

TABAK SIKOWAH RAA TIBYO KIYAM

*SMOKING
IS DANGEROUS TO YOUR
HEALTH*



**MEROKOK BERBAHAYA
BAGI KESEHATAN**

Bahasa Mai Brat
Bahasa Inggris
Bahasa Indonesia

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IS DANGEROUS TO YOUR
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Smoking is Dangerous to Your Health

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**Merokok Berbahaya Bagi Kesehatan:
Teks dalam bahasa Mai Brat di provinsi Papua**

**Smoking is Dangerous to Your Health:
Main text in the Mai Brat language of Papua, Indonesia**

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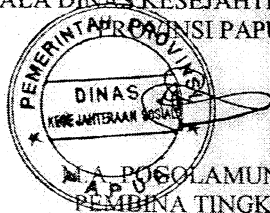
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Pada kesempatan yang berbahagia ini, saya atas nama rakyat Papua, maupun pemerintah Papua menyampaikan penghargaan dan terima kasih yang setinggi-tingginya semoga Allah selalu melindungi saudara dalam mewujudkan cinta kasih kepada rakyatku yang berada dalam kesederhanaan.

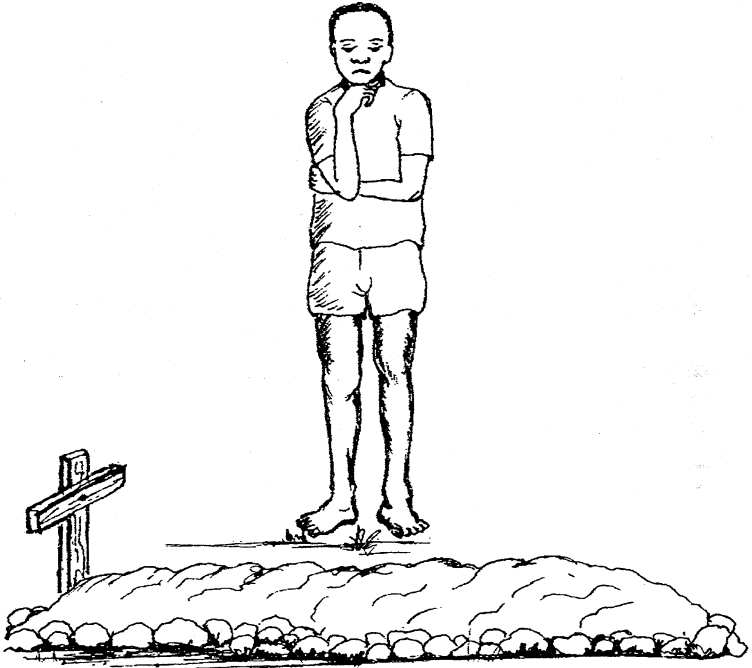
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KEPALA DINAS KESEJAHTERAAN SOSIAL
Pemerintah Provinsi Papua

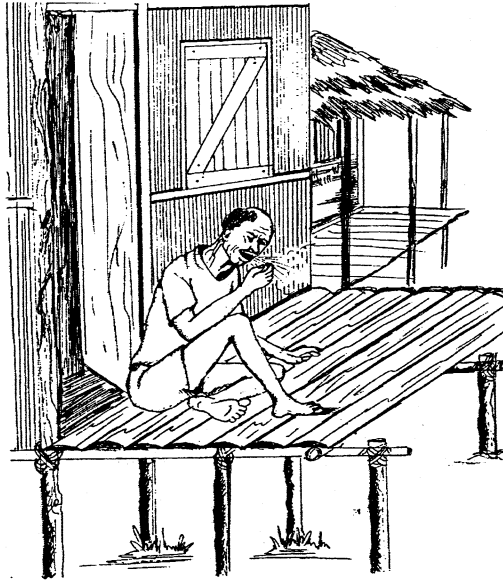


A. PUGOLAMUN, Bsw
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Markus yaja tiwya kiyam hayah ooh-
oh. lis ait yhai tna Maukus sraujin toni.



