

PAPER • OPEN ACCESS

## Efforts of young parents in meeting children's physiological needs

To cite this article: A Z Rizqiyah *et al* 2020 *IOP Conf. Ser.: Earth Environ. Sci.* **485** 012129

View the [article online](#) for updates and enhancements.



## Efforts of young parents in meeting children's physiological needs

**A Z Rizqiyah, Sukidin\*, W Hartanto, P Suharso, S Wahyuni**

Economic Education, The Faculty of Teacher Training and Education,  
University of Jember, Jln. Kalimantan 37, Sumber sari, Jember, East Java,  
Indonesia 68121

\*sukidin.fkip@unej.ac.id

**Abstract.** The purpose of this research to describe the efforts of young parents in meeting children's physiological needs in Tanggulangin Village, Kejayan, Pasuruan. This research is a qualitative descriptive study. Determining the location of research using purposive area, determination of research subject using snowball sampling. Data collection uses observation, interviews and documentation, while the data analysis process used is data reduction phase, data presentation and withdrawal of conclusion. The results showed that the economic conditions of young parents were low. These conditions are due to their work only as abusive workers whose wages are less than the UMR. Wages received by young parents are insufficient to meet the daily basic needs and physiological needs of the child. Therefore young parents make an effort to stay alive. The efforts made by the young parents are by optimizing the resources that are owned by doing the side work and allowing their wives to work, further implementing a provident living strategy and utilizing Social networking by borrowing money to parents, relatives, neighbors when in urgent situation. These efforts are done by young parents in order to meet the needs of families and the physiological needs of children.

### 1. Introduction

Indonesian state has a law governing the marriage of Law No. 1 of 1974, which in itself governs the issue of a guardian, marriage contract, Mahar, Taklit Talak, wealth, child maintenance, Khuluk even Mut'ah Governed by statutory laws. Marriage aims to bring about the life of an Sakinah home, a Mawaddah and a warahmah. Marriage is considered valid if it meets five pillars of marriage, including prospective husband, future wife, marriage certificate, two witnesses, Ijab Kabul and dowry or Mahar.

Based on the government regulation set forth in the Decree of the interior Minister No. 27 year 1983 which is in instruction to district officials to submit a delay of the marital age until the age of 19 years for women and 21 years for men. If the prospective bride has not reached the age then there must be permission of the dispensation of local religious courts. If we look at the people of Indonesia since first, especially for rural areas, married has become something that should be implemented immediately both marriage in young and old. But based on empirical observations, many people chose to marry at a young age. This is supported by the results of the National Social and Economic Survey (SUSENAS) conducted by the Central Statistics Agency (BPS) in 2012 shows that 25% of women who are now aged 20-24 years are married before the age of 18 years. In the same year BPS also noted that the marriage rate of young people to the urban area is lower than in rural areas. A young marriage that took place in the countryside amounted to 29.2%, whereas for urban areas amounted to 19.0%. Many of the factors underlying it, be it because of the economic drive, at its own volition, even due to unexpected things.

The most encouraging factor of the public to marry young is because they are less touched by education. Educated people tend to be more interested in the future with education first. They will be married if they have achieved what he hoped for, of course by completing his education first. Unlike the people who are less touched education. They will tend to short-term life mindset only. They mostly choose to marry at a young age because there is not much to expect anymore except to look up the future with a living spouse. A striking difference will occur when compared to an ideal age wedding.



According to Agustian [1] The ideal age for women is the age of 21-25, while for men, the age is 25-28. If viewed in terms of health, the family who married at the ideal age certainly will not suffer a significant problem while being pregnant or giving birth, and can be sure the resulting offspring will be very qualified. Similarly, in terms of social couples with an ideal marital age will be more easily faced with household problems. The maturity of thinking and enough socialization is a factor that supports the harmony of households. If viewed from a psychological point of view, people who are married at their ideal age will tend to be happier and more harmonious than couples who marry young.

Physical impact of young parents households domestic economy is yet to be burdened for work requiring physical skills, to bring income for him. Economic factors are one of the factors that play a role in realizing welfare and happiness in households. The income of young parents averaging about Rp1.500.000,00 to Rp2.000.000,00 per month, will be used to meet the needs of the family especially to meet the child's physiological needs. These needs include food needs. Food needs that must be fulfilled by young parents especially for their children, because food needs are the most basic necessity for people to stay alive, fulfilling good food needs will help the growth and development process The child optimally. Food that must be fulfilled by families of young parents is the need for rice as a staple food as well as side dishes that include fish, vegetables, fruits and milk as a complement. This is also affirmed in the Minister of Health Regulation number 41 year 2014 explaining that the staple food group as a source of carbohydrates can be from: rice, potatoes, cassava, sweet potatoes, corn, taro, sago, and breadfruit. Sources of protein can be from side dishes consisting of: fish, eggs, poultry, meat, nuts and dairy (tofu and Tempe), vegetables and fruits.

