"A Study To Identify The Risk Factors Associated With Infertility Among Women Attending Infertility Clinics In Valsad District."

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ABSTRACT

Introduction: Putting one step towards to extend the family is the crucial stage of life to become a parent. When a couple is seen and counselled about pregnancy, its course and outcome well before the time of actual conception is called periconceptional counselling. Aim of the study: The aim of the study was to identify the effect of structured teaching program on knowledge regarding Preconception care among the eligible women in selected villages. **Objectives:** 1) To assess the pre-test level of knowledge regarding preconception care among the eligible women in selected village of south Gujarat. 2)To assess the effectiveness of structured teaching programmed on knowledge level regarding preconception care among the eligible women. 3) To find out the association between pre-test score of knowledge regarding preconception care among the eligible women in villages of South Gujarat with their selected socio demographic variable. **Method:** Quantitative Research Approach design is sub-division of pre-experimental research design. With one group pre-test post-test research design was adopted for this study. A total of 100 eligible women who were selected by Purposive sampling technique. Data was collected by using structured teaching program consisting of socio demographic variables and self-structured questionaries. **Results:** The

overall mean percentage of knowledge in the pre-test was 10.41 with standard deviation 2.01. The overall mean percentage of knowledge in the post-test was 15.54 with standard deviation 1.7 with a positive mean difference 5.13. there is significant association between pre-test knowledge score of eligible women and selected socio demographic variables is accepted for age of the mother and education. **Interpretation and conclusion:** Results shows that post-test knowledge score is significantly higher than the pre-test score at p <0.05 level of significance i.e., mean difference is 5.13. There is significant improvement in knowledge of eligible women regarding pre- conception care.

INTRODUCTION

Putting one step towards to extend the family is the crucial stage of life to become a parent. When a couple is seen and counselled about pregnancy, its course and outcome well before the time of actual conception is called periconceptional counselling. Aim of the study: The aim of the study was to identify the effect of structured teaching program on knowledge regarding Preconception care among the eligible women in selected villages.

OBJECTIVES

- To identify the risk factors contributing to infertility
- To associate the risk factors with selected demographic variables

HYPOTHESES

- H1: There is a relationship between selected risk factors and infertility.
- H2: There is a significant relationship between selected demographic variables and risk factors.

OPERATIONAL DEFINITIONS

- **Infertility**
  It refers to the childlessness of a couple even with unprotected sex, and not using other contraceptives for a period of more than two years.
- **Risk factors**
  It refers to the factors as irregular menstrual cycle, marital life duration, ovarian and tubular diseases, marital and familial conflicts, life style factors as food habits other practices, sexual activity etc.
- **Women**
  It refers to the women who are diagnosed to have impaired fertility and attending infertility clinic for treatment.

DELIMITATION

1. The study is delimited to a period of 4 weeks.
2. The study is delimited only to women attending infertility clinic at selected infertility clinics at Valsad District.

METHODOLOGY

RESEARCH APPROACH: Quantitative research approach.
RESEARCH DESIGN: Descriptive study
STUDY SETTING: Selected Infertility centres at Valsad District.
POPULATION: Women attending selected infertility clinic at Valsad District.
SAMPLE SIZE: Thirty (30) women attending the infertility clinic were selected as the samples for the study.
SAMPLING TECHNIQUE: Systematic Random Sampling.

CRITERIA FOR SAMPLE SELECTION

Inclusion criteria

- Women who are willing to participate.
- Women with primary and secondary infertility.
- Women who speak and understand Gujrati and English.

Exclusion criteria

- Women who are not willing to participate.

DEVELOPMENT OF THE TOOL

The tool used for this study was structured interview.

Part I: It consist of the Socio Demographic variables including age, education, occupation, income, type of family and residence

Part II: It consisted of Gynaecological factors which include menstrual history, and marital history

Part III: It consists of psychological factors including marital conflicts, familial conflict.

Part IV : It consist of Personal/ Lifestyle factors as food habits, daily exercise practice, personal habits, exposure to passive smoking, coitus , body mass index, cause of infertility , type of infertility

RELIABILITY

Reliability of the tool was assessed by using Test retest method.