*Markus was very sad. They had just buried his father.
His father had been sick for many years. This is the story of
what happened to Markus' father.*



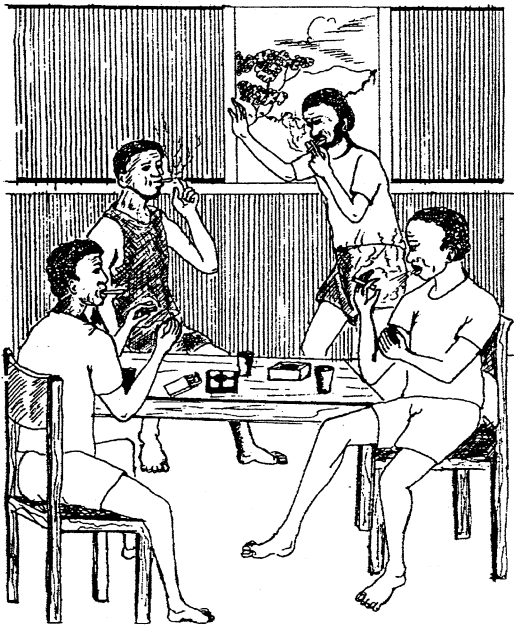
Markus yaja ysair kiyam maban *tahun* saa ro wia bo feto firwas oh. Tii yaja kiyam hayah myo toni tna me mnem fee ye. Tinyi rau to, *mantri* ynaut yawe *infeksi* mno re ait hayah. Tna *mantri* yoo obat yee yiya tna fo marak. Menohe ti baro fooh sai me mrer uu.

His father's sickness seemed to start about 10 years ago. He had a cough that would not go away. At first the health worker thought it was caused by an infection and gave him some medicine which helped him, but soon he was coughing again.

Mhau masno snyi o, *tahun* bo feto tna hayah reto samyoh miwer. Soh ait yayo yafos to, yafos mfrok mammo moof kaket fee ye. Wore wo mti tna wasi maun mam amah to, hayah reto mrok msai renti. Markus wase bo bawya ro misti yaja kiyam feto.

As time went on his coughing grew worse. Sometimes he could not breathe very well and a whistling (wheezing) sound could be heard when he breathed. It was especially bad at night when there was smoke from the fire in the house. Markus wondered why his father had this sickness.

Raa sme ro mhau mam remo rait reto
ja ngsoh miya *tabak* beta. Ana mnaut
mawe miya *tabak* to, bo ro ati syok oh.
Tna fnya taro ja miya *tabak* ye. Markus
yhar yawe mam remo makin taro to, fnya
msya raa sme mawat miya *tabak* ye.



All the men in the village liked to smoke cigarettes. They thought that this was an important and good thing for a man to do. Sometimes some of the women would smoke too. Markus knew that in some places almost all of the women and the men smoked.

Tii Markus ysa yaja mbewok ngksoh
miya *tabak*. *Tabak* mno ana metsu ngksoh.
Tahun baro firwas tna Markus yaja kiyam.
Tibyو ja yiya *tabak* uu yoyo fee.



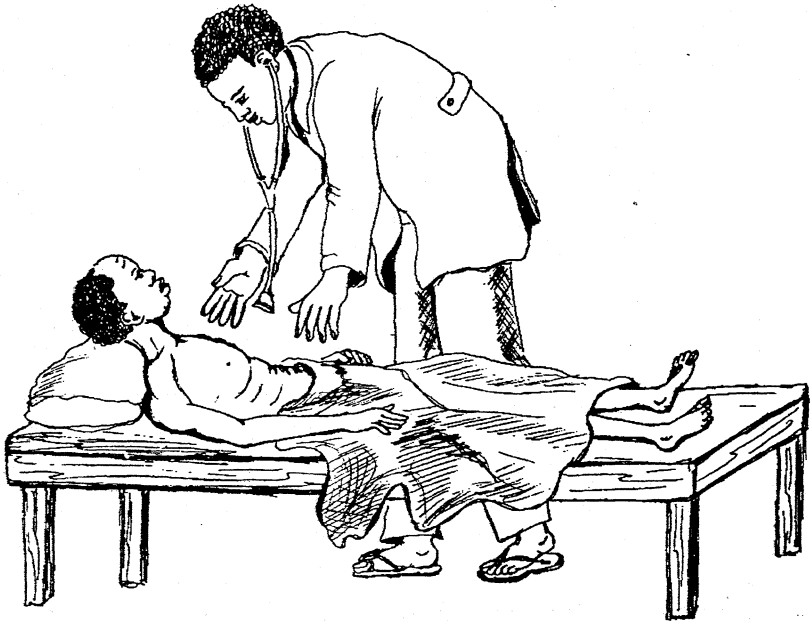
Markus and his father used to smoke a lot, because it made them feel less nervous and they liked to do it, but as his father grew sicker and weaker he could not smoke as much.

