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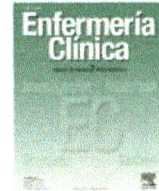
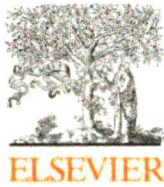
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## Indahan siporhis “the very best boiled rice mixed with herbs and species” for the women’s mental and physical health in ritual of traditional agricultural farming ☆



Immanuel Silaban<sup>a</sup>, Robert Sibarani<sup>b,\*</sup>, Mardiana E. Fachry<sup>c</sup>

<sup>a</sup> Department of Linguistics, Universitas Sumatera Utara, Medan, Indonesia

<sup>b</sup> Faculty of Cultural Science, Universitas Sumatera Utara, Medan, Indonesia

<sup>c</sup> Department of Gender and Development, Graduate School, Hasanuddin University, Indonesia

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### KEYWORDS

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### Abstract

**Objective:** This study aims to find the role of Ritual Mangan Indahan Siporhis for the mental and physical health at Baktiraja District, Humbang Hasundutan Regency, North Sumatera Province.

**Method:** This study was conducted in a qualitative paradigm with an interactive model and anthropolinguistic approach.

**Result:** Ritual Mangan Indahan Siporhis “eating the spicy flavor best-steamed rice mashed mixedly with herbs and spices” is the ritual done by the local community as the traditional commitment to repair and keep their traditional irrigation. It is also the traditional prayer or request in order that the result of the rice farming goes better, the local residents are healthy, and out of dangerous diseases. The ritual is conducted annually. The spicy flavor rice *indahan siporhis* is prepared by mutual cooperation of a group of skilled women and eaten by both the group of women preparing it and the group of men as irrigation workers. It is believed that after eating *Indian siporhis*, they are mentally and physically healthy.

**Conclusion:** Women participate in making and preparing the spicy flavor rice *Indahan Siporhis* for the mental and physical health of the group of women, and that of men responded to the traditional irrigation.

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\* Corresponding author.

E-mail address: [rs.sibarani@usu.ac.id](mailto:rs.sibarani@usu.ac.id) (R. Sibarani).

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**Introduction**

One of the prominent mutual cooperations for public works at Tipang Village, Baktiraja is mutual cooperation for traditional irrigations called "mangkali aek".<sup>1</sup> It is the combination of ritual and tradition practiced annually by the local community. The ritual is done as the commitment, request and prayer that the traditional irrigations run well for the rice farming and all the local community are healthy. The tradition is done as the implementation of irrigation improvement a few days after the ritual. As the commitment, the ritual is an important moment in which the local community especially the group of women and that of men are healthy for the tradition of irrigation improvement.<sup>2,3</sup>

The ritual and tradition for traditional irrigation improvement, mutually cooperated, conducted and oriented for the group of women and that of men, can increase the rice farmers' welfare as well as enhance the local community's harmony. The ritual is called *mangalang indahan siporhis* "eating the spicy flavor steamed best rice mashed with herbs and spices."

*Indahan siporhis* "the spicy flavor best-steamed rice mashed with herbs and spices" should be available in the ritual. It is made by a group of women for the local community especially for those who are involved in irrigation improvement both the group of women and a group of men. The term *indahan siporhis* indexicalizes "best rice" and "spicy flavor" made from high quality of herbs and spices.

**Method**

The research method applied in this study was a qualitative paradigm with an interactive model. Interactive model of the qualitative standard used four interactive steps, namely data collection, data condensation, data display, and conclusion drawing/verification as follows (Fig. 1).<sup>4</sup>

9 The anthropolinguistic approach was applied in this study with the analytic parameters interconnection, valuability, and sustainability. It was used in data analysis when applying three interactive analysis in data condensation, data display, and conclusion drawing or verification.

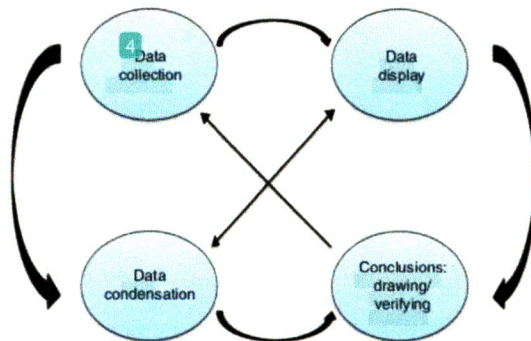


Figure 1 Component of data analysis Interactive model Miles and Huberman.

**Result**

**Women's preparation on the qualified food indahan siporhis for health**

Before conducting ritual *mangan indahan siporhis* "eating the spicy flavor best-steamed rice mashed with herbs and spices", the group of women prepared lunch meal to all local community. The lunch meal is provided to all residents. They also prepared *indahan siporhis* "the spicy flavor best-steamed rice mashed with herbs and spices" eaten by the group women and that of men.

