

ORIGINAL RESEARCH ARTICLE

“AN EXPLORATORY STUDY TO ASSESS THE LEVEL OF STRESS AND QUALITY OF LIFE OF INFERTILE WOMEN AT SELECTED INFERTILITY CLINICS OF PUNJAB”

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Abstract:

The current exploratory study is a result of pilot study conducted among 50 Infertile Women at Selected Infertility Clinics of Punjab to assess their level of stress and quality of life. Convenient sampling technique is used to allocate the samples and data were collected with the help of google forms. Findings of the study revealed that level of stress has a major reason of infertility as compared to quality of life. That's why there is a significant association found between infertile women towards Level of stress and selected demographical variables and There is no significant association found between infertile women towards Quality of life and selected demographical variables. There is negative correlation found between quality of life towards Level of stress.

Introduction

Women reproductive health is very important because birth of a child always has a great effect on the women as well as on her family. Reproductive health problems are many and varied and can occur either in puberty or adulthood. Problems like hormonal dysfunction syndrome obesity in female which can cause irregular cycles and fertility problems, Obesity in men can reduce sperm count, motility and fertilizing ability of sperm. A survey was done among women aged 15-44 years in view of infertility and the statistics noted were 2.1 million women representing 7.4% were infertile. Infertility refers to situation where achieving pregnancy is difficult. A woman suffers the risk of infertility due to some or the other reason (i.e., biological or may be due to one or other partner) and that's why reproductive health during the reproductive age group should be given utmost importance. Infertility is a world-wide

problem affecting people of all communities, though the cause and magnitude may vary with geographical location and socio-economic status. Approximately 15-20% of couples within the reproductive age group present for medical assessment, generally following two years of failed efforts to reproduce. It is estimated that globally between 60-80 million couples suffer from infertility every year, of which probably between 15-20 million are in India alone. In India 40% infertile couples, the cause of infertility is the man, in 10%, it is both the man and the woman.

Objectives of the study:

- To assess the level of stress of infertile women regarding infertility.
- To assess the quality of life of infertile women regarding infertility.
- To correlate the level of stress and quality of life of infertile women regarding infertility.
- To find out association between level of stress and quality of life regarding infertility with selected demographic variables.

Methodology:

A descriptive research design approach was adopted for current pilot study. Pilot study consists of 50 infertile women at selected infertility clinics of Punjab who fulfilled the inclusion criteria. Convenient sampling technique was used to allocate the samples, Fertility Quality of Life Questionnaire was used to assess quality of life and modified perceived stress scale was used to measure level of stress was developed and utilized for Data collection. The Reliability of quality of life towards Fertility Quality of Life Questionnaire was found to be 0.854, reliability of level of stress towards modified perceived stress scale was found to be 0.768 through split half consistency method. Ethical consideration was taken from ethical committee. Data has been collected through google forms within 10 days' time period of the month of July 2021.

Findings of the Study: Major Findings are:

Findings related to sample characteristics of infertile women:

The base line data of the infertile women indicate that majority of (57%) were in the age group of 30-35 year, followed by (43%) who were in age group of 35-40 years. Majorities (65%) followed were Hindu, (16 %) were Sikh and (19 %) were Muslim. Majority of (57%) were in the Duration of marriage 4-6 years, followed by (43%) who were in the Duration of marriage 7-10 years. Majority of (57%) have family type Nuclear, followed by (43%) have family type Joint. Majority of people live in (65%) Rural, followed by (16 %) Urban and (19 %) Others. Majority of family (57%) have female child, followed by (43%) don't have any child. The No. of years of infertility among infertile women was 4-6 years was 40% followed by 7-9 years was 33% and 10 years and more by 27%. According source of information (50%) printed media and the followed by mass media (20%) and 30% by family/Relatives/Friends. The Finding

tells us that the Women don't have Any Gynecological problem. The maximum Women are taking medication as Current treatment for Infertility and few of them In vitro fertilization/ Embryo transfer.

