

INDONESIA'S POPULATION LANDSCAPE

RIDING THE DEMOGRAPHIC BONUS TOWARD 2045

BASED ON THE INDONESIA POPULATION REPORT 2025





Natural (Indo)

MALAYSIA

Kuching

SARAWAK

105°

Ketapang Balikpapan

BANGKA

BORNEO

Banjarm

BILLITON

INDONE

Jakarta

Sema-rang

JAVA

Surakarta
Yogyakarta



Kementerian Kependudukan dan
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Prologue

Standing at the Edge of the Future

Indonesia stands at a defining crossroads in its history. With more than 280 million people spread across dense cities and remote villages, from coastlines to highland interiors, the nation is undergoing a profound demographic shift. The population structure is changing rapidly: the share of young people is shrinking, the working-age population is peaking, and the number of older adults is rising faster than anyone predicted. These changes are more than statistics—they ripple into household kitchens, factory floors, school classrooms, and the pathways of urban migration.

Amid accelerating mobility, digitalization, and shifting social values, Indonesia faces a fundamental question: what does it mean to be a great nation when the very makeup of its population is changing? The demographic bonus—a window of opportunity that comes only once in a country's history—is now within reach. At nearly the same moment, Indonesia is entering an era of population aging, demanding stronger health systems, more resilient social protection, and families

better equipped to adapt. These dynamics intersect with uneven access to basic services, gaps in housing quality, disparities in education, and legal identity that remains incomplete for some. They shape how families raise children, care for aging parents, make economic decisions, and plan for a better future.

Indonesia is more than a set of numbers on a demographic chart. It is a story about people, about millions of families living through rapid transformation. This book traces the contours of that new demographic landscape, exploring both the opportunities and the challenges ahead, while asking a single, defining question: is Indonesia ready to enter its golden future?



Dr. H. Winaji, S.Ag., M.Pd, Menteri Kependudukan dan Pembangunan Keluarga /Kepala BKKBN.





Prologue

Building a Strong and Inclusive Indonesia.

UNFPA is pleased to welcome the publication of the Indonesia Population Report 2025, a timely and comprehensive overview of the country's demographic dynamics at a pivotal moment in its development trajectory. In 2025, Indonesia stands at the intersection of a prolonged demographic dividend and the transition toward an ageing population. This demographic shift presents both significant opportunities and important policy challenges that require careful and forward-looking management.

The report highlights key trends, including declining fertility in some provinces, rising life expectancy, improvements in maternal and child health, intensifying urbanization, and the steady increase in the number of older persons. These developments underline the need for adaptive and evidence-based policies to ensure that individuals across all stages of life can thrive. Strengthening human capital, advancing gender equality, supporting resilient families, and building inclusive social protection systems are essential components in navigating this demographic transition.

These priorities align closely with UNFPA's mandate to promote sexual and reproductive health and rights, gender equality, and people-centered development. UNFPA views Indonesia's demographic landscape as an opportunity to reinforce demographic resilience, enabling the nation to respond effectively to gradually changing population structures while ensuring that no one is left behind. This publication is an essential contribution to Indonesia's efforts to advance sustainable, inclusive development and to achieve its vision for Indonesia Emas 2045.

Hassan Mohtashami
Representatif UNFPA





By reallygreatsite



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Part 1

The Grand Map of Indonesia's Demography

Indonesia is entering a pivotal phase: a large population and a sizable working-age cohort offer clear advantages, even as population aging begins to approach. To understand the nation's future, we need to read the demographic landscape from above—looking at the age structure, the forces of change, the impacts of climate, and the narrowing window of demographic opportunity. These foundations will determine whether Indonesia can leap forward amid a rapidly changing world.





A New Demographic Era

At the Threshold of Indonesia's Greatest Demographic Shift.

In many countries around the world, demographic change moves slowly, like the gradual passing of seasons. Indonesia, however, is experiencing something different. Over the past few decades, the structure of the nation's population has shifted far more rapidly than what many advanced economies encountered during their own demographic transitions. The year 2025 marks an important milestone: the population is estimated to reach 284 million people, a figure that represents not just a collection of individuals but the very foundation of every development agenda on the path toward Indonesia Emas 2045. Behind this number lie strengths, opportunities, and significant challenges that demand timely and well-crafted policy responses.

One of the most remarkable chapters in Indonesia's development story is the country's success in reducing fertility. This transformation did not unfold in a matter

of months, but is the long-term result of family planning programs, improved healthcare access, and rising levels of women's education. From a data perspective, Indonesia can breathe a sigh of relief: the Total Fertility Rate (TFR) has declined to 2.11 births per woman (2024), approaching the replacement level of 2.1. This achievement reflects a society increasingly able to plan the number of children according to its resources and family conditions.

Yet behind the reassuring national figure lies wide variation across regions. DKI Jakarta, for instance, has the lowest TFR at 1.82, while East Nusa Tenggara's rate remains as high as 2.71. These contrasts show that Indonesia is not moving in unison. Some regions have entered the era of small, modern families, while others remain within older demographic patterns. These differences are more than statistics, they reveal disparities in access to services, education,

and economic opportunities. Bridging these gaps is essential for achieving equitable and measurable progress. Positive trends are also evident in the declining rates of infant and maternal mortality. Over the past decade, the Infant Mortality Rate (IMR) and Maternal Mortality Ratio (MMR) have both fallen significantly (2010–2020), marking an important milestone for public health. Nationally, the Infant Mortality Rate declined from 26 to 16.85 per 1,000 live births. But once again, the story is not uniform. Jakarta reports an IMR of 10.38, while Papua's reaches 38.17. A similar gap appears in maternal mortality. Nationally, the MMR declined from 346 to 189 per 100,000 live births. In Jakarta, the figure is only 48, yet in Papua it soars to 565. This nearly tenfold disparity highlights how some regions continue to struggle with limited health infrastructure and access to basic services.

These advancements have reshaped the face of Indonesia's population structure. In the past, Indonesia was known as a young nation with a large share of children. That picture has now shifted. Falling fertility rates and increasing life expectancy are shrinking the size of the child population, while the number of older adults is rising rapidly. Indonesia is entering an advanced stage of demographic transition, one in which its population profile begins to resemble that of more developed countries experiencing population aging.

This transformation presents two sides. On one hand, a smaller number of children combined with greater productivity among the working-age population can strengthen economic competitiveness. On the other hand, the growing number of older adults requires swift adjustments

to the health system, social protection schemes, and labor market structures. The challenge is not only to provide adequate facilities but also to ensure that the economic system can absorb the workforce efficiently without leaving vulnerable groups behind. Another major issue that cannot be overlooked is the disparity in human capital across regions. Some provinces enjoy relatively strong access to healthcare, education, and family welfare services. Meanwhile, others remain constrained by geography, poverty, and shortages of health workers and social infrastructure. Uneven population distribution adds another layer of complexity. The concentration of people on Java, for example, places significant pressure on urban space, housing, clean water, and public services. In contrast, regions outside Java face the opposite challenge: vast territories with relatively small populations, making

Indonesia was once a young nation. Now, falling fertility and longer life expectancy mean children make up a much smaller share of the population.

service delivery costly and difficult to reach.

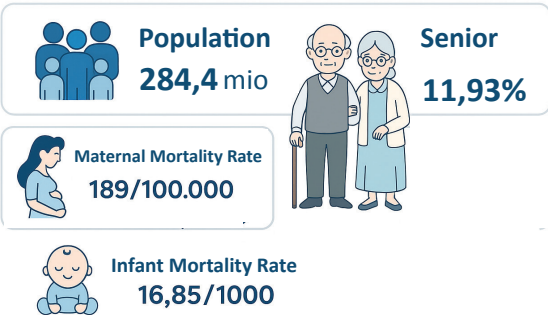
Amid these sweeping changes, the availability of accurate data becomes a critical determinant of policy effectiveness. Indonesia has multiple data sources, from censuses to routine surveys, but integration across these systems remains suboptimal. When data are not well-connected, policies tend to be delayed or misaligned. Yet demographic dynamics are shifting so rapidly that the country has little room for directional mistakes.

To address these challenges, the Grand Design of Population Development (GDPK) serves as the national roadmap. It guides cross-sector policy formulation through five pillars: managing population size, improving population quality, strengthening family development, structuring population distribution, and population administration reform. This major document is not merely a technical guideline; it is a foundation to ensure that every demographic change is handled systematically, measurably, and consistently from central to local levels.

The Indonesia Population Report (LKI) then serves as a monitoring instrument that ensures policy directions remain aligned with the latest demographic dynamics. The report tracks population trends, age structure, migration, family wellbeing, and regional disparities. All this information is essential for the government to design more accurate interventions in implementing the National Medium-Term Development Plan (RPJMN).

Indonesia's journey toward Indonesia Emas 2045 depends on the nation's ability to understand and manage demographic change. The demographic dividend is not an automatic gift; it is an opportunity

Key Highlights of Indonesia's Demographic Indicators 2025



Indonesia's journey toward 2045 will be shaped by how effectively the nation interprets and manages its demographic transformation.

that can only be realized through careful stewardship. Amid major challenges, from regional inequalities to population aging, one principle remains clear: Indonesia's success lies in seeing its people not as a statistical burden but as the central force of development. If this transformation continues to be guided by data-driven policies, Indonesia stands a strong chance of shaping the future as a space of growth for all generations. ☸





Behind 284 Million Lives

As the Nation's Age Pyramid Starts to Reshape Itself.

Changes in age structure offer important insights into future development needs. For decades, Indonesia's population pyramid was known for its wide base and narrow peak—a classic portrait of a developing country with high fertility. But that shape is gradually changing. The base is beginning to shrink, while the middle is expanding. The nation is entering a phase in which its age structure is becoming far more balanced than in the past.

This demographic transition brings two sides of the same coin: tremendous opportunities and significant challenges. For many countries, this phase is a pivotal moment that determines whether the demographic dividend can be harnessed or allowed to pass by unnoticed. For Indonesia, this moment sits at a critical juncture. The scale of change is evident from the long arc of Indonesia's population growth. In

the early 1960s, the population had not yet reached one hundred million. Today, projections indicate that by mid-century the figure may surpass three hundred million. Although the population continues to grow, its pace has steadily slowed. Over the past decade, population growth has moved toward stability, a sign that Indonesian families are increasingly intentional in planning the number of children they have and the future they envision.

This transformation is also reflected in a population pyramid that is no longer expansive. The share of young people is declining, while the working-age group has reached its highest proportion in history. This indicates that Indonesia is at the peak of its demographic dividend—when the number of people in the labor force is significantly larger than the dependent population.

In the global context, this situation is not a local phenomenon. The State of World Population report emphasizes that slowing population growth worldwide reflects progress in human development—rising education levels, improved reproductive health, and expanding economic opportunities for women. Indonesia is moving within the same current, reaping the benefits of decades-long investments in education and health.

One of the main forces driving the shift in the population pyramid is the decline in fertility. Since the early implementation of the Family Planning Program in the 1970s, the number of children born to Indonesian women has steadily decreased. From an average of five to six children per woman in the 1970s, that number has now fallen to around two. This dramatic decline did not happen overnight. It unfolded alongside rising education levels, greater participation of women in the workforce, and the emergence of modern family values that encourage more rational planning for the future.

This phenomenon is not unique to Indonesia. South Korea, Japan, and China are experiencing far more extreme declines in fertility, reaching a point where government efforts to raise it again have yielded little success. But Indonesia occupies a unique position: fertility decline has been steady, yet still allows for a healthy population structure for the coming decades.

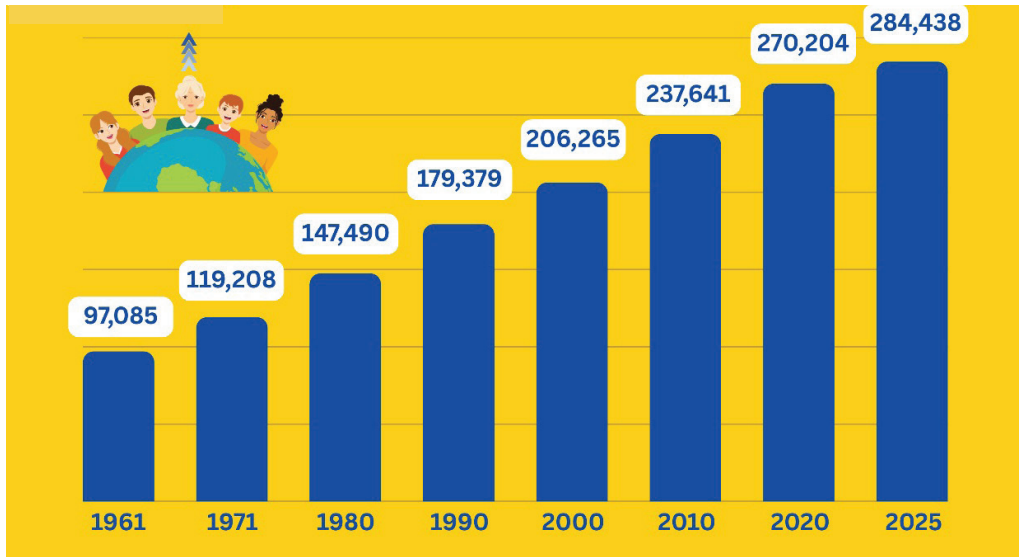
The effects of declining fertility are also clearly visible in how national resources are allocated. With fewer children than in the past, pressure on the education system and child health services has eased. This allows the government to shift its

focus toward improving quality, not just quantity, through investments in technology, innovation, and workforce skill development.

Yet this success comes with its own challenges. A steady decline in births, combined with rising life expectancy, increases the proportion of older adults over time. This marks the beginning of population aging, a phenomenon already evident in many major cities. In the coming decades, Indonesia will face the reality that the older population will grow faster than the younger one.

Population aging carries significant implications for the labor market, the health system, and social protection. The country must be prepared to balance the productivity of the working-age population with the wellbeing of older adults. Early planning can help reduce fiscal pressure and ensure the welfare of all age groups.

Maternal and infant health conditions also form an important part of Indonesia's demographic story. Over the past decade, the Infant Mortality Rate has fallen from 26 to 16.85 per 1,000 live births (2010–2020). The Maternal Mortality Ratio has also declined, from 346 to 189 per 100,000 live births over the same period. Even so, global development targets call for much lower numbers by 2030, meaning that strengthening maternal and child health services remains a major agenda. Regional disparities also pose a clear challenge. Several provinces record significantly higher infant mortality rates than more developed regions, highlighting unequal access to and quality of healthcare services. For instance, Papua's infant mortality rate is still 38 per 1,000 live



Source: BPS, Long Form Population Census 2020 and Population Projections 2025.

births, much higher than Jakarta's 10 per 1,000. This means that efforts to reduce maternal and infant mortality can no longer rely solely on national-level strategies, they must be directed more specifically toward lagging regions.

With a dominant working-age population expected to persist until the mid-2030s, Indonesia is in a golden period for boosting national productivity. Having fewer children allows more family members to enter the labor market, start businesses, or upgrade their skills. Household consumption rises and stimulates the economy. But all these potentials will become reality only if human capital development is truly prioritized. Indonesia has been in a demographic dividend period

since 2012 and is projected to reach its peak around 2035. The country's demographic transition mirrors the profound social changes that have unfolded over the past 50 years. It is a sign of a society's maturity in determining its own path—how many children to have, how to secure family wellbeing, and how to plan for the future. The challenge now is to ensure that every individual, regardless of age, can grow healthy, educated, and empowered. Ultimately, the strength of a nation is not defined by the size of its population, but by the quality of its people. And amid rapid demographic shifts, that quality will determine Indonesia's future. ☸



Photo by: Gema Saputera / Unsplash



Bonus or Burden?

Unlocking the Potential Behind the Boom in Productive-Age Citizens.

Amid rapid shifts in the economy, technology, and everyday life, Indonesia's population dynamics offer one of the clearest reflections of where the nation is headed. Every birth, every movement of people, and every shift in age structure helps shape a social landscape that determines the demands on public services, the competitiveness of the economy, and the resilience of families. Understanding how the population grows and changes is therefore not simply a matter of reading statistics, it is a way of seeing Indonesia's future.

Indonesia grows, shifts, and often surprises, not only because of the sheer size of its population but also because of the speed at which change occurs within just a few decades. Census data illustrates a dramatic demographic leap: in 2000, the population stood at about 206 million, and two decades later

it had surged to 270 million. This means that over 20 years, the country added roughly 63 million people—an average of about 3.2 million each year—underscoring how swiftly Indonesia's population dynamics continue to evolve.

The surge has continued. Estimates for 2025 place the population at around 284.4 million, an increase of more than 14 million people since 2020. Viewed by its rate of increase, the 2020–2025 period shows a slowdown in population growth, driven by changes in fertility, mortality, and migration: primarily due to the success of the Family Planning program.

This continued growth, however, is far from uniform across the archipelago. Java still accommodates the majority of the population, while Papua sits at the opposite extreme, contributing only a small share of Indonesia's total. At the provincial level,

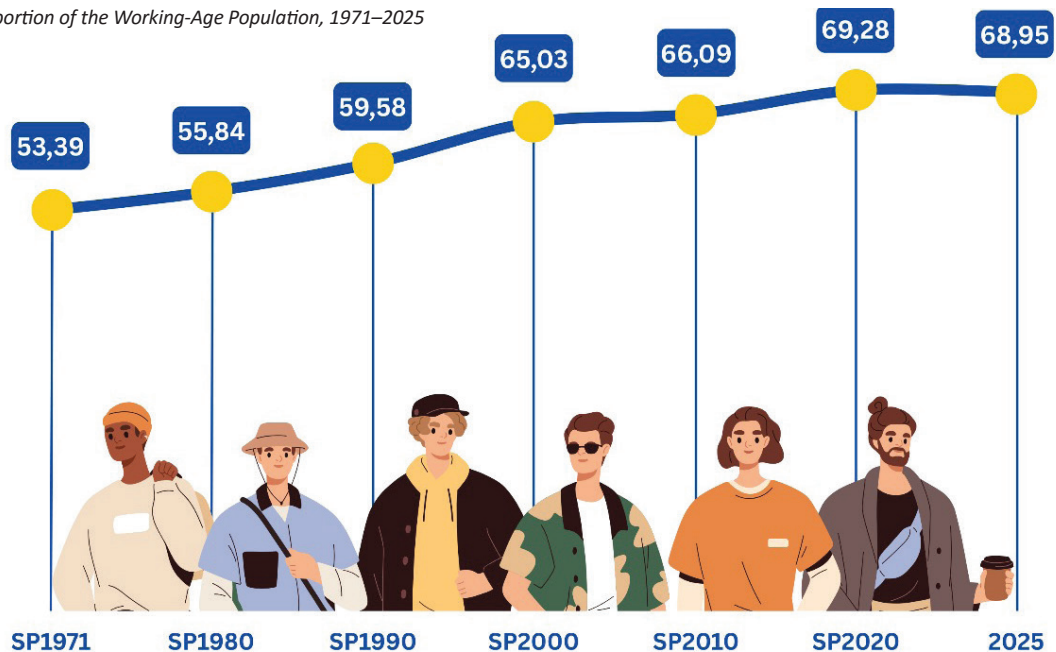
three provinces each exceed 10 million inhabitants: West Java, East Java, and Central Java. On the other end of the spectrum are provinces with very small populations such as North Kalimantan, the Papua region, and Gorontalo requiring tailored approaches in basic services and economic development.