The next need to be fulfilled by the young parents family is the need for clothing. The need for clothing is the need for children to dress, because clothing is a symbol of man as a cultured creature. The main function of clothing is to protect itself from heat and cold, in accordance with the development of today the function is growing, namely to provide comfort according to the types of needs. It is also emphasized by Ernawati [3] who reveals that clothing is everything that is used from head to toe that gives the wearer comfort and beauty.

The next requirement required by the child is the need for education. Education needs are indispensable to early childhood as this will help the growth and development process of the child both physically and psychically in order to achieve the maturity in aspire and prepare the child to the education level next. This is affirmed in the regulation of the Minister of Education and culture of INDONESIA number 146 year 2014 explaining that early childhood education is a coaching effort aimed at children from birth up to the age of 6 (six) years Through the giving of educational stimuli to help the physical and spiritual growth and development so that children have readiness to enter further education.

The main needs of children other than the above, there is one more need that can not be separated from children, namely health needs. Health needs are a necessity to be met when someone is sick. According to the health Law number 36 year 2009, the meaning of health is a healthy state, both physically, mentally, spiritually and socially that allows everyone to live socially and economically productive lives.

Addressing economic issues, a household must have an individual effort or way. This is applied in the household to the survival of all members of his family. Each family member plays a role in carrying out such a way or effort. Efforts can also be said as an act or effort to achieve something objective by looking at the systematic techniques planned, many things that young families do, efforts to handle this problem on Essentially the ability of all family members to manage all the assets it possesses. This was affirmed by Suharto [6], who reveals that survival efforts are a person's ability to implement a set of ways to overcome various problems that surround their lives.

## 2. Methods

This research uses a type of descriptive research with a qualitative approach. The location of this research was held in the village of Tanggulangin, Kejayan, Pasuruan. Determining the location of research using the method of purposive area is determined by the location intentionally according to research objectives. Methods of determining the study subject using the snowball sampling method. The data source uses primary data and secondary data. Data collection process is done by observation, interview and documentation, while the data analysis process is data reduction, data presentation, and draw conclusion.

### 3. Results and Discussion

#### 3.1. *Fulfillment Of Children's Physiological Needs*

Food is the basic human needs of the most major and its fulfillment is a part of human rights secured in the Law of the Republic of Indonesia year 1945. Child food needs young parents in the village of Tanggulangin consist of: staple food as a source of carbohydrates in the can of rice and crackers, the source of protein in the can of the side dish consisting of tofu, tempe, egg, fish, chicken and dairy meat, Sources of minerals and fibers in the can of fruit and vegetable and the last water. To fulfill the food needs of the average in one month the young parents cost about Rp650.000,00 to Rp 1.000.000,00.

The need for clothing is a basic human need in addition to food that serves to protect the body from heat and cold and to maintain the value of human politeness as a cultured creature. The needs of the clothing required by the young parents consists of: Moslem or Muslim clothes, children's shirts, pants, hats, socks, shoes, sandals, watches, shoes, glasses, and so on. To meet the needs of the clothing the young parents spent between Rp100.000,00 to Rp300.000,00 good purchase made in cash or credit.

Education needs are a necessity to develop the potential in one's self to become smarter and more skilled, both through formal and informal educational institutions. The need for education needed by young parents both the need for kindergarten school (TK) and the TPQ is as follows: Buy kindergarten uniforms, TPQ uniforms, every month pay SPP TK and TPQ, pay dues, join the recreation, the Prophet's mawlid activities, Activities, pocket money, transportation costs, color radio visits, Hajj rituals, graduation activities, saving and so on. Withdrawal of young parents to meet children's education needs around Rp.550.000,00 to Rp650.000,00.

Health needs is a human need for the welfare of the body, soul and social to be productive socially and economically. For young parents in the village of Tanggulangin who are classified as incapable when the children in sick conditions they prefer to buy drugs in stalls or choose to have medication to midwives and shamans massage. The withdrawal of young parents to fulfill health needs is average between Rp10.000,00 to Rp15.000,00 if bringing a child to a midwife or doctor of massage, whereas if bringing a child to the young parents doctors cost between Rp30.000,00 to Rp50.000,00.

#### 3.2. *Efforts Of Young Parents In Meeting Children's Physiological Needs*

The efforts of young parents to stay alive in overcoming the shaking and economic pressures in meeting the physiological needs of the first child are young parents optimizing the resources owned by working side as a farm worker, Building laborers and tricycles. The side jobs undertaken as an effort to meet the needs of the family and the physiological needs of the young parents Tanggulangin village are diverse and although the wages received are still relatively low, the wages received by Farm workers range from Rp50.000,00/day, as the construction of wage laborer is Rp50.000,00/day, while as a hire rickshaw that gained around Rp20.000,00 to Rp50.000,00 and all the side work is not done every day. Usually the side job is done when on a Sunday or following a shift schedule from the main work.

