



# **A RESEARCH ON THE INFERTILITY'S IMPACT ON CHILDLESS WOMEN'S PSYCHO-SOCIAL PERSPECTIVE**

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## **ABSTRACT**

Reducing stress and seeking the right counselling are two extremely significant components of the treatment for infertility. The purpose of this study was to investigate and find solutions to this problem. The purpose of the study was to determine the levels of stress, psychological well-being, and coping methods that are associated with infertility among women who live in Chennai. Gain an understanding of the stress that is associated with infertility, as well as psychological health and coping techniques, in connection to social factors, clinical considerations, and demographic variables. Investigate the interconnections that exist between the stress associated with infertility, psychological well-being, and coping mechanisms. Develop and carry out psychological interventions with the goals of reducing the stress associated with infertility, improving psychological health, and enhancing coping abilities. The purpose of this study is to evaluate the efficacy of the psychological intervention module on the stress associated with infertility, psychological well-being, and coping techniques. In the final step, you develop themes based on a qualitative analysis to better comprehend the subjective experiences that women go through during the infertility treatment phase. This study served as a pilot for the larger study, which was split into two halves for its execution.

**Keywords:** *infertility, childless women's,*

## **INTRODUCTION**

The desire to have children is one of the primary human drives, and fertility is given a high level of importance in the majority of cultural contexts. Our society places a significant amount of value on the phases of a woman's life that coincide with pregnancy and motherhood, namely pregnancy and motherhood. Failure to have a child despite one's best efforts may be a mentally and emotionally taxing situation. However, during the last two decades, improvements in reproductive science have made infertility treatment a highly promising possibility, providing hope and success to many of couples who were previously unable to conceive. Infertile couples are faced with psychological and ethical challenges when considering high-tech reproductive methods. These challenges need to be addressed. Therefore, it is essential for those who work in the medical field to have an understanding of the psychological issues that are related with infertility.

Infertility is defined as having regular sexual activity over a period of 12 months that does not result in a pregnancy. It is estimated that around 16% of married couples in the United States would have difficulties in having a child. It would seem that some women have a propensity to postpone having children until they are in the middle or latter portion of their 30s; thus, fertility levels begin to drop beyond the age of 35. It is an optical illusion, yet many people have the impression that the rate of infertility is becoming higher. Because of the baby boom that occurred in the 1950s and early 1960s, there are large numbers of women who are of reproductive age. The percentage of women who are unable to conceive children has stayed the same, notwithstanding the rise in the total number of women of reproductive age. Approximately forty percent of infertile couples are affected by female infertility, forty percent are affected by male infertility, and twenty percent are affected by both or have unexplained infertility.

Prior to the development of advanced reproductive technologies, medical professionals thought that psychological stress was to blame for infertility, particularly in cases when the underlying reason was unclear. Researchers have looked at the possibility that unconsciously held beliefs or other psychological factors are to blame for infertility. Around the middle of the 1980s, medical professionals and academics started calling into doubt the concept that infertility might be caused by psychological stress. Instead, they discovered that infertility was associated with psychological discomfort. Mental health experts are becoming more engaged in the treatment of infertile individuals as a result of their increased awareness of the topic.

Because virtually all women want to start a family, treating infertility is an important part of the larger specialty of obstetrics and gynecology. This is because almost all women want to have children. Throughout the course of human history, many connotations have been attached to the need for one to join one's own family. Children were highly appreciated for the economic contributions they could make prior to the Industrial Revolution. As a result of the passing of laws against child labor and the subsequent removal of children from the labor field, children have started to be valued for relational reasons such as friendship and the continuation of the family. According to Grie, children have no monetary value but are irreplaceable in terms of their emotional impact. Even in this day and age, when children are considered as a source of joy and happiness, there is still a continuing shift in children's values. As a result, having children has become something that couples want and feel they deserve. When seen from this angle, the years of costly and mentally taxing infertility therapies and treatments may be regarded as a consequence of the appreciation of the kid in the 21st century. From this point of view, the child is seen as an asset rather than a liability.