DATA ANALYSIS AND INTERPRETATION

Descriptive statistical measures like mean, standard deviation was used to analyze demographic variables and inferential statistical methods like Karl Pearson's coefficient was used to analyse the correlation between factors. Also, Chi square test was used to identify the association between factors and selected variables.

RESULTS

SECTION: I: FREQUENCY AND PERCENTAGE DISTRIBUTION OF SUBJECTS ACCORDINGS TO SOCIO DEMOGRAPHIC VARIABLES

N= 30

SR. NO.	SOCIO DEMOGRAPHIC VARIABLE	CATEGORY	FREQUENCY	PERCENTAGE
1	AGE (In Years)	A) < 20 Years	0	0%
		B) 21- 30 Years	10	33.33%
		C) 31- 40 Years	15	50%
		D) > 41 Years	5	16.66%
2	EDUCATIONAL QUALIFICATION	A) Professional	2	6.66%
		B) Graduate/ Post graduate	15	50%
		C) High school diploma	5	16.66%
		D) High school certificate	5	16.66%
		E) Middle school certificate	2	6.66%
		F) Illiterate	1	3.33%
3	OCCUPATION	A) Professional	9	30%
		B) Semi professional	3	10%
		C) Clerical, Farmers, Shop owner	2	6.66%
		D) Skilled worker	1	3.33%
		E) Semi skilled worker	0	0%

|		F) Unskilled worker	0	0%
		G) Unemployed	15	50%
4	INCOME	A) > 25000/- Rs.	5	16.66%
		B) 20,000- 24,999/- Rs.	2	6.66%
		C) 15,000- 19,999/- Rs.	4	13.33%
		D) 10,000- 14,999/-Rs.	2	6.66%
		E) 5,000- 9,999/-Rs.	2	6.66%
		F) 2,000- 4,999/-Rs.	0	0%
		G) < 1,999/-Rs.	0	0%
5	TYPES OF FAMILY	A) Joint Family	16	53.33%
		B) Nuclear Family	14	46.66%
6	RESIDENCE	A) Urban	14	46.66%
		B) Urban Slum	0	0%
		C) Suburban	4	13.33%
		D) Rural	12	40%

