

A STUDY TO ASSESS THE KNOWLEDGE AND ATTITUDE ON FAMILY PLANNING AMONG POSTNATAL MOTHERS IN A TERTIARY REFERRAL CENTRE OF JHARKHAND

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Abstract

This study has been undertaken to investigate the knowledge and attitude on family planning among postnatal mothers in a tertiary referral center of Jharkhand with objectives of assessment of knowledge and attitude among post-natal mothers on family planning and to find out the association between knowledge and attitude with selected demographic variables. A descriptive research design was used in which 98 no. of sample has been selected through a convenient sampling technique. Data collection done using a semi-structured questionnaires for assessment of knowledge while Likert scale for assessment of attitude. Data revealed that majority of the participant 61% had a moderate level of knowledge and 57% had a favorable level of attitude.

Index Terms – *Family Planning, Postnatal Mothers, Knowledge, Attitude*

I. INTRODUCTION

Family planning not only improves reproductive health and overall wellbeing of women and their children but also contributes to the economic growth of a country. Family planning is an effective method to control population and also a boon for happy families. It plays a major role in reducing fertility as well as slowing population growth. A good literacy rate and economic condition largely contribute to controlling the population of the country. In developing countries, like India, where ingrained beliefs, customs, and superstitions regarding pregnancy and childbirth are still prevalent in some areas. Globally, there is a fall in the fertility rate and this trend is appreciable in India also. The total fertility rate in India is currently at 2.3, which is very close to the desired rate of 2.1.(2) India was the first country to start its own family planning (FP) program at a national level not long after gaining independence with the aim to control its population growth. Since then, this program has continuously adapted to serve the changing needs of the population. This is evident from its current focus on improving reproductive and sexual health under the present family welfare program. One of the key objectives of the program is to revitalize postpartum family planning (PPFP) in order to capitalize on the increased number of institutional deliveries under the Janani Suraksha Yojna, another flagship government program. Poverty or poor socioeconomic conditions make women more prone to reproductive health issues. Many postnatal women resume sexual activity, failing exclusive breastfeeding soon after delivery, making them susceptible to unintended pregnancies.

II. NEED OF THE STUDY.

As per the World Population 2024 Report published by the United Nations Population Fund, India is the most populous country in the world. India's mid-year population is 142.86 crore. There is a need to create awareness about family planning. It reduces the mortality and morbidity rates of infants and mothers and results in healthier babies and fewer medical problems for the woman. According to the Census of India 2011, the total population of our country was 1.21 billion, whereas the most populated state of India is Uttar Pradesh, with a population of 19.26 crore. According to a United Nations report, India overtook China and became the largest population in the world, with a population of 1,425,775,850 at the end of April 2023. Data from NFHS-5, 2019-21 suggest that Jharkhand state has a maternal mortality ratio (MMR) of 165 per 100,000 live births, significantly higher than the national average (113). Further it is stated that only 55.4% of married women in Jharkhand use modern family planning methods.

III. POPULATION AND SAMPLE

The sample size of this study consists of 98 postnatal mothers in selected hospitals of Ranchi, Jharkhand. Sampling criteria consist of the list of characteristics essential for inclusion and exclusion criteria. Inclusion criteria were who are having one or more child, willing to participate in the study & understand English or Hindi. Exclusion criteria were who are diagnosed with bad obstetrical condition or having the history of pelvic inflammatory disease (PID), uterine bleeding, still birth, intrauterine death (IUD), current history of abortion, pre-eclampsia and eclampsia. Convenient sampling technique adopted for this study.

3.1 Data and Sources of Data

For this study primary data has been collected from all the participants.

3.2 Theoretical framework

Variables of the study contains dependent and independent variable. The study used pre-specified method for the selection of variables. For current study the Health Belief Model (HBM) was developed by Irwin M. Rosenstock and Becker's was used. It is a psychological health behavior change model. It is a way of understanding and predicting how the client will behave in relation to their health care.

