



Infertility among Women: An Investigation on the Emotional and Sexual Impact and Coping Styles

Maryam taherpour*

Academic Member, Department of Midwifery, Qazvin University of Medical Sciences

mrtaherpour@gmail.com

Abstract

Objectives: The cultural, social, and familial expectations to conceive are significant among women worldwide. Infertility is viewed as a stressor and threatens the stability of the individual and their marital and social relationships. According to the Centers for Disease Control and Prevention infertility affects 6.7 million women and 1.5 million married women in the United States. The purpose of this study is to employ qualitative methods to understand the emotional and sexual impact of infertility and coping styles among women.

Materials and Methods: The study was reviewed by searching scientific articles and books and resources have been made.

Results: The most significant findings from this study included infertile women experiencing emotional distress, stigma and social pressure to conceive positive spousal support, and the utilization of natural solutions to enhance infertility. Participants in the studies experienced significant emotional distress in the form of sadness, isolation, feeling badly, emotionally pained, frustration, despair, jealousy, worry, confusion, unhappiness, and anguish. women reported unsatisfactory sexual relations due to body discomfort, frustration due to lack of sexual knowledge, sexual pain, and the stress associated with scheduling sex around fertility. As far as seeking solutions to enhance their infertility, each of the women sought natural solutions to infertility by taking prenatal vitamins, diet, drinking herbal teas, yoga, scheduling sexual relations around fertility days, lifting legs up, and home remedies.

Conclusion: The results showed lack of psychological treatment-seeking behaviors, the need to create accessible psychological services with culturally appropriate educational materials, and creating resources on psychological self-care, especially emotional management.

Key words: Infertility, emotional impact, sexuality, females, spiritual coping styles