Demographic composition also carries important signals. Indonesia's national sex ratio shows a slight male majority, about 102 men for every 100 women, but provincial patterns vary widely. Yogyakarta, South Sulawesi, and East Java, for example, record ratios below 100, while several eastern provinces, including the Papuan highlands and North Kalimantan, show much higher ratios. Migration and regional labor patterns shape these numbers: provinces that send

large numbers of migrants often display distinct gender compositions as many male workers leave in search of jobs elsewhere.

Indonesia's population pyramid still reflects the profile of a relatively young nation: a large share of children at the base and a pronounced working-age population in the middle. In 2020, people aged 15–64 made up about 69.28 percent of the population, and the 2025 estimate is 68.95 percent, slightly lower, but still within the same range. This is the foundation of the so-called demographic dividend: an economic opportunity that emerges when a productive labor force is equipped with the right skills and supported by quality jobs. Yet the indicator that accompanies this opportunity, the dependency ratio,

Proportion of the Working-Age Population, 1971–2025



Source: BPS, Population Censuses 1971–2020 and Indonesia Population Projection 2020–2050.

offers a reminder of the responsibilities that come with it. In 2024, the dependency ratio is estimated at around 44.8 percent, a significant decline from more than 51 percent in 2010. In simple terms, every 100 people of working age now “support” about 44–45 individuals who are either too young or too old to work. This lower ratio creates fiscal and social space for greater investment in education, health, and productivity: provided that policies are able to seize the moment.

Differences across provinces are also evident in dependency ratios. Some provinces enjoy relatively low ratios, creating opportunities for faster local economic growth, while others remain above the 50-percent threshold. East Nusa Tenggara, for example, records a comparatively high dependency ratio, illustrating the broader picture that local policies must be tailored to accelerate age-structure shifts through family planning services, education, and expanded economic access.

In practice, capturing the benefits of demographic change requires three interconnected elements. First, job opportunities must be both available and of high quality, not merely employment, but work that is productive, secure, and value-adding. Second, education and training must be relevant: vocational skills and industry-aligned training serve as the bridge that ensures the workforce is not only large but competitive. Third, development must be distributed more evenly so that lagging islands and provinces can expand their capacity to absorb and optimize their local labor force, turning migration into a strategic choice rather than a necessity.

Regional planning becomes crucial in this context. Major cities that attract large numbers of migrants need resilient infrastructure and public services; meanwhile, mid-sized cities and rural areas require investment to grow local industries and improve quality of life. Here, census data and modern analytics play a vital role in targeting interventions, from basic education to vocational programs and workforce placement.

Indonesia now stands at a demographic crossroads: the sheer scale of its population signals real economic potential, yet it also demands policies that are measured and responsive. By aligning efforts to strengthen human capital, create quality jobs, and expand equitable access to services, population growth becomes more than an administrative challenge. It becomes a collective asset that, if managed with care, can serve as a powerful engine of economic and social progress, shaping a more prosperous future for communities across the archipelago.

The direction of Indonesia’s demographic journey will be determined by the decisions made today—by how government, the private sector, and society at large view population growth not as a static figure but as a living dynamic that requires long-term strategy. If the momentum of the demographic dividend can be maintained and cultivated consistently, Indonesia will not only move toward a more inclusive growth path but also strengthen the social and economic resilience needed to navigate global uncertainties in the decades ahead. ✨



Weather and Us

Forging Ahead in an Era of Climate Change.

Climate change has become part of the everyday reality faced by people across Indonesia. Hotter days, shifting seasons, and coastlines slowly eroded by rising seas are no longer merely environmental issues, they are human ones. These shifts influence where people choose to live, the sectors in which they work, and how cities and villages evolve. Amid this rapid global transformation, Indonesians are showing a growing capacity to adapt.

Population observations reveal that mobility is no longer driven by economic motives alone. Climate change has added a new layer to migration decisions. In northern coastal Java, for instance, rising sea levels have pushed some families to move to safer areas. In drought-prone agricultural regions, declining productivity has encouraged many residents to shift into service and manufacturing jobs in urban centers. These movements underscore how climate change is accelerating the pace of urbanization.

Ecological migration adds new dimensions to Indonesia's demographic landscape. People on

the move bring ideas, skills, and fresh energy to the cities that receive them. The challenge lies in how major urban areas prepare adequate living space. Population density, demand for clean water, and intensified economic activity all require more adaptive planning. With migration data from the 2020 Population Census Long Form, cities now have a stronger foundation for mapping future public service needs and spatial planning.

In the areas they leave behind, these changing migration patterns also create opportunities for transformation. Coastal and agricultural regions are beginning to design development strategies rooted in climate resilience: from diversifying livelihoods to strengthening adaptive infrastructure. When developed thoughtfully, villages and secondary cities have the potential to become new centers of growth, helping to promote a more even distribution of development amid mounting climate pressures.

In the long term, climate change influences not only mobility but also the structure of employment.

As agriculture becomes increasingly vulnerable to shifting weather patterns, younger workers are moving into industry and services. This transition opens space for higher national productivity, especially when supported by vocational training and skill development. At the same time, destination cities can grow into dynamic new economic hubs, provided they are equipped with strong basic services.

Through aligned policies, climate change and demographic dynamics can be managed in balance. The government has begun integrating migration data into spatial planning, strengthening the development of secondary cities, and supporting vulnerable regions through empowerment programs. These steps form a solid foundation for adaptive population management in an era of global climate change.

Beyond ecological challenges, Indonesia's human development progress shows a steadily improving trend. The Human Development Index (HDI) reached 75.02 in 2024, placing the country in the “high” category. All HDI components have improved. In the dimension of longevity and healthy living, babies born in 2024 can expect to live 74.15 years, an increase of 0.22 years from the previous year. This progress reflects the strengthening of basic services, expanded healthcare access, and increasingly effective nutrition campaigns.

In education, children aged seven now have an expected schooling duration of 13.21 years, an increase of 0.06 years from 2023. The average years of schooling for those aged 25 and older has also risen, from 8.77 to 8.85 years, reflecting expanded access to secondary education and

Beyond ecological challenges, Indonesia's human development continues to show steady progress. The Human Development Index reached 75.02 in 2024.

greater opportunities for higher learning. As average schooling continues to grow, young Indonesians gain wider access to quality employment.

Rising living standards are also clearly visible. Adjusted real per-capita expenditure increased by Rp 422 thousand, or 3.71 percent, in 2024. Over the 2020–2024 period, the increase reached nearly Rp 1.33 million, rising from Rp 11.013 million to Rp 12.341 million. These figures signal stronger household purchasing power and more inclusive economic growth.

Human development gains have also spread geographically. West Sulawesi has moved into the “high” category with a score of 70.46, while Central Papua has advanced into the “medium” category. There are now 30 provinces classified as “high”, five as “medium”, and only one as “low”. Jakarta and Yogyakarta remain in the “very high” category. This map reflects a more evenly improving quality of life

across regions. Although disparities persist, rising HDI outcomes for women and children point to promising progress. Strengthened social protection, expanded access to education for girls, and the growth of women-friendly employment opportunities have the potential to accelerate gender equality in the years ahead.

The acceleration of digitalization has become one of the key drivers of positive change in human development. Indonesia's digital transformation is unfolding along three pathways: public services, the digital economy, and public literacy. Electronic-based governance (SPBE) has made administrative services faster and more transparent. In the economic sphere, the growth of e-commerce, fintech, and digital-based MSMEs has created new opportunities for millions of people. Meanwhile, expanding digital literacy is helping citizens enter a modern workforce increasingly shaped by technology.

Stronger social protection, expanded access to education for women, and more women-friendly jobs could accelerate gender equality in the years ahead.

Digitalization also paves the way for greater equity. Programs such as the SATRIA satellite initiative extend internet access to remote regions, while the National Digital Literacy Movement equips communities with the skills needed to remain relevant in a digital economy. As the country's digital foundation strengthens, opportunities for entrepreneurship, flexible work, and local innovation grow more rapidly.

Amid all these changes, sustainable development serves as the common thread uniting national efforts. The integration of the Sustainable Development Goals (SDGs) into the RPJMN ensures that economic growth advances in alignment with environmental protection and improvements in quality of life. This approach enables Indonesia to expand development without sacrificing nature or the wellbeing of future generations.

Collaboration among government, the private sector, academia, and civil society is becoming increasingly essential. Strengthening regional capacity, improving the use of data, and encouraging policy innovation across sectors are opening pathways to more equitable and inclusive development.

Indonesia is now in a uniquely pivotal transition: confronting global climate change, accelerating digitalization, and simultaneously advancing human development. The challenges are significant, but the opportunities are far greater. With rising adaptive capacity and steady gains in human development, Indonesia holds strong foundations to move into the future as a nation that is ecologically resilient, economically competitive, and socially inclusive. 🌱



Photo by: Romi Dwi / Canva Pro

Photo by: Creativa Images / Canva Pro



The Aging Challenge

Emerging Opportunities on the Road to 2045.

Across many parts of Indonesia, it is increasingly common to see older adults remaining active in the rhythm of everyday life: sitting in the small kiosks they have run since their youth, sorting freshly harvested crops, sweeping the yard while greeting neighbors, or walking to the village hall to join routine meetings. They are present not as passive figures waiting out their days, but as living pillars of their communities—teaching Qur'an lessons, caring for grandchildren, assisting with neighborhood events, or simply offering wise counsel when problems arise.

Scenes like these signal a deeper shift: Indonesia is no longer a nation supported almost entirely by its young. It is becoming a country entering a new demographic phase, one in which older adults are growing rapidly in number, living healthier lives, and

continuing to contribute socially and economically. This transformation calls for a new way of seeing aging: not as a burden, but as a major societal shift that will shape the future of Indonesia.

Indonesia has officially entered the phase of an aging population, a condition in which the number of older adults grows faster than the younger population. According to the 2025 Indonesia Population Report (LKI), people aged 60 and above now account for nearly 12 percent of the population, bringing Indonesia closer to the age profile of upper-middle-income countries. And this change is far from reaching its peak. Projections from the national statistics agency indicate that by 2045, the number of older adults will rise to 65.82 million, around 20.31 percent of the total population. Within just two decades, one in five Indonesians will be an older adult.

Population aging is the result of two major successes: rising life expectancy and declining fertility. Yet these achievements come with consequences. As the older population grows, so does the demand for healthcare, social protection, and family support systems. If not managed well, aging can exert significant pressure on the economy. But when approached strategically, it can become an opportunity, often referred to as the second demographic dividend, a phase in which an expanding older population remains economically productive through savings, investment, good health, and longer participation in the workforce.

The central challenge lies in the current quality of life among older adults. According to the latest 2025 Indonesia Population Report, 20.71 percent of older adults experienced illness in the past month, and 42.81 percent reported health complaints. Many face degenerative conditions such as hypertension, diabetes, and joint disorders, all of which require continuous healthcare. Without proper interventions, the growing number of older adults could escalate national health expenditures and increase vulnerabilities among low-income families.

At the same time, older Indonesians continue to exhibit high levels of economic participation. About 55.32 percent of older adults are still working, and notably, 84.75 percent of them are in the informal sector. This means that most work without protections such as pensions, labor insurance, or sick leave. Their continued work in the informal economy reflects both resilience and fragility: they are able to remain productive, yet remain highly vulnerable to income fluctuations and health risks.

Given these realities, the role of the state in building a supportive system becomes crucial.

In recent years, the government has strengthened programs that support older adults through initiatives such as SIDAYA (Empowered Older Adults). The program emphasizes healthy aging, social participation, and long-term support. Activities such as routine health check-ups, learning programs through Elderly Schools, and caregiving assistance help ensure that older adults are not merely recipients of services but remain active participants in community life. This approach aligns with sustainable development goals to ensure healthy and prosperous lives at all ages.

The main challenge lies in the current quality of life among older adults. The latest LKI 2025 data show that 20.71% of older Indonesians experienced illness in the past month, and 42.81% reported health complaints.

Yet empowerment requires an integrated policy foundation. The Grand Design of Population Development (GDPK) provides a framework to ensure that aging is not treated as an isolated issue but is connected to broader efforts to enhance population quality, strengthen families, and improve public services. GDPK positions old age as a natural part of the full life cycle, ensuring that strategies to improve human development extend beyond the productive years and continue into later life.

Beyond high-level frameworks, deep understanding through data is essential. The Indonesia Population Report serves as a critical tool for analyzing aging trends, the socio-economic conditions of older adults, regional disparities, and the policy implications for the future. This information is particularly relevant for the formulation of the 2025–2029 RPJMN, especially as the country grapples with increasing urbanization, population mobility, changing family norms, and rising participation of women in education and the workforce. These shifts reshape family care structures, labor regulations, and the everyday patterns of community life.

Issues of population aging are also closely tied to gender equality. In many households, women still bear the primary responsibility for caring for older family members. As the number of older adults increases, this caregiving burden, which disproportionately falls on women, requires systemic support. For this reason, strategies for empowering older adults must go hand in hand with efforts to strengthen the role of women, ensuring that caregiving responsibilities are not excessive and remain balanced. Aging should not

Population aging is also closely linked to gender equality. In many households, women still bear the primary responsibility for caring for older family members.

be viewed as a threat, but as a new phase that must be managed. Older adults hold significant potential to contribute in many areas: the creative economy, small-scale entrepreneurship, community leadership, family education, and cultural preservation. With the right policies, older adults can become a social force that enriches the fabric of society.

Indonesia is moving toward a future very different from its past. Population aging calls for adaptation, innovation, and the courage to reimagine existing systems. If health, empowerment, and social support can be strengthened, Indonesia will not only become an aging nation, but a mature one: a place where every age has the space to grow, participate, and be valued. ✨



SPECIAL REPORT

THE STATE AND OLDER ADULTS: NAVIGATING THE SECOND DEMOGRAPHIC DIVIDEND

Indonesia is changing far more quickly than we imagine. The number of older adults is rising, families are becoming smaller, and people are living longer—ushering the country into a new chapter that will reshape how we work, care, and plan for the future. Will population aging become a burden, or a major opportunity we have yet to prepare for?







The Future of Older Adults

As Indonesia Grows Older, New Opportunities Emerge.

There are now many older adults living alone in homes that were once filled with the voices of their children. In neighborhoods across the country, they move through their days with a new rhythm, as their families grow up and disperse to pursue work or their own lives. Such scenes are becoming increasingly common in many parts of Indonesia. Slowly but surely, the nation is moving toward an aging society.

LKI data shows that around 12 percent of Indonesians are now older adults. This number is set to rise sharply: by 2045, when the country celebrates its centennial, one in five Indonesians will be age 60 or older. What surprises many is how quickly Indonesia is aging—faster than Japan did when it entered a similar phase. The crucial difference is that Japan had already become a wealthy nation by then, while

Indonesia is still in the process of building a mature social protection and healthcare system. Indonesia is entering population aging at a moment when its support systems are still being strengthened.

This aging process is driven by three major shifts. First, Indonesian families are becoming smaller. Younger generations are delaying marriage and childbirth, and some are choosing not to have children at all. This trend is not confined to major cities; it has begun to appear in smaller towns and rural areas as well. Second, people are living longer thanks to improved healthcare and a decline in infectious diseases. Whereas life expectancy once hovered in the 50s, many now reach their 70s with ease. Third, these changes are part of a global phenomenon. Southeast Asia is among the fastest-aging regions in the world, and Indonesia is moving toward an



age structure similar to South Korea or Thailand, yet without the same level of preparedness.

As the age structure shifts, the way a nation lives also begins to change. In the health sector, the growing number of older adults has led to a rise in chronic diseases. Surveys show that more than half of older Indonesians live with hypertension, diabetes, or heart conditions. Many feel healthy, yet the use of healthcare services continues to rise. Our health system has long been oriented toward curative care, not long-term support or integrated geriatric services. Meanwhile, healthcare costs will inevitably increase as the population grows older.

In major cities, another set of challenges emerges. Many public spaces in Indonesia are not elderly-friendly. Sidewalks are uneven, bus stops lack ramps, and transport systems rarely account for those with limited mobility. Housing is often not designed with older residents in mind. As the population ages, these

issues will become part of daily life: how older adults walk safely, travel comfortably, and stay connected to social life around them.

Aging is also reshaping family structures. Urbanization is sending younger generations far from their parents. Although most older adults still live with a spouse or extended family, not all receive adequate care. Limited time for adult children, more women entering the workforce, and rising living costs mean that eldercare can no longer rely solely on the family. The long-standing norm of “parents cared for at home” is slowly beginning to erode.

Economically, these changes also bring new pressures. For decades, Indonesia relied on its large young population as an engine of economic growth. But as the working-age population begins to shrink, the country must confront a new reality: who will shoulder the fiscal burden? Who will make up the workforce? How will pensions and healthcare be

financed? Without careful planning, population aging can become an “economic time bomb.”

But the story is not all bleak. In fact, behind this shift lies a vast, often overlooked opportunity. The world refers to it as the silver economy: a market of goods and services designed for older adults. In Japan and Europe, the silver economy has become a powerful source of new growth, spanning healthcare, senior tourism, assistive technologies, and lifestyle products. Imagine Indonesia, with tens of millions of older adults, developing a similar market. The potential is enormous.

Moreover, many older Indonesians remain highly productive. Surveys show that more than 75 percent are interested in learning new skills, though only about 40 percent want to reenter formal employment. This appetite for lifelong learning opens opportunities for community-based economic activity, small-scale enterprises, health volunteers, and a range of social initiatives. In many neighborhoods, older adults are already running small businesses, teaching, serving as health cadres, and leading hobby groups. They are not a burden; they are a social asset.

The idea of a “second demographic dividend” emerges when healthy and independent older adults are able to contribute economically through their savings, consumption, skills, and work experience. In other words, old age does not automatically mean dependency. If older adults remain active, they can actually help extend the period of national economic growth.

The stories of our parents and grandparents are only the surface of a much larger transformation.

Surveys show that more than 75 percent are interested in learning new skills, though only about 40 percent want to reenter formal employment.

Indonesia is aging, and this is not an issue that can be postponed. It touches every aspect of our future: our cities, our healthcare systems, our families’ ability to care for one another, and the state’s capacity to maintain economic stability.

The question, then, is no longer whether Indonesia is aging, but whether we are prepared for it. We need to shift our perspective: older adults are not merely recipients of support, but a resource rich with experience. Cities must be designed for all ages. Health services must move beyond treating illness to maintaining function across the entire lifespan. Learning and training must be accessible from youth through old age. And families, the most basic social unit, must be supported so they can continue to care without being overwhelmed. If Indonesia manages this transition wisely, the country will not simply grow older—it will grow more mature, more resilient, and more confident about the future. Only one question remains: are we ready to seize this opportunity before the window closes? ✨





The Silver Shift

Unlocking the Second Demographic Dividend.

