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Causes of Infertility and Its Impact on the Matrimonial Life of Husband and Wife: A Study of District Lahore.

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Abstract

Our human species are not aware of their disposition to follow Divine. But according to God sayings "Be fruitful and do multiply" than more than they want to comply. They follow the work assigned by heart. they are able to turn their willingness into happiness. The majority of couples had faced no issue. While minority had faced same issues of delaying or having inability to take and bring birth to child. They had taken medicines to overcome this problem and were able to conceive child naturally. Basically, Infertility had many reasons like it may be due to polycystic ovary syndrome, drinking alcohol, genetic issues, low sperm count, issues with tubes carrying sperm, problem in erection, issues in ejaculating or may be due to obesity. Different samples had been gathered and tests performed in two different clinics. Study of patients based on sex, age, quality of job and adoption of a child. Results had been drawn as out of 100 males and females patients, 50% are infertile nature. There are some preventive measures suggested to search a doctor, get good diet or take exercise regularly and moreover avoid from smoking and drinking alcohol.

Keywords: Infertility, Polycystic Ovary Syndrome (PCOS), Matrimonial life, Australian infertility clinic, Saqib infertility clinic.

Introduction

The infertility is defined by medically as the failure to get pregnancy after 12 months or more duration for unprotected intercourse (1), it is one of more burning point that occur in developing countries and considered as main health issue by WHO (2).

We know that Pakistan is most popular country of world with population growth rate of 2% having high rate of infertility, (21.9%). 3.5% primary and 18.4% secondary (3). This indicate that one fifth of population of a country faced this issue (4)

The reason for choosing infertility is to get suggestions about feminism and masculine traits are as under

- fallopian tubes destruction
- problems in ovary
- Endometriosis: Heavy drinking is linked with a high threat of ovulation problems.
- Uterus affecting issues.
- Some conditions are not identifying. (5)

Other Components that Show Vital Role Including:

- Age: As age increasing, the quality and quantity of women egg start to end. In the half of century of 30s, rate of depleting follicles increases, that may result in poorer quality eggs and it also increase the chance of miscarriages.
- Polycystic Ovary Syndrome (PCOS)
- Some issues are Gynecological like past ectopic pregnancy.
- Some conditions associated medically as diabetes, epilepsy, and thyroid and bowel issues.
- Smoking: it causes damaging your cervix and fallopian tubes, it also increases threat of miscarriage and ectopic pregnancy.

- Weight: If you have high weight, it may cause resistance in normal ovulation. High Body mass index (BMI) caused high frequency of ovulation (6)

Conditions that may Result in Infertility Include:

- Lower sperm count or efficiency, as well as complications with the tubes that contain sperm, can cause infertility.
- Having difficulty keeping an erect.
- ejaculatory complications

Other Factors that may play a part in Infertility Include:

- A previous bacterial infection that caused damage to the skin and blocked tubes within the epididymis as it meets the vas.
- Having undergone medical care, such as medication, radiotherapy, or surgery to remedy a hernia, unruptured testes, or twisted testicles,
- Difficulties with genetic factors (7).

Impact of Infertility in Couple's Life

Marital Dissatisfaction

Female infertility is frowned upon in each of these Western and non-Western cultures. In non-western cultures, the concept of childbearing as a symbol of womanhood, the high return placed on children by more isolated families, and obstacles in the process of legal or long-term selection make criticizing states of mind faced by barren ladies particularly intense. Apart from that, there's the sweeping statement. (8)

Fruitlessness could be an unsettling context that affects many aspects of a woman's life, including her religious faith, optimism, and employment, relation with her partner, family, and friends. Sadness, uneasiness, and self-destructive thoughts of suicide are common psychological signs reported by barren women.

- Spouses over 30 years old
- Emotional pain
- Lack of education
- Low-wage workers
- Comprehensive therapy
- Inappropriate medication

Emotional Aspect

“In the life of a person creature, sex plays a pivotal role. Sexual roles are extremely important in a stable marital life, and a partner who is sexually unstable is often irritated and disturbed. This, in the vast majority of situations, creates conflict and anxiety in the couple's marriage. Fertility is inextricably linked to human feelings, sexuality, and personal health. a variety of psychosexual.