Ati sau fo *mantri* sait ro ybam *Kantor Kesehatan* yama't remo rana. Ait ytu raa sme beta mama siret su tna ait ykyas bo k'ana. Yawe *dokter* sor mawe soh raa miya tabak to, kbe kiyam. *Tabak* fo mno raa hayah tna kiyam ye, mfi Markus yaja to. Bo ro *mantri* ygyas refo raa mawe mabo fee. Menohe Markus ye ynaut bo refo ye. Tna ait ymat raa ro remo rana taro sor ro ja miya *tabak* mi, ja hayah ye. Yawe, "Ae, bo refo mabo tu oh."



One day a man came to their village from the health department. He gathered all the men together. He told them that doctors had examined lots of people who smoked. They discovered that people who smoked were not healthy. People who smoked would cough and would have difficulty breathing. They would be sick, like Markus' father had been sick. This was hard to believe, but as Markus thought about it and looked around at his friends, he realized it was true. Many of his friends were coughing too just like his father had done before he died.

Markus ynaut yawe *tahun* ro wia to,
yaja kiyam: Yetsu rowe tna yamo fee ye.
Yait boit kaket fee ye. Tibyo yetsu mroh
toni. Hayah mrok msai renti tna soh hayah
to hayah nsrioh mees ye.



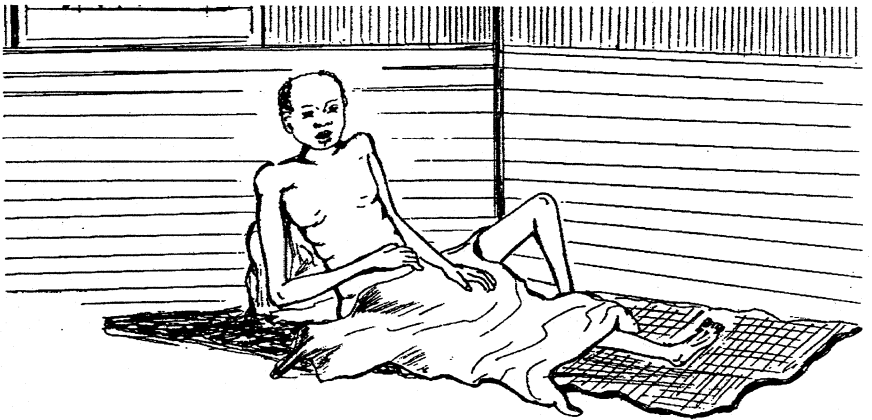
Markus remembered that after several months of coughing and having difficulty breathing, his father had gotten so weak he could not walk around. He was losing weight and did not want to eat anymore. His cough was very bad and sometimes he would cough up blood.

Yaja kiyam samyoh tna yme mtu *mantri* yama. *Mantri* yama ymat sas yaja tna yawe k'raa wana yawe ana maja kiyam *kangker* mam yaatmato. *Mantri* yawe *tabak* ro yiya reto to, mno re ait kiyam to. Tna ynaut yawe kbe ait yhau kait fee. Kbe yhai fooh sai.

The health worker came to see him and after he talked to him and examined him, he told his family that their father had cancer in his lungs. He said this cancer was caused by smoking and that probably he would die soon because of this disease.

Mantri yawe wasi ro tabak mrat yaatmato tibyo mrok mkair. Tna mno re kbe yaja yhai.

