



A Study to Assess the Level of Stress among Women Undergoing IVF Treatment in Art Centre of a tertiary Care Hospital

Authors

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Abstract

Infertility is a life crisis affecting couples all around the world. Infertile couple all around the world experience a tremendous amount of emotional turmoil. The risk of depression, anxiety and stress is high for infertile patients. With the objective to assess the stress level among primary infertile women undergoing IVF treatment and to determine the association of stress level with sociodemographic variable. This study was conducted in the Assisted Reproductive Treatment centre of a tertiary care hospital. Nonprobability purposive sampling technique was adopted for selecting subjects for the study. Quantitative approach, nonexperimental descriptive research design was used for the study. Newtons Fertility inventory, modified state anxiety score was used to assess the stress level. The study findings reveals that only 1.7% of the subjects had high level of stress related to treatment outcome. Majority of subjects 51.6% experience only mild level of stress, 30% subjects had almost negligible stress and 16.7% had moderate level of stress.

Keywords: primary infertility, stress.

Introduction

For women pregnancy and motherhood are developmental milestones, highly emphasized by our culture. Infertility is a life crisis affecting couples all over the globe contributing to high level of anxiety and distress and increasing the risk of depression. Infertile couples experience a tremendous amount of emotional turmoil. Failure to conceive can be an emotionally devastating experience. Therefore it is important for the health care professional to understand the psychological issue experienced by infertile couples.

Background of Study

The world health organization (WHO) estimates that 60 to 80 million couples worldwide currently suffer from infertility. Prevalence rates showed that 40 to 55% of infertility is primarily attributing to females.

Approximately 75% of couples diagnosed with infertility will seek medical treatment. The procedure of diagnosis and treatment of infertility is time consuming, economically and psychologically burdening the couples, without guaranting.

Pregnancy It has been hypothesised since biblical times that stress can hamper fertility and it is definitive that infertility treatment leads to

significant distress. Moreover, the investigators personal interaction with the couples affirmed the same.

Method

A descriptive study was conducted on 60 subjects undergoing IVF treatment for primary infertility in the selected tertiary care centre selected by non probability purposive sampling technique. Non experimental quantitative research approach was adopted. Newton’s fertility index and modified state trait anxiety scale were used to assess the level of stress and anxiety among women undergoing treatment.

Result

Analysis done with by inferential statistics. Majority (55%) of the subjects belonged to age group of 26-30 years and (87%) of them were homemakers. Majority , 51.6% of the subjects under the study experience only mild level of stress,30% of subjects are having almost negligible stress,16.7% have moderate level of stress and only 1.7% is had severe stress related to treatment.

Table 4.1: Socio-demographic data

n=60

Sno.	Parameters	Category	Number
1.	Age (yrs)	20-25	12 (20)
		26-30	33 (55)
		31-35	13 (22)
		36-40	2 (03)
2.	Occupation	Homemaker	52 (87)
		Working	8 (13)
3.	Years of Marriage	2-5	21 (55)
		6-9	33 (35)
		10-13	5 (08)
		14 and Above	1 (02)
4.	Family Type	Nuclear	35 (58.4)
		Joint Family	25 (41.6)
5.	No of treatment undergone	1	26 (43)
		2	12 (20)
		3	14 (23.3)
		>3	8 (13.4)
6.	No of abortions	Nil	36 (60)
		1	15 (25)
		2	8 (13.4)
		>2	1 (1.6)
7.	Education	Illiterate	2 (3.3)
		Primary Education	6 (10)
		Higher Secondary	23 (38.3)
		Graduate	29 (48.4)

*Figures in parenthesis indicates percenta

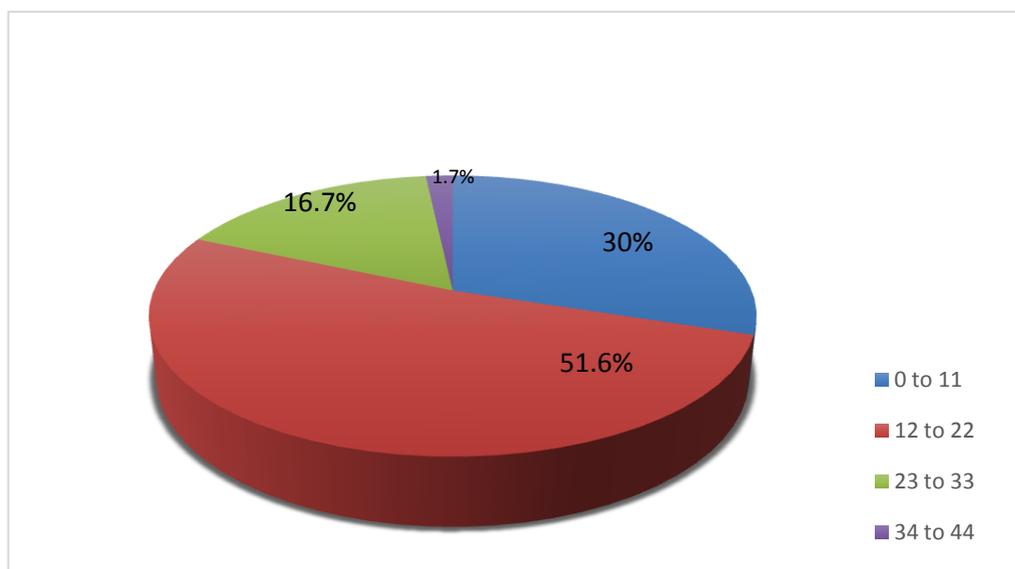


Table 4.3: Showing stress score of subjects

S no	SCORE	STRESS LEVEL
1.	0 – 11	Almost Negligible
2.	12 – 22	Mild
3.	23 – 33	Moderate
4.	34 – 44	Severe

Conclusion

Stress is a part and parcel of human life. It can be both a driving force and can act as a killer in term of performance. The objective of the study was to assess the level of stress among primary infertile women undergoing IVF treatment. The study concluded that majority of the subject in the study have only mild stress level and a very few had severe stress, contributed by treatment schedule or internal conflicts and family behaviour dissension to other studies.

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