

Kultur und Akkulturation

Verhaltensökologische Auswirkungen auf physische und psychische Gesundheit

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Biologische und kulturelle Diversität

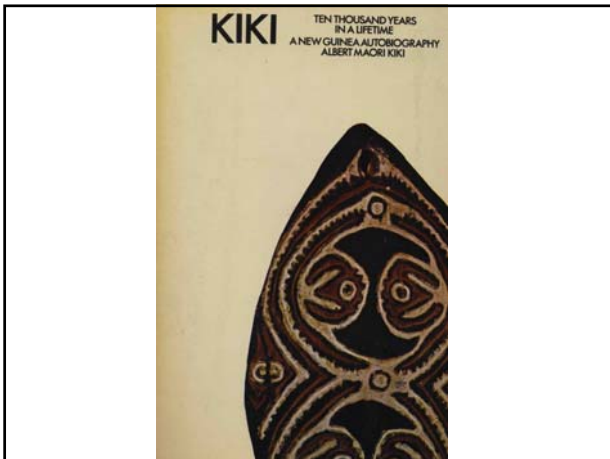
sind Kernkonzepte moderner Forschung und Politik
 Ob beide ursächlich zusammenhängen (also z.B. ob biologische Diversität kulturelle Diversität (mit)bedingt, ist derzeit weitgehend unbekannt

Nachhaltigkeit bezüglich beider Diversitäten ist ein wichtiges Ziel

Andererseits haben Menschen ihre Traditionen stets den Lebensbedingungen angepaßt.
 Das macht unsere Spezies so erfolgreich

Menschliche Gesundheit hängt essentiell ab von einer biologisch-ökologisch intakten **Umwelt** und natürlichen **Ernährung**

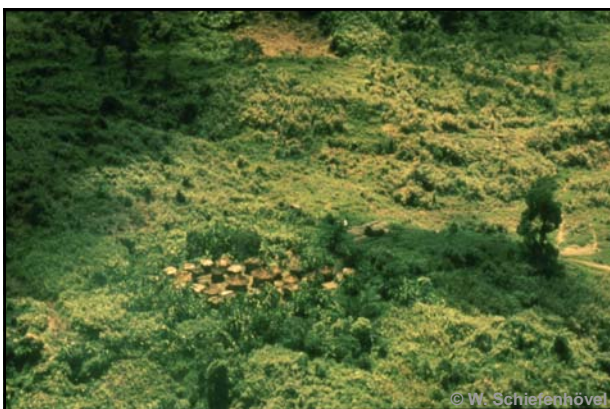
Das Hochland West-Neuguineas bietet noch sehr gute Lebensbedingungen (keine Straßen)



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Melanesia

- Papuan Societies (>50,000 y.b.p.)
- Austronesian Societies Originally from Southern China (>5,000 y.b.p.)



Munggona, Central Village of the Southern Eipomek Valley, 1975

Map of Munggona, 1975

Figures indicate the number of persons living in each house.

Indicated are the zones

- around the sacred men's houses (*yoek aik* = taboo for women) and
- around the women's house (*bary eik* = taboo for men)

2010: Population is now appr. 3 - 4 x bigger! - Severe problem for Nature AND Culture

Malaria Linie:

In voreuropäischer Zeit lebte bei weitem der Großteil der Bevölkerung Neuguineas oberhalb von etwa 1.600 m - der Malaria-Linie

Auch andere tropische Krankheiten kommen in dieser Höhe nicht oder deutlich weniger häufig vor (Frambösie, Durchfallerkrankungen...)

Nachteil:

Wenig tierisches Protein und fast kein Fett in der Nahrung - wird (gerade) ausgeglichen durch pflanzliche Proteine, Nüsse

Die Hochland Papua sind genetisch an diese Lebensbedingungen angepaßt (Kleinwuchs, möglicherweise besonders effiziente Nahrungsverwertung...)

Wenn sie europäische Nahrung zu sich nehmen, bekommen sie sehr schnell Probleme mit Übergewicht, hohem Blutdruck

•Coevolution between biology and culture:

- lactase deficiency,
- gluten allergy (sprue)
- alcohol intolerance,
- diabetes,
- polycyclic ovaries...