Generally, the side work done by the young parents relies solely on physical endurance, it is easy and does not require a lot of capital, so the income received is still relatively small. This is what makes other family members such as wives also work to help increase their income and meet the needs of their families. As for the side work done by the wives are working as a tailor, meatball traders and labour maker of the *keset* The wages received from a tailors around Rp10.000,00 to Rp15.000,00 It is not done every day, as a meatball traders who can hire is Rp100.000,00 to Rp150.000,00. Meanwhile, as a labour maker of the *keset* is able to get a wage of Rp200.000,00 every time the deposit is set.

In order to make income from basic and side work able to fulfill all basic needs and physiological needs of the child, then the young parents of Tanggulangin village will minimize the family expenditure (saving) to meet the needs of Food, clothing and health. From the results of the research in the field, can be known form of life saving that young parents in fulfilling food needs can be seen in the daily diet that is eating with a simple side dish such as Tempe, tofu, salted fish and still participated parents. While living sparingly in fulfilling the needs of clothing, young parents only buy

when approaching *Lebaran* alone or buy when getting more sustenance. Then for the health needs of sparingly life patterns are shown from the habit of young parents check into midwives or bring the child to the shaman massage when sick as well as just buy the drug in the stall/shop.

Young parents Tanggulangin Village in addition to optimizing the resources owned and implementing provident living, they also utilize the social networks that exist around them. This is to help the family's basic needs and physiological needs of young parents alike be fulfilled. From the results of the research in the field, it can be noted that there are some forms of social network utilization conducted by the young parents Tanggulangin village in an effort to fulfill the physiological needs of children in a way owed to neighbors, relatives and parents, receiving help of basic needs and still living with parents.

The first analysis in this subject is about fulfilling the physiological needs of children including food, clothing, education and health. The second analysis in this subject is about the efforts of young parents to meet the child's physiological needs, efforts made by the young couple among them by optimizing the resources owned (active strategy), strategy Life-saving (passive strategy), and utilizing social networks (network strategy).

The needs of young parents include food/dining needs, clothing needs, children's education needs and health needs. According to Gilarsa [4] basic needs are the minimum needs that human beings must fulfill for survival. The basic needs of these staples include the need for a quantitative primary or physical minimum, consisting of eating, clothing and housing.

Food needs consumed by young parents are adjusted to the income they earn, such as rice, vegetables, tempe, tofu, eggs, salted fish, rare chicken meat. They also rarely meet their feeding needs with the intake of fruits, only occasionally if there is more money, as well as milk they rarely drink daily milk. It is in accordance with the theory Dumairy [2] that the expenditure for food consists of grains, tubers, fish, meat, eggs and milk, vegetables and so on.

The needs of the young parents on a daily basis the young parents only wear modest clothing. According to Wijandi [8] The clothing is no longer just a body cover, but has turned into a body attribute so that the type, model, and size continue to evolve following the development of the prevailing mode. Clothes needed by young couples include Moslem clothes, children's shirts, nightwear, hats, socks, sandals, shoes and so on. It is in accordance with the theory of Ernawati [3] that the clothing is everything that is used from head to toe consisting of basic clothing such as clothes, skirts, kebaya including underwear, clothing complement consisting of shoes, bags, hats, socks, glasses and accessories such as rings and necklaces that provide comfort and beauty displays for the wearer. Young parents families never schedule when to buy clothes. Usually they buy clothes when they are before *lebaran* or when they get more sustenance and even better put his children's clothes.

The need for education for their young parents does not want to see his children have the same fate as his parents, they want their children to get a decent education. The costs incurred for the child education of young couples are not few. This is in accordance with the opinion of Muhajirin [7] stating that the cost of education is one of the supporting factors (educational resources) that is very important in conducting education in school. Young parents should set aside their wages to support children's education. With their low income, young parents still strive for a child's education until they reach a higher level.

Children's health needs young parents, they prepare medicines in their homes or when a family is sick they buy medicines in stalls, but young parents also checked their son to midwives and brought to shamans massage when sick.

Based on the research results that many people with low intermediate economic conditions that make various efforts to stay alive. As with the young parents condition, their low economic conditions make it a must-have to stay alive. They optimize the low wages gained from working for daily necessities. In everyday life young parents have to fight hard to defend the home life. Its low economic situation, young parents have a diversity of efforts to keep fulfilling the needs of families and the physiological needs of children. The survival efforts undertaken by young parents in sustaining his life include optimizing the resources they have, saving strategies and utilizing social networks.

