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## Attitudes of married women with advanced maternal age and their spouses towards family planning and evaluation of the effects of trainings related to this issue

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**Purpose:** In this study, we aimed to evaluate the attitudes of married women with advanced maternal age and their spouses towards family planning and to assess the effects of training related to this issue.

**Design:** The sample group of the study was composed of 170 women and their spouses who were registered to the three health clinics located in Kiziltepe district of Mardin province. Participants were selected according to the family planning attitude scale results.

**Results:** When we evaluate the mean attitude scale scores of both women and their spouses before and after the trainings, it can be concluded that trainings positively affected the attitudes of them towards the family planning.

**Implications:** Trainings are effective in changing attitudes and behaviors of individuals who are strongly engaged in traditional cultural characteristics.

### Biography

Gulcan Has completed her master at the age of 26 years from Mersin University. She is continuing her Ph.D at İstanbul University . She works as a research lecturer at the Mardin Artuklu University High Health School.

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