



It's A Generational Thing!:

**The lived experience of postpartum intergenerational conflict
of Vietnamese American women with their
immigrant Vietnamese parents**

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Purpose of Study

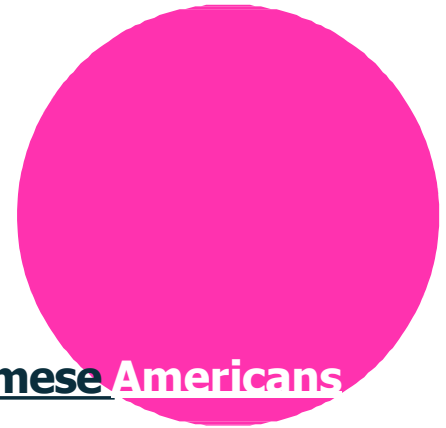
1. This study aimed to:

Explore the experiences of postpartum intergenerational conflict of first-time Vietnamese American mothers with their Vietnamese immigrant parents.





Introduction



Immigrant Vietnamese Parents in the U.S.

- Family structure
 - Group-based
 - Value on culture
 - Respect (age, gender, lineage)
- Vietnamese families in the U.S. are more “traditional” than how families were reared in Vietnam

Contemporary Vietnamese Americans

- Respect for family vs. independence
- 'Protector' in the new country, using one's English skills and growing knowledge of American culture to do their parents' bidding.
- Intergenerational conflict holds its tantalizing roots in early childhood and American school system

Population Statistics

Vietnamese Population in the U.S.

- A quarter are married (n = 207,385), whereas 70 percent never-married single.
- 41.4 K U.S.-born Vietnamese women divorced, separated or widowed.
- 24 K U.S.-born Vietnamese women gave birth in the last 12 months
- Over one-quarter (26%) live in a multigenerational household
- Married couple household (69%)
- 17 percent live in other-family household

**American Community Survey
U.S. Census Bureau**





Literature Review

"Postpartum intergenerational conflict"

6 studies selected



"Conflict" studied in various fields

16 studies (2 obtained from *Journal of Transcultural Nursing*)



"evident in communication and differences in thinking and lifestyle"

- Transitional differences
- Fulfilling co-parent role while also maintaining individual relationships with each other
- Individuality vs. togetherness
- Boundaries

- Conflict
- Couple conflict
- Parent-child conflict
- Marital conflict impact on the child
- Conflict resolution



Research Question

01

What is the experience of postpartum intergenerational conflict of Vietnamese American primiparous mothers with their Vietnamese immigrant parents?





Philosophy

- According to Heidegger (1962), phenomenologists seek to uncover the essence of an experience which can only be understood by being in the world– in real time– in the way human beings exist.
- Heidegger (1962) introduced human ontology as *Dasein* literally meaning 'being there'.
- Interpretation



Method

van Manen's interpretive (hermeneutic) phenomenological approach (1997)





Research Activities

IRB

01

After UConn IRB approval (August 8, 2022), recruitment process began.

X22-0172

RECRUIT

02

Via purposive and snowball sampling, a total of 11 women were successfully recruited and interviewed. After interviewing with P-11, data saturation was met.

DATA

03

Transcribing audio-recorded interviews verbatim, line-by-line, including scheduling and conducting follow-up interviews



BOYS & GIRLS CLUBS
OF DORCHESTER



Sample

Characteristic	Number	Percent
Education		
High school	2	18
Some college	2	18
Baccalaureate degree	4	36
Master's degree	2	18
Doctorate degree	1	10

Characteristic	Number	Percent
Marital Status		
Single	2	18
Engaged	1	9
Married	8	73

Characteristic	Number	Percent
Ethnicity of Father of Baby		
Vietnamese American	7	64
Chinese American	2	18
Italian American	1	9
White-Chinese	1	9

Characteristic	Number	Percent
Religion		
Buddhist	5	45
Roman Catholic	5	45
Christian	1	10

Characteristic	Number	Percent
Birth Type		
Vaginal birth	10	91
Cesarean birth	1	9





Themes

01

"It's a Generational Thing!" (Một điều thế hệ): Leaning both ways

02

"To rebel or not" (Nổi loạn hay không): Weighing the evidence of postpartum cultural practices

03

"Stand My Ground" (Giữ vững lập trường của tôi): Keeping my newborn safe and healthy

04

"See Me" (Nhìn con): My mental health overshadowed by my mother's thoughts





It's a generational thing!: Leaning both ways

"Yeah, she does follow a lot of like the Vietnamese cultural practices, but I think she's like in the middle enough where she's able to lean both ways."

P-09 (23 YEAR-OLD)





To rebel or not: Weighing the evidence against cultural practices

“I didn’t want to lay down on coals or inhale steam or do things that I did not want to do like they did in past generations. SO I refused. Then my mother didn’t like that. She required me to follow what the female elders did, those who gave birth in past generations like lay down on coals, put turmeric on my face.”

P-07 (37 YEAR-OLD)





Stand my ground: Keeping my newborn safe and healthy

At that time my baby was too small so I told my mom, “Well mom, maybe a long time ago the climate was cooler but this weather is too hot. So now we we’re just going to have to follow the doctor and raise children because today is different than yesterdays before. I had to stand up and muster up the courage to say, ‘When I say no, that means no.’

P-08 (42 YEAR-OLD)





See me: My mental health overshadowed by my mother's thoughts

“She didn’t see me, like my depression wasn’t real to her. Like I have friends, I was involved in the community, and work, and what not, but no one is going to be like your mom, you know? Your mom is your mom.”

P-06 (31 YEAR-OLD)





Discussion

- All 11 women experienced postpartum intergenerational conflict particularly with their mothers who told them when and what to do, eat, or drink including how to care for their newborn during the postpartum period.
- Conflict began during their time at the hospital on the postpartum unit to beyond the first year after giving birth.
- Consequences of postpartum intergenerational conflict





Implications



Reality vs. Expectations

- Relationship of coexistence
- Adjust to the reality of the nuclear family, especially the mother's.
- Shared decision-making
- Co-parenting alliance



Intergenerational Talking Circles

- Talking circles offer a chance for family members to speak with no interruptions with the collective aim of remaining linked in a unified circle of interconnectedness



Implications for Nursing



Nursing Practice

- Assess cultural practices in prenatal care (do they exist?)
- Avoid assumptions (e.g., pain, language)
- Advocate for Vietnamese American women's wishes (e.g. water)
- Refer to community resources (apps for parents, mental health)

Nursing Research & Education

- Ways to prevent and manage conflict
- Stress studies
- Oral histories
- Narrative analysis
- Grounded theory
- Education



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THANK
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