4. RESEARCH METHODOLOGY

The methodology section outline the plan and method that how the study is conducted. In this study quantitative approach was adopted to assess the knowledge and attitude on family planning among postnatal mothers at tertiary referral center of Jharkhand. A descriptive study was adopted for this study. Current study was conducted at RIMS Hospital, Bariatu, Ranchi, Jharkhand. This area was selected based on the availability of samples and feasibility in terms of co-operation. Population in this study comprises of all the postnatal mothers in RIMS, Bariatu, Ranchi. 98 postnatal mothers in selected hospitals of Ranchi, Jharkhand were selected using convenient sampling techniques.

4.1 Data and Data Collection

For this study primary data has been collected from all the participants. A semi structured questionnaire which includes close ended questionnaire in the form of multiple-choice questions were developed to assess the level of knowledge and 5-point Likert Scale were developed to find out the attitude on family planning among postnatal mothers was used for data collection. For validation of the tool suggestion and recommendations of the experts were considered after making modification the content was finalized. The reliability of tool was tested by using Cronbach's alpha and the tool was found to be reliable.

4.2 Data Collection Procedure

The investigators collected data from RIMS hospital, Ranchi from 8/10/24 to 20/10/24. 98 participants were selected after obtaining administrative approval and consent from the participants after that the level of knowledge and attitude towards family planning was assessed as per above mentioned tools, with prior informed consent and assuring them about confidentiality of the information, demographic, knowledge and attitude based data collected through questionnaire.

5. DATA ANALYSIS

Data analysis was done as per the objectives of the study in four different section.

Section-A

This section describes the characteristics of sample which provides the background information of subjects who had participated in the study.

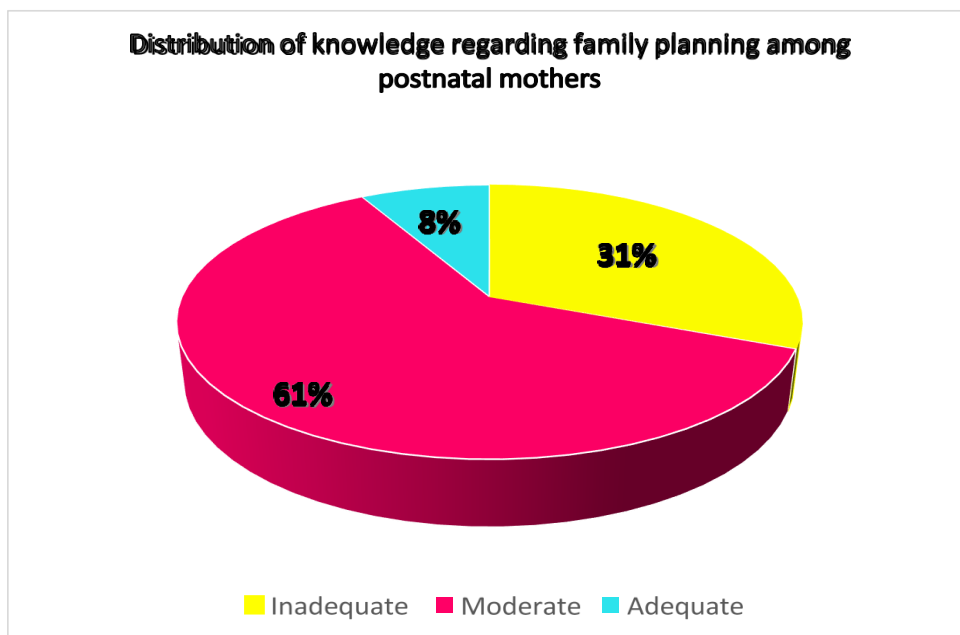
| S. NO. | DEMOGRAPHIC VARIABLES | FREQUENCY | PERCENTAGE | |
|--------|-----------------------|-----------------------|------------|--------|
| 1 | Age of the mother | a) 18≤20 years | 11 | 11.22% |
| | | b) 20≤25 years | 36 | 36.73% |
| | | c) 25≤30 Years | 31 | 31.63% |
| | | d) More than 30 Years | 20 | 20.40% |
| 2 | Duration of marriage | a) ≤1 Years | 12 | 12.24% |
| | | b) 1≤4 Years | 42 | 42.85% |
| | | c) 4≤7 Years | 18 | 18.36% |
| | | d) >7Years | 26 | 26.53% |