When Indonesia first entered its demographic bonus era two decades ago, the country was filled with optimistic stories about a young nation with an abundant workforce. Streets were full of productive young people, industries expanded, and the economy was expected to surge ahead. But time does not stand still. The generation that once filled factories, offices, and classrooms has now become parents and increasingly, older adults. The first dividend is slowly approaching its finish line; demographers estimate that its window may close around 2039. Yet one important reality is often overlooked: Indonesia still has a second opportunity, one that emerges precisely as the population begins to age.

This is the idea behind the second demographic dividend. While the first dividend arises from having

a large working-age population, the second is driven by something different: older adults who remain healthy, independent, skilled, and financially secure. Aging, long imagined as a burden, can instead become a new engine of economic growth.

A simple picture illustrates this: when someone reaches age 60 in good health, they can still work part-time, run a small business, mentor microenterprises, or serve as community volunteers. When they invest, save, or manage their pensions wisely, the benefits ripple through the national economy. And when they remain active, their consumption stays steady, or even rises, creating new markets. In many countries, older adults are not just senior citizens; they are economic actors.

The second dividend emerges when the “golden years” truly generate gold. This is not a metaphor;

countries like Japan, Germany, and South Korea now rely on the consumption and investments of older adults as key drivers of growth. Indonesia, home to nearly six million older adults in West Java alone, holds an opportunity of far greater scale.

The story of West Java offers a compelling glimpse of this potential. In a survey of hundreds of older adults in Greater Bandung, one striking finding stood out: around 75 percent expressed interest in taking part in training programs. Their enthusiasm is not driven by a desire to return to full-time work, but by the wish to stay relevant, active, and able to contribute. Most also reported being in good health and feeling independent in their daily activities. Their social capital is strong: more than 93 percent felt respected by their communities and supported by their families. This drive to keep learning and growing forms a crucial foundation for the second demographic dividend.

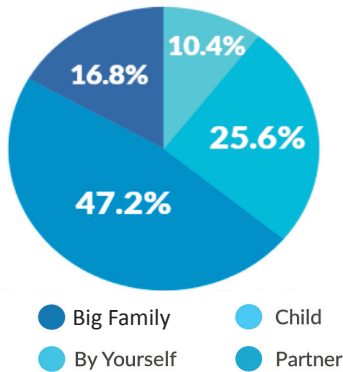
There are three major engines that can transform this potential into real economic power. The first engine is health maintained throughout life. Many older adults can remain productive when their physical condition is well supported. In numerous community health centers, the “Elder-Friendly Puskesmas” program has already begun. Elderly Posyandu groups operate across neighborhoods, encouraging older residents to routinely check their blood pressure, blood sugar, and overall fitness. Early screening is not only about treatment but prevention, addressing potential issues before they become serious, from mild knee pain to chronic conditions like diabetes or hypertension. Healthy

older adults can work, learn, move, and participate far more easily in the emerging silver economy.

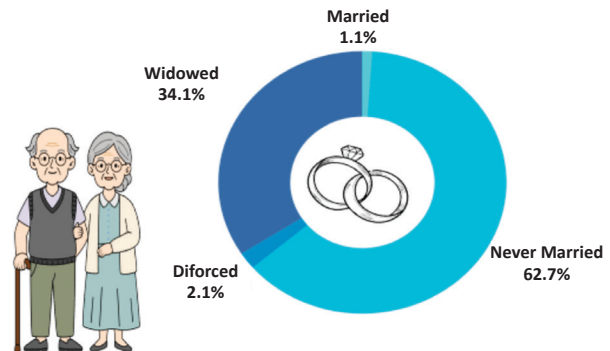
The second engine is learning without age limits. This isn’t just a slogan borrowed from developed countries; it’s happening right before our eyes. Elderly Schools are growing in many cities, initiated by community organizations and now supported by government programs. In both villages and urban centers, older adults gather for classes in cooking, knitting, eco-printing, as well as exercise and mental wellness. There are even microenterprise classes and digital literacy sessions, where seniors learn how to use devices for selling goods or joining online communities. Many pre-seniors in their forties are now enrolling in technology-based training such as graphic design, modern baking, and even introductory AI. This phenomenon proves that lifelong learning is not an aspiration, it is a reality. And that reality strongly supports the economic potential of older adults.

The third engine is savings and healthy financial behavior, though this is the most challenging area. Many older adults do receive pensions, but a significant number spend them quickly on family needs, repayments, or, in some cases, fall victim to online lending scams and gambling. In various focus group discussions, stakeholders consistently highlight how vulnerable older adults are to financial exploitation. On the other hand, many older adults are able to use their pension funds as startup capital—opening small shops, baking goods, tutoring, or launching other home-based businesses. With stronger financial literacy, this potential could expand significantly.

Who Do You With



Marital Status



But potential alone is not enough. Major challenges stand in the way, making the second dividend far from automatic. Many older adults want to work or start small businesses but lack access to capital. Others must withdraw from activity due to chronic illnesses that could have been prevented earlier in life. Digital risks also loom large: online lending, gambling apps, and investment scams frequently target those who are not yet fluent in digital technology. At the same time, only a portion of older adults possess specialized skills, meaning they need accessible, well-designed training to reenter or contribute to the economy.

Yet behind all these challenges are stories filled with optimism. A 68-year-old man in Cimahi started a rempeyek business after taking a microenterprise class at his local kelurahan. A 63-year-old woman in Bandung now volunteers at a Posyandu and mentors young mothers in cooking. In Garut, groups of older

adults produce eco-print crafts and sell them through social media with help from their grandchildren. These examples show that older Indonesians have the capacity to become centers of both social and economic activity.

The second demographic dividend, at its core, is a story of optimism: the idea that old age is not an endpoint but a new chapter. That years of experience can blend with new skills. That pension funds can serve as capital rather than money quickly spent. That older adults can become future investors, not merely recipients of assistance.

If health, training, savings, digital literacy, and policy move in harmony, Indonesia can enter its later years with confidence. The second dividend is not just about economics; it is about dignity, wellbeing, and opportunity for those who have spent a lifetime building the nation. ✨





Empowered Elders

How Communities Shape Indonesia's Future.

Across villages and cities in Indonesia, a new scene is beginning to emerge: groups of older adults gathering to make handicrafts, learning to turn used cooking oil into soap, joining morning exercise sessions, or practicing basic smartphone features with help from local community volunteers. These small activities signal a larger shift: more and more older adults no longer wish to simply “wait out” their later years—they want to stay active, keep learning, and remain engaged. Yet the contrast is just as visible: in another alleyway or a small apartment on the city's edge, an older person may spend their day alone, seldom going outside, gradually becoming disconnected from social life. This disparity reflects a central truth: the future of aging in Indonesia will depend greatly on the strength of its communities.

Indonesia is now entering a stage of aging that can no longer be overlooked. The national share of older adults almost reached 12 percent in 2025, and in West Java, the country's most populous province, the number of older adults stands at 5.8 million, the highest in absolute terms nationwide. That number will continue to rise, and family structure becomes the first determinant of whether older adults live with support or with vulnerability. Surveys show that 93.6 percent of older adults feel supported by their families, an extraordinarily strong form of social capital. More than 50 percent live with a spouse, around 22.7 percent live with their children, and 16.8 percent live with extended family, indicating that Indonesia's traditions of familial closeness remain intact.

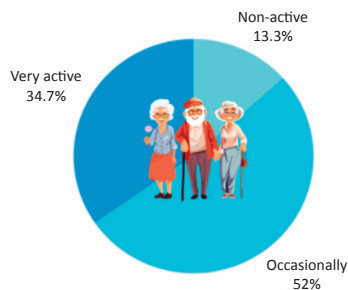
Yet this pattern is changing quickly. Urbanization is sending children to distant cities, families are becoming smaller, and caregiving burdens are rising. When adult children work full time, older parents who remain at home can become increasingly isolated. In many urban areas, the share of older adults living alone has reached 10.4 percent, seemingly small, but in a province like West Java it amounts to hundreds of thousands of people. For this reason, family support alone is no longer enough; the state and communities must strengthen caregiving roles so that families are not overwhelmed.

Amid these shifting family dynamics, communities emerge as a lifeline. The Elderly Posyandu offers a deeply meaningful space. It is not only a place to check blood pressure or blood sugar, but also a

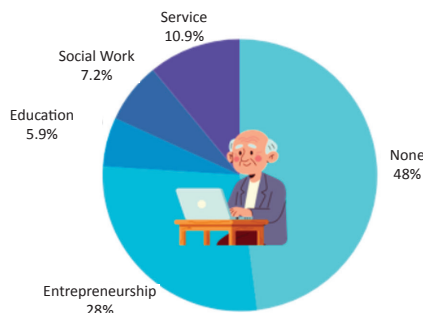
place to meet neighbors, converse, and feel part of society. Surveys show that 61.6 percent of older adults rate their health as good or very good, even though 56 percent live with chronic conditions such as hypertension (32.5 percent), diabetes (8.5 percent), or heart disease (7.5 percent). The presence of Posyandu and routine health checks is crucial for maintaining their physical independence, which remains remarkably high, with 93.6 percent of older adults still able to perform daily activities independently.

Beyond Posyandu, Elderly Schools are emerging as spaces for learning and empowerment. In villages and cities alike, simple classes are offered: cooking, knitting, eco-printing, and microenterprise training. This trend of lifelong learning is encouraged by the

Social/community participation



Preferred occupations



Managing a business/organization



fact that 75.2 percent of older adults express interest in joining training programs, even though only 41.9 percent wish to work or run a business. This enthusiasm for learning shows that the capacity of older adults to remain active is substantial, provided the community creates the space for it.

Community volunteers and local cadres play a central role. They know each older adult by name, knock on doors when someone misses a Posyandu session, help navigate BPJS administrative requirements, and even accompany older adults to health facilities. This support is essential because, although 90.9 percent of older adults are covered by health insurance, access to services is not automatically easy without accompaniment.

Local governments, meanwhile, are beginning to build a more age-friendly service ecosystem. In West Java, 96 percent of community health centers are now designated as Elder-Friendly Puskesmas, ensuring more comfortable and inclusive care. The provincial government is also expanding the implementation of SIDAYA, an integrated model that connects social services, health, economic empowerment, and family support through a single access point. The 2023 Regional Regulation on Older Adults provides a legal foundation that allows these programs to operate more systematically and sustainably.

However, this progress faces a new threat: digitalization that is not yet friendly to older adults. West Java currently has the highest number of cases involving online loans, digital gambling, and cyber fraud in Indonesia, according to OJK data. Older adults, many of whom are unfamiliar with

digital contracts, often become easy targets. Some end up trapped in debt or lose their savings. This is why digital literacy has become an urgent need in community programs. Basic training in using mobile phones, recognizing fraud schemes, and navigating public service platforms such as Sapawarga can serve as important protections against these risks.

Beyond health and digital inclusion, the physical environment where older adults live plays a major role in determining their quality of life. Data shows that 50.7 percent of older adults in West Java live in substandard housing—without handrails, with slippery floors, or with poor ventilation. These conditions significantly increase the risk of falls, the most deadly form of injury in old age. Public spaces are often no better: sidewalks are difficult to navigate, public transport is not designed for those with limited mobility, and parks lack seating or areas for activity. Without age-friendly public spaces, healthy aging remains a slogan rather than a reality.

Even so, many communities are beginning to show signs of hope. In several areas, older adults support one another through “senior volunteer” initiatives. Some become peer health educators, teaching fellow older adults about healthy living. Others organize small community cleanups or prepare facilities to make their neighborhoods more age-friendly. These local movements embody the essence of elder empowerment: not merely receiving assistance but contributing to the community. This is where the true key to the second demographic dividend lies, not in statistics or economic projections, but in the strength of communities. 🌸





Kementerian Kependudukan dan
Pembangunan Keluarga/BKKBN



Part 2

INDONESIA'S FUTURE: URBAN LIFE, MOBILITY, AND INCLUSION

Indonesia's future will not be shaped only by how many people it has, but by where they live, how they move, and what opportunities are available to them. The country is becoming increasingly urban—but not all cities are ready. Mobility is changing rapidly: from permanent migration to daily commuting, from long-distance relocation to remote work. This is where the story of regional inequality and shifting lifestyles in Indonesia begins.



Indonesia on the Move

The Forces Behind Migration, Urbanization, and Rising Inequality.

Population mobility is not just a statistical phenomenon, it is the pulse that shapes the direction of Indonesia's transformation today. Every movement of people, whether visible in the massive flows of urbanization or hidden in quieter shifts between districts, reshapes economic structures, living spaces, and the distribution of opportunities across regions. Behind the seemingly technical figures lie stories of aspiration, inequality, and a development landscape that is constantly in motion.

The biggest demographic change in Indonesia today is not driven solely by falling fertility or rising life expectancy. There is another current silently redrawing the country's socio-economic map: the movement of millions of people from one area to another. Migration and urbanization have become central forces steering Indonesia's development, and the latest data reveals a picture far more complex than the simple narrative of rural residents moving to the cities.

Between 2015 and 2020, census data shows exceptionally high mobility. This five-year movement, known as recent migration, reveals a familiar pattern: the provinces with the strongest economic activity remain the main destinations. DKI Jakarta, West Java, and East Kalimantan attract migrants from across the country, while provinces such as Central Java, East Java, and North Sumatra continue to be major senders. At the same time, regions in eastern Indonesia—Maluku, East Nusa Tenggara, and Papua—see predominantly outward flows. This pattern underscores how uneven the distribution of opportunities in Indonesia remains.

Among these migrants, one age group stands out: the working-age population. Those aged 20–39 account for the largest share of migrants, with the highest concentration among people aged 25–34. Their movement is far from random; most have completed senior high school, vocational diplomas, or university degrees. The fact that migration is



Population Density of Indonesia by Province, 2024

dominated by those with medium to high levels of education reveals how strongly mobility is driven by economic and professional motives. Those with lower levels of education tend to migrate for family reasons rather than for job opportunities.

Differences in migration motives also become clear when viewed by gender. Men move more often for work, especially in formal sectors. Women, meanwhile, tend to relocate for family reasons or enter informal employment once they arrive in the city. These disparities show that population mobility is not only a geographical story, it also mirrors unequal structures of opportunity for men and women. Urbanization amplifies these dynamics.

From 2015 to 2025, the share of Indonesia's urban population has risen sharply. In 2015, only 53.3 percent of Indonesians lived in cities. Five years

later, the figure climbed to 56.7 percent. By 2025, it is projected to reach 60 percent. In just one decade, tens of millions of people have shifted from rural life to an urban socio-economic system. Yet the link between urbanization and economic progress is not as strong as many assume. A World Bank report notes that in countries like India, every 1 percent rise in urbanization boosts GDP per capita by 13 percent. In Indonesia, the increase is only 4 percent. This stark gap is a warning: our urbanization is not yet functioning as efficiently as in other countries in lifting people's prosperity.

Part of the explanation is visible on the ground: many newcomers end up in low-wage, informal jobs with unstable working conditions. Rising land and housing prices push low-income families into informal settlements. Access to clean water, sanitation, and

transportation is often unequal. At the same time, demand for education and healthcare services is growing faster than cities can build adequate infrastructure.

Inequality is not only found within cities but also across regions. The island of Java, covering only about seven percent of Indonesia's land area, is home to 56.1 percent of the national population. Meanwhile, thousands of other islands, especially in eastern Indonesia, have much lower population densities and far fewer economic opportunities.

This concentration of people and economic activity causes regions outside Java to grow much more slowly, widening the gap in wellbeing. The phenomenon is reinforced by the way urbanization is unfolding. UN-Habitat notes that 65 percent of urban population growth in Indonesia does not come from natural increase but from migration and the reclassification of rural areas into urban zones.

In other words, cities are growing faster than their ability to provide basic services, creating social tensions and placing heavy pressure on infrastructure. Without inclusive planning, cities also risk producing spatial segregation. Low-income families are pushed into areas that are flood-prone, overcrowded, and far from quality services. When these conditions persist for years, the cycle of intergenerational poverty becomes harder to break. Migrant workers who should be gaining new opportunities instead find that the city offers too little space for upward mobility.

Amid these dynamics, the direction of future development must shift. More equitable development is now an urgent necessity, not just a

Inequality is not only found within cities but also across regions. The island of Java—covering only about seven percent of Indonesia's land area—is home to 56.1 percent of the national population.

policy preference. Secondary cities outside Java need to be strengthened so they can become new centers of growth that attract investment and workers. Transportation, healthcare, education, and digital connectivity in historically lagging regions must be improved so that people are not forced to relocate simply to access basic services.

Population movement is a reflection of hope. People move because they want a better life. But that hope can only be realized if the nation distributes opportunity, rather than allowing it to cluster in a handful of places. Indonesia's future will not be shaped solely by birth and death rates, but by the direction of movement of tens of millions of people seeking a future. If migration and urbanization are managed wisely, they can become engines of equity. If not, Indonesia risks growing without inclusion. Which path the country takes will be determined by the choices made today. ☸



Population Mobility

How Mobility Will Shape Indonesia's Path Forward.

Every day, millions of Indonesians are on the move. Some cross village boundaries for work, others head to cities for school. Many leave their hometowns to settle in another province, while some go even farther, building new lives overseas. What may appear as random movement actually follows a very clear pattern: people move toward hope. Hope for a better livelihood, greater safety, better health, or simply a closer connection to opportunity.

In demography, all these movements fall under the concept of population mobility, the movement of individuals or groups from one place to another. The idea is simple, but its impact on a nation's development is enormous. Experts often describe mobility as the “pulse” of development: it emerges because development happens, yet it also reshapes development in return.

Mobility comes in many forms. There is vertical mobility, which refers to shifts in a person's social status. But the form most visible in everyday life is horizontal mobility, geographical movement from one area to another. Within this horizontal mobility lie two major flows: permanent and non-permanent movement.

Permanent movement, or migration, occurs when someone truly leaves their place of origin, typically to reside elsewhere for more than a year. They change their official address, find new housing, and begin building a new life. Meanwhile, non-permanent movement happens in daily or seasonal rhythms: commuters, students traveling back and forth, or traders following harvest cycles. Non-permanent mobility has expanded rapidly as infrastructure improves—high-speed rail, toll roads, airports, and

affordable transport now allow people to work far from home without changing their residence.

But why do people move? The classic answer was offered by Everett S. Lee in 1966: people migrate because they are pulled by new opportunities and pushed by pressures in their place of origin. Pull factors include jobs, universities, healthcare facilities, or the vibrancy of urban life. Push factors range from poverty and conflict to limited land or simple stagnation.

In Indonesia, this theory is vividly reflected in reality. The growth of urban industries and services has kept the rural-to-urban migration stream constantly flowing. Todaro's 1969 migration model also remains highly relevant: people move because they hope for higher income, even when the outcome does not always match their expectations.

