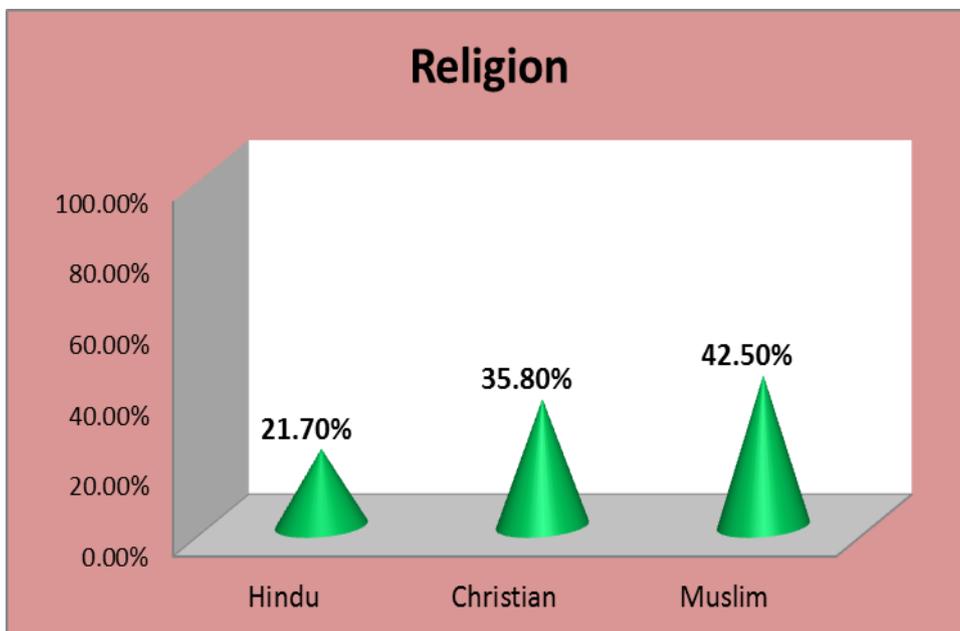


Figure 3: A Stacked horizontal cone showing distribution of antenatal mothers according to the religion.

Figure 3 reveals that majority of antenatal mothers are muslim (42.50%). 35.80% are christian and few 21.70% are hindu.

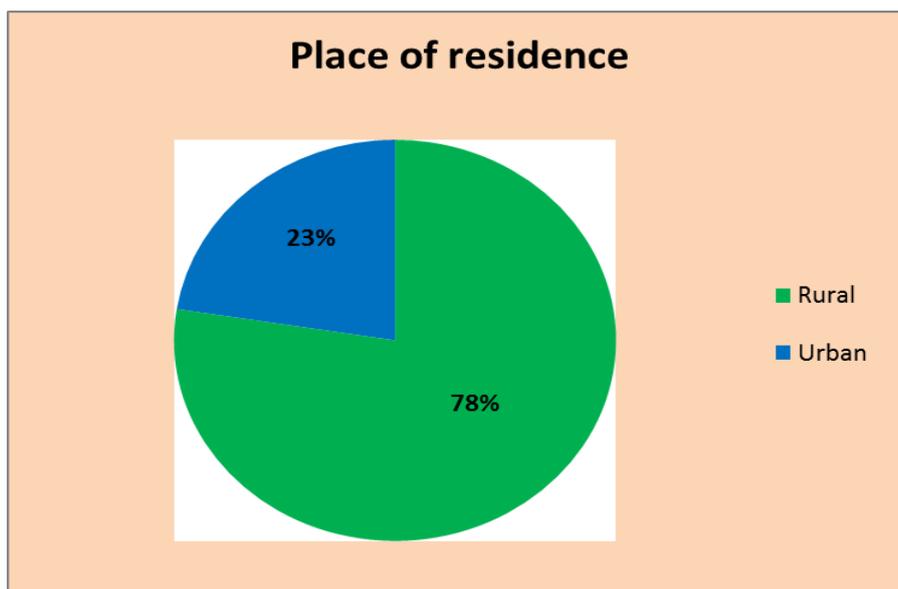


Figure 4: A pie chart showing distribution of antenatal mothers according to their place of residence.