The Importance of**Evolutionary Medicine****•Evolutionäre Medizin****•Einige Forschungsfelder**

- **Entgleisen der Stress-Physiologie in der modernen Welt**
- (Hypertension, koronare Herz Krankheit, Schlaganfall etc. fehlen in den traditionellen Kulturen Neuguineas
- also: in unserem Leben paßt genetische Ausstattung und Lebensstil nicht mehr zusammen
- **Anorexia nervosa u.a. Eßstörungen**
- **fehlen gänzlich in den meisten traditionellen Kulturen !**
- (welches war und ist "die" menschliche "Palaeodiät" und was waren typische Ernährungsmuster (Hungerperioden, Anzahl der Mahlzeiten...?)

Depression u.a. psychiatrische Erkrankungen

Alter, Sterben

Schwangerschaft, Geburt (sverhalten), Wochenbett,

Behandlung von Frühgeborenen

"Schrei-Babys"

Sudden Infant Death Syndrome/SIDS
(plötzlicher Kindstod)

„Evolutionary Medicine“: W. Schiefenhövel, W. Trevathen a.o.
„Darwinian Medicine“: Nesse & Williams

1) „Pathologie“ as mögliche Adaptation erkennen
(berühmtestes Beispiel „Sichelzellanämie“)

2) Erkennen, daß der moderne Lebensstil
mögliche schädliche Auswirkungen hat
„Mismatch“ - Cost / Benefit

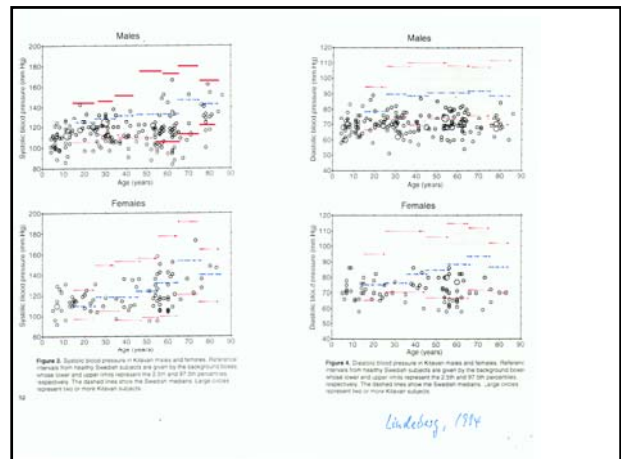
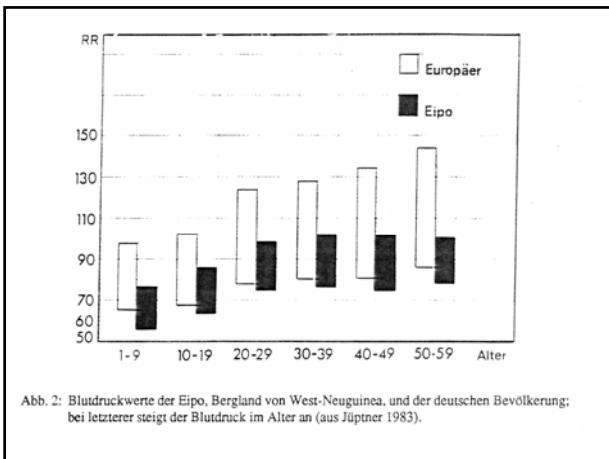
•Anorexia nervosa a.o. eating disorders

- which was "the" human "palaeodiet" and which were typical nutritional patterns?

- which are the consequences we are „paying“ for modern nutrition and modern life?



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Stress - also in "Paradise"

- Cold**
People often don't have insulating or no cloths at all; at 1,700 m alt. in the mountains of New Guinea temperatures can be around 10° C, at 4,000 m alt. below 0° C in the night (plus rain and wind chill); cold also in open boats on the sea
- Pain**
Injuries through rough terrain, irritating plants, insects etc., already in childhood
- Psychic trauma**
Weaning = first real trauma; other psychic traumata similar to our cultures

- Competition for positions in the social/political hierarchy, also in "akephalic", "egalitarian" societies; wish, to be competent and esteemed.**

Hunter-gatherer societies tend to level individual success. - With the possibility to monopolize agricultural products socioeconomic variance increased
- Competition for sexual and marriage partners and the wish to be beautiful and sexually attractive**
- Pressure of norms**
wrongdoing is sanctioned through extrahuman powers, causing disease and accidents

Wulf Schiefenhövel 1996

Pregnancy

Usually, women feel invigorated during pregnancy, despite the fact that this a very demanding situation for their body (e.g. nutritional needs, immune-system adaptations necessary to tolerate foreign organism..)

