Experience of Sanhujori form the Women Who Used Postpartum Lay Helper

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Abstract. The purpose of this study was to explore the experience of Sanhujori, the traditional postpartum care, from women who used postpartum lay helper and provide basic data for developing the postpartum lay helper education programs that are to apply proper care to women and their newborn babies during postpartum. Focus group interview was conducted with twelve women who used postpartum lay helper from August 1st to August 31st of 2013. As a result, four major observations were found: 1) frustration of having no place to lean on 2) feeling of relief that comes from receiving a helping hand 3) happiness of taking postpartum care with their family, and 4) disappointment with unprofessional lay helper. The study has found out both positive and negative results according to postpartum lay helper they were cared. Unprofessional lay helper brought about a result that women could not receive adequate postpartum care during an important period to recover their health and make newborns adapt to the new environment properly. Therefore, effective postpartum lay helper education program development is required to help mothers receive healthy and pleasant postpartum care and learn how to take care of themselves and their newborns properly.

Keywords: Postpartum lay helper user, Postpartum care, Sanhujori, experience, Focus group interview

1 Introduction

Caring during pregnancy and postpartum for proper recovery are both very important because how a woman takes care during this time period can affect her body for the rest of her life. Especially in Korean society, it is strongly believed that conducting good postpartum care dictates a woman's quality of life and health not only right after the childbirth but also her middle age, post-menopause and elderly, as whole life cyclic period [1][2][3]. Recently, as a result of rapid industrialization and modernization of Korean society, women's advancement in society and socio-economic activities of elderly keep increasing. It causes decreasing rate of receiving postpartum care with family member at home.
Therefore, the needs of Sanhujoriwon, the postpartum care center, which is provide postpartum care professionally, has increased[4][6], and also the demand for postpartum lay helper service at home has occurred[7][8][9]. However, due to lack of standardized laws, regulations, and service evaluation for Sanhujoriwon, each center has different services, quality of service, and price of it[4]. Furthermore, according to recent researches, there were several negative things of Sanhujoriwon such as absence of newborn caring programs, insufficient education program, business focused service charging high cost, and too many programs that disturb getting enough rest[5][6]. As a result of these problems, women who use prefer the lay helper to Sanhujoriwon have been increasing. Also lay helper takes lower cost than Sanhujoriwon and has advantages which is able to receive government support[9]. Therefore, this study was aimed to explore the experience of Sanhujori, the traditional postpartum care, from women who used postpartum lay helper, and provide basic data for developing the postpartum lay helper education programs that are to apply proper care to women and their newborn babies during postpartum period through focus group interview.

2 Method

2.1 Research Design

This was a qualitative research designed to find out the experience of Sanhujori from women who used postpartum lay helper by utilizing a focus group interview.

2.2 Participants

There were twelve female participants with postpartum lay helper using experience within three years who understood the purpose of this study and agreed to participate.

2.3 Data Collection and Ethical Consideration

There were total twelve female participants from Gangwon province in Korea with experience of using postpartum lay helper within three years who understood the research purpose and agreed to participate in this study. Focus group interviews were conducted from August 1st to August 31st of 2013. A total of 12 women participated in two different focus group. The first group had seven participants and second one consisted of five people. The main interview question was "How was your experience of using postpartum lay helper?" and each interview lasted for two hours and thirty minutes to three hours on average in a quiet meeting room in the A church which was chosen for the interviews; since no new story was drawn in the second interview. It
was clearly agreed for that all the interview contents and recordings would be solely used for research purposes and all the participants are to be anonymous.

2.4 Data Analysis

The data was analyzed through an ongoing process according to Spradley's method for content analysis. The final data was confirmed by two professors from the department of nursing with previous experience of qualitative research and also by one of the participants.

3 Results

3.1 Participants’ general characteristics

Among the total twelve female participants who had used postpartum lay helper, nine women were in their 20s, three in their 30s, and all of them resided in Gangwon province. Ten graduated from high school and the other two were college graduates. For the questions regarding their perceived health, six participants responded that they are healthy, four answered moderate, and two said not good.

3.2 Postpartum care center user’s experiences

As a result, four major observations were found: 1) frustration of having no place to lean on 2) feeling of relief that comes from receiving a helping hand 3) happiness of taking postpartum care with their family, and 4) disappointment with unprofessional lay helper.

1) “Frustration of having no place to lean on” includes ‘too weak and useless programs of Sanhujoriwon compared to the high cost’, ‘having no one else around to help them’

2) “Feeling of relief that comes from receiving a helping hand” includes ‘having a good helper who is introduced from the experienced’, ‘getting help from the lay helper who provide proper care’

3) “Happiness of taking postpartum care with their family” includes ‘receiving postpartum care with their family members at home’

4) “Disappointment with unprofessional lay helper” includes ‘They conducted only newborns care’, ‘They were not trained professionally’
4 Conclusions

The results of this study show that some participants had a positive experience with good and proper lay helpers who provide qualitative care for mother’s health, educate how to care newborn babies, and take care of their siblings as well. The participants felt happy and satisfaction with that Sanhujori experience. However, unprofessional lay helpers led some of participants to negative experience. They took care of just a new born baby or housework only so that women in postpartum period should do their housework or could not get enough rest. Using postpartum lay helper cost less than using Sanhujoriwon. However, the fact that satisfaction level for lay helper was lower compared to women’s demands matched the result of previous studies[7][8]. The negative experience of using unprofessional lay helper could immediately and negatively affect both the mothers’ and babies’ health. In order to help mothers receive healthy and pleasant postpartum care and learn how to take care of themselves and their newborns properly by postpartum lay helper at home, effective postpartum lay helper education program development is required. Postpartum lay helper should be trained through these adequate programs to have professional knowledge and prepared as an expert. Besides, continuing education courses have to be offered for quality management as well.

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Reference

