

AN EXPLORATORY STUDY TO ASSESS THE QUALITY OF LIFE OF INFERTILE COUPLES IN SELECTED INFERTILITY CLINICS AT THIRUDURAIPOONDI, THIRUVARUR DISTRICT, TAMILNADU.

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ABSTRACT:

An Exploratory study was conducted to assess the quality of life of infertile couples. The objectives are to assess the quality of life among infertile couples, to compare the quality of life of male and female partners, to determine the relationship between various domains of quality of life of infertile couples; emotional, mind/body, relational, social, environmental and tolerability, to determine the association of levels of quality of life of infertile couples with the selected variables, to develop and validate the information booklet on "Coping with Infertility. The research design adopted was exploratory correlation survey design and conducted in Ananya Fertility Center Thiruthuraipoondi, Convenience sampling technique was used to select the 100 infertile couple. The finding shows that regarding Quality of life 37.6% men had lesser Quality of life and 74.6% of men had moderate quality of life. In women had lesser quality of life 62.4% and 25.4% of women had moderate quality of life. Hence women had lesser quality of life than the men.

INTRODUCTION

"Of all the rights of women, the greatest is to be a mother" - Lin Yutang

Motherhood is a great gift of God, fertility is highly respected in most culture and the wish for a child is one of the most basic of all human motivation. Pregnancy and motherhood is developmental milestones for women that are highly emphasized by our culture. According to the World Health

Organization (WHO), is the inability to conceive after one year of natural, unprotected sexual intercourse. Infertility is an emergent issue in India. According to World Health Organization study of 5,800 infertile couples in 22 developed and developing countries found that men were either the sole cause or a contributing factor to infertility in more than half of the couples. Further it was found that in only 12.8 percent of cases infertility was solely due to the female with no demonstrate cause in the male. (WHO 2016)

Currently, in the United States, about 20% of couples struggle with infertility at any given time. Infertility has increased as a problem over the last 30 years. Infertility in married women ages 16-20 in 4.5%. Infertility in married women ages 35-40 in 31.8%. Infertility in married women over the age of 40 in 70%. (United States-2018)

STATEMENT OF PROBLEM

“An Exploratory study to assess the quality of life of infertile couples in selected infertility clinics at Thiruduraipoondi, Thiruvarur district, Tamilnadu.”

OBJECTIVES

1. To assess the quality of life among infertile couples.
2. To compare the quality of life of male and female partners.
3. To determine the relationship between various domains of quality of life of infertile couples; emotional, mind/body, relational, social, environmental and tolerability.
4. To determine the association of levels of quality of life of infertile couples with the selected variables.
5. To develop and validate the information booklet on “Coping with Infertility”

CONCEPTUAL FRAMEWORK

The framework used for this study is based on the Betty Neuman’s model.

RESEARCH METHODOLOGY

The study approach is Quantitative and design used for this study is Exploratory correlational survey design.. The study was carried out in Ananya Fertility center in Sannathi street of Thirithuraipoondi. In this study target population comprise of infertile couples. The sample for the present study were infertile couples treating in Ananya Infertility Center, Thiruthuraipoondi. The sample size comprised of 100

infertile couples treating in Ananya Infertility Center, Thiruthuraipoondi. Convenience sampling technique was used to select the sample for the present study. The tool consists of two parts. Part 1 = includes demographic variables such as age, religion, education, occupation, domicile, type of family, family income per month, age at puberty, regulatory of menstruation, age at marriage, type of marriage, family history of infertility, duration of marriage, use of contraceptives within one year of marriage, source of information regarding infertility etc., Part 2 = consists of standardized Modified FertiQoL International tool. It consists of 34 items to assess the quality of life of infertile couples. Tool is self-administered questionnaire to assess the quality of life of infertile couples. There are both positive and negative items in the tool. Each positive item had a score between 0 to 4 and negative items had a score between 4 to 0, the minimum and maximum score were 34 to 136.

The data collection was conducted from 01.1.2018 to 31.1.2018. During this period the investigator used to Self Administered Questionnaire used to collected data for the 100 sample selected by convenience sampling technique. 100 infertile couples those meeting the inclusion criteria and were attending selected infertility clinics were selected using Convenience sampling Technique. Purpose of the study was explained to the samples, the confidentiality of their responses was assured and their written consent was taken prior to the study. Data was collected by the researcher using self-administered questionnaire i.e. Fertility quality of life (Modified FertiQoL) questionnaire.

