



Psychological Effects from Delayed Conception Among Women in South-South, Nigeria

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ABSTRACT

Delayed conception have brought a lot of psychological effects on women across the globe. Women who find it difficult to conceived face a lot of problem that may even cause separation or divorce. The study is to ascertain the Psychological Effects from Delayed Conception Among Women in South-South, Nigeria. The study was a cross-sectional study and a total of 360 women participated in the study. A well-structured questionnaire was distributed to each participant by the research assistant after consent was granted by the participants. The study was carried out in the six States that make up South-South Geopolitical Zones and it lasted for a period of 3 months. The data were analysed using SPSS version 23 and $P < 0.05$ was said to be significant. The result of our findings showed that 83.30% of the participants were worried of not conceiving and 86.10% of them were had psychological trauma. 83.10% of the participants passed through pressure from in-laws and 80.60% of them have been abused by husband's relatives. 77.80% of the participants said their husband planned to get a new wife and 83.30% of them developed high blood pressure. Majority (80.60%) of the participants had loss of appetite and 72.20% of them had depression. 61.10% of the participants said their husband was not happy with the development.

Also, 80.60% them did not socialized and 72.20% of them pushed out of their matrimonial home.

Keywords: Psychological, Effects, Delayed, Conception, Women

I. INTRODUCTION

Delayed in conception among young newly married couples is on the increase across the world (Okocha et al, 2023). There are rising incidence of delayed in getting pregnant by newly married women and this is worrisome (Okocha et al, 2023). Married women that are being confronted with this challenge are not happy at their matrimonial home (Okocha et al, 2023). In African's culture, it is a pride when a lady conceives within three months of her marriage (Okocha et al, 2023). Reproduction is an important aspect of African culture with the aim to maintain continuity in the family circle (Gbaranor et al, 2020). In African culture, the desire of a woman of reproductive age is to give birth or have children, especially among married women (Gbaranor et al, 2020). However, when this desire is delayed, it becomes a concern to the woman and to the entire family. Every woman is important as far as reproduction or conception is concerned (Gbaranor et al, 2020). The happiness of every husband is to see their wives conceiving at their desired time (Gbaranor et al, 2020). Decrease oestrogen concentration due to hyperprolactinaemia affects



women's sexual life and symptoms include lowered libido, dryness of the vagina – with subsequent dyspareunia(Niedziela and Dębski, 2006) and disturbances in the arousal phase and orgasm(Linn et al, 1982). Increased blood serum concentration of prolactin causes many disturbances in the function of the gonads and it leads to an imbalance in GnRH and LH secretion and consequently to hypoestrogenism. (SylwiaPałubska et al, 2017). Hyperprolactinaemia is the cause of 3% of primary amenorrhoea and 18% of secondary amenorrhoea in women(Kaiserk, 2012). Exogenous hormonal therapy causes delayed return of normal function of hypothalamic-pituitary-ovarian axis(Shearman 1966; Horowitz et al, 1968; Halbert and Christian, 1969; MacLeod et al, 1970), and temporary infertility(Bracken et al, 1990).

II. MATERIAL AND METHODS

This is a cross-sectional study involving 360 females who are within the age of 18 to 47 years and reside in the six (6) South-South States, in Nigeria. The study lasted for a period of three months, from November, 2022 to January, 2023.Consent was sorted from the participants

before giving them the questionnaires. Questionnaires were given to the participants. Each participant had one questionnaire to fill appropriately and independently after instructions were given to them by the research Assistants. Data were obtained and analyzed using SPSS version 23 and P value < 0.05 was said to be significant.