Infertility's Emotional Facets.

When partners are unable to fulfill their goals or what they believe society demands of them, such dysfunctions cause significant distress. These stresses are amplified when sexual activity is required at specific times during the menstrual cycle, and when the goal is more focused on reproduction than on the expansion of a relationship. (9)

Social Impact of Infertility

The majority of social orders are structured, especially in developing countries, so that children are required for the

supervision and keeping of more senior elders. Even in developed countries with socially and emotionally stable networks, children and family are expected to provide a large portion of the treatment for the elderly.

Couples without children are often barred from participating in important family functions and events such as birthday parties, christenings, affirmations, Jewish rituals, and their children's weddings. In addition, many religions assign important impressionistic tasks to the couple's children. The rate of fruitlessness in a population has significant statistical and health implications. (10)

Similarly, it was discovered that in 18 Sub-Saharan African countries, fruitlessness accounts for 60% of the variation in total ripeness, and that richness decreases by one birth for every increase in 9 rate focuses on the proportion of women aged 45 to 49 who do not have children. Larsen and Menken calculated that in Cameroon, a country with a strangely irregular state of barrenness, the present average fertility rate of 5.5 children would rise to 7.3 without sterility. (11)

Simple personal relationships are required for the couple's normal functioning and the social behavior of the children. It has been noted that married people are under a great deal of social pressure to start a family. When a couple fails to have a child in a timely manner, people begin to question why they do not even have children. As a result, for a certain period, cultural pressure develops on the married couple to have a child. If a couple is having fertility issues and is unable to have a child after marriage, they will make every attempt to treat the infertility. Stress between couples is common because of social pressure. Rivalries between husband and wife may occur in some cases. In general, husbands blame their wives for their failure to have children. Relationship squabbles can often lead to separation or divorce. The importance of the family institution to the normal advancement of organizations cannot be overstated. In Pakistan, infertility poses a danger to the family's stability. As a result, it's important to look into the topic of infertility and its effect on the female reproductive system. (12)

Sociological Significance of the Study

In Pakistani society, this issue is very serious. The aim of the study is to find out how common infertility is in the population and what causes it. 7628 out-patients were examined for various problems in Unit-III of the Gynecology and Obstetrics Department at the Federal Government Services Hospital in Islamabad, Pakistan, over a three-year stretch. Infertility may lead to arguments, divorce, or separation between husband and wife. When a woman is unable to produce children, it has a profound effect on her identity, but the suffering can also influence her personal relationships. Despite the existence of infertility group therapy, women who decided to remain childless can sound alone even though they are a part of them. Since these organizations concentrate on in-vitro ovulation and adoption, this is the case. People who decide not to adopt or avoid receiving care receive no assistance. Isolation is a persistent problem for many women who want to live without children after experiencing infertility. (13)

The majority of people understand how terrible it is for a parent to lose someone close. The most noticeable disturbance is to the planned developmental transition to

parenthood. Women frequently envision themselves as mothers long before they try to have children, and this is undoubtedly affected by implied sociocultural values that glorify motherhood. When this reluctant imaginary self of a mother withdraws, it may make her feel helpless, challenge her imagined future, make her doubt her womanhood, and feel like an attack on her capacity to self. This crisis, on the other hand, compelled partners to focus on themselves, to be sensitive, and to grow a stronger joint respect and compassion for one another. When couples can't settle on these big decisions, it's usually because of a problem that existed before the infertility. A social worker should work with the spouse to see if there are any actual problems that are preventing them from making the right choice for their connection. Infertility can also affect a female's relationship with family (14). The aim of this research is to learn more about the fertility problems and how it affects families. The study's results could be useful to lawmakers in bringing about family unity. (15)

Research Methodology

The methodologies used to perform this study are explained in detail. To validate the findings, a survey was used.

Sample:

The aim of this study was to look into the effects of infertility on a person's husband and wife.

Patients at the Australian infertility center and the Saqib infertility center in Lahore are being chosen:

1. The Australian infertility clinic is well-known in the district of Lahore, with several branches in Punjab.

I 116-A Babar Block, Garden Town Model Town Link Road Lahore

II P 93 – A, Peoples Colony No. 1, Near Small D Ground, Faisalabad.

