

# **Perilaku Ibu Hamil Terkait Budaya Pantangan Dan Mitos Makanan Pada Masyarakat Dayak Kenyah (Studi Kualitatif)**

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## **ABSTRAK**

**Latar Belakang:** Kehamilan merupakan fase kritis dalam kehidupan seorang wanita yang ditandai dengan serangkaian perubahan fisiologis dan psikologis kompleks. Beberapa penelitian telah dilakukan untuk mengkaji pengaruh budaya terhadap perilaku makan ibu hamil di berbagai suku di Indonesia, namun penelitian yang khusus membahas perilaku ibu hamil terkait dengan budaya pantangan dan mitos makanan pada masyarakat Dayak Kenyah masih terbatas.

**Tujuan:** Mengeksplorasi dan memahami perilaku ibu hamil terkait budaya pantangan dan mitos makanan pada masyarakat Dayak Kenyah di Kalimantan Timur.

**Metode:** Informan utama dalam penelitian ini adalah ibu hamil yang bertempat tinggal di kampung Dayak (Lapoq Kenyah), Kabupaten Kutai Timur, Provinsi Kalimantan Timur, sedangkan informan triangulasinya adalah suami/orang tua/mertua dari ibu hamil dan tokoh masyarakat suku dayak Kenyah. Wawancara mendalam dengan cara-cara tanya jawab secara tatap muka antara peneliti (sebagai pewawancara dengan atau tidak menggunakan pedoman wawancara) dengan subjek yang diteliti.

**Hasil:** Pada hasil yang diperoleh terdapat beberapa jenis pantangan makanan 3 dari 21 subjek mengaku sudah tidak mempercayai mitos dan pantangan makanan tersebut, akan tetapi 19 subjek masih mempercayai.

**Kesimpulan:** Jenis makanan tidak boleh dikonsumsi selama masa kehamilan pada masyarakat Dayak Kenyah yaitu ikan tongkol, ikan asin, nanas, durian, sayur pahit seperti pepaya, pare, pakis, makanan yang memiliki rasa asam/pedas, dan minuman bersoda dengan alasan yang beragam terkait kepercayaan masyarakat Dayak Kenyah.

**Kata kunci:** mitos makanan, pantangan makanan, kepercayaan adat, budaya, ibu hamil, dayak kenyah

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# **Pregnant Women's Behavior Related to Cultural Abstinence and Food Myths in the Dayak Kenyah Community (Qualitative Study)**

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## **ABSTRACT**

**Background:** Pregnancy is a critical phase in a woman's life marked by a series of complex physiological and psychological changes. Several studies have been conducted to examine the influence of culture on the eating behavior of pregnant women in various tribes in Indonesia, but studies that specifically discuss the behavior of pregnant women related to the culture of food taboos and myths in the Dayak Kenyah community are still limited.

**Objective:** To explore and understand the behavior of pregnant women related to the culture of food taboos and myths in the Dayak Kenyah community in East Kalimantan.

**Method:** The main informants in this study were pregnant women who lived in the Dayak village of East Kutai Regency, East Kalimantan Province, while the triangulation informants were the husbands/parents/in-laws of pregnant women and community leaders of the Dayak Kenyah tribe. In-depth interviews are a research process that obtains information through face-to-face question and answer between the researcher (as the interviewer with or without using interview guidelines) and the subjects being studied.

**Results:** In the results obtained, 3 out of 21 subjects admitted that they no longer believed in these myths and food taboos, but 19 subjects still believed them.

**Conclusion:** There are several taboos, namely not being allowed to consume certain foods, namely tuna, salted fish, pineapple, durian, bitter vegetables such as papaya, bitter melon, fern, foods that have a sour taste, and carbonated drinks for certain reasons related to the beliefs of the Dayak Kenyah community.

**Keywords:** food myths, food taboos, traditional beliefs, culture, pregnant women, Dayak Kenyah

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