

THE READINESS TO TAKE ON FAMILY LIFE IN MIDWIFERY'S STUDENT OF MERCUBAKTIJAYA PADANG

Widya Lestari^{1*}, Desi Wildayani²

¹D.III Midwifery Study Program, STIKES MERCUBAKTIJAYA Padang, Surau Gadang, Nanggalo, Padang, West Sumatra 25173, Indonesia

²Undergraduate Midwifery Study Program, STIKES MERCUBAKTIJAYA Padang, Surau Gadang, Nanggalo, Padang, West Sumatra 25173, Indonesia

*dyahamdan@gmail.com

ABSTRACT

Marriage is human nature that someone will have great responsibilities in their family. But in fact, sometimes candidate bride haunted with feeling worry will happening bad things in their marriage. To prevent that, the teenager need to be prepared before build a household. Midwife candidate is future seeds, they will become counselor to prepare the teenager or premarital women in building a household. The purpose of this study is to describe preparation for midwifery students of MERCUBAKTIJAYA to take on the family life. The type of this research was descriptive study. Population of this study were students of the Diploma III and Bachelor Midwifery Study Programs at STIKes MERCUBAKTIJAYA Padang, amount 143 students. Samples were taken using *simple random sampling technique*, totaling 97 samples. Data was collected using an online form. Data processing techniques with *editing, coding, entry and cleaning steps*. Data analysis used univariable analysis. There are 8 types preparation to build family, five indicators has been prepared are emotional preparation (68% able manage emotion with well, 56% capable disclose feelings); social preparation (78% able to interact, 88% able to adaption and 91% understand the value of life); interpersonal preparation (93% have attitude patient and forgiving, 87% able to listen the others and 99% appreciate for differences in couple); Skills alive (73% able to do profession house stairs, 53% able parenting and 77% able cooperate with partner); readiness in intellectual (61% have strong in memory, 87% capable to think and catch information and 89% have desire for find out). While 3 indicators unpreparedness, they are physical preparation (20% do inspection urine, 47% consume food nutritious, 37% consuming Fe tablets, 17% consuming sour folate, 24% have got TT immunization), mental preparation (35% know role husband wife) and financial preparation (6% have own savings, 26% prepare career before married). Concluded that respondent has prepare emotional, social, interpersonal, skills alive to build a family but havenot prepared yet physical, mental dan financial. We hope that there will be a premarital program for students, setting up program for supplementary tablet, iron tablets and acid folate, and financial management training for students.

Keywords: marriage; premarital preparation; premarital woman; teenager

INTRODUCTION

Teenager is candidate future residents, becomes development so that must be prepared to be source power quality of human. Besides that's, teenager is candidate couple to build family at future and also becomes prospective parents, so that must have planning to life a family. Build family, is task development phase of the end of teenager periode before they enter to early adulthood. However preparation wedding still considered taboo and depend on tradition where candidate bride stay . (Septiningsih, 2010)

Life after marry always faced with related problems. With marriage, will occur the union of 2 originating persons from family, nature and habits as well as different cultures and things, its need adjustment in a manner keep going continuously. Every marriage, besides love is also needed each other deep understanding and willingness for each other accept couple (Women and Community

Empowerment Agency, 2010). That's all adjustments that must be done by couple husband wife to against difference personality, habits, goals and needs. This is natural for equate view to solve problems in life family later. If couple the capable go through this process with well, their household will becomes harmonious and vice versa if couple the no capable go through the adjustment process this, a lot thing that can occur in the house ladder the like bickering , even divorce . (Sundanese, 2018).

Amount case divorce too improvement Data from the Directorate General of Madilag MA (Fachrina & Putra, 2013) recorded 285,184 cases ending in divorce to the Religious Courts throughout Indonesia in 2010, where in the last 5 years the increase in incoming cases could reach 81%. (<http://www.detiknews.com>). Data from Supreme Court concerning registration the first divorce amounted to 20 thousand case there is the April and May 2020 periods soared to 57 thousand cases in June and July 2020. In West Sumatra, every year the divorce rate always increase around 20% to 40% in each city and district. Divorce take place in family with young age, low education, married less than 5 years, and reasons divorce is affair. (Wijayanti, 2021).

