

Lifestyle Changes in the Anak Dalam Tribe Community in Tanah Tinggi Subdistrict, Bungo Regency, Jambi Province

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ABSTRACT

The aim of this research is to describe the reasons behind lifestyle changes in the Anak Dalam Tribe community in Tanah Grow District, Bungo Regency, Jambi Province. Describe the forms of lifestyle change in the Anak Dalam Tribe community in Tanah Grow District, Bungo Regency, Jambi Province. The research method used is qualitative research. Data was collected through field observations, interviews and documentation. The theory used is the Theory of Social Change according to JL Gillin and JP Gillin (in Soekanto and Budi Sulistyowati, 2015: 261) and the Lifestyle Theory according to Wibowo and Riyadi (in Minarti, 2020: 12). The results of this research show that the background to lifestyle changes in the Anak Dalam Tribe community consists of external factors, namely the natural environment, government and reference groups, as well as internal factors, namely mindset, self-awareness and religion. The form of lifestyle change in the Anak Dalam Tribe community includes four aspects such as clothing, changing clothing from traditional to modern clothing. Residence, change of residence from the forest to a special house. Religion, change of belief from animism to Islam. Education, changes in education from those who did not know formal education to now they have had formal education and know writing.

Keywords: *Change, Lifestyle, Inner Tribe*

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INTRODUCTION

The Anak Dalam Tribe community lives in the forest. The forest is a home and source of life for the Anak Dalam tribe community. They live a very simple life and also depend on nature, where they spend their days in the forest. Their former life was as hunters who had a nomadic lifestyle and lived in groups. The Anak Dalam tribe community is currently experiencing changes in lifestyle starting from clothing, housing, religion and education. In the past, the Anak Dalam Tribe lived in the forest only utilizing the natural resources there, whereas now the Anak Dalam Tribe people have moved to a more decent life in the midst of society. Some people have now turned the forest where the Anak Dalam Tribe people live into oil palm and rubber plantations. So that in the end the Anak Dalam Tribe people saw their lives marginalized and wandered around in residential areas. This results in changes in lifestyle or what is known as lifestyle.

Lifestyle is a pattern of behavior that differentiates an individual or group from others. Lifestyle has the ability to form a unique self-identity for individuals and groups. Through lifestyle, a person can express their values and choices which ultimately shape their identity (Cleopatra, 2015: 169). Lifestyle not only reflects daily behavior, but also the values and choices that make a person or group unique and different. Lifestyle is not only about how a person lives, but also how they express who they are and what they consider important in their life.

The movement from forests to residential areas as well as the conversion of forests into oil palm and rubber plantations forced the Anak Dalam Tribe community to change their lifestyle. They have to adapt the way they dress, where they live, religion, education and how they obtain resources that they previously obtained from the forest. This lifestyle change not only affects physical and cultural aspects, but also has an impact on the social and economic aspects of the Anak Dalam Tribe. They have to adapt to social and formal education. Despite changes in lifestyle, it is important to maintain their values and cultural identity. These changes are not only physical, but also include aspects such as clothing, residence, religion and education, which can also undergo transformation when they interact with outside society.

Based on the description above, researchers are interested in conducting research on lifestyle changes in the Anak Dalam Tribe community in Tanah Grow District, Bungo Regency, Jambi Province. Because the author observed a change in lifestyle in the way of dressing, residence, religion and education. Apart from that, the author wants to describe what is behind the change in lifestyle in the Anak Dalam Tribe community, and what form of lifestyle change occurs in the Anak Dalam Tribe community. The author describes this in this article as "Lifestyle Changes in the Anak Dalam Tribe Community in Tanah Tinggi District, Bungo Regency, Jambi Province".

METHOD

This study used qualitative research methods. The object of this research is lifestyle changes in the Anak Dalam Tribe community in Tanah Grow District, Bungo Regency, Jambi Province. This research was carried out in Tanah Tinggi District, Bungo Regency, Jambi Province. Primary data in this research is data collected directly through research from the first source or the research object itself in Tanah Grow District. Secondary data in this research is data obtained from books, journals, theses and also the results of previous research related to the Anak Dalam tribe community. The next data collection carried out was observation which focused on interviews with informants and taking documentary evidence where the researcher observed and interpreted lifestyle changes in the Anak Dalam Tribe community. Data analysis takes the form of: data collection, data reduction, data presentation and drawing conclusions.

DISCUSSION

A. Background to lifestyle changes in the Anak Dalam Tribe community

1. External Factors

External factors are factors that come from outside, including the government providing housing for the Anak Dalam Tribe community as a condition that needs to be changed which is considered less in line with modern living standards and current developments. Modernizing these settlements by removing them from the forest and providing special housing could be an effort to improve their quality of life, provide better access to services and infrastructure, and reduce dependence on the increasingly limited forest environment.

a. Natural Environment

Even though the Anak Dalam tribe people prefer to live in pristine forests, they were eventually forced to leave this place because of difficulties in meeting their daily needs. This decision is a historic milestone for the Anak Dalam Tribe community, marking a lifestyle change in their lives which are filled with new challenges and hopes. Lifestyle changes can bring certain benefits, such as: increasing access to education, housing, health, confidence and work. This process can give rise to challenges and negative impacts such as: the possibility of a mismatch between the needs and preferences of the Anak Dalam Tribe community and the lifestyle introduced by modernization.

b. Government

The government, in collaboration with institutions such as NGOs and Pundi Sumatra, hopes to help the Anak Dalam Tribe community to interact with outside communities and obtain equal opportunities in accessing education, health and work outside the forest. The government's way of socializing this is an important step in supporting the progress and welfare of the Anak Dalam Tribe community and ensuring that they can live side by side with outside communities. Through socialization, the Anak Dalam Tribe community is slowly accepting change and the invitation to continue a more decent life outside the forest.

c. Religion

As time went by, the Anak Dalam Tribe people experienced changes in their lifestyle after they moved to special houses. They saw that the surrounding community's settlements were neat, comfortable and their clothing was clean and varied. Where previously they had a simple appearance that depended on the natural environment. Now they are starting to be influenced by wanting to have a comfortable, clean house and experience a better life. With the existence of a reference group, the Anak Dalam Tribe community experiences a change in lifestyle which they emulate to the surrounding community which causes changes in their lives.