Figure 4 depicts that majority of antenatal mothers belongs to rural areas (77%) and only 23% belongs to urban areas.

Analysis of Customs Among Antenatal Mothers.

n=120

Sl. No.		F	%
1.	From the following food items, which would you prefer more during pregnancy?		
	Fruits	45	37.5
	Vegetables	59	49.2
	Milk	14	11.7
	Egg	2	1.7
2.	Which are the food items that you avoid during pregnancy ?		
	Papaya	35	29.2
	Pineapple	38	31.7
	Vinegar	34	28.3
	All of the above	13	10.8
3.	Which type of dietary pattern you are following during pregnancy ?		
	Small diet	37	30.8
	Large diet	52	43.3
	Small frequent diet	27	22.5
	Large frequent diet	4	3.3
4.	According to your preference which item you are mixing with milk during pregnancy ?		
	Saffron	32	26.7
	Turmeric	40	33.3
	Dry fruits	40	33.3
	Honey	7	5.8
5.	Daily how many times you are taking bath during pregnancy ?		
	Once in a day	51	42.5
	Twice in a day	61	50.8
	More than that	8	6.7
6.	Which type of dressing pattern is preferred during pregnancy ?		
	Loose dress	46	38.3
	Tight dress	45	37.5
	Light colored dress	26	21.7
7.	Dark colored dress	3	2.5
	What type of water you preferred for taking bath ?		

8.	Hot water	40	33.3
	Cold water	45	37.5
	Water mixed with neem	30	25.0
	If other, specify	4	3.3
9.	How many hours of sleep needed during pregnancy ?		
	Less than 6 hours	48	40.0
	6-8 hours	44	36.7
	8-10 hours	26	21.7
10.	Which position do you prefer for sleep?		
	Supine position	19	15.8
	side lying position	86	71.7
	If others, specify	11	9.2
11.	According to you which of the following activities will increase the intelligence level of the newborn?		
	Reading books	30	25.0
	Hearing music	29	24.2
	Watching television	34	28.3
12.	According to you which are the activities that have to be avoid during pregnancy?		
	Yoga	20	16.7
	All of the above	7	5.8
	Which type of travelling has to be avoided during pregnancy ?		
13.	Lifting of heavy objects	23	19.2
	Avoid high heels	51	42.5
	Taking rest for long time	29	24.2
	Sleeping in evening	17	14.2
14.	Which type of travelling has to be avoided during pregnancy ?		
	Two wheeler	36	30.0
	Three wheeler	26	21.7
	Four wheeler	34	28.3
15.	Flight	15	12.5
	Train	6	5.0
	All of the above	3	2.5
	Do you have any restrictions in attending in any of the function during pregnancy?		
16.	Marriage	20	16.7
	Seemantham	28	23.3
	Funeral	50	41.7
	Cradling	19	15.8
17.	If other specify	3	2.5
	At what time the pregnant women are not allowed to go out from home ?		
	12 -1 in the noon	32	26.7
	After 6 in the morning	62	51.7
18.	Early morning	20	16.7
	If other specify	6	5.0
	While you going out whether you are supposed to carry anything with you?		
	Metals	36	30.0
19.	Nails	49	40.8
	Knife	27	22.5
	If other specify	8	6.7
	When the pregnant women should not take bath?		
20.	Noon time	56	46.7
	Late evening	52	43.3
	Night	12	10.0

Analysis of practices of customs among antenatal mothers.

