



EFFECTIVENESS OF GUIDED IMAGERY THERAPY ON STRESS AND QUALITY OF LIFE AMONG INFERTILE WOMEN

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ABSTRACT

Introduction: Guided imagery is a technique that manages stress through use of mental-image to express someone picture, time and place so that person can feel calm, peacefulness and happiness. The purpose this technique is to establish an emotional bonding between body, mind and soul. Guided-imagery offers many psychological benefits. Use imagination of image and words to attract attention, as well as to relax stressful situation. It has no any side-effects. This is the safest and most powerful methods of self-knowledge. The purpose of the study is to find out how effectively guided imagery affects stress and quality life of infertile-women.

Methodology: Investigator refer various online resources of research studies like Research gate, ProQuest, MEDLINE and CINHAL

Result: Investigator identified that effectiveness of guided-imagery therapy helps in reducing infertility related stress and improve living-standard of infertile-women.

Conclusion: On the basis of literature researcher conclude that effectiveness of guided imagery therapy reduced stress associated with infertility and improve living standard of infertile female.

KEYWORDS : used by researcher for searching review of literature are Effectiveness, Guided imagery therapy, stress associated with infertility, living standard, infertile female.

• Background of the study:

According to WHO infertility is a disease of the reproductive organs defined by a women who unable to conceive pregnancy till 12 month or more without using any contraception method.¹

Infertility is divided into two types -Primary infertility: It indicates that a woman was never pregnant due to the inability to conceive pregnancy, in that those mothers also include who have a miscarriage that can cause stillbirth or childbirth. Secondary infertility: It indicates that a woman has experience of pregnancy before and after failed to conceive due to some reproductive problems, such as impaired sperm production, damage to the fallopian tube or other abnormal conditions of the uterus.¹

According to World Wild Data in national health survey fifty million couples will suffer from infertility in 2010. In that 10.5% is secondary infertility and 2% is primary infertility.²

There are many causes of infertility such as endocrine, ovarian abnormalities, egg and sperm defects but sometimes mental health problems such as stressful lives also lead to infertility. Many diagnostic tests are used to identify the causative factor and many surgical and medical procedures are used to treat infertility such as intrauterine fertilization (IUI), in vitro fertilization (IVF) and other medications.³

• Need for the study:

Infertility is major problem in the India. Twenty-seven and five tenths million couples unable to conceive in India according to Ernst and Young report in 2015.⁴ 40-50% of cases are registered due to female factor and 30-40% of cases are registered due to male factor.⁵

The physical and psychological consequences of infertility can be very significant for infertile people and their partners. Infertility often causes anger, depression, anxiety, and futility. Also infertile women

Significant and use literature given in below table:

A Literature is related to stress among infertile-women.

Sr. No	Objective	Methodology	Major findings (result and conclusion)	Reference No.
1.	Assessment of effectiveness of reducing the target-level (GI) to reduce stress	<ul style="list-style-type: none"> Study-design: Randomized-controlled-experimental-design Population: Pregnant-women Sample-size: 72 Sampling-technique: Randomly-assigned 	Findings of this study suggest, decrease level of anxiety and fatigue-this Found in experimental-group than control-group, GI-therapy is useful in decreasing stress, fear and fatigue among antenatal-women.	10

have many mental and social problems.⁶

Stress reduction can be done in two ways. Pharmacological methods and the use of complementary medicine.⁷ there are several types of medicated and non-medicated therapy of infertility. Previous studies have shown that there are many non-pharmacological treatments to reduce psychological problems in infertile women. Guided Imagery is a non-pharmacological treatment without side effects. Guided Imagery is an effective stress management method for a number of reasons. It May calm person's mind and help to reduce stress level.⁸ Also guided image offers significant benefits in reducing stress, including relaxing the body. This helps to better management of life and relieve stress. The guided image provides peace, discernment and wisdom. This is a free stress reliever therapy. This can reduce physical and mental stress at the same time it helps to change the mind and person can know about what is the cause of stress.⁹

• Literature narrative:

Review of literature is very vital part of research study because it provides information to researcher that how much fact is known and remains. It helps to plan and guidance to study.

• Review methods:

To provide narrative review of the research study focusing on effectiveness of mental imagery therapy on level of stress and living standard among infertile female.

