

JAVANESE WOMEN'S BELIEF ABOUT RECOMMENDED AND UNRECOMMENDED FOODS AND DRINKS IN THE PREGNANCY AND POST PARTUM PERIOD

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Abstract

Background: Javanese women in Indonesia have different belief during pregnancy and postpartum. This belief was adopted because of the influence of cultures from their parents. Purpose: This study aims to determine the Javanese women's belief about recommended and un-recommended food or drink during pregnancy and postpartum period. Method: The research used qualitative design with in-depth interview and phenomenological approach. The samples were 4 women who have been pregnant and given birth. Results: This study has eight categories i.e recommended foods in the pregnancy, unrecommended foods in the pregnancy, recommended foods post partum period, unrecommended foods post partum period, recommended drinks in the pregnancy, unrecommended drinks in the pregnancy, recommended drinks post partum period, and unrecommended drinks post partum period. Javanese women believed that the recommended foods during pregnancy are rice, vegetables, fruit, and side-dishes. They must meet the demands of cravings (desire to eat) of certain foods when they want. The foods which are taboo or not recommended during pregnancy are durian, chili, fermented cassava, eel, pineapple, sugar cane, sweet meals, beef *sate*, catfish, shrimps, and plentiful hot and spicy foods. The foods recommended after childbirth are nutritious food, *katu* leaves, spinach, corn fritters, braised tofu and *tempeh*. The foods which are not recommended in postpartum are chili, spicy foods, hot and sour foods, egg and fish. Meanwhile, the drinks recommended during pregnancy are maternal milk, coconut water, water, herbal drink and honey mixed with chicken egg. The un-recommended drinks during pregnancy involve ice, herbs and sweet drinks, while the drinks recommended after childbirth are herbal drinks for breast milk production. In postpartum, women are not recommended to have iced drinks. Conclusion: Community nurses to provide services in accordance with its beliefs that are contrary to the concept of health and support the ones which are in line with it.

Keywords: community nurses, pregnancy, postpartum, recommended foods, un-recommended drinks

BACKGROUND

Traditionally, Javanese women adhere to special dietary practices during pregnancy and post partum period. Javanese women in Indonesia have different belief during pregnancy and postpartum. This belief was adopted because of the influence of cultures from their parents. Dietary rules and regulations may govern particular phases of the human life cycle and maybe associated with special events such as pregnancy, childbirth, post partum and lactation. Food and drink taboos have a long history and one ought to expect a sound explanation for the existence of certain dietary customs in a given. Post partum maternal food restrictions (food avoidances) are common practices, which may have important health consequences in reducing the nutritional content of breast milk. Traditional practices may have important health implications for both mother and infant. Early complementary food may reduced or terminate thier breast milk intake.

OBJECTIVES

This study aims to determine the Javanese women's belief about recommended and un-recommended food or drink during pregnancy and postpartum period.

MATERIAL & METHODS

Sample : The samples were 4 women who have been pregnant and given birth. The participants were Javanese ethnic, with age rate 27 – 44 years old.

Instruments : The research used qualitative design with in-depth interview and phenomenological approach.

Data collection : The participants received a letter of information, which described the aim of the study. All 4 participants approached, declared willingness to participate in a personal, tape recorder interview. The interview were open and semi-structured, which is the general data collection method when using qualitative research methods. The interviews varied between 40 and 60 minutes and each interview was carried out at a time and in a place, chosen by the participants.

Data Analysis : The author performed the analysis. The author transcribed each interview verbatim. The interviews were read through several times to gain familiarity of the material and sense of the whole. Each interview was then processed separately to identify narratives that described Javanese women's believe. The analysis entailed comparisons of narratives to identify differences and similarities between them in relation to the aim of study. The narratives were grouped according to common characteristic traits in order to obtain an overall picture of how these narratives could be related to each other. Saturation was reached after four interviews, the point at which no new believe emerged in the analysis. The categories were formulated so that they described the context and were illustrated with quotations from the interviews.