n=120

Sl. No.	PRACTICES	F	%
1.	Do you follow any specific dietary pattern during pregnancy?	105	87.5
2.	Do you avoid papaya during pregnancy?	95	75.8
3.	Do you avoid pineapple during pregnancy?	88	73.3
4.	Do you avoid vinegar during pregnancy?	79	65.8
5.	Do you practice any specific quantity of dietary pattern during pregnancy?	41	39.2
6.	Do you mix saffron with milk during pregnancy?	45	37.5
7.	Do you mix turmeric with milk during pregnancy?	48	40
8.	Do you mix dry fruits with milk during pregnancy?	58	48.3
9.	Do you mix honey with milk during pregnancy?	69	57.5
10.	Do you take bath more than two times in a day?	67	55.8
11.	Do you prefer loose dress during pregnancy?	58	48.3
12.	Do you prefer light coloured dress during pregnancy?	59	49.9
13.	Do you prefer dark coloured dress during pregnancy?	57	47.5
14.	Do you bath in hot water during pregnancy?	63	32.5
15.	Do you bath in cold water during pregnancy?	51	42.5
16.	Do you bath in water mix with neem during pregnancy?	60	50.0
17.	Do you sleep more than ten hours during pregnancy?	53	44.2
18.	Do you sleep in supine position during pregnancy?	52	43.3
19.	Do you sleep in sidelying position during pregnancy?	61	50.8
20.	Do you think reading books will increase the intelligence level of the new born?	65	54.2
21.	Do you think hearing music will increase the intelligence level of the new born?	61	50.8
22.	Do you think watching television will increase the intelligence level of the new born?	68	56.7
23.	Do you think doing yoga will increase the intelligence level of the new born?	62	51.7
24.	Do you avoid lifting of heavy object during pregnancy?	75	62.5
25.	Do you avoid high heels during pregnancy?	64	53.3
26.	Do you take rest for long time during pregnancy?	76	63.3
27.	Do you sleep in evening during pregnancy?	66	50.0
28.	Do you avoid travelling in two wheelers during pregnancy?	63	52.5
29.	Do you avoid travelling in three wheelers during pregnancy?	64	53.3
30.	Do you avoid travelling in four wheelers during pregnancy?	66	55.0
31.	Do you avoid travelling in flight during pregnancy?	43	35.8
32.	Do you avoid travelling in train during pregnancy?	52	43.3
33.	Do you have any restrictions in attending in marriages during pregnancy?	43	35.8
34.	Do you have any restrictions in attending in seemantham during pregnancy?	78	65.0
35.	Do you have any restrictions in attending in funeral during pregnancy?	36	30.0
36.	Do you have any restriction in attending in cradling during pregnancy?	53	52.5
37.	Do you have any time restriction to go out during pregnancy?	41	34.2
38.	Do you carry metals while going out during pregnancy?	63	52.5
39.	Do you carry nails while going out during pregnancy?	50	41.7
40.	Do you carry knife while going out during pregnancy?	57	47.5
41.	Do you take bath in noon time during pregnancy?	55	45.8
42.	Do you take bath in late evening during pregnancy?	54	45.0
43.	Do you take bath in night during pregnancy?	56	46.7
44.	Do you follow seemantham ceremony during seventh month of pregnancy?	56	46.7
45.	Do you follow puli kudi ceremony during pregnancy?	42	35.0
46.	Do you follow ghee giving ceremony during seventh month of pregnancy?	42	35.0

Association of the customs existing among antenatal mothers with selected demographic variables

n=120

Sl. No	Demographic variables	Above median ≥ 35	Below median <35	χ^2	df	p value	Inference
1.	Age			5.004	3	0.172	NS
	18-22yrs	11	17				
	22-26yrs	23	40				
	27-32yrs	16	10				
	33-39	1	2				
2.	Gravida status			10.316	3	.0168*	Significant
	1	7	28				
	2	29	28				
	3	13	11				
	4 or above	2	2				
3.	Gestational age			1.555	2	.460	N S
	1st trimester	15	24				
	2nd trimester	30	33				
	3rd trimester	6	12				
4.	Religion			1.405	2	.495	NS
	Hindu	9	17				
	Christian	21	22				
	Muslim	21	30				
5.	Educational status			13.408	4	.009*	Significant
	no formal education	9	15				
	Primary	17	32				
	Secondary	24	13				
	diploma or school	1	8				
	degree (UG/PG)	0	1				
6.	Occupation			13.278	3	.004*	Significant
	home maker	13	38				
	private jobs	21	23				
	government jobs	14	7				
	self employee	3	1				
7	Place of residence			4.958	1	.026*	Significant
	Rural	34	58				
	Urban	17	11				