• Search strategy:

Researcher utilized various data base for the searching review of literature like: Google scholar, MPubmed, MEDLINE, Research gate, ProQuest and CINHAL

Literature is divided in to two Sections:

A. Literature is related to stress among infertile-women.

B. Literature related to living standard among infertile-female.

2.	Assessing impact of mission-statement and PMR on depression, fear and stress	<ul style="list-style-type: none"> • Study-design: Randomized-clinical-trial • Population: Pregnant-women • Sample-size:66 • Sampling-technique: Random-sampling-technique 	Result of this study depicted, relaxation-technique use to decrease depression, fear and stress among Pregnant-women. (P<0.05)Whereas discovered no particular discrepancy in score of mean in control-group.	11
3.	To assess Awareness of GI management of stress	<ul style="list-style-type: none"> • Study-design: Randomized-controlled-trial • Population: Pregnant African-American-women. • Sample size:36 • Sampling-technique: Random-sampling-technique 	Findings from this study revised, GI-therapy is beneficiary in diminish stress and related symptoms in experimental-group. This study results support the perceived effectively of GI as stress cope intervention.	12
4.	To assess Guided-Imagery and Stress	<ul style="list-style-type: none"> • Study-design: Quasi-experimental study • Population: Pregnant, Adolescents • Sample-size:35 • Sampling-technique: Convenience-sampling-technique 	Finding of this study revealed Mental-imagery helpful in reduction of stress among teenage-pregnant-female.	13
5.	Assessing the impact of image on Stress-level and Anxiety-level in female who have undergone in IVF-treatment	<ul style="list-style-type: none"> • Study-design: Quasi-experimental study • Population: Female taking IVF-treatment • Sample-size:57 • Sampling-technique:Randomly-assigned 	After intervention, there was reduction in total stress-level in experimental-group and increase in anxiety-level among sample in control-group.	14
6.	Outcome of Cognitive-infertility on psychological well-being based on appropriate and stress-therapy	<ul style="list-style-type: none"> • Study-design: Randomization-method • Population: Infertile-Women • Sample-size: Sixty • Sampling-technique: Randomly-allocated 	The results showedtherapy increase mental-wealth of women with infertility. This study found that there was no any difference from pre and post treatment in the control-group.	15

B Literature related to living standard among infertile-female.

Sr. No.	Objective	Methodology	Major findings (Result and discussion)	Reference No.
7.	Examination of the target Image enhance character, tiredness and living standard	<ul style="list-style-type: none"> • Study-design: Exploratory-Efficacy-Trial • Population:Multiple Sclerosis patient • Sample-size: 23 • Sampling-technique: Convenience-sampling-technique 	This study result depictedPatients who completed Healing Light Guided-Imagery helps in reduction of level of stress and fatigue also enhance the living-standard of the person (P<.05) who were suffered with Multiple-Sclerosis.	16
8.	Assessment of the effect of additional drug use on infertility, specific quality of life	<ul style="list-style-type: none"> • Study-design: Cross-sectional-study • Population: Women undergoing in vitro fertilization • Sample-size: 381 • Sampling-technique:Stratified sampling-Technique 	This project result stated, this additional drug have positive effect on psychological-status (P=0.005) of the women who undergone IVF treatment.	17
9.	Assessment of Living-standard &state of health	<ul style="list-style-type: none"> • Study-design: Cross-sectional design • Population: Infertile-women • Sample-size: 161 • Sampling-technique: Convenience sampling-method. 	This finding suggested that more than half of the general health of women who were with infertility have higher risk of stress, fear and social-dysfunction. Also residence area, monthly-income, education-status of women is main factor affects living-standard.	18
10.	Identify the effect of infertility on sexual-life, family-adjustment and living-standard.	<ul style="list-style-type: none"> • Study-design: Cross-sectional study • Population: Couples seeking treatment for infertility • Sample-size: 12couple • Sampling-technique: Convenience sampling-method 	This finding shows that couple who suffering from infertility have inadequate family-adjustment, living-standard(P=0.01)and Men have less satisfaction during sexual-intercourse compare to control-group due to mental-pressure.	19
11.	Rate the Quality of Life	<ul style="list-style-type: none"> • Study-design: cross-sectional design • Population: Women suffered from infertility • Sample-size: 211 • Sampling-technique: snowball and social networking methods 	This project concluded that women who sufferer with infertility that have poor living standard during climacteric period. There was age and money supplier is major stand of living standard.	20

DISCUSSION ON LIMITATION OF REVIEW OF LITERATURE:

- Research study conducted on effectiveness of guided-imagery-therapy, stress associated with infertility& living standard of infertile-female.
- Research study included on guided-imagery-therapy effect on reduces stress associated with infertility& improves living standard of infertile-female.
- Research studies should be publishing under authentic journal.
- Others: Selected source of data, Grey literature

CONCLUSION OF REVIEW OF LITERATURE

- In this review article, researcher has added 11 literatures related to research title and after summarization, researcher reveals that effectiveness of guided imagery therapy reduce infertility related stress and improve quality of life.

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