Affair has a negative impact on various aspects of the lives of all family members, including destroying the future of children, embarrassment for the extended family, damaging careers, and destroying social order in the future. (Fajri & Mulyono, 2017) . Surya said that affair occurs in family members who lack of religious qualities, weak foundations of love, selfish attitudes, lack of smooth and harmonious communication, unstable emotions, lack of preparation before marry and it makes they unable to adjust with their partner (Wijayanti, 2021).

The Advisory Board for Divorce and Marriage Disputes (BP4) within the KUA is a government agency in reduce the divorce with program socialization of sakinah, mawaddah and warahmah families at every opportunity. The government empowers the family economy with all kinds of programs because divorce associated with economic family factors. However, these policies and efforts are still not successful because divorce continues to experience an increasing trend from year to year (Fachrina & Putra, 2013) . Readiness family is the one key awakening resilience the quality of family, so that capable to push the number of divorce and able give birth to quality generation. Overcoming problems in adolescents is the responsibility of various part, they are the adolescents, parents and all components of society and the government (Cahyati & Tajmiati, 2021)

Parental role has a major role to socialize planning family to their own child who are of premarital age. Study of Taufik, Sutiani H, Hernawan AD. (2018) were found that some parents give less support in maturation age marriage their children amount 52.1%, amount 51.3% the teenagers do not know any things in family planning. The family planning includes are respite to marriage and pregnancy, separate the pregnancies and preventing pregnancies by taking many aspects of physical, mental, social, economic readiness and so on. (Taufik et al., 2018)

Planning family is the framework of the age-maturity program marriage which aims to increase the age of first marriage so that when marriage reaches a minimum age of 20 years for women and 25 years for men so as to reduce the number of marriages at an early age. (BKKBN, 2018) . According to (Starbird et al., 2016) family planning will affect a person in various aspects of life. The most basic thing is maintaining the rights of men and women to be able to decide for themselves, why, when and how many children they want, supporting a woman's right to respite the marriage and

having children until they are ready in physically, psychologically, economically and properly prepared and really ready to birth as well as providing information about contraceptive methods that can assist in reproductive rights preferences.

As candidate health workers, student health specifically midwifery have role as an educator and counselor that later they will gave the information to teenager about preparation to build a family. In early stage, we need to know the preparations that have been made by the students of midwifery. Based on the initial survey conducted on eight students, it was found that preparation to build a family include enough age to marry, get approval from parents, planning number of children, savings, mental, partner, job, and residence, however no body knows about what should be prepared to build a family.

METHOD

This is a descriptive study to description the readiness of respondent to face a family. The variable are the readiness of financial, physical, mental, emotional, social, interpersonal, intellectual, and skills live. Study held in month June to July in 2021 with subject of this study are the students of D.III Study Program and Undergraduate midwifery Programs of STIKes MERCUBAKTIJAYA Padang, amount 143 peoples. Compliant sample the criteria as much as 97 peoples. Sample taken with use technique *Simple Random Sampling*. Data was collected using an online form. Collected data form of primary data obtained direct from respondents. Data was processed through series activity *coding, entry, cleaning and tabulating* with using SPSS Statistics software, then the analyzed data with use analysis univariate. Variable readiness will distributed based on the assessment indicators. Each readiness variable concluded ready or not yet ready. Subject stated ready if all variable indicators ready have score same or bigger than 50% and not ready if one or all indicator variables have score not prepared was smaller than 50%

RESULTS

Table 1
 Characteristics Respondents (n = 97)

Characteristics of respondents	f	%
Age		
More than 21 years	44	45
Less 21 years	53	55
The place Stay Now		
Rent room	58	60
With parents	39	40
Financing the Study		
Parents	94	97
Other family	3	3
Father 's job		
Civil servant	7	7
Non civil servants	90	93
Mother's job		
Civil servant	12	12
Non civil servants	85	88

Based on table 1 above, 55% of respondents aged less than 21 years, 60% stay at rent room, 97% who has pay for study was parents, 93% of father's work as non civil servants, 88% of mother's work non civil servant.

Table 2.

