

**ABSTRACT**

**EFFECTIVENESS OF HEALTH EDUCATION FAMILY PLANNING  
GUIDELINE ON HEALTH BELIEF AND BEHAVIORS REGARDING  
FAMILY PLANNING METHODS AMONG MARRIED MEN IN MYANMAR**

**Abstract:**

**Introduction:** Males are the most important members and care-takers of the family but they are considered to be un-co-operative when it comes to usage of family planning methods. Traditionally, family planning programs have focused primarily on women and most of the methods are designed for women considering that it is the women who become pregnant and it is easy to deliver reproductive health services as part of maternal and child health programs. The main objective of this study was to study the effectiveness of Health Education (HE) Family Planning Guideline on Health Belief and Behaviors regarding family planning methods among married men  
**Method:** Quasi-experimental study designs was used to compare the results of effectiveness of health education on health belief and behaviors regarding family planning methods among married men. Mann-Whitney test and Manova test were used to analyse data. **Result:** It was found that there was a difference of health belief with  $p= 0.038$ , knowledge with  $p= 0.000$  and attitude with  $p= 0.000$  between treatment group and control group. **Discussion:** There was an impact on the improvement of health belief and behaviors regarding family planning methods in study group was significantly improved after intervention. As the predetermined hypothesis, a difference was found between the knowledge, attitude and health belief of married men who received health education and those not received health education.

**Keywords:** Family Planning, Health Belief, Behaviors, Married Men