

Incidence of Delayed Conception Among Female Who Have Given Birth to a Child in South-East, Nigeria

Asikimabo-Ofori S¹, Gbaranor KB², Biralto PK³, Okocha AN³, Imarhiagbe OC³, Kinako SE⁴, George AF⁵, Chris-Biriowu H² and Nwogu HC⁵

¹Department of Obstetrics and Gynaecology, College of Medical Sciences, Rivers State University, Rivers State, South-South, Nigeria

²Department of Human Physiology, College of Medical Sciences, Rivers State University, Rivers State, South-South, Nigeria

³Department of Family Medicine, College of Medical Sciences, Rivers State University, Rivers State, South-South, Nigeria

⁴Department of Anatomical Pathology, College of Medical Science, Rivers State University, Rivers State, South-South, Nigeria

⁵Department of Anaesthesia, College of Medical Sciences, Rivers State University, Rivers State, Nigeria

*Corresponding author: Gbaranor KB, Department of Human Physiology, College of Medical Science, Rivers State University, Rivers State, South-South, Nigeria

Received: October 23, 2023

Published: April 01, 2024

Summary

Conception is a natural process that may be regulated through proper family planning when the desire is not available and when the desire is available but delayed it becomes a medical issue. Majority of women find it difficult to conceive after giving birth to their first child. The aim of the study is to evaluate the Incidence of Delayed Conception Among Female who have given birth to a child in South-East, Nigeria. Majority of the women are between 28 – 32 years of age. The study 200(55.60%) were married while 160(44.40%) were not married. 200(55.60%) of the participants have married for a period between 5-12 years and 350(97.20%) of them were eagerly expecting baby. 289(80.30%) of the participants have had pregnancy and 260(72.20%) of them have had a child before expecting a new one that never came on time. The study revealed that 340(94.40%) of the participants have been expecting a child for between 5-15 years.

Keywords: Incidence; Delayed; Conception; Female; Birth; Child

Introduction

Reproduction is an important aspect of African culture with the aim to maintain continuity in the family circle [1]. Delayed in conception among young newly married couples is on the increase across the world. There are rising incidence of delayed in getting pregnant by newly married women and this is worrisome [2]. In African culture, the desire of a woman of reproductive age is to give birth or have children, especially among married women [1]. However, when this desire is delayed, it becomes a concern to the woman and to the entire family. Every woman is important as far as reproduction or conception is concerned [1]. The happiness of every husband is to see their wives conceiving at their desired time [1]. Also, married women will be comfortable in their matrimonial homes when conception is not delayed to avoid hate speeches or maltreatment from their in-laws [1]. Desired, delayed conception may be due to several factors and some of these factors appear commoner with a certain group of women [1]. Increased blood serum concentration of prolactin causes many disturbances in the function of the gonads and it leads to an imbalance in GnRH and LH secretion and consequently to hypogonadism. [3]. Decrease oestrogen concentration due to hyperprolactinaemia affects women's sexual life and symptoms include lowered li-

bido, dryness of the vagina – with subsequent dyspareunia [4] and disturbances in the arousal phase and orgasm [5]. Hyperprolactinaemia is the cause of 3% of primary amenorrhoea and 18% of secondary amenorrhoea in women [6].

Material and Methods

A cross-sectional study was carried out among women experiencing delayed in conception after given birth to their first child and the study was conducted in the 5 states that make of South-East Zone in Nigeria. The study lasted for four months and 360 women participated. The questionnaires were well structured and each participant was given a questionnaire to respond to questions after a well-informed consent was granted. Statistical analysis of data was done using SPSS Version 26. P value < 0.05 was considered significant for data.

Results

The results of the number of married participants examined shows that 200(55.60%) were married while 160(44.40%) were not (Table 1). Information on the age of marriage of respondents shows that 16.70% had married for a period between 6months-1 year, 100(27.80%) 2-4 years, while 200(55.60%) were 5-20 years (Table 2). The results showed that 94.40%

of the participants have been expecting a child between 5-15 years (Table 3). The results of having children among respondents shows that 72.20% had children while 27.80% did not (Table 4).