Environmental forces are increasingly driving people to move. Recent studies show that climate change—coastal erosion, tidal flooding, drought, and other hydrometeorological hazards—is beginning to push some communities into permanent relocation.

Most of these movements are made by working-age adults: those most sensitive to new opportunities and most willing to take risks.

As a result, the distribution of Indonesia's population continues to shift. More than half of Indonesians now live in urban areas. Major cities like Jakarta, Surabaya, and Bandung are not only home to long-time residents but also to millions of internal migrants. This concentration of people creates immense pressure on housing, clean water, sanitation, transportation, and green space. Meanwhile, many rural regions and remote islands experience a shrinking productive population, slowing their local economies.

This imbalance becomes evident when looking at population density figures. Java remains the most densely populated island in Indonesia, with Jakarta, Yogyakarta, Banten, and West Java among the highest. In contrast, most provinces outside Java remain sparsely populated, especially in the eastern regions. This disparity is not just statistical; it reflects stark differences in access to public services, economic opportunities, and overall quality of life.

Environmental factors are increasingly driving human movement as well. Recent studies show that climate change—coastal erosion, tidal flooding, drought, and other hydrometeorological hazards—is beginning to force certain groups to relocate permanently. Climate-induced migration is slowly becoming a new phenomenon, one that can no longer be ignored in development planning.

At the same time, government policy continues to shape mobility flows. In the past, the state

actively directed population movement through the transmigration program, relocating families from Java to outer islands. The goal was to balance population distribution and stimulate regional development. Today, the approach has shifted: instead of physically moving people, the government aims to build new centers of economic growth so that population movement naturally follows more balanced economic dynamics.

Yet mobility does not automatically bring benefits. Destination areas face infrastructure strain, congestion, rising demand for housing, and pressure on basic services. Places of origin lose their productive workforce, making local development harder to sustain. Poorly managed mobility can worsen regional inequality.

On the other hand, mobility can also become a tool for reducing disparities, if managed well. The movement of labor can enrich local economies, transfer new skills, and send remittances back home. Many countries harness mobility as an engine of regional development. Indonesia can move in the same direction: by developing industrial zones outside Java, improving interregional transport, upgrading basic services, and designing economic policies that make lagging regions more attractive.

The key is recognizing that population mobility is not merely the movement of people. It is an indicator of inequality, a mirror of life opportunities, and a tool for transformation. When managed with long-term vision, mobility can become a powerful force for balancing Indonesia, not simply making cities more crowded and villages more empty.

Many countries use mobility as a driver of regional economic growth. Indonesia can do the same—by developing industrial zones beyond Java.

Human beings, by nature, will always move. What needs to be shaped is the direction of that movement: ensuring that every journey creates opportunities, strengthens regions, and helps build a more even pattern of growth from Sabang to Merauke.

In a rapidly changing world, population mobility will remain one of the most decisive forces shaping Indonesia's future. The challenge is not to stop the flow but to ensure that every movement brings benefits to individuals, families, and regions. When policy can balance the needs of cities and villages, connect emerging economic centers, and protect those vulnerable to social or environmental pressures, mobility ceases to be a source of inequality, and becomes a bridge toward progress. From this dynamic, Indonesia can build a more resilient socio-economic foundation for the decades ahead. ✨



Permanent Migration

How Migration Redefines the Nation's Trajectory.

Migration is not simply the act of moving from one point on a map to another; it is a story of choice, pressure, and the courage to take risks. Amid Indonesia's economic and social transformation, permanent migration has become a bridge linking personal aspirations with the country's broader development trajectory. To understand migration is to understand what truly motivates people—what pushes them, what pulls them, and what they hope for in a nation that is changing rapidly.

In a country that continues to grow, no one is ever entirely still. Beneath the noise of development, Indonesia is shaped by millions of quiet, determined steps taken by those who leave one place to begin life in another. These movements, often personal and unspoken, form a vital pulse in the nation's demographic journey: permanent migration.

Unlike seasonal mobility or daily commuting, permanent migration is a major life decision. Not

everyone is willing to leave their hometown for good, change their identity documents, and start over in new territory. But for many, it becomes the only viable path: when economic opportunities shrink, when the cost of living becomes unbearable, or when their hopes lie somewhere far beyond the horizon.

Some of these forces are classic. Scholars have long mapped a pattern that repeats itself everywhere: poorer regions push people out, while more prosperous regions pull people in. But theory alone never fully captures what happens on the ground. In Indonesia, migration is not only about wages and jobs; it has social, educational, and even romantic dimensions. Some move because they are accepted into a prestigious university, some follow a spouse after marriage, and others leave their hometown simply because they feel their future would stall if they stayed. In the past, permanent mobility was once steered directly by the state through the



Migration has risen over the past 50 years
Lifetime migrants:

1971: 4,9% 2023: 9,8%

The 2020 Population Census shows that nearly one in five Indonesians now lives in a place different from where they were born. Most flows lead to major economic hubs such as Jakarta, Surabaya, and Batam.

transmigration program, which relocated hundreds of thousands of families from densely populated islands to sparsely populated regions. The program reshaped entire villages and created new histories for many communities. But in this century, movement is no longer dictated by government design, it is driven by economic currents and social dynamics that move faster than policy.

The 2020 Population Census shows that nearly one in five Indonesians now lives in a place different from where they were born. The largest flows head toward economic hubs such as Jakarta, Surabaya, Batam, and emerging industrial cities in Kalimantan. Yet the ability of a region to attract people is not always a blessing. When population growth outpaces the availability of jobs, affordable housing, transportation, and public services, urbanization produces a paradox: cities grow more crowded, but wellbeing does not necessarily improve.

On the other hand, not all regions are magnets for newcomers. Some emerge instead as “major senders” of migrants. Central Java, West Sumatra, South Sulawesi, these provinces record some of the highest outflows in the country. The reasons vary: long-standing traditions of migration, limited job opportunities, or local economies that lag behind other regions. Ironically, many of these places possess strong social capital, yet not strong enough to persuade their young people to stay.

Permanent migration trends are also beginning to take new forms. After 2010, its proportion actually declined. People are not moving less, they’re moving differently. Many now work in another city while continuing to live in their original home, made possible by faster and more affordable transportation. This type of mobility does not register as permanent migration, yet its impact is unmistakable: destination cities feel the pressure of daytime populations, while origin towns remain crowded at night. This is the era of daily mobility, quietly reshaping how we read population statistics.

Behind every migration statistic is a person closing the door of their childhood home, looking toward unfamiliar ground, hoping the choice will open a brighter future. The state's duty is to ensure that hope never fades.

And now, a new chapter is emerging: environmental migration. Coastal erosion, rising sea levels, and hydrometeorological disasters are increasingly forcing residents to relocate permanently. Not through dramatic mass movement, but through reluctant, necessary decisions—when a house disappears, when land is no longer safe, when the sea slowly eats away the edge of a village.

Data released by Statistics Indonesia paints a layered picture. Some provinces act as major magnets, such as Riau Islands and East Kalimantan. Others send out more people than they receive. Some show minimal mobility due to geographic isolation, limited migration networks, or strong cultural ties that keep residents rooted. Together, these patterns reveal that migration is not a single phenomenon, it is a vast mosaic driven by diverse motives.

The impacts are far from uniform. Destination areas shoulder the strain of surging demand for infrastructure and public services. Origin regions lose portions of their productive workforce. When population flows are left unmanaged, inequality widens: advanced regions grow more crowded, while lagging regions fall further behind.

For this reason, permanent migration cannot be treated as a current that flows without direction. It must be read as an indicator of inequality, a sign of economic pressure, a signal of uneven living conditions. When understood properly and managed strategically, migration can become a tool for equity, not a threat.

And ultimately, everything returns to human stories. Behind every migration statistic stands someone who closes the door of their childhood home, looks toward new ground, and hopes that choice will open a brighter future. The responsibility of the state is to make sure that hope is not extinguished, wherever they eventually settle.

In the years ahead, Indonesia's migration map will be shaped by the interplay of economics, infrastructure, and the growing reality of environmental crises. If policy can prepare cities that welcome newcomers, strengthen economic opportunities in places of origin, and protect those forced to relocate by disaster, then permanent migration can shift from mirroring inequality to driving shared progress. And at that moment, the quiet footsteps of millions of Indonesians will merge into a greater movement, one that strengthens our collective future. ✨



Mobility's New Era

Indonesia Moves Without Moving Away.

People in Indonesia are moving differently today. Decades ago, waves of young people left their hometowns—crossing provinces in search of education, work, or simply a new start. That flow has slowed. Recent data shows that physical mobility has dropped to its lowest point in Indonesia's modern history. And within that shift lies an important story about development, technology, and the new ways Indonesians pursue opportunity.

One of the clearest indicators of this change is the five-year migration rate, or migration risen. It measures how many people moved to a different province and now live there. In 2023, the share was just 1 percent, only one in every hundred Indonesians. This is a dramatic decline from 1980, when the figure was 2.95 percent. In four decades, long-distance physical relocation has been cut by more than half.

Why are Indonesians moving less? Several migration theories offer clues. In the early 1970s, Zelinsky's Mobility Transition Theory predicted that as societies advance, physical mobility declines because movement is gradually replaced by technological convenience. That pattern is now visible everywhere: remote work, online learning, digital services, and faster transport allow people to study or earn a living without changing residence. Meanwhile, New Migration Theory notes that as household finances improve, migration is no longer a strategy for survival. Together, these forces mean that relocating across provinces is no longer the only path to upward mobility.

Even so, the decline in migration risen does not mean that mobility patterns have become uniform. When the numbers are broken down by province, sharp contrasts emerge. Some regions have, in fact,

become new magnets for movers. The Riau Islands record the highest migration risen rate at 3.30 percent—driven by industrial zones, trade activity, and their strategic position along international routes. Yogyakarta follows at 2.70 percent, thanks largely to its status as a national education hub. North Kalimantan posts 2.10 percent, supported by rapid development in its border areas and the growth of new economic corridors.

But the story is not the same everywhere. Aceh's migration risen rate is just 0.40 percent, while East Java and Banten hover around 0.60 percent. This suggests that certain regions are no longer drawing newcomers or, conversely, that residents are choosing to stay put due to economic, social, or cultural factors.

Net migration flows paint an additional layer of the picture. Jakarta, for instance, posts a negative net migration risen of -3.2 percent, meaning far more people left the capital than arrived over the past five years. High living costs, extreme density, and an urban environment approaching saturation have pushed many to move to nearby cities or return to their hometowns. North Sulawesi and East Kalimantan also show negative figures, hinting at development challenges that may be encouraging residents to look elsewhere for opportunities.

Conversely, regions such as Yogyakarta, West Nusa Tenggara, East Nusa Tenggara, and the Riau Islands record positive net migration. These four regions appear to be entering their own period of resurgence, driven in part by rising strengths in education, tourism, industrial development, or improved infrastructure.

Yogyakarta ranks second at 2.70 percent, driven largely by its standing as a national education hub. North Kalimantan follows at 2.10 percent, reflecting rapid development in its border regions.

This shift in mobility centers carries an important message: Indonesia's growth hubs are no longer confined to the major cities of Java.

So who are these migration risen movers? Susenas data shows that most are young adults in their prime working years. Those aged 20–29 make up 32 percent of all migrants, while the 30–34 group contributes another quarter. This aligns with global patterns: migration is most common when people are searching for work, pursuing higher education, or starting families. Migrants also tend to have higher levels of education than non-migrants, suggesting that geographic mobility often goes hand in hand with social mobility. Most are married, reinforcing the idea that moving is increasingly a family strategy rather than an individual choice.

Amid all these shifts, the most profound change comes from how people now interpret the idea of moving. Today, mobility no longer always means leaving one's hometown. Many people work in other cities while continuing to live where they are, relying on high-speed trains, toll roads, low-cost flights, or hybrid work arrangements. Mobility has evolved from "changing residence" to "changing activity", a phenomenon invisible in migration risen statistics but unmistakably present in daily life.

The decline in migration risen is neither good nor bad. It's a sign of the times, a signal that the nation's economic structure is shifting, technology is expanding life choices, and society no longer follows the traditional migration patterns of previous generations. The task now is to understand where these changes are heading, so public policy can not only adapt but also steer mobility toward a more equitable and balanced future.

Human movement may be slowing, but Indonesia's socioeconomic landscape is shifting rapidly. To understand migration risen is to understand how the country's future is being shaped by the everyday decisions of millions over the past five years.

The future of population mobility in Indonesia will depend on the country's ability to read these emerging signals: that movement no longer flows simply from rural to urban areas, or from east to west, but instead follows a widening spectrum of opportunities. If policies can strengthen connectivity, balance emerging growth centers, and ensure that both cities and hometowns remain livable, then declining physical migration could become an opportunity to build a more equal quality of life. From this transformation, Indonesia can enter a new era of development: one that focuses not on how many people move, but on the rising quality of the places where they choose to live and thrive. ☸

Today, mobility no longer requires leaving home. Many people work in other cities while staying where they are, relying on high-speed trains, toll roads, low-cost flights, or hybrid work.



Non-Permanent Mobility

A New Chapter in Indonesia's Urban Life.

There is no longer a clear boundary between home, city, and workplace in the lives of modern Indonesians. Advances in transportation, digital communication, and new work patterns have created a different rhythm of movement—faster, more frequent, yet without requiring people to relocate. Within this shift, non-permanent mobility has become the new face of how Indonesians move, redefining daily life, overshadowing permanent migration, and shaping a social-economic landscape profoundly different from that of just a decade ago.

In Indonesia's major cities, the rhythm of daily life is no longer determined by where people live, but by the distances they travel each day. Indonesians now live in motion: leaving before sunrise, returning home long after dark, moving not in spans of years but in cycles of hours. This is the era in which non-permanent mobility, commuting and circular migration, has overtaken permanent migration as a

key force shaping Indonesia's social and economic geography.

The numbers make this shift strikingly clear. In West Java, 26.5 percent of workers are commuters, the highest share in the country, followed by East Java (13.8%), Jakarta (11.4%), and Central Java (11.4%). Meanwhile, in eastern Indonesia—Papua, West Papua, and North Maluku—the share is just 0.1 percent. These contrasts reveal two entirely different realities: the tightly connected western regions built on mass transportation networks, and the eastern regions that still depend on mid-range mobility through circular migration.

Yet non-permanent mobility is not only visible in the daily flow of commuters. Another pattern, circular mobility, has become increasingly prominent: workers who stay in destination cities for several weeks or months before returning home. This pattern is dominated by workers from West Java (27.5%), Central

Java (21.5%), and East Java (12.6%). These figures show that Indonesia's three most populous provinces now serve as the primary suppliers of circular labor to the country's emerging economic centers.

This shift also explains why the migration rate fell to just 1% in 2023, a dramatic drop from 2.95% in 1980. Long-term physical relocation is becoming less common as more flexible forms of mobility take hold: daily commuting, remote work, and project-based circular movement. Advances in technology, transportation, and workplace organization mean that permanent migration is no longer the only pathway to upward mobility or economic opportunity.

These changes are felt deeply in family life. In metropolitan regions like Jabodetabek, millions of households operate on schedules stretched by distance. A father working in Jakarta but living in Bekasi, or a mother commuting from Bogor before dawn, has become a familiar portrait of urban life. Distance is no longer merely geographic, it shapes the rhythm of living: when breakfast happens, when

children leave for school, when parents return home, and how much time families can spend together.

In eastern Indonesia, circular mobility creates a very different family rhythm. Many workers spend months at mining sites, plantations, or construction projects, returning home only during breaks between assignments. Families must constantly adapt to long cycles of presence and absence. While circular mobility is an effective economic strategy, it carries significant social costs, from temporary emotional distance within families to the strain experienced by spouses and children.

Daily commuting and circular mobility have also produced a distinct urban-suburban lifestyle. The buffer zones surrounding major cities have grown rapidly as residential hubs for people who work in urban centers, creating the phenomenon of "living cheap, working far." Transportation infrastructure has become the backbone of everyday life. Data shows that the number of national commuters, which stood at 3.17 million in 2015 (out of 7.37 million survey respondents), fell to 2.24 million in 2022. This

Circular non-permanent mobility has become an economic strategy, but one with a heavy social cost — from temporary breaks in family relationships to emotional strain on children and spouses.

decline does not mean mobility is decreasing; rather, its form is shifting. Remote work and the rise of new economic centers outside major cities have reduced the need for daily physical travel.

Behind these numbers lie the pressures of modern urban life. People face congestion, high transportation costs, and daily routines compressed by long commutes. Yet at the same time, non-permanent mobility opens up new social and economic possibilities: flexible work, cross-regional economic activity, and stronger intercity integration. Big cities gain access to labor without needing to absorb them as permanent residents, while suburban areas benefit from expanding markets for housing and essential services.

This phenomenon also highlights persistent regional disparities. Java, supported by dense transportation networks and concentrated economic activity, remains the center of daily commuting. In contrast, Papua, Maluku, and parts of Nusa Tenggara show far higher levels of circular mobility than commuting. Limited transport options and the sheer distances between economic hubs make daily travel unrealistic for many residents in these regions.

Amid this transformation, one thing is clear: non-permanent mobility has reshaped how Indonesians work, live, form families, and build social ties. Daily mobility is no longer just a routine activity, it has become a defining lifestyle of modern urban Indonesia. For the country, understanding these new patterns is essential to designing the future of cities, transportation systems, and regional development policies. The future of mobility is not only about

Daily mobility is no longer just a routine activity—it has become a defining lifestyle of modern urban Indonesia.

For the country, understanding these new patterns is essential to designing the future of cities, transportation systems, and regional development policies.

how many people move, but how these movements change the way we live every day.

Looking ahead, non-permanent mobility has the potential to become a powerful force shaping Indonesia's competitiveness and quality of life. If the government can strengthen public transport, develop more balanced economic centers, and support inclusive flexible work arrangements, the daily journeys of millions will no longer feel like a burden, but an opportunity. This is where Indonesia's future can be built. Not by moving people farther, but by bringing opportunities closer. ✨





Kementerian Kependudukan dan
Pembangunan Keluarga/BKKBN



Part 3

POLICY PATHWAYS: STEERING INDONESIA TOWARD 2045

A demographic bonus comes only once. In this narrow window of opportunity, policy must be sharply targeted—managing fertility, preparing the workforce, empowering women, improving spatial planning, and modernizing population administration. Indonesia needs bold, adaptive policies, because the future moves faster than conventional planning.



Photo by: Gede Sühendra / Unsplash

Shaping the Future

The Golden Road to Indonesia 2045.

As the world changes at an unprecedented pace, Indonesia steps into the future with a clear belief: its people are the country's greatest source of strength. The population strategies laid out in the RPJPN 2025–2045 and RPJMN 2025–2029 are built to ensure that every Indonesian, from newborns to older adults, can grow and flourish in a healthy, productive, and secure environment.

