

Perilaku pantang makanan pada Ibu menyusui di desa Duwet Kedampul kecamatan Tumpang kabupaten Malang Jawa Timur = Food taboo behavior among breastfeeding mother in Duwet Kedampul village tumpang sub district Malang district East Java

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Abstrak

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Ibu menyusui merupakan salah satu kelompok yang beresiko tinggi mengalami kekurangan gizi akibat perilaku pantang makanan. Perilaku pantang makanan masih banyak terjadi di daerah yang masih memiliki budaya yang kuat. Penelitian ini bertujuan untuk menggali informasi lebih mendalam terkait perilaku pantang makanan pada ibu menyusui di desa Duwet Kedampul Kecamatan Tumpang Kabupaten Malang Jawa Timur. Desain studi yang digunakan adalah kualitatif deskriptif dengan menggunakan metode FGD pada ibu menyusui dan kader posyandu dan wawancara mendalam dengan anggota keluarga dan bidan desa. Hasil penelitian menunjukkan bahwa ibu menyusui masih mematuhi pantang makanan yang telah diturunkan antargenerasi. Faktor pencetus antara lain pengetahuan, kepercayaan, nilai, dan sikap. Ibu menyusui dan anggota keluarga memiliki sikap positif terkait perilaku pantang makanan tersebut. Sebaliknya, bidan dan kader posyandu memiliki sifat negatif terhadap pantang makanan pada ibu menyusui. Pantang makanan pada ibu menyusui didasarkan pada kepercayaan bahwa dengan menghindarkan makanan yang dipantang dapat mencegah ibu dan bayi terhadap bahaya (magis). Faktor pendukung antara lain yakni sarana berupa akses informasi yang didapat dari orang terdekat ibu menyusui, bidan, ataupun media cetak. Faktor penguat yakni pengaruh dari keluarga dan pengaruh dari petugas kesehatan sehingga diperlukan penyuluhan terkait pantang makanan pada ibu menyusui.

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<i>ABSTRACT

;Breastfeeding mothers is one of the group with undernutrition risk because of food taboo practice. The food taboo is still exist in the community with strong culture. This research aimed to explain the food taboo behavior among breastfeeding mother in Duwet Kedampul Village, Tumpang sub District, Malang District, East Java. Study design is descriptive qualitative by using method FGD in breastfeeding mothers and kader and in-depth interviews with family members and midwife. The results showed that breastfeeding mothers still obey abdicated intergeneration food taboos. Predisposing factors such as knowledge, beliefs, values, and attitudes. Breastfeeding mothers and family members have a positive attitude toward food taboo. But, midwife and kader have negative attitudes toward food taboo among breastfeeding mother. Food taboo exist is based on the belief that by avoiding the food, mother and her baby can be saved from certain dangers (magical). Enabling factors consists of form of access to the information obtained from the nearest breastfeeding mothers such as her husband or parents, midwife, or flyers. Reinforcing factors consists of influence from family such as husband or parents and influence from health care workers such as kader and midwives. So, the health care workers have to make education discussion about food taboo to breastfeeding mothers and her family., Breastfeeding mothers is one of the group with undernutrition risk because of food taboo practice. The food taboo is still exist in the community with strong culture. This research aimed to

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