

BELIEFS AND PRACTICES OF SOTHO ANTENATAL WOMEN

by

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DECLARATION

I declare that **BELIEFS AND PRACTICES OF SOTHO ANTENATAL WOMEN** is my own work and that all the sources that I have used or quoted have been indicated and acknowledged by means of complete references and that this work has not been submitted before for any other degree at any other institution.

SIGNATURE

(Mantoa Augustina Mofokeng)

DATE

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ABSTRACT

The study investigated the beliefs and practices of Sotho antenatal women. The aim was to describe the beliefs and practices of Sotho antenatal women in order to contribute to the identification of guidelines for a teaching programme for both midwives and traditional birth attendants.

A non-experimental, qualitative research approach, which was exploratory-descriptive and contextual in nature, guided the researcher to explore and describe the beliefs and practices of Sotho antenatal women.

Semi-structured interviews were conducted with the Sotho antenatal women as well as traditional birth attendants.

Six themes emerged from the study through the interviews:

- the nature of pregnancy
- prescriptive practices
- restrictive practices
- sexual activity
- the practice of clinic attendants
- the practice of attending traditional birth attendants

KEY CONCEPTS

Antenatal care, prescriptive beliefs, restrictive beliefs, culture, practices.

DEDICATION

This dissertation is dedicated to my
husband, Mosiuwa,
my children Tebello and Thabiso,
my mother-in-law, Mantswaki
and my biological parents.