

# THE NECESSITY OF FAMILY PLANNING FOR HAPPY AND HEALTHY LIFE

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## ABSTRACT

The concept of the Family planning can be expressed as; providing knowledge to the couple, pregnancy monitoring and to make them able to have their children when and at the number they want according to their desire. Nurses offering consultancy services, play an important role in solving individual problems of individuals by their training, experience and knowledge they have. Guidance, training, motivation and consultancy are the most important tasks of the nurses, and are providing in teamwork approach during the family planning practices.

**Key Words:** Family, Consultancy, Family Planning, Health

## INTRODUCTION

Primarily, family planning should be handled by the social aspects, and should be supported by the training, conferences, seminars and etc., and people should be clarified. Family planning is an important application producing positive results if applied in correct and timely manner. Giving information to the individuals or couples about the family planning methods and guiding them to make choices on their preferences are necessary. Nurses are involved in the researching, educational and the application roles in the family planning services in conjunction with the other staff. Consulting services is among the most important tasks of family planning. Staff should be dedicated to the task and should allocate time to each individual separately and should provide information carefully in consideration while fulfilling the tasks.

### HEALTH RELATED ACTIONS NEED TO BE DONE BEFORE MARRIAGE

According to, MEB (2014), When the couple is decided for marriage, before the marriage they need to learn that if they are having a healthy sex life. If there is any problem, they need to be ready for marriage after treatment and solving the problem.

Individuals having infectious diseases (such as AIDS, sexually transmitted diseases, hepatitis), should be - if possible - medically treated. Couples are required to identify their medical problems (hormonal disorders, heart diseases, hidden sugar etc.) after having medical check-up and if any should be treated accordingly. Women should have tests to detect any anomalies in ovaries and hormonal status, and the obstacles having a baby should be eliminated.

### SOCIAL SERVICES IN THE FIELD OF THE FAMILY PLANNING

Too many pregnancies are adversely affecting the health of mothers and causing to the birth of unhealthy babies (Bulut 1979, 1). We see that the families having social disorders are also facing the problems within the family. What can be done as a precaution? The answer to the question is the monitoring the births by a social and central volition. Family planning is widely raised after the 60s all over the world, later in time; health has risen to the forefront of the social issues. Indeed, the "Announcement on Family Planning" which was adopted in 21st World Physician Convention held in Madrid in September 1967, 23rd World Physician Convention held in Paris in June of 1969; and developed in 35th World Physician Convention held in Venice in October 1983; have caused the attention of the whole world into the issue. And the "Announcement" has invited all Countries to have responsibility in this regard.

(Fidaner 1987,29).

Therefore; if we accept the family planning, as a mean of showing the changes in social norms according to the family size in a society; this should be considered as a whole in the social structure of society; beyond the boundaries of mechanical way of taking measures for such application.(Kut 1985 5, 68).

In this specific context; the most important function of social services in the community, to raise the public awareness about the necessity of family planning and generate projects highlighting the necessities of the family planning in the society.

The behavioral attitudes to family structure size in individuals or in society are interrelated with behavior towards the education. These two attitudes have common norms in society. The resistance shown towards education and to have bigger or smaller family size is similar.(Tomanbay,1992, pp.252-253)

### **ROLE OF NURSES IN FAMILY PLANNING SERVICES**

According to, MEB (2012), Nurses are needed to fulfill the following vital responsibilities while performing the family planning services: To make comprehensive assessment by interviewing family that is accountable; to identify needs and tasks related to maternal and child health of the individuals and families; to evaluate all records for completeness and accuracy of individuals and families; to communicate with other health care professionals within the organization as well as other service units and develop the communication to achieve the continuity of services provided; to implement the family planning services; to participate in the most important women's health programs such as relating to the screening of rap smear, BSE (breast self-exam). Keeping track on the children's services. Monitoring closely the control of chronic diseases and the treatment recommended by the Physician and apply the medication for the children and their mothers. To participate in the programs such as professional seminars, researches, conferences, in-service trainings, related to maternal and child health and obtain information to improve their knowledges. Apply the techniques to the disinfection, ASPs, sterilization which are important in terms of profession of Nurses. Apply all applications in accordance with the ethics to be helpful to the people/groups. Providing consultancy services in improving health, preventing diseases, and treatment of diseases, and the rehabilitation issues.

### **FAMILY PLANNING CONSULTATION**

Whatever the method chosen by the informed couples on fertility, a key element of the consultation to be provided to the couples applying for the family planning should be the information about the fertility. The counseling units are very important for the decision-making by the natural family planning related individuals whether to use this method or not and the correct and appropriate using of the method.(Ulusal Aile Planlaması Hizmet Rehberi, 1994, pp.13-1)

Health Personnel, Nurses on the basis of the No. 2827 law on family planning and provide services under regulations issued based on this law to the man or woman wishing to benefit from the Family planning services. The citizens applying to the Healthcare Institutions to receive family planning services are required to be encountered friendly and mellifluent. Services should be provided to the individuals wishing to express themselves an easy and friendly environment. The family planning methods should be explained in soft voice and in an understandable manner.(Şaybak,2011)

Services are evaluated and presented according to the needs and desires of the individuals. In other words, effective counseling services in all stages of the family planning steps are provided. If we briefly answer to the question of “What is the role of counseling in family planning?; it is a process of education, information and motivation that took place during a face to face conversation in a manner that are complementing each other.

### **WHAT ARE THE BENEFITS OF CONSULTANCY SERVICING?**

- It provides a complete and correct usage of the method selected. Thus, pregnancy and other complications occurring from the improper usage shall be prevented.
- The individual prefer the most appropriate family planning methods in the light of information provided by his/her own volition.
- The preferred method will have been utilized for the extended periods
- By the counseling the satisfaction and confidence of the people are provided
- Consulting provides an efficient time assessment for the employee.

- Applicants of the Consultancy Services, provide saving for the Health Organizations and the Country; by longer periods of utilization of the Family planning methods applications; by preventing the unnecessary changes in the methods and reduction of expenses due to the improper use of birth control devices causing additional health risks and abortion risks and hence the Health Organization and the Country would have achieved economic savings.
- 7- The number of users will be increased by using of the modern family planning methods.

### **COUNSELING OBJECTIVES**

While giving counseling services to the individuals or couples; their knowledge on the method they have chosen; their acceptance of contraceptive methods on their own volition and in deciding whether the contraceptive method was a need for them; in relieving their anxieties and helping for them in making appropriate decisions on the problems arousing; in correctly and completely application of the method they have chosen; exchanging the ideas with couples or individuals taking the services freely and loving of these counseling services by the consultant are important in terms of the quality of the services.

### **CONCLUSION**

For achieving success in Family planning; at first the educational, managerial and servicing and controlling requirements should be fully carried out. All of the facilities in urban areas, rural areas and slum areas should be evaluated. Besides, the counseling service is one of the most important tasks of family planning and by this servicing the mistaken beliefs in hearsay about family planning shall be avoided. By conscious implementation of the family planning a happy society consisting of happy children would be encountered.

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