

Comparison of marital satisfaction in infertile couples and its relationship with infertility related stress

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Abstract

Background: Infertility is a personal and social issue that affects couples with multiple psychiatric disorders and impact on marital life and family functioning. Marital satisfaction is a true sense of satisfaction with marital relationship that can affect the physical and psychological aspects of couple life. This study aimed to investigate marital satisfaction in infertile couples and its relationship with infertility related stress.

Material & methods: In this cross-sectional study, 150 infertile couples visiting infertility centers in Tehran, Iran, were selected using the convenience sampling method. To collect data, a demographic form, ENRICH Marital Satisfaction Scale, and Fertility Problem Inventory were employed. To analyze the data, we used Paired T test, Pearson correlation coefficient, and stepwise regression in SPSS, version 18.

Results: Paired t-test showed a significant difference between the mean marital satisfaction scores in couples. The average marital satisfaction score was higher in men ($P=0.003$). The mean scores of couples in the sub-scales of "marital satisfaction" and "idealized distortion" had a significant difference ($P=0.003$) ($P=0.006$). The result of linear regression test showed a significant relationship between marital satisfaction and infertility related stress ($P<0.001$).

Conclusion: Infertility stress in both men and women can affect the satisfaction of their marital relationship. Therefore, special attention to stress management counseling and control in this group of couples can be very effective.

Key words: Infertility, Stress, Marital Relationship, Marital Satisfaction