Nature takes care of this condition in which the health of two individuals is at stake

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Birth and Birth Behaviour

© W. Schiefenhövel

Traditional birth is characterised by
-vertical body postures and
- social embedding - perinatal mortality is low, appr. 5 %



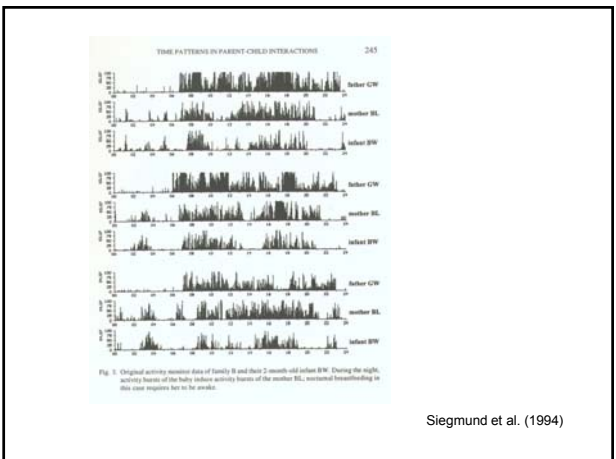
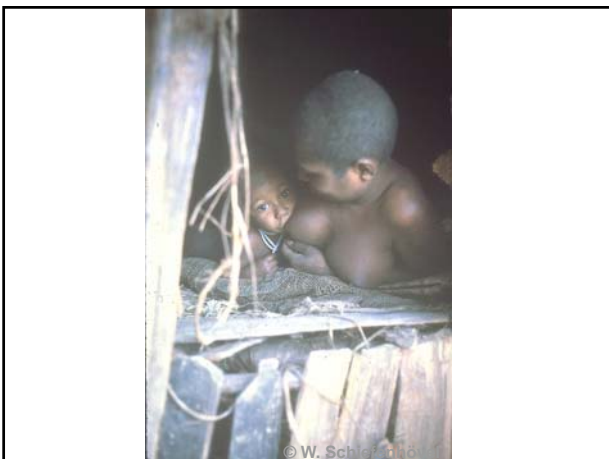
Post partum blues and depression

Definition:
transient, yet clinically/psychologically significant affect disturbance, between 3rd and 10th day after birth

Symptoms:
crying, emotional instability, irritability, anxiety, confusion, headache, sleep problems....

Prevalence:
15 – 85 % (Pitt 1973, Stein 1980, Handley et al. 1980, Levy 1987....; 42% in Munich, Strobl 2002)

First precise medical description:
Yalom et al. 1968



"Cry-babies"...


... usually don't exist in traditional cultures

The reason:

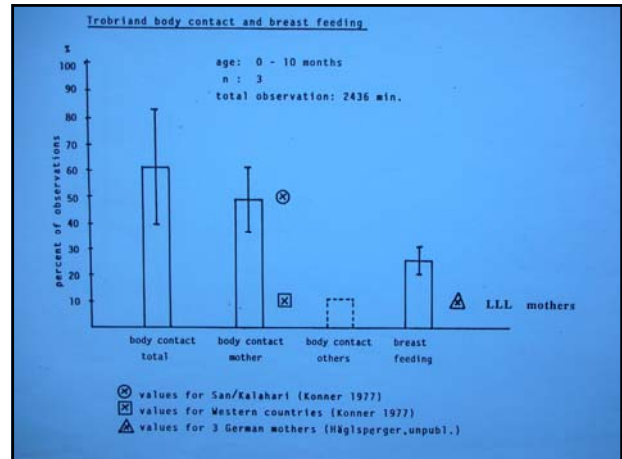
Competent, intuitive parenting along evolutionary principles

Papuan women follow an evolutionary path of infant care.

Europeans have a lot to learn from them.



