

**Cultural Diversity Indian Culture**

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## **Nursing Maternity: Cultural Diversity Indian Culture**

It is crucial to consider any cultural variations that can affect a pregnant woman or a newborn child of Indian culture when giving care. These variations affect their ideas, values, and preferences about health and healthcare. The family plays a crucial role in the healthcare system in Indian culture. This indicates that family members are frequently involved in decision-making and caring for the expectant mother or new baby. This paper will discuss Indian cultural beliefs and practices related to contraception, pregnancy, labor, newborn care, and postpartum care.

### **Family Planning/ Contraception**

Family planning and contraception are deeply ingrained in Indian culture, which is both ancient and diverse. As a result of the country's strong emphasis on traditional family values, family planning and contraception are often seen as personal matters best decided between a couple and their immediate family (Das et al., 2022). Many different cultural ideas and practices surround family planning and contraception in India.

When it comes to family planning, the conventional Indian stance has always been to have small families and to encourage abstinence. Many religions in India hold anti-contraception views, which contributes to the problem. It is partly because parents think they can provide more attention and resources if they have fewer kids. Even while many modern Indian couples use contraception to postpone or avoid conception, this traditional outlook is nevertheless common in many parts of the country.

The Indian culture of arranged marriage also impacts family planning and contraception methods. In arranged weddings, it is common for the bride and groom to be young and for the couple to start a family quickly after the wedding. Some couples may be too young to fully grasp

the gravity of the decision to use contraception, while others may be reluctant to broach the subject with their family.

Gender and sexuality are topics of cultural discussion in India. Men are the traditional providers and breadwinners in Indian society. Women are typically stereotyped as being more sexually conservative than men; therefore, some may view their use of contraception as sexist. Some areas of India also have a taboo against having sexual relations before marriage, making it awkward for couples to discuss birth control and family planning.

Lastly, knowledge and education on family planning and contraception are lacking in India. This is owing, in part, to the fact that family planning and contraception are taboo subjects in Indian culture and hence are not commonly discussed (Das et al., 2022). A general lack of knowledge and education exacerbates the inability to make well-informed judgments about contraception and family planning.

### **Pregnancy**

India's rich and varied culture spans many different faiths, castes, ethnic groups, languages, and customs. These groups have distinctive norms and customs around the gestational period and the subsequent birth. The vast majority of India's citizens are Hindus, and they believe that being pregnant is a sacred and holy time. Several ceremonies and rituals are carried out at various points throughout a pregnant woman's journey to show respect and reverence for the woman.

Furthermore, family and community are given a high priority in Indian culture. The birth of a child is a cause for celebration in Indian culture, where families tend to be large and extended. The mother-to-be in an Indian family often receives plenty of love, money, and care

from her loved ones throughout her pregnancy (Bagalkot et al., 2022). The mother and the father have responsibilities during pregnancy and the newborn period.

Natural therapies and treatments are given a high priority in Indian medicine. Pregnant women in India often turn to massage and herbal remedies instead of Western medicine. Birthing at home with the help of a qualified midwife is also a popular option for Indian women. This practice is advocated to protect the intimate nature of childbirth.

Finally, mothers are given much credit for their efforts in Indian culture. Mothers in Indian culture have a lifelong responsibility to care for and guide their children. Mothers in India are also expected to do more to ensure their children have the necessary resources to excel academically.

### **Labor/delivery**

The birth of a child is seen as a sacred event by many Indian households. Many cultures have a tradition of pregnant women going to churches or shrines to pray for a healthy baby and a smooth delivery. Similarly, some communities have religious convictions that the well-being of the unborn child is intrinsically linked to that of the mother. Her preconceived notions may affect the mother's actions before, during, and after giving birth.

Having a baby is a profoundly personal experience in many Indian traditions. Family members are supposed to surround mothers with love and support as they care for their newborns. Even if fathers are there, they are more likely to be spectators than participants. As the mother's role is typically more emphasized than the father's during childbirth in most Indian cultures, this phase of life is often seen as the mother's responsibility.

Traditional forms of medicine are also widely practiced throughout Indian society. Herbal remedies are only one example of the traditional medicine many families use when dealing with childbirth pain and difficulties. In addition, certain cultures may still use traditional birth attendants. Most of the time, the women who act as birth attendants are elderly and have several deliveries under their belts. They have a strong reputation for being able to foresee and prevent disasters because of their expertise in traditional medicine.

Another significant aspect of Indian culture is emphasizing the mother's birthing position of choice. Women are encouraged to give birth standing up since it is safer for the baby and the mother. Squatting during childbirth is an option for some women because it facilitates pelvic opening and infant evacuation.

### **Newborn Care**

When it comes to the care of newborns, the Indian culture has a distinctive set of beliefs and rituals that are followed. For instance, the conventional Indian society believes that giving birth to a child is a holy and fortuitous event; hence, pregnant women are frequently given more attention and care than other people. Beliefs in the force of fate, destiny, and the gods all play a part in how a person's perspective on newborn care develops (Banappagoudar et al., 2022). It is common practice to look to one's family as the primary source of love and support for the infant, and one's close relatives may be approached for guidance on how to care for a new baby.

### **Postpartum Care**

Purity, or the idea of purification, is central to Indian philosophy. This idea is considered essential in postpartum care because of the belief that it aids in the mother's and baby's overall health and spiritual development. The ritual includes bathing the mother and newborn and

massaging them with oil and spices. The mother and the newborn will have haircuts, and the new mom will be advised to change her diet. Mother and child can also strengthen their spiritual bonds through prayer, meditation, and chanting.

Blessing the mother and newborn with prayers and offerings is also integral to postpartum care in Indian tradition. The mother needs this communal and familial care right after giving birth; without it, she may experience physical or mental distress. The mother and her guests can go to a temple to pray or have a priest or other family members come to her house to pray and bless the baby.

Gift-giving to the mother and her newborn is another significant part of postpartum care in Indian culture. These tokens of affection and encouragement may take the form of anything from clothing and jewelry to cash. This tradition has two purposes: it expresses gratitude to the mother and brings fortune and success to the household.

Lastly, after giving delivery, the Indian culture highly values the mother's rest and leisure. This is thought to be crucial for her health and happiness and to aid in her recovery from the mental and physical demands of childbirth. For this reason, it is recommended that the mother take frequent naps and get plenty of rest.

In Indian culture family is the most important social unit. Family members are frequently involved in decision-making and caring for the expectant mother or new baby. We often do not realize the impact cultural diversity has on our everyday life. Our culture and the way we were raised are often demonstrated through our thoughts, beliefs and how we raise our families. These are the practices that will follow us throughout our entire lives.

## References

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