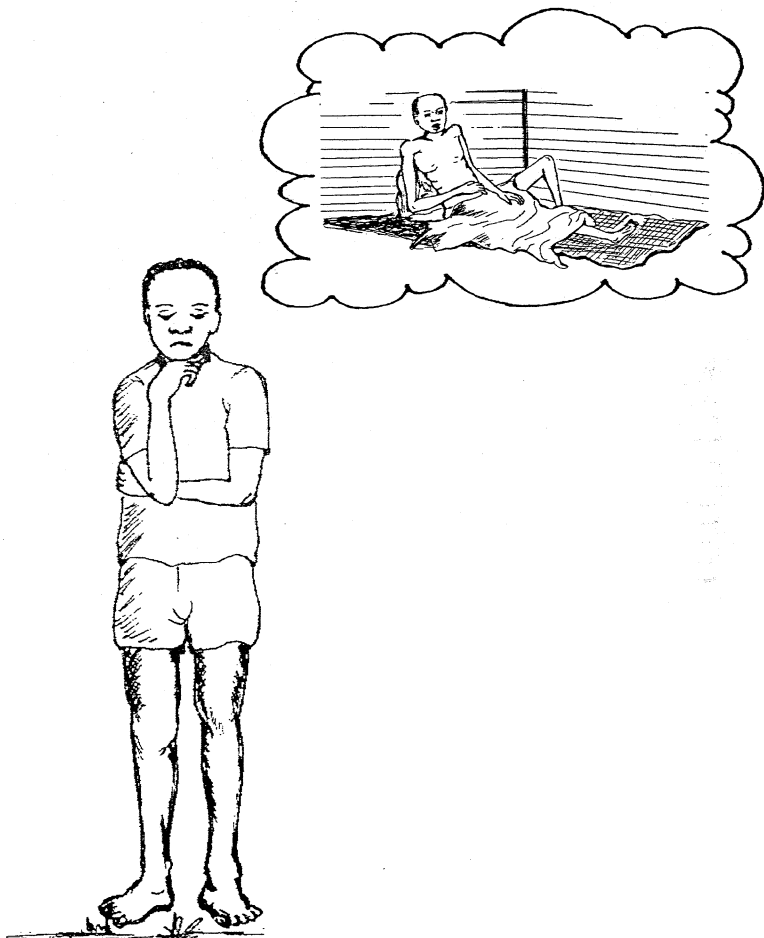
Snyi baro firwas tna Markus yaja yrok hooh msai renti. Ait ymat he yaja yham toni tna waa. Tna fo Markus yaja yhai. Bo reto mno Markus yrok sraujin toni. Tibyo yawe ait waa bo meen yafa bo mfi yaja bo feto ye.



The health worker explained that the smoke coats the inside of the lungs and soon people cannot breathe well and will die.

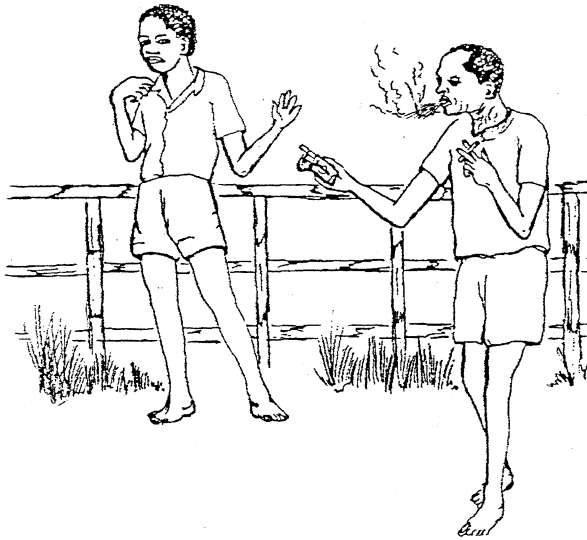
Finally after a few more months, Markus' father was unable to breathe. He had a terrified look on his face and then he died. It was very sad and Markus did not want to die like that.

Markus ynaut bo weto, tna yawe ait
bitsre *tabak* yiya ye.



Markus decided to try to stop smoking.

Yhau *tabak* yiya to, bo ro mnan-nan fee.
Soh raa moo *tabak* mee k'ait to, ait hawe bo yoo
ye. Tna soh ait yamo't *kios* to, yoo *tabak* fee ye.
Ait yasmasu tna srau oot-oot yawe ye yiya *tabak*
uu sai, menohe mfe: Ait beroh yuut bait sai,
yawe bitsre *tabak* yiya bait oh.



It was not easy, but he refused cigarettes that were offered to him. Whenever Markus went to the shop he would not buy any cigarettes. He felt nervous and sweaty sometimes but he wanted to persevere. He really wanted to stop smoking. He stopped smoking and didn't start smoking again.

Markus yfain au ngksoh toni. Markus ybo pitis to, ye yoo *tabak* uu fee oh. Ana mnaut mawe mbo pitis to, moo bo ro ati mfi boit o ratan bo fetu, mkah bo ana beta mhaf mse su ye.



Markus' wife was happy about this because now Markus was not spending all his money on cigarettes. They used this money for buying things that were more important for their family.

Markus yitsre tabak ro yiya. Tinyi rau to, ait tetet tna yhai *tabak* yhai.

Hari Minggu baro mfirmas tna Markus yhaf miyo yawe ye yiya uu fee. Ait yhar yawe *tabak* kro misoh mno bo ro ait yasmusu to fee. Menohe *tabak* sikowah ait yato rait renti.

