

# Perinatal Cultural Beliefs and Practices of Women in Selected Municipalities of Laguna, Philippines: A Qualitative Research

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## Abstract

Culture has a significant influence in the manner women care for themselves during the perinatal period. The beliefs and practices these women hold may even have devastating effect to their own health and the unborn fetus. Although numerous studies exist about cultural beliefs and practices around the globe, there is a dearth of literature exploring the beliefs and practices of women during pregnancy, childbirth, and postnatal period in the southern part of Luzon.

This study aimed to identify the beliefs and practices of women during pregnancy, childbirth, and postpartal period in Laguna, Philippines. Anchored in the theory of Normative Social Behavior, the study employed the descriptive qualitative research design. Sixteen participants were interviewed face-to-face utilizing purposive sampling technique. To ensure trustworthiness of the data the following Lincoln and Guba's criteria were used: triangulation, member check, peer debriefing, expert check, prolonged engagement, and reflexivity.

Three themes emerged in the cultural beliefs and practices of women during pregnancy, which include (1) protecting baby's welfare, (2) promotion of pregnancy, and (3) safety against bad elements. The cultural beliefs and practices during childbirth has two themes namely (1) facilitating factors in childbirth and (2) myths on activities that promote comfort. Lastly, two themes emerged in the cultural beliefs and practices of women during the postpartum. It includes (1) food and activity that promote maternal welfare and (2) myths on food and activity that promote the child's welfare.

**Keywords:** *childbirth, cultural beliefs and practices, pregnancy, postnatal care*

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