## **Male**

Infertility in men is described as the inability of a man to have a child while mating with a fertile woman even after at least one year of unprotected sexual activity between the couple. There is a wide variety of factors that might lead to male infertility. Idiopathic conditions account for around 2% to 5% of endocrine abnormalities (which are often brought on by hypogonadism), as well as 10% to 20% of sperm transport issues (s. and if an infertile man has normal sperm count and sperm parameters).

The quality of the sperm that men produce is the primary factor in whether or not they are fertile. In males who have the reproductive organs that are required for reproduction, infertility may be caused by a low sperm count that is brought on by endocrine issues, medicines, radiation, or illness. There are a number of potential causes, including abnormalities in the testicles, hormone imbalances, or obstructions in the male duct system. Although surgery and hormone replacement therapy are effective treatments for many of them, some of these conditions

may be permanent. Primary ciliary dyskinesia may be the cause of sterility, which is linked with viable sperm cells that are unable to move. It is essential for the DNA, centrosomes, and subsequent development of the embryo that the sperm deliver an activating agent to the zygote. Infertility that is not able to be diagnosed by testing of the sperm itself may be caused by flaws in any of these sperm structures. Anti-sperm antibodies induce immunological sterility. Male infertility is a potential complication of cystic fibrosis.

### **Combined infertility**

It is possible that both the male and the woman in a marriage be infertile, and that the inability of the pair to have children is due to a combination of both of these factors. In some instances, it is believed that the explanation is immunological or genetic; both members of the couple may be fertile on their own, but they are unable to conceive naturally together.

### **unexplained infertility**

There is a possibility that unexplained infertility affects up to twenty percent of infertile couples in the United States. In situations like these, anomalies are likely to occur but cannot be identified using the approaches that are now available. It is possible that the egg will not be released at the optimal moment for fertilization, that it will not reach the fallopian tube, that the sperm will not be able to reach the egg, that fertilization will not take place, that the transport of the zygote will be disturbed, or that implantation will not take place. It is becoming more widely acknowledged that the quality of the oocytes is highly essential, and that older women have normal but successfully diminished oocytes that have a decreased ability for fertilization. In addition, mutations in genes involved in the folate system could be one of the reasons why some women who have unexplained infertility have difficulties with their fertility. On the other hand, there is mounting data that shows epigenetic alterations in sperm may be partly to blame for the problem.

### **HISTORICAL Aspects**

The issue of infertility has been around since the beginning of human civilization. Since the beginning of time, religious, cultural, and social norms have all praised fecundity, and childless marriage has been seen as a terrible misfortune.

In times past, in order to improve fertility, people turned to a variety of treatments derived from animals, such as drinking milk from mares. The ability to bear children was said to have been granted to a lady via the usage of certain animals, according to an urban legend. In certain regions of India, similar traditions are being practiced today. In 1678, Loevenhock used a microscope to identify sperm, and in the same century, De Graat found ovulation. These two discoveries helped dispel a number of myths. Van Baer made the discovery of the ovarian follicle in the year 1827. The possibilities of using contemporary technology to address fertility issues have significantly increased as a result of extensive study in reproductive biology.

In the past, infertility was considered an issue that only women had to deal with, and women were the only ones blamed when there were no children. Men have not been included in fertility testing until the past 20 to 30 years at the earliest.

The continuation of the human race should be considered both the highest priority of any community and every faith. Therefore, the most essential and vital job of man is the reproductive role (Kumari, 1988). As a result,

being childless is seen to be unacceptable since it goes against normative standards and cultural expectations. Forcible sterilization, which is more often referred to as infertility, is seen as a curse and a traumatic experience for couples, particularly for women who have been expected to shoulder the weight of society. In Indian culture, the woman is seen as the archetype of motherhood and reproduction. For women, being a mother is considered as a source of power and prestige, and it also plays a role in deciding how strong their marital relationships are. Women are rendered powerless when they are unable to have children since this is considered a breach of societal standards. Additionally, it paves the way for a future divorce. (Sayeed, 2000).