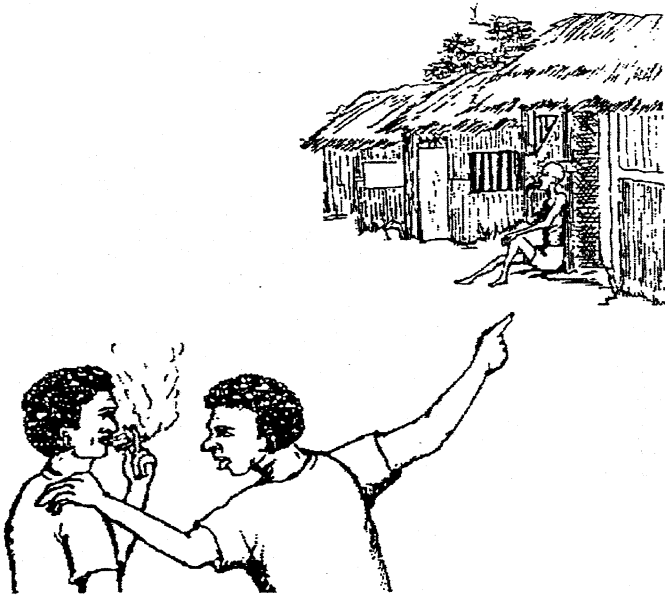
Mfo refo to ait yari yhaf ro mham to marak oh. Tna ait yasoh mkair uu fee tna sohman bo to, yari mafah uu ye oh.



After a few weeks Markus found that he was less nervous and shaky than when he first quit smoking. He realized that maybe the cigarettes had not helped calm him after all, but instead they had made him more nervous.

Now his stomach felt better and he did not have the burning feeling like he had had before. He could taste his food better and his mouth did not feel fuzzy and dirty all the time.

Markus ngksoh toni. Tna ykyas
k'yafoh na sor ye, yawe ana miya tabak
ma, mbitsre makus too.



Markus was pleased. He told his friends about the good changes in his body since he quit smoking, and wanted to encourage other people to stop smoking. He wanted to help them.

Markus yafoh rait Lukas ja ksoh *tabak* yiya mam amah rait ye. Tibyo ku wait mabo ewok fo ja mhau kiyam hayah, msya smos yoyo sai. Lukas wase yawe ja raa miya *tabak* to, mno kukek wana msya raa roto bo kiyam saah fee. Lukas ykyas bo ysya Markus, tna ait bitsre *tabak* yiya. Tna mno yetsu rait mrok moof toni msya ku wait beta. Ana me hayah o smos bo kaket uu fee ye.

His friend, Lukas, smoked a lot especially inside his house. He had two children and they were always sick. They had coughs and runny noses all the time. Lukas didn't know that his smoking affected his children, but it did. After talking to Markus, Lukas stopped smoking, and when he did, he felt better and so did his children. They did not cough and have runny noses as often as before and they didn't have to take as much medicine.

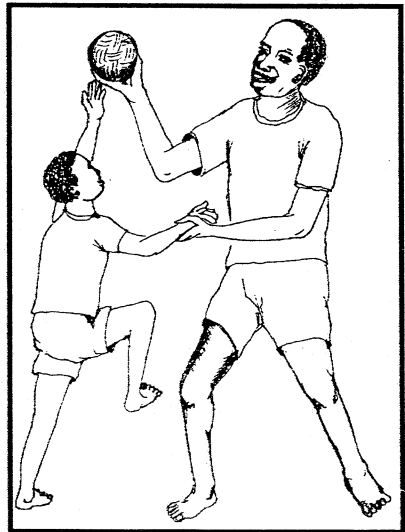


Mkair

Bad

Moof

Good



Lukas yfain tiwia miya *tabak* ye. Tna ati ro au mhaf ku ro tis to, au mamomo k'*mantri*. *Mantri* ymat he Lukas yfain miya *tabak* tna yawe, "Niya *tabak* ma! Mbitsre *tabak* niya rof. Soh niya *tabak* to, kbe mno nyo kiyam, tna ku ro nhaf to, kbe yetsu moof kaket fee ye." Ati ro au mhar mawe miya *tabak* to, kbe mno ku ro yhau k'au mhaf mato, kbe mkair to, au mbitsre tna me miya *tabak* uu fee.



Lukas' wife used to smoke too. When she was pregnant with her last child she visited the health worker. He saw her smoking and told her smoking was harmful for her and the baby. The baby was not growing inside her as fast as it should and he said that smoking was keeping the baby small. When she realized her smoking was harming the baby she stopped and never started again.

