

The relationship between traditional postnatal care (TPC) and sociodemographic of postnatal mothers in Kota Kinabalu, Sabah, Malaysia



Patricia Sator^{1,2}, Nicholas Tze Ping Pang¹, Rekaya Anak Vincent Balang^{2*}, Rosalia Saimon², Mohammad Saffree Bin Jeffree¹, Norkiah Arsat¹

ABSTRACT

Background: Traditional Postnatal Care (TPC) is derived from traditional medicines as health practices. The approaches of knowledge and beliefs incorporating plant and manual techniques are applied singularly or in combination to prevent illnesses and maintain well-being. TPC is used widely among the postnatal mother as a self-care for the healing process, both physically and mentally. As part of the nursing management in a community health setting, understanding the different health and wellness approaches and their benefits is part of the early knowledge and skills when delivering care to postnatal mothers. This study aimed to assess the relationship between TPC and sociodemographic data of postnatal mothers in selected study settings to understand more about the types of common TPC practiced within the study setting.

Methods: Participants were among the postnatal mothers within one week after delivery and selected purposely based on inclusion criteria. A cross-sectional survey from November 2021 to February 2022 with 178 postnatal mothers completed the distributed questionnaires. The researcher used SPSS version 28.0 to analyse the data.

Results: The result showed that the educational background ($p=0.001$, $p<0.05$) and household income per month ($p=0.001$, $p<0.05$) demonstrated a significant effect concerning postnatal mothers practising and non-practising TPC.

Conclusion: This study identified the significant variables of sociodemographic, namely household income and education level. This study's result is the starting point for the researcher to begin a broader analysis of this title.

Keywords: Practitioner, Well-being, Multiracial, Alternative approach.

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¹Faculty of Medicine and Health Sciences, Universiti Malaysia Sabah (UMS) 88400, Kota Kinabalu, Sabah, Malaysia;

²Faculty of Medicine and Health Sciences, Universiti Malaysia Sarawak (UNIMAS) 94300, Kota Samarahan, Sarawak, Malaysia.

*Corresponding author:

Rekaya Anak Vincent Balang;
Faculty Of Medicine And Health Sciences,
Universiti Malaysia Sarawak (UNIMAS)
94300 Kota Samarahan, Sarawak,
Malaysia;
vrekaya@unimas.my

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INTRODUCTION

Malaysia is a multiracial country with Malay, Chinese, and Indian constituting the majority population. Sabah has various ethnicities, primarily Kadazan/ Dusun/ Rungus/ Murut (KDRM), followed by Bajau, Brunei, and other indigenous, Malay, Chinese and Indian communities. This study focused on postpartum care practices, which vary according to each tradition. In addition to modern care for postnatal mothers, traditional approaches are still practiced in some places. As a public health nurse, it is necessary to know and understand the choice of type of self-care after childbirth among new mothers. This knowledge is to increase the nurse's skills to deliver appropriate nursing care; understanding each nation's culture, practices, and beliefs is very important

so that more effective care for mothers after childbirth achieves the needs and objectives of care. Sociodemographic data needs to be studied and known by nurses better to understand the condition and needs of postnatal mothers. This study examined sociodemographic data on its relationship to TPC practice. It may impact adherence by influencing an individual's ability to acquire knowledge, communicate effectively with their healthcare providers, and obtain adequate social support.¹

There are many known practiced TPC among postnatal mothers, but the most common TPC methods are hot compress, herbal baths, body wrap, body steaming, and whole-body massage.² Herbal remedies are another popular in most cultures. It is known now to relieve muscle

and body aches and prevent retained placenta.³ Other than that, heat therapy is known for its benefit of removing toxic substances from the woman's body through her sweat.² Another common practice for postnatal mothers is postnatal body massage. Postnatal massage may help to redistribute water within the body and encourage the draining and circulation of excess fluids due to labor.⁴ It also improved breast milk production by increasing the circulation and necessary hormones to make it happen. Besides, body massage regulates the body's hormones and may elevate one's mood simultaneously, which can help decrease stress contributing to these anxious and depressed feelings. Body massage can help the mother to get their body ready for deep, restorative sleep. There are many techniques on how