For *indahan siporhis* "the spicy flavor best-steamed rice mashed with herbs and spices" is sacred culinary presented in ritual, it should be qualifiedly made. It is therefore prepared by a group of skilled women. The group of skilled women knows the dose of herbs and spices. The best preparation ensures a healthy impact on those who consume it.

*Indahan siporhis* "the spicy flavor best-steamed rice mashed with herbs and spices" is qualifiedly made because it is believed that it is healthy and powerful to make a group woman and that of men work hard for irrigation improvement. *Indahan siporhis* is the healthy food prepared by a group of healthy women and eaten for the sake of women's health as well as the men's power to improve the traditional irrigation.

**The process of preparing indahan siporhis for health**

*Indahan siporhis* "the spicy flavor best-steamed rice mashed with herbs and spices" is also called *tumba* in the local language. It is made by mashing the steamed best rice mixed with roasted coconut, turmeric, pepper, chili, *andaliman* 'spicy ingredient', candlenut, ginger, and salt. The spicy *tumba* is eaten with small fish *porapora*, typical fish of the rivers turning to Lake Toba at the research location. The spicy flavor *indahan siporhis* is believed to symbolize spirit for the irrigation workers. It can stimulate and motivate irrigation workers in the cold weather.

For *indahan siporhis* is regarded healthy, it can make the group of women and that of the man having eaten it can stand working harder to repair the traditional irrigations. Eating *indahan siporhis* guarantees the strength of the group of male irrigation workers and the group of women providing the irrigation workers preparation and equipment. The healthy *indahan siporhis* makes them healthy. *Indahan siporhis* makes them physically healthy.

*Indahan siporhis* is eaten with typical fish *porapora* and they are forbidden to eat meat when eating *indahan siporhis*. Off course, fish is better than meat for irrigation workers because eating meat makes them sleepy.

The process of making *indahan siporhis* is in the morning. After the preparation of *indahan siporhis* is finished, the group of skilled women prays for it to God that the work of repairing the irrigations goes well and hopes the rice harvest will be abundant and the rice will be *porhis* "the best."

Around lunchtime, the ritual *mangan indahan siporhis* "eating the spicy flavor best steamed rice mashed with herbs and spices" is conducted. Sixty (60) people of *sihali aek* 'irrigation workers together with two (2) inviters gather

around. They all eat the *indahan siporhis* as the commitment to repair and improve irrigation and pray to God for the better irrigation and abundant rice harvest.

After *mangan indahan siporhis*, they conduct speech performance of felicitation, motivation, and spirit to irrigation workers and those who are involved in working in repairing the irrigations. All leaders of the seven surnames living at Tipang Village speak with full of figurative speeches. The speech performances contain advice and support to irrigation workers so that they are mentally healthy.

## Discussion

The role of women to prepare *indahan siporhis* "the spicy flavor best-steamed rice mashed with herbs and spices" is very important to ensure that it has impact on health. If it is not qualifiedly made, it will give impact to the group of irrigation workers' health and to those, either women or men, who are involved in repairing the irrigation. The skilled women for preparing it to play important role to make it well. Nowadays, the skilled women who grasp the dose of herbs and spices prepare *indahan siporhis* are limitedly found at research location. It is required a program of revitalization for inheriting the ritual in the future.<sup>5,6</sup>

The word *indahan* means 'steamed rice' and *siporhis* means 'the best.' The term *indahan siporhis* therefore denotatively indexicals "best-steamed rice." The time is then connotatively used to indexical the "certain rice" presented to ritual of irrigation improvement or repairment. It then means "the spicy flavor best-steamed rice mashed with herbs and spices." It is made from best-steamed rice mixed with high quality of herbs and spices. Best steamed rice plus and quality of herbs and spices make *indahan siporhis* "the spicy flavor best-steamed rice mashed with herbs and spices" become tasty and healthy. It is therefore good for irrigation workers to work hard for repairing and improving the irrigations.<sup>7,8</sup>

## Conclusion

The spicy flavor steamed rice *indahan siporhis* is prepared by mutual cooperation of skilled women and consumed by both the group of women preparing it and the group of men work-

ing for irrigation. The local community believes that they are mentally and physically healthy after eating *indahan siporhis* in ritual *mangan indahan siporhis* "eating the spicy flavor best-steamed rice mashed with herbs and spices."

The important role of women in preparing *indahan siporhis* shows gender equality in Batak Toba society living around Lake Toba. The complementary roles of men and women happen in conducting the ritual.

## Conflict of interest

The authors declare no conflict of interest.

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