| | | | | |
|---|-----------------------|---------------------------|----|--------|
| 3 | Educational status | a) Professional Degree | 3 | 3.06% |
| | | b) Graduate | 12 | 12.24% |
| | | c) Intermediate / Diploma | 24 | 24.48% |
| | | d) High School | 39 | 39.79% |
| | | e) Middle School | 14 | 14.28% |
| | | f) Primary School | 4 | 4.08% |
| | | g) Illiterate | 2 | 2.04% |
| 4 | Occupational Status | a) Professional | 2 | 2.04% |
| | | b) Semi Professional | 2 | 2.04% |
| | | c) Clerical/shop/ Farm | 18 | 18.36% |
| | | d) Skilled workers | 7 | 7.14% |
| | | e) Semiskilled Worker | 1 | 1.02% |
| | | f) Unskilled worker | 5 | 5.10% |
| | | g) Unemployed | 63 | 0.00% |
| 5 | Family monthly income | a) Rs. 2000 and above | 76 | 77.55% |
| | | b) Rs.1000 -1999 | 14 | 14.28% |
| | | c) Rs. 750-999 | 2 | 2.04% |
| | | d) Rs. 500-749 | 0 | 0% |
| | | e) Rs.300-499 | 3 | 3.06% |
| | | f) Rs. 101-299 | 0 | 0% |
| | | g) Less than Rs.100 | 3 | 3.06% |
| 6 | Types of Family | a) Single Parent Family | 7 | 7.14% |
| | | b) Joint Family | 70 | 71.42% |
| | | c) Nuclear Family | 21 | 21.42% |
| | | d) Childless Family | 0 | 0% |
| 7 | Number of Children | a) Only one | 43 | 43.87% |
| | | b) Two | 43 | 43.87% |
| | | c) Three | 12 | 12.26% |
| | | d) More than three | 0 | 0% |

(Table-1 Showing frequency and percentage distribution of subjects according to their sample characteristics)

Section-B

This section describe level of knowledge regarding family planning among post-natal mothers



(Fig-1 Describing level of knowledge regarding family planning among post-natal mothers)

Above figure suggest that majority of the subjects (61%) had moderate knowledge regarding family planning, (31%) had inadequate knowledge regarding family planning and (8%) had adequate knowledge regarding family planning among postnatal mothers

Section B.1

This section describe the level of knowledge regarding family planning in terms of age of the mothers. Data suggest that 11 samples belongs to age group 18 - ≤ 20 years, out of which 27.27% had inadequate knowledge and 72.72 % had moderate knowledge. Similarly, 36 samples belong to age group 20 - ≤ 25 years, out of which 33.33% had inadequate knowledge, 63.85% had moderate knowledge and 2.7% had adequate knowledge. Similarly, 31 samples belong to age group 25 - ≤ 30 years, out of which 38.70% had inadequate knowledge, 54.83% had moderate knowledge and 6.45% had adequate knowledge. Similarly, 20 samples belong to age group more than 30 years, out of which 20% had inadequate knowledge, 60% had moderate knowledge and 20% had adequate knowledge regarding family planning.

| AGE OF THE MOTHER | INADEQUATE | MODERATE | ADEQUATE | TOTAL |
|--------------------|----------------|----------------|--------------|-------|
| 18-≤20 Years | 3 (27.27%) | 8 (72.72%) | 0 (0%) | 11 |
| 20-≤ 25 Years | 12 (33.33%) | 23 (63.85%) | 1 (2.7%) | 36 |
| 25 - ≤ 30 years | 12 (38.70%) | 17 (54.83%) | 2 (6.45%) | 31 |
| More than 30 years | 4 (20%) | 12 (60%) | 4 (20%) | 20 |

