

Education Of Females And Impact On Fertility

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Dear Editor,

Infertility; an inability to conceive after unprotected intercourse for a period of at least one year, is associated with several medical conditions in both men and women which may end up in depression and a number of medical, psycho- social disorders¹. It has been observed that female partners are usually blamed for this condition, especially when they are living in joint families². Since we are aware of the fact that females in many settings are put into early marriage for the sake of royalty or for carrying forward the genetic legacy which prevents them from seeking higher or sometimes even basic education and thus ending up believing in misconceptions and myths. This renders them with lack of awareness and therefore a positive approach for diagnosis and management of infertility.

There is an increased number of studies done on Fertility and its relation to ethnicity and education but this are not much is done in Pakistan since the late 90's³. Infertility is not just related to illiteracy or less education but many well-educated women also suffer from infertility. As they focus on pursuing higher education and becoming career oriented hence delay parenthood, resulting in deterioration in natural child bearing process with increase in their age⁴. While achieving their goals they refrain themselves from the fundamental knowledge related to their own mental and physical health. On later realization, they face depression and anxiety and their apprehension adds on to the causes of infertility.

We conducted a survey to compare the level of education in fertile and infertile female population and observed that 13% infertile females were uneducated as compared to 4% fertile females. The importance of level of education with

awareness to opt for fertility treatments is described in a study done in Toronto in 2014⁵. According to our results 51% fertile females were graduates as compared to 33% infertile females, which raises the question to explore the impact of education on awareness of fertility options and treatment plans.

We realize that targeted educational interventions to expand knowledge about the ideal age of fertility, different elements affecting fertility potential and fertility options can only be dispersed once the female is literate. We therefore advocate on emphasis of provision of basic and essential education to females from rural as well as urban population followed by motivational research programs to encourage women of all ethnic backgrounds to acquire education.

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