Distribution Frequency Based on Physical Preparation (n= 97)		
Variable Readiness Physique	f	%
Inspection vital signs periodically	61	63
Inspection urine periodically	19	20
Take multivitamin	46	47
Consumtion iron tablets	36	37
Consumtion folic acid	17	17
TT immunization	23	24
Maintain genital hygiene	91	94

Table 2 show that 7 indicators of physical preparation, the indicators that have been prepared are inspection of vital signs periodically 63% and maintain cleanliness genetics 94%.

Table 3.

Distribution Frequency Based on Preparation Emotions (n= 97)		
Variable Readiness Emotion	f	%
Ability to manage emotion	66	68
Ability to express feeling	45	56

Table 3 above show that of 2 indicators preparation emotion, 68% has capable manage emotion and 56% able to express their feeling

Table 4.

Distribution Frequency Based on Preparation of Financial (n= 97)		
Variable Readiness Financial	f	%
Have savings	6	6
Able to manage the finance	60	62
Preparation career before marry	25	26

Table 4 show that 62% respondents able to manage their finance.

Table 5.

Distribution Frequency Based on Mental Preparation (n= 97)		
Variable Mental Preparation	f	%
Knowing roles and tasks husband & wife	34	35
Ability communication and negotiation	83	86
Ability to manage the conflict	72	74

Table 5 above show that of 3 indicators mental preparation, 86% respondents capable to communicate and negotiate and 74% are able to manage the conflict.

Table 6.

Distribution Frequency Based on Social Preparation (n= 97)		
Variable Social Preparation	f	%
Ability to interact	76	78
Ability to adapt	85	88
Appreciate the value of life	88	91

Table 6 above show that of 3 indicators social preparation, 78% of respondents capable to interaction with other, 88% able to adaption and 91% appreciate the value of life.

Table 7.

Distribution Frequency Based on Interpersonal Preparation (n= 97)

Variable Interpersonal Preparation	f	%
Patient and forgiving character	90	93
Hearing ability	84	87
Appreciate differences	96	99

Table 7 above show that 93% of respondents have patient and forgiving character, 87% have hearing ability and 99% have appreciate to differences.

Table 8.

Distribution Frequency Based on Life Skills (n= 97)

Variable Life Skills	f	%
Ability to do household	71	73
Ability parenting	51	53
Ability cooperate with couple	75	77

Table 8 above show that 73% of respondents capable to do household, 53% able to parenting and 77% able cooperate with couple.

Table 9.

Distribution Frequency Based on Intellectuals Preparation (n= 97)

Variable Readiness Intellectual	f	%
Have strong memory	59	61
Ability think and catch information	84	87
High curiosity	86	89

Table 9 above show that 61% have strong memory, 87% capable think and catch information and 89% have high curiosity.

Table 10.

Distribution Frequency Respondents Based on Readiness in Face Life Family (n= 97)

Variable Readiness	Conclusion
Financial Preparation	Not ready
Physical Preparation	Not ready
Mental Preparation	Not ready
Emotion Preparation	Ready
Social Preparation	Ready
Interpersonal Preparation	Ready
Life Skill	Ready
Intellectual Preparation	Ready

Table 10 above show that of 8 indicators preparation in family life, there are 3 indicators not prepared are financial, physical and mental preparations.

DISCUSSION

Physical Preparations

Based on the table above, physical preparations in facing family life was classified as not ready. The result obtained that 37% of respondents had not checked their vital signs periodically, 80%

had not done urine periodically, 53% had not consumed nutritious food, 63% had not taken iron tablets, 83% had not taken folic acid, 76 % had not received TT immunization and 6% had not maintained genital hygiene. From the data above seen that the physique preparations not yet prepared with maximum. It cause of the limitations of finance, make respondents have not planning and desire to inspection their health, beside of that 60% of respondents live in a rent room or far from their parents so they need to distribute the finance for study needs and personal needs but they said medical examination have been done if they feel not better or sick.

