



## A Study on the Psycho Social Problems of Infertile Women

### KEYWORDS

Infertility, Psychological trauma, Social trauma

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**ABSTRACT** *INFERTILITY: When a living thing cannot reproduce or give birth to its own offspring by their natural means of reproduction we call them as infertile or this inability is called infertility. This can be in the case of human beings, animals and plants. Both male and female partners contribute to infertility. Some of the infertilities can be treated well through medical interventions. In total we can say that 20%-35% of infertility is due to female problems, 20%-30% are due to male problems and 25%-40% infertility problems are due to combination of both male and female factors and no cause is ruled out for 10%-20% of cases. The psychological and social trauma that infertility gives is much more than they can't perform normal in their social life. So many cases of depression and anxiety due to infertility problem have reported and so many of them lead to committing suicide.*

### INTRODUCTION:

The ability to give birth to one's own offspring through natural means is termed as infertility. When we consider human beings, infertility is the inability of a woman to conceive and give birth to a live baby by biological means. There may be several factors contributing to infertility. Male infertility is also a cause that prevents the lady from being getting pregnant.

#### Infertility can be classified as two types:

**Primary Infertility-** A couple who does not have a child due to known or unknown factors is called as primary infertility.

**Secondary Infertility** – If a woman is not able to give birth to a live baby after her previous live birth is called as secondary infertility.

Here the study focuses on the social and psychological factors that a woman faces when she is found to be infertile.

The number of infertility is increasing day by day. A numerous known and unknown factors is contributing to infertility. Modern life style, use of junk and fast food culture, heavy work schedule, stress, alcohol and such beverage, tobacco and tobacco products, unhealthy diet, physical inactivity, delayed pregnancy etc are found to play an important role in infertility seen in these times. The taboo attached to infertile women is more in the society. A feeling of insecurity is also seen in such couple. Even though there are several causes for infertility the blame is often heard by the female partner and the study pertains into the problems faced by women.

On the other hand some women/couples have chosen adoption as a solution to their problem and also feeling adoption as a social commitment. Some are ready to accept a surrogate mother so that they can have a child of their own right from the day of birth. Some women are also interested in receiving sperms from sperm bank so that they can conceive and give birth to a baby.

**RESEARCH METHODOLOGY:** The research design used for the study is descriptive and diagnostic in nature. In order to make the study more convenient the researcher used census method for her data collection. All the infertile women who came to the hospital within the time period (2 weeks) were utilized by the researcher. Hence the whole universe is the sample. Various aspects pertaining to their social, psychological and health aspects were studied in detailed using semi structured interview schedule by the researcher. Respondents with primary infertility were only selected for the study. Total number of respondents was 40. Majority (32.5%) of the respondents were of age group 30-35 and 35% of them have degree level education. 42.5% of the respondents are employed. Their income group varies and it was found during the study that in spite of their income most of them are ready for the infertility treatment that their only goal in life is to have a baby. 70% of them like non vegetarian type of food.

Chi square test was applied to find the relation between mental support from the family and type of family and it shows that there is association between Type of Family and Support from Family. Respondents from Nuclear family and Joint Family are getting more or less the same support. 62% of the respondents have never thought of adoption but it was clear from the study that there is close relation between education and adoption. And there is less suicidal thoughts shown for childless issues among women. More than half (57.5%) of the respondents are not ready to reveal that they are infertile. Majority (75%) of the respondents are ready to sacrifice anything for their baby. Majority of respondents have clear knowledge about infertility and related treatments and cost of treatment and the success of the treatment. 55% of the respondents have irregular menstrual cycle and 45% of the respondents have regular menstrual cycle. There was no family history of infertility in almost 83% of the respondents and it was clear that almost all of the respondents have proper knowledge that infertility is a couple's problem. There was no significant obesity noticed or hormonal imbalances explained by them during the study.

It was noted during that majority of 62.5% have never

thought of abortion and only 12.5% have seriously thought of adopting a child to their life. And 75% of respondents have never thought of divorce and remarriage as a solution for having a child but a few 7.5% is often thinking of another marriage for having a child.

#### COMMENTS AND SUGGESTIONS:

The rate of infertility is increasing day by day. It is found that out of four couples one is suffering from infertility problems. Both the partners must be ready to consult a doctor because even now people think that infertility is because of women only. Consider infertility as a normal physical problem, which can be cured in many cases. No stigma must be attached to infertile women. No studies have found out that couples having children are happier than those without children. Such couples are diverting their love, thirst and care for a child to some social welfare purposes which give them more satisfaction. It was found during the study that men are ready to accept a surrogate mother because it is their own sperm growing even though the womb differs and so there will be more attachment. But in case of females, most of them are ready to accept sperms from a sperm bank to try their luck of conceiving and if success they can give birth, and can nurse the baby with all motherly love, care, and concern.

#### CONCLUSION:

Lifestyle changes have been contributing to the increase in infertility rate in Kerala. According to studies, 20 per cent of the couples have been found to have infertility problems. It is found that many women have the problem of infertility which becomes a major issue when she could not become pregnant after many years of marriage. Small problems can be cured within a short period of time when proper medication is done. There are cases of delivery reported even after post menopause. Surrogacy (substitute mother hood) another method of infertility treatment helps infertile couples to have babies.

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