

## **PENGALAMAN IBU HAMIL YANG MENJALANI RITUAL APPASSILI DI SUKU MAKASSAR**

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### **Abstrak**

**Latar Belakang:** Ritual appassili merupakan ritual yang dilakukan pada usia kehamilan tujuh bulan di Suku Makassar. Perawat perlu mengetahui budaya ibu hamil agar mampu memberikan intervensi dengan pertimbangan budaya.

**Tujuan:** Mengeksplorasi pengalaman ibu hamil yang menjalani ritual appassili di Suku Makasar

**Metode:** *In-depth interview* digunakan untuk mengeksplorasi pengalaman 6 ibu hamil di Suku Makassar.

**Hasil:** Tiga tema yang ditemukan terkait pengalaman ibu hamil menjalani ritual appassili di suku Makassar meliputi: 1) Faktor internal dan eksternal yang sama kuatnya mendasari pelaksanaan ritual appassili, 2) Dampak positif lebih banyak dari dampak negatif yang dirasakan ibu hamil dalam menjalani ritual appassili, 3) Runtutan ritual dan prosedur yang dilaksanakan dalam budaya appassili mengandung makna bagi keluarga untuk kesehatan dan kesejahteraan ibu dan bayi. Selain itu, pelaksanaan ritual *appassili* dilaksanakan secara turun temurun.

**Kesimpulan:** Petugas kesehatan perlu memperhatikan budaya dalam pemberian pelayanan kesehatan serta mengidentifikasi resiko yang dapat mengganggu kesehatan ibu hamil.

**Kata Kunci:** Ritual *appassili*, Suku Makassar, Penelitian kualitatif

## **EXPERIENCE OF PREGNANT WOMEN FOLLOWING APPASSILI RITUALS IN MAKASSAR TRIBE**

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### **Abstract**

**Background:** *Appassili* ritual is a ritual performed at the age of seven months in the Makassar tribe. Nurses need to know the culture of pregnant women in order to be able to provide intervention with cultural considerations.

**Objective:** To explore the experience of pregnant women who undergo ritual appassiliation in the tribe of Makassar

**Methods:** in-depth interviews are used to explore the experiences of 6 pregnant women in the Makassar tribe.

**Results:** Three themes found related to the experience of pregnant women undergoing ritual appassili in the tribe of Makassar include: 1) Internal and external factors that are equally strong underlie the implementation of ritual appassili, 2) More positive impacts from the negative effects felt by pregnant women in performing ritual rituals, 3) The rites of rituals and procedures carried out in the appassiliary culture contain meaning for the family for the health and well-being of the mother and baby. Besides, the implementation of *appassili* ritual has been carried out for generation.

**Conclusion:** Health workers need to pay attention to the culture in providing health services and identify risks that can interfere with the health of pregnant women.

**Keywords:** Ritual *appassili*, Makassar tribe, qualitative research.