## **EXAMINATION AND TREATMENTS**

According to the findings of a research that was conducted by the WHO in Chandigarh in the year 2000, couples dealing with initial infertility exhibited a stronger interest in treatment than couples dealing with secondary infertility. 75% of couples had been unable to conceive for at least 2 years before being tested. It should be mentioned that in most cases, the lady was the one who made the initial contact with the doctor.

It is possible that the couple may put off going to the doctor because they are terrified of receiving a conclusive diagnosis, in addition to the mental anguish and physical suffering caused by the tests that they will be required to do. They had to be clear to the physician about the fact that their attempts to conceive have been fruitless. A significant number of couples have expectations about testing and treatment that are not reasonable. According to the findings of one research, the partners of infertile women often connected semen analysis with emotions of humiliation, worry, and embarrassment. A different research found that 26% of males declined to have a sperm test done on them. Infertility treatment options seem to vary from spiritual healers and local Aboriginal practitioners to private infertility clinics, according to the few data that are available on the topic. (United Nations Population Fund 1989).

Techniques such as artificial insemination, in vitro fertilization, embryo transfer, transfer of gametes or zygotes to the fallopian tubes, intracytoplasmic sperm injection, and other similar procedures come under the category of assisted reproductive technologies.

Childless couples who are excessively demanding on all fronts—physically, emotionally, and financially—but have no assurance of success may now cling to a glimmer of hope thanks to assisted reproductive technology. (Manish 2010).

Numerous studies on infertile couples have revealed that between 12 and 56 percent of women get pregnant after completing the questionnaire but before beginning treatment. On the other hand, 27 percent of women give up on treatment while they are undergoing diagnostic tests, and only 35 percent do so prior to beginning a pregnancy that has been finished. As a consequence of this, many couples who are thought to be infertile really have a natural chance of becoming pregnant during the course of their relationship. In the WHO recommendations for the diagnosis and treatment of infertility, it is recommended that during the first therapeutic interaction with an infertile couple, they be told that their chances of success (conceiving and giving birth to a child) might reach up to fifty percent. as a result, the alternative solution of adoption might be taken into consideration.

## **THE PSYCHOLOGICAL DIMENSION OF BARNESS**

An infertile patient previously expressed their feelings on their condition as follows: "My infertility is a blow to my self-esteem, an attack on my privacy, an assault on my sexuality, an extreme test of my coping skills, an insult to my sense of justice, and a painful reminder that nothing can be given up." My inability to conceive" This causes a disruption in the smooth flow of existence. To begin, it's an open wound in my body, in my spirit, and in my soul.

One of the medical specialties in which biology, psychology, and sexuality may be shown to clearly intersect with one another is that of infertility. A great number of infertile couples have challenges to both their psychological and social well-being as a result of their inability to start a family of their own and the lengthy and intrusive nature of the medical tests and treatments they must through.

When a couple finds out they are unable to conceive, any or both partners in the relationship may go through a difficult psychological crisis, the resolution of which may take several years. Because hormone testing is such a significant factor in the realm of ultrasonography and assisted reproductive technologies, the emotions of infertile couples sometimes get pushed to the side and overlooked as a result.

## OBJECTIVES

1. To study of effect of infertility on psycho-social mindset of childless women.
2. To study the psychological dimension of barness

## RESEARCH METHODOLOGY

The primary focus of this research was descriptive, and in addition, extra correlational research was carried out to investigate demographic characteristics, social factors, and study variables such infertility stress, psychological well-being, and coping mechanisms.

In addition to that, a qualitative analysis was undertaken. The data were analyzed using a thematic approach, and then themes were derived from the data using an inductive process.

