

Abstract

The thesis deals with the issues of family planning, pregnancy and birth. The theoretical subsections focus on family planning, contraception, birth and puerperium.

The practical part of the thesis is a survey that was carried out among the women in a specific region who have not yet given birth.

The main goal of thesis was to determine the awareness of women in the reproductive period about the options of family planning, pregnancy and childbirth. The most common sources of information concerning reproduction were investigated, as well as the awareness of the types of contraception that can cause temporary inability to conceive after discontinuation. Furthermore, the aim was to investigate whether the female respondents are well informed about prenatal examinations, childbirth and the puerperium.

The results of the practical part show that the women are sufficiently informed about reproductive issues. A total of 61,5 % of female respondents were able to correctly answer the questions regarding their knowledge. School, family and internet were listed as the essential information resources by the respondents.

On the contrary, most women are unaware that some types of contraception can cause temporary inability to become pregnant. Most women too were not informed about the possibility of undergoing a combined Down syndrome screening test. About the course of childbirth and physiological changes most women know.

All respondents know what physiological changes occur during puerperium.

The result of the survey is an educational leaflet that will serve as a source of educational information.