



# Infertile couples' psychological symptoms and their coping strategies

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## ABOUT THE STUDY

Infertility, which affects about 15% of couples, causes many social problems. Domestic violence, divorce, polygyny in some countries, and social isolation all increase the likelihood of infertile couples' life quality. Although fertility assistance methods have had notable successes, the suffering from social stigma after infertility, stress from treatment processes and costs, and negative treatment outcomes in 65% of treatment cycles have turned infertility into a crisis for the involved couples, and will be accompanied by increasing stress, anxiety, and depression. As a result, preventing the negative consequences necessitates balancing the crisis through the use of effective and efficient coping strategies.

Coping strategies are processes by which a person attempts to manage crisis stress. They also include any kind of preventing coping strategy that focuses on the problem and the emotions. The rational outcome of using them is to balance the destructive effect of crisis on people's psychological conditions. However, in addition to individual and personal characteristics, the type and severity of the crisis play a role in the impact factor of each coping strategy. It is believed that in times of severe crisis, using emotional circuit strategies provides mental conditions for those focusing on the problem.

Because people believe they have no control over the situation, coping strategies based on emotions will play an important role in balancing the stresses of crises. For its sake, the severity of the crisis has an effect on coping strategies, so that, according to one report, the fear of being uncontrollable has been accompanied by the use of prevention coping strategies.

The study of the relationship of coping strategies with psychological conditions of infertile couples also revealed that using self-blame strategies increases the likelihood

of anxiety. While some studies have shown that using this strategy in infertile couples is associated with improved marital, life, and psychological health.

This variation in the effect of coping strategies on the psychological conditions of infertile couple's points to the effects of such factors that provides the field for choosing the coping strategy. Infertility stigma and social suffering, as well as the importance of fertility in Asian countries' social contexts in maintaining marital lives, have turned infertility into a social problem.

Differences in men's and women's social roles, particularly in developing societies, have resulted in different social-mental conditions for men and women, which can be accompanied by different coping strategies in both genders. Although women are more vulnerable than men when faced with infertility, and they suffer more than men from psychological disorders and social problems, the couples' affinity, interaction, and feeling exchange may impress each couple's coping strategies on the other, as well as psychological trauma from their infertility. As a result, considering their interpersonal interactions is necessary for recognizing the relationship between coping strategies and psychological health in infertile couples.

This study was conducted to compare the coping strategies of infertile couples to those of other couples, as well as their relationship with the level of their psychological symptoms. The findings of this study show that infertile couples' coping strategies interact with one another, but the type of strategy used by men and women in this interaction is not always the same. The psychological health of women is also dependent on the use of these strategies. As a result, it is necessary to develop counseling plans for the most effective use of strategic approaches in order to promote the psychological health of women receiving fertility assistance.