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Abstract

This study focuses on young adults' family planning attitudes. Nowadays our rushing, advanced world requires us to manage our time and plan our future. This consciousness is becoming more and more visible in the context of a healthy lifestyle with regard to family planning. A social change has begun, and science reflected with the development of various procedures and programs, thus ensuring conscious childbearing.

There is also a growing emphasis on informing the students in the education system, both in terms of family planning and birth control, within health education class. The government help couples who decide to have a child with support, discounts, counselling, and care. Family planning is the most important aspect of having children, with the goal of providing a healthy, welcoming children with the right social and family conditions.

Family planning can be defined in a narrower and broader sense. In a broader sense, there are four conditions for having a child. The first is the social background, like appropriate housing and material conditions. The second is to provide family background, marriage or cohabitation. The third is proper awareness of childbirth, and the fourth is to conduct related studies. In a narrower sense, we are talking about determining the number and date of birth of the children. If all the conditions are met, the couple's preparation begins.

The process begins with pre-conception counselling and care, which takes place in Family and Female Protection Advisors, as well as in the Family Protection Service. Family planning counselling is worth attending to future parents, because the task of the service is to minimize the general risk factors associated with pregnancy, with the involvement of professionals and the protection of parents' health, which is in the interest of every couple wishing to have children. After successful fertilization, family planning is completed and pregnant care is started, which helps to preserve the health of the pregnant woman and the fetus until the moment of birth.