III. RESULTS

The results gathered on the effects of delayed conception shows that 300(83.30%) were bordered and 60(16.70%) were not bordered (Table 1). 310(86.10%) of the participants had psychological trauma (Table 2). Information generated on participants shows that 299(83.10%) passed through pressure (Table 3). The results of the effects of delayed conception on loss of appetite shows that 290(80.60%) of the participants had loss of appetite (Table 4). 260(72.20%) of the participants had depression while 100(27.80%) do not have depression (Table 5).When respondents were examined about being pushed out of their matrimonial homes, 260(72.20%) said YES while 100(27.80%) said NO

Table 1: Participants who are bordered of not conceiving

Response	Frequency	Percentage (%)
Bordered	300	83.3
Not bordered	60	16.7
Total	360	100.0

Table 2: Psychological Trauma

Response	Frequency	Percentage (%)
Had trauma	310	86.1
Do not	50	13.9
Total	360	100.0

Table 3: Pressure Response

Pressure Response	Frequency	Percentage (%)
Passed through pressure	299	83.1
Do not pass through pressure	61	16.9
Total	360	100.0

Table 4: Loss of appetite

Response	Frequency	Percentage (%)
Loss of appetite	290	80.6
No loss of appetite	70	19.4
Total	360	100.0



Table 5: Depression

Response	Frequency	Percentage (%)
Had depression	260	72.2
No depression	100	27.8
Total	360	100.0

IV. DISCUSSION

Abuse, hatred, depression and rejection and other psychological trauma are situations undergoes by female who had delayed in conceiving a child. Delay conception is on the increased and this has caused broken homes and divorce among couples. The study showed that majority of the participants (83.30%) were bordered about not conceiving. This bordering may be due to the attitude been put on by the victim's friends and husband relatives. In a neighbourhood, the woman who is yet to conceived may have confrontation with her fellow woman who will unleashed words that may torch the victim's heart and she will go back home and start bordering by thinking about her present predicament. Also, 86.10%, of the participants passed through various degree of psychological trauma that have also contributed to the delayed in conception. Psychological stress may contribute to the delayed conception because it can distort the hypothalamus-pituitary-ovarian axis. This psychological stress can also generate reactive oxygen species (ROS) and this cause imbalance in the hormonal system. This had led to the majority of the participants passing through serious pressure. This pressure might tell on them (the participants) leading them to have certain medical conditions. This pressure been faced by the women with delayed conception arises from difference sources and these sources are husband (11.10%), self (55.0%), in-law (5.60%) and friends (5.60%). Again, the study discovered that 80.60% of the participants were abused and this abuse might come from in-laws, sisters and friends and this might lead to self-isolation. Several women who are facing the issue of delay conception isolated themselves to escape insult and humiliation. 77.80% of the women who are facing delayed conception revealed that their husband is planning o get a new wife since their wife cannot give them (the men) a child. Child is a gift from God and not man-made and so nobody questions God. Sometimes these men who are planning to bring in a new wife are the only male child or the only surviving child and need to get marry early in order to have children. The moment the woman having delayed in getting pregnant hear about a new wife by the husband, she might develop psychological trauma that might also contribute or lengthen her delayed conception.

The study revealed that 83.30% of the participants had increased in blood pressure (BP) due to the pressure and trauma they are passing through and 80.60% of the participants had loss of appetite as a result of delayed conception. 72.20% of the responded experienced depression due delayed conception and might contribute to the delayed conception. 80.60% of the participants have refused to get socialized due to abuse, shame and intimidation carried out by husband, in-laws and friends. 61.10% of the respondents revealed that their husband does not love them any-more. The moment husband ceased his love on the wife, it means that the husband can bring in a new wife and this singular action by the husband may cause psychological trauma in the women. When respondents were examined about being pushed out of their matrimonial homes, 72.20% of the participants were pushed out of their matrimonial homes by in-laws and husband and probably because the man need a child.

V. CONCLUSION

The study shows that psychological trauma is on the increase among women with delayed conception. Majority of the women experienced various degrees of psychological issues such as depression, loss of appetite, isolation, pressure, shame, abuse. The study also revealed that the participants developed increase in blood pressure and most the women who had delayed conception were pushed out of their matrimonial homes by their husband and in-laws.

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