



EFFECT OF RELAXATION TECHNIQUE ON ANXIETY AMONG PRIMARY INFERTILE WOMEN UNDERGOING INTRAUTERINE INSEMINATION: AN EXPERIMENTAL STUDY.

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ABSTRACT

The study was conducted to rule out effect of relaxation technique on anxiety among primary infertile women undergoing intrauterine insemination. The study was conducted in PPK fertility centre which is a private hospital located in Marthandam, Tamilnadu. In this centre artificial reproductive techniques like In vitro Fertilization (IVF), Intra Cytoplasmic Sperm Insemination (ICSI) and Intrauterine Insemination (IUI) are used to treat infertility. The sample of this study was 200 primary infertile women undergoing Intrauterine Insemination in PPK fertility centre. The seven major variables assessed were age, educational qualification, religion, occupation, family income per month, type of family, residential area. The Beck Anxiety Inventory (BAI) was used to assess anxiety. Research proposal was approved by research degree committee of JTT University, Rajasthan prior to the study. To execute the study, the investigator obtained official permission from the medical officer of fertility centre. The Paired 't' value is 13.68 * which is significant at $p < 0.001$. It shows that relaxation technique was effective in reducing the level of anxiety among Primary infertile women undergoing intrauterine insemination.

KEYWORDS : Anxiety, Relaxation technique, Infertility, Intra uterine insemination.

INTRODUCTION

Infertility and its numerous treatment programs create crisis in infertile women's life and is a potent source of anxiety. There are numerous methods for decreasing anxiety, including learning relaxation techniques. The relaxation response is a state of deep rest. This is the direct opposite of the fight-or-flight response, the physical response to danger. When one is frightened or threatened, the body releases adrenalin, causing blood pressure, heart rate and breathing rates to increase. These changes allow one either to fight harder against the danger or run faster away from it. However, bodies and minds cannot discriminate between physical danger and psychological stress; thus experience the fight-or-flight response when stressed.

A survey conducted among 370 female patients with different infertility causes participated in and data gathered by beck depression inventory and cattle questionnaires for assessing anxiety and depression due to duration of infertility. This survey showed that 151 women (40.8%) had depression and 321 women (86.8%) had anxiety. Depression had a significant relation with cause of infertility, duration of infertility, educational level and job of women. Anxiety had a significant relationship with duration of infertility and educational level, but not with cause of infertility or job. Findings showed that anxiety and depression were most common after 4-6 years of infertility and especially severe depression could be found in those who had infertility for 7-9 years (Ramezanzadeh F et al., 2014).

Yektatalab SH et al., (2013) conducted a quasi-experimental study of assessing the effect of group psychotherapy on anxious and depressed infertile women whom seen at outpatient departments of Shiraz university of medical sciences. The study subjects in the project were 60 infertile women. They were selected by objective-oriented sampling and were randomly divided into two groups of treatment and control. It included relaxation exercise, education and use of group psychotherapy, both the treatment and the control groups filled out the questionnaire again and the level of anxiety and depression was estimated. The analysis of collected data was carried out by means of suitable tests. Results indicated that group psychotherapy decreased the women's anxiety and depression. The mean decrease of anxiety and depression level revealed no significant relation to the woman's level of education, that of her husband's, woman's job, that of her husband's, woman's monthly income, that of her husband's, her own knowledge of infertility diagnosis, duration and number of treatments, and reaction of the husband and his family to her infertility. Yet there was a significant relation

between the woman's age and the mean decrease of depression level. Group psychotherapy proved to be more efficient with younger females. These results show that effective group psychotherapy can be used in reducing infertile woman's anxiety and depression regardless of demographic variables.

This group of patients should be seen by a reproductive psychologist, psychiatrist, or psychiatric social worker as soon as possible, and particular evidence-based therapies should be used. The purpose that the investigator selected this topic for research is that anxiety should be dealt accordingly in infertile women. The researcher wants to know the effect of relaxation technique on level of anxiety among primary infertile women.

MATERIALS AND METHODS

The study was conducted to rule out effect of relaxation technique on anxiety among primary infertile women undergoing intrauterine insemination. The study was conducted in PPK fertility centre which is a private hospital located in Marthandam, Tamilnadu. In this centre artificial reproductive techniques like In vitro Fertilization (IVF), Intra Cytoplasmic Sperm Insemination (ICSI) and Intrauterine Insemination (IUI) are used to treat infertility. The sample of this study was 200 primary infertile women (100 in study group and 100 in control group) undergoing Intrauterine Insemination in PPK fertility centre. The seven major variables assessed were age, educational qualification, religion, occupation, family income per month, type of family, residential area. The Beck Anxiety Inventory (BAI) was used to assess anxiety. Research proposal was approved by research degree committee of JTT University, Rajasthan prior to the study. To execute the study, the investigator obtained official permission from the medical officer of fertility centre.