Lukas yari bo ro *mantri* ykyas k'yfain
tna ymat bo yfain mbitsre *tabak* miya.
Tibyو metsu mrok moof. Tna ana mbewok
ngksoh mawe ana mitsre *tabak* miya to.

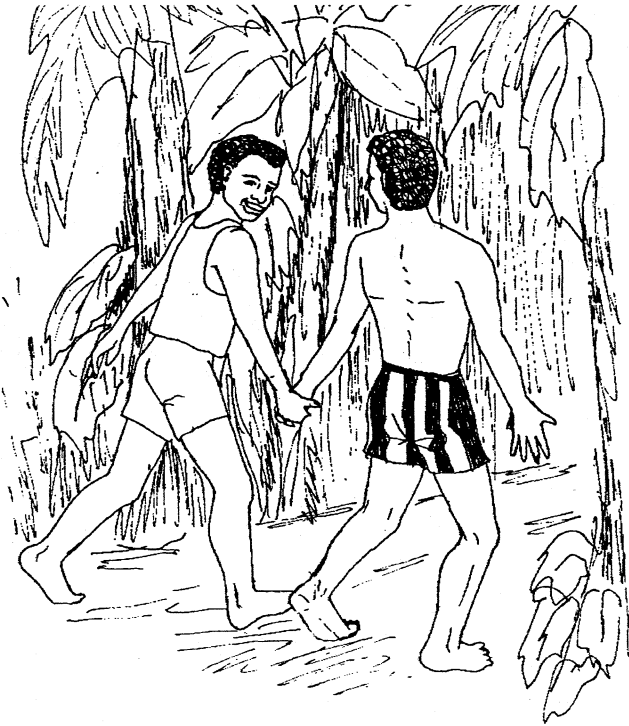


Lukas was happy his wife stopped smoking when he saw that she was healthier and when she told him what the health worker told her about the baby. She was happy when Lukas stopped too.

Markus ysa Lukas bitsre *tabak* to, bo ro mna-nan fee. Mhar mawe soh raa bitsre *tabak* miya to, bo ro samyoh. Raa mberoh sai tna kakat ana to saah. Ati ro ana mawe me oot-oot miya *tabak* uu to, ana mkyas bo su re miya *tabak* uu yi ma. Tna ana murmur mno bo afo re kbe ana hre baas tna mnaut bo miya *tabak* fee. *Hari minggu* baro firwas tna ana me mnaut bo miya *tabak* uu fee.

It was not easy for Markus and Lukas to stop smoking. Many times they wanted to start again. But they encouraged each other and didn't smoke even one cigarette. They tried not to think about smoking and kept busy with other activities. After a long time they didn't want to smoke anymore.

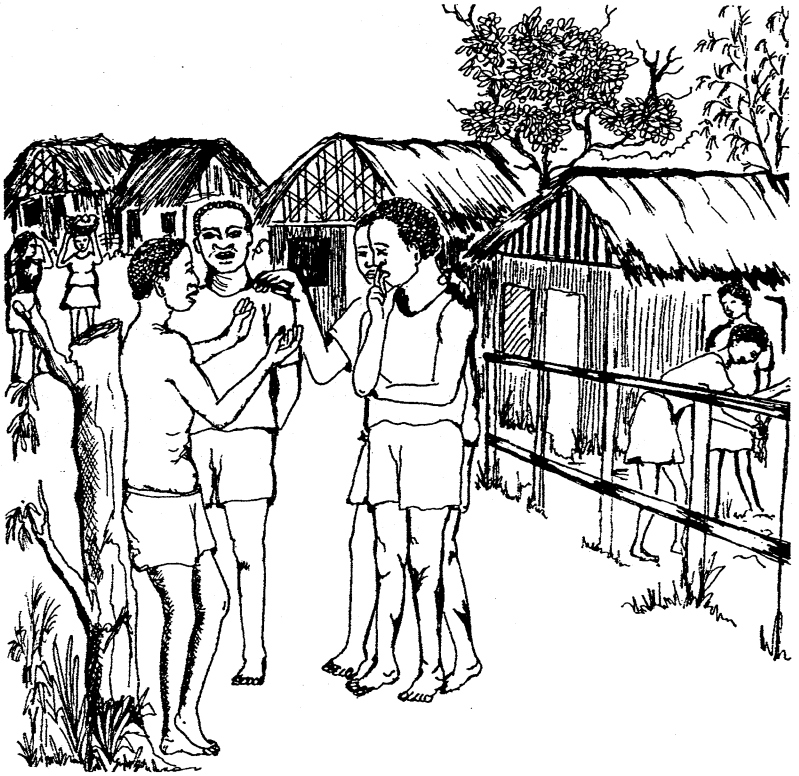
Tna Markus safo ykyas k'raa taro yawe ana micre *tabak* miya ye. Raa mabo baro mari bo ro ait yawe. Mfo refo ana mhar oh mawe miya *tabak* to, kbe mno raa kiyam. Tna wasi ro *tabak* kbe mno ku wana kiyam ye.