## DATA ANALYZES

In this part, we will do analysis and interpretation on the raw data that was gathered. initial raw form Before continuing with the analysis, the data are cleaned up and validated. After that, the information was inputted into a computer system. Excel spreadsheet developed by Microsoft, which was then analyzed using SPSS 10.0.1 and Graph Pad Prism Version 5. The mean and standard deviation of the data for numerical values, variables, counts, and percentages have been summed up. For categorically variables, the median and the interquartile area have a firm situation. For digital variables, however, they are not typically distributed. autonomous pupils with a keen sense of taste and the ability to use this knowledge throughout the comparison phase of typically numerical variables dispersed across groups. compared utilizing mismatched shares on a square scale or using fishermen's knowledge of how to assess whether or not anything is appropriate. In this part, the data that were evaluated are interpreted in eight different areas. In the first section, we will provide you a demographic profile of the excellent taste city along with a description of the situation.

Within the third section of the situation involving sexuality in relation to the quality of life in the city with the

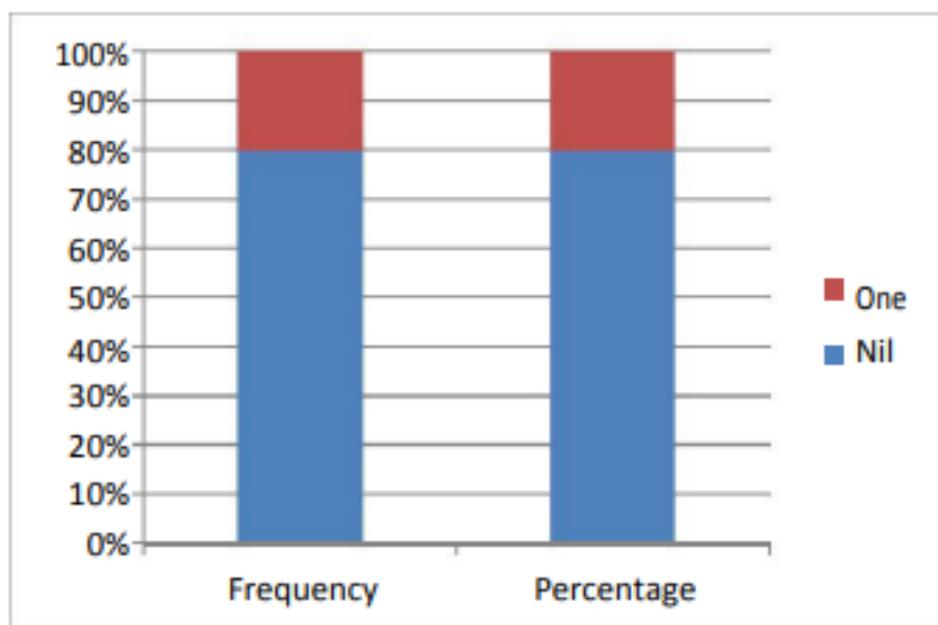
current situation The four sections of WITH each reflected a unique set of elements. In the population under study, infertility was induced by business and social factors related to For HE. A graphical and tabular depiction of the data indicated the many factors that contributed to infertility among the population sampled, as well as other correlations. I attempt, either directly or indirectly, to have an impact on the sterility of the HE population sample.

### **Demographic Definition from HE good taste**

**TABLE 1: House from HE questioned**

House	frequency	percentage
Urban	336	80.00
rural	84	20.00
in total	420	one hundred

