

# Tradisi Se'i : studi tentang perawatan ibu pascamelahirkan di Kecamatan Amanuban Barat Kabupaten Timor Tengah Selatan = Se'i tradition : study of the treatments for postpartum mother in West Amanuban District South Central Timor Regency

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## Abstrak

Angka kematian merupakan barometer status kesehatan masyarakat terutama kematian ibu dan kematian bayi. Penelitian dilakukan di Kabupaten Timor Tengah Selatan, Propinsi Nusa Tenggara Timur dengan alasan angka kematian ibu dan angka kematian bayinya tinggi, merupakan daerah kritis jika dilihat dari segi geografis dan keadaan sosial ekonomi masyarakatnya. Selain itu terdapat kebiasaan yang unik, yaitu adanya pengasapan ibu pascapersalinan (se'i) dan kompres panas pada ibu pascapersalinan (tatobi). Penelitian ini adalah penelitian kualitatif dengan melakukan wawancara mendalam terhadap ibu yang sedang melakukan pengasapan, ibu kandung, ibu mertua, suami, bidan, dan tokoh masyarakat. Tradisi se'i merupakan serangkaian kegiatan yang bertujuan untuk merawat ibu selama masa nifas yang terdiri dari pantangan terhadap makanan, pemanggangan ibu dan tatobi (kompres) selama 40 hari. Penelitian ini adalah penelitian kualitatif dengan subjek penelitian ibu nifas, suami, ibu kandung, ibu mertua, dukun kampung dan petugas kesehatan. Perawatan nifas yang dilakukan selama pelaksanaan tradisi se'i bertujuan menunjang proses pemulihan dan pengembalian bentuk tubuh ibu pada keadaan sebelum hamil. Pertolongan persalinan oleh tenaga kesehatan merupakan salah satu strategi dalam penanganan masalah kesehatan ibu dan anak. Di Indonesia pemanfaatan pertolongan persalinan oleh bidan dimasyarakat masih sangat rendah. Disarankan kepada petugas kesehatan untuk menggunakan pendekatan budaya dan adat istiadat setempat dalam peningkatan pelayanan kesehatan.

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The death rate is an indicator of the health status in a country, especially for the maternal and child death. The purpose of this research is to see the influences of socio cultural societies toward the treatments of pregnancy, birth process in South Central Timor Regency. This study conducted in West Amanuban District, South Central Timor Regency, East Nusa Tenggara Province where the maternal and Child death rate still high. This District is a critical area, viewed from the aspects of geography and sosio economy. Beside, there are unique community behaviors as for instance mother postpartum conducted 'smoking' themselves and hot water compress for the body. This study is designed use qualitative research method. The qualitative method used In-depth interview as tool to gather primary information. The informan were women who delivered and do 'sei' in Amanuban Barat district, also used hot water compress on their body, mother, mother in law, husband, local elites. Se'i tradition is a series of activities almed to take care of mother during puerperium that consisted of abstain from certain foods, warming of mothers and tatobi (compress) within 40 days. Care that was carried out during the implementation of se'i tradition almed to support the process of recovery and maintain the physical condition as it was before pregnancy. Infant Delivery processed by nurse is one of strategies to solve maternal and child health problems. The coverage of this infant delivery process by nurse in Indonesia is still low compared with expected indicator. The health center officer is recommended to use local culture and local custom approaches to improve of health

services.