



**A STUDY TO ASSESS THE EFFECTIVENESS OF SELECTED FAMILY PLANNING  
PROMOTIONAL PACKAGE AMONG PRIMI POST NATAL MOTHERS AT SELECTED  
HOSPITAL, AT INDORE, MADHYA PRADESH**

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**Background of the study:**

Family health is based totally at the mother's health. In our Society, the girls turns into a pregnant stage, she will be face the such a lot of issues in reproductive age group. ladies also want more fitness care greater and get admission to the fitness care device than men. women also are less probable to be taken a medical institution or to acquire medical care and health desires in evaluation to guys. The grade by grade of women health development, it's miles in particular awareness on Antenatal and postnatal period. extra over the mom and baby health is essential in circle of relatives fitness. The circle of relatives health programme supplying via skilled health care experts to moms fitness. The Reproductive baby fitness programme (RCH), Maternal and child fitness (MCH) programme issued a new collection of advice to improve mother's fitness, toddler health, circle of relatives members health. In postnatal duration is make sure the pleasant care of child, a girls ought to go to her fitness and improvement of baby, and crucial care of child. ladies inside the postnatal period need to keep a health. put up natal refers to the ones concerning the infant. during postnatal period contraception is crucial for women's health. the birth control, spacing of delivery is the maximum important measures in own family. Over population is a major problem in spreading the many diseases in our society. Here by Society will end up in poverty, under nutrition, food scarcity, clean and inadequate water supply. To overcome this issue the health care system is delivering the health planning methods by adopting the Family Planning promotional packages through Family Welfare programmes, This aimed at preventing the population growth, to ensure

the better standard of living. Family Planning is more of it mere than Birth control. Incidence of population, per day 1000 deliveries in every community. It increases the crowd of people in all areas. Which has a total population of 7.30 million, and increase of same perspectives. More over Birth control is also known as Contraception and Fertility control, is a method of device used to prevent the pregnancy and space of birth.

**Objective:**

1. To assess the pretest level of knowledge and attitude regarding selected family planning promotional package among primi post natal mothers.
2. To assess the Post test level of knowledge and attitude regarding selected family planning promotional package among primi post natal mothers.
3. To evaluate the effectiveness of selected family planning promotional package among primi postnatal mothers.
4. To correlate the mean differed knowledge and attitude score of primi postnatal mothers regarding selected family planning promotional package.
5. To determine the association between pretest knowledge score with their demographic variables.

**Hypothesis:**

H1: There will be increase level of the posttest knowledge and attitude score among the primi postnatal mothers on Selected Family Planning promotional package at 0.05 level of significant

H2: There will be significant correlation between knowledge and attitude score among primi postnatal mothers about the selected Family Planning Promotional package at 0.05 level of significant

H3: There will be a significant association between mean difference level of knowledge & attitude with their selected demographic variables at 0.05 level of significant.

Materials and method: In this study, was with adapted Quantitative Research approach with the Quasi experimental was in this study. One group pretest, post test research design was use who met inclusion criteria. setting of the study the study setting was Index Hospital & Research Centre, Indore, Madhya Pradesh. Participants primi postnatal mother. A total of 600 samples were selected by using non probability purposive

sampling technique. Measurement and tools data were collected from the primi post-natal mothers using a Semi Structured Knowledge Questionnaire and Five point Likert Attitude Scale. Ernestine Wiedenbach's Conceptual Model was used for the study. Pretest was conducted followed by the family planning promotional package was given to the primi postnatal mothers.

### **Results:**

This study results revealed that in the pretest regarding knowledge on Family Planning promotional package 70.00% of primi post-natal mothers having inadequate knowledge, 30.00% had moderately adequate knowledge significantly none of mother having adequate knowledge on Family Planning promotional packages. Where in the posttest it was changed in to adequate knowledge score 81.67% and moderately knowledge score 18.33% significantly none of the mothers had inadequate knowledge which shows the effective of intervention regarding attitude in the pretest, 66.7% of postnatal mothers had poor adequate, moderate attitude 33.3% and none of them had good attitude where in the posttest it was changed as 83.3% good attitude, moderate 16.67%, none of them had poor attitude. There is an association seen with demographic variables such as educational and occupational status of the mother in this mean differed knowledge and attitude score among primi mothers. The correlation between the pretest and posttest knowledge score considering pretest there is not significant positive correlation between knowledge and attitude score, there is a significance positive poor correlation in pretest. Positive moderate correlation in posttest.

### **Conclusion:**

This study concluded that majority of women 88%, have accepted to use contraceptive methods and only 12 % were using not acceptance contraceptive methods, after the intervention 20.3% of the women had moderately adequate knowledge, none of them had inadequate knowledge and 79.7% had adequate knowledge regarding Family Planning promotional packages, 36% of the postnatal mothers had moderate level of poor attitude, 70% of the postnatal mothers had good attitude and none of the postnatal mothers had negative attitude regarding Family Planning promotional packages. It is the Responsibility of community health nurse to motivate, educate and give counselling for women in the reproductive age group regarding Family Planning promotional package

like IUCD. Therefore the Researcher fulfilled this role by imparting knowledge through group teaching and giving hand out. Which is highly significant, Hence this study reveals the need for further periodical education programme on Selected Family Planning promotional package, for the primi postnatal mothers.

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