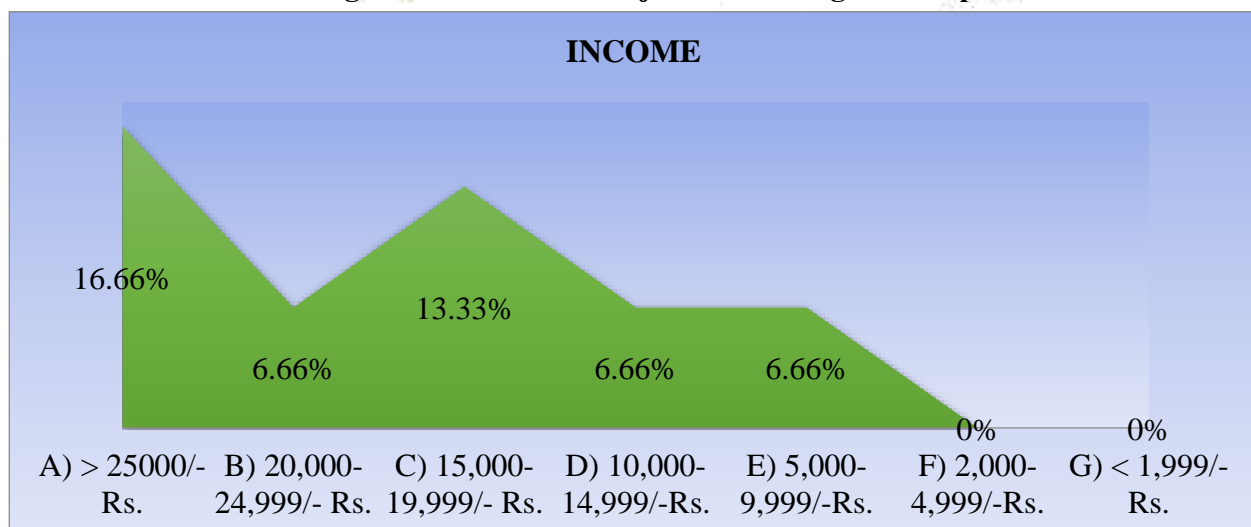**GRAPHICAL REPRESENTATION OF SOCIO DEMIGRAPHIC VARIABLES**
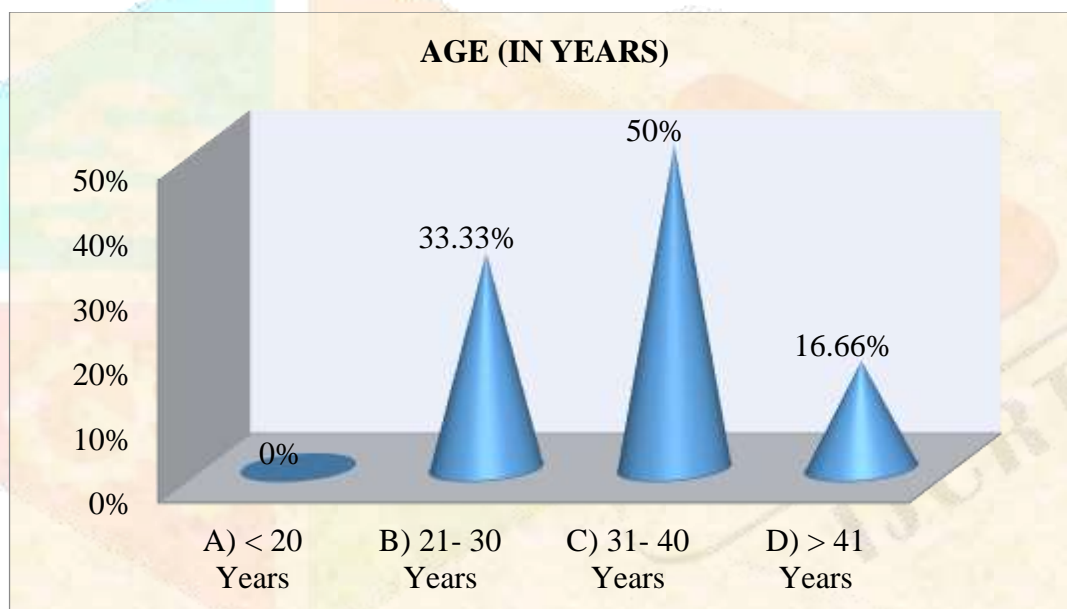
Percentage distribution of Subjects according to Age
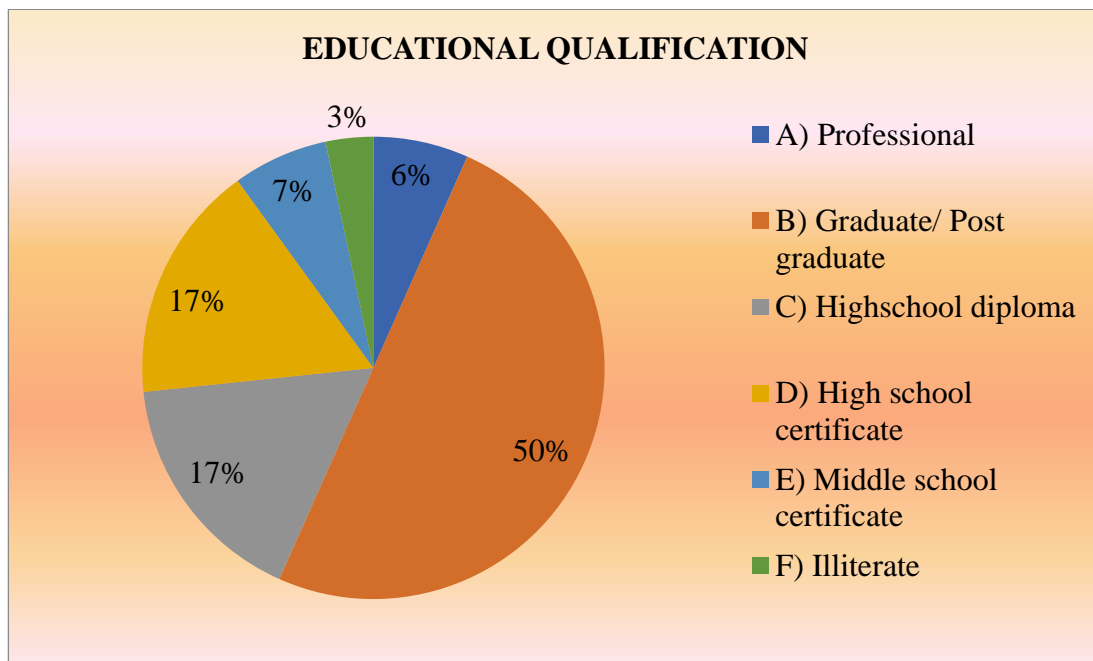
Percentage distribution of Subjects according to Age
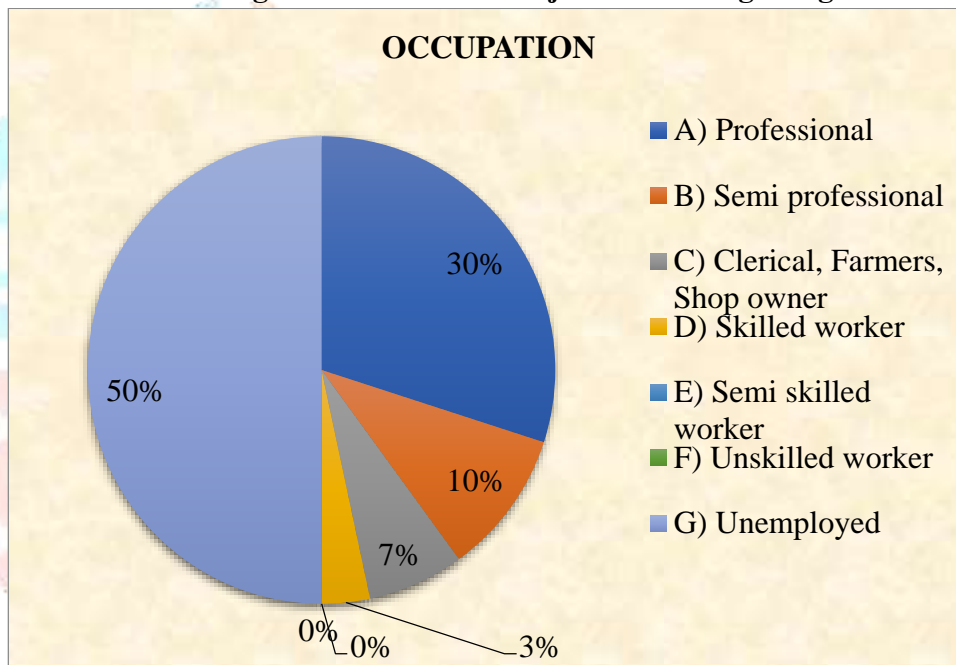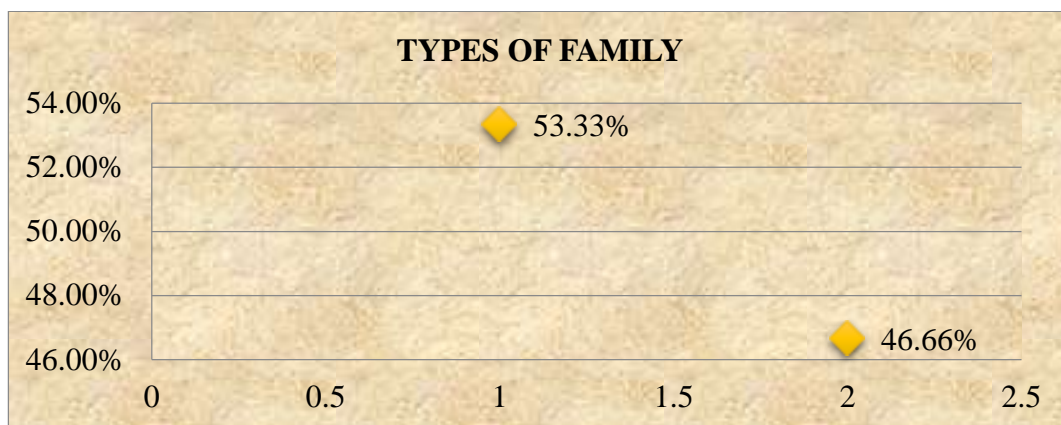

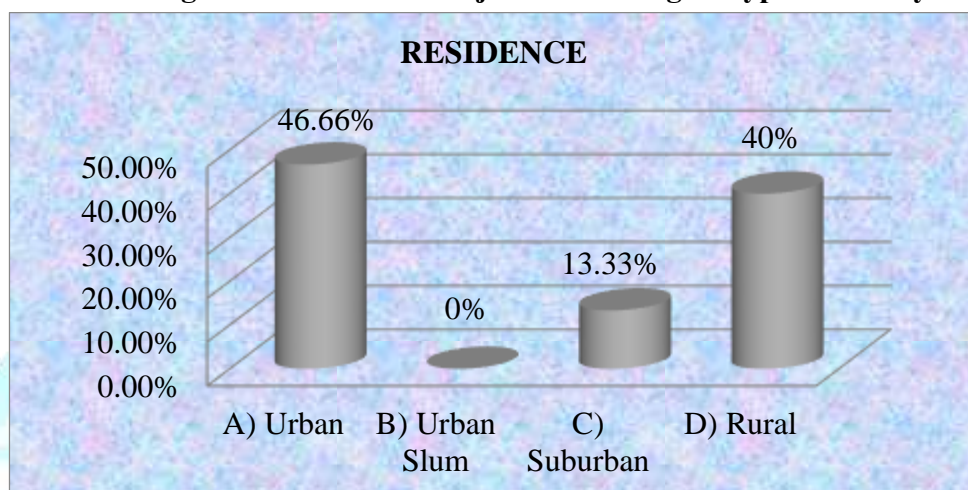**Percentage distribution of Subjects according to Occupation**