(Table 2:- Level of knowledge regarding family planning in terms of age of the mother)

Section B.2

This section describe level of knowledge regarding family planning in terms of duration of marriage. Data reveled that among the 12 samples with a marriage duration of ≤ 1 year, 41.66 % had inadequate knowledge and 58.33% had moderate knowledge. Similarly, among the 42 samples with a marriage duration of $1 - \leq 4$ years, 30.95% had inadequate knowledge, 61.90% had moderate knowledge and 7.14% had adequate knowledge. Similarly, among the 18 samples with a marriage duration of $4 - \leq 7$ years, 38.88% had inadequate knowledge, 55.55% had moderate knowledge and 5.56% had adequate knowledge. Similarly, among the 26 samples with a marriage duration of > 7 years, 19. 23% had inadequate knowledge, 65.38% had moderate knowledge and 15.38% had adequate knowledge regarding family planning.

SectionB.3

This section deals with level on knowledge regarding family planning in terms of educational status among mothers. Data demonstrates that among 3 samples with a professional degree, all had moderate knowledge. Similarly, among 12 samples with a graduate degree, 8.33% had inadequate knowledge, 66.66% had moderate knowledge and 25% had adequate knowledge. Similarly, among 24 samples with Intermediate or diploma 25% had inadequate knowledge, 70.83% had moderate knowledge, and 4.16% had adequate knowledge. Among 39 samples with High school education, 35.89 % had inadequate knowledge, 58.97% had moderate knowledge and 5.12% had adequate knowledge. Similarly, among 14 samples with middle school education level, 42.85% had inadequate knowledge, 42.85% had moderate knowledge and 14.28% had adequate knowledge. Similarly, among 4 samples with primary school education level, 50% had inadequate knowledge and 50% had moderate knowledge. Similarly, 2 samples identified as illiterate, 50% had inadequate knowledge and 50% had moderate knowledge regarding family planning.

SectionB.4

This section describe about level of knowledge regarding family planning in terms of occupational status among mothers.

| OCCUPATIONAL STATUS | INADEQUATE | MODERATE | ADEQUATE | TOTAL |
|------------------------|----------------|----------------|---------------|-------|
| Professional | 0 (0%) | 2 (100%) | 0 (0%) | 2 |
| Semi Professional | 0 (0%) | 2 (100%) | 0 (0%) | 2 |
| Clerical/ shop/farm | 5 (27.77%) | 11 (61.11%) | 2 (11.11%) | 18 |
| Skilled worker | 0 (0%) | 7 (100%) | 0 (0%) | 7 |
| Semiskilled worker | 0 (0%) | 1 (100%) | 0 (0%) | 1 |
| Unskilled worker | 4 (80%) | 1 (20%) | 0 (0%) | 5 |
| Unemployed | 20 (31.74%) | 37 (58.73%) | 6 (9.52%) | 63 |

(Tab-3 Describing level of knowledge regarding family planning in terms of occupational status among mothers)

Data illustrates that both samples working as professionals and semi-professional had moderate knowledge. Similarly, out of 18 samples working as Clerical or engaged in shop or farm, 27.77% had inadequate knowledge, 61.11% had moderate knowledge, and 11.11% had adequate knowledge. similarly, 7 samples engaged in skilled occupation, all had moderate knowledge. Similarly, 1 sample engaged in semiskilled work had moderate knowledge. Similarly, out of 5 samples engaged in unskilled work, 80% had inadequate knowledge and 20% had moderate knowledge. Similarly, out of 63 unemployed sample 31.74% had inadequate knowledge, 58.73% had moderate knowledge and 9.52% had adequate knowledge regarding family planning

SectionB.5

This section deals level of knowledge regarding family planning in terms of family monthly income .Data reveals that out of 76 samples with a family monthly income of Rs 2000 or above, 27.63% demonstrated inadequate knowledge, 63.15% demonstrated moderate knowledge, and 9.21% demonstrated adequate knowledge. Similarly, out of 14 samples with a family

monthly income of Rs 1000 – 1999, 21.42% exhibited inadequate knowledge, 71.42% exhibited moderate knowledge and 7.14% exhibited adequate knowledge. Similarly, out of 2 samples with a family monthly income of Rs 750 – 999, 50% exhibited inadequate knowledge and 50% exhibited moderate knowledge.

