

ASSESS THE LEVEL OF DEPRESSION AMONG INFERTILITY WOMEN AGE GROUP OF (20 TO 45 YEARS) ATTENDING SELECTED INFERTILITY CLINICS AT NALGONDA (DIST.), TELANGANA (STATE)

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ABSTRACT

Background and objectives: Parenting is innate for both men and women, and the failure to achieve this naturally and/or spontaneously has been associated with anger, depression, anxiety, marital problems and feelings of worthlessness. Marital discord may also develop, especially when a couple is under pressure to make medical decisions. Although normal grief is expected and it often occurs in women with infertility, it may progress to pathological grief leading to depression. Depression does not affect the life of infertile individuals; it also impacts on their treatment and follow-up. The study was done to Assess the level of depression among infertility women age group of (20 to 45 years) attending selected infertility clinics at Nalgonda (Dist.), Telangana (State). **Materials and methods:** The research approach for the present study was quantitative approach. The research design was non-experimental descriptive research design. The sample of the study were 50 infertility women age group of (20-45 years) selected by non- probability convenient sampling technique. Setting of the study was KIM's hospital Narketpally, Nalgonda (dist.). Content validity of the tool was established by 7 experts. Pilot study was conducted and reliability was done by split half method (correlation coefficient) which was found to be reliable (0.9). Main study conducted and data collected by using beck depression inventory (BDI) to assess the level of depression. Data was analyze and interpreted by using descriptive and inferential statistics. Hypothesis was achieved. **Results:** Majority of Women age group of 20-45 with infertility 30 (60%) were belongs to the age group of 31-35 years, Regarding religion, majority 30 (60%) were Hindus, Regarding educational status, majority 29 (58%) were with graduate and above education, Regarding occupation, majority 24 (48%) were employed, Regarding family income per month, majority 19 (38%) were getting Rs.15001-20000/- per month, Regarding type of family, majority 39 (78%) were from nuclear family, Regarding source of information, majority 28 (56%) had information from health personnel and Regarding family history of infertility, majority 38 (76%) not had family history of infertility. Majority of Women age group of 20-45 with infertility 18 (36%) were with mild mood disturbances, 14 (28%) were with moderate depression, 13 (26%) were with borderline depression and only 5 (10%) were with no depression. Hence it describes there is significant association between levels of depression among women age group of (20-45) with infertility residing at selected infertility centres" was accepted for these variables. **Conclusion:** Hence it describes there is significant association between levels of depression among women age group of (20-45) with infertility residing at selected infertility centres was accepted for these variables.

Key words: Depression, infertility.

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INTRODUCTION:

While some define infertility as the inability of co-habiting heterosexual couples to achieve conception within a year despite regular, adequate and unprotected peno-vaginal intercourse, the World Health Organization (WHO) defines it as the inability to conceive within two years of exposure to pregnancy because some couples, though not infertile, may not be able to conceive within the first year of unprotected sex. It is divided into primary infertility, for women who have never conceived, and secondary infertility, for women who have conceived at least once previously.

Infertility reportedly affects about 13–15% of couples worldwide, and between 60 million and 168 million people globally. It has immense psycho-social impact on couples, especially in Africa where a high premium is placed on child-bearing. Women with fertility problems may be despised, neglected or abused by their husbands and extended family.

Depression is a common mental disorder characterized by depressed mood, loss of interest or pleasure, decreased energy, feelings of guilt or low self-worth, disturbed sleep or appetite, and poor concentration. Currently, the WHO ranks depression as the fourth leading cause of disability worldwide, and projects that it will become the second leading cause of disability by 2020, and the leading cause by 2030. The burden of depression cuts across both high-income and low- and middle-income countries, especially among women.

Depression-related infertility is concerned; Prevalence of depression and anxiety among those who are taking treatment for their infertility is identified by one study. Using structured clinical interviews, it reported that criteria for major depressive disorders were met in 17% of the women. Similarly, it found women meeting criteria for mood disorder and dysthymia (26.8% and 9.8%, respectively) as well. Results also indicate anxiety (23%) as the most diagnosed disorder among selected sample.

NEED FOR THE STUDY:

IN INDIA; Infertility is “a disease of the reproductive system defined by the failure to achieve a clinical pregnancy after 12 months or more of regular unprotected sexual intercourse. There are two kinds of infertility primary and secondary. Primary infertility means the couple has never conceived. Secondary infertility means the couple has experienced a pregnancy before and failed to conceive later. Globally, most infertile couples suffer from primary infertility. Sexually transmitted infections (STIs) are the leading preventable cause of infertility by causing 70% of pelvic inflammatory diseases responsible for tubal damage. Low fertility is becoming more common in worldwide, particularly in many urban settings where women’s are planning their first babies at older ages. Infertility affects up to 15% of reproductive-aged couples worldwide. According to World Health Organization estimation prevalence of primary infertility in India is between 3.9 to 16.8%. In Indian states prevalence of infertility varies from state to state such as 3.7 per cent in Uttar Pradesh, Himachal Pradesh and Maharashtra, to 5 per cent in Andhra Pradesh, and 15 per cent in Kashmir and prevalence varies in same region across tribes and caste. The prevalence of infertility affects the couples and causes emotional and psychological distress in both men and women. In recent years there is increased awareness to integrate infertility prevention, care and treatment into the basic health care services.