The vision of Indonesia Emas 2045—becoming a prosperous, just, and fully developed nation—puts human capability at the heart of progress. Indonesia's core assets, its demographic momentum, cultural richness, natural resources, and maritime potential are aligned with its growing readiness to respond to global megatrends and build on past achievements. The aim is not only faster economic growth, but a meaningful rise in living standards across the archipelago, including for vulnerable populations and regions that have long been left behind.

In the RPJPN, the flagship mission of “Advancing Human Capital and Strengthening Science and Technology” serves as the central thread of population policy. The population is no longer viewed simply in terms of size, but through the quality and distribution of its people. The government is expanding family planning services to maintain balanced growth while promoting healthier, more resilient families. At the same time, the demographic dividend is cultivated through stronger workforce skills, better vocational training, and job creation that matches the needs of a modern, evolving economy.

High-quality data is becoming a cornerstone of effective policy. Integrated population records, digital family databases, and the use of big-data analytics make planning more accurate and responsive. Dashboards, GIS tools, and real-time monitoring help policymakers track demographic shifts, anticipate service demands, and ensure that programs reach

Urbanization

58,7%



58.7% of Indonesia's population lived in urban areas in 2024.

the right communities at the right time A strong emphasis is also placed on balancing population distribution. Rapid urbanization has concentrated economic activity in major cities, creating pressure on transport systems, housing, and public services.

To meet this growing pressure, the RPJMN directs new strategies for developing lagging regions, implementing a modern form of transmigration, and strengthening regional autonomy. Transmigration is no longer simply about relocating people; it has evolved into building new growth centers anchored in local potential, supported by technology and interregional connectivity. By developing mid-sized cities and more self-reliant villages, Indonesia moves closer to achieving truly equitable development. A life-cycle approach also underpins both the RPJPN

and RPJMN. Policies are designed to ensure that people receive the support they need at every stage of life: maternal and child health, education and reproductive information for adolescents, skills development for working-age adults, and protection for older persons. This approach strengthens overall well-being and lays the foundation for long-term improvements in human capital.

Population aging is addressed in greater detail through Presidential Regulation No. 88 of 2021 on the National Strategy for an Ageing Society. The government is expanding age-friendly health services, strengthening social protection, supporting older adults through community-based programs, and encouraging age-inclusive cities and public facilities. These policies also pave the way for the

Transmigration is no longer just about relocating people, it is about developing new growth centers based on local potential, supported by technology and interregional connectivity.

growth of Indonesia's emerging silver economy: an economic sector fueled by innovations in eldercare, age-friendly housing, assistive technologies, and lifestyle services for an expanding senior population.

Improving human capital is also a central priority. Vocational education is being revitalized through partnerships between vocational schools, polytechnics, and industry. Apprenticeships, competency certifications, and link-and-match programs are strengthening the competitiveness of Indonesia's young workforce. Initiatives such as the Pre-Employment Card Program, modern training centers (BLK), and community-based BLKs further expand opportunities for skills development aligned with the needs of a digital economy.

These policies align closely with Indonesia's commitment to the Sustainable Development Goals (SDGs). Under SDG 3 (Good Health and Well-Being), the government is reinforcing primary health services, accelerating stunting reduction, lowering maternal and infant mortality, and improving access to reproductive health services. Preventive and promotive health programs are strengthened across the life cycle to increase life expectancy and productivity.

Under SDG 4 (Quality Education), policies aim to raise the Expected Years of Schooling and Mean Years of Schooling through more inclusive access to education, stronger teaching capacity, and the digital transformation of learning. This ensures that young Indonesians gain skills relevant to the future economy and sustainable development. For SDG 5 (Gender Equality), policies focus on expanding women's roles in education, the economy, and public

leadership. Protections against gender-based violence are strengthened, and women's access to jobs and economic resources is widened.

Meanwhile, Decent Work and Economic Growth (SDG 8) provides the foundation for developing a competent workforce and creating productive employment. Vocational education, future-ready skills training, and support for entrepreneurship are key strategies to fully harness the demographic bonus and reduce open unemployment.

Cross-sector synergy—linking health, education, labor, and gender equality—becomes essential to ensure that all Indonesians benefit from development. A territorial and life-cycle approach helps guarantee that progress is not only fast, but inclusive. These policies are grounded in a People-Centered Development paradigm, which places people at the core of every development agenda. With comprehensive policy direction, strong data systems, and active collaboration between government and society, Indonesia is on a solid path to leveraging demographic momentum and transitioning into a high-income nation by 2045.

A population that is skilled, healthy, and equitably supported is the foundation of Indonesia Emas. And that foundation is being built today deliberately, systematically, and sustainably. The ongoing demographic transformation shows that Indonesia has the structural strength to leap forward. With policies that prioritize human quality, regional equity, and increasingly precise use of technology and data, every program can be directed more effectively and more inclusively. 🌟



Family Planning

The Facts Behind Indonesia's Falling Birth Rate.

In a period when Indonesia's population growth continues to slow, one program remains the backbone of its demographic strategy: Family Planning. Once associated mainly with controlling numbers, the program now plays a far more strategic role. It is no longer about distributing contraceptives; it has become a core instrument for helping families plan their futures with confidence.

The clearest shift appears in the Contraceptive Prevalence Rate (CPR). Usage has climbed steadily since 2021, when CPR stood at 44 percent. In just three years, that figure jumped to 63.4 percent in 2024. An almost 20-percent rise in such a short span is one of the strongest signs that family planning services are reaching more couples than ever. At the same time, the Total Fertility Rate (TFR)—the

average number of children a woman has over her lifetime—fell from 2.24 to 2.11. The decline may appear modest, but the trend is unmistakable: Indonesian families are planning more deliberately. The relationship between CPR and TFR is remarkably tight. A correlation coefficient of -0.997 signals near-perfect alignment: as contraceptive use rises, fertility rates fall.

The government's emphasis on modern contraceptives is not without reason. Methods such as IUDs, implants, injectables, pills, and sterilization offer stronger and more stable protection than traditional options. In 2021, 92.2 percent of family planning users relied on modern methods; three years later, the figure had climbed close to universal use at 98.8 percent. Yet behind this progress lies a more complicated story.

Gaps in the use of modern contraceptives remain striking across provinces. South Kalimantan records the highest uptake at 71.8 percent, while Papua stands at only 22.4 percent. Five provinces still fall below 50 percent, including DKI Jakarta, East Nusa Tenggara, Maluku, and West Papua. These disparities show how geography, social norms, culture, and service availability continue to shape access to and preferences for contraception.

Such differences call for tailored strategies. Provinces with already high modern-contraceptive

use need to focus on maintaining service continuity and ensuring that the methods offered match each family's goals. Couples wishing to limit births, for instance, should be prioritized for long-acting options such as IUDs, implants, or sterilization. Those seeking only to space pregnancies may opt for short-acting methods like injectables or pills. Aligning methods with family planning intentions directly affects program success and reduces the risk of unintended pregnancies.

Conversely, provinces with low coverage require more intensive interventions through education, expanded access to health services, and improved availability of contraceptive supplies. A rights-based approach remains essential: every couple must be free to choose the method that best fits their health needs and circumstances.

Behind the rising use of contraceptives lies another critical indicator: unmet need. This refers to couples who want to delay or limit childbirth but are not using any contraceptive method. In 2021, unmet need stood at 18 percent; by 2024 it had declined to 11.1 percent. While this marks clear progress, it still falls short of the RPJMN 2020–2024 target of 7.4 percent. The provincial gaps are even more striking. Papua records the highest unmet need at 30.8 percent, while West Nusa Tenggara sits at the lowest with 5.9 percent. Only two provinces, West Nusa Tenggara and South Kalimantan, have met the national target.

Another issue that rarely surfaces in public discussions is the discontinuation rate (DCR, the share of family planning users who stop using contraception within the first 12 months. In 2024, the

**Behind those
contraceptive numbers is
another telling indicator:
unmet need — couples
who want to delay
or limit childbearing
but still aren't using
contraception.**

national discontinuation rate reached 20.2 percent, slightly above the target of 20 percent. More than one-third of pill users discontinue within the first year. Similar patterns appear among condom users, with a discontinuation rate of 28.8 percent, and injectable users at 27.5 percent. The dominance of short-term methods makes this indicator difficult to reduce, as these methods require greater discipline and consistency.

Long-acting methods tell a different story. Options such as IUDs, implants, and male or female sterilization have much lower discontinuation rates and offer more stable protection. The government continues to promote these methods, especially for couples seeking to limit the number of children. But success ultimately depends on education, provider skills, and ensuring users feel comfortable choosing a method that fits their needs.

The provincial map once again reveals wide variation. DKI Jakarta records the highest discontinuation rate at 46.2 percent, while Central Kalimantan shows the lowest at just 16.7 percent. These contrasts highlight how access to health services, local preferences, and the intensity of program implementation greatly shape the success of family planning efforts.

Amid shifting age structures and the prospects of a demographic dividend, family planning is no longer merely a tool to slow population growth. It has become a long-term strategy to safeguard the well-being of Indonesian families. By reducing unintended pregnancies, improving access to reproductive health services, and strengthening the capacity of

Indonesia's discontinuation rate reached 20.2% in 2024—just above the national target. More than a third of pill users stop within the first year, with similarly high dropout rates for condoms (28.8%) and injectables (27.5%).

healthcare providers, family planning contributes directly to family resilience and population quality.

Indonesia may have succeeded in slowing population growth, but new challenges continue to emerge. Regional disparities, user needs, service quality, and the evolving dynamics of reproductive age require adaptive policies. This is where the program finds its renewed form: no longer a one-size-fits-all national campaign, but a continuously tailored effort, shaped by the realities of each province, each family, and every couple seeking to plan a better future. ❀



Photo by: Fauzan / Unsplash



The Workforce

A Stronger Workforce, a Narrowing Divide.

Indonesia entered 2024 with a labor market that looks increasingly promising. Despite turbulence in the global economy, recent data from Statistics Indonesia point to steady progress: the national unemployment rate has fallen to 4.91 percent. That figure is more than a number, it reflects a shifting economic structure that is beginning to absorb workers across a wider range of sectors. The downward trend in unemployment has held for more than a decade, signaling that efforts to expand employment opportunities are finally bearing fruit.

Yet this decline has not been evenly distributed. Industrial regions such as West Java, Banten, and Southwest Papua continue to record higher unemployment. These areas act as magnets for job seekers from across the country, creating far tighter competition than in agricultural regions. In contrast,

agrarian provinces tend to absorb workers more easily, even those with limited education or skills. This pattern shows that unemployment rates do not simply mirror workforce quality, they also reflect the varied dynamics of local labor markets.

Indonesia's labor force is also strengthening in size. As of August 2024, the workforce reached 152.11 million people, an increase of 4.40 million from the previous year. The Labor Force Participation Rate rose to 70.63 percent, a clear signal that more working-age Indonesians are connecting to economic activity, whether as workers or job seekers. At the same time, the number of working-age individuals outside the labor force—students, caregivers, and others—remains substantial, highlighting wide room for improvement through education, upskilling, and household economic empowerment.

Across Indonesia, provinces such as Papua Pegunungan, East Nusa Tenggara, and West Nusa Tenggara stand out for their exceptionally high labor force participation. A workforce this large can become a real economic engine, so long as it is matched with enough quality jobs and opportunities to upgrade skills.

But one challenge remains stubborn: the informal sector. Despite steady improvement, nearly 58 percent of Indonesian workers in 2024 are still employed informally. That means more than half of the country's workers still earn a living without social protection, stable income, or formal labor rights. Informal employment is most common among workers with lower education, lower wages, and higher exposure to economic shocks, particularly in Papua Pegunungan, Central Papua, and East Nusa Tenggara. Reducing informal work remains one of the biggest hurdles in strengthening Indonesia's labor market.

On the gender front, the picture is more optimistic. Indonesia's Gender Development Index now sits in the "high" category, signaling a narrower gap between men and women in health, education, and living standards. Still, 11 provinces remain below the 90 mark, where women continue to face disadvantages in schooling, job access, and basic services. Even so, progress is steady: the Gender Inequality Index continues to fall each year, reflecting gains in reproductive health, empowerment, and women's participation in the workforce.

In reproductive health, fewer young women are giving birth before the age of 20, and the vast

Indonesian Workforce Still Dominated by the Informal Sector (2024)

57,95%



majority of deliveries now take place in health facilities. On the empowerment front, gender gaps are still wide, only 22.46 percent of legislators are women. Even so, the number continues to rise, supported by the government's ongoing push for a 30-percent quota for women in politics. In the labor market, women's labor force participation has reached 56.42 percent, reflecting the steady rise in educational attainment and the growing number of women entering the workforce.

Efforts to reduce poverty also saw major gains in 2025. The share of Indonesians living below the poverty line fell to 8.47 percent, one of the lowest

levels in the nation's history. The decline is visible not only in urban areas but also across rural regions. Still, provinces like Papua Pegunungan, Central Papua, and East Nusa Tenggara continue to record much higher poverty rates. On the opposite end, Bali, South Kalimantan, and Jakarta have some of the lowest shares of poor households nationwide. Regional inequality remains a persistent challenge, but the downward trend across the archipelago suggests a more even trajectory of progress.

A similar pattern appears in the data on extreme poverty. The rate fell from 2.04 percent in 2022 to 1.74 percent in 2023. While provinces such as Papua, West Papua, and East Nusa Tenggara still

record relatively high levels, the national trend suggests Indonesia is on the right track toward steadily reducing extreme poverty.

Income inequality shows a comparable improvement. The Gini ratio eased back to 0.381 after rising briefly in 2023. Jakarta, Yogyakarta, and West Java still have the highest inequality levels, while Bangka Belitung ranks among the lowest. Even so, the downward national trend is a meaningful signal: income distribution is beginning to improve, supported by declining poverty, expanding job opportunities, and broader access to social services.

With all these gains, 2024 stands as a snapshot of renewed momentum in Indonesia's development. Falling unemployment, rising labor-force participation, a decline in extreme poverty, and steady progress in gender equality together form a strong foundation for a more inclusive national transformation. Challenges remain, especially the dominance of informal work, regional disparities, and the need to strengthen workforce skills, but the broad upward trend across almost every indicator offers real reason for optimism. Indonesia is moving toward a society that is more productive, more equitable, and more resilient in the face of global economic change.

If these improvements continue, powered by the expansion of vocational education, the creation of quality jobs, and stronger worker protections, Indonesia will be well-positioned to accelerate its path toward the Indonesia Emas 2045 vision. It is a long journey, but one that now rests on a steadily strengthening foundation of human development. 🌱

National Poverty

8,47%

8.47% of the population lived in poverty in 2024.







From Rural to Urban

Making Sense of Indonesia's Urban Transformation.

In many parts of Indonesia, major change doesn't always arrive in the form of skyscrapers or glittering shopping centers. It often moves in quieter ways: new roads linking villages to nearby towns, small kiosks popping up around subdistrict markets, and young people leaving home each morning to study or work in the nearest city. Together, these shifts form a larger transformation—urbanization, the gradual movement from rural ways of living toward urban ones, now shaping the direction of Indonesia's development.

Urbanization isn't simply a count of how many people move to cities. It captures a deeper shift in how people live: from livelihoods once rooted almost entirely in agriculture to growing sectors like services and industry; from short-distance mobility to dense daily commuting; and from traditional consumption patterns to urban lifestyles with higher expectations

for public services. When Indonesia's statistics office measures urbanization—based on population density, declining dependence on agriculture, and access to basic facilities—what we're really seeing is a map of the country's future.

2024 data reveal stark contrasts across regions. On one end of the spectrum, provinces such as Papua Pegunungan, with an urbanization rate of only around 7.04 percent, along with West Sulawesi (20.27 percent), Central Papua (24.41 percent), East Nusa Tenggara (26.52 percent), and North Maluku (29.10 percent) remain predominantly rural. These figures are more than numbers; they reflect development that has not fully taken off. In many of these areas, roads are poor, digital connectivity is limited, and modern economic hubs have yet to emerge. People move less because transport options are few, and agriculture

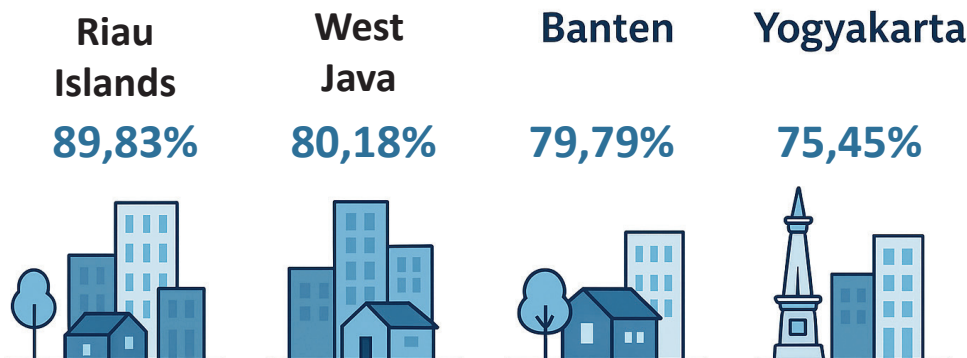
remains the backbone of the local economy. Under such conditions, the pull toward cities is far weaker than in regions where infrastructure and opportunity are more developed.

On the other end of the spectrum is DKI Jakarta, which is now fully urban. In the capital, the distinction between “village” and “city” has long lost its meaning. Jakarta is a powerful magnet, drawing people from across the country with economic opportunities that few other regions can match—industry, commerce, modern services, and top-tier education. Other provinces are moving in the same direction: Riau Islands with an urbanization rate of 88.56 percent, West Java at 79.47 percent, Banten at 77.66 percent, and Yogyakarta at 75 percent. These areas have expanded rapidly thanks to strong infrastructure—intercity toll roads, airports, ports, rail networks, modern public transport, and broader access to essential services.

From these two extremes, a clear pattern emerges: successful urbanization is always anchored in access, connectivity, and economic opportunity. Regions that are distant from national economic hubs, rely heavily on agriculture, or face difficult geographic conditions experience slower urbanization. Meanwhile, provinces with growing industries and better public services urbanize quickly, sometimes too quickly, bringing new problems such as congestion, pollution, unaffordable housing, and widening social gaps.

Indonesia's biggest challenge is managing these two diverging trajectories. Provinces with low levels of urbanization still grapple with basic issues: limited public services, far-flung healthcare, uneven education quality, and stagnant economic opportunities. Without decisive intervention, these areas will continue to fall behind. What they need is major investment beyond agriculture, new transport and digital infrastructure,

Urbanization Rate



and the development of small-scale industrial or service hubs that can spark local economic growth. Once opportunity begins to take shape, people are more likely to move to nearby towns or emerging growth centers, not only to the large metropolitan cities.

But in regions with high levels of urbanization—Jakarta, West Java, Banten—the challenges look entirely different. Daily life is shaped by long commutes, air pollution, shrinking urban space, and widening gaps between long-time residents and new arrivals. In many large cities, development is moving faster than the government’s ability to provide public services. As a result, quality of life doesn’t automatically improve even when urbanization does. Big cities need a different playbook: distributing growth more evenly, strengthening satellite cities, improving intercity connectivity, and easing pressure on urban cores.

