

Table of contents

Page

Chapter 1

Orientation to the study

1.1	INTRODUCTION	1
1.2	PROBLEM FORMULATION	1
1.2.1	Background to the problem	1
1.2.2	Problem statement	2
1.3	PURPOSE OF THE STUDY	3
1.4	RESEARCH QUESTION	3
1.5	RESEARCH OBJECTIVES	3
1.6	SIGNIFICANCE OF THE STUDY	3
1.7	ASSUMPTIONS OF THE STUDY	4
1.7.1	Assumptions regarding theoretical-conceptual commitments	5
1.7.2	Assumptions regarding methodological-technical commitment	5
1.7.3	Assumptions pertaining to ontological commitments	5
1.8	OUTLINE OF THE RESEARCH DESIGN AND METHODOLOGY	6
1.8.1	Research design	6
1.8.2	Target population	6
1.8.3	Sample design	6
1.8.4	Sample size	6
1.8.5	Context or setting	6
1.8.6	Data collection	7
1.8.7	Data analysis	7
1.9	ETHICAL ISSUES	8
1.10	TRUSTWORTHINESS	8
1.11	SCOPE AND LIMITATIONS OF THE STUDY	9
1.11.1	Methodological limitations	9
1.11.2	Theoretical limitations	10
1.12	DEFINITIONS OF KEY TERMS	10
1.13	OUTLINE OF THE STUDY	11
1.14	CONCLUSION	12

Table of contents

Page

Chapter 2

Literature review

	Page	
2.1	INTRODUCTION	13
2.2	CULTURE	13
2.2.1	Characteristics of culture	14
2.3	FACTORS CONTRIBUTING TO CULTURALLY CONGRUENT CARE	15
2.3.1	Cultural sensitivity	15
2.3.2	Cultural relativism	16
2.4	BARRIERS TO CULTURALLY CONGRUENT CARE	16
2.4.1	Ethnocentrism	17
2.4.2	Cultural blindness	17
2.4.3	Cultural shock	17
2.4.4	Cultural conflict	18
2.4.5	Stereotyping	18
2.5	SOTHO CULTURE	21
2.6	CULTURAL VALUES AND WAYS OF LIFE	22
2.7	WORLD-VIEWS IN CULTURAL RESEARCH	23
2.7.1	Magical-religious health paradigm	23
2.7.2	Scientific or biomedical health paradigm	24
2.7.3	Holistic health paradigm	24
2.8	CULTURAL BELIEFS AND PRACTICES OF SOTHOS RELATING TO HEALTH AND ILLNESS IN GENERAL	25
2.9	THE NAME <i>BASOTHO</i> AND HOW IT FITS INTO THE STUDY OF THE BELIEFS AND PRACTICES OF SOTHO ANTENATAL WOMEN	26
2.9.1	The name <i>Basotho</i>	26
2.9.2	Historical establishment	26
2.10	PREGNANCY	27
2.10.1	Medical perspective of pregnancy	27
2.10.2	Diagnosis of pregnancy in different cultures	27
2.10.3	Perception of pregnancy as a normal state or an abnormal state of development according to different world-views	28

Table of contents	Page
2.10.4 The Sotho perspective on pregnancy	29
2.11 ANTENATAL CARE	29
2.11.1 History of antenatal care in South Africa	29
2.11.2 The history of antenatal care in other countries	30
2.11.3 Factors influencing midwifery experiences in antenatal care	30
2.11.3.1 The education and training of midwives	30
2.11.3.2 Inadequate formal education and training of midwives	30
2.11.3.3 Uncertainty about the role of the midwife in the care of Sotho women during the antenatal period	31
2.12 THE SOTHO PERSPECTIVE ON ANTENATAL CARE	31
2.13 TRADITIONAL MEDICINES USED DURING ANTENATAL CARE	32
2.14 ROLE OF TRADITIONAL BIRTH ATTENDANTS DURING PREGNANCY/ANTENATAL CARE	32
2.15 EMPIRICAL LITERATURE REVIEW	34
2.15.1 Methods used in literature review	34
2.15.2 Cultural assessment in antenatal care	35
2.15.3 Communication (with the focus on touch)	35
2.15.4 Space in antenatal care	35
2.16 BELIEFS AND PRACTICES DURING THE ANTENATAL PERIOD	36
2.16.1 Prescriptive beliefs	36
2.16.1.1 Rest and activity	36
2.16.1.2 Sexual activity	37
2.16.1.3 Use of herbs and traditional medicine	37
2.16.1.4 Antenatal clinic attendance	38
2.16.2 Restrictive beliefs	39
2.16.3 Food restrictions	39
2.17 CONCLUSION	40

Chapter 3

Methodology and research design

3.1 INTRODUCTION	41
3.2 RESEARCH DESIGN	41

Table of contents	Page
3.1.1 Qualitative research	41
3.2.1.1 Characteristics of qualitative research	42
3.2.1.2 Purposes of qualitative research	45
3.2.1.3 Types of qualitative research	46
3.3 CONCEPTUAL PHASE	46
3.3.1 Identifying the problem	46
3.3.2 Stating the purpose of the study	47
3.3.3 Formulating the research question and objectives	47
3.3.4 Review of related literature	47
3.3.5 Reflecting	48
3.3.6 Bracketing	48
3.3.7 Intuiting	49
3.4 DESIGN AND PLANNING PHASE	49
3.4.1 Research design	49
3.4.2 Context	49
3.4.3 Descriptive	50
3.4.4 Exploratory	50
3.4.5 Data collection instrument	50
3.4.6 Sampling	51
3.4.7 Criteria for purposive sampling	51
3.4.8 Criteria for the selection of the informants	52
3.4.9 Target population	53
3.4.10 Sample	53
3.5 EMPIRICAL PHASE	53
3.5.1 Data collection	54
3.5.2 Focus group interviews and field notes	54
3.6 DATA ANALYSIS PHASE	56
3.7 TRUSTWORTHINESS OF THE DATA	57
3.7.1 Credibility	58
3.7.2 Reflectivity	58
3.7.3 Interview technique	58
3.7.4 The researcher's authority and referential adequacy	59
3.7.5 Structural coherence	59
3.7.6 Transferability	59
3.7.7 Dependability	59
3.7.8 Confirmability	60
3.8 ETHICAL ISSUES IN COLLECTING DATA	62
3.1.8 Principle of beneficence	62

