

ABSTRACT

Population characteristics, health care systems and external environment are influencing factors for health seeking behaviors. This study aimed to elicit the health seeking behaviors related to antenatal, intrapartum and postnatal care among Danu women in Ywa-Ngan township. Danu is one of the ethnic groups in Myanmar. This study also aimed to explore the traditional practices and cultural behaviors on health.

A cross-sectional study using quantitative and qualitative approach was carried out in Ywa-Ngan township among 18-49 years old Danu mothers whose last child was under 2 years old in October, 2018. The study was carried out in four sub-centers under two separate RHCs. Total of 402 participants in quantitative interviews, 16 in IDI and 4 midwives, 3 AMWs and 4 TBAs in KII.

The findings showed that good antenatal practice, good delivery practice and good postnatal practice were 57.7%, 44.3% and 77.9% respectively. Knowledge on antenatal care had positive association with good antenatal care practice. Age at first marriage and main language were positively associated with good delivery practice while parity had negative association. However, knowledge and perception on intrapartum care showed no association with delivery practice. Background characteristics such as main language, husband's education and knowledge and perception on postnatal care had positive association with good postnatal practice. Most of respondents (78.4%) used contraception and among them, 71.8% was within 45 days of last delivery. The major themes for qualitative findings were behavior, affordability, availability, cultural practices on antenatal, intrapartum, postnatal care, choice of and perception on contraception. Some harmful traditional and cultural practices like abdominal massage (bite-pyin), steam bath with heated stones (kyauk-puu-win), warming the perineum with charcoal stove (mee-kin) for wound healing and giving traditional medicines (tha-nge-nar-paund-chote-say) orally to neonate were explored.

Health seeking behaviors related to antenatal care and postnatal care were quite good in that area. However, delivery practices were not good enough. Regarding health system factors, the study highlighted that there were no difficulties for geographic accessibility and affordability but there was unavailability of midwives when they were in need during delivery.