Emotion Preparations

Based on the table above, emotional preparation in facing family life was classified as ready, this is illustrated by 68% being able to manage emotions and 56% being able to express their feelings. The capable to manage the emotions due to the demands of the environment, they live in rent room so they are trained to manage the emotion and interaction with other peoples. Individuals who have good emotional can regulate and manage their feelings well so that in facing the problems they can position themselves well. Pusparini said that intelligence emotion not depends big or small brain but depends of the abilities in observe and understand himself, so that they capable to connection with others in life everyday. (Pusparini, 2017)

Financial Preparation

Based on the table above, financial readiness to face family life was classified as not ready. It is seen from 94% of respondents did not have savings, 38% of respondents were unable to manage their own finances and 74% had not prepared a career before marriage. Unpreparedness financial respondent are continuing their studies and almost all respondents (97%) are supported by their parents. From the side of father and mother's work, almost their parents work as non-civil servant, so it means the finance of their family are unstable. Its situations had negative impact for them in facing family life, so they are vulnerable to quarrels and disputes which ended with divorce. (BKKBN, 2014)

Mental Preparation

Based on table above, mental readiness in facing family life is classified as not ready. It is seen from 65% didnt knowing roles and tasks of husband and wife, 14% havenot ability to communicate and negotiate, 26% have not ability to manage their conflict. Unpreparedness the mental, caused of the aged, almost of them are less 21 years which means still late teens or early adulthood. In terms of psylogical, the late teens start to sharing life with other people, with their roommate or classmate although with their partner. In this phase, someone will look for identity with create the connection with other peoples. If this phase fails to pass, they will often have the failure experience in relationships, they will feel lonely and depressed.

Social Preparation

Based on table above, readiness of social in facing life family was classified as ready. Its seen from 78% already capable to interaction, 88% able to adaption and 91% appreciate the value of life. Readiness the social life caused of the respondent habitual to interaction with other student from various area in class as well as on campus. The diversity of territory, very helpful the student to adaptation to the habits and community behaviour. Besides of that, the belief that a midwife should have self-control in providing services. Ghufrani (2010) said that self-control is individual ability to control the impulses and behavior in a positive direction (Istiqomah & Notobroto, 2017)

Interpersonal Readiness

Based on the table above, interpersonal readiness in facing family life was classified as ready, it seen from 93% having a patient and forgiving characters, 87% having the ability to listen and 99% being able to appreciate the differences. Interpersonal readiness who have owned by the respondent caused the respondent aware of their role as midwives, a good midwives should be able to socialize and interact with publics from various area. As an educator, the midwives must capable to listen the others and appreciate every differences. The values instilled to students since studying. In the campus, the students taught to always said politely, so that become good habits for students. As Karyati S said that someone affected by the social environment, habit, rule of culture, attitude, work, and organization. (Karyati, 2017)

Life Skills

Based on the table above, life skills in facing family life was classified as ready, it is seen by 73% being able to do household, 53% being able to take care the children and 77% being able to work with partners. The readiness of life skills caused of the respondent have experience in living in rent room. They become independent to fulfill their personal need, even more in household skills. In their study, they also learn how to take care the children. It's all are needed to become a housewife later,. This according that the education not only to improve the study but also needed in readiness towards family life and optimize the child growth later (S. Suciana, D. Wildayani, 2021)

Intellectual Preparation

Based on the table above, intellectual readiness in facing family life was classified as ready, this is illustrated by 61% having a strong memory, 87% already having the ability to think and capture information and 89% have the desire to find out all the information needed in life. Readiness intellectual property owned by the respondent caused of the respondent still studying and always training their memory to remember, think and catch information as well as look for a number of required literature.

CONCLUSION

Based on results study above, is obtained readiness respondent in facing family life seen from readiness emotional, social, interpersonal, life skills, intellectual, whereas financial, physical and mental preparation still categorized as not ready yet. Based on the above, it is expected: 1) Could give information, knowledge, insights and additions reference for health science development especially for midwifery about preparation in build family life (premarital preparation), 2) Plan a program to premarital preparation from the PIKR organization of MERCUBAKTIJAYA and also in collaboration with BKKBN programs, 3) MERCUBAKTIJAYA got collaboration with Public Health Centers in supplementary tablet programs, iron tablets and acid folate programs for teenagers, 4) Financial management training for students.

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