

ABSTRACT

SE'I TRADITION (FOOD TABOO) ETHNIC TIMOR AND THE IMPACT OF POST PARTUM MOTHER (NUTRIENT STATUS AND HEMOGLOBIN LEVELS)

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Se'i tradition at Amanuban Selatan district, prohibitions post partum mothers to consume some foods, that makes post partum mother of nutrition intake get less nutrition, so they get anemia. The study is an observational analytic, aims to analyze the intake of nutrition *Se'i* tradition and its relationship with nutritional status of post partum mothers and the perception of community about *se'i* tradition. The population post partum mothers after fourty days who compared the tradition from May to June 2014 involving 30 samples. The nutrition intake were collected to Food Recall 24 hours method. The perception of community had been interviewed post partum mothers, mother from post partum mothers, the midwife, traditional healer and opinion leader with used openly questionnaire. The data obtained were analyzed through Regression Logistic. The result of this study there were not influences between the intakes carbohydrate the level of nutrient status ($p= 0,640$), there were influences between the intakes lipid the level of nutrient status ($p= 0,012$), there were not influences between the intakes protein the level of anemia ($p= 0,072$), there were a significant influences between the intakes iron the level of anemia ($p= 0,006$). The were not influences between the intakes tea the level of anemia ($p= 0,217$). Approach to culture and local customs comprehensive to postpartum mothers to change habits *se'i* for the better according to the rules of health, in changing habits *se'i*.

Key words : *Se'i* Tradition, Post Partum Mothers, Nutrient Status, Anemia