**Figure 1: Residence of the interviewees**

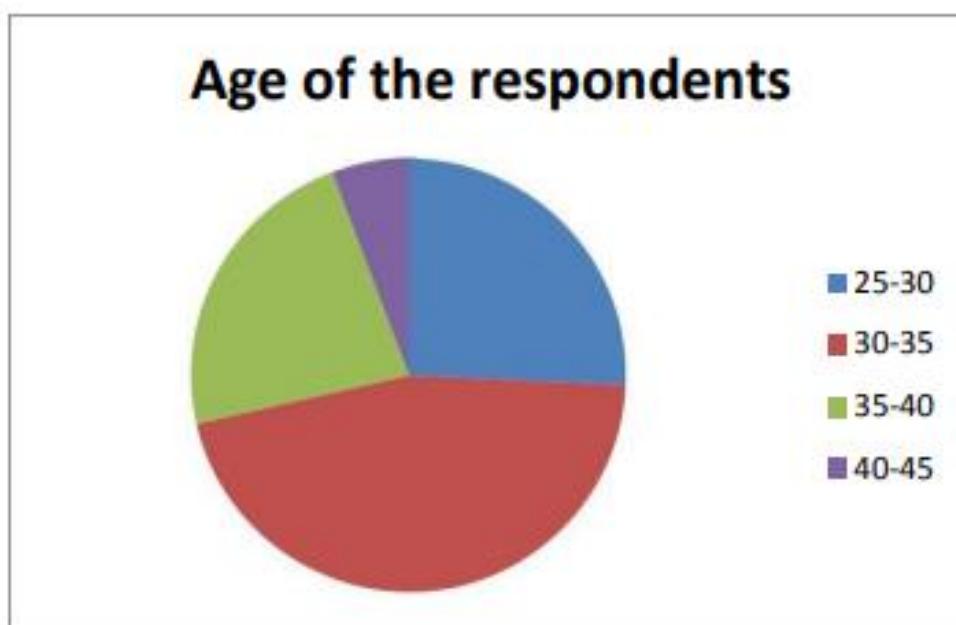


Outside of a total of 70 sterile working women who were questioned, 80 percent This indicates that there are 56 women who are a part of the urban society WHO are sufficient in comparison to the townsfolk.

**TABLE 2: Stale from HE questioned**

Stale	frequency	percentage
25-30	108	25.71

30-35	192	45.72
35-40	97	22.86
40-45	23	5.71
<b>in total</b>	<b>420</b>	<b>one hundred</b>

**Figure 2: Stale from HE questioned**

Stale clusters make up the vast majority of infertile women (45.72 percent, or 32 out of a total of 70), and their ages range from 30 to 35. During remaining 25.71% This equates to 18 females, or 22.86% This indicates that there are sixteen females and 5.71% of those ladies are between the ages of 25-30, 35-40, and 40-45 years old.

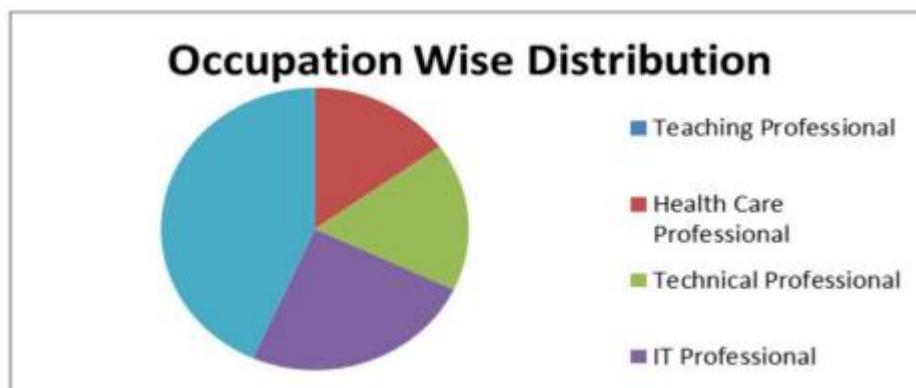
**TABLE 3: Evaluation of the interviewees**

qualification	frequency	percentage
HER Approved	66	15.72
diploma	210	50.00
to post diploma	144	34.28
<b>in total</b>	<b>420</b>	<b>one hundred</b>

Half of the people who made up the sample have college degrees, and 24 of them are women. This means that 34.28% of the sample population is employed. postgraduate, and just 11 are allowed to continue their study through high school. Moreover, this training was exhibited in the East WELL.