Similarly, out of 3 samples with a family monthly income of Rs 300 – 499, 66.66% displayed inadequate knowledge, 33.33% displayed moderate knowledge. Similarly, out of 3 samples with a family monthly income of Rs less than 100, all displayed moderate knowledge regarding family planning.

| FAMILY MONTHLY INCOME | INADEQUATE | MODERATE | ADEQUATE | TOTAL |
|------------------------------|-------------------|-----------------|-----------------|--------------|
| Rs 2000 and above | 21 (27.63%) | 48 (63.15%) | 7 (9.21%) | 76 |
| Rs 1000 – 1999 | 3 (21.42%) | 10 (71.42%) | 1 (7.14%) | 14 |
| Rs 750 – 999 | 1 (50%) | 1 (50%) | 0 (0%) | 2 |
| Rs 500 – 749 | 0 (0%) | 0 (0%) | 0 (0%) | 0 |
| Rs 300 – 499 | 2 (66.66%) | 1 (33.33%) | 0 (0%) | 3 |
| Rs 101 – 299 | 0 (0%) | 0 (0%) | 0 (0%) | 0 |
| Less than 100 | 0 (0%) | 3 (100%) | 0 (0%) | 3 |

(Tab-4 showing Level of knowledge regarding family planning in terms of family monthly income)

Section B.6

This section discussing about level of knowledge regarding family planning in terms of type of family. Data depicts that a total of 7 samples living in single parent family, 28.57% had inadequate knowledge, 57.14% had moderate knowledge and 14.28% had adequate knowledge. Similarly, a total of 70 samples living in joint family, 28.57% had inadequate knowledge, 67.14% had moderate knowledge, and 4.28 % had adequate knowledge. Similarly, a total of 21 samples living in nuclear family, 33.33% had inadequate knowledge, 47.61% had moderate knowledge, and 19.05% had adequate knowledge regarding family planning.

Section B.7

This section discussing level of knowledge regarding family planning in terms of number of children. Data revealed that out of 43 samples having only one child, 37.20% demonstrated inadequate knowledge, 58.13% demonstrated moderate knowledge and 4.65% demonstrated adequate knowledge. Similarly, out of 43 samples having two children, 27.90% exhibited inadequate knowledge, 60.46% exhibited moderate knowledge and 11.62% exhibited adequate knowledge. Out of 12 samples with three children, 16.66% displayed inadequate knowledge, 75% displayed moderate knowledge and 8.33% displayed adequate knowledge regarding family planning.

Section C

This section describing of attitude of postnatal mothers on family planning.

| S. NO. | CATEGORIES | SCORE | FREQUENCY | PERCENTAGE |
|--------|----------------------|-----------|-----------|------------|
| 1. | Unfavorable | < 50% | 2 | 2% |
| 2. | Moderately favorable | 50% - 75% | 40 | 41% |
| 3. | Favorable | >75% | 56 | 57% |

(Tab-5 Showing level of attitude score)

Data shows that majority of the subject (57%) had favorable attitude regarding family planning, 41% had moderately favorable attitude regarding family planning and 2% had unfavorable attitude regarding family planning among postnatal mothers.

