

## **Perspectives of Family Planning among Youth of Jabalpur City, Madhya Pradesh, India**

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**ABSTRACT** Girls are the core of human dynamics only healthy female can make socio-economic upliftment of the country. College girls are in reproductive age and are future mothers, their awareness towards family welfare programme is significant. Therefore it is necessary to have health concern information for the understanding of dimensions and magnitude of awareness towards health and family welfare programme among reproductive age group A sample of 250 randomly selected other backward class college girls of Jabalpur city, Madhya Pradesh, were surveyed. Sample colleges were selected by praportational probability allocation method. Study was conducted in various colleges of Jabalpur. It has been noted that 90.4% girls accepted two children norms in family. 96.0% students mentioned there should be one male and one female child in family. Age of first conception should be 22-25 years as accepted by majority of girls. Ideal difference between marriage and first conception should be 2-3 years accepted by 40.0% girls each. The source of information regarding planning of family is television. 98.4% girls correctly accepted limitation of children is possible. 44.8% girls have opinion that 3 years spacing between two children is ideal. 97.6% girls have heard about contraceptives. 95.8% girls are aware of female contraceptive devise. 36.0% girls suggested oral pills to be safest measure. 56.0% girls agreed that purpose of using contraceptives is to delay first conception. 41.6% girls believed that contraceptives cannot be used while breast-feeding, and 16.8% accepted that use of contraceptive can cause undesirable effect on physical beauty of women. Study shows that girls have positive attitude regarding planning of family, but there is lack of knowledge regarding various issues of contraceptives. Therefore this is suggested that education courses like population education should be included in the syllabus of students, so that girls can develop life skills for their better future.