

ABSTRACT

Sivani, Rahmadia Sista. 2024. Pregnant women's perceptions of the Sayut cultural tradition in pregnancy care. Thesis. Bachelor of Applied Midwifery Study Program Malang Health Polytechnic Kemenkes Malang. Main Supervisor: Ni Wayan Dwi Rosmalawati, A.Per.Pen., M.Kes, Co-advisor: Asworingrum Yulindahwati, S.Si.T., M.Keb.

Maternal health is an important aspect of health development in Indonesia. Pregnant women and children require priority due to their vulnerability. In Probolinggo District, East Java, the maternal mortality rate (MMR) increased from 99.33 per 100,000 live births in 2020 to 201.7 in 2021, reflecting reproductive health issues influenced by social, cultural, and environmental factors. This study uses a qualitative method with a phenomenological approach to describe the sayut tradition, a traditional ritual performed by pregnant women in the Tengger Tribe. This tradition is not only a series of rituals, but also has a deep meaning in pregnancy care and cultural preservation. The sayut tradition is an expression of gratitude to God for the pregnancy and the baby's health, building spiritual and emotional connections and strengthening cultural identity. The ritual incorporates both spiritual and physical aspects, such as massage and the use of herbs, and is important in keeping both mother and baby healthy. Despite involving traditional practices such as the calling of shamans, pregnant women in the Tengger Tribe also seek prenatal care from posyandu and midwives, demonstrating the integration of traditional values with practices by health workers. The sayut tradition provides a sense of security and cultural support during pregnancy, transforming anxiety into calm and comfort, and strengthening cultural heritage. Although there are challenges in incorporating traditional aspects, the sayut tradition has far-reaching implications in maintaining the physical health of mothers and babies and local cultural identity. Integrating traditional values and modern medical practices is key to optimizing the health of pregnant women.

Keywords: Perception, Pregnancy Care, Sayut Cultural Tradition