RESULT AND DISCUSSION

Data of the study were collected by means of structured interview and analysis was done by using descriptive and inferential statistics.

Major Findings Of The Study:

1. Description of demographic data of the infertile couples

- Highest percentages (51%) of males and (52%) of females between 31 to 40yrs of age, whereas lowest percentages (20%) of males and (18%) of females are above 40 yrs of age and (29%) of males and (30%) of females are below 30 yrs of age
- Majority (51%) of males and (52%) of females belongs to Muslim, whereas (29%) of males and (30%) of females belongs to Hindu, and 20% of males and (18%) females belongs to Christian
- Highest percentages (61%) of males and (61%) of females had diploma/graduate level education, whereas lowest percentages, (9%) of males and (9%) of females had secondary level of education, and (30%) of males and (30%) of females had Higher secondary level education.

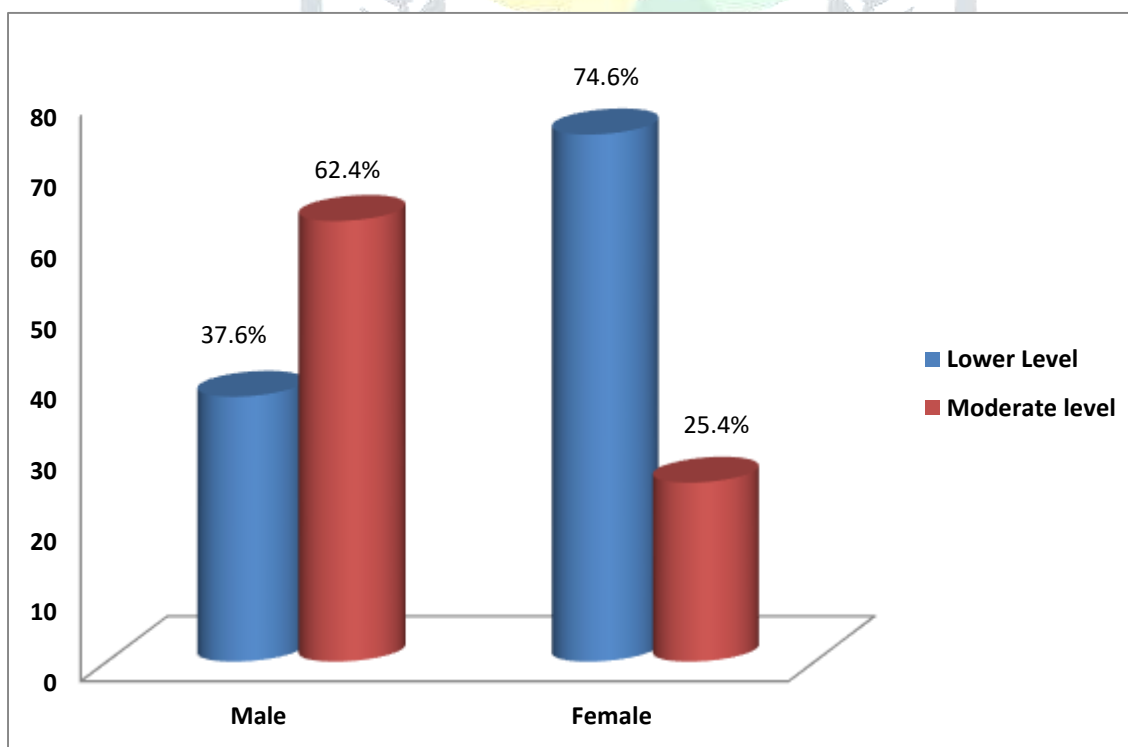
- The most of the males (70%) and females (68%) of females were private employee, whereas (20%) of males and (19%) females were government employee, and 10% of males and 13% of females were unemployed.
- Among the subjects, (25%) of males and (75%) of females belongs to rural area, and (26%) of males and (74%) females belongs to urban area.
- Majority (40%) of males and 39% of females family income above 15,000, whereas 30% of males and 31% of females family income between Rs.5000 to 10,000, and 30% of males and 30% of females family income between Rs.10, 001 to 15,000.
- Highest percentages (40%) of males and (60%) of females belongs to joint family and 39% of males and 61% of females belongs to nuclear family.
- Majority (45%) of females had attained puberty above 14 yrs, whereas (36%) of females had attained puberty between 12 to 14 yrs and (19%) of females had attained puberty below 12 yrs.
- Above the subjects (25.0%) of females had regular menstruation, and 25.5% females had irregular menstruation
- Most (60%) of males and 40% of females were married between 26 to 30 yrs and 59% of males and 41% of males were married between 21 to 25yrs.
- Above subjects, (39%) of males and (61%) of females of had consanguineous marriage, and (39%) of males and (61%) of females had non- consanguineous marriage
- Highest percentages (70%) of males and (68%) of females had due to II degree relatives, whereas (20%) of males and (20%) of females had due to infertility of their III degree relatives, 10% of males and 11% of females had no family history of infertility and lowest percentages (0%) of males and (1%) of females had due to infertility I degree relatives.
- Majority (61%) of males and (59%) of females had 6 to 10 yrs of marital life 29of males and (31%) of females had below 5yrs of marital life, (61%) of males and 59% of females had 6 to 10 yrs of marital life, (10.0%) of males and (10.0%) females had more than 10yrs of marital life
- Above the subjects, (30%) of males and (70%) females had used contraceptives within one year of age and (30%) of males and (70%) of females had not using the contraceptives within one year of life.
- Highest percentages (40%) of males and (41%) of females had acquired information from health personnel, whereas (40%) of males and (39%) of females had acquired information from friends and family members and 20% of males and 20% of females had acquired information through medias.
- Majority (68%) of females had (71%) had non vegetarian diet, and

