

pamphlet used in teaching session were developed based on Orem's self care theory, Futurological concept and Cognitive theories. Data were analyzed using Pearson's Product Moment correlation coefficient, Multiple Regression Analysis, Analysis of Variance, Paired t-test, and Analysis of Covariance.

The findings were as follows:

1. Most of primigravida mothers had high level of internal beliefs in Health Locus of Control as well as Powerful Others Health Locus of Control but had moderate level of beliefs in Chance Health Locus of Control. Self care practice on maternal and child health was also at moderate level.

2. There were significantly positive correlations between self care practice on maternal and child health of primigravida mothers and the following Variables : educational level ($P < .05$) economic status ($P < .05$) and Internal Health Locus of Control ($P < .05$) but this practice had significantly negative correlation with Chance Health Locus of Control ($P < .01$)

3. Educational level, Chance Health Locus of Control and age could significantly predicted and explained about 31.5 percent of self care practice on maternal and child health of the primigravida mothers. The best predictor was educational level which accounted for 27.28 percent of variance in self care practice on maternal and child health of primigravida mothers. The regression equation which did the best predicting self care practice on maternal and child health of primigravida mothers was

$$y' = 144.33 + 6.83 (\text{Educational level}) - 0.3 (\text{Chance Health Locus of control}) + 0.45 (\text{Age})$$

4. Mothers who were taught by using lesson plan and pamphlet based on Futurological concept Orem's self care Theory and Cognitive theories revealed no statistically significant in changing Health Locus of Control

5. Mothers who were taught by using lesson plan and pamphlet based on Orem's self care and Cognitive theories demonstrated significantly higher score on self care practice than those in the control group.

6. Mothers who were taught by using lesson plan and pamphlet based on futurological concept, Orem's self care theory and cognitive theories demonstrated significantly higher score on self care practice than those who were taught by using lesson plan based on Orem's self care theory and cognitive theories only, and those in the control group ($P < .05$ and $P < .01$ respectively).

7. Mothers in experimental group II who were taught by using lesson plan based on futurological concept, Orem's self care theory and cognitive theories demonstrated significantly higher score in their opinion and self care's knowledge seeking than mothers in experimental group I who were taught by using lesson plan based on Orem's self care theory and cognitive theories alone ($P < .01$) and mothers in the control group who did not taught by both lesson plans.

It was recommended that : (a) lesson plans and pamphlet that developed by the researcher should be used to teach mothers who attended Ante-Natal clinic and should apply to teach other types of patient such as diabetic and hypertensive patient etc. (b) the study should be replicated with strengthening research design than the one used in this investigation.