Association of the practices of customs among antenatal mothers with selected demographic variables

n=120

Sl no	Demographic variables	Above median ≥ 35	Below median <35	χ^2	df	P value	Inference
1	Age			2.874	3	.411	NS
	18-22 yrs	12	16				
	22-26 yrs	28	35				
	27-32 yrs	9	17				
	33-39 yrs	0	3				
2	Gravida status			.323	3	.956	NS
	1	15	20				
	2	22	35				
	3	10	14				
	4 or above	2	4				
3	Gestational age			1.901	2	.387	NS
	1 st trimester	15	24				
	2 nd trimester	24	39				
	3 rd trimester	10	8				
4	Religion			1.537	2	.464	NS
	Hindu	13	13				
	Christian	15	28				

	Muslim	21	30				
5	Educational status			8.761	4	.067	NS
	No formal education	15	9				
	Primary	16	33				
	Secondary	15	22				
	Diploma or school	2	7				
	Degree(UG/PG)	1	0				
6	Occupation			1.830	3	.608	NS
	Home maker	23	28				
	Private jobs	18	26				
	Government jobs	6	15				
	Self employee	2	2				
7	Place of residence			1.270	1	.260	NS
	Rural	35	57				
	Urban	14	14				

DISCUSSION

The present study was undertaken to assess the customs and practices existing among antenatal mothers in a selected hospital at Mangaluru. The findings of the study are discussed under following headings.

Section 1: Description of the socio demographic characteristics of antenatal mothers reveals that

With regard to age of the women: Maximum number of antenatal mothers (52.5%) were in the age group of 22-26 years.

With regard to gravida status of the women: That the maximum number of antenatal mothers (47.5%) belongs to second gravida and 29.5% were first gravida. 20.0% were in third gravida and remaining 3.5% were four and more gravida status.

With regard to gestational age of the women: That 52.5% antenatal mothers belongs to second trimester and 32.5% belongs to first trimester and remaining 15% belongs to third trimester.

With regard to religion of the women: That 42.5% of antenatal mothers belongs to Muslim religion and 35.8% belongs to Christian religion and remaining 21.7% belongs to Hindu religion.

With regard to educational status of the women: That 40.8% antenatal mothers had primary school education. 30.8% had secondary school education 20.0% had no formal education. 7.5% had diploma or school educational status and remaining. 8% have degree education.

With regard to occupation of the women: That 42.5% of antenatal were homemaker and 36.7% were private job worker and 17.5% government worker and remaining 3.3% self employees.

With regard to place of residence of the women: That 77.5% of antenatal mothers were from rural area and remaining 22.5% from urban area.

Section II: Association between customs and practices existing among antenatal mothers with selected demographic variables

A Descriptive study conducted by BSC Nursing students of Mangaluru on customs, beliefs and practices existing during antenatal period among the people living in a selected area in K C road, Thalappady have witnessed increased association with the demographic variables. The present confirms that the customs, beliefs and practices during the antenatal period are highly associated with demographic variables like age, gravida status, gestational age, religion, education, occupation and place of residence.

CONCLUSION

The focus of the study was to assess the customs and practices existing among antenatal mothers. The collected data was subjected to analysis using descriptive statistics such as frequency and percentage. Inferential statistical methods like Chi-square (χ^2) were used for analysis. 47.5% of antenatal mothers belongs to second gravida and 29.5% were in first gravida 20.0% were in third gravida and remaining 3.5% were four and more gravida status. 40.8% antenatal mothers had primary school education. 30.8% had secondary school education 20.0% had no formal education. 7.5% had diploma or school educational status and remaining. 8% have degree education. 42.5% of antenatal were homemaker and 36.7% were private job worker and 17.5% government worker and remaining 3.3% self employees. 77.5% of antenatal mothers were from rural area and remaining 22.5% from urban area.

Analysis of the association between the customs and practices existing among the antenatal mothers with selected demographic variables reveals that there is significant association between the customs and practices among antenatal mothers with age in years, gravid status, gestational age, religion, education, occupation and place of residence at 0.05 level of significance.

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