

**Infertility-Related Stress and Coping Strategies as Predictors of Mental Well-being among Individuals with Reproductive Health Challenges in Ibadan Oyo State Nigeria.**

**Adedunsi Aderonke ABOLUSODUN**

**LCU/PG/002877**

**Being an MSc Thesis Submitted to the Department of Psychology, Faculty of Management & Social Sciences, Lead City University, Ibadan, Oyo State, Nigeria**

**In Partial Fulfilment of the Requirements for the Award of Master Degree (MSc) in Clinical Psychology**

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### **Certification**

This is to certify that Aderonke A. ABOLUSODUN with matriculation number LCU/PG/002877 carried out this research work titled “Infertility-Related-Stress and Coping Strategies as Predictors of Mental well-being among Individuals with Reproductive Health Challenges in Ibadan Oyo State Nigeria.” in the Department of Psychology, Faculty of Management and Social Sciences, Lead City University, Ibadan, Oyo state, for the award of Master of Science Degree (MSc) in Clinical Psychology and that this has not been previously submitted.

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**Dr. Johnson T. Oyeleke**  
**(Supervisor)**

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**Date**

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**Dr. J.R. Adebuisi**  
**(Head of the Department)**

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**Date**

## **Dedication**

This research work is dedicated to God Almighty and to all males and females that have passed through the challenges of infertility.

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## Acknowledgement

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### Abstract

This study explored the Infertility- Related- Stress and Coping Strategies as predictors of Mental Well-being among Individuals with Reproductive Health Challenges in Ibadan. The study adopted a cross sectional research design using probability sampling of simple random to recruit 333 males and females going through issues of infertility at selected four hospitals in Ibadan. Respondent's ages ranged from 21 to 60. Sample size was determined using Taro and Yamani 1967 formula. Data was collected by the use of reliable and valid measure of mental well-being, Infertility-Related-Stress and coping strategies. Four hypotheses were tested using statistical package for social sciences at  $< 0.05$  level of significance. There is no significant difference between male ( $\bar{x} = 38.75$ ,  $SD = 6.57$ ) and female ( $\bar{x} = 38.94$ ,  $SD = 6.74$ ) on mental well-being ( $t(322) = -.220$ ,  $p > 0.05$ ). There is significant joint impact of problem focused, emotional focused, and avoidance coping strategies on mental well-being among the infertile males and females,  $R^2 = .091$ ,  $F(3,315) = 10.457$ ,  $p < .01$ . There is significant joint influence of infertility-related stress (social concern, need for parenthood, rejection of childfree lifestyle, and couple's relationship concern) on mental well-being among individuals with reproductive health challenges,  $R^2 = .386$ ,  $F(4, 314) = 49.34$ ,  $p < .01$ . There is significant joint influence of infertility-related stress and coping strategies on mental well-being  $F(8, 301) = 27.61$ ,  $p < .01$ . It was recommended that these variables should be considered when designing intervention to improve mental well-being of every individual passing through the challenges of infertility.

**Keywords:** Reproductive Health Challenges, Infertility- Related-Stress, Coping strategies, Mental Well-Being.

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