Percentage distribution of Subjects according to Income

Percentage distribution of Subjects according to Type of Family

Percentage distribution of Subjects according to Residence

SECTION: II: FREQUENCY AND PERCENTAGE DISTRIBUTION OF SUBJECTS ACCORDINGS TO GYNAECOLOGICAL FACTORS

N= 30

SR. NO.	FACTORS	CATEGORIES	FREQUENCY	PERCENTAGE
7	AGE OF MENARCHE	A) 10- 12 Years	4	13.33%
		B) 13- 15 Years	17	56.66%
		C) 16-17 Years	9	30%
		D) > 17 Years	0	0%
8	PATTERN OF MENSTRUAL CYCLE	A) Once in 28 days	8	26.66%
		B) Once in 28- 32 days	7	23.33%
		C) Once in 33- 45 days	7	23.33%
		D) > 45 days	8	26.66%
		E) Twice in a month	0	0%
9	DAYS OF THE FLOW DURING MENSTRUATION	A) Less than 2 days	1	3.33%
		B) 2-3 days	15	50%
		C) 3-5 days	13	43.33%
		D) 5-7 days	1	3.33%
10	AGE AT MARRIAGE	A) Less than 20 Years	0	0%
		B) 21- 25 Years	17	56.66%
		C) 26- 30 Years	9	30%
		D) Above 30 Years	4	13.33%
11		A) Consanguineous	2	6.66%

	TYPE OF MARRIAGE	B) Non-Consanguineous	28	93.33%
12	COMPLETED YEARS OF MARITAL LIFE	A) 1-2 Years	0	0%
		B) 3-5 Years	3	10%
		C) 6-8 Years	13	43.33%
		D) > 8 Years	14	46.66%

SECTION: III: FREQUENCY AND PERCENTAGE DISTRIBUTION OF SUBJECTS ACCORDINGS TO PSYCHOGICAL FACTORS

N= 30

SR. NO.	FACTORS	CATEGORIES	FREQUENCY	PERCENTAGE
13	MARITAL CONFLICTS	A) Yes	3	10%
		B) No	27	90%
14	CONFLICTS WITH IN-LAWS/ JOB/ SOCIAL	A) Yes	4	46.66%
		B) No	26	86.66%

