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The present study was the research study of antenatal mothers response pattern to health education and hence concentrated on impact of health education.

An intensive health education programme was conducted for 250 pregnant mothers for 2 years from June 1989 to May 1991 to review the impact of health education on behaviour of pregnant mothers with special reference to their diet and family planning.

Special efforts were made through free conversation to assess the areas of change. Such as customs, traditions, superstitions and blind beliefs and eradication of evil practices, feelings about family planning, health and family welfare education, were carefully studied to know the impact of health education. An entire analysis had presented health behavioural changes. The conclusion was drawn about the instrumental role, health education played in this research process. Thus major exploration in health and family planning behavioural perspective was carried out. The total analysis and interpretation based on sociobiological approach highlighted the impact of health education on antenatal mothers. These probings leaded to conclusion that health education was a successful instrument / effort to reform the nutrition and family planning behaviour of antenatal mothers.

These findings also suggested a model plan for effective health education. The entire thesis had reexamined the audience response to the health education and had finally presented a sharp focus on health education renaissance.

Majority women of different cultures accepted the challenges of change, the minority women also attempted to receive massage of total change through health education. The objective of correct type of selecting cooking and eating food and adoption of
small family norm was achieved at better level.

Audience response pattern was carefully evaluated on the basis of change in haemoglobin percentage, weight gain, correction of nutritional disorders of mothers and birth weight of baby, live birth, mode of delivery and adoption of spacing or limitation method of contraception.