

## FAMILY CARE EDUCATION IN INDONESIA

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### ABSTRACT

Indonesia is a developing country with a high population. According to the census result publication in august 2010 that mentioned the population in Indonesia is 237,556,363 people. Those are consisting of man is 119,507,600 and women is 118,048,783 people, with growth rate is 1,49 percent per year. According of the law number 10 of 1992, the family planning program is an effort to increase awareness and participation of the community through of the maturation of marriage age, birth control, family resilience, birth control, family resilience development, improvement of small family welfare, happy and prosperous Family Planning programs is an integral part of the national development program and aims to create economic, spiritual and socio-cultural welfare of the Indonesian population in order to achieve a good balance with national production capability. Family planning is an attempt to measure the number and distance of the desired child. In order to achieve this, then made several ways or alternatives to prevent or delay pregnancy. Family Planning goals is Improving the welfare of people and welfare of controlling the emerging and controlling of the growth of Indonesian population, and create of a quality population human resources and increase family welfare.

**Key Words: family care, education, family planning**

### Background

Indonesia is a developing country with a high population. According to the census result publication in august 2010 that mentioned the population in Indonesia is 237,556,363 people. Those are consisting of man is 119,507,600 and women is 118,048,783 people, with growth rate is 1,49 percent per year.

This population growth has significant implications in the economic developmen and prospeperity in this country. Population in Indonesia has increased greatly within 65 years, because it has supported by adequate of physical qualities., and the large population in Indonesia is a profitable capital for development.

In the years of 1961 to 1971 the relatively high population growth from 2,1 percent to 1,35 percent, can be controlled by various programs, the one of which is the implementation of family planning (Handayani, 2010). Family planning is explained in midwifery education such as counseling on contraceptives and the selection of appropriate contraceptives.

According to the World Health Organization (WHO) expert committee 1997: family planning is the act of helping couples to avoid unwanted pregnancies, getting a very desirable birth, arranging intervals between pregnancies, controlling the time of birth in relation to the age of husband and wife Determine the number of children in the family

In general, family planning can be interpreted as an attempt to regulate the number of pregnancies in such a way that a positive impact for the mother, baby, father and family concerned

will not cause harm as a direct result of the pregnancy. It is hoped that with a careful family planning pregnancy is a thing that is expected so that will avoid the action to end pregnancy with abortion

**The Formulation and proposes of the problems.** The formulation of this research are: 1. What is the definition of family planning? 2. What is the purpose of family planning? 3. How are laws in Indonesia governing family planning?. Furthermore the purpose and goals are 1. Knowing about the planned family planning 2. Knowing about the family is planned 3. Knowing the laws in Indonesia governing family planning

## Method

This paper uses literature study method. The literature study is to use references that support the content of this scientific research derived from books, websites or articles relating to the discussion of papers.

## Discussion

### A. The definition of Family Planning.

Indonesia requires its citizens to support family planning, this is because to suppress the growing amount of growth in the new order year, in that year the government of president Soeharto is considered successful in improving the family planning program and the good economic mobility

Family planning is a government program launched by the Indonesian government to suppress birth rates that are increasingly high. This program is designed to balance the number of needs with the population in Indonesia.

This program is strongly supported by the government with many campaigns regarding the use of contraceptives to curb the rate of population growth. Early on, students at school have been taught the notions of family planning.

The slogan of family planning program in Indonesia is "Let's join family planning! 2 children enough! ". The slogan is widely used in campaigns to emphasize the importance of family planning to the people of Indonesia.

As we think now having an ideal family is everyone's dream and with Family Planning (FP) is one of the most basic and essential healthcare provisions for women, although it is not always recognized. Enhancement and extension of family planning services is one effort to reduce morbidity and maternal mortality is so high due to pregnancy experienced by women. Many women have to make the choice of contraceptives difficult, not only because of the limited number of methods available but also because the method of "certain methods may be unacceptable in relation to national family planning policies, individual health and female sexuality or the cost of obtaining contraceptive

Family Planning services, which are one in the healthcare has fuctions service package, need to be given serious attention, because the quality of family planning services is expected to improve the quality of health and wellbeing

Family Planning is a program for couples to postpone the birth of the first child (post poning), spacing or limiting the number of children desired in accordance with medical security and possible return of the ferundity phase.

