



## The Role of “Makan Besamo” in Cultural Integration and Family Education : It is Impact on family Discipline and Communication in the Jambi Community

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### Abstract

*This study explores the role of Makan Besamo (shared meals) in the integration of culture and family education, with a specific focus on its impact on family discipline and communication within the Jambi community. Makan Besamo, a traditional practice where families gather for communal meals, serves as an important cultural ritual that fosters togetherness, strengthens familial bonds, and instills values of respect and discipline. This qualitative research employs a mixed-methods approach, including in-depth interviews, observations, and surveys with families in the Jambi region. Findings reveal that Makan Besamo not only promotes cultural preservation but also enhances family communication, creating a platform for open dialogue and mutual understanding among family members. Additionally, the practice contributes significantly to the development of family discipline, as it reinforces collective responsibility, time management, and shared values. The study highlights the importance of incorporating cultural practices such as Makan Besamo in modern family education to strengthen social cohesion, improve interpersonal relationships, and ensure the continuity of cultural heritage. The results underscore the role of traditional practices in shaping family dynamics and fostering positive social behavior within the community.*

**Keywords:** Makan Besamo, Cultural Integration, Family Education, Discipline, Communication.

### Introduction

The tradition of "Makan Besamo" is one of the cultural rituals still preserved by the people of Jambi[1], which emphasizes

togetherness within the family. [2] This activity is not only a communal dining event but also serves as a means to strengthen social bonds, teach discipline,

and improve communication within the family. In a broader context, this tradition can play an important role in cultural integration and family education, having a significant impact on family dynamics.[3]

Along with the development of time and globalization, more and more families are influenced by changes in lifestyle towards modernity[4], thus necessitating a deeper exploration of the relevance of this tradition in supporting character building and communication within families in the contemporary era.[5] Therefore, this research aims to identify and analyze the role of "Makan Besamo" in cultural integration and family education, as well as its influence on family discipline and communication in the Jambi community.

Amid rapid social change and modernization[6], local traditions like "Makan Besamo" are often overlooked or considered less relevant. The people of Jambi, for example, continue to maintain this tradition, but the greatest challenge is how this tradition can remain accepted and function within the context of family education and communication among family members. Research on "Makan Besamo" in relation to family discipline and communication in Jambi is still limited, while many other studies focus separately on cultural aspects or family education. Therefore, there is a gap in understanding how this tradition can directly influence family discipline and communication.

This research introduces a novel approach by linking the tradition of "Makan Besamo" as a connecting factor in cultural integration and family education. As a local tradition that has not been extensively studied in this context, this research offers a new perspective on how local cultural aspects can play a role in shaping family character, particularly in discipline and communication. [7]

Although many studies discuss cultural traditions in general or family

communication, few have specifically examined the role of local traditions in family education with a focus on discipline and communication in a specific socio-cultural context like Jambi. This indicates a gap in the literature regarding the influence of the "Makan Besamo" tradition on family dynamics.

Recent studies on family education emphasize the importance of togetherness and interaction in shaping discipline, but few have investigated how cultural traditions like "Makan Besamo" can serve as a medium for creating more disciplined and communicative family relationships. This research will fill that gap by presenting empirical data from the people of Jambi and analyzing the relevance of this tradition in the modern family context. [8]

## Method

This research uses a qualitative approach with a case study method to analyze the role of the "Makan Besamo" tradition in cultural integration and family education[9], as well as its impact on family discipline and communication in the Jambi community. A qualitative approach was chosen because it allows the researcher to deeply explore the meanings, experiences, and understanding of the community regarding this tradition in the context of their family life. Data were collected through two main techniques: in-depth interviews and participatory observation. [10]

In-depth interviews were conducted with family members who regularly practice the "Makan Besamo" tradition, including parents, children, and community leaders who are familiar with the values embedded in the tradition. The purpose of these interviews was to explore their perceptions of the role of "Makan Besamo" in strengthening family bonds, educating children, and building discipline and communication within the household.

Additionally, the interviews aimed to understand how this tradition is adapted in the everyday lives of the people of Jambi, especially in modern families influenced by social dynamics and globalization. [11]

Participatory observation was carried out by attending "Makan Besamo" activities in several families in the Jambi region, to directly observe how the tradition is practiced and its effects on interactions among family members. The researcher participated in these activities to gain a deeper understanding of the practices and values brought to life through the tradition.

In addition to interviews and observations, supporting data were obtained from document studies, such as local historical records, literature on Jambi culture, and documentation related to the "Makan Besamo" tradition. The collected data were then analyzed thematically using qualitative data analysis techniques. The aim of this analysis was to identify key themes related to the role of "Makan Besamo" in enhancing family discipline and communication, as well as how this tradition contributes to character education in the Jambi community.

