

SOCIAL SUPPORT OF POSTPARTUM MOTHERS BASED ON FOLK MEDICINE IN NAKORNPATOM PROVINCE, THAILAND

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ABSTRACT

Yoofai is a process of taking care of postpartum mothers based on folk medicine. It is a kind of Thai folk wisdom. Its steps involve in a method of heat. The purposes of Yoofai is to help postpartum mothers' involution of uterus rehabilitate more rapidly, as well as helping better circulation of blood, having more lactiferous, pushing lochia out better, making mother's body healthier and stronger, and recovering rapidly to normal health or nearly normal health. The purposes of this study are (1) to examine social support on Yoofai of postpartum mothers based on folk medicine in Nakornpatom Province, Thailand, (2) to compare the social support on Yoofai between postpartum mothers living in urban areas and postpartum mothers living in rural areas in Nakornpatom Province, and (3) to study the preference of postpartum mothers toward Yoofai based on folk medicine in Nakornpatom Province. The sample used to study was drawn by using the purposive sampling (based on specific criteria and by application) with the number of 30 persons from the population of postpartum mothers in Nakornpatom Province. The data was gathered between March and July, 2016 by using in-depth interview and group discussion according to a questionnaire built by the researcher. The techniques used for analyzing were frequency, percentage, mean (\bar{X}) and Content Analysis. The research findings are that the social support on Yoofai of postpartum mothers based on folk medicine in Nakornpatom Province was at the high level (\bar{X} = 3.74). More specifically, it is found that having a baby-caretaker while being Yoofai was at the highest level (\bar{X} = 4.40) followed by being helped by mother as the second rank (\bar{X} = 4.30). With regard to the comparison of social support on Yoofai of postpartum mothers based on folk medicine between urban areas and rural areas, it is found that the postpartum mothers in rural areas received more social support on Yoofai than the postpartum mothers in urban areas. With respect to the preference, postpartum mothers' preference toward Yoofai based on folk medicine was at the highest level (\bar{X} = 4.25).

Keywords--Social Support on Yoofai, Yoofai of Postpartum Mothers Based on Folk Medicine, Postpartum Mothers