ABSTRACT

Title of the Study:
Effectiveness of counseling and yoga on stress and coping among infertile women subjected to IVF treatment in selected hospital at Chennai.

Purpose:
To decrease stress level by improved coping skills and increase pregnancy outcome. Objectives were evaluating the effectiveness of counseling and yoga on stress, coping, and pregnancy outcome among infertile women in study group when compared to women in control group. Correlate the stress, coping and performance of yoga with pregnancy outcome. Associate the selected demographic variables with stress, coping, performance of yoga and pregnancy outcome.

Related literatures were reviewed and Roy’s adaptation Model was used for conceptual framework.

Methodology:
Research design adapted was Randomized control trial. Manipulation include information counseling, therapeutic counseling that imported on infertility, investigation, treatment procedures and management of infertility related problems in general and coping strategies to manage emotional reaction towards infertility and five steps of yoga. It included demonstration on Titali asana, Spinel flex, Pranayama, Medication and Shavasana and distribution of module on infertility, coping strategies and yoga techniques, reminder for continue the coping strategies and perform yoga steps and clarification.

Randomized block technique was used to assign women with infertility. Sample size was 200, 100 in each group. Setting was infertility research center and hospital outpatient department of G.G Hospital, Nungambakkam, Chennai.

The instrument had 4 parts: Part I Background variables and maternal variables; Part II Fertility Problem Inventory (emotional reaction towards infertility); Part III Coping skills followed by the women and Part IV Yoga performance check
list and Part V pregnancy outcome check list. Data were collected three baselines and after 12 days and 28 days, except yoga performance check list that was assessed after 12 days and 28 days and pregnancy outcome on the day of 28 days.

Findings:

Comparison of stress projected that 75 (75.0%) had very high level of stress in study and control group. Post assessment reveals that 55 (63.2%) women in study group and 3 (3.8%) women in control group had average level of stress. Post stress analysis showed significant at p<0.000 in study and control group. Baseline and posttest mean stress score was 11.287 and 23.998 for study and 0.688 and 1.873 for control group (p<0.001).

Comparison of coping skills indicated that mean coping improvement score was 11.31 and 31.151 for study and 0.538 and 7.501 for control group with p= 0.001. Positive coping mean score was 101.11 and 28.128 for study and 71.29 and 13.457 for the control group, significant at p<0.001. Reminders given, comparison of performance of yoga steps were statistically significant between posttest I and posttest II was at p<0.05.

Comparison of positive pregnancy outcome was 57.47% and 42.53% between study and control group respectively. Positive pregnancy outcome with stress and coping was statistically significant at p<0.05 in posttest I.

Relationship existed between stress and coping in study group and both the groups at p<0.001, between stress and coping with yoga performance was p<0.001.

Occupation had significant association at p<0.001 and residence at p<0.05 with performance of yoga during posttest I, number of IVF done had a significant association at p<0.05 during posttest II. Years of marital life and years of infertility treatment was significant at p<0.05 and Number of IVF done had a significant association at p<0.05 during posttest II with pretest coping scores. Income, economical support was significant at p<0.05 with Level of performance of yoga during posttest I and age of the women and family size had a significant association at p<0.01 during posttest II.
Conclusion:

Effectiveness of counseling and yoga on stress and yoga helps to empower women to challenge with assisted reproductive technology treatment for achieving their biological child. It’s positive effect can be disseminated by implementation in the hospitals and community centers.

**Key words:** Emotional reaction towards infertility problem, Coping skills, Titali asana, Spinel flex, Pranayama, Meditation and Shavasana, pregnancy outcomes, information counseling, therapeutic counseling, pregnancy outcome and continuous practice