

**PENGALAMAN IBU DALAM MENJALANI ADAT AMMATOA
SELAMA KEHAMILAN DI DESA TANA TOA SUKU KAJANG DALAM
KABUPATEN BULUKUMBA PROVINSI SULAWESI SELATAN**

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ABSTRAK

Latar Belakang: Perawatan kehamilan di Indonesia saat ini masih dilatarbelakangi dengan ritual tertentu seperti ritual pada budaya Ammatoa. Perawatan kehamilan budaya Ammatoa tersebut meliputi pemberian air hangat, pijatan perut, pantangan makanan dan aktivitas tertentu yang harus dilakukan selama kehamilan.

Tujuan : Mengeksplorasi pengalaman ibu dalam menjalani Adat Ammatoa selama kehamilan di Desa Tana Toa Suku Kajang Dalam.

Metode : Desain penelitian yang digunakan yaitu kualitatif *fenomenologi*. Pengambilan data dilaksanakan pada 30 Desember 2019 s/d 19 Februari 2020 di Kawasan Adat Ammatoa dengan melakukan *in-depth interview* pada 6 partisipan yang didapatkan berdasarkan teknik *purposive sampling*.

Hasil : Pada penelitian ini didapatkan 4 tema dan 8 kategori terkait pengalaman ibu dalam menjalani adat Ammatoa selama kehamilan: 1) Tuntunan adat turun-temurun dan ketakutan mendapatkan dampak buruk menjadi alasan pelaksanaan tradisi Ammatoa pada ibu hamil; 2) Setiap proses dalam pelaksanaan ritual Ammatoa dalam praktik budaya mengandung makna tersendiri yang dipercaya memberikan manfaat bagi ibu dan bayi selama kehamilan; 3) Pelaksanaan budaya Ammatoa memberikan kenyamanan fisik dan ketenangan psikologis; dan 4) Bentuk perilaku aktif dan kompleks serta pantangan bagi ibu hamil dan pasangan dalam menjalani budaya Ammatoa.

Kesimpulan : Pelaksanaan Adat Ammatoa dalam perawatan kehamilan ibu memberikan manfaat bagi kesehatan ibu dan bayi. Namun, masyarakat juga perlu memperhatikan proses ritual tersebut yang dapat beresiko mengganggu kondisi kehamilan ibu seperti pada proses pemijatan perut agar tidak ada penekanan ataupun gerakan lain yang berlebihan yang dapat membuat ibu tidak nyaman dan banyaknya pantangan makanan bagi ibu hamil pada budaya Ammatoa dapat diganti dengan jenis makanan lain yang mengandung nutrisi yang sama agar status gizi tetap terpenuhi.

Kata Kunci : *Adat Ammatoa, Praktik budaya, Indonesia*

MOTHERS' EXPERIENCE OF PREGNANCY OBEYING THE CULTURE OF AMMATOA AS THE KAJANG DALAM TRIBE IN TANA TOA, BULUKUMBA REGENCY, SOUTH SULAWESI PROVINCE

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ABSTRAK

Background: Treatment of pregnancy in Indonesia is still running a cultural practice is motivated by certain rituals such as in the implementation of the Kajang tribe's, the cultural of Ammatoa. The Ammatoa culture pregnancy care includes giving abdominal massage, dietary restrictions and certain activities that must be performed during pregnancy.

Objective : Exploring mother's experience in obeying the culture of Ammatoa during pregnancy in Tana Toa, Kajang Dalam Tribe.

Methods : The research design used is qualitative with a phenomenological study. Data were collected from 30 December 2019 to 19 February 2020 in the Ammatoa reservation area by conducting in-depth interviews with 6 participants who were obtained based on purposive sampling techniques

Result: This study found 4 themes and 8 categories related to the mother's experience in obeying the culture of Ammatoa during pregnancy: 1) Hereditary custom guidelines and fear get a lousy impact is the reason implementation of Ammatoa tradition; 2) Every process in carrying out Ammatoa rituals in cultural practice contains its specific meaning that is believed to provide beneficial impact for mother and baby during pregnancy; 3) The implementation of Ammatoa rituals offer physical comfort and psychological calmness; 4) Forms of active and complex behavior as well as taboos for pregnant women and couples in undergoing Ammatoa culture.

Conclusion: The implementation of Ammatoa custom in pregnancy care provides benefits for mothers and babies' health. However, the community also needs to pay attention the ritual process that can disturb condition mother's pregnancy such as process stomach massage so that there is no pressure or other excessive movement that can make mother uncomfortable and amount dietary restrictions for a pregnant woman in the Ammatoa culture can replacement with different types food that contains the same nutrition so that nutritional status still fulfill.

Keywords: *Ammatoa tradition, cultural practice, Indonesia*