



A DESCRIPTIVE STUDY TO ASSESS THE STRESS AND COPING ABILITIES ON IVF AMONG WOMEN ATTENDING FERTILITY CENTRE AT SMVMCH, PUDUCHERRY

N. Valarmathi ¹, S. Abinaya ², , Dr. G. Muthamilslevi ³

¹Assistant Professor, Department of Obstetrics and gynaecology Nursing, SMVNC, Puducherry

²B.Sc., (Nursing)-IV Year, Sri Manakula Vinayagar Nursing College, Puducherry

³Principal, SMVNC, Puducherry-605 107

ABSTRACT:

Introduction: IVF involves a carefully orchestrated series of steps, beginning with hormonal stimulation to encourage the ovaries to produce multiple eggs, followed by the retrieval of these eggs. **Objectives of the study:** The main objective of the study to assess the stress and coping abilities on IVF among women attending fertility center. **Methodology:** A quantitative research approach was adopted for the present study. A descriptive research design was adopted for the present study. By using convenient sampling technique, 50 women attending fertility centre in selected hospital. **Results:** The present study reveals that majority 26 (52%) of them had mild stress, 20 (40%) of them had moderate stress and 4 (8%) of them had high stress among women attending fertility centre. The finding shows that, majority 23 (46%) of them had low coping, 21 (42%) of them had moderate coping and 6 (12%) had well coping among women attending fertility centre. **Conclusion:** The study findings concluded that majority of women attending fertility centre had mild stress and moderate coping. There was significance association between year of marriage with level of stress among women attending fertility centre where $p < 0.05$.

Keywords: In Vitro Fertilization, Child dissociative behaviour, Assess, School going children

INTRODUCTION:

In Vitro Fertilization, commonly known as IVF, is a medical procedure that has revolutionized the field of assisted reproductive technology. It offers hope to individuals and couples who face challenges in conceiving a child naturally. IVF involves a carefully orchestrated series of steps, beginning with hormonal stimulation to encourage the ovaries to produce multiple eggs, followed by the retrieval of these eggs. These eggs are then fertilized in a laboratory setting, creating embryos that are subsequently transferred into the woman's uterus with the goal of achieving a successful pregnancy.

Stress and coping are integral aspects of the IVF journey for women. Effectively managing stress through emotional support, coping strategies, self-care, and a positive mindset can lead to a more positive IVF experience and contribute to overall well-being. Open communication with healthcare providers and seeking professional help when needed are also essential components of coping with the emotional challenges associated with IVF.

NEED FOR THE STUDY

Research shows that over 2.5 million in vitro fertilization (IVF) cycles are performed globally each year, resulting in over half a million deliveries. In 2018, eight million children were born using IVF and other assisted reproduction techniques. However, the cost of IVF treatment varies by country due to lack of reimbursement policies. In the US, 1 million babies were born through IVF between 1987 and 2015. In India, the cost of IVF procedures varies from Rs 1 lakh to Rs 2.5 lakh, limiting many couples.

The fertility sector has shown remarkable growth, with an average annual increase of 15-20% over the past five years. The Indian fertility industry is projected to grow by 15-20% over the next five years due to the surge in sub-fertility cases. The success rate in IVF in India is 55%, with success rates potentially reaching 80% due to experienced doctors, quality IVF specialists, and trained staff. Infertility can be treated and cured, but there is a need for improved awareness and treatment modalities.

STATEMENT OF THE PROBLEM

A descriptive study to assess the stress and coping abilities on IVF among women attending fertility centre at SMVMCH, Puducherry.

OBJECTIVES OF THE STUDY

- To assess the stress and coping abilities on IVF among women attending fertility center.
- To associate the level of stress and coping abilities among women attending fertility centre with selected demographic variables,
- To correlate the level of stress and coping abilities on IVF among women attending fertility centre.

RESEARCH METHODOLOGY:**RESEARCH APPROACH:**

A quantitative research approach was adopted for the present study.

RESEARCH DESIGN:

A descriptive research design was adopted for the present study.

SETTING OF THE STUDY:

The study was conducted in fertility centre at Sri Manakula Vinayagar Medical College and Hospital.

POPULATION:

The study population comprised of women attending fertility centre in selected hospital.

SAMPLE:

The study samples comprised of women attending fertility centre in selected hospital, who meet the inclusion criteria

SAMPLE SIZE:

The sample size consists of 50 women attending fertility centre in selected hospital.

SAMPLE TECHNIQUE:

A convenience sampling technique was used for the present study.

