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## A Descriptive Study To Assess The Contributing Factors Of Infertility And Treatment Modalities Used Among The Infertility Couples

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### Abstract:

**Objectives:** To assess the contributing factors of infertility among the infertile couples attending Out Patient Department, to find out the availability of various type of treatment modalities among infertile couples **Methods:** Descriptive research design was adopted for the study. **Result:** The Study finding showed that 84 % of the infertile couples comes under primary infertility. 74 % of infertile couples adopted invitro fertilization. The Contributing factors of infertility among infertile couples were endocrine disorder (40%), obstruction or absence of seminal duct (40%). **Conclusion:** The study concluded that majority of the women were infertile than male. Infertility can be treated and cured and there is a great need to improve the awareness regarding the investigations and treatment modalities of infertility.

**Keywords:** *Infertility, Contributing factors , Endocrine disorder*

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### INTRODUCTION

Infertility is a global Phenomenon. Infertility is defined as a failure to conceive within one or more years of regular unprotected coitus.<sup>1</sup> Generally ,Worldwide it is estimated that one in seven couples have problems in conceiving. Nearly 80% of couples achieve conception, if they so desire within 1 year of regular intercourse with adequate frequency. Another 10% will achieve the objective by the end of 2<sup>nd</sup> year .About 10% remain infertile by the end of 3<sup>rd</sup> year.<sup>5</sup> The main causes of infertility in female factors were ovulatory dysfunction 40%, tubal factors 40% uterine factors 10%, cervical factors 5% ,Peritoneal factors 5% and other causes might be marital problems, Psychological factor, sexual factor, lack of education and knowledge.<sup>2</sup>

The male factors were disorders of spermatogenesis 50%,obstruction of the efferent ducts 30%,disorders of sperm motility 15% and sexual dysfunction.<sup>3</sup> A range of assisted reproduction techniques are available to treat the infertile couple and it is important that the appropriate treatment option is offered, such as In vitro fertilization, Donar insemination, Gamete intrafallopian transfer, Zygote intrafallopian transfer, storage or gametes of embryos, and ovulation induction.<sup>4</sup>

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### STATEMENT OF THE PROBLEM:

A descriptive study to assess the contributing factors of infertility and treatment modalities used among the infertile couples in Srishti hospital at Puducherry.

## OBJECTIVES:

- To identify the types of infertility among the infertile couples attending Out Patient Department , Srishti hospital, Puducherry.
- To find out the availability of various type of treatment modalities used among infertile couples in Srishti hospital, Puducherry.
- To find out the association between type of infertility among infertile couples with selected demographic variables.
- To find out the association between contributing factors of infertility among infertile couples with selected demographic variables.

## RESEARCH METHODOLOGY:

Descriptive research design was adopted for the study. The study was conducted in Srishti hospital at Puducherry. The population was infertile couples who are getting treatment in Srishti hospital. Infertile couples and those who fulfill the inclusion criteria were selected as sample by convenient sampling technique. The Data was Collected after obtaining formal permission from the director Srishti Hospital and the study participants. After explanation of the purposes of the study, the structured questionnaire was provided to the samples and the time limit of 30 minutes was given for the completion of questionnaire.

### Frequency and percentage distribution of type of Infertility among the infertile couples in Srishti Hospital.

S.NO	TYPE OF INFERTILITY	FREQUENCY	PERCENTAGE (%)
1.	Primary	29	83
2.	Secondary	6	17

## MAJOR FINDINGS OF THE STUDY:

- With regard to age of infertile couples 15(43%) belonged to the age group of 20-30 yrs, regarding gender 31 (89%) were females, out of 35 samples 16 (45%) were married above 6 years of duration , 25 (71%) were having regular menstrual cycle, regarding the Rh type 25 (71%) were Rh negative blood group, regarding weight 15 (43%) were between 45-60 kg, majority of the women 20 (57%) had hemoglobin level of 8.6 – 11 gm%.
- With respect to types of infertility, out of 35 infertile couples 29(83%) had primary type of infertility and 6 (17%) had secondary type of infertility.
- The contributing factors of infertile couples were Endocrine disorder 14 (40%), Systemic diseases 1 (3%), Obstruction or absence of seminal duct 14 (40%), Sperm causes 1(3%) and others 5 (14%).
- The treatment modalities used among 35 infertile couples were invitro fertilization 26(74%), embryo cryo preservation 2(6%), intra uterine insemination 5 (14%), intra cytoplasmic injection 2(%).
- Association between different type of infertility among infertile couples with selected demographic variables revealed that type of marriage, age, residence, duration of marriage found to be Significant at the level of  $P < 0.05$ .
- The Association between contributing factors among infertile couples with selected demographic variables revealed that Age, Hemoglobin , Height, Duration of marriage found to be significant at the level of  $P < 0.05$ .

### Limitations:

- The study was limited to infertile couples in Srishti hospital at Puducherry.
- The study period was limited to one week

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**CONCLUSION:**

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The study concluded that the majority of women were infertile than male. Out of 35 samples, 29 had primary type of infertility. Infertility can be treated and cured and there is a great need to improve the awareness regarding the investigations and treatment modalities of infertility.

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- ***Hypotension***
- ***Hypoxia***
- ***Hypoglycemia***
- ***Hypothermia***