

## ABSTRAK

**Latar Belakang:** Kesehatan ibu dan anak di Kabupaten Timor Tengah Selatan masih menghadapi tantangan serius, ditandai oleh tingginya angka kematian serta prevalensi masalah gizi seperti stunting dan wasting. Salah satu faktor yang memengaruhi adalah tradisi *Neno Boha*, yakni praktik pengurungan ibu dan bayi selama 40 hari pascapersalinan, disertai dengan ritual *se'i*, *tatobi*, dan berbagai pantangan makanan. Meskipun dianggap mendukung pemulihan, praktik ini berisiko menimbulkan infeksi, luka bakar, serta gangguan nutrisi dan produksi ASI.

**Tujuan:** Untuk menganalisis persepsi ibu menyusui terhadap tradisi *Neno Boha* di Wilayah Kerja Puskesmas Noemuke

**Metode:** Penelitian ini menggunakan pendekatan kualitatif dengan metode fenomenologi, serta menerapkan kerangka Health Belief Model (HBM) yang mencakup persepsi kerentanan, keseriusan, manfaat, hambatan, isyarat untuk bertindak, dan efikasi diri. Data diperoleh melalui wawancara mendalam dengan lima ibu menyusui, satu tokoh masyarakat, dua tenaga kesehatan, dan lima anggota keluarga.

**Hasil:** Ditemukan adanya pergeseran praktik pascapersalinan di Desa Noemuke. Meskipun praktik *se'i* masih dilakukan karena dipercaya mempercepat pemulihan, para ibu mulai menyadari dampak negatifnya terhadap kesehatan bayi, khususnya gangguan pernapasan. Demikian pula, praktik *tatobi* tetap dijalankan dengan modifikasi penggunaan air hangat sebagai alternatif yang lebih aman. Edukasi kesehatan terbukti mendorong adopsi pendekatan medis dan pola makan bergizi, meskipun tantangan ekonomi dan pengaruh budaya tradisional masih menjadi hambatan.

**Kesimpulan:** Edukasi dan kebijakan kesehatan berhasil mendorong perubahan perilaku menuju praktik pascapersalinan yang lebih aman dan berbasis medis, tanpa sepenuhnya menghilangkan nilai-nilai budaya lokal. Kesadaran ibu terhadap pentingnya gizi dan kesehatan meningkat, meskipun masih dihadapkan pada tantangan struktural.

**Kata kunci:** *Neno Boha*, tradisi pascapersalinan, kesehatan ibu dan anak, *Health Belief Model*

## ABSTRACT

**Background:** Maternal and child health in South Central Timor Regency still faces serious challenges, marked by high mortality rates and the prevalence of nutritional problems such as stunting and wasting. One contributing factor is the Neno Boha tradition, which involves confining mothers and babies for 40 days after childbirth, accompanied by se'i and tatobi rituals and various dietary restrictions. Although it is believed to support recovery, this practice carries risks of infection, burns, and nutritional deficiencies, as well as disruptions to breast milk production.

**Objective:** To analyze breastfeeding mothers' perceptions of the Neno Boha tradition in the Noemuke Community Health Center Working Area.

**Method:** This study used a qualitative approach with a phenomenological method and applied the Health Belief Model (HBM) framework, which includes perceptions of vulnerability, seriousness, benefits, barriers, cues to action, and self-efficacy. Data were obtained through in-depth interviews with five breastfeeding mothers, one community leader, two health workers, and five family members.

**Results:** A shift in postpartum practices has been observed in Noemuke Village. Although the se'i practice is still carried out because it is believed to speed up recovery, mothers are beginning to realize its negative impact on the health of their babies, particularly respiratory disorders. Similarly, the tatobi practice continues to be carried out with modifications, using warm water as a safer alternative. Health education has proven to encourage the adoption of medical approaches and nutritious diets, although economic challenges and the influence of traditional culture remain obstacles.

**Conclusion:** Health education and policies have successfully encouraged behavioral changes toward safer, medically-based postpartum practices, without completely eliminating local cultural values. Mothers' awareness of the importance of nutrition and health has increased, although structural challenges remain.

**Keywords:** Neno Boha, postpartum traditions, maternal and child health, Health Belief Model