PRACTICE OF TETUN TRIBE CULTURE IN MATERNITY CARE IN SILAWAN, BELU, EAST NUSA TENGGARA, INDONESIA: A QUALITATIVE STUDY

Maria Paula Marla Nahak1), Elisabeth Rohan1), Angela Muryanti Gatum2)

1) Study Program of Nursing, Universitas Timor, Kefamenanu, East Nusa Tenggara
2) Study Program of Nursing, Universitas Citra Bangsa, Kupang, East Nusa Tenggara

ABSTRACT

Background: Incorrect cultural practices during pregnancy contribute the root of maternal and child health problems in rural areas. This study aimed to investigate practice of Tetun Tribe culture in maternity care.

Subjects and Method: This was a qualitative study with phenomenology approach, conducted at Silawan, Belu, East Nusa Tenggara, Indonesia, from January to February 2019. Key informants in this study were 5 members of the Tetunese family selected by purposive sampling. The data were collected by in-depth interview, non-participating observation, and document review. The data were analyzed by Miles and Huberman method.

Results: Traditional pregnancy care in the form of abdominal massage by traditional shamans using coconut oil and blessing water was still carried out among pregnant women in Silawan, East Nusa Tenggara. Pregnant women also avoided certain foods such as eggs, octopus, shrimp, fish, and rice crust.

Conclusion: Traditional pregnancy care is still carried out by pregnant women in Silawan Village, Belu Regency. Prevention efforts should be made to increases health promotion and the integration of cultural beliefs with professional health practices.

Keywords: culture, pregnancy care, Tetunese

Correspondence: