

## Family Planning and Birth Control

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### Abstract

The aim of this research is to look at and examine the essence of family planning and child birth restrictions through a government program called family planning. Increasing families with two healthier children and describing the objectives of Islamic law regarding the use of contraceptives as well as the legal protection of the community in using contraceptives in the laws of the Republic of Indonesia and Islamic law. This research is literature research with the research subject being the government's family planning program. The object of this research is the program from the government of the Republic of Indonesia in the use of family planning programs in Islamic communities and the law in Islam. The data collection technique used in this research is reading and note-taking techniques. Analyzing techniques and using discrete techniques. The results of this research show that the Family Planning program in Islamic law is permissible with various provisions and also to maintain the health of a child and wife and regulate birth spacing to realize community welfare.

Keywords: Islamic Law and Family Planning (KB)

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### INTRODUCTION

Family planning is an activity designed by the Central Government for a national scope in order to reduce the birth rate and control the rate of population growth, where if it is not controlled there will be a large population increase resulting in many problems both within the family and within the country. The government has designed several programs to support the family planning program by carrying out activities to increase the marriage age, regulate birth spacing, carry out family resilience activities and improve community welfare.

### METHOD

This research is library research (Library Research) where the sources or data from this research are taken from literature in the form of books, journals, scientific magazines and various other library sources that discuss the problem being researched. This research is descriptive analytical in nature by explaining the essence of family planning (KB) as a government program with reference to two healthier children for Indonesian society and the view of Islamic law in family planning programs among Islamic communities. In this research, the approach used is a qualitative approach by presenting data or statements that lead and support the family planning (KB) program.

### RESULTS AND DISCUSSION

#### A. Family planning

Family planning is an effort to create a quality family through promotion, protection and assistance in reproductive rights to form a family with an ideal marriage age, regulate the number and spacing of pregnancies, foster resilience and welfare of children (BKKBN, 2015). According to the World Health Organization (2016), Family Planning can enable couples of childbearing age (PUS) to anticipate birth, regulate the desired number of children, and regulate the distance and time of birth. This can be achieved through the use of contraceptive methods and infertility measures. So, Family Planning is an effort to space out or plan the number and spacing of pregnancies using contraception with the aim of creating a small, happy, prosperous family.

The aim of implementing the family planning program is to form a small family in accordance with the family's social and economic needs by arranging the birth of children to create a happy, prosperous family that

can meet their living needs (Sulistiyawati, 2013). Another aim of the family planning program is spacing, delaying and terminating pregnancies to reduce birth rates, save mothers and babies from giving birth at a young age, giving birth too closely and giving birth at an old age (Hartanto, 2015).

Some of the benefits of the Family Planning (KB) program are as follows:

- a. Benefits for mothers: Mothers can improve physical health, improve mental and social health because they have enough time to care for children, rest and enjoy free time.
- b. Benefits for children who are born. Children grow well and fulfill their basic needs of care, love and nurturing
- c. Benefits for husbands Improving physical, mental and social health due to reduced anxiety and more time for their family.
- d. Benefits for the whole family. Every family member will have greater opportunities to obtain education (Marmi, 2016).

The targets of the family planning program are divided into two, namely the main targets and intermediate targets. The main target is couples of childbearing age (PUS), while the intermediate targets are health workers (Rahayu and Prijatni, 2016).

## **B. Child Birth Restrictions**

The family is a small social unit in society that is bound by legal marriage ties. Judging from their membership, families are grouped into two types, namely nuclear families and extended families. Membership in the first family consists of husband, wife and children. The two extended families consist of members from the nuclear family plus other close family members who are still related by blood (nasab), such as father, mother, siblings or still related by marriage, such as in-laws or in-laws. The term Family Planning (KB) has the same meaning as the general term used in the international world, namely family planning or planned parenthood, such as the International Planned Parenthood Federation (IPPF), the name of an international family planning organization with its head office in London. According to Seno Sastroamidjojo, discussing the meaning of birth restrictions, first the author will quote the words of Seno Sastroamidjojo who divides birth restrictions into two meanings, namely the general and narrow meaning. The general definition of birth control which is also known as family planning (family planning or planned parenthood) is an effort with special conditions to regulate the number of births, so that the mother, husband's baby, the entire family or community concerned will not suffer losses in the broadest meaning. Birth restrictions in this sense have a specific purpose. In the sense of the word as one of the important conditions for improving the health, welfare and economic conditions of the country's population. The shortage or decline in this area is more or less caused by excessive births. Birth restrictions are a plan that regulates the number or number of offspring in a family according to the wishes and abilities of the mother

interests (family planning or planned parenthood) based on their health, economic and welfare conditions in the place or region they live. M. Leter stated in a book entitled Guidelines for Muslim Households and Family Planning that birth control is a deliberate human effort to regulate pregnancy in the family, without going against religious law, state law and Pancasila morals in order to achieve family welfare in particular and welfare of the nation and state in general. In the narrow sense, birth control revolves around preventing conception or fertilization. Prevents the occurrence of sexual intercourse between a man and his wife, so that the egg cell by the seminal cell in question is impossible to carry out. The woman will not become pregnant. Thus the number of pregnancies decreases. To be more clear, the narrow definition of birth control is, making continuous efforts not to have any more children. The methods used to limit birth control vary. . According to Sapiudin Shidiq, family planning or planned parenthood means that a married couple has a thorough plan for when their child will be born and how many children they aspire to have according to the capabilities and conditions of the country. So, family planning focuses on planning, organization and accountability of people towards their family members. The definition of family planning above is in line with the meaning of the Arabic term called tanzhim nashl which consists of the word tanzhim, which means to regulate, while nashl, the limitation or elimination of offspring or birth, which in Arabic is called tahdidun nashl. This last term can have a negative connotation because in practice it can involve using contraception that is not justified, such as sterilization, abortion, and postponing marriage until old age. Limiting the number of children as an effort to suppress the rate of population growth so that there is a balance between the level of population growth and the provision of food supplies was initiated by Malthus (1766-1834). He wanted to overcome the unequal human fertility and soil fertility as a geometric series compared to an arithmetical series. Based on the two definitions above, in the author's opinion, family planning is not the same as birth control. Family planning has a broader meaning that includes all kinds of ways to prevent large numbers of children. In other words, the

family plans human efforts to inhibit the development and growth of population so that there is harmony and balance with the results achieved and produced by the national development program. Meanwhile, birth restrictions are one way to determine the number of children, so that they cannot give birth further.

The aims and objectives of birth control are the same and closely related to the aims of the family planning program. The difference lies in the method taken to achieve that goal. The family planning program has several objectives which are seen to bring benefits and prevent harm, both for the families concerned and for countries experiencing population problems. Family planning programs can be grouped into 2, namely:

1. The general objective of the national family planning program aims to participate in creating economic and social prosperity for the entire community through population planning and control efforts, so that a good balance can be achieved between the number and speed of population development and production and services. Sri Moersandik said: "The aim of family planning is to improve the welfare of Indonesian families." In general, the aim of birth control is based on the explanation above that it is a program created by the government to suppress population growth in order to increase community welfare.
2. Specific objectives In order to control population growth and institutionalize the norm of happy and prosperous small families, since the beginning of the implementation of the national family planning program it has been formulated as an activity which is all aimed at influencing the quantity and quality of Indonesian people. In detail, the objectives of family planning that support the national family planning program are as follows:
  - a. Health
    - 1) Maintain the health of mother and child.
    - 2) Have healthy children.
    - 3) Reduce anxiety and the busy work that fathers have to do just to support their large family.
  - b. Economic Conditions
    - 1) Helps prevent people from becoming poor.
    - 2) Helps improve the standard and welfare of life forever.
    - 3) Helps to save for the future.
    - 4) Avoid dividing property between many children
  - c. Family Welfare
    - 1) Improving the lives of children by giving them a decent education, helping them get jobs.
    - 2) Have a happy family life; husband and wife live in harmony and reduce tension.
    - 3) Have more time and attention to each child.
    - 4) Prevent the house from being full and crowded.
  - d. Adjustments in marriage
    - 1) Husband and wife have more free time to give each other the opportunity to respect each other and enjoy time together.
    - 2) There is understanding and adjustment so that husband and wife do not feel afraid of giving birth to unwanted children.
    - 3) Preventing the danger of getting pregnant again for wives who are old enough, namely ensuring that they don't die because the other children become neglected because there is no one to care for them.
  - e. Community and State Welfare
    - 1) Helps reduce population density.
    - 2) Helping the community meet the educational and other educational needs of the community.
    - 3) Helps reduce crime and social problems for young people.
    - 4) Helps reduce the welfare burden on society.

Abd. Rahman also said that the goal of family planning is focused on achieving family welfare in the broadest sense, so that if the goal of planning is focused only on family planning and forgetting the real thing, then this will result in a deviation from the real goal of western countries. Family planning which is practiced in western countries without considering psychological and spiritual factors will lead to a society that does not pay attention to moral values. So in Indonesia, the emphasis is placed on achieving a society that is physically and mentally prosperous in accordance with the path blessed by Allah. According to Mahmud Syaltut, quoted by M. Letter in a book, Guide to Muslim Households and Family Planning, the birth of a child will involve three interested parties: First, the husband who then becomes the father. Because of his interests, he is obliged to fulfill all needs for the development and intelligence of the child he acquires. Second, the wife then becomes a mother. Because he has the same interests as the father, he is obliged to care for and care for his child. Because of this, the father must not prioritize his own interests, without taking into account the interests of the mother, starting from the first sexual intercourse in which he hopes to produce a child, to raising the child and then to his education to become the next generation. Third, the people (nation) where the child is born and develops. This is the part that husband and wife, or prospective fathers and mothers who give birth to children, never take into account. In fact, additional children

born mean an increase in the soul of the nation (population of the country) which will continue the history of the nation in the future.

Based on the objectives above, family planning or birth control is a way or means to achieve family or community welfare, physical and spiritual which includes all areas of health, economics, social and so on. In other words, it is shown to achieve a decent and good life for the residents of a place or region in general. This goal is very good and does not conflict with the Islamic religion, in fact the Islamic religion encourages its followers to do so. In order to spread the call for birth restrictions in Islamic countries, superpower countries have spent quite a lot of money. These efforts began to be established in 1952. They called it the International Council to Combat Population Explosion. In order to implement this program, they have developed birth control programs in several countries which are estimated to cost billions of dollars each year. This program is implemented by establishing a network of maternal and child care institutions in the countries concerned. Doctors and special officers act as interpreters of the information by linking the contents into information regarding the maintenance and care of the mother before giving birth until after giving birth to the child.

In this way, there are already errors in the essential objectives desired by the council's program, including the following: First, that the assumption of helping the lives of 25 million children as stated is only intended to cover up the target for their true intention, namely to prevent the birth of 140 million child. Second, linking calls for birth control with maintaining and maintaining the health and beauty of mothers. This is contrary to the fact that has been recognized medically that biologically women are required to get pregnant/conceive and give birth from time to time in order to obtain perfect health, and that women who do not succeed in obtaining such an opportunity will look less bright and less healthy compared to others. colleagues who were pregnant gave birth and breastfed. As clear evidence, Robert Kennedy at a young age gave birth to 16 sons. Despite this, it is still maintained, consuming all the natural riches on the surface of this earth. The organization calls for efforts to reduce the rate of increase in the world's population as a whole to near zero. Because the symptoms of decline and damage experienced by most of the environment in recent years are almost certainly caused by the rapidly increasing rate of population growth which automatically demands an increase in food supplies so that agricultural land expansion must be carried out, without thinking again about the influence or impact. negative consequences in the long term. In fact, pressing the world population growth rate to zero means freezing the world situation as it is now. Leaving a gap between underdeveloped countries and powerful countries. So that small countries remain small, weak countries remain weak, but meanwhile large countries remain in their power to manage the wealth of these small and weak countries. An Egyptian cleric, Husein Muhammad, expressed his disagreement with this by stating: Birth restrictions in Egypt were only worried about by the colonialists who were afraid of population growth. They are anxious about the growth of the people who are starting to become aware of the games of the colonialists, who are starting to understand how big the danger is to political, economic and social stability.

And the people who have begun to proclaim throughout the country to liberate their homeland and free themselves from the crimes of the colonialists. The colonialists have begun to realize that the increase in population and awareness of the people is a sign of danger which indicates that their fantasies will soon be full and the extinction of their dreams. Then the agents and followers of the colonialists shook the country by saying that the population explosion was on the verge of narrowing the food supply and causing famine, especially if this was said to be allowed to continue. In fact, the most important aim of Islamic Shari'a in efforts to increase human resources is to improve the quality and skills of the people so that they are able to face things with strong hands and brains. Apart from this, Islamic Shari'a also aims to increase their ability to develop their agricultural products and in the field of -any field so that they can be spared so that they can stand firm before their enemies who are always lurking and waiting for the opportunity to apply it with troops that have been prepared and reinforcements that can be contracted immediately if the situation permits.

### **C. Family Planning and Birth Control: A Health Law Perspective**

Family planning (KB) is an important strategy in public health and social welfare policies implemented by many countries, including Indonesia, to control the rate of population growth and improve people's quality of life. The health law perspective provides a framework for implementing family planning with the aim of promoting reproductive rights while ensuring social justice and gender equality.

Law no. 52 of 2009 concerning Population Development and Family Development provides the legal basis for implementing family planning programs in Indonesia. This law defines family planning as a systematic and planned effort to promote and protect reproductive rights, regulate birth spacing, and reduce birth rates to achieve quality families (BKKBN, 2010).

In addition, Indonesia has ratified the CEDAW Convention, which affirms women's right to access reproductive health services, including family planning, as part of efforts to eliminate discrimination against women (United Nations, 1979). This recognition is important because it provides an international basis that supports the implementation of family planning programs with globally agreed standards.

According to data from the World Health Organization (WHO), family planning contributes significantly to reducing maternal mortality by enabling the timing and spacing of pregnancies, which directly affects the health of mothers and children (WHO, 2016). This arrangement minimizes the risks associated with teenage pregnancies, high-risk pregnancies due to advanced age, and birth spacing that is too short.

Birth control also supports healthier and planned child development, by ensuring that each child has full access to family resources, including nutrition, education, and health care (Jones et al., 2011). From a socioeconomic perspective, family planning programs help families allocate resources more efficiently, reduce poverty, and enable parents to pay more attention to their children's development and education (Bloom et al., 2000). At the macro level, family planning policies are effective in stabilizing population growth, which is directly related to the sustainability of natural resources and national economic development.

Despite having many benefits, the implementation of family planning in Indonesia faces challenges, including cultural resistance to contraceptive use, limited access to family planning services in remote areas, and a lack of information or misunderstanding about family planning (Setiawan, 2018). Multidisciplinary approaches need to be scaled up to overcome these barriers, through education, advocacy, and partnerships between government, NGOs, and the private sector. Family planning is not only a tool to control the rate of population growth but also a crucial strategy to improve people's health, welfare and quality of life. With a strong legal basis and sustainable policies, family planning programs in Indonesia can continue to develop, providing broad benefits for individuals and society as a whole. Active involvement of all stakeholders, including government, communities and individuals, is key to achieving the goal of this program, namely to create a healthy and prosperous society.

### **CONCLUSION**

From the various discussions that have been presented, the Family Planning (KB) program initiated by the government is an important strategy in controlling population growth and improving family welfare in Indonesia. This program, which is run in collaboration with various institutions and supported by national policy, aims to create smaller, healthier and more prosperous families by regulating the number and spacing of children.

Through the implementation of various contraceptive methods that are adapted to the social and economic conditions of the family, as well as guidelines that are in line with Islamic law, family planning has shown a positive impact. These benefits are not only limited to aspects of maternal and child health, but also to improving the family's overall quality of life, including mental and social health. By reducing economic pressure, family planning programs provide greater space for family members to get a decent education and achieve their personal aspirations.

Birth restrictions, as part of the family planning program, also play a critical role in suppressing population growth which, if not controlled, can cause various social and economic problems. These measures not only help in regulating the number of births but also in ensuring that every child born can grow up in a supportive and adequate environment.

In particular, family planning programs and birth control policies in Indonesia have been designed to not only meet physical needs but also take into account the psychological and spiritual aspects of the family, in accordance with the values upheld by society. This emphasizes that Indonesia's approach to family planning and birth control is unique, with the country trying to strike a balance between demographic needs and respect for cultural and religious values.

Therefore, family planning programs and birth control strategies must continue to be promoted and improved, not only as a means of controlling demographics but as an important catalyst in the country's social and economic development. The government and related institutions must continue their efforts to educate the public about the benefits of family planning, and continue to implement and adapt this program so that it is relevant to the needs and social conditions of society that continue to develop. Thus, the family planning program can become an integral part of national efforts to achieve prosperity and social justice for all Indonesian people.

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