RESULTS

No	Categories	Keywords
1.	Recommended foods in the pregnancy	Rice, vegetables, fruit, and side-dishes
2.	Unrecommended foods in the pregnancy	Durian, chili, fermented cassava, eel, pineapple, sugar cane, sweet meals, beef <i>sate</i> , catfish, shrimps, and plentiful hot and spicy foods
3.	Recommended foods post partum period	Nutritious food, <i>katu</i> leaves, spinach, corn fritters, braised tofu and <i>tempeh</i>
4.	Unrecommended foods post partum period	Chili, spicy foods, hot and sour foods, egg and fish
5.	Recommended drinks in the pregnancy	Breast milk, coconut water, water, herbal drink and honey mixed with chicken egg
6.	Unrecommended drinks in the pregnancy	Ice, herbs and sweet drinks
7.	Recommended drinks post partum period	Herbal drinks
8.	Unrecommended drinks post partum period	Iced drinks

Tabel 1. Categories and keywords Javanese women's belief

This study has eight categories i.e recommended foods in the pregnancy, unrecommended foods in the pregnancy, recommended foods post partum period, unrecommended foods post partum period, recommended drinks in the pregnancy, unrecommended drinks in the pregnancy, recommended drinks post partum period, and unrecommended drinks post partum period. Javanese women believed that the recommended foods during pregnancy are rice, vegetables, fruit, and side-dishes. They must meet the demands of cravings (desire to eat) of certain foods when they want. The foods which are taboo or not recommended during pregnancy are durian, chili, fermented cassava, eel, pineapple, sugar cane, sweet meals, beef *sate*, catfish, shrimps, and plentiful hot and spicy foods. The foods recommended after childbirth are nutritious food, *katu* leaves, spinach, corn fritters, braised tofu and *tempeh*. The foods which are not recommended in postpartum are chili, spicy foods, hot and sour foods, egg and fish. Meanwhile, the drinks recommended during pregnancy are breast milk, coconut water, water, herbal drink and honey mixed with chicken egg. The un-recommended drinks during pregnancy involve ice, herbs and sweet drinks, while the drinks recommended after childbirth are herbal drinks for breast milk production. In postpartum, women are not recommended to have iced drinks.

DISCUSSION

Javanese women believed that the recommended foods during pregnancy are rice, vegetables, fruit, and side-dishes. In different with Paodicherry society, most common reason for restriction of specified fruit / vegetables was abortion (Patil, Mittal, Vedapriya, Khan & Raghavia, 2010).

The foods which are not recommended in postpartum are chili, spicy foods, hot and sour foods, egg and fish. It was almost the same of Lao. Dietary avoidances in postpartum practices were strict especially in the first postpartum fortnight. Vegetables and fruits were rarely eaten. During the first months in postpartum, mothers did not eat popular food, such as raw or fermented vegetables, fruits, meat, liquid meals and sauces, sugar and spices (Barenes, et al, 2007)

In postpartum, Javanese women are not recommended to have iced drinks. The diet Chinese women was directed at attaining *yin-yang* (cold-hot) balance, whereby "hot" foods were most commonly used and "cold" foods were avoided. Ginger, rice wine and sesame seed oil, considered "hot" foods, were used in large amounts in the cooking. Rice, chicken and pork were also consumed in large amounts. Most vegetables and fruits were considered "cold" and were prohibited during confinement (Koon, Peng & Karim, 2005)

Javanese women are recommended drinks after childbirth are herbal drinks for breast milk production. Most mothers of Chinese women drank specially-prepared teas boiled from Chinese herbs (Koon, Peng & Karim, 2005).

CONCLUSSION & RECOMMENDATIOIS

Traditional recommended and un-recommended food or drink during pregnancy and postpartum period are commonly obseved in Javanese women's. The dietary aspects of these Javanese practices were adhered to for the most part, and this rather limited the food choices of the mother.

Community nurses to provide services in accordance with its beliefs that are contrary to the concept of health and support the ones which are in line with it. More qualitative studies are needed to understand the sociocultural basis of avoidances and the reason for their persistence in Javanese society. Attendance at pregnancy and postpartum period is high and could be an opportunity to improve nutrition in Javanese women and children. A more balanced diet should be recommended for women Javanese in pregnancy and postpartum. Bearing in mind beneficial traditional practices, especially the emphasis on meats which help to ensure that the pregnancy and pospartum diet consists of good quality protein and a high intake of iron and the B vitamins, in order to ensure adequate untake of fiber, vitamins and ninerals.

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