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In einem Familienhaus (d = ca. 2,5 m), li. ein Steinbeil in der Wand

Die Eipo sind „moderne Modelle der Vergangenheit“
Sie helfen uns, die *conditio humana* zu verstehen, d.h. „Wer, was sind wir Menschen eigentlich?“

Unser Wahrnehmen, Fühlen, Denken und Verhalten wird durch eine ganze Reihe mächtiger biopsychischer Faktoren beeinflusst

die kulturinvariant, d.h. „universal“ sind

Die Humanethologie ist eine der Disziplinen, die diese Faktoren und ihre evolutionäre Geschichte erforschen

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- The native peoples of Papua are the best guardians of their traditions which contribute to the cultural richness of Indonesia.
- The right to their native land and traditions must be fully recognized.
- It is very good that after the two severe earthquakes in 1976 government plans to resettle the Eipo and their neighbours within the area of Mek group of languages and cultures in the Star Mountains (Pegunungan Bintang) in a region closer to the lowlands, that is outside their own territory, have not been put into action.



The hamlet Londinin („Lantai Dua“), some Toraja-style houses built by the government



Sibora, her husband Tembo and children in their modern house



In the evening, they cook, eat, talk and sleep in their traditional house - it has a fireplace!



Single-Side-Band Radio Communication with Sentani, at Eipomek airstrip



Elementary School at Eipomek; Kepi is the first trained fully local teacher

- The Eipo have, in 1980, converted to Christianity and gave up warfare and cannibalism.
- An elementary school and a health post (PUSKESMAS) have been established. Both work well.
- The Eipo have shown a very strong and stable ambition to succeed in becoming educated. Some of them already are students at Universitas Cenderawasih!



Presenting tuberculosis medicaments from Germany to Lodia of Puskesmas in Eipomek, Okt. 2009

Biologische Kosten der Akkulturation

Neue Krankheiten:

- Malaria
- gefährliche Influenza-Typen
- Tuberculose
- Gonorrhö u.a. genitale Krankheiten
- AIDS

Potentielle soziopsychische Kosten des Lebens in urbanen Zentren

- Arbeitslosigkeit
- Verlust familiärer Unterstützung...

- Hunger
- Verwahrlosung
- Krankheit

Vorteile des Lebens in urbanen Zentren

- highschool, Universität
- Erwerben von neuen Kenntnisse und Techniken
- Neue Eindrücke,
(Music, Mode, Lifestyle, Essen, andere Kulturen...)
- Möglichkeit, Geld zu verdienen („cash job“)



Christian Service at funeral in Lalekon

Traditionelle Annahmen über Krankheit und Tod
In der Kultur der Eipo

- Alter („wise“ - Verwelken, Lebensenergie aufgebraucht)
- Geister
- böser („schwarzer“) Zauber durch „Hexer“ und „Hexen“

Neue Annahmen
nach weitgehender Übernahme des Christentums -
(die „Geister“ sind abgeschafft)

- Alter (...)
- „schwarzer“ Zauber
(diese Anschuldigung hat dramatisch zugenommen)



Getötete und geschleifte „Hexe“1976



Wiedersehen nach 35 Jahren, 2008 - Diese Albino-Frau wurde 2010 als „Hexe“ getötet © W. Schiefenhövel



Interest in the Film-Documents from stoneage times is very big © W. Schiefenhövel



© W. Schiefenhövel

- The Eipo want to retain core elements of their culture as they know that their culture will wither once its roots are cut.
- They want to blend old and new to provide a new identity.
- They want to know about the modern world and become informed members of modern Indonesia able to speak for themselves and play a role in the political leadership of their country.
- The job of us anthropologists, as well of the politicians and other players in Papua and Indonesia is to assist the local peoples of Tanah Papua in the process of self-empowerment which they have started already with the vigor typical for them.
- My own experience of living and conducting research in Melanesia has led me to come to the conclusion that the indigenous peoples of Papua Province will have a good chance to cope with the many challenges lying in front of them, provided the process of autonomy and self-government is continuing to progress well.

More than 30 Eipo, especially highschool + university students, live in this house in Sentani/Jayapura. The Eipo rented the place on their own initiative.

I plan

1. to help the Eipo getting a dormitory (*asrama*)
2. to build a Cultural Center „From Stone Age to Modern Times“ (*Pusat Budaya "Dari Waktu Batu ke Waktu Baru"*)

In the Eipomek Valley.

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telebe, agonum lebman - gut, ich habe genug geredet

Terima kasih atas perhatian Anda

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