

MEI 2024 / BIL. 11 / 2024

EON

Epitome of Nature

KESIHATAN DAN KESEJAHTERAAN



MAJALAH PP BIOLOGI
UITMCNS

ISSN 2773-5869



HEALTH AND WELLNESS INSIGHTS FROM MALAY PROVERBS: LESSONS FROM THE BANANAS

Nazima Versay Kudus

Academy of Language Studies, UiTM Cawangan Pulau Pinang, Kampus Permatang Pauh, 13500 Permatang Pauh, Pulau Pinang.

nazima@uitm.edu.my

EDITOR: SARAH SHAZWANI ZAKARIA

Bananas are rich in potassium, vitamins and dietary fiber. According to the Fruit Crop Statistics (2021) released by the Department of Agriculture Malaysia, bananas rank as the second highest in production in the country, following durian. Beyond their practical aspects, the Malay metaphors and proverbs surrounding bananas offer profound insights into health, wellness, and human behaviour.

Navigating Relationships

"Pisang masak separak" (A banana orchard brimming with ripe fruit) symbolises a joyous and content family, emphasising the significance of familial happiness for overall well-being. Similarly, "pisang sesikat digulai sebelanga" (A comb of bananas makes a pot of stew) represents supportive friends and family, conveying the idea that the presence of such support enriches our lives and contributes significantly to overall wellness. On the flip side, "pisang mas di luar, onar di dalamnya" (bananas

outside, trouble inside) which refers to a sweet mouth full of tricks, serves as a cautionary note against deceit. This proverb draws a parallel between a sweet-tasting banana and a deceptive individual, reminding us to be wary of those whose words may hide ulterior motives. In essence, these proverbs collectively guide us in valuing genuine connections while remaining vigilant against potential deceitful influences.

Realistic Expectations

"Mencari pisang gala tiada butir" (Like searching for a rare variety of banana) means waiting for the arrival of something unreasonable. Waiting for the impossible, akin to searching for pisang gala or benggala, a rare banana species, highlights the futility of expecting unreasonable outcomes. It prompts reflection on setting expectations that are realistic and achievable. Forcing oneself upon unrealistic expectations will only cause stress and anxiety.

Self-Arrogance and Humility

"Mengenalkan diri bagai pisang lebat" (Behave like a fruit-laden banana plant) cautions against experiencing a disaster due to self-arrogance. Comparing oneself to a fruit-laden banana plant serves as a reminder that arrogance can lead to downfall. As such, success must be approached with humility and gratitude. In a parallel vein, "menopang pisang yang tidak berbuah" (leaning against a non-fruiting banana plant) signifies engaging in something pointlessly.

This proverb vividly illustrates the futility of efforts that yield no results, akin to leaning against a banana plant that does not bear fruit. Together, these proverbs encourage us to invest our energy wisely, advocating for a balanced and thoughtful approach in our pursuits.

'leaning against a non-fruiting banana plant' signifies engaging in something pointlessly.



Figure 1: Banana Plant Stages (Kalinin, 2019)

Reevaluation of Efforts

"Beruk berjumpa pisang masak" (Ape meets a ripe banana) warns against individuals driven by greed seeking effortless gains, using the analogy of a greedy ape encountering a ripe banana to be mindful against pursuing rewards without putting in the necessary effort.

Expanding the theme of effort and pleasure, "hendak dapat pisang terkupas" (desire to get a peeled banana) and "mendapat pisang terbuka" (getting a peeled banana) both illuminate the desire for pleasure without willing to exert effort.

Meanwhile, "pisang ditanam tak berjantung" (a banana plant without its blossom) denotes efforts falling short of the intended results, encouraging a thoughtful

reconsideration of our endeavours when they fail to yield expected outcomes. Collectively, these proverbs call the need to reflect on our experiences, identify successful strategies and learn from mistakes.

Ultimately, the banana, beyond its nutritional and statistical significance, becomes a metaphorical guide in the journey towards a holistic well-being.

The metaphors urge us to cultivate supportive relationships, set realistic expectations, approach success with humility and

continually reassess our efforts for sustained growth and self-improvement. In embracing these timeless insights, we glean invaluable lessons that transcend the boundaries of culture, enriching our understanding of health and wellness.

References



The metaphors urge us to cultivate supportive relationships, set realistic expectations, approach success with humility and continually reassess our efforts for sustained growth and self-improvement.