According Indonesian Law number 10 of 1992 the meaning of Family Planning Program is an effort to increase awareness and participation of the community through the maturation of marriage age, birth control, family resilience development, improvement of small family welfare, happy and prosperous . Family planning programs are integral parts of

national development programs and aim to create economic, spiritual and socio-cultural welfare of the Indonesian population in order to achieve a good balance with national production capabilities (Minister of Health, 1999)

According to Hartanto (1994: 10), some goals of the family planning program is to prevent pregnancy that does not chill, set up Birth spacing, reducing infant mortality, reducing mortality

The Law of the Republic of Indonesia Number 52 Year 2009 on the Development of Population and Family Development to be one of the legal basis of family planning program (family planning).

Family, encourage the application of sexual behavior. Transformed into a national family planning movement that gathers and invites all potential community to participate actively in institutionalizing and civilizing NKKBS in order to improve the quality of human resources of Indonesia. (Wiknjosastro, 1999). Family planning is an attempt to measure the number and distance of the desired child. In order to achieve this, then made several ways or alternatives to prevent or delay pregnancy. These include contraception or prevention of pregnancy and family planning.

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The contraceptive method works on the basis of preventing male sperm from reaching and fertilizing a woman's egg (fertilization), or preventing a fertilized egg from implanting and growing in the womb. Contraceptives can be reversible (returning) or permanent (fixed). Reversible contraception is a method of contraception that can be stopped at any time with no long-lasting effects in reversing fertility or the ability to return to have a child. The method of permanent contraception or we call sterilization is a method of contraception that can not control fertility because it involves surgery (Handayani, 2010).

Contraceptive methods can also be classified according to how they work: barrier methods, eg condoms that block sperm; Hormonal methods such as pill consumption; And natural contraceptive methods that do not use aids or hormonal, but physiologically based on a woman with the aim of preventing fertilization / fertilization (Handayani, 2010).

Factors affecting the choice of contraception are the effectiveness, safety, usage, side effects, and the willingness and ability to perform contraception regularly and correctly. In addition, contraceptive considerations are also based on the cost and role of religion and cultural culture on contraception, other factors are the frequency of sexual intercourse (Handayani, 2010)

**B. Family Planning Goals.** Family planning goals are 1. Improving the welfare of the aims as it embodies the small heartedness of people and welfare of controlling the emerging and controlling of the growth of Indonesian population. 2. The creation of a quality population human resources that qualified to increase family welfare, furthermore in the family planning has two purposes, those are general and special purposes. In the general purposes family planning is consist of improving the welfare of mothers, children in order to realize the Happy family norm which became the basis for the realization of a prosperous society by controlling the birth while ensuring the control of population growth, in the special purpose family planning is increase the number of residents to use contraceptives. reduced number of births. increased family planning health by way of birth spacing.

According to Article of the Law number 10 year 1992 which explains to realize the development of prosperous families, The government establishes the policy of family planning effort. The policy meant to be done by increasing the integration and participation

of community coaching family and birth arrangement with pay attention to religious values, harmony and balance

Between the population with the carrying capacity and the environmental tamping power, the socio economic and socio-cultural development conditions as well as the living values of the society. The family plans to deal with the preparation of the ideal number of children, the distance of the birth, the ideal age of marriage, and the ideal age for childbirth. Yet, the Indonesian of Law Number 10 1992 concerning the development of population and the development of a prosperous family has not been thoroughly regulated. About family planning is currently regulated in Law No. 52 of 2009 article 20 which explains the family planning policy aims to: 1. Set the pregnancy desire, 2. Maintain health and reduce maternal, infant and child mortality, 3. Improving access and quality of inflation, education, counseling and family planning services and reproductive health., 4. Increase participation of men in the family planning services, 5. Promoting infant breastfeeding as an attempt to enlarge the distance of prefnancy

In the family planning midwifery is regulated in article 21 of the minister of health of the Republic Indonesia number 28 of 2017, which is explained in providing female reproductive health services. Midwiferi has authorized as of : 1. Provide of counseling of women's reproductive health and family planning, 2. Provide oral contraceptive services, condoms and injections

### **Conclusion.**

Family planning is a program that created by government of Indonesia that aims to emphasize the growth of population. Family Planning Family planning is a program created by the government that aims to emphasize the growth of the population. Power and spiritual socio-economic.

The purpose of the family planning program is to improve the prosperreous family and to realize a happy little family, through control of birth rate.

Tthe Family program is designed to be able to measure the desire number of desire. The Family has planted his talk with him for selecting a contraceptive.

Family Education is planned by midwives who will have children by providing communication and education to choose the appropriate contraceptive tool for the mother, then the midwives can promote to housewife about the contraceptives, so that the mother can suppress the birth rate.

The Family planning is regulated in the article 16 in the Indonesian Law number 10 of 1992 and replaced to article 20 in the Indonesia law number 52 of 2009, and the replaced in the article 21 in regulation of minister of health of republic Indonesia.

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