Table no.1 Assessment of Quality of life N=50

Score	N	Minimum	Maximum	Mean	Median	S. D
Unsatisfied	10	68	80	75.600	76.00	4.695
Neutral	21	82	99	93.19	95.00	4.781
Satisfied	15	101	116	109.73	111.00	4.818
Highly satisfied	4	123	126	124.50	124.50	1.732

The table depicts that maximum (21) infertile women are Neutral regarding Quality of life and minimum (4) infertile women are highly satisfied regarding quality of life followed by their mean for max. is 93.19 and for min. is 124.5.

Fig 1: Bar Diagram showing quality of life

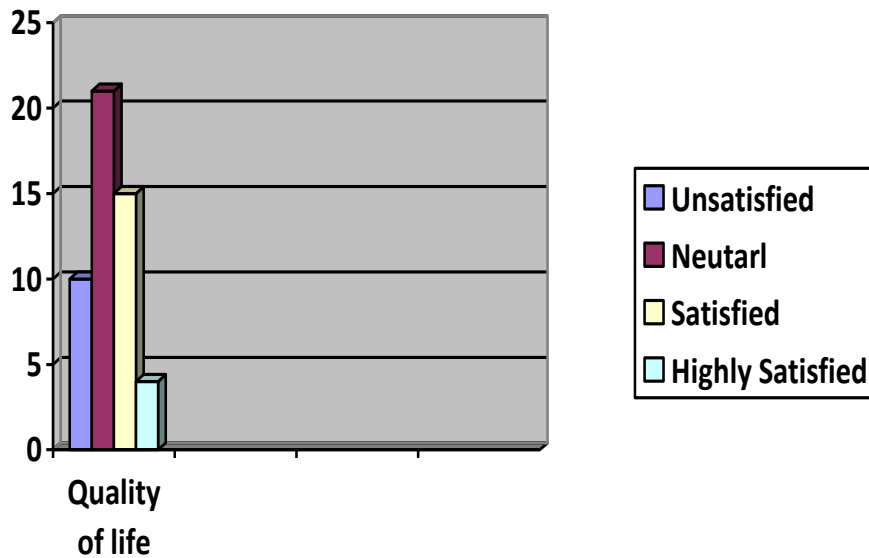
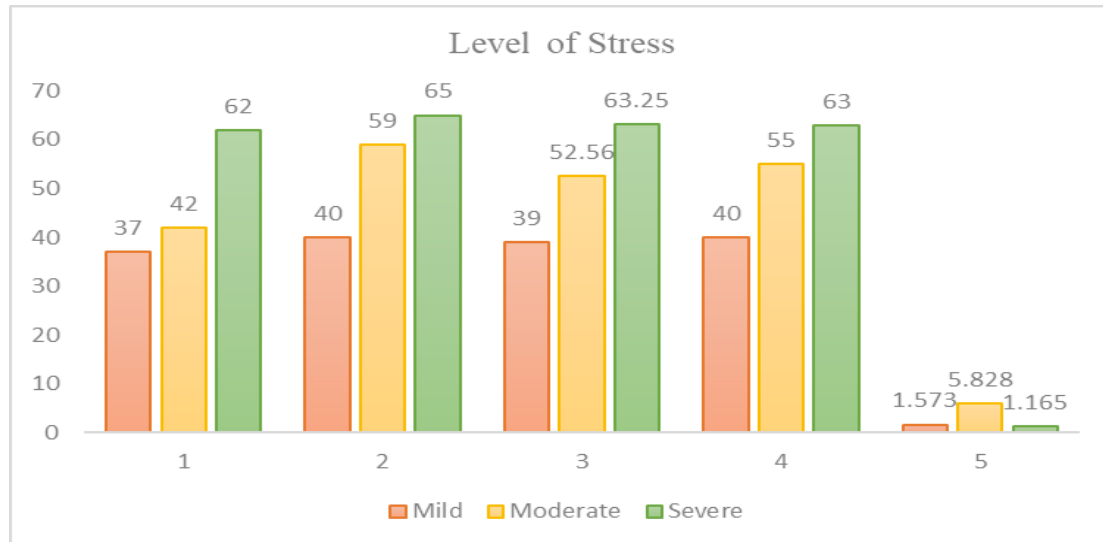


