



“EFFECTIVENESS OF INFORMATION BOOKLET REGARDING ASSISTED REPRODUCTIVE TECHNOLOGY AMONG COUPLES”

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ABSTRACT

The desire for fertility is the manifestation of yearning for immortality. Infertility and assisted reproductive technology (ART) expose couples to great affective, anxiety, stress, and financial burden. Increasing evidence emphasize the impact of lifestyle on infertility. One of the most crucial factors affecting the fertility process is the nutrition patterns, the amount and quality of physical activities, emotional problems management; modulate stressors, relief from anxiety, and the living conditions of couples. Most ART treatment interventions in Iran are not integrated into lifestyle programs. Therefore, this research will investigate the impact of mixed fertility health-promoting programs in couples who use ARTs. Infertility in common is failure to conceive naturally after one typical year of ordinary sexual intercourse without intentionally using contraceptive methods, and primary infertility typically denotes childless couples being unconceived previously. However, secondary infertility denotes merely couples naturally failing to rehearse conception after at least one successful pregnancy. The assessment of pre-test knowledge score out of which 0 had good knowledge score, 22 (93%) of them had poor knowledge, and only 38 (7%) had average score. The mean pre-test knowledge was 11.88 and post-test knowledge score out of which 48 (%) had good knowledge, 12 (%) had average knowledge and none of them had poor knowledge. The mean post-test knowledge score was 22.5. Thus; data full fills the objective (2) and ($t=1.98$).

Keywords: information booklet, knowledge, assisted reproductive technology, couples.

INTRODUCTION

Infertility undoubtedly remains a global issue with uprising trend in most countries in recent years. According to World Health Organization, 15% of couples in the world are infertile. The infertility rate in Iran is worse and reaches 20.2%, denoting one out of every 5 Iranian couples' experiences unproductiveness. ARTs encompass treatments including artificial insemination such as In-Vitro Fertilization (IVF), Intrauterine Insemination (IUI), and Intracytoplasmic Sperm Injection (ICSI). Although these methods are mainly proposed and planned by a specialist considering the patient's condition, adopting an effective method requires the participation and decision of couples. The couples typically undergoing such methods come across multiple therapeutic, psychological, social, and financial stresses. Research shows identifying information needs and providing infertile couples with quality health information to sufficiently satisfy their specific needs may not only lead to better decisions on adopting the right treatment and subsequently increasing fertility chances, but also reduce the effects of above-mentioned stresses. The number of children born through assisted reproductive technology (ART) has increased markedly since 1978, when the first baby conceived through in-vitro fertilization (IVF) was born. The reason for the spread of ART is partly related to the postponement of parenthood in most developed countries

OBJECTIVES

1. Assess the pre-test knowledge score among couples attending infertility clinic regarding assisted reproductive technology among couples attending in fertility.
2. Assess the post-test knowledge score among attending infertility clinic. Regarding assisted reproductive technology among couples attending in fertility.
3. Assess the effectiveness of informational booklet regarding assisted reproductive technology among couples attending infertility clinic.
4. Find the associate the pre-test knowledge score with selected demographic variables.

METHODOLOGY

The research design used for the study was a pre-experimental research design with one group pre-test post test design was used to evaluate the effectiveness of informational booklet on knowledge regarding assisted reproductive technology among the couples who are attending infertility clinic of Jabalpur.. The study was conducted among couples who are attending infertility clinic. A sample size of 60 couples who are attending infertility clinic was selected through convenient sampling technique. The analysis, interpretation and discussion of data collected from 60 couples who are attending infertility clinic who are Jabalpur. Descriptive and inferential statistics were adopted for the analysis and interpretation of the data.

FINDINGS AND DISCUSSION

Section-I: Description of demographic variables

Majority of couples is wife couples 23 (38.33%) were in the age group of above 36 years. Majority of couples is husband 23 (38.33%) were in the age group of 26-30 years. Majority of couples is wife 28 (65 %) were having weight of wife less than 55 kg. Majority of couples is husband 51 (84%) were having weight than 30 year above 75 kg. Majority of couple is wife 31 (51%) were graduate. Majority of couple is husband 41 (68.33%) were in the education in husband. Majority of couples 31 (51%) lived in joint family. Majority of couples is ' 25 (41%) has 11,000 - 20,000 family income. Majority of working status of wife in 34 (56.66%). Majority of couples is wife 23 (38.33%) age of menarche is 10 - 12 year . Majority of couple is wife 16 (26 %) were suffering from Vaginal infection. Majority of whether husband is 24 (40 %) suffering from Thyroid disorder. Majority of couples is 25 (41. 66 %) were having more than 5 year of marital life. Majority of couples in 23 (38. 33) dietary history Non veg diet. Majority History of radiation exposure other than X – RAY. In husband.

Section- II: Comparison of pre interventional and post interventional assisted reproductive technology among the couples who are attending infertility clinic.

The data reveals that 60 samples included in the study for the assessment of pre-test knowledge score out of which 0 had good knowledge score, 22 (93%) of them had poor knowledge, and only 38 (7%) had average score. The mean pre-test knowledge was 11.88 and post-test knowledge score out of which 48 (%) had good knowledge, 12 (%) had average knowledge and none of them had poor knowledge. The mean post-test knowledge score was 22.5. Thus; data full fills the objective (2) and (t=1.98). This result indicates that the informational booklet was effective in improving the knowledge of couples who are attending infertility clinic regarding the knowledge of assisted reproductive technology and management for infertility.

CONCLUSION

As the number of ART users is expected to increase significantly in Hungary as the Government has made it free of charge, it is important for potential users to be properly informed about the related risks among those of reproductive age, and its effectiveness and success rate for those of advanced age in order to avoid involuntary childlessness. A clear message would be that ART can help most couples facing infertility problems to have a baby if the woman is aged <30 years, but it is unlikely they will have a baby if the woman is aged >40 years. After detail analysis the study detail following conclusion The mean pre-test knowledge score was 11.8 and post score was 22.5 the mean deference was 10.62 which <0.005 less than the table value (1.98). Informational booklet is effective in improving the knowledge assisted reproductive technology on couples who are attending infertility clinic.

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