SAMPLE SELECTION CRITERIA:**Inclusion criteria:**

- Women who are under IVF treatment
- Women who were willing to participate in this study

Exclusion criteria:

- Women who were not willing to participate in this study
- Women who were very ill, with pain or discomfort

MAJOR FINDING

Regarding the age in years, the majority 24 (48%) were in the age group of 26-30 years, 15 (30%) were in the age group of 31-35 years and 9(18%) were below 25 years. In the aspect of religion majority, 35 (70%) were Hindu, 13 (26%) were Muslim and 2 (4%) were Christian. In the aspect of educational status, majority 20 (40%) were completed 12th and 19 (38%) were completed degree. Regarding income per month, the data shows that 10 (20%) come under below Rs.20000 and 20 (40%) were have income below Rs. 5000.

Regarding employment status, 22 (44%) were doing business, 17 (34%) were private employee and 5 (10%) were government employee. In the aspect of types of family majority, 32 (64%) were belong to joint family, 18 (36%) were belong to nuclear family. With regards nature of marriage majority, 25(50%) were had consanguineous marriage and 25(50%) were had non consanguineous marriage.

With regards to menstrual cycle majority 29 (58%) had regular cycle and 21 (42%) had irregular cycle. In the aspect of location of house, majority 28 (56%) were in urban and 22 (44%) were in rural area. Regarding the types of infertility 28 (56%) had primary infertility and 22 (44%) had secondary infertility. With regards to types of ART done, majority 18 (36%) done IVF, 16 (32%) done GIFT and 11 (22%) done ZIFT.

RESULTS AND DISCUSSION

The present study reveals that, majority 26 (52%) of them had mild stress, 20 (40%) of them had moderate stress and 4 (8%) of them had high stress among women attending fertility centre. The study finding revealed that, majority 23 (46%) of them had low coping, 21 (42%) of them had moderate coping and 6 (12%) had well coping among women attending fertility centre. The study findings concluded that majority of women attending fertility centre had mild stress and moderate coping. There was significance association between year of marriage with level of stress among women attending fertility centre where $p < 0.05$.

Table 1: Frequency and percentage wise distribution of level of stress on IVF among women attending fertility centre.

N = 50

S.NO	LEVEL OF STRESS	FREQUENCY (n)	PERCENTAGE %
1.	Mild stress	26	52%
2.	Moderate stress	20	40%
3.	High stress	4	8%

The above table shows majority 26 (52%) of them had mild stress, 20 (40%) of them had moderate stress and 4 (8%) of them had high stress among women attending fertility centre.

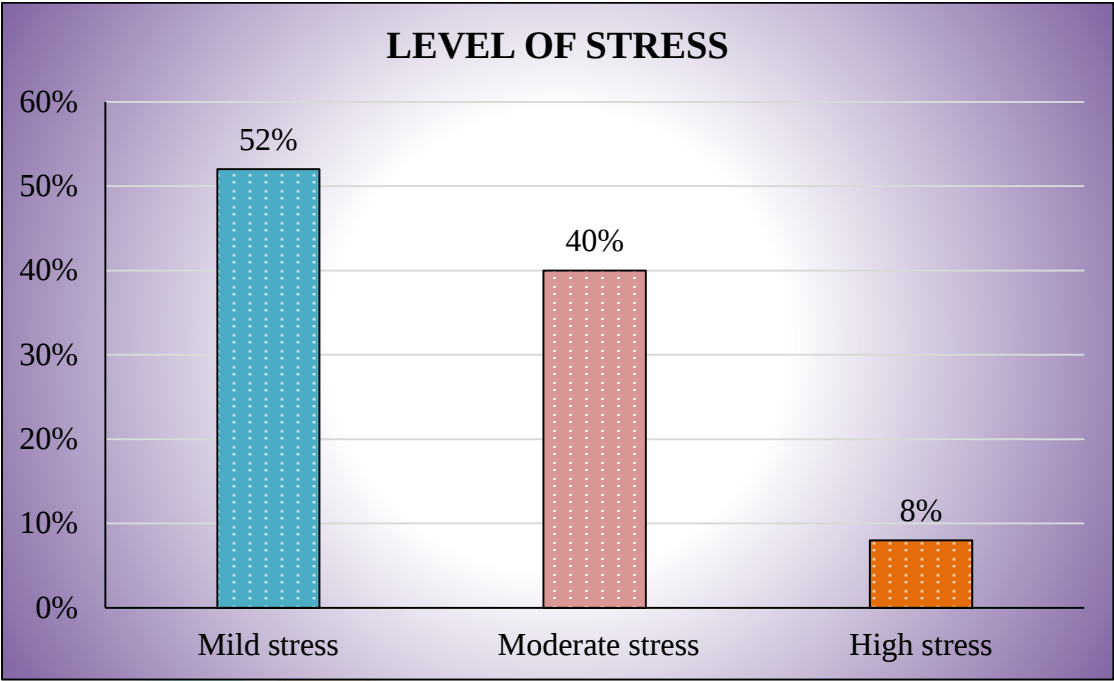


Figure 1: Bar diagram representing Percentage wise distribution of level of stress on IVF among women attending fertility centre