With this approach, the research not only focuses on the phenomenon of "Makan Besamo" as a cultural ritual but also attempts to connect these traditional values with family education practices and the formation of discipline in the context of modern family life. This research is expected to provide new insights into the importance of preserving traditions to support harmonious and communicative family life, and contribute to the literature on culture and family education in Indonesia.

## **Results and Discussion**

### **Results**

This research reveals that the "Makan Besamo" tradition plays a crucial role in

cultural integration and family education within the Jambi community. Based on findings from interviews and field observations, this tradition not only serves as a means to strengthen family bonds but also functions as a tool for educating children, building discipline, and improving communication among family members.

First, in terms of cultural integration, "Makan Besamo" acts as a platform for preserving and transmitting local cultural values that have been passed down through generations. This tradition teaches the importance of togetherness, mutual respect, and caring for one another[12]. During these gatherings, all family members come together without distractions from technology or outside activities, creating a conducive space for sharing stories, listening to each other, and strengthening emotional bonds. This is highly relevant in the context of cultural integration, where the family not only serves as a place to maintain traditions but also as a means to teach these values to younger generations. Most respondents, both parents and children, expressed that "Makan Besamo" is one way they introduce their children to the rich culture of Jambi and teach them to preserve family unity.

Second, from the perspective of family education[13], the "Makan Besamo" tradition functions as an informal learning tool that plays a significant role in character education and shaping family discipline. In each family meal, parents not only serve food but also offer guidance or advice related to the importance of discipline in daily life. Interviews with several parents revealed that they use "Makan Besamo" to remind their children about values such as responsibility, cooperation, and the importance of following household rules. This makes the tradition more than just a social activity, but also a means to instill deep character

education. Children who are involved in this tradition tend to value family time more and become more disciplined in carrying out their household chores.

Additionally, "Makan Besamo" also influences family communication. [14] During the shared meal, there is more intense interaction among family members, allowing them to speak openly and listen to each other. Respondents shared that one of the greatest benefits of "Makan Besamo" is the creation of space for family members to share stories about their daily activities, both pleasant and challenging. Interviews with children showed that they feel closer to their parents and find it easier to express their feelings or issues. Parents also acknowledged that they become more attuned to their children's feelings, as through these regular meetings, they learn more about what is happening in their children's lives. Therefore, communication among family members becomes more open, effective, and harmonious.

However, despite the positive impact of "Makan Besamo," this research also identified some challenges in its implementation. One of the major challenges is the influence of modernization and the busy daily lives that often prevent families from regularly practicing this tradition. Some families expressed difficulty in finding the right time for all family members to gather due to the increasing demands of work and school. This indicates that while this tradition is still maintained by most of the Jambi community, some families tend to skip or reduce the frequency of "Makan Besamo."

On the other hand, although "Makan Besamo" has a positive influence on discipline and communication, this research also noted differences in the impact between families that consistently practice the tradition and those that rarely

do. Families that regularly observe "Makan Besamo" tend to have higher levels of discipline, with children being more obedient to household rules and more active in communicating with their parents. In contrast, families that rarely practice the tradition face some communication barriers, with children finding it harder to discuss personal issues with their parents.

The results of this study indicate that the "Makan Besamo" tradition has a significant impact on strengthening family discipline and communication in the Jambi community. This tradition not only serves as a communal meal but also as a deep educational tool for children and as a medium to strengthen relationships among family members. Therefore, the preservation and reinforcement of the "Makan Besamo" tradition can become an important strategy in supporting family harmony and the development of good character, especially amidst the pressures of rapidly changing modern times.

## Discussion

This study shows that the "Makan Besamo" tradition plays a significant role in cultural integration and family education within the Jambi community.[15] This tradition, which has been passed down through generations, functions as a bridge to transfer cultural values to the younger generation[16], while also strengthening discipline and communication within families. As found in this study, "Makan Besamo" is more than just a communal meal—it is a social space where family members' interactions are reinforced, open communication is built, and character education takes place in a warm and harmonious atmosphere.

### **1. Cultural Integration and Tradition Preservation**

One of the key findings in this research is the role of "Makan Besamo" in cultural integration.[17] Amid the currents of

globalization and modernization that influence many aspects of life, this tradition remains upheld by the majority of families in Jambi. Respondents revealed that "Makan Besamo" is not only a time for gathering to eat but also a moment to introduce and teach Jambi's cultural values to children. Through this tradition, parents remind their children of the importance of respecting local customs and traditions, such as mutual respect, maintaining harmonious relationships within the family, and prioritizing togetherness.[18]

The people of Jambi view "Makan Besamo" as an inseparable part of their cultural identity. [19] The researcher notes that despite the ongoing changes in the world, many families continue to maintain this ritual because through "Makan Besamo," they can preserve and transmit local culture to future generations. This aligns with the view that traditions are one of the most effective ways to strengthen a sense of identity and unity in a society that is increasingly plural and fragmented by cultural differences and modernization.