Section D

This section dealing with description of association between the levels of knowledge on family planning with demographic variables among postnatal mothers. Chi-Square test done to find out the association with demographic variables.

| S. NO | DEMOGRAPHIC VARIABLES | LEVEL OF KNOWLEDGE | | | | | | N | CHI SQUARE | |
|-------|-----------------------|-----------------------|----|----------|----|----------|---|--------|------------|------------------------------------|
| | | INADEQUATE | | MODERATE | | ADEQUATE | | | | |
| | | n | % | N | % | n | % | | | |
| 1 | Age of the mother | 18 - ≤ 20 yrs | 3 | 22.27% | 8 | 72.72% | 0 | 0% | 11 | x ² =13.13 p = 12.59 |
| | | 20 - ≤ 25yrs | 12 | 33.33% | 23 | 63.85% | 1 | 2.70% | 36 | |
| | | 25 - ≤ 30 yrs | 12 | 38.70% | 17 | 54.83% | 2 | 6.45% | 31 | |
| | | More than 30 yrs | 4 | 20% | 12 | 60% | 4 | 20% | 20 | |
| 2 | Duration of marriage | ≤ 1 year | 5 | 41.66% | 7 | 58.33% | 0 | 0% | 12 | x ² = 4.69 p= 12.59 |
| | | 1 - ≤ 4 yrs | 13 | 30.95% | 26 | 61.90% | 3 | 7.14% | 42 | |
| | | 4 - ≤ 7 yrs | 7 | 38.83% | 10 | 55.55% | 1 | 5.56% | 18 | |
| | | > 7 yrs | 5 | 19.23% | 17 | 65.38% | 4 | 15.38% | 26 | |
| 3 | Education Status | Professional degree | 0 | 0% | 3 | 100% | 0 | 0% | 3 | x ² =13.51 p= 21.03 |
| | | Graduate | 1 | 8.33% | 8 | 66.66% | 3 | 25% | 12 | |
| | | Intermediate /Diploma | 6 | 25% | 17 | 70.83% | 1 | 4.16% | 24 | |
| | | High School | 14 | 35.89% | 23 | 58.97% | 2 | 5.12% | 39 | |
| | | Middle School | 6 | 42.85% | 6 | 42.85% | 2 | 14.28% | 14 | |
| | | Primary School | 2 | 50% | 2 | 50% | 0 | 0% | 4 | |
| | | Illiterate | 1 | 50% | 1 | 50% | 0 | 0% | 2 | |
| | | Professional | 0 | 0% | 2 | 100% | 0 | 0% | 2 | |
| | | Semi Professional | 0 | 0% | 2 | 100% | 0 | 0% | 2 | |
| | | Clerical/ Shop/ farm | 5 | 27.77% | 11 | 61.11% | 2 | 11.11% | 18 | |

| | | | | | | | | | | |
|---|---------------------|---------------------|----|--------|----|--------|---|-------|----|-------------------------------|
| 4 | Occupational Status | Skilled worker | 0 | 0% | 7 | 100% | 0 | 0% | 7 | $\chi^2= 26.68$ $p= 21.03$ |
| | | Semi skilled worker | 0 | 0% | 1 | 100% | 0 | 0% | 1 | |
| | | Unskilled worker | 4 | 80% | 1 | 20% | 0 | 0% | 5 | |
| | | Unemployed | 20 | 31.74% | 37 | 58.73% | 6 | 9.52% | 63 | |