Table 2: Frequency and percentage wise distribution of level of coping abilities on IVF among women attending fertility centre. N = 50

S.NO	LEVEL OF COPING	FREQUENCY (N)	PERCENTAGE %
1.	Low coping	23	46%
2.	Moderate coping	21	42%
3.	Well coping	6	12%

The above table shows that majority 23 (46%) of them had low coping, 21 (42%) of them had moderate coping and 6 (12%) had well coping among women attending fertility centre.

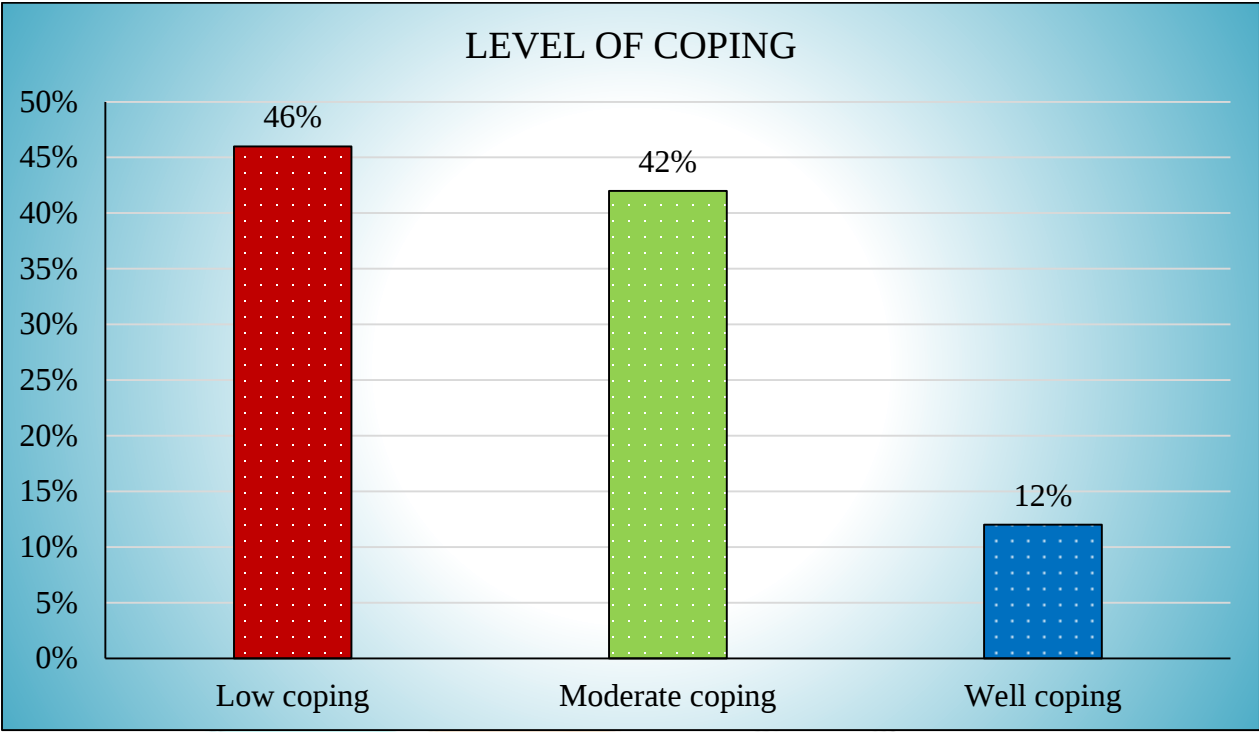


Figure 2: Bar diagram representing Percentage wise distribution of level of coping on IVF among women attending fertility centre

Table 3: Correlation between the level of stress and coping abilities on IVF among women attending fertility centre.

Correlation between	Mean gain score Mean±SE	Karl Pearson Correlation coefficients
Level of Stress	30.80 ± 7.237	r = 0.452 P=0.001*
Level of coping	57.58 ± 16.071	

The above table shows that there is a significant positive moderate correlation between the level of stress and level of coping

CONCLUSION

The present study assessed the stress and coping abilities on IVF among women attending fertility centre at SMVMCH, Puducherry. The study findings concluded that women attending fertility centre had moderate

coping and mild stress. There is significance association between education status with the level of knowledge regarding prevention of malnutrition among parents of under five children where $p < 0.05$.

RECOMMENDATIONS:

- Same study can be conducted with large samples.
- Same study can be conducted among the antenatal mothers.

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