Provinces with low urbanization need priority investment in new economic engines rooted in their local strengths—from tourism and resource-based processing industries to modern, technology-driven agriculture.

None of the country’s regional gaps—between advanced cities and lagging rural areas, between Java and the outer islands, between urban centers and their peripheries—can be solved if development policies focus only on major cities. Healthy urbanization is balanced urbanization: small cities that grow, new industrial hubs that emerge outside Java, rural areas that evolve into local economic centers. When growth spreads more evenly, pressure on big cities eases, and economic opportunities become accessible to far more people.

The government must treat urbanization not as a purely urban concern, but as a national development strategy. Provinces with low urbanization need priority investment in new economic engines rooted in local potential tourism, resource-based processing industries, and modern, technology-driven agriculture. Meanwhile, highly urbanized provinces must focus on improving quality of life through better public services, pollution control, and more sustainable spatial planning.

Urbanization, ultimately, is a story about people moving in search of a better life. It reflects the hopes of millions who want closer access to jobs, education, healthcare, and a brighter future. Yet without thoughtful planning, urbanization can widen the gap between regions that surge ahead and those left behind. With a more balanced development strategy, Indonesia can ensure that the shift from village to city is not just a change of address, but a genuine improvement in living standards for everyone, whether they reside in dense urban centers or rural heartlands. 🌿



Demographic Crossroads

Indonesia's Strategy for 2025–2045.

The year 2024 marks the close of the 2020–2024 National Medium-Term Development Plan (RPJMN), a period shaped by the pandemic, rapid digital acceleration, global economic uncertainty, and sweeping social change. But more importantly, this year serves as a crucial checkpoint: is Indonesia truly prepared for the next demographic phase, the peak of its first demographic dividend, soon to be followed by the realities of an aging population?

The next five years will be decisive. The working-age population still dominates, but the window is narrowing. At the same time, the number of older adults is rising faster than expected. If not managed carefully, the demographic dividend may slip away, leaving Indonesia to enter an aging era without the foundations it needs. This is why demographic policy must evolve—shifting focus from sheer numbers to the quality, distribution, and competitiveness of Indonesia's people in a fast-changing global landscape.

The challenges ahead are substantial. Climate change is reshaping where people live and how they make a living. Digital transformation opens new opportunities but also widens skill gaps. Urbanization is accelerating, yet cities are not always ready. Amid global geopolitical tensions, national resilience increasingly depends on the strength and capability of the population itself. Together, these pressures demand a demographic strategy that is far more adaptive and inclusive.

The 2025 Indonesian Population Report is designed to map these shifts. It serves both as a mirror to assess previous RPJMN achievements and as a compass for the next five years. Guided by the five pillars of the Grand Design for Population Development, the report places people at the center of national development, and underscores that Indonesia's journey toward its 2045 vision will depend heavily on the quality of its population today.

Families will become a major focus in the coming period. Data shows persistently high rates of divorce, child marriage, gaps in basic services, and ongoing economic vulnerability within households.

On the population-quantity front, fertility has resurfaced as a central issue. Indonesia must keep its birth rate near the replacement level (TFR 2.1), but the approach cannot be uniform. Some provinces already have low fertility and now need child-friendly ecosystems to prevent rates from falling too far. Others still record high fertility and require stronger reproductive-health services, better access to family planning, and more health workers in remote areas. As social values shift and the childfree trend becomes more visible, fertility policy can no longer rely on a single formula—it must balance individual rights, household economic realities, and the country's long-term development goals.

When it comes to population quality, the priority is ensuring that every Indonesian grows up healthy, educated, productive, and adaptable. Long-standing

challenges; stunting, regional education gaps, and unequal access to health services still demand serious intervention. At the same time, new demands are emerging: digital skills, green literacy, and readiness for a smart economy. Vocational education needs to be revitalized so its pathways connect directly to the labor market. Public health programs must shift further toward prevention and health promotion. And women whose economic participation remains constrained by caregiving responsibilities and unequal job access need systematic support to take on a larger role in the workforce.

Families will also take center stage in the coming years. Data show persistently high rates of divorce, child marriage, uneven access to basic services, and household economic vulnerability. In many regions, parenting, health, and financial literacy remain low, even though families are the earliest and most fundamental institutions shaping the next generation. Strengthening families means strengthening character formation, civic values, economic resilience, mental well-being, and the capacity to adapt to social and technological change. The challenge is growing more complex as parenting patterns shift, social interactions move into digital spaces, and daily pressures intensify. Family development can no longer rely on conventional approaches.

Achieving a more balanced population distribution is also a strategic priority. Java and Sumatra are growing increasingly dense, while much of eastern Indonesia remains sparsely populated. Urbanization continues to rise, but cities are not always equipped with the spatial planning or basic services needed to keep pace.

Major urban centers face mounting pressures, from daily mobility and rising living costs to deteriorating environmental quality. Without a coordinated strategy for managing population movement and territorial balance, regional disparities will only widen. This is why developing new growth centers, strengthening connectivity, and aligning demographic policy with spatial planning can no longer be delayed.

On the population-administration front, the direction is equally clear: every resident must have a secure, unified legal identity. The National Identification Number (NIK) underpins access to public services, social assistance, education, healthcare, and even digital security. Modernizing the civil registration and vital statistics system through technology is not

just about efficiency, it is about fairness. Accurate, up-to-date data ensures no citizen is left behind in the state's service delivery. Cross-sector integration, personal-data protection, and real-time updating form the backbone of Indonesia's future population architecture. With a system that connects central and local governments seamlessly, policy making can become far more precise and effective.

All these shifts point to a single conclusion: Indonesia is standing at a pivotal demographic crossroads. If the potential of its working-age population is fully harnessed, Indonesia could leap into the ranks of major global economies. But if the moment slips away, the country may enter an aging era unprepared: facing rising healthcare burdens, declining productivity, and widening inequality.

The next RPJMN must rise to this challenge. It calls for demographic policy that is visionary, data-driven, and firmly centered on human development. It requires collaboration across national and local governments, industry, academia, and civil society. Above all, it demands the courage to adapt strategies to a world that is evolving far faster than in previous decades.

If these efforts are carried out consistently, Indonesia will not only be ready to capitalize on its demographic peak but also prepared to enter an aging society with confidence. Ultimately, population policy is not about managing numbers, it is about ensuring every citizen can grow, thrive, and contribute to the nation's future. That is the essential foundation for achieving Indonesia's vision for 2045. ✨

Indonesia stands at a pivotal demographic crossroads. If the nation can fully unlock the potential of its working-age population, it has the chance to rise as a major economic power.





Kementerian Kependudukan dan
Pembangunan Keluarga/BKKBN



Part 4

SOCIAL STRUCTURES, VULNERABILITY, AND CIVIC IDENTITY

Not everyone begins with the same access or visibility. Some lack legal documents, some live with disabilities, some face hardship quietly, and others miss out on education and basic services. This section shines a light on those who have been overlooked—so we can better understand their needs and ensure they are included in the progress ahead.



Human Development

The Quality of Indonesia's People Is Rising.

Indonesia has been steadily moving toward a better quality of life, and that progress is clearly reflected in its human-development data over the past few years. The Human Development Index (HDI) has become one of the clearest mirrors of how the country is evolving. Not only economically, but also in health, education, and people's overall chances of living well. First introduced globally in 1990, the HDI is no longer just a number for Indonesia; it serves as a compass, showing whether public policies are genuinely improving people's well-being.

In 2024, Indonesia's HDI reached 75.02, placing the country firmly in the "high" category. That's up from 74.39 the previous year, continuing the steady rise seen since 2020. A 0.63-point increase may look modest, but in human-development terms, it signals

meaningful improvements in people's everyday lives. Over the past four years, Indonesia's HDI has grown by an average of 0.75 percent annually, a sign that programs in education, health, and the economy are finally taking hold. If this momentum continues, Indonesia's move into the "very high" HDI group, home to many advanced economies, may shift from a long-term aspiration to a realistic possibility.

This national progress is echoed across many provinces. Most regions now fall into the high-HDI category. Jakarta and Yogyakarta have already reached the very high tier. But the progress is far from even. Eastern Indonesia continues to lag, especially in access to education and healthcare, gaps that ultimately shape household income and overall quality of life. The national development map makes one thing

clear: accelerating progress in these eastern regions is essential for equalizing living standards across the archipelago.

Education plays a central role in shaping the quality of Indonesia's human capital. One of the key indicators is average years of schooling, which reached 9.22 years in 2024, roughly equivalent to completing junior secondary school. Annual gains have been small but steady. What stands out, however, is the stark inequality across regions. Provinces like Jakarta, the Riau Islands, Maluku, and East Kalimantan have surpassed 10 years of schooling on average, showing that access to upper-secondary education is already widespread there. In contrast, provinces such as West Nusa Tenggara, West Papua, Central Papua, Highland Papua, and West Kalimantan are still below eight years, meaning many adults have yet to complete even junior secondary school. These gaps pose long-term challenges for improving overall quality of life.

Even so, school participation shows encouraging progress. Nearly all children of primary and lower-secondary school age are enrolled, with participation rates above 96 percent. The challenges emerge at the senior-high-school level: about one in four adolescents aged 16–18 are not in school. Here again, provincial disparities are striking. Yogyakarta records participation rates above 90 percent for this age group, while Central Papua and Highland Papua remain below 60 percent. Geography, poverty, and limited school availability are among the main factors that widen these divides.

Higher education also shows a positive trajectory.

Since 2010, the share of adults graduating from senior high school and college has risen significantly. In 2024, nearly 31 percent of adults had completed senior high school, and college graduates reached 10.20 percent. These figures point toward a brighter future for the country's workforce and reflect the impact of scholarships, compulsory education policies, and improved educational facilities that are expanding learning opportunities for more Indonesians.

Health is another crucial pillar of human development. Indonesia's life expectancy reached 72.39 years in 2024. While still below neighboring countries like Singapore, Malaysia, and Thailand, the upward trend has remained steady. Women in Indonesia live almost four years longer than men, reflecting both biological factors and differences in health-related behaviors. Despite national-level improvements, provinces in eastern Indonesia continue to post relatively lower figures, underscoring the need to expand basic health services, improve nutrition, and strengthen community health facilities in those areas.

Maternal and child health indicators also show both progress and persistent challenges. Indonesia's maternal mortality ratio, based on the 2020 Long Form Census, stands at 189 deaths per 100,000 live births, almost half of what it was more than a decade ago. This decline is tied to stronger campaigns against high-risk pregnancies and better antenatal and postnatal care. Still, the figure is far from the SDG target of 70, and regional disparities are striking. Papua, for instance, records a maternal



Human Development Index Trends, 2020–2024

According to the 2024 National Socioeconomic Survey (Susenas), only about 63.69 percent of children aged 12–23 months received complete basic immunization, with rural areas consistently reporting lower coverage than urban ones.

mortality ratio of 565, dramatically higher than Jakarta’s 48. Such gaps reveal how deeply maternal health outcomes are shaped by geography and the availability of trained medical personnel.

Improvements are also visible in infant and under-five mortality. The infant mortality rate dropped from 26 deaths per 1,000 live births in 2010 to 16.85 in 2020, while under-five mortality fell to 3 per 1,000 children. Yet regional disparities persist. In Papua and West Papua, under-five mortality remains close to 50 per 1,000, far above the national trend. One major reason is low immunization coverage. According to Susenas 2024, only about 63.69 percent of children aged 12–23 months have received complete basic immunization, with rural areas lagging significantly behind urban centers.

Many remote regions still rely on basic health facilities with limited resources. Difficult transportation access often delays emergency care for mothers and infants. Meanwhile, gaps in health literacy further heighten risks for vulnerable groups.

Indonesia’s human-development journey makes one thing clear: national progress remains closely tied to questions of equity. Aggregate improvements show the country’s capacity to raise quality of life, but regional divides reveal where efforts must be sharpened. With stronger primary healthcare, broader access to education, better-trained health workers, and more resilient household economies, Indonesia has a real opportunity to accelerate improvements across all regions, building a healthier, smarter, and more productive generation for the future. ✨



The Invisible Ones

Disability, Violence, and the Fight for Family Inclusion.

In countless Indonesian households, there are family members who are present in daily life yet barely register in public policy or national conversation: people living with disabilities, survivors of violence, and those whose physical conditions leave them far more vulnerable than anyone realizes. Their stories come into view when we revisit a range of national surveys on women's lived experiences, on children and adolescents, and on disability. What we see isn't just data. It's a reminder of how many people still fall through the cracks of public services, protection systems, and the promise of inclusion within families and communities.

Findings from the 2024 National Survey on Women's Life Experiences reveal a sobering truth: about one in four women aged 15–64 has experienced physical and/or sexual violence at some point in her life. Although this figure is lower than in previous years, the scale remains immense. It means

millions of women carry traumatic experiences that can shape their mental health, social relationships, and even their economic opportunities. Violence against women, whether it happens in public spaces or inside their own homes, is not merely a legal issue; it is deeply tied to social and cultural structures: how women are positioned, how power relations operate, and how gender norms are enforced.

A similar pattern appears in the 2024 National Survey on Children and Adolescents (SNPHAR). Around 11.5 million Indonesians aged 13–17 have experienced at least one form of violence; physical, emotional, or sexual. Emotional violence is the most common, affecting nearly half of all adolescents. Behind these numbers are difficult realities: children who grow up afraid to speak, who struggle to build confidence, or who develop aggressive behaviors as a way to survive. The impact doesn't fade with age; it often follows them into adulthood, shaping their

relationships and limiting their ability to participate productively in society.

On another front, people with disabilities occupy a similarly vulnerable place. The 2020 Population Census Long Form shows that about 6.42 percent of Indonesians aged five and above experience Type 1 disabilities, meaning limitations in basic daily activities. Put simply, in every group of a hundred people, six to seven live with functional challenges. The figure is even higher among women (7.09 percent) than men (5.77 percent), revealing how gender-based vulnerability and disability often overlap. The disparities across provinces are wide: Gorontalo records the highest prevalence at 8.66 percent, while Papua sits at just 4.58 percent. These differences point to deeper structural factors: healthcare quality, access to education, population age profiles, and socioeconomic conditions—all of which shape disability rates.

The educational landscape for people with disabilities reflects an equally stark divide. Nearly 70 percent of individuals with Type 1 disabilities have completed only primary school or never attended school at all. This severely limits their future job prospects and reinforces cycles of poverty. Without inclusive education, disability-friendly schools, adequate facilities, and proper training for teachers, their potential remains boxed in. This is happening at the very moment when more sectors are beginning to open space for workers with disabilities, though most opportunities still fall in agriculture and low-wage service roles that offer little in the way of social protection.

Violence and disability intersect at a shared point: the need for protection and truly inclusive support systems. Children with disabilities, for example, face a higher risk of violence due to communication barriers, limited access to schooling, or simply a

Nearly 70 percent of people with Type 1 disabilities have only completed primary school or never attended school at all. This doesn't just limit their future job opportunities; it deepens the cycle of poverty

lack of proper supervision. Women with disabilities often encounter even more obstacles when they experience violence, difficulty reporting it, biases that make them seem “less credible,” and layers of stigma that silence them before they are even heard.

Within the broader effort to strengthen families, these challenges demand a far more inclusive approach. Family policies aligned with SDG 3 (Good Health and Well-being) and SDG 5 (Gender Equality) require the state to guarantee that every family member, including those with disabilities, has equal access to healthcare, education, and social protection. A gender-sensitive family approach, for instance, emphasizes shared responsibilities, joint decision-making, and the elimination of discrimination based on gender or age. The same principles must extend to those with physical or cognitive limitations.

Beyond legal frameworks, efforts to build inclusivity must also reach into the home: how families welcome members living with disabilities, how they manage conflict without resorting to violence, and how they create a household that is genuinely safe. At the community level, more disability-friendly spaces are urgently needed, from transportation and clinics to workplaces and public services. At the same time, social protection programs must be strengthened to ensure that women, children, and people with disabilities are not pushed into economic vulnerability, which only makes it harder for them to protect themselves.

Indonesia has a strong foundation to move in this direction. The decline in violence, the growing reach of health insurance, and the increasing number of

Communities need far more disability-friendly spaces, from schools and public services to transportation, clinics, and workplaces.

provinces adopting disability-inclusive family policies all signal meaningful early progress. But the road to full inclusion remains long. Ending violence and strengthening the rights of people with disabilities are not side issues, they are prerequisites for building Indonesian families that are healthy, resilient, and empowered.

Ultimately, those who often disappear inside the numbers must be brought back to the center of attention. An inclusive family is the backbone of a just society. When women are safe, children are protected, and people with disabilities have space to grow, family development doesn’t just advance, it becomes truly equitable.

Building an inclusive nation means ensuring that no one is left behind because of their abilities, age, or social conditions. In the years ahead, Indonesia will need the courage to expand protection systems and deepen services that genuinely respond to people’s vulnerabilities. ❀



Behind Every Name

The Twists and Turns of Building a Nation's Identity System.

A Civil registration might sound like a matter of paperwork at the neighborhood administrative office—forms to fill out, long queues, and routine procedures. But behind that seemingly mundane process lies one of the most essential foundations of a modern state: the official recognition of every citizen's identity. A national ID number, a birth certificate, a marriage book, even a death certificate, these are not just documents. They are the keys that unlock a person's basic rights as a citizen.

Over the past four years, Indonesia has made remarkable progress in registering these fundamental identities. From 2021 to 2024, coverage of national ID numbers (NIK) for children aged 0–4 and for everyone 17 and older reached 100 percent. From birth to adulthood, nearly every Indonesian is now formally recorded in the state system. For children, this registration secures access to immunization,

healthcare, and schooling. For adults, a NIK is essential for work, banking, voting, and receiving public services. The latest data show more than 266 million people aged five and above have a NIK, along with 207.6 million adults and nearly 19 million toddlers. On paper, these numbers reflect massive government efforts to expand access. But a closer look at other key documents tells a more complicated story.

Take birth certificates, for example. Coverage has risen across all age groups, yet the gaps remain huge. For children aged 0–4, the national average stands at 95.4 percent; in Jakarta, Yogyakarta, and Gorontalo, the rate is almost universal. But the situation is drastically different in Highland Papua, where coverage is only 41.8 percent, far behind every other region. The pattern is similar for older age groups. Among those aged five and above, national coverage drops to just 48.4 percent, and for adults 17 and older, it falls even further to 34.9



61,9%

Nationally, 61.9 percent of divorce cases in 2024 were officially recorded—up from 49.6 percent in 2021.



91%

More than 91 percent of deaths were recorded as caused by illness or age-related factors, while 6.6 percent had no documented cause.

percent. In some provinces, such as Highland Papua, only 6.5 percent of adults have ever had a birth certificate in their lifetime, a legacy of historical under-registration that continues to shape people's lives today.

