

CHAPTER V

CONCLUSION

Based on the results of this study, the researcher found that there are 12 foods which are taboo in Kaliwungu Semarang District, those are, ice, jackfruit, twins' banana, eggs, cat fish, sea fish, pineapple, durian, longan, sugar cane, and sugar. People have different opinions about food taboo. The researcher classifies the food into several groups of foods and takes opinions of people who were interviewed deeply about food taboo. For fruits, pineapple and durian become the most fruit believed to affect the life of people in Kaliwungu. Some informants said that if pregnant women eat it her stomach will "hot" as its gets inflamed and the baby will die. Some said that if eating jackfruit and longan for pregnant women will cause miscarriage. For fish, the most mentioned one is sea fish. People in Kaliwungu said that when delivered pregnant women got bleeding, the blood will smell fishy. The second fish mentioned is cat fish. People said that consuming catfish with a large shape head and sprawl can cause the baby's head look like cat fish. For vegetables, the most mentioned one is eggplant. Pregnant women are not allowed to eat eggplant because the bones of the baby will become limp like eggplant. Eggplant also can cause defects on baby. One female informant emphasized her personal experience of consuming a lot of eggplant. Consequently, her born child turned weak and got tired quickly. For egg, which has an oval shape and cannot stand upright, it will make the baby moving a lot in the womb. Mom will feel restless and cannot rest quietly

because the baby in the womb rolls continuously. For ice, it is believed that pregnant women drinking ice water only cause her baby to be overweight in the womb. However, after being born, the baby could get smaller in size.

Some pregnant women do not practice food taboo. This is because they have been exposed to knowledge of healthy food for them. They know that some tabooed foods are even healthy for women. Some other women still practice food taboo. They do it just to show if their respect to their parents who have provided various information about the tradition of food taboo to them. This behavior is only practiced when the pregnant women are at home with their parents. Education and exposure of new knowledge play role in the decreasing belief of food taboo related to pregnant women.