- 31% males and 61% of females had vegetarian diet.
- Above the subjects, (49%) of males and (51%) of females had watching Television and (50%) of males and (50%) females had reading the newspaper
- Highest percentages (69%) of males and (67%) of females had overweight, whereas (21%) of males and (22%) of females had obese and lowest percentages (10%) of males and (11%) of females had normal weight.
- Majority (39%) of females had affecting polycystic ovarian disease, 39% of females had affecting pelvic inflammatory disease, 13% females had affecting cervical cancer and 19% had females no history of gynecological problems.
- Highest percentages (40%) of males had smoking habits, (39%) of males had alcohol consumption and (21%) of males had tobacco chewing

2. Assess The Quality Of Life Among Infertile Couples

Assessment of Quality of Life among infertile couples shows that highest percentages (67%) couples were low level of quality of life and lowest percentages (34%) couples were moderate level of quality of life.

Fig. 23: Distribution of Comparison of Quality of life of Male & Female partners



3. Compare The Quality Of Life Of Male And Female Partners

Regarding Quality of life 37.6% men had lesser Quality of life and 74.6% of men had moderate Quality of life. In women had lesser Quality of life 62.4% and 25.4% of women had moderate Quality of life. Hence women had lesser Quality of life than the men

In gender Quality of life, mean value of men is 68.27, Standard deviation is 4.699 whereas Mean value of women is 48.44, and Standard deviation is 14.886. Hence it indicates women had lesser Quality of life. Whereas men had moderate Quality of life

4. The Relationship Between Various Domains Of Quality Of Life Of Infertile Couples;

Emotional, Mind/Body, Relational, Social, Environmental, And Tolerability.

Analysis on the relationship between various domains of Quality of life of infertile couples shows that Emotional domains of infertile couples were low level Quality of life 77.0% and moderate level of Quality of life 1.5%. Mind/body domains of infertile couples were low level of Quality of life 98.5% and moderate level 1.5%. Relational domains of infertile couples were low level Quality of life 98.5% and moderate level Quality of life 1.5%. Social domains of infertile couples were low level Quality of life 72.0% and moderate level 28.0%. Environmental of Quality of life low level 65.0% and moderate level 35.0%.

5. Association Of Levels Of Quality Of Life Of Infertile Couples With The Selected Variables.

There was a significant association found between quality of life of infertile couples with their selected demographic variables and it revealed that there is a significant association found between the quality of life of infertile couples and age, religion, education, occupation, domicile, age at marriage, family history of infertility, duration of marriage, diet, body mass index, any gynecological problems, habits and there is no association between the quality of life of infertile couples and type of family, type of marriage, use of contraceptives, source of information and hobbies.

RECOMMENDATIONS:

- A similar study can be undertaken by using different teaching methods like video teaching and computer assisted teaching
- A similar study can be conducted in different settings with large samples
- A comparative study to assess the quality of life among infertile couples and fertility couples
- A similar study can be conducted study among psychosocial factors among infertile couples

- A comparative study to assess the infertility problems among males and females

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