



**A STUDY TO APPRAISE THE EFFICACY OF DESIGNED INSTRUCTION
PROGRAMME ON KNOWLEDGE REGARDING IMPERMANENT METHODS
OF FAMILY PLANNING AMONG POSTNATAL MOTHERS ATTENDING IN
SELECTED HOSPITAL, BHOPAL, MADHYA PRADESH**

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Introduction

India changed into the primary united states of america to release a circle of relatives planning programme in 1952. inside the 1st 50 years there has been many changes. The call of the own family making plans programme become modified to circle of relatives welfare programme and lastly to the prevailing Reproductive and infant fitness and the adjustments became performed to growth the reputation of the family making plans methods¹.

As in line with WHO "own family making plans as a way of questioning and dwelling this is adopted voluntarily, upon the idea of expertise, mindset and responsible choices by means of people and couples, so one can promote the health and welfare of the circle of relatives institution and as a result make a contribution correctly to the social improvement of a country". Scope of family making plans offerings is not synonymous with birth control; it's far greater than mere beginning control. A WHO expert Committee (1970) has stated that own family planning includes in its purview: the proper spacing and trouble of births, advice on sterility, schooling for parenthood, intercourse education.

Screening for pathological conditions associated with there efficient system (e.g., cervical cancer), genetic counselling, premarital session and examination. carrying out

being pregnant tests, marriage counselling. The instruction of couples for the advent in their first child, supplying services for unmarried mothers, teaching domestic economics and nutrients, and presenting adoption offerings. these sports range from u . s . to u . s . a . consistent with country wide objectives and policies with reference to family making plans. that is the contemporary concept of own family making plans.² the sector population at the beginning of the Christian technology was about 250 million. It doubled second time approximately two decades and doubled 0.33 time in less than hundred years, presently the world population is set to be increasing at the price of the 78 million each years on October twelfth 2011 international population end up 6 billion .it's miles predicted to attain 8 million with the aid of 3035.

Marriage is an important social group it's miles form in line with the exchange in its shape in step with the trade within the culture, it's far an organization, which permits or admit guy and women for own family lifestyles. it's far extra or less durable circumstance between male and girl, past the greater acting of propagation (delivery of off-spring).

family making plans has a ways-accomplishing benefits for women and their households. A examine suggested that delivery c language become in a roundabout way proportional to infant and infant mortality quotes. Over 1,50,000 maternal deaths take region every yr in India. This bills for approximately 25% of the maternal deaths inside the global. maximum of these deaths are preventable with the aid of presenting proper antenatal, intra natal and postnatal care services to pregnant women and moms.

Objectives:

- To assess the existing level of knowledge regarding Importance of Temporary methods of Family planning among postnatal mothers.
- To evaluate the effectiveness of structured teaching programme on knowledge regarding Importance of Temporary methods of family planning among postnatal mothers.
- To find out the association between the post test level of knowledge regarding importance of temporary methods of family planning of postnatal mothers with their selected demographic variables.

Material and Methods:

A quantitative research approach, pre-experimental, one organization pre and post check design changed into used for this study. statistics changed into accrued from 50 postnatal mothers of selected clinic. Purposive sampling became used for selecting the samples. The investigator developed structured teaching programme in regards to the circle of relatives making plans methods. dependent information questionnaire become used for records collection. outcomes: In post check 92% look at members had good enough understanding, and eight% had moderately good enough expertise. the general analysis of understanding that the pretest suggest is eighteen.88 and that of post take a look at is 21.32. The calculated 't' price is 38.12, that's higher than the desk 't' price 4.21at ninety eight df with 0.05 level of importance. there has been extremely huge difference among pretest and publish check ranges of understanding amongst postnatal mothers concerning circle of relatives making plans methods.

Conclusion:

The observe concludes that moms had ok information after based teaching programme on family making plans strategies. It additionally shows importance of undertaking fitness programmes to enhance the notice about the brief circle of relatives planning techniques and practice. The nurses are playing an essential function to educate the postnatal mothers.

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