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Effectiveness of yoga therapy on stress and depression among women undergoing infertility treatment

Introduction & Aim: Infertility is regarded as a major life crisis that has the potential to threaten the stability of individuals and relationships in a severe way. During recent years, the development and flourishing of Assisted Reproduction Technique (ART) methods has made the parenting possible for a substantial number of infertile couples all over the world. Yoga and meditation can help women in experiencing the challenges of infertility and give patients the patience to undergo the rigors and of infertility treatments. However, persuasive research and studies in this scientific field is still unmapped. The aim of the study is to assess the effectiveness of yoga therapy on stress and depression among women undergoing infertility treatment.

Method: An experimental study was done on women undergoing infertility treatment in Bansal, Madhya Pradesh. Sixty patients were randomized into control and experimental groups. The patients were explained about study, after informed written consent, the tools measuring aggression and its correlates were administered. Tools: Demographic data sheet, Infertility characteristics, fertility problem inventory and Becks depression scale were used for data collection. Ethical clearance was obtained from Ethics Committee, BMHRC. Yoga therapy was administered to the experimental group after both groups pretest.

Results: Majority of the patients were within the age group of 20 to 30 years suffering from primary infertility. The study revealed a significant difference between stress ($p=0.01$) in experimental (155.9 ± 3.6) and control group (185.0 ± 4.7) and depression ($p=0.05$) in experimental (17.8 ± 2.43) and control group (31.4 ± 2.76). The study found a positive association between the levels of stress and depression on age and duration of infertility.

Conclusion: The study concludes that yoga therapy is effective in reducing stress and depression among patients undergoing infertility treatment in various ART centers.

Biography

Namitha Josy has completed her BSc Nursing from All India Institute of Medical Sciences, New Delhi and Masters in Obstetrical and Gynecological Nursing from Bhopal Memorial Hospital and Research Center, Bhopal, India. She is currently working as Nursing Officer at All India Institute of Medical Sciences, Raipur.

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