Table of contents	Page
3.8.1.1 Freedom from harm	63
3.8.1.2 Freedom from exploitation	63
3.8.2 Principle of respect for human dignity	63
3.8.2.1 The right to self-determination	63
3.8.2.2 The right to full disclosure	63
3.8.3 The principle of justice	64
3.8.3.1 The right to fair treatment	64
3.8.3.2 The right to privacy	64
3.8.4 Informed consent	65
3.8.5 Honesty and integrity	65
3.8.6 The role of the researcher	65
3.8.7 Consequences of the interview	66
3.9 PERMISSION TO DO THE STUDY	66
3.10 THE GEOGRAPHICAL AREA	66
3.11 CONCLUSION	67

Chapter 4

Data analysis and interpretation

4.1 INTRODUCTION	69
4.2 DATA ANALYSIS	69
4.3 DATA STRUCTURE	70
4.4 PRESENTATION OF THEMES AND CATEGORIES	71
1	
4.4.1 Theme 1: The nature of pregnancy	71
4.4.1.1 Category 1.1: Pregnancy as a normal transition	71
4.4.1.2 Category 1.2: Pregnancy as a family event	72
4.4.2 Theme 2: Prescriptive practices	73
4.4.2.1 Category 2.1: Food	73
4.4.2.2 Category 2.2: Hygiene	73
4.4.2.3 Category 2.3: Exercise	74
4.4.2.4 Category 2.4: Clothing	75

	Page
4.4.2.5 Category 2.5: Massage	76
4.4.2.6 Category 2.6: Herbal and traditional medicines	77
4.4.2.7 Category 2.7: Protection against bad spirits	78
4.4.3 Theme 3: Restrictive practices	81
4.4.3.1 Category 3.1: Eating of eggs	81
4.4.3.2 Category 3.2: Tearing meet with fingers	83
4.4.3.3 Category 3.3: Eating kidneys	84
4.4.3.4 Category 3.4: Peeping through windows and doors	84
4.4.3.5 Category 3.5: Plaiting hair	85
4.4.3.6 Category 3.6: Eating meat of a cow that died giving birth	85
4.4.3.7 Category 3.7: Reversing when walking	86
4.4.3.8 Category 3.8: Eating tendons	86
4.4.3.9 Category 3.9: Sleeping during daytime	86
4.4.4 Theme 4: Sexual activity	87
4.4.5 Theme 5: The practice of clinical attendance	88
4.4.6 Theme 6: Visits to traditional birth attendants	89
4.5 CONCLUSION	90

Chapter 5

Conclusions and recommendations

5.1 INTRODUCTION	95
5.2 ATTAINMENT OF OBJECTIVES	95
5.2.1 Objective 1	95
5.2.2 Objective 2	99
BIBLIOGRAPHY	114

List of tables**Page**

Table 1.1	Schematic representation of the research methodology	9
Table 2.1	Differences between trained and untrained traditional midwives	33
Table 2.2	Taboos and consequences of their transgression	39
Table 3.1	Trustworthiness strategies	61
Table 4.1	Data structure	70
Table 4.2	Summary of the structure of the data	91

List of figures**Page**

Figure 2.1	Leininger's Sunrise Model to depict the theory of cultural care diversity and universality	19
Figure 3.1	Map of Phuthadlithaba (Qwa-Qwa)	68

List of data display		Page	
Data display	4.1	The nature of pregnancy (overview)	71
Data display	4.1.1	Pregnancy as a normal transition	71
Data display	4.1.2	Pregnancy as a family event	72
Data display	4.2	Theme 2: Prescriptive practices (overview)	73
Data display	4.2.1	Food	73
Data display	4.2.2	Hygiene	74
Data display	4.2.3	Exercise	74
Data display	4.2.4	Clothing	75
Data display	4.2.5	Massage	77
Data display	4.2.6	Herbal and traditional medicine	78
Data display	4.2.7	Protection against bad spirits	79
Data display	4.3	Theme 3: Restrictive practices (overview)	81
Data display	4.3.1	Eating of eggs	81
Data display	4.3.2	Tearing meat with fingers	83
Data display	4.3.3	Eating kidneys	84
Data display	4.3.4	Peeping through windows and doors	84
Data display	4.3.5	Plaiting of hair	85
Data display	4.3.6	Eating meat of a cow that died giving birth	85
Data display	4.3.7	Reversing when walking	86
Data display	4.3.8	Eating tendons	86
Data display	4.3.9	Sleeping during daytime	87
Data display	4.4	Sexual activity	88
Data display	4.5	The practice of clinical attendance	89
Data display	4.6	Practice of visiting traditional birth attendants	89

List of annexures

Annexure A Application letter

Annexure B Response to application

Annexure C Voluntary consent to participate in the study

Annexure D Interview declaration letter

Annexure E Interview