

ABSTRAK

Pengobatan tradisional masih menjadi bagian penting dalam perawatan ibu nifas pasca melahirkan di Desa Lalang, Kabupaten Batu Bara, Sumatera Utara. Meskipun fasilitas kesehatan modern seperti puskesmas dan bidan telah tersedia, masyarakat tetap mempertahankan penggunaan pengobatan tradisional karena dianggap lebih cocok, alami, serta telah diwariskan secara turun-temurun dalam keluarga dan lingkungan sosial. Penelitian ini bertujuan untuk mengetahui alasan pengobatan tradisional pada ibu nifas masih dipertahankan serta memahami proses sosialisasi pengobatan tradisional di masyarakat Desa Lalang. Penelitian ini menggunakan teori tindakan sosial Max Weber dengan metode kualitatif pendekatan deskriptif. Data diperoleh melalui observasi, wawancara, dan dokumentasi. Hasil penelitian menunjukkan bahwa bentuk pengobatan tradisional yang masih digunakan meliputi bedak param, jamu beras kencur, rebusan rempah ratus, serta perawatan tradisional oleh dukun beranak. Praktik tersebut dipertahankan karena adanya keyakinan terhadap manfaat pengobatan tradisional, pengalaman positif yang dirasakan ibu nifas, kebiasaan turun-temurun dalam keluarga, serta ketersediaan bahan yang mudah diperoleh. Selain itu, proses sosialisasi pengobatan tradisional berlangsung melalui keluarga, terutama orang tua dan mertua, serta dukun beranak dan bidan desa yang turut memberikan pengetahuan, anjuran, dan pengalaman mengenai penggunaan pengobatan tradisional kepada ibu nifas. Proses tersebut menyebabkan praktik pengobatan tradisional tetap dipertahankan dan diwariskan dalam kehidupan masyarakat Desa Lalang.

Kata Kunci: Pengobatan Tradisional, Ibu Nifas, Sosialisasi, Tindakan Sosial

ABSTRACT

Traditional medicine is still an important part of the care of postpartum mothers after childbirth in Lalang Village, Batu Bara Regency, North Sumatra. Although modern health facilities such as health centers and midwives have become available, people still maintain the use of traditional medicine because it is considered more suitable, natural, and has been inherited from generation to generation in the family and social environment. This study aims to find out the reasons why traditional medicine in postpartum mothers is still maintained and to understand the process of socializing traditional medicine in the community of Lalang Village. This study uses Max Weber's social action theory with a qualitative method of descriptive approach. Data was obtained through observation, interviews, and documentation. The results of the study show that traditional forms of medicine that are still used include param powder, kencur rice herb, spice stew, and traditional treatments by birth shamans. This practice is maintained because of the belief in the benefits of traditional medicine, positive experiences felt by postpartum mothers, hereditary habits in the family, and the availability of materials that are easy to obtain. In addition, the socialization process of traditional medicine takes place through families, especially parents and in-laws, as well as child shamans and village midwives who also provide knowledge, recommendations, and experiences regarding the use of traditional medicine to postpartum mothers. This process causes traditional medicine practices to be maintained and inherited in the lives of the people of Lalang Village.

Keywords: *Traditional Medicine, Postpartum Mother, Socialization, Social Action*