2. external factors

Internal factors is a factor that originates from within the Anak Dalam Tribe community itself. As time goes by, thought patterns also become the cause of lifestyle changes. As for what influences internal factors, namely the mindset, self-awareness

and religion that occur within the Anak Dalam Tribe community in Tanah Tinggi District, specifically in Bukit Kemang Village.

a. Mindset

Lifestyle changes in the Anak Dalam Tribe community can be influenced by internal factors in the form of thought patterns or knowledge. Initially, the Anak Dalam tribe lived nomadic lives in forest areas. The inner tribe really avoids outside society so their lives are very closed to technology, that's why they live in the forest. They do not need to look for food outside the forest, because in the forest various sources of life are available. Due to the clearing of forests to make way for palm oil and rubber, the Anak Dalam Tribe community has to look for food outside the forest and communicate with people outside the forest to get basic food. So gradually they began to think about settling down and farming permanently to fulfill their basic needs, thus making their thinking change to be more advanced.

b. Self-awareness

Changes in lifestyle can be influenced by internal factors in the form of self-awareness, the Anak Dalam Tribe community realizes that moving outside is one of the incentives to continue living a more decent life. Because aspects of their life are easier to obtain, they live a more modern and developed life.

c. Religion

Lifestyle changes that occurred in the Anak Dalam Tribe community in the past, they performed religious rituals before hunting, but after adopting Islam they stopped carrying out these rituals. Apart from that, changes in needs and social conditions occur along with the change from traditional to modern life. A more modern lifestyle and the practice of buying food at the market changed the way the Anak Dalam Tribe people met their daily needs, causing ritual practices before hunting to become less necessary in their new life. Through changes in lifestyle from religion, they realized that they did not need to practice hunting because they already bought food from the market.

B. Forms of Lifestyle Change in the Anak Dalam Tribe Community

1. Clothes

In the past, simple traditional clothing such as loincloths for men and sarongs for women were an important part of their cultural identity. However, now the people of the Anak Dalam tribe are increasingly switching to modern clothing such as shirts, trousers, skirts and sandals which are commonly used in wider society.

2. Residence

In the past, traditional houses of the Anak Dalam tribe were built simply but full of meaning. The roof of their house is made of black tarpaulin which protects it from rain and hot sun, while the walls of the house are not used, only using small pieces of wood as support. Currently, the place where the Anak Dalam Tribe people live has undergone various changes in line with the times and the socialization carried out by the government. The government

provided 50 housing units for the Anak Dalam Tribe community. Each house provided is equipped with facilities consisting of 1 bedroom, 1 bathroom, family room and kitchen. They live in settlements equipped with modern facilities such as clean water, electricity and access to health and education services.

3. Religion

The Anak Dalam tribe maintains a close spiritual connection with nature and the supernatural entities that surround their existence. Worship of ancestral spirits, certain animals, and natural elements such as trees and rivers. Along with living in a more structured place, some community members choose to embrace Islam brought by the mosque imam and the local Religious Affairs Office (KUA). Mosque imams and KUA provide the necessary guidance and support to help the Anak Dalam Tribe community understand Islamic teachings and practice them in everyday life.

4. Education

The Anak Dalam tribe learns through knowledge passed on by their parents in the forest. This learning process is more oral and traditional, where knowledge and narratives are passed down from generation to generation through stories and experiences told directly. The role of the government along with NGOs and the Sumatran fund is creating a scholarship partnership program for the children of the Anak Dalam Tribe to obtain education both formally and informally. This program aims to foster interest in reading and provide an overview to them regarding the establishment of a "Pustaka Alam" reading park at the location. their settlement. This program is carried out every Sunday, volunteers accompany them in their studies.

CONCLUSION

Based on the research results that have been presented, it can be concluded that there are communities in the Anak Dalam tribe that have experienced changes over time. The background to lifestyle changes in the Anak Dalam Tribe community is that there are two factors, namely external factors in the form of the natural environment. Previously, the Anak Dalam Tribe community was accustomed to the natural environment, now they have moved to a new environment in special houses. The government is promoting a more decent life outside the forest. Reference groups, local people who change their lives and lifestyles. Internal factors in the form of mindset, through socialization and education make mindsets change. Self-awareness, they realize that life outside the forest motivates them to move forward. Religion, they have abandoned the religious practices of animism and now moved to the teachings of Islam.

There are four forms of lifestyle changes in the Anak Dalam Tribe community, namely 1) clothing, previously in the Anak Dalam Tribe community, men wore loincloths while women wore cloth tied up to their chests. At this time they are already wearing clothes such as shirts, trousers, skirts and sandals. 2) residence, previously the residences of the Anak Dalam Tribe community were made from natural materials from the forest, now they have made special housing settlements. 3) religion, previously

their religion was animism, but now they are Muslim. 4) education, previously the Anak Dalam Tribe people did not know how to write and read, now they are educated.

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