



RESEARCH ARTICLE

RELATIONSHIP SATISFACTION, PERSONAL OPTIMISM AND EXTERNAL SECURITY AMONG INFERTILE WOMEN

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ABSTRACT

Infertility is one of the leading risk factor to affect relationship satisfaction among married population. Current study aims to measure the association relationship between Relationship Satisfaction and Positivity among Infertile Women. Sample was consisting of 70 infertile women with mean age 41.06±8.60, age ranged from 21 to 57. Participants were approached in outdoors of different public hospitals of Faisalabad. Relationship satisfaction was measured by Relationship Assessment Scale-Urdu and Positivity scale-Urdu used to measure Personal Optimism and External Security. Descriptive statistics and bivariate correlation were run in SPSS 21. Findings indicates that Relationship satisfaction has significant positive relationship with external security at $p < 0.05$. Personal Optimism and External Security are highly and positively associated at $p < 0.01$. So, relationship satisfaction is linked with external security but not with personal optimism among infertile women.

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INTRODUCTION

Infertility is one of the leading risk factor to affect relationship satisfaction among married population. Infertility among women had been focused since last century (Moore and Spadoni, 1983). This matter justifies attention from two facets: first, the fact that 10-15% of the world's populace are perplexing with infertility and looking for management helped fertility approaches in order to understand their dreams consequently in the U.S. one out of every 100 infants is born through reproduction assisting methods as evident by studies in last decade (Cwikel et al., 2004; Galhardo et al., 2013). Infertility from side to side impacting on marital satisfaction or over and done with aggravating marital relationships can openly or ultimately bring about letdown in fertility (Faria et al., 2012). Infertility is amongst unique and major health complications and a socially threatening illness for couples frequently causing marital conflict. Infertility is demarcated as the failure to accomplish a clinical pregnancy after one year or more of consistent unguarded sexual interaction. Worldwide, its prevalence is approximately 8-12%. There are numerous factors such as anatomical, physiological and genetic factors that cause infertility.

Many environmental and acquired factors also lead to inability to conceive (Singh, et al., 2017). About one decade ago a review and criticism of the literature on the socio-psychological influence of infertility was published by Greil. He claimed that most scholars treated infertility as a medical ailment with psychological penalties rather than as a publically fabricated realism (Greil et al., 2010). Predictive role of self-efficacy, optimism and demographical characteristics in infertility-related quality of life were focused in Iran (Rahimian Boogar and Jarareh, 2015). Recently sexual functioning in women with infertility problems addressed, along with their beliefs about sexuality and their quality of life (Agustus et al., 2017). Another study investigated how Arab women who live in Dearborn, Michigan feel about infertility and what were their concerns and worries about their health status (Hamdan, 2016). Link between optimism and external security with relationship satisfaction was not observed in existing literature so far. Current study aims to measure the relationship between Relationship Satisfaction and Positivity among Infertile Women.

METHODOLOGY

It was a cross-sectional study. Sample was consisting of 70 infertile women (with multiple causes) with mean age

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41.06±8.60, age ranged from 21 to 57. Participants were approached in outdoors of different public hospitals and private clinics of Homeopathic Treatment centers of Faisalabad. Relationship satisfaction was measured by Relationship Assessment Scale originally developed by Hendrick (1988) in English version. Relationship Assessment Scale translated in Urdu (local language) that is understandable by 90 percent of the population. In Relationship Assessment Scale Items 4 and 7 are reverse-scored. The Positivity Scale (PS) is a 15-item, 2-factor scale developed by Conchas and Clark (2002) in English language it was also translated by the researchers to improve the response rate from study participants. Positivity scale-Urdu was used to measure Personal Optimism (consist of first 11 items) and External Security (comprise of last 4 items). Standardized method of scale translation adopted while translating both of the scales. In order to collect data permission from concerned authorities was granted before proceeding. Later on informed consent obtained from participants to take part in current study. After their approval both scales along with demographic form presented to rate their responses as required for each scale. Participants were acknowledged for their valuable contribution while responding on study scales. Descriptive statistics and bivariate correlation were run in SPSS 21 to find out desired analysis of study.

RESULTS AND DISCUSSION

Table 1 indicates that 60 percent of the research participants were receiving medical treatment that is categorize as allopathic option of treatment, whereas 40 percent of the participants were receiving Homeopathic treatment for infertility.

Table 1. Treatment Options of infertile women

Variable	Frequency	Percentage
Infertile women	70	100
Allopathic	42	60
Homeopathic Treatment	18	40

Table 2. Relationship between personal optimism and external security among infertile women

	Personal optimism	External Security	Relationship satisfaction
Personal optimism	1		
External Security	.40**	1	
Relationship satisfaction	.056	.254*	1

* $p < 0.05$, ** $p < 0.01$

Findings in Table 2 indicates that Relationship satisfaction has significant positive relationship with external security $r = .254$ at $p < 0.05$. Previous study declared that about 1/4 of the infertility stress variance was explained by coping strategies and personality trait. Hence our consequence proves the significance of social and psychological influences on experiencing the infertility stress (Rashidi *et al.*, 2011). For couple's elevated levels of anxious attachment can predict more pessimistic traits 2 years later. These pessimistic traits, consequently predicted their own future relationship gratification. Husbands' pessimistic traits also predicted lower wives' relationship satisfaction. Pessimistic traits fully mediated the connection amongst anxious attachment and relationship satisfaction among couples. It may be useful when prevailing with couples to assist enhancement in their attachment security and thus encourage more optimistic traits

and greater relationship gratification (Kimmes *et al.*, 2015). Results of another study showed that relationship contentment facilitated the association among avoidance attachment and loneliness and amid infidelity and aloneness. Physical indisposition arbitrated the relationship among anxious attachment and psychological illness. Psychological disease arbitrated the connection among anxious attachment and physical sickness. The contemporary results magnify the literature on attachment by presenting confirmation that anxious besides avoidant partners experience loneliness inversely (Pereira *et al.*, 2014). The most recent study results exposed noteworthy performer and partner special effects. Recognizably, man and woman attachment escaping, and equally man attachment anxiety, anticipated lower dyadic trust, which in turn projected inferior relationship gratification. These results suggested important gender variances in the effects attachment has on complete relationship gratification (Fitzpatrick, and Lafontaine, 2017). Personal Optimism and External Security are highly and positively associated $r = .40$ at $p < 0.01$. Both of these are the sub factors of positivity scale, positive correlation between both factors indicates internal consistency of the scale. On the other hand Relationship satisfaction has insignificant positive relationship with Personal Optimism $r = .056$ at $p > 0.05$ indicating that Personal Optimism is not linked with relationship satisfaction among infertile women. In general population life satisfaction and optimism were significantly linked in general life satisfaction but not particularly relationship satisfaction (Yalçın, 2011). Similarly dispositional optimism and perceived health were significant predictors of life satisfaction among senior games participants (Heo, and Lee, 2010). So far no significant literature found addressing the relationship satisfaction and optimism among infertile women across the globe.

Conclusion

Relationship satisfaction has significant positive relationship with external security. Sub factors of positivity scale personal optimism and external security have significant positive correlation that also claims internal consistency of the scale. Personal optimism is not linked with relationship satisfaction. So, relationship satisfaction is linked with external security but not with personal optimism among infertile women.

Implications

Findings of the current study can provide support to clinicians while dealing infertile couples, particularly women for counseling and therapeutic purposes. They must focus on the level of positivity infertile women are experiencing.

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