Markus kept trying to help other people to stop smoking and a few listened to him. They now knew that smoking was not good for their health and that it was making them and their children sick.

Tis rau to, raa ro mhau mam remo rait to, mawat mitsre *tabak* miya. Mitsre tna metsu wana mrok moof. Tibyo ana mkah bo wana kaket. Tna ati ro mammo iso ro miyo toni bo to, ana hooch o harowio bo fee ye. Mfo refo ana msya kukek wana me kiyam mfi tiwia tnye to fee ye. Ana micre *tabak* to, ngsoh toni.

All of the people in the village who stopped smoking were healthier. They did not get sick as often as before, and they noticed that they could work harder, and walk faster and farther without getting tired so quickly. They noticed their children were healthier. They were glad they had decided to stop smoking.



MEROKOK BERBAHAYA BAGI KESEHATAN

- Hal 1 Markus sangat sedih. Mereka baru saja mengubur ayahnya. Ayahnya telah sakit selama beberapa tahun. Cerita yang berikut mengisahkan tentang apa yang terjadi pada diri ayah Markus.
- Hal 2 Penyakit ayahnya berawal kira-kira sepuluh tahun yang lalu. Ayahnya menderita batuk yang tidak sembuh-sembuh. Pada awalnya mantri mengira bahwa batuknya disebabkan oleh infeksi dan memberinya obat, tetapi tidak lama kemudian ayahnya mulai batuk lagi. Batuknya semakin parah. Kadang-kadang dia tidak dapat bernafas dengan baik dan nafasnya tersengal-sengal. Pada malam hari batuknya lebih parah apabila ada asap dari api dalam rumah. Markus ingin tahu mengapa ayahnya menderita penyakit ini.
- Hal 4 Semua pria di kampung senang merokok. Mereka berpikir bahwa merokok adalah sesuatu yang penting dan baik bagi seorang pria. Kadang-kadang ada juga wanita yang merokok. Markus tahu bahwa di beberapa tempat hampir semua wanita dan pria merokok.
- Hal 5 Markus dan ayahnya dulu biasanya banyak merokok karena dengan merokok mereka merasa tenang. Mereka senang merokok, tetapi karena ayahnya semakin lama semakin sakit dan lemah dia tidak dapat merokok banyak seperti dahulu.
- Hal 6 Pada suatu hari seorang petugas dari Departemen Kesehatan mengunjungi kampung mereka. Dia mengumpulkan semua kaum pria. Dia memberitahukan mereka bahwa para dokter telah memeriksa sejumlah besar perokok. Hasil pemeriksaan mereka menunjukkan bahwa para perokok adalah orang yang tidak sehat. Hal ini sulit dipercaya, tetapi Markus mulai berfikir tentang hal ini dan waktu melihat teman-temannya sekelilingnya dia sadar bahwa hal ini benar karena banyak dari teman-temannya juga batuk seperti ayahnya sebelum meninggal.