The disparities become even more visible when we look at marriage documentation. There has been progress, from 43 percent of couples holding marriage certificates in 2021 to 62.9 percent in 2024, but the regional gaps remain staggering. Yogyakarta reports coverage of 88 percent, while Highland Papua is at just 3 percent. Divorce documents show a similar pattern. Nationally, 61.9 percent of divorces in 2024 were

officially recorded, up from 49.6 percent in 2021, yet many provinces still lag far behind. In Highland Papua, only 5 percent of divorced couples have an official certificate, compared with 86 percent in Yogyakarta.

These gaps make one thing clear: civil registration in Indonesia isn't only an administrative matter. It is shaped by geography, infrastructure, literacy, and even cultural norms. In many eastern regions, services remain hard to reach due to long travel distances, limited staffing, and weak technology infrastructure. Some communities still don't see civil registration as essential. In cities, the challenges are different: high mobility, long queues, and bureaucratic complexity.

Death registration reveals another layer of the problem. In 2024, more than 91 percent of deaths were recorded as caused by illness or old age, but 6.6 percent had no identifiable cause. That translates to more than 144,000 deaths with no clear explanation, a major gap in vital statistics that should be the backbone of public health planning.

Amid these challenges, the government has continued refining its registration system through the Centralized SIAK platform and other digital tools. But data integration across agencies is still far from seamless. Institutions like BPJS, BPS, the Ministry of Social Affairs, local governments, and even banks rely on consistent population data, yet harmonizing these datasets is often hindered by different systems, uneven technical capacity, and varying levels of regional readiness. Digital transformation also demands strong regulatory foundations, from digital identity to personal data protection. The 2022 Personal Data Protection Law is an important step, but its implementation still requires a wide set of follow-up regulations.

The complexity of civil registration grows even deeper when it affects vulnerable groups: Indigenous communities in remote areas, people with disabilities, older adults living alone, internally displaced people due to conflict or disaster, and foreign nationals with permanent residency. For them, civil registration isn't just an issue of administrative order, it is a gateway to essential services, often services that determine their quality of life.

Improving all of this requires strategies that are not only technical but also social. Mobile registration

units, traveling service vans, digital procedures, community education, and capacity-building for village officials all form parts of the solution. But the biggest challenge lies in ensuring fairness: making sure residents in remote corners of Papua have the same access to documentation as those in Jakarta, and making sure every life event; birth, marriage, divorce, and death is recognized by the state equally.

Civil registration is more than record-keeping. It is identity, access, protection, and recognition. As long as there are people born without a birth certificate, married without documentation, divorced without official records, or buried without a clear identity, the state is not fully present. And as long as regional gaps remain as wide as they are today, the work of building a fair and functional civil-registration system is far from finished.

Yet the progress made over the past four years points to something certain: the foundation is being laid. Slowly, yes, but steadily. And on that foundation rests the future of public services that are fair, data-driven, and inclusive.

Looking ahead, the success of Indonesia's civil registration will not be measured simply by document coverage rates, but by how far these services reach every citizen without exception. When data systems connect smoothly, when registration is accessible whether in big cities or remote villages, and when legal identity truly becomes the doorway to more equitable public services, civil registration will no longer be seen as a technical obligation. It will stand as a cornerstone of social justice. 🌐



Reading the 2024 IPBK

Rapid Gains in Sustainability, Slow Progress in Inclusion.

Indonesia has taken a meaningful step forward in population-aware development. The national score of the 2024 Population-Aware Development Index (IPBK) rose to 61.8, an increase of 1.7 points from the previous year. At first glance, the progress looks promising. But once we break down the index into its five dimensions, a far more complex, sometimes contrasting—story begins to emerge.

The Sustainability dimension leads the pack with a score of 72.0, edging out the Participation dimension at 71.9. Together, these results suggest that Indonesia's development path is broadly aligned with sustainability principles and that people are reasonably engaged in the development process. The Equality dimension follows at 64.7 fairly strong on paper, though lingering obstacles continue to slow real progress. Income gaps between the richest and poorest households remain wide, and the share of women in formal managerial positions has barely moved.

A very different picture appears in the two lowest-scoring dimensions: Holistic Integration and Inclusivity. Both fall well short of expectations, Holistic Integration at 53.3 and Inclusivity even lower at 50.4. These two dimensions are crucial because they ensure development reaches every population group without exception. The numbers reveal persistent challenges: from stunting and access to information to public transportation, child marriage, and birth-certificate ownership among toddlers. The low Inclusivity score also signals that vulnerable groups, low-income households, people with disabilities, and older adults, are still not fully included in the country's development gains.

Although all five dimensions improved compared to 2023, the gains were far from even. Sustainability saw the sharpest rise, up 2.4 points, overtaking Participation for the top position. The Holistic Integration dimension also posted a notable increase

of 1.9 points. The smallest improvement came from Inclusivity, which inched up by only 1.1 points. These uneven gains show that progress isn't moving in sync, even though the IPBK's core philosophy emphasizes that all five dimensions must advance together for population-aware development to stand on solid ground.

But the IPBK isn't just a set of numbers. It's a tool for assessing population-aware development at the national, provincial, and district/city levels. Local governments are expected to use the results to map out problems, shape policies, and set development priorities. The public ultimately stands to benefit—through better access to education, healthcare, social services, and economic opportunities.

This year's IPBK report brings a new thematic spotlight: older adults. Indonesia officially entered

the era of an aging population in 2021, when the share of those aged 60 and above surpassed 10 percent. By 2045, that proportion is expected to surge so that one in five Indonesians will be elderly. This demographic shift makes the "Independent Elderly" indicator increasingly crucial within the IPBK framework.

This indicator reflects the share of older adults who are healthy, still working, and physically fit. The national figure in 2024 reached 34.55 percent, up from 31.80 percent the year before. The improvement is encouraging, though far from uniform across regions. Highland Papua stands out with a surprising 67.74 percent, meaning nearly two out of three older adults there remain active and independent. Two other provinces in Papua follow closely behind. At the other end of the spectrum,

This year's IPBK report introduces a new thematic focus: older adults. Indonesia officially entered the era of an aging population in 2021, when the share of those aged 60 and above passed 10 percent.

West Nusa Tenggara recorded the lowest score at just 27.96 percent, followed by Jakarta and the Riau Islands. Ironically, provinces with the largest elderly populations such as Yogyakarta and East Java, sit only in the middle of the ranking.

These findings reveal two important insights. First, the high rates of independent elderly in Papua's provinces aren't driven by large elderly populations; instead, many older adults there continue working and remain physically active well into old age. Second, regions with a high share of elderly residents actually face greater challenges in supporting their independence.

Indonesia now stands at a critical moment: the elderly population is steadily rising, yet not all regions are equipped to help them remain empowered. Many older adults continue working not just out of a desire

to stay productive, but because economic pressures persist and old-age protection remains uneven. Even so, active older adults should not be seen as a burden, they are an asset, carrying experience and knowledge that can contribute meaningfully to development.

Looking ahead, the government will need to craft more comprehensive policies to navigate the era of an aging population. Healthcare, social protection, elderly-friendly employment opportunities, and environments that support independence are essential elements that cannot be overlooked. At the same time, the quality of population-aware development must improve evenly across all dimensions so that no group is left behind.

The 2024 IPBK shows that Indonesia is moving in a positive direction, but significant gaps still remain. Rising scores deserve recognition, but what matters more is ensuring that these gains are felt by everyone, across cities and remote villages, from newborns to the elderly. After all, human development is the ultimate goal of all development efforts. The road toward fully mature population-aware development is still long, but the direction is unmistakably clear. If improvements continue across all dimensions of the IPBK, not just sustainability and participation, but also inclusivity and service integration, Indonesia can ensure that every stage of life, including old age, is lived with dignity and equal opportunity. With consistent policy commitment, accurate data, and a focus on the most vulnerable, human development will no longer be a promise, but a reality experienced throughout the country. ✨

The 2024 IPBK shows Indonesia is moving in the right direction, but major gaps remain. Rising scores are worth celebrating, but what truly matters is making sure that progress is felt by everyone.



Population Awareness

Between New Aspirations and Old Inequalities.

In the midst of rapid social change, there's one trend that rarely makes headlines yet quietly shapes Indonesia's future: a growing public awareness of population issues. This awareness didn't appear overnight. It has emerged from wider access to information, daily lived experiences, and people's interactions with various development programs. As citizens begin to understand how population growth, migration flows, urbanization, and the distribution of resources affect their lives, a new, more reflective attitude takes shape in how they respond to demographic challenges.

Population knowledge is increasingly influencing how people make decisions. Families are planning more carefully, individuals are more conscious of reproductive health, and many now recognize that demographic shifts, from the demographic bonus to

population aging, are not abstract statistics but part of their survival strategies. Population education is no longer seen as a bureaucratic obligation; it is becoming a foundation for future literacy.

Since 2013, the BKKBN has tried to gauge the pulse of public understanding through a simple measurement tool. But over time, the need has grown more complex. Understanding alone is no longer enough; people must care, form opinions, and take action. This is what led to the creation of the Population Awareness Index (IKIK), a new indicator that measures public knowledge, attitudes, and behaviors around demographic issues through four dimensions: Quantity, Quality, Mobility, and Environment. If knowledge is the first step, attitudes and behaviors are the proof that awareness is working. The IKIK serves as both a wide-angle lens

and a diagnostic tool, helping the government see where public participation is strong, where it needs a push, and why these differences exist. Demographic awareness never exists in a vacuum, it is shaped by culture, access to education, economic conditions, and geography. Regions with limited information access may need more outreach and education, while regions with higher awareness require programs that can turn that awareness into real action.

The 2024 national IKIK results offer an encouraging signal. The national score reached 53.68, slightly above the 2024 target of 53.40, placing Indonesia in the “Moderate” category. While not a dramatic number, it shows that more Indonesians now recognize the importance of population issues in their daily lives. The index draws on a range of BPS indicators, from Susenas to Sakernas, giving it a solid statistical foundation.

Yet beneath this progress lies a story of deep disparities. Provincial scores vary enormously: East Kalimantan leads with 67.11, while Papua sits at the bottom with 26.24. High-scoring regions tend to have better access to information, higher education levels, and more intensive public education programs. Low-scoring regions, meanwhile, often struggle with geographic barriers, low literacy, and uneven outreach. Only 13 provinces scored above the national average, while 15 fell into the “Low” category. A closer look reveals that these variations are driven by uneven performance across IKIK’s dimensions. The Quantity dimension scored highest (56.74), followed by Environment (56.12) and Quality (55.18). The Mobility dimension lagged far behind

at 47.25. This low score reflects declining physical mobility, shifting work patterns, and a slowdown in urbanization. It also aligns with the rise of remote work and the growing number of people choosing not to move due to changing economic and social realities.

Compared with last year, the IKIK rose by only 0.22 points. But this small increase matters, especially given the turbulence of current socio-economic conditions. The Quality and Environment dimensions improved, reflecting gains in education, health, sanitation, and access to clean water. But the other two dimensions slipped, most notably Quantity, which fell from 58.16 to 56.74. This decline is likely connected to falling contraceptive use, a rise in early marriage, and shifting family patterns.

The 2024 national IKIK offers an encouraging signal: Indonesia scored 53.68, slightly above the target, and reached the ‘Moderate’ category.

Indonesians are moving toward a more mature stage of demographic literacy, where family decisions, health behaviors, and environmental awareness are shaped by deeper understanding.

The decline in the Mobility dimension is also a sign that opportunities for social and geographic mobility have not fully recovered. In several regions, limited job prospects, the rising cost of living in cities, and slowing urbanization have led people to remain where they are. It shows that growing awareness isn't necessarily accompanied by growing opportunity. From all these findings, one message stands out: raising public awareness of population issues cannot rely on one-size-fits-all interventions. Each region needs policies tailored to its local context, from literacy levels to community behavior to economic structure. This needs-based approach is what will make the IKIK truly relevant as a tool for development planning.

Even with its gradual rise, the IKIK brings new hope that population issues are gaining a stronger foothold in public consciousness. Indonesians are moving toward a more mature stage of demographic

literacy, one in which family decisions, health behaviors, and environmental awareness are grounded in deeper understanding. If this trend continues, Indonesia will be in a much stronger position to face demographic challenges head-on, from the demographic bonus to population aging.

The next step is ensuring that this awareness transforms into collective action. When government, communities, and the education sector move in the same direction, making population issues part of everyday conversations, family decision-making, and public policy, then the IKIK becomes more than a statistic. It becomes the foundation of a new culture: one that is data-aware, risk-aware, and future-aware. And with that culture, Indonesia can navigate increasingly complex demographic shifts with greater confidence and readiness for the decades ahead. ✨





Kementerian Kependudukan dan
Pembangunan Keluarga/BKKBN



Part 5

FAMILY: THE FOUNDATION OF INDONESIA'S PROGRESS

After exploring the broader landscape of demographics and policy directions, we arrive at the core of every issue: the family. It is here that the quality of future generations is shaped—from stunting and education to child marriage and the physical condition of the home. Indonesia will only be as strong as its families.





Indonesian Families

Measuring a New Leap in Family Development.

In a period of rapid social and economic shifts, Indonesia's development agenda keeps circling back to one simple idea: everything starts with the family. Law No. 52/2009 places family development on the same level of importance as population development and for good reason. The quality of Indonesia's people doesn't begin in schools, the labor market, or health clinics. It begins at home, in the everyday rhythms of family life, where values are shaped, health is nurtured, and resilience takes root.

This perspective feels even more urgent today, as Indonesia enters a phase where its population is dominated by working-age adults. It's the payoff of decades of population and family-planning efforts. But this demographic advantage will only translate into real competitiveness if Indonesian families are strong enough to weather economic pressure,

social change, and the evolving relationships within the household. That's where family development becomes not just relevant, but strategic.

To understand how families are doing, the government now uses the Family Development Index, known as iBangga. Created by the BKKBN, the index looks at three dimensions of family well-being: harmony, independence, and happiness. It scores families on a scale from 0 to 100, grouped into three categories: vulnerable (below 40), developing (40–70), and resilient (above 70). It's a tool designed to answer one key question: are efforts to strengthen families actually reaching the people who need them?

Since its launch in 2021, Indonesia's iBangga score has steadily improved. In 2024, the national index reached 62.4, one point higher than in 2023. This puts Indonesian families in the “developing”

The happiness dimension scored the highest at 72.3, suggesting that most Indonesian families feel reasonably satisfied and comfortable with their home life.

category, a sign of consistent progress and of family-strengthening programs beginning to take hold. The happiness dimension contributed the highest score at 72.3, suggesting that most Indonesian families feel relatively satisfied and comfortable with their home lives. The harmony dimension followed at 61.6, while independence scored 53.3, a slight drop from the previous year.

That small decline in independence is a reminder that many families still face economic vulnerability and limited access to opportunities that could lift their long-term well-being. Supporting data underscores this reality. Susenas reports that 8.47 percent of Indonesians were living in poverty in 2025, meaning millions of families still struggle to meet basic needs. Meanwhile, the Supreme Court recorded 476,671 divorce cases in 2024, with prolonged conflict and financial stress as the top

two drivers. Together, these figures highlight the need for family-development efforts that address emotional resilience, relationship quality, and household economic stability.

Even so, the national results offer plenty of reasons for optimism. In 2024, 94.29 percent of provinces met the national iBangga target, a sharp jump from 88.23 percent in 2023. This trend suggests that family development is moving in the right direction and reaching most parts of the country. But some regions remain behind, especially Papua and East Nusa Tenggara, which have yet to reach the benchmark. These disparities signal the need for more intensive, context-sensitive approaches in areas facing tougher geographic, economic, and social challenges.

Mapping the iBangga scores reveals an interesting landscape. In many provinces, the happiness dimension consistently ranks the highest.

The Riau Islands recorded a happiness score of 78, placing it among the regions with the happiest families in Indonesia. Jakarta posted the highest score for harmony at 68.1, suggesting that socio-economic stability in major cities can contribute to a calmer home environment. But when it comes to independence, many provinces still fall below the national average. Eastern regions such as Papua, West Nusa Tenggara, and East Nusa Tenggara remain under the score of 60, highlighting deeper challenges in strengthening household economies, improving education, and expanding access to basic services.

These regional differences also show that family development is shaped not only by local culture and social values, but by disparities in economic opportunity, education, and public services. More developed regions tend to score higher, while provinces burdened by poverty and social vulnerability show consistently lower results. This is why family-development strategies cannot follow a one-size-fits-all model, they must adapt to the unique context of each region.

Yet beneath all this variation, the most important signal remains unmistakably positive: Indonesian families are moving forward. Family development is increasingly understood not as an add-on program, but as a strategic foundation for Indonesia Emas 2045. Strengthening families means ensuring that the next generation grows up in environments that are healthier, more stable, and better supported. In that sense, human development begins exactly where it matters most: at home, within the family.

**Indonesian families,
as a whole, are
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Family development is
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When policies are directed toward strengthening family harmony, independence, and happiness, Indonesia is essentially laying the groundwork for long-term national resilience. And as Indonesian families grow stronger, the country's chances of moving toward a more prosperous and competitive future become even greater.

The road ahead requires family-strengthening policies that go beyond addressing symptoms and instead tackle the roots of the challenges households face. That means reinforcing the entire ecosystem surrounding families, from access to education and healthcare, to economic opportunities, to a social environment that is safe and inclusive. If this support continues to expand and is implemented consistently across regions, Indonesian families will not only develop, but grow into true pillars of national resilience, foundations that will allow the country to step confidently toward its 2045 vision. ✨





Toward a Golden Generation

A Years-Long Drive That's Now Bearing Results.

Behind every statistic about Indonesian children is a story about the country's future. That's why the steady decline in stunting isn't just a technical improvement, it's a sign that the nation's long-term investment in its young generation is beginning to show real results. Stunting, a growth disorder that leaves children shorter than expected for their age due to prolonged nutritional deficiencies, has long been one of Indonesia's toughest challenges. It can begin as early as the first 1,000 days of life, even before pregnancy if a mother's nutrition is poor. Its impact goes far beyond height: it affects cognitive development, immunity, and even the risk of degenerative diseases later in adulthood. Because children are the backbone of future development, stunting is fundamentally an issue about Indonesia's long-term prospects.

Looking back a decade, the national stunting rate was 37.2 percent in 2013, more than one in

three Indonesian children, far above the WHO's recommended threshold of 20 percent. But Indonesia moved quickly. By 2018, the national health survey (Riskesdas) recorded a decline to 30.8 percent. A year later, the 2019 SSGBI showed another major drop to 27.7 percent. The figure fell again to 24.4 percent in 2021, and to 21.6 percent in 2022. The latest Indonesian Nutrition Status Survey in 2024 places stunting at 19.8 percent. For the first time, Indonesia has pushed the rate below 20 percent. It's a significant milestone made possible by wide-ranging collaboration, family planning counselors, local governments, community health centers, and health volunteers working across thousands of villages.