**Table 4: Job from HE interrogated**

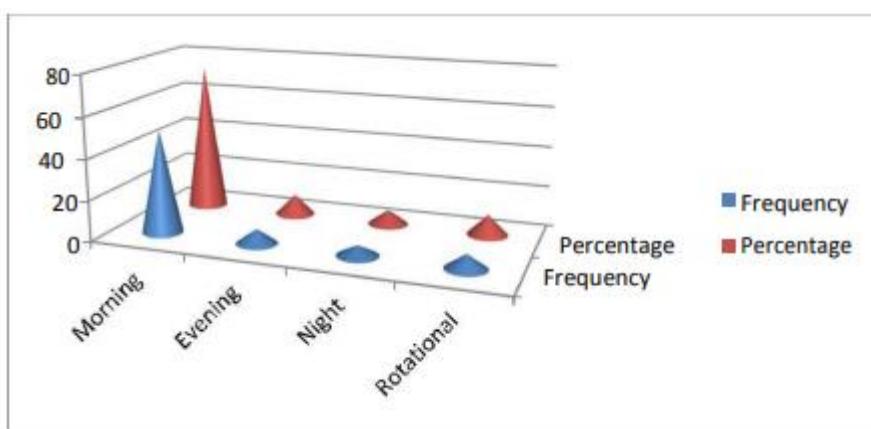
<b>Job</b>	<b>frequency</b>	<b>percentage</b>
Education professional	102	24.29
Health Business attire professional	49	11.43
technically professional	54	12.87
HE professional	77	18.57
Other	138	32.86
<b>in total</b>	<b>420</b>	<b>one hundred</b>

**Figure 3: Employment of the interviewees**

There were a total of 70 sterile employees who participated in the interview, and the population makes up the highest share (32.86%) of those who belong to another group. This second group includes people working in banking, service NGOs. titles, employees from special agencies, EEG technicians, employees from marketing sections of businesses, continuously compatible state service titles, lawyers, research assistants, and a very small number of women who are self-employed. The second majority, for example, would be the teaching staff included of a kindergarten teacher, a primary school teacher, a high school teacher, and a professor, which accounted for 24.29% of the infertile women who were questioned. In contrast, 11.43% and 12.87% of population members belong to the For Health Business attire Job or instructors. There are just a few physicians and even fewer nurses working in the healthcare industry. Technical professionals include a variety of subfields of engineers, employees of specialized companies, and state and local government employees. Above Everyone LIKE continuously OR LIKE employees that are compatible with each other The third and highest possible category of excellence This indicates that 18.57 of the infertile women who were questioned had a sense that for a variety of jobs available via HE Job.

**Table 5: Duty calendar from Work Sterile Women**

Duty To organise	frequency	percentage
Morning	306	72.86
Night	42	10 am
Night	30	7.14
rotating	42	10 am
<b>in total</b>	<b>420</b>	<b>one hundred</b>

**Figure 4: Working hours of working infertile women**

Most of the sterile workers interviewed, 72.86%, work the morning shift. to organise. Percentage of infertile women working evening and rotating shifts the slip is the same in all cases, ie 10%. Only 7.14% of the sample population work the night shift Calendar. HE to feed on milk Employees belong to For Health carefully professional Generally Work Anyone alternate or night shift. Technician and IT specialist mainly work both on the night shift and on the night shift. A few other categories also have night shifts. to organise or alternative service Calendar.

## CONCLUSION

Stress reduction and appropriate counseling are very important in infertility treatment. This study was an attempt to address this issue. The aim of the study was to evaluate infertility-related stress, psychological well-being and coping strategies in infertile women in Chennai. Understand the stress of infertility, psychological well-being and coping strategies in relation to demographic, social and clinical factors. Explore the interrelationships between infertility-related stress, psychological health, and coping strategies. Design and implement psychological interventions to reduce infertility-related stress, improve psychological health, and improve coping skills. To determine the effectiveness of the psychological intervention module on infertility stress, psychological well-being and coping strategies. Finally, you generate themes from a qualitative analysis to understand women's subjective feelings during the infertility treatment phase. This study was a pilot study and the main study was conducted in two phases.

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