Table 1: Married.

Response	Frequency	Percentage (%)
Married	200	55.6
Not married	160	44.4
Total	360	100.0

Table 2: Age of Marriage.

Age of Marriage	Frequency	Percentage (%)
6months-1 year	60	16.7
2-4 years	100	27.8
5-20 years	200	55.6
Total	360	100.0

Table 3: Child Expectation after First Birth.

Durations	Frequency	Percentage (%)
5-15yr	340	94.4
16-20yr	20	5.6
Total	360	100.0

Table 4: Respondents who had First Child.

Response	Frequency	Percentage (%)
Had a child	260	72.2
No child	100	27.8
Total	360	100.0

Discussion

When reproductive process among married couples come with ease without delaying in getting pregnant, its bring joy to both couples and their in-laws. Every couple have in mind the size of the family they want and when this is coming as expected, it become an issue. It is believed that after the first child was delivered, the couple may expect the next child after two years but in most instances, most women find it difficult to take in as expected. Majority of the participants (55.6%) have been married. This show that the expected pregnancy must be planned and desire by the couple. Also, the study revealed that 55.6% of the women had married for a period between 5 to 20 years and 94.4% were expecting a child after giving birth to their first child. This means that delayed conception is on the increase among women who have given birth to a child. Majority of the women were believing in God to have their second child after exhausting all forms of investigations that the healthcare provider asked them to do. Getting second pregnancy now become a problem among women of reproductive age. This study is similar with previous study by Okocha et al, (2023), that revealed that, majority of the newly married young women had

delayed conception. Study by Okocha et al, (2023), focused on women that married newly and have not gotten any child while the present study focused on women who have giving birth to one or two children and later have delayed in conceiving the second or third pregnancy. The majority of the participants also confirmed that, they have done virtually what is expected of them to do in order to achieved pregnancy. Most of the participants have gone to employ the service of the herbalist and some have gone spiritual but to no avail.

Conclusion

It is joyful to conceive when you desire to do so without delay. The study is concern with women who have giving birth and are willing to get another child but confronted with delayed conception despite carrying out required investigations and when all efforts failed, they employed the service of herbalist. Majority of the participants have delayed conception after their first child.

Acknowledgments: We acknowledge Nazor Barinua-Gbaronor, Nuazor Victory Barinua-Gbaronor, Kedumle Success. Barinua-Gbaronor, Barinadaa Sarah Diginee and Excellent Support Global Foundation for their moral support, understanding, and encouragement during the period of research.

Funding: No funding.

Conflict of Interest: None declared. Ethical Approval: Not required.

References

1. Barinua K Gbaronor, Nazor P Barinua Gbaronor, Clinton D Orupabo, Kalio DGB, Peace E Okpara. Determinants of Delayed Desired Conception among Reproductive Women of Port Harcourt. IOSR Journal of Dental and Medical Sciences, 2020; 19(3).
2. Okocha AN, Gbaronor KB, Peterside S, Mube WA, Dimkpa BM, Ile VI, et al. Rising Incidence of Delayed Conception among Newly Married Women in South-South, Nigeria. International Journal Dental and Medical Sciences Research, 2023; 5(5): pp 250-253.
3. Sylwia Pałubska, Aneta Adamiak Godlewska, Izabela Winkler, Katarzyna Romanek-Piva, Tomasz Rechberger, Marek Gogacz. Hyperprolactinaemia – a problem in patients from the reproductive period to the menopause, 2017.
4. Niedziela P, Dębski R. Hyperprolactinaemia Dłasek-suologów. PrzeglSeksuol, 2006; 5: 5–12.
5. Linn S, Schoenbaum SC, Monson RR, Rosner B, Ryan KJ. Delay in conception for former 'pill' users, 1982; 247: 629.
