

Description of Taboos Behavior Practice among Pregnant Women in West Java INDONESIA

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Outline of Presentation

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Purpose of Study

- ◆ To investigate practically of beliefs about food taboos, activity taboos and attended of special activity during pregnancy.

Background

Why recognition of taboos behavior?

- In Indonesia as generally pregnancy is considered normal phenomena
- The experience of pregnancy encompasses physiological, spiritual, and socio-cultural dimensions
- Food choices during pregnancy and lactation are influenced by a multifactor ethnics



Indonesia women assumed that pregnant women should have attention in healthy self-care and babies by: (1) concern and believe about taboos food; (2) concern with taboos activity; and (3) attended of special activities.

Background

- ◆ Infant Mortality Rate (IMR) in Indonesia was last reported at 27.20 per 1,000 live births according to World Bank report release in 2011, that was decreased since year between 1998 and 2002 (35 per 1,000 live births).
- ◆ Findings prevalence of chronic energy deficiency among pregnant women in west Java
- ◆ Differences of maternal health care practice among pregnant women

Literature Review

- ◆ Belief and culture on pregnancy:
 - ◆ Maternal Health Care
 - ◆ Focus on cultural awareness influences on nutrition

Literature Review

- ◆ Culture is a set of learned customs, beliefs, values, ways of communication, actions, and institutions shared by racial, ethnic, religious or social group that shape their manner of living.
- ◆ Since of fetus development and childbirth process is a natural phenomenon in continuity of human life, but the various groups of public with its culture in the whole world have multifarious perception, interpretation and behavior response in implications to health.

Literature Review

- ◆ The healthy babies related with health behaviors of pregnant woman include birth weight are adequate prenatal care, smoking, moderate to heavy alcohol use, and poor nutrition of the mother (Tiedje, Kingry & Stommel, 1992).
- ◆ The traditional background sometimes influences of the woman behavior during pregnancy, many beliefs and practices relating to pregnancy and childbirth among women of non-Western backgrounds have received much attention in the past few decades. (Liamputtong Rice, 2000).

Aim

- ◆ To investigate practically of beliefs about food taboos, activity taboos and attended of special activity during pregnancy.

Objectives

1. Identify among pregnant women of perspective in taboos food and taboos activity during pregnancy
2. Identify among pregnant women of the important things of attended in special activity during pregnancy

Contribution

- ◆ This study will contribute to knowledge about nursing care practice in Indonesia and in particular issues encountered by Indonesian health professionals in relation to maternal health care

Methodology

- ◆ The research was used descriptive quantitative design to identify the pregnant women activity especially about taboos behavior during her pregnancy in several cities in West Java.
- ◆ The instruments divide into 2 parts are: part I Demographic Data consisted of 7 items constructed by researcher; and part II Taboos Activity Questionnaires consist of 17 items, there were an instrument utilized for this study.

Research Setting and Participant

- ◆ The setting for this study was carried out at four public hospitals and one private obstetric practice of midwives from 30 December 2008 to 30 January 2009.
- ◆ A total of 428 packages of questionnaires was distributed to pregnant women but 300 pregnant women completed the questionnaires and returned them to the researcher.

Research Setting and Participant

- ◆ The criteria for selection of participants were:
 - (1) all participants were able to read, write, and understand Indonesia language.
 - (2) women who cultural background is Sundanese;
 - (3) participants were eighteen to forty-five years of age;
 - (4) participants who had pregnancy in first, second and third trimester without undue complication or any high risk;
 - (5) participants included primigravida (first birth) and multigravida (second or subsequent birth);
 - (6) All pregnant women who met the inclusion criteria and consented to participate after reading or being read the informed consent were enrolled.

Data Collection

- ◆ Quantitative data collection methods will be used for this study
- ◆ A cover letter form given to the participant explained about the purpose of the study and instructions how to complete the questionnaires.
- ◆ The form asked for decision to participant if they would to participant in this research or not.
- ◆ The questionnaires were given to each participant with the instructions of how to complete it.

Data Analysis

- Descriptive Statistics
 - Descriptive statistics will include frequency distributions, percentages

Ethics

- ◆ Ethics approval from Universitas Padjadjaran Human Research Ethics Committee has been granted
- ◆ Ethic approval from the hospital concerned has been approved
- ◆ The study will follow to procedures such as distribution of study information sheets, informed and signed consent and confidentiality of participants

Results : Demographic data

- ◆ All the participants almost a pregnant women, the ranged of age 20 to 29 years old (56%).
- ◆ Forty-six percent (46%) were pregnant women with gestational age in trimester III.
- ◆ The data showed (47%) were in multigravida (second or subsequent birth), and eighty-one percent (81%) of participants are low-educated.
- ◆ Also (74%) almost of respondent did not work. Forty-seven percent (47%) of pregnant women reported that their monthly incomes about 100 USD or less.

Results: Food and Activities Taboos

- ◆ The highest mean for question “*avoid to seeing a moon eclipse*” ($3.38 \pm .38$), it is describes that some pregnant women forbidden to see moon eclipse (83.7%). Furthermore the lowest score is the question by “*avoid to eat some seafood*” ($2.63 \pm .79$). Other responses from participant as food taboos was “*restriction to eat some kind of fruits and vegetable*” ($2.29 \pm .04$), although most participant answered in “rarely” (37.7%) nevertheless that was presumption needed correction.

Results

- ◆ The findings showed that 83.7% (n=251) of pregnant women forbid to see moon eclipse. Some pregnant women of 69.3% (n=208) keep away from unpleasant behavior during pregnancy. 37% of participants assume certain activity as a food taboos. Those are “*restriction to eat some kind of fruits and vegetable like pineapple, avocado, pomegranate, guava, orange squash, durian, jack fruit, papayas, sugar cane, and eggplant*”.

Conclusion

- ◆ The traditional background sometimes influences woman behavior during pregnancy. The findings were supported by study at four regencies of West Java, Indonesia which have strongly influenced by taboos behavior. Additional studies of practically maternal health care activity among pregnant women are needed. Regarding taboos behavior, nurse should offer health education among pregnant women on proper practice maternal health care activities.

**Thank you for attention and
please coming to Indonesia**



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