| S. No. | DEMOGRAPHIC VARIABLES | | LEVEL OF KNOWLEDGE | | | | | | N | CHI SQUARE |
|--------|-----------------------|-------------------|--------------------|--------|----------|--------|----------|--------|----|------------------------------|
| | | | INADEQUATE | | MODERATE | | ADEQUATE | | | |
| | | | n | % | N | % | n | % | | |
| 5 | Family Monthly Income | Rs 2000 and above | 21 | 27.63% | 48 | 63.15% | 7 | 9.21% | 76 | $\chi^2= 4.04$ $p= 21.03$ |
| | | Rs 1000 – 1990 | 3 | 21.42% | 10 | 71.42% | 1 | 7.14% | 14 | |
| | | Rs 750 - 999 | 1 | 50% | 1 | 50% | 0 | 0% | 2 | |
| | | Rs 500 - 749 | 0 | 0% | 0 | 0% | 0 | 0% | 0 | |
| | | Rs 300 - 499 | 2 | 66.66% | 1 | 33.33% | 0 | 0% | 3 | |
| | | Rs 101 - 299 | 0 | 0% | 0 | 0% | 0 | 0% | 0 | |
| | | less than Rs 100 | 0 | 0% | 3 | 100% | 0 | 0% | 3 | |
| 6 | Religion | Hindu | 20 | 31.25% | 40 | 62.50% | 4 | 6.25% | 64 | $\chi^2=6.36$ $p=12.59$ |
| | | Christian | 0 | 0% | 5 | 100% | 0 | 0% | 5 | |
| | | Muslim | 5 | 33.33% | 8 | 53.33% | 2 | 13.33% | 15 | |
| | | Other (specify) | 5 | 35.71% | 7 | 50% | 2 | 14.28% | 14 | |
| 7 | Type of family | Single Parents | 2 | 28.57% | 4 | 57.14% | 1 | 14.28% | 7 | $\chi^2=4.61$ $p= 12.59$ |
| | | Joint Family | 20 | 28.57% | 47 | 67.14% | 3 | 4.28% | 70 | |
| | | Nuclear Family | 7 | 33.33% | 10 | 47.61% | 4 | 19.05% | 21 | |
| | | Childless Family | 0 | 0% | 0% | 0 | 0% | 0 | 0 | |
| 8 | Locality | Urban area | 0 | 0% | 14 | 93.33% | 1 | 6.66% | 15 | $\chi^2=10$ $p= 9.49$ |
| | | Rural area | 23 | 35.38% | 38 | 58.46% | 4 | 6.15% | 65 | |
| | | Town | 7 | 38.88% | 9 | 50.00% | 2 | 11.11% | 18 | |
| 9 | Known Language | Hindi | 21 | 27.63% | 48 | 63.15% | 7 | 9.21% | 76 | $\chi^2=4.89$ $p= 12.59$ |
| | | English | 0 | 0% | 1 | 100% | 0 | 0% | 1 | |
| | | Sadani | 6 | 35.29% | 11 | 64.70% | 0 | 0% | 17 | |
| | | Tribal Language | 2 | 50% | 1 | 25% | 1 | 25% | 4 | |

| | | | | | | | | | | |
|----|--------------------|-----------------|----|--------|----|--------|---|--------|----|-----------------------------|
| 10 | Number of Children | Only one | 16 | 37.20% | 25 | 58.13% | 2 | 4.65% | 43 | $\chi^2=3.62$ $p= 12.59$ |
| | | Two | 12 | 27.90% | 26 | 60.46% | 5 | 11.62% | 43 | |
| | | Three | 2 | 16.66% | 9 | 75% | 1 | 8.33% | 12 | |
| | | More than three | 0 | 0% | 0 | 0% | 0 | 0% | 0 | |

(Tab-6 Showing association between the levels of knowledge with demographic variables)

Data shows a significant association between the level of knowledge and demographic variables.

6. SUMMARY AND CONCLUSION

A descriptive research design is used to find association between knowledge and attitude of postnatal mothers with their selected demographic variables. A total of 98 samples is selected by using convenience sampling technique. A semi-structured questionnaire with 15 questions is used to assess knowledge and 5- point Likert scale is used to measure attitude towards family planning among postnatal mothers. Frequency and percentage distribution is done for descriptive analysis and chi-square test is used for inferential analysis.

The major finding of this study is 61% of subjects had moderate level of knowledge, 31% had inadequate knowledge and only 8% had adequate knowledge regarding family planning. Whereas 57% of subjects had favorable attitudes, 41% had moderately favorable attitude and 2% had unfavorable attitude regarding family planning. Majority of the subjects were aged between 20 to 30 years and married for 1 – 4 years. 39.79% had a high school education, 71.42% lived in joint families, and 77.55% spoke Hindi as their primary language and 43.87% had one or two children. In this study we find that knowledge is influenced by age, occupational status and area of residence and attitude is influenced by duration of marriage of postnatal mothers.

The conclusion of this study is most mothers had moderate level of knowledge and favorable attitude on family planning. There is a need for better awareness programs and educational interventions. The recommendation of this study is health professional should enhance counselling and address socio – cultural barriers to improve family planning practice.

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