D. DOMAR et al., (2005) conducted a study on prevalence, severity, and predictability of depression in women compared with a control sample of healthy women. The sample was 338 infertile women and 39 healthy women. By using beck depression inventory. The infertile women had significantly higher depression scores and twice the prevalence of depression than the controls: women with 2 to 3 years history of infertility had significant higher depression scores compared with women with infertility duration of <1 year or >6 years, women with an identified causative factors for their infertility had significantly higher depression scores than women with unexplained or undiagnosed infertility. The study was concluded that depressive symptoms are common in infertile women. Psychological interventions aimed to reducing depressive symptoms need to be implemented. Especially for women with a definitive diagnosis.

PROBLEM STATEMENT:

“Assess the level of depression among infertility women age group of (20 to 45 years) attending selected infertility clinics at Nalgonda (Dist.), Telangana (State).”

OBJECTIVES:

- Assess the level of depression among infertility women's
- Associate the depression level in infertility women's with selected demographic variables.

HYPOTHESIS:

H1: There will be significance association between the level of depression among infertility women age group of (20 to 45 years) attending selected infertility clinics with selected demographic variables.

MATERIALS AND METHODS:

The research approach for the present study was quantitative approach. The research design was non-experimental descriptive research design. The sample of the study were 50 infertility women age group of (20-

45 years) selected by non- probability convenient sampling technique. Setting of the study was KIM's hospital Narketpally, Nalgonda (dist.). Content validity of the tool was established by 7 experts. Pilot study was conducted and reliability was done by split half method (correlation coefficient) which was found to be reliable (0.9). Main study conducted and data collected by using beck depression inventory (BDI) to assess the level of depression. Data was analyze and interpreted by using descriptive and inferential statistics. Hypothesis was achieved.

RESULTS:

Majority of Women age group of 20-45 with infertility 30 (60%) were belongs to the age group of 31-35 years, Regarding religion, majority 30 (60%) were Hindus, Regarding educational status, majority 29 (58%) were with graduate and above education, Regarding occupation, majority 24 (48%) were employed, Regarding family income per month, majority 19 (38%) were getting Rs.15001-20000/- per month, Regarding type of family, majority 39 (78%) were from nuclear family, Regarding source of information, majority 28 (56%) had information from health personnel and Regarding family history of infertility, majority 38 (76%) not had family history of infertility.

Majority of Women age group of 20-45 with infertility 18 (36%) were with mild mood disturbances, 14 (28%) were with moderate depression, 13 (26%) were with borderline depression and only 5 (10%) were with no depression. Hence it describes there is significant association between levels of depression among women age group of (20-45) with infertility residing at selected infertility centres" was accepted for these variables.

Table 1: Depression scores of Women age group of 20-45 with infertility in terms of Frequency and percentage (n=50).

Classification of Depression scores	Range of scores	Frequency	Percentage
No depression	1-10	5	10
Mild mood disturbance	11-16	18	36
Borderline depression	17-20	13	26
Moderate depression	21-30	14	28
Severe depression	31-40	0	0
Extreme depression	Over 40	0	0
Total		50	100

The above table shows that majority of Women age group of 20-45 with infertility 18 (36%) were with mild mood disturbances, 14 (28%) were with moderate depression, 13 (26%) were with borderline depression and only 5 (10%) were with no depression.

Table 2: Mean, Standard deviation of Depression scores among Women age group of 20-45 with infertility.

Mean	Standard Deviation	Maximum score	Minimum score
16.10	4.76	5	21

The above Table -2 describes the depression scores of Women age group of 20-45 with infertility. The mean depression score was 16.10 with 4.76 standard deviation, maximum score 21 and minimum score was 5.

Chi square value was computed to determine the significance association between the level of depression among infertility women age group of (20 to 45 years) attending selected infertility clinics with selected demographic variables. Significant association was found between the level of depression among infertility women and with their selected demographic variables hence H_1 was accepted.

RECOMMENDATIONS:

- A similar study could be undertaken with large sample for making a more valid generalization.
- A study could be taken to develop the health education packages on management depression to evaluate that effectiveness.

INTERPRETATION AND CONCLUSION:

The study concludes that majority of Women age group of 20-45 with infertility 18 (36%) were with mild mood disturbances, 14 (28%) were with moderate depression, 13 (26%) were with borderline depression and only 5 (10%) were with no depression.

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