Young parents in Tanggulangin village optimize the resources that are owned by doing the side job of being a rude worker such as a farm worker, building worker and *Becak*. The implementation of the active strategy is in line with Suharto's theory [6] that an active strategy is a strategy undertaken by

poor families by optimizing all potential families (e.g. doing their own activities, Working hours, and doing anything to add to its income). To meet the needs of the family and the physiological needs of young couples also involve their family members to participate in income generation activities to meet the needs of their families. The side work done by the wife of them as a tailor, meatball trader and labour maker of the *keset*. It is in accordance with the opinion of Andrianti [5] that one of the strategies used by households to overcome economic difficulties is to encourage wives to earn a living.

Passive strategy is a strategy that is done by minimising family spending or saving money. Low young parents wages make them a must to save on daily spending, even though they are difficult but they have to stay in the way that wages can be sufficient for the basic needs and needs of children. Frugality is a pattern of using something sparingly and cautiously. Young parents prefer the importance of the essentials such as the daily dietary needs of those who have to spend money for the sake of only a temporary nature. This is in accordance with the theory of Kusnadi [5] that passive strategy is a strategy in which individuals try to minimize money spending, and this strategy is one of the ways that the poor people can stay alive.

The next strategy is to utilize social networks. Social network strategy according to Kusnadi [5] is a network strategy that occurs due to social interaction that occurs in the community, social networks can help poor families when needed money urgently. The results of the research can be known that the social network conducted by the young parents is borrowing money to brothers, parents and close neighbors, in-store debt, still follow the elderly and also get help basic needs of parents. It is done when they are in very urgent circumstances. Debt is a way for young parents to suffice their urgent needs.

#### 4. Conclusions

Based on the results of the research analysis can be withdrawn a conclusion as follows: to meet the needs of families and the physiological needs of young parents children must have an effort aimed at the need to be fulfilled properly. These efforts include optimizing the resources owned by doing a side job and allowing their wives to work. The next effort is a saving life strategy is done by minimizing family spending or saving. The next attempt is to utilize social networks such as borrowing money to close relatives, neighbors, joining parents, getting the help of basic necessities from parents. Various efforts are made by the young parents just to stay alive and to fulfill the needs of the family, and can fulfill the physiological needs of the child. Looking at the various problems faced by young parents in Tanggulangin village, the authors try to give suggestions that are expected to be beneficial to all parties: to delay young marriage should parents give The child's chance to have a maximum of 12 years of education. Married at an ideal age (21-25 years) will be more qualified and there is readiness both physical and mental to build a household. Following the government's recommended KB program, in addition to being able to prevent pregnancy that will have an impact on the increase in household liabilities following the KB program can also inhibit the rate of population growth.

#### Acknowledgments

I am enormously grateful to my parents, my mentors Mr. Sukidin and Wiwin Hartanto thank you for your continuous encouragement, kindly advice throughout my study and I thank Mr. Pudjo Suharso and Mrs. Sri Wahyuni as my examiners for kind advice and help.

#### References

- [1] AgustianH 2013 The Life Picture Of a Married Couple At a Young Age in Dharmasraya District: journal PLS SPECTRUM: Padang State University.
- [2] Dumairy 1996 *Indonesian Economy* Jakarta: Erlangga.
- [3] Ernawati 2008 *Volume 1 Fashion Semarang: Aneka Ilmu*.
- [4] Gilarso 1992 *Introduction to Macroeconomics* Yogyakarta: Kanisius.
- [5] Kusnadi 2000 *Adaptation Fishermen and Social Networks* Bandung: Humaniora.
- [6] SuhartoE 2009 *Poverty and Social Protection in Indonesia* Bandung: Alfabeta.
- [7] UsmanAM CZHarun and Nasir Usman 2017 Management of Education Funding in Banda Aceh 19 Pilot Junior High School: Journal of Masters in Educational Administration: Syiah Kuala University.
- [8] WijandiS 2000 *Introduction to Entrepreneurship* Bandung: PT Sinar Baru Algensindo.

- 
- [9] Republic of Indonesia Government Regulation Number 146 of 2014. About 2013 Curriculum of Early Childhood Education. October 14, 2014. State Gazette of the Republic of Indonesia Year 2014 Number 1679. Jakarta.
- [10] Republic of Indonesia Government Regulation Number 41 Year 2014. Concerning Balanced Nutrition Guidelines. July 24, 2014. State Gazette of the Republic of Indonesia Year 2014 Number 1110. Jakarta.
- [11] Law of the Republic of Indonesia Number 36 Year 2009. About Health. October 13, 2009. State Gazette of the Republic of Indonesia Year 2009 Number 5063. Jakarta.