2. Saqib Fertility Clinic in Lahore's Jail Road District.

Patients from both clinics were chosen as a study from January 1, 2012 to December 31, 2016. In the sampled population, all genders were between the ages of 18 and 54. There were 50 percent femininity and 50 percent masculinity in the number of register patients under treatment and cure-able infertility patients. Every person in the sample population comes from a different environment, but they all face the same problem (infertility).

Sampling Procedure and Sample Size

Sampling method is a non-quantitative research in which respondents are chosen based on their relation to the researcher and similarity to the researcher. To summaries, the population survey was conducted using a convenience non-probability sampling procedure.

Results and Discussion

The current study's findings are included in the results and discussions, and the data presented was collected through various surveys.

Table 1: Patients Distribution Regarding their Sex.

Sex	Frequency	Percentage	Mean	Std. Deviation
Male	100	50	1.50	0.50
Female	100	50		
Total	200	100		

Result: The presented results shows that 50% of male and 50% female out of 100 had faced infertility.

Table 2: Patients Distribution on the Basis of Age.

Age	Frequency	Percentage	Mean	Std. Deviation
18-24	03	1.5	3.18	0.87
25-34	52	26		
35-44	51	25.5		
44-54	94	47.0		
Total	200	100		

Results: Age is like an Important question. Our patients have age between 45 to 54 years. Patients have maximum age of 54 and minimum age of 15.

Table 3: Distribution Regarding their Educational Background.

Education Level	Frequency	Percentage	Mean	Std. Deviation
Primary-middle	19	9.5	2.40	0.65
Matric-Intermediate	81	40.5		
Bachelor-Master	100	50.0		
Total	200	100		

Result: Education is also a great question. In this society, there is a lack of educational background; whether anyone has experience, it is limited to primary or secondary education. The importance of education is highlighted in this research. Basic education is the lowest level of education in this report, and master's education is the highest level of education. The majority of the population in this sample is well educated and aware of infertility and its consequences.

Table 4: The Distribution of one's Occupations.

Occupation	Frequency	Percentage	Mean	Std. Deviation
Private Job	30	15.0	2.49	0.96
Government Job	79	39.5		
None (Housewife/Other)	38	19.0		
Total	200	100		

Results:

The topic of occupation is a hot topic. This is a crucial question in this study since it refers to disease exacerbation.

Table 5: Distribution of Time Since Marriage.

Marriage Year	Frequency	Percentage	Mean	Std. Deviation
After1-2 Year	12	6.0	3.92	1.25
After3-4Year	16	8.0		
After4-5Year	45	22.5		
After5-6 Year	29	14.5		
After Than 7 Year	98	49.0		
Total	200	100		

Results: The couples who had no child after one year to more than five years of marriage and still had no live birth were listed in this study.

Table 6: Patients' Baby's Distribution.

Children	Frequency	Percentage	Mean	Std. Deviation
No childe	153	76.5	1.65	1.22
Adopted	5	2.5		
Abortion	42	21.0		
Total	200	100		

Results: Having kids is a great blessing of God. Having children is a wish of every couple in this society, more than 30% couples deprived of this blessing. Sometimes Couple thinks to adopt a child.

Suggestions

There are Some preventive measures.

- To search a good doctor on time.
- Take good diet.
- Take exercise regularly.
- Restrain from smoking and drinking.

Conclusion

To conclude, infertility has negative impact on social life of individuals. Males and females are in fear of infertility. Infertility occur due to many reason like it may occur due to Polycystic Ovary Syndrome (PCOS), Drinking Alcohol, Genetic issues, reduced sperm number or consistency, issues with sperm tube, troubles having an erection, difficulties ejaculating, or high weight, to mention a very few. Different samples (patients) have been gathered and tested in two different clinics. Patients have been checked on the bases of sex, Age, Qualification, Job and adoption of child. Results declared that out of 100 Male and female patients, 50% are positive with infertility. There are Some preventive measures suggested by Experts to search a good doctor on time, get good healthy diet or take exercise regularly and restrain smoking and drinking Alcohol.

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