

## INTISARI

**Latar Belakang:** Angka kematian ibu di Kabupaten Toba Samosir tahun 2014 sebesar 171 per 100.000 kelahiran hidup. Tingginya angka kematian ibu tersebut tidak terlepas dari faktor tradisi atau budaya lingkungan di masyarakat Toba Samosir, yang disebut tradisi *mararang* dalam perawatan nifas. Penelitian ini bertujuan untuk menggali pengetahuan ibu nifas tentang tradisi *mararang* dan dampaknya terhadap kesehatan ibu dan bayi di Kabupaten Toba Samosir.

**Metode Penelitian:** Penelitian kualitatif, dengan pendekatan *focus ethnografi*. Penentuan besar sampel menggunakan *purposive sampling*. Informan penelitian ini sebanyak 24 orang terdiri ibu nifas, suami, orangtua, bidan serta ka.sie kesga dan gizi di Dinas Kesehatan Kabupaten Toba Samosir.

**Hasil :** Tradisi *mararang* dipercaya sebagai perawatan pasca melahirkan yang memberikan manfaat bagi kesehatan, dimana ibu nifas merasa cepat pulih dari sakit pasca melahirkan, tulang punggung kembali kuat, badan hangat dan berkeringat dan memperlancar pengeluaran darah nifas. Informan mengetahui asap dari *mararang* berbahaya untuk pernafasan ibu dan bayi. Menurut para orangtua tradisi *mararang* ini harus dilakukan oleh ibu nifas sehingga membuat ibu nifas semakin yakin melakukan tradisi *mararang*.

**Kesimpulan :** Tradisi *mararang* masih sulit ditinggalkan, masyarakat belum memahami tradisi *mararang* dapat mengganggu kesehatan ibu dan bayi. Tenaga kesehatan belum melakukan upaya maksimal dalam memberikan informasi tentang risiko dan dampak tradisi *mararang* bagi kesehatan ibu dan bayi. Tenaga kesehatan harus memperbaharui pengetahuan perawatan kesehatan ibu nifas dan memberi sanksi kepada petugas kesehatan yang masih melakukan tradisi *mararang*. Upaya mengurangi perilaku masyarakat melakukan tradisi *mararang* terus dilanjutkan.

**Kata Kunci :** Pengetahuan ibu nifas, tradisi *mararang*, dampak kesehatan

**KNOWLEDGE OF POSTPARTUM MOTHER ABOUT *MARARANG* TRADITION  
AND IMPACT ON MOTHER AND INFANT HEALTH  
IN TOBA SAMOSIR DISTRICT**

**ABSTRACT**

**Background:** Maternal Mortality Rate (MMR) in Indonesia is still quite high compared to other ASEAN countries. Indonesia Demographic and Health Survey (IDHS) in 2012 showed 359 per 100,000 live births. The province of North Sumatra is a province with a high maternal mortality rate of 249 per 100,000 live births in 2014 and in Toba Samosir District at 171 per 100,000 live births. Still high mortality and morbidity in the mother actually is also inseparable from the factor of tradition or cultural environment where people live. In Toba Samosir District, it was found that most post-natal women still practice *mararang* tradition in postpartum care although actual childbirth and neonatal visit have been done by midwives in the village. This is because the influence of tradition / culture on public health status can not be ignored, health is an integral part of tradition / culture

**Objective:** To gain knowledge about the traditions *mararang* puerperal women and its impact on maternal and infant health in Toba Samosir District

**Methods:** This study used a qualitative design, with a focus ethonografi approach. The determination of the samples in this study using purposive sampling, selection of informants is the principle of conformity which is based on knowledge according to research topics and sufficiency of which informants selected according to the research topic. Informants in this study were puerperal women, husband / family, midwife and head of maternal and child health care in Toba Samosir District Health Office.

**Results:** The tradition is believed *mararang* society as post-natal care that brings health benefits. Through the *mararang* tradition of postpartum women can quickly recover from postpartum pain because *mararang* can make a healthy backbone, can make the body warm and sweaty moms that make quick recover and is believed to help expedite the birth of puerperal blood.

Some informants know that smoke from *mararang* is harmful to the mother and baby respiration. Counseling to stop the tradition of *mararang* is not specifically done, only an invitation to not do again by exposing the negative effects *mararang* on infant health. Even health workers also support the tradition of *mararang*

**Conclusion :** *Mararang* tradition is a tradition that should be made in the treatment of puerperal women so it is still very difficult to be abandoned by the community. Postpartum feel *mararang* tradition is very beneficial for health and not yet understand well that impact of *mararang* tradition can disturb mother and baby health. Family especially mother and husband still strongly support *mararang* tradition. Health workers have not made efforts to provide information and knowledge about the risks and impacts of *mararang* tradition on maternal and infant health.

**Keywords:** Knowledge puerperal women, *mararang* tradition, the impact on health