- Hal 8 Markus ingat bahwa selama beberapa bulan ayahnya batuk-batuk dan nafasnya tersengal-sengal dan akhirnya dia bertambah lemah dan tidak dapat berjalan. Berat badannya turun dan dia tidak ingin makan. Batuknya sangat parah dan kadang-kadang batuknya ada darah. Mantri datang untuk memeriksa ayah Markus dan kemudian memberitahukan keluarganya bahwa ayah mereka menderita kanker paru-paru. Dia mengatakan bahwa kanker ini disebabkan oleh rokok dan kemungkinan dia akan meninggal dalam waktu dekat karena penyakit ini.
- Hal 10 Mantri menjelaskan hal ini terjadi oleh karena asap menyebabkan adanya lapisan pada bagian dalam paru-paru dan tidak lama kemudian mereka yang menderita gejala-gejala seperti ini tidak dapat bernafas dengan baik dan akan meninggal. Setelah beberapa bulan ayah Markus tidak dapat bernafas. Wajahnya ketakutan, kemudian dia meninggal. Kejadian ini sangat menyedihkan dan Markus tidak ingin meninggal seperti itu.
- Hal 11 Markus memutuskan untuk mencoba berhenti merokok.
- Hal 12 Hal ini tidak mudah, tetapi Markus menolak rokok jika ditawarkannya, dan menolak menanam tembakau dekat rumahnya. Apabila ke kios, dia tidak membeli rokok. Dia merasa gelisah dan kadang-kadang berkeringat tetapi dia bertahan dan dia betul-betul ingin berhenti merokok. Dia berhenti merokok dan tidak merokok lagi.
- Hal 13 Isterinya senang karena Markus tidak menghabiskan uangnya untuk membeli rokok. Mereka menggunakan uang itu untuk membeli hal-hal lain yang penting dan lebih bermanfaat bagi keluarga mereka.
- Hal 14 Setelah beberapa minggu, Markus merasa tidak gelisah atau gemetar seperti pada waktu dia baru berhenti merokok. Dia menyadari bahwa mungkin rokok tidak membantu menenangkan dirinya, tetapi justru membuatnya merasa lebih gelisah. Sekarang perutnya terasa lebih baik dan tidak ada rasa sakit lagi seperti dulu. Dia dapat merasa makanan dan mulutnya tidak terasa aneh dan kotor.

Hal 15 Markus senang. Dia memberitahukan teman-temannya tentang perubahan yang terjadi dalam tubuhnya sejak dia berhenti merokok, dan dia mau mengajak orang lain agar mereka berhenti merokok. Dia ingin membantu mereka.

16-17 Temannya yang bernama Lukas juga banyak merokok. Khususnya di dalam rumahnya. Kedua anaknya sering sakit. Mereka selalu batuk dan beringus. Lukas tidak tahu kalau kebiasaan merokoknya mempengaruhi kesehatan anak-anaknya. Setelah berbicara dengan markus, Lukas berhenti merokok dan pada waktu dia berhenti dia merasa lebih sehat dan anak-anaknya juga demikian.. Mereka tidak sering batuk-batuk atau beringus seperti dulu. Mereka tidak perlu lagi meminum banyak obat.

Tidak Baik

Baik

Hal 18 Istrinya Lukas dulu merokok juga. Pada waktu dia sedang mengandung anaknya yang bungsu dia periksa ke mantri. Mantri melihat dia merokok dan berkata kepadanya bahwa rokok itu berbahaya bagi kesehatan ibu dan bayi. Bayi dalam kandungannya tidak bertumbuh seperti normal. Mantri mengatakan bahwa merokok mengakibatkan bayinya tetap kecil. Istri Lukas menyadari bahwa merokok itu berbahaya bagi bayiinya. Dia berhenti merokok dan tidak merokok lagi.

Hal 19 Lukas juga senang bahwa isterinya telah berhenti merokok dan dia melihat sekarang isterinya kelihatan lebih sehat. Lukas senang ketika isterinya memberitahukan apa yang telah dikatakan mantri kepadanya mengenai bahaya rokok bagi bayi mereka. Dia senang pada waktu Lukas juga berhenti merokok.

Hal 20-21 Tidak mudah bagi Markus dan Lukas untuk berhenti merokok. Banyak kali mereka ingin mulai merokok lagi. Tetapi, mereka saling mengingatkan dan saling mendorong dan tidak merokok sebatangpun. Mereka mencoba untuk tidak

berfikir tentang merokok. Sesudah waktu yang lama, mereka tidak ingin merokok lagi. Markus mencoba menolong orang lain agar mereka dapat berhenti merokok, tetapi hanya beberapa orang yang menghiraukannya. Sekarang mereka tahu bahwa merokok itu tidak baik bagi kesehatan mereka, dan membuat mereka sakit di dalam. Mereka belajar bahwa untuk berhenti merokok seseorang harus mampu.

Hal 22-23 Semua orang di kampung mereka yang telah berhenti merokok lebih sehat, dan mereka tidak lagi sering sakit seperti dulu, mereka dapat bekerja dengan lebih keras, berjalan dengan lebih cepat dan lebih jauh dan tidak cepat capek. Mereka melihat bahwa anak-anak mereka kelihatan lebih sehat. Mereka senang karena mereka telah berhenti merokok.