

ORIGINAL ARTICLE

Marital Dissatisfaction and Depression: A Comparative study among Infertile Couples of Punjab

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ABSTRACT

Although most studies on the effects of infertility-related stress focus on individuals, there has been little study on how marital dissatisfaction and co morbid feelings are connected with each other and affect infertile couples. The current study intended to analyze level of marital dissatisfaction and depression among infertile couples. Index of marital satisfaction (IMS) for measuring marital satisfaction and Beck depression inventory (BDI) for measuring depression was used as tool of study.¹ The sample of 200 married couples were included 100 couples were fertile and 100 couples were infertile. The results indicated that infertile couples are more martially dissatisfied. Female are more martially dissatisfied. The findings of this study also indicted that there is a positive relationship between marital dissatisfaction and depression among the infertile couples.²

Keywords: Marital dissatisfaction, depression, infertile couples, Punjab

INTRODUCTION

Medically, infertility is defined as the failure to obtain a clinical pregnancy after 12 months or more of unprotected sexual contact. It is a worldwide public health issue that affects 9% of reproductive-age couples. Having unpleasant psychological implications Depression problem is one of the most commonly mentioned side effects of infertility. Waiting for the birth of a child in their shared life is one of the primary motivations for a man and a woman to marry. Infertility is an issue and one of life's most difficult challenges.³ Despite advancements in regeneration and ancillary equipment and treatments that assist infertile couples in managing and reducing reproductive difficulties, about 80 million individuals worldwide are facing infertility. According to studies, the fertility rate has risen by 50% since the first reports (Bajwa, 2019).⁴

Objectives of the study: An objective of the study was to evaluate the marital dissatisfaction and depression among infertile couples of Punjab, Pakistan based on gender of the couple. It was also intended to find out the relationship between marital dissatisfaction and depression among infertile couples.⁵

METHODOLOGY

It was an exploratory research design and survey method was used to collect the data.

Population and sample: Population of the sample was all the married couples of Punjab, visiting any hospitals, psychiatry OPD. The sample of 200 N=200 married couples (n=100 fertile and n=100 infertile) were selected through purposive sampling technique from Nishtar hospital, services Hospital and district headquarter hospital Faisalabad. It was taken care that the infertile couple is among age 25- 40 having at least 3 years of marital relations.⁶

RESULTS

The above mentioned table shows the results of depression. There is significant mean and SD difference between the two groups. T value shows depression among infertile couples is higher than fertile. As supported by significant p value.

The above mentioned table shows the result of depression among male and female participants of infertile couples. Mean and SD score is significantly high in female. The t value indicates the level of depression in female is higher than male. This is proved by p value.

The table indicates the results of level of marital dissatisfaction among the two groups. There is significant Mean, SD difference in fertile couples and infertile couples. T value shows infertile couples are significantly martially dissatisfied as compare to the fertile couples which is supported by significant p value.⁸

Table 1: Means standard deviation & t-value for the score of depression among fertile & infertile couples on the scale of back depression inventory. (N=200)

	Marital couples	N	Mean	SD	T	P
BDI	Infertile	100	13.74	5.53	7.74	0.000
	Fertile	100	8.31	4.27		

Df = 98

Table 2: Means standard deviation & t-value for the score of depression among male and female participants of infertile couples (N=100)

	Participants	N	Mean	SD	T	P
BDI	Male	50	11.50	4.82	4.39	0.000
	Female	50	15.98	5.37		

Df = 98

Table 3: Mean standard deviation & t-value for the score of marital satisfaction among fertile couples and infertile couples on the scale of index of marital satisfaction (N=200)⁷

	Married couples	N	Mean	SD	T	P
IMS	Infertile	100	35.88	9.13	2.23	.02
	Fertile	100	33.53	5.25		

Df = 198

Table 4: Mean, standard deviation, p and t-value for the score of level of marital satisfaction among male and female participants of infertile couples on the scale of index of marital satisfaction (N=100)

IMS	Participants	N	Mean	SD	T	P
	Male of infertile couple	50	38.06	10.40	2.44	0.01
	Female of infertile couple	50	33.70	7.10		

Df = 98

The table indicates the result of level of marital satisfaction among male and female Male of infertile couple. There is significant mean and SD difference between the two groups. Male are more martially dissatisfied then female. Which is proved by p value.

Table 5: Relationship between level of depression and level of marital satisfaction on the scale of index of marital satisfaction and back depression inventory

Scale	R
Relationship Of depression & Marital dissatisfaction	0.248 **

P**<0.01

The above mentioned table indicates that results of correlation between level of depression and level of marital dissatisfaction. The r-value indicates a significant positive relation between depression and marital dissatisfaction. Which means as the depression increases it causes increase in marital dissatisfaction. That is supported by P- value.

Findings:

The findings of the study clearly demonstrated that

1. The infertile couple faces more depression as compare to fertile couple
2. The infertile couple faces more marital dissatisfaction as compare to fertile couple
3. The infertile female faces more depression as compare to infertile male.
4. The infertile female faces more marital dissatisfaction as compare to infertile male.
5. The level of marital dissatisfaction and level of depression are positively correlated.

DISCUSSION

The goal of the study was to look at the psychological aspects of infertility from the viewpoints of infertile patients, spouses, and infertility professionals. For societal, personal, familial, lineage, and inheritance reasons, the participants believed that children were highly valued. Childbearing is linked to male and female prestige and survival. However, infertility affects women in terms of societal pressure, medical processes, and infertility (Ramazan et al., 2011).⁹

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