SECTION: III: FREQUENCY AND PERCENTAGE DISTRIBUTION OF SUBJECTS ACCORDINGS TO PERSONAL FACTORS

N= 30

SR. NO.	FACTORS	CATEGORIES	FREQUENCY	PERCENTAGE
15	FOOD HABITS	A) More of Vegetarian	26	86.66%
		B) More of Non-Vegetarian	4	13.33%
		C) More Junk food	0	0%
		D) More fried food	0	0%
16	DAILY EXERCISE PRACTICE	A) Household works	14	46.66%
		B) Walking	12	40%
		C) Mild jogging	1	3.33%
		D) All of above	1	3.33%
		E) None of them	2	6.66%
17	PERSONAL HABITS	A) Betel nut chewing	0	0%
		B) Tobacco chewing	0	0%
		C) Smoking	1	3.33%
		D) Alcohol	2	6.66%
		E) None of them	27	90%
18	EXPOSURE TO PASSIVE SMOKING	A) Yes	29	96.66%
		B) No	1	3.33%
19	COITUS	A) Once a week	4	13.33%
		B) Twice a week	14	46.66%
		C) More than twice a week	9	30%
		D) Occasionally	3	10%
20	BODY MASS INDEX	A) Underweight =< 18.5	2	6.66%
		B) Normal weight = 18.5-24.9	17	56.66%

		C) Overweight = 25- 29.9	11	36.66%
		D) Obesity = 30 or More	0	0%
21	CAUSE OF INFERTILITY	A) Polycystic Ovarian Disease	3	10%
		B) Ovarian cyst/ tumours	7	23.33%
		C) Tubal blocks	0	0%
		D) Hormonal imbalance	1	3.33%
		E) Congenital anomalies of uterus	0	0%
		F) Unexplained	18	60%
		G) Others	1	3.33%
22	TYPE OF INFERTILITY	A) Primary	17	56.66%
		B) Secondary	13	43.33%

DISCUSSION

A total 100 eligible women who met the sampling criteria were selected by purposive sampling technique. The data were gathered by structured questionaries tool to assess the knowledge regarding pre-conception care.

In this present study majority of the subjects are belongs to age group 21-25 years (41%) and 24(24%) subjects are graduates, Majority of subjects occupation is semi-skilled worker and Clerical, famer, shop owner (23%), 57(57%) subjects are from nuclear family, 74(74%) subjects have knowledge regarding preconception care where majority of 29(29%) knowledge from mass media.

The present study shows that the mean difference of pre-test post-test knowledge score is 5.13 with 't' calculated value is 9.9 at df 99, 0.05. df value is 1.66, It reveals the effectiveness of STP.

In the present study maximum subjects 100(31%) are having inadequate knowledge & 100(0%) adequate knowledge in aspects of benefits of preconception care. After post-test 100(51%) have moderately adequate knowledge & 100(49%) have adequate knowledge.

In this present study shows the significant association of age, education, occupation, type of family, previous knowledge about pre-conception care, if yes specify the source of knowledge. In this present study subjects who participated that age group chi-square 13.66(calculated value) df is 6 (12.59 table value), education 25.18 (calculated value) df is 12 (21.03 table value), occupation 12.4(calculated value) df is 12 (21.03 table value), type of family 3.88(calculated value) df is 4 (9.49 table value), previous knowledge regarding pre-conception care5.99(calculated value) df is 2 (0.28table value), if yes specify the source 4.3(calculated value) df is 8 (15.51table value).

CONCLUSION

One group pre-test post-test research desgin, quantitative research approach, study was conducted on a sample of 100 eligible women through purposive sampling technique using structured teaching programme. The data collection of periods is 4 weeks from 25/04/2022 to 21/05/2022 at selected areas of south Gujarat to Assess the Effectiveness of Structured Teaching Program on Knowledge Regarding Preconception Care

Among the Eligible Women in Selected Villages of South Gujarat. The study reveal that the structured teaching programme is improving the knowledge regarding pre-conception care in selected villages of South Gujarat.

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