RESULTS

Socio Demographic Data Of Study Subjects

- Distribution of Primary infertile women undergoing intrauterine insemination according to the age in the study group reveals that majority 54(54%) were 21-30 years of age, 41(41%) were 31-40 years. In control group majority 61(61%) were 21-30 years of age, 36(36%) were 31-40 years of age.
- According to education majority 55(55%) belongs to Graduates, 32(32%) belongs to Higher secondary education in study group and in control group majority 57(57%) belongs to Graduates, 29(29%) belongs to Higher secondary education.

- Considering the occupation in the study group, majority 52(52%) are housewife, 35 (35%) are private employee and in control group majority, 48(48%) are housewife ce and 33(33%) are private employee.
- Regarding type of family in the study group majority 58(58%) belongs to nuclear family, 42 (42%) belongs to joint family and in control group majority 62 (62%) belongs to nuclear family, 38(38%) belongs to joint family.
- According to religion in study group revealed that 48(48%) belonged to Hindu , 41(41%) belonged to Christian and in control group 45(45%) belonged to Hindu, 42(42%) belonged to Christian.
- According to Area of living majority 69(100%) were rural area, 29(29%) were semi urban area in study group and in control group majority 64(64%) were rural area, 31(31%)were semi urban area.
- With regard to the Family monthly income, in the study group, majority 58(58%) had a monthly income of Rs.10,001-20,000/month and 23 (23%) had a monthly income of Rs. > 20,001/month and in control group majority 55(55%) had a monthly income of Rs.10,001-20,000/month and 24 (24%) had a monthly income of Rs. > 20,001/month.

Clinical Data Of Study Subjects

- Data analysis reveals that the distribution of Primary infertile women undergoing intrauterine insemination according to the duration of infertility in the study group majority 51(51%) had 6- 10 years, 30(30%) had 3- 5 years and in control group majority 49(49%) had 6- 10 years, 32(32%) had 3- 5 years of infertility.
- According to the family history of infertility in study group, majority 74(74%) were no family history of infertility, 26(26%) had family history of infertility and in control group, majority 76(76%) were no family history of infertility, 24(24%) had family history of infertility.
- According to duration of treatment for infertility in the study group majority 39(39%) had taken treatment less than 2 years, 31(31%) had not taken treatment for infertility and in control group, majority 35(35%) had taken treatment less than 2 years, 34(34%) had not taken treatment for infertility
- According to medical illness in study group, majority 66(66%) had no medical illness, 29(29%) had other illness and in control group majority 63(63%) had no medical illness, 32(32%) had other illness.

conducted a study to determine the Impact of cognitive behaviour therapy on anxiety level of primary infertile women undergoing IUI. Since cognitive behavioural therapy might be efficacious for emotional aspect of infertility, therefore we designed a study for evaluation of cognitive behaviour therapy effect on anxiety level in primary infertile women undergoing IUI in Montaserieh Infertility Research Center from May to August 2001. In this randomized controlled clinical trial 110 women with primary infertility that were undergoing IUI for first time randomly were allocated to two groups of experimental and control. In first visit for IUI treatment (beginning of study) state and trait anxiety of all subjects were measured by Spiel Berger anxiety inventory. The experimental group completed a cognitive behaviour therapy program including cognitive restructuring and relaxation for 12-13 days. Control group received only routine cares. State and trait anxiety were measured in 30 minutes before and after IUI for two groups. Findings showed that state and trait anxiety scores in beginning of study were not significantly different between two groups. The results of study showed that cognitive behaviour therapy is effective in reduction of anxiety in women undergoing IUI treatment, so we recommend securing psychological well being in women undergoing infertility treatment.

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Table 1: Mean, SD, MD And T Value

Variable	Group		Mean	SD	MD	t value
Level of anxiety	Study Group	Pre-test	33.06	9.22	13.22	13.68*
		Post-test	19.84	6.38		P<0.001
	Control Group	Pre-test	33.32	9.38	-1.47	1.39
		Post-test	34.79	9.42		NS

Table 1 represents the mean score on the level of anxiety among Primary infertile women undergoing intrauterine insemination in study group mean value were 33.06 with standard deviation 9.22 in pretest and mean value were 19.84 with standard deviation 6.38 in posttest respectively. The Paired 't' value is 13.68 * which is significant at p<0.001 . In control group mean value were 33.32 with standard deviation 9.38 in pretest and mean value were 34.79 with standard deviation 9.42 in post test respectively. The Paired 't' value is 1.39 # which is non significant at p>0.001 . It shows that relaxation technique was effective in reducing the level of anxiety among Primary infertile women undergoing intrauterine insemination.

DISCUSSION

Results show that relaxation technique was effective in reducing the level of anxiety among Primary infertile women undergoing intrauterine insemination. Heidari P et al.,(2002)