

Cultural Diversity in Yemen Culture

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The Yemen Culture is a traditional and religious culture with a long-standing cultural history. This culture significantly influences the beliefs and practices related to family planning/contraception, pregnancy, labor/delivery, newborn care, and postpartum care. This paper will comprehensively discuss Yemen's Culture's cultural beliefs and practices related to family planning/contraception, pregnancy, labor/delivery, newborn care, and postpartum care.

Yemen is a country in the Middle East, and its culture is heavily influenced by its traditional Islamic roots. Family planning and contraception are considered important personal decisions within the Yemeni culture. Generally, family planning is seen as a private matter between a married couple and is not discussed openly with extended family or other community members. Yemeni families often prefer large families, and it is not uncommon for couples to have several children (Wagner, 2021). In traditional Yemen culture, contraception is often not discussed or practiced, as it is seen as a form of birth control not accepted by the community.

In the Yemeni culture, couples often rely on natural family planning methods such as monitoring the menstrual cycle or abstinence. These methods are seen by many as more acceptable than using contraception. Due to the lack of education and access to contraception, many Yemeni couples may not be aware of the various contraceptive options available. There is also a stigma associated with contraception in the Yemeni culture, as it is seen as a deviation from the traditional views of family planning (Al-Shahethi et al., 2019). There is a growing awareness of contraception among some members of the Yemen community, and more couples are beginning to open up to contraception.

Yemeni culture has strong beliefs and practices related to pregnancy. Pregnancy is highly valued and considered a blessing. Women are expected to take extra care of themselves during this time, such as eating healthy and avoiding strenuous activities. Women are also expected to be more religious during pregnancy to ensure safe delivery (Al-Shahethi et al., 2019). The significance of family is highly valued in Yemeni culture as well. Expectations for pregnant women's assistance from their families and communities are high. Both physical and mental care may be provided as part of this support. Women are also expected to be surrounded by friends and family during labor and delivery. Yemeni culture also has a strong belief in the power of traditional medicine.

Pregnant women are often encouraged to take natural remedies to assist with ailments or prevent complications during pregnancy (Sheikh et al., 2022). Traditional healers are also consulted for advice and guidance. Yemeni culture also has a strong emphasis on the importance of modesty. This modesty is essential for pregnant women as they are expected to be careful about what they wear and how they behave in public. This behavior includes avoiding loud noises, strong smells, and over-exertion. Overall, Yemeni culture has strong beliefs and practices related to pregnancy. Expectant mothers are expected to receive much support and care from their families and community (Sheikh et al., 2022). They are also encouraged to take natural remedies to assist with ailments and practice modesty in their behavior and attire.

Yemen culture has a strong influence on the way newborn care is provided. Many cultural beliefs and practices related to newborn care have been passed down from generation to generation and are deeply ingrained in the culture (Sheikh et al., 2022). One of the most important beliefs is that the newborn must be kept warm and clean and that the mother must ensure the baby is hydrated. Other beliefs include that the baby is a gift from God and should be handled and treated with love, respect, and care. Additionally, the mother is expected to

breastfeed her baby right away, as it is believed that the mother's milk is the best source of nutrition for the baby.

Other traditional practices include using herbal remedies, such as mint, honey, and olive oil, to treat common ailments such as colic. Finally, it is believed that a baby should not be taken out of its mother's sight for the first seven days after birth. These beliefs and practices are essential when providing newborn care in Yemeni culture.

Yemeni culture has unique cultural beliefs and practices related to postpartum care. Yemeni women are encouraged to rest at home for forty days after birth, during which time she is not to leave home or receive visitors. During this time, the mother is given exceptional food known as "Zamzam," believed to help with milk production (Al-Shahethi et al., 2019). Yemeni women are also not allowed to bathe or shower during the first forty days and instead are encouraged to use a cloth to wash. After this period, herbal baths are encouraged to help heal and recover.

Generally, the mother is not allowed to lift any heavy objects or walk too far until the fortieth day. Yemeni families also believe that the mother should remain in her home until a "blessing ceremony" is performed, usually around the fortieth day. This ceremony involves the family gathering around the mother and baby and offering blessings and prayers. These cultural practices help ensure the mother and baby have time to rest and heal after childbirth.

Yemen's culture has a diversity of cultural beliefs and practices related to maternal and newborn care. For example, pre-and post-natal care is often viewed as the responsibility of the mother's family. Mothers may rely on traditional methods of healing rather than modern medical care. They may also seek the advice of a local midwife or healer to ensure a safe birth (Wagner, 2021). Additionally, some mothers may not adhere to the recommended prenatal care schedule due to various factors, such as a lack of access to healthcare or a belief in traditional healing practices. Nurses must know these cultural beliefs and practices to

provide the best care possible. Nurses should be prepared to explain the value of medical interventions and provide culturally competent care to ensure that mothers and newborns receive the best care possible. This competence can help ensure that women receive the best possible care and that their traditional beliefs and practices are respected.

In conclusion, the Yemeni culture has a variety of traditional beliefs and practices related to family planning/contraception, pregnancy, labor/delivery, newborn care, and postpartum care. Yemeni families tend to prefer larger families, and contraception is often not discussed or practiced due to its deviation from traditional views. Pregnant women are expected to receive much support from their family and community and are encouraged to take natural remedies to assist with ailments. Yemeni culture also heavily influences newborn care, as babies are expected to be kept warm and clean, and the mother is expected to breastfeed her baby immediately. Postpartum care also has various traditional beliefs and practices, such as the mother being expected to rest for forty days after birth and a blessing ceremony being performed. Nurses must know these cultural beliefs and practices to provide the best care possible. By understanding the traditional views of the Yemen culture, nurses can ensure that mothers and newborns receive the best care possible while respecting their traditional beliefs and practices.

References

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