## **2. Family Education and Character Building**

Another aspect highlighted in this research is the contribution of "Makan Besamo" to family education, especially in the character development of children. As revealed in interviews with parents, this tradition is often used to convey moral messages and educate children on important values in family life, such as discipline, responsibility, and cooperation. Parents shared that they use this time together during meals to offer advice on various aspects of life, including time management, following rules, and maintaining harmony in the household.

The importance of "Makan Besamo" in family education aligns with the views of educational experts who assert that effective learning does not only take place in schools but also in everyday life,

particularly in the family environment. In this regard, the tradition creates an opportunity for parents to be the first educators for their children. Through the conversations that take place during the meal, values such as discipline and responsibility are indirectly instilled in children.

However, an interesting difference in terms of discipline emerges between families that regularly practice "Makan Besamo" and those that do not. Families that frequently engage in "Makan Besamo" report that their children are more open to communication, more receptive to household rules, and tend to be more disciplined in performing household tasks. In contrast, families that rarely engage in this tradition acknowledge that they face difficulties in establishing open communication, and their children tend to be less committed to household rules.

## **3. Family Communication: Creating Space for Interaction**

This study also found that "Makan Besamo" plays a crucial role in fostering family communication.[20] Through this communal meal ritual, communication between parents and children becomes more open and improves. Interviews with children revealed that they feel more comfortable expressing their feelings to their parents when they are eating together. In a relaxed and shared atmosphere, children feel more noticed and valued, which in turn encourages them to talk more about their experiences outside the home, such as issues at school or with their friends.

Parents, on the other hand, expressed that "Makan Besamo" provides them with an opportunity to listen more attentively to their children's experiences. This improved communication not only strengthens the relationships among family members but also creates a deeper understanding of each member's needs and feelings. In this

regard, "Makan Besamo" serves as a channel to enhance communication, which is often hindered by the busy lives of family members outside the home.

However, the researcher also noted challenges in maintaining the consistency of this tradition. A society deeply influenced by modern lifestyles, with pressures from work and busy children's schedules, often finds it difficult to maintain the routine of "Makan Besamo." Some families admitted that they sometimes had to skip family meals due to time constraints, which reduces the opportunity to build good communication among family members.

#### **4. Challenges and Practical Implications**

While "Makan Besamo" has been shown to have significant benefits in strengthening family relationships and introducing cultural values and character education, challenges in its implementation still exist. This study indicates that modernization, technology, and the busyness of daily life are major obstacles for families to regularly engage in "Makan Besamo." The influence of social media, work, and time-consuming school activities often cause this tradition to be neglected, despite many families recognizing its benefits.

Nevertheless, the researcher argues that "Makan Besamo" can be seen as a strategy to strengthen family education and communication, which is crucial amid today's challenges. Therefore, it is important for the community and relevant stakeholders to continue promoting the preservation of this tradition, both through education and programs that encourage families to spend more time together, including "Makan Besamo." Local governments and cultural institutions can play a role in educating the public about the importance of preserving this tradition, as well as providing support to help

families continue practicing it, even amid the demands of modern life.

Academically, this research makes an important contribution by expanding the understanding of the role of local traditions in the context of family education and the development of discipline and communication within the family. Most research related to family education tends to focus on formal aspects such as school education, but this study shows that non-formal aspects, such as cultural traditions, also play a crucial role in shaping character and family relationships.[21] This study also fills a gap in the literature regarding the impact of cultural traditions on family communication, which has previously received limited attention.

Furthermore, this research offers a new perspective on how local cultural traditions can be adapted to support the creation of more harmonious and disciplined families in the era of globalization. These findings open opportunities for further research examining the role of other traditions in family education and character development in various regions of Indonesia, and how these traditions can be adapted or updated for future relevance.

#### **Conclusion**

Based on the research findings, it can be concluded that the "Makan Besamo" tradition plays a significant role in cultural integration and family education in the community of Jambi. More than just a communal meal, this tradition serves as a means to preserve local cultural values, transmit time-honored customs to younger generations, and foster discipline and communication within the family. "Makan Besamo" provides an opportunity for families to strengthen relationships among family members, enhance mutual understanding, and indirectly educate children about the importance of

responsibility, respect, and discipline. This tradition also serves as an effective medium for building open communication between parents and children, which strengthens the emotional bonds within the family.

Despite facing challenges in its implementation due to busy schedules and the influence of modernization, "Makan Besamo" remains relevant and has the potential to be an effective strategy for strengthening harmonious family life based on local cultural values amidst the changing times.

As a recommendation, this study advocates for the need for more programs aimed at preserving and developing local traditions within the context of family education, whether through government policies, cultural institutions, or formal education. This way, the "Makan Besamo" tradition and other traditions can continue to thrive and have a positive impact on social and cultural life in Indonesian society, particularly in the context of building healthy and harmonious families.

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