Table 2: Assessment of Level of Stress N=50

Scoring	N	Minimum	Maximum	Mean	Median	S. D
Mild	6	37	40	39.00	40.00	1.573
Moderate	36	42	59	52.56	55.00	5.828
Severe	8	62	65	63.25	63.00	1.165

The table tells us that maximum infertile women has moderate level of stress in their life and mean value is 52.56 and minimum infertile women had severe level of stress with mean value is 63.25.

Fig 2: Bar Diagram showing level of stress



Association between level of stress with selected demographical variables

There is a significant association found between infertile women towards Level of stress and selected demographical variables.

Association between quality of life with selected demographical variables

There is no significant association found between infertile women towards Quality of life and selected demographical variables.

Assessment of correlation between quality of life and Level of stress among infertile women.

There is negative correlation found between quality of life towards Level of stress.

DISCUSSION

Shuai S. and Lie Wang and et. Al. Conducted a cross-sectional Study on Resilience acts as a moderator in the Relationship between infertility-related Stress and fertility quality of life among Women with infertility The study was conducted in northeast of China from December 2017 to February 2018. Out Of 559 women outpatients with infertility, 498 (89.1%) completed self-reported questionnaires including the fertiqol Scale, Fertility Problem Inventory (FPI) and Connor-Davidson Resilience Scale (CD-RISC). The mean fertiqol score was 64.54 ± 16.90 among the participants. Household monthly income and causes of infertility were significantly related to fertility quality of life. In addition, infertility-related stress was negatively related to Fertility quality of life, and resilience was positively associated with fertility quality of life, explaining

36.3% of the variance. Resilience Moderated the association of infertility-related stress with fertility quality of life. Specifically, the effect of infertility-related stress on fertility quality of life varied by low(1 SD below the mean, $B = - 0.496$, $\beta = - 0.714$, $P < 0.001$), mean ($B = - 0.293$, $\beta = - 0.422$, $P < 0.001$) and high (1 SD above the mean, $B = - 0.090$, $\beta = - 0.130$, $P < 0.001$) levels of resilience. The higher resilience Was, the weaker the effect of infertility-related stress on fertility quality of life. Overall, women with infertility in China had relatively low fertiqol scores. Resilience influenced the Association of infertility-related stress with fertility quality of life.

In this pilot study, the researcher assessed that there is a significant association found between infertile women towards Level of stress with selected demographical variables Most of the couples suffering from infertility report it to be the most stressful and depressing period of their life. Stress can be a contributor to infertility and can adversely affect the treatment success, thus stress reducing strategies and low-cost infertility treatment facility offers to be the ideal combination to fulfil the dreams of parenthood for the suffering sub fertile couples in India.

In this pilot study, the researcher assessed that there is no significant association found between infertile women and Quality of life with selected demographical variables.

LIMITATION OF STUDY:

The study sample was confined only to the infertile women. Only women's who fulfil the inclusion criteria are included in this study, there are several limitations of this study. This study considered only women undergoing infertility treatments and did not account for women with infertility who are not currently undergoing treatment. Women with a previous history of infertility or who remain childless should also be included. Future analysis to determine the relationship between demographic characteristics and/or infertility characteristics to Quality of life and level of stress should be considered.

CONCLUSION:

After the detailed analysis, this study leads to the following conclusion: -

In context of quality of life to check the quality of life regarding infertility of women. In context of level of stress towards infertility of women to check the relation of stress and infertility. There is a significant association found between infertile women towards Level of stress and selected demographical variables. There is no significant association found between infertile women towards Quality of life and selected demographical variables. There is negative correlation found between quality of life towards Level of stress.

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