Even with the strong downward trend, the challenges remain significant. The national target of reducing stunting to 14 percent has not yet been reached, and major efforts will still be needed through 2030. Regional gaps are also striking. Several

provinces continue to record rates above 30 percent—East Nusa Tenggara at 37 percent, West Sulawesi at 35.4 percent, and Southwest Papua at 30.5 percent. These figures are five times higher than Bali, which has the lowest prevalence at just 8.7 percent. The contrast makes clear that access to nutrition services is far from equal. Many 3T regions—remote, frontier, and outermost areas—still face basic structural obstacles: too few health workers, limited access to safe drinking water, inadequate sanitation, and unstable household economies.

This context becomes even more urgent when we look at the 2024 Susenas data, which shows how severe the gaps in clean water access really are. In Highland Papua, only about 30 percent of households have access to safe drinking water and adequate sanitation is available to fewer than 13 percent. These conditions are closely linked to high stunting risk, since repeated infections are far more likely in unhygienic environments. Family factors also play a major role. Research by Halimatunnisa (2020) shows that stunting is often associated with low parental education, poor household welfare, inadequate maternal nutrition during pregnancy, and suboptimal childcare practices. Even fathers' smoking habits have been shown to increase the risk of stunting in children. This complexity is precisely why tackling stunting must involve multiple sectors, not just health.

To confront these challenges, Indonesia's national strategy, outlined in Presidential Regulation No. 72 of 2021 operates through five major pillars: strengthening government commitment, ensuring

effective behavior-change communication, improving program convergence, reinforcing nutritional resilience, and building accurate data and innovation systems. In addition to specific interventions such as iron supplementation for women and routine growth monitoring, broader “nutrition-sensitive” efforts have been intensified, including improved sanitation, family nutrition education, and stronger household food security.

In recent years, Indonesia has added a major new push: the national Free Nutritious Food Program (MBG) launched by President Prabowo Subianto. The initiative targets more than 82.9 million beneficiaries, from school-aged children and toddlers to pregnant and breastfeeding mothers. With this large-scale

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Indonesia is strengthening stunting prevention by involving families directly. Through the GENTING program, at-risk toddlers receive more intensive guidance and support from their own households.

approach, the program aims to raise nutritional quality more evenly across the country, especially among vulnerable families. The National Nutrition Agency leads coordination, while the Ministry of Population and Family Development/BKKBN deploys family-planning counselors (PLKB), field workers, and community cadres to ensure effective distribution and support all the way down to the village level. The Healthy Kitchens to Overcome Stunting (DASHAT) program in Quality Family Villages has also been strengthened to make sure nutritious food is used effectively and reaches the households that need it most.

Indonesia's stunting-prevention movement is also being strengthened through more direct involvement of families. Through the GENTING program (Parents as Foster Advocates for Stunting Prevention), families with at-risk toddlers receive more intensive guidance and support. At the same

time, the Indonesian Father Role Model Movement (GATI) encourages fathers to take an active role in caregiving and family health, countering the long-held belief that these responsibilities fall solely on mothers. These efforts stem from clear evidence: lasting stunting prevention begins with behavior change at home.

With this network of integrated initiatives, the belief that Indonesia can reach a stunting prevalence of 13.5 percent by 2030 is no longer optimistic wishful thinking. The consistent downward trend, increasingly concrete policies, and strengthening cross-sector collaboration all point in the right direction. The remaining task is ensuring that every child, whether in cities or remote rural areas, has the chance to grow up healthy and strong. Because in the end, reducing stunting is not only about child health; it is a national effort to prepare Indonesia's golden generation for 2045.

Success in reducing stunting is, at its core, success in shaping the nation's future: an investment that will define the quality of Indonesia's human capital for decades to come. That is why the work does not end with lower percentages. It must continue by ensuring that every family has the knowledge, access, and support needed to nurture their children's growth. If policy consistency is maintained, collaboration keeps expanding, and service innovations reach even the most remote corners of the country, Indonesia will not only drive down stunting numbers but also raise a generation that is healthier, brighter, and ready to turn the promise of Indonesia Emas 2045 into reality. ✨



Photo by: Firman Fatthul / Unsplash

Age at First Marriage

What Does It Mean for Indonesia's Demographic Bonus?

People tend to see the decision to marry as something purely personal. But the age at which someone marries for the first time quietly shapes the entire arc of their life: whether they finish school, the kinds of jobs they can pursue, their health risks, and even how many children they're likely to have. When these decisions accumulate at the national level, they influence population trends, determine how well a country can take advantage of its demographic bonus, and shape the future of its human capital. That's why the Median Age at First Marriage (MUKP) is more than a number, it's a window into Indonesia's social transformation.

A quick glance at global patterns makes this clear. In parts of Sub-Saharan Africa, countries like Nigeria and Ethiopia, women often marry before turning 20, and total fertility rates soar to four or five children per woman. Meanwhile, in East Asia, places

like Japan and South Korea see first marriages well past age 30, alongside some of the lowest fertility rates in the world. Then there are countries such as Sweden, where people also marry later but fertility is comparatively higher thanks to strong pro-family policies: lengthy parental leave, robust childcare support, and accessible reproductive health services. These contrasts show that age at first marriage matters, but so do the social and policy environments that surround it.

Indonesia sits between these extremes. With a median age at first marriage of around 22 and a total fertility rate of roughly 2.1, the country reflects many features of a developing population, where relatively early marriage helps maintain moderate fertility. Even so, recent shifts are encouraging. After dipping from 21.8 in 2017 to 20.7 in 2021, the median age has climbed back up, holding steady at 22.3 in both 2023

Key Demographic Data



The national TFR is approaching replacement level

TFR Indonesia: 2,18



Sharp Fertility Gaps Across Regions

DKI Jakarta: 1,75
NTT: 2,79

A low median age at first marriage is often tied to serious long-term risks: teenage pregnancies, higher school dropout rates, intergenerational poverty, and greater health vulnerabilities for both mothers and babies.

and 2024. This rise didn't happen on its own. The national campaign led by BKKBN to promote later marriage, 21 for women and 25 for men, appears to be gaining real momentum.

But that national average hides some striking regional differences. Provinces like Jakarta, West Papua, Maluku, and Papua tend to see people marrying later. In these areas, social change is moving fast: education is improving, cities are expanding, new kinds of jobs are emerging, and women have a

bigger presence in public life. Under those conditions, delaying marriage feels not only acceptable, but practical.

Meanwhile, places such as South Sumatra, West Nusa Tenggara, South Kalimantan, and West Sulawesi still report much lower ages, around 20.9. There, strong cultural traditions, tighter household finances, and limited access to schooling and reproductive health services continue to push young people toward early marriage.

That's why the median age at first marriage is more than a timestamp on when someone says "I do." It's a reflection of a region's social heartbeat: its education system, gender norms, understanding of reproductive health, and family economic pressures. Low marriage ages often come with long-term consequences, higher rates of teenage pregnancy, school dropout, intergenerational poverty, and greater health risks for both mother and baby. Studies even show that areas with widespread early marriage also tend to have higher stunting rates. In short, marrying too young can shape the quality of the generation that follows.

This makes raising the age at first marriage a key demographic strategy. When people marry later, the window for early pregnancies narrows, nudging fertility downward. Over time, this helps Indonesia keep population growth in balance. Just as important, it gives young people more time to finish school, build careers, and fully contribute to the demographic bonus now unfolding.

To keep this positive trend moving, several strategic steps need to be expanded. Comprehensive

The age at which people marry for the first time isn't just a private choice made by young couples. It carries implications that reach far beyond the household, shaping the quality of the next generation, the health of mothers and children, population dynamics, and even the nation's long-term competitiveness.

reproductive health education should reach young people earlier and in a way that actually speaks to their needs. Premarital counseling also needs a refresh, not just covering paperwork and emotional readiness, but long-term health, financial planning, and life goals. In many parts of the country, religious leaders, community elders, schools, and the media hold tremendous influence in shaping social norms. Bringing them into the conversation is essential to easing the social pressure that still pushes many young people into marriage before they're ready.

Age at first marriage isn't just a private decision made by a young couple. It carries consequences that spill far beyond the household, shaping the health of mothers and children, the quality of the next generation, broader population dynamics, and ultimately the country's long-term competitiveness. When millions of young Indonesians make more informed, more deliberate life decisions, they're

quietly helping build the nation's future. What looks like a small personal choice can set a new direction for development.

That's why ensuring that every teenager has the space, time, and support to make thoughtful choices is an investment far more valuable than any MUKP statistic. When education becomes more accessible, gender equality grows stronger, and families and communities give young people room to mature before starting a household, Indonesia is laying a stronger foundation for its human capital. And if today's upward trend in the age of first marriage continues, supported by policies tuned to the realities of each region, then the decisions made by millions of young Indonesians will become a powerful asset for the country's journey toward 2045: healthier, more independent, and more competitive in a world that's changing fast. ✨





Child Marriage

Understanding the Root Causes—and the Way Forward.

In many parts of Indonesia—especially in remote, underserved regions—child marriage is no longer a surprise. It’s a pattern that repeats year after year. National data shows a downward trend, but the stories coming from the ground paint a much more complicated picture. In villages far from basic services, children are often married off not out of choice, but out of necessity. For many families, early marriage is still seen as a way out of economic pressure, family conflict, or simply as a social norm passed down through generations. That’s why child marriage isn’t just a family matter, it’s a human development issue with long-term consequences.

The scale of the problem is far from small. Globally, UNICEF estimates that 12 million girls marry before the age of 18 each year. Indonesia has made progress in reducing child marriage over

the past five years, yet regional disparities remain stark. Some provinces have pushed the rate down to under 1 percent, like Yogyakarta, but in places such as West Nusa Tenggara, South Papua, and West Sulawesi, the numbers still hover around 10 to 15 percent. This gap shows that national improvements don’t necessarily reflect success at the local level.

To truly understand the issue, we need to look at why child marriage persists. At the individual level, limited knowledge about reproductive health and low health literacy are major drivers. Many adolescent girls don’t understand the medical risks of early pregnancy, let alone its psychological and social impacts. At the family level, economic hardship often turns early marriage into a quick fix, one less mouth to feed, one responsibility shifted to a husband. In some communities, conservative

parenting and a lack of support for girls' education reinforce the practice even further.

On the social side, traditional gender roles still strongly shape family decisions. In many local cultures, a girl is considered “ready” for marriage as soon as she reaches puberty, regardless of whether she is emotionally prepared or has even finished school. Structurally, limited access to education, distant health services, and weak legal protection make adolescents even more vulnerable. When a child can't continue their schooling, has no safe space to learn, and no counseling services to turn to, marriage becomes the only option that seems acceptable.

The consequences last a lifetime. Adolescents who marry early are more likely to drop out of school, lose economic opportunities, and face a higher risk of domestic violence. From a health perspective,

their bodies are not ready for pregnancy, making complications far more likely. The impact doesn't stop with the mother; children born to teenage mothers are at greater risk of malnutrition, stunting, and other developmental problems. This is how poverty and vulnerability are passed from one generation to the next. And boys who marry young are not exempt either, they are pushed into the role of household provider before they are emotionally or financially ready, often leading to conflict and instability at home.

The disparities between provinces make the picture even clearer. Regions with the highest rates of child marriage, such as West Nusa Tenggara, South Papua, and West Sulawesi, tend to have limited access to education, tougher economic conditions, and predominantly rural populations. Meanwhile, Yogyakarta and Jakarta record the lowest rates

Globally, UNICEF reports that 12 million girls marry before the age of 18 every year. Indonesia has seen a decline in child marriage over the past five years, but regional disparities remain wide. Some provinces, like Yogyakarta, have reduced the rate to below 1 percent, while others, such as West Nusa Tenggara, South Papua, and West Sulawesi, still see rates between 10 and 15 percent.

UNICEF data shows that adolescent girls who only complete primary school have the highest prevalence of child marriage, higher even than girls who never attended school at all, suggesting that simply having a school nearby isn't enough.

thanks to better schooling, closer health services, and social norms that encourage young people to finish their education first. The pattern shows that child marriage is heavily shaped by structural inequalities that vary widely across Indonesia.

Education is the single most decisive turning point. UNICEF data shows that adolescent girls who only complete primary school have the highest prevalence of child marriage, higher even than girls who never attended school at all, suggesting that simply having a school nearby isn't enough. What's needed is education that truly equips young people: with knowledge of reproductive health, a sense of future aspirations, and practical life skills. A school environment that is safe, respectful, and supportive can give girls the confidence and space they need to delay marriage.

Several strategic programs are now underway to address the issue. The Sekolah Siaga Kependudukan (Population-Aware Schools) program integrates population issues, reproductive health, and family development into classroom learning. The Keluarga Indonesia SuperApp is designed as an accessible information hub, helping families understand population challenges, including the consequences of early marriage. On the ground, many groups are working to shift social norms by involving religious leaders, community figures, and schools to build a new culture that protects adolescents rather than pushes them too quickly into adult roles.

But these interventions must remain asymmetric. Remote and underserved regions need a very different approach from Java or major urban centers. In many places, basic services have to exist first before any behavioral change is possible. That's why reducing child marriage requires a multisector effort: education, religion, health, child protection, and local governments all have to move together. A community-based approach is essential so the change doesn't stop at programs but becomes embedded as a new social norm.

Eliminating child marriage isn't about meeting statistical targets, it's about laying the groundwork for a generation that is healthier, better educated, and more productive. Delaying marriage gives children the chance to dream bigger, stay in school longer, and contribute more meaningfully to the nation. If Indonesia aims to fulfill its vision of Indonesia Emas, ensuring that no child loses their future to early marriage must be one of its highest priorities. ✿



Homes of the Future

Toward Healthier, Safer Homes for Every Indonesian.

In many parts of Indonesia, a family's quality of life is often shaped by things that seem ordinary: a dry floor, running water, or a clean and safe bathroom. Yet behind these everyday details, the physical environment of a home carries enormous influence over health, productivity, and even the future of the next generation. It's not simply about comfort, it's the foundation of well-being that determines whether a family can grow strong or remain vulnerable to a host of risks.

A home, in the context of family development, is far more than a shelter. It's the first place a child learns to crawl, where parents map out their future, and where every family member restores their energy after a long day. That's why the quality of housing has a direct impact on both physical and mental health. Homes that are cramped, dark, damp, or poorly constructed don't just diminish quality of life, they raise the risk of infectious disease, accidents, and psychological

stress. The concept of adequate housing outlined in the Sustainable Development Goals (SDGs) highlights four essentials: sufficient living space, access to safe drinking water, proper sanitation, and a structurally sound building. Together, these form the minimum standard for modern living and a key indicator of family well-being.

Even so, Indonesia still has a long way to go. According to the 2024 Susenas survey, only 65.25 percent of families live in adequate housing—still below the RPJMN 2020–2024 target of 70 percent. More concerning is the wide disparity between provinces. Yogyakarta and Bali have surpassed 80 percent, while Jakarta, often associated with infrastructure and better services, records only 39 percent. Other provinces, such as Bangka Belitung (30.72 percent) and Central Papua (26.79 percent), show that many families are still living in physical conditions far from what could be considered decent.

On a more encouraging note, access to safe drinking water has shown significant progress. In 2024, about 92.64 percent of households had access to safe drinking water, an improvement from the previous year. Still, this figure falls short of the RPJMN target of 100 percent. The biggest challenges remain in Highland Papua, South Papua, and several provinces in Kalimantan and Sumatra, where access is still below 80 percent. Clean water isn't just a basic necessity; it's the first line of defense against disease. Without safe drinking water, the risks of diarrhea, gastrointestinal infections, and even stunting rise sharply, impacts that can last a lifetime for a child.

Proper sanitation shows a similar story: progress, but uneven. In 2024, national access to adequate sanitation reached 83.6 percent. Eight provinces—including Southeast Sulawesi, Riau Islands, and Jakarta—have surpassed the 90 percent mark. But many others, especially rural areas and 3T regions, still lag behind. Sanitation is more than just technical infrastructure for bathing, washing, and toilets; it is directly tied to public health. Communities without safe sanitation face higher risks of environmentally driven diseases, impaired child development, and deepening poverty.

The physical environment of a family also includes access to healthcare. Health insurance coverage shows a positive trend: as of 2024, 75.48 percent of Indonesians are covered. But this is still far below the national target of 98 percent. Access to health insurance is a crucial buffer that determines whether a family can cope with illness without falling into new poverty. Without coverage, medical costs can become

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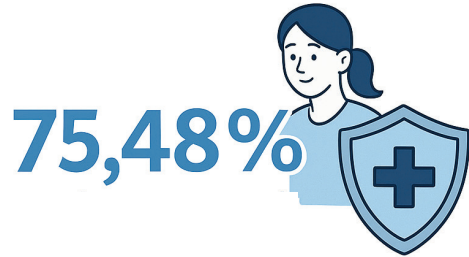
an overwhelming burden—undermining productivity and even threatening a child's ability to stay in school.

At the same time, problems of violence against women and children show that the physical environment is only part of what shapes a family's quality of life. The social environment inside the home is just as important for safety and mental well-being. The 2024 National Women's Life Experience Survey found that one in four women aged 15–64 has experienced physical or sexual violence in her lifetime. Meanwhile, the 2024 SNPHAR survey shows that around 11.5 million adolescents aged 13–17 have experienced at least one form of violence—emotional, sexual, or physical. Violence against women and children underscores that family resilience isn't determined solely by the quality of a house's physical structure, but also by the quality of relationships within it. A



83.6%

National access to adequate sanitation stands at 83.6 percent (2024).



75,48%

75.48 percent of Indonesians had health insurance in 2024.

safe, supportive, and nurturing social environment is just as essential in building strong, healthy Indonesian families.

Another dimension that deserves attention is the experience of people with disabilities. The 2020 Long Form Census shows that 6.42 percent of Indonesians aged five and older live with Type 1 disabilities. The disparities across provinces are significant, Gorontalo records the highest prevalence at 8.66 percent, while Papua sits at the lowest with 4.58 percent. These numbers highlight that access to basic facilities, education, and employment for people with disabilities remains uneven. Many homes and surrounding environments are still not disability-friendly, limiting their ability to participate in school and the workforce. In this context, adequate housing must include the idea of accessibility, not just structural safety.

The physical environment of a family is one of the core pillars of Indonesia's human development. A safe home, running clean water, proper sanitation, and access to healthcare are not merely technical indicators, they reflect the overall quality of life and the resilience of a nation. Families living in healthy physical environments are far more likely to thrive, care for one another, and raise strong generations ready to face the future.

Improving the physical environment of families means improving the quality of life in Indonesia. This is a foundation that must be built collectively—by government, communities, and the private sector—so that every household, whether in the city or in a remote village, can open its door with a sense of safety and confidence in the future. Because behind the walls of a strong home lies the true strength of a nation. ✨



Kementerian Kependudukan dan
Pembangunan Keluarga/BKKBN







This book invites readers to trace the sweeping changes now shaping the lives of 284 million people: slowing births, rapid urbanization, increasingly dynamic daily mobility, and a population aging faster than expected.

Grounded in the latest data and sharp analysis, it reveals how families, cities, labor markets, and public policy are undergoing profound transformation—while offering a new direction to ensure that Indonesia’s demographic bonus becomes an opportunity, not a burden.