

Masuk Angin in Javanese Healthy Lifestyle: A Qualitative Analysis Using Health and Indigenous Psychology Approaches

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The term *masuk angin* (MA) has been widely used among Indonesians in describing the process of the entering of wind into the body, causing illness. The real concept, however, still remain ambiguous as it is only used to describe a cluster of symptoms. The aim of the study was to find out how the Javanese perceive M A to give more detailed explanation of its concept indigenously. The methods used were descriptive qualitative involving interviews and literature analysis. Using two illness cognition models and the view of indigenous psychology combined with the interview results, it was suggested that M A is the indigenous identity of Javanese healthy lifestyle. It acts as a guidance of health and well-being behavior in everyday life, thus become an inseparable culture identity. The study has shown that cultural factors play a role in perceiving eastern medicine.

Keywords: masuk angin, well-being, indigenous, illness, Javanese, illness cognition models

Istilah masuk angin (M A) telah digunakan secara meluas oleh masyarakat Indonesia dalam menjelaskan proses masuknya angin ke dalam tubuh dan menyebabkan penyakit. Namun konsep aslinya masih dipertanyakan karena digunakan untuk menjelaskan beberapa gejala berbeda. Tujuan studi ini ialah mengetahui bagaimana orang Jawa mempersepsikan M A untuk memberikan penjelasan yang lebih mendetail dan membudaya. Metode yang digunakan ialah metode kualitatif deskriptif dengan wawancara dan analisis literatur. Dengan menggunakan dua model mengenali penyakit (*illness cognition*) dan pandangan psikologi ulayat yang digabung dengan hasil wawancara, penulis menemukan bahwa MA merupakan identitas ulayat gaya hidup sehat masyarakat Jawa. M A berperan sebagai panduan perilaku sehat di kehidupan sehari-hari, sehingga menjadi identitas budaya yang tidak terpisahkan. Studi ini telah menunjukkan bahwa dalam memandang studi kesehatan timur, faktor budaya memiliki perannya tersendiri.

Kata kunci: masuk angin, perilaku sehat, ulayat, penyakit, masyarakat Jawa, model mengenali penyakit

Almost every day in our lives, we are faced with the risk of becoming sick or having an illness. In his study of the beliefs of young healthy adults, Lau (1995) has found a few dimensions from the participants' responses (as cited in Ogden, 2004). Two of them were just simply described 'not feeling normal' and 'the absence of health' as being unhealthy. Healthy condition or a state of good health, as defined by World Health Organization in 1974 is 'a state of complete physical, mental and social

well-being' which tells us that an illness affects three aspects of a human (as cited in Ogden, 2004). However, the definition (and many studies) of health-related behavior were established in the western medicine culture which mostly relate illness to the presence of bio-agents that cause problems toward the body, mental and well-being. For example, the name of "cold" or "influenza" is related to temperature, and it is a common knowledge that it is caused by bio-agent virus.

Many medical articles about cold have let us know that if we catch a cold, we are susceptible to low temperature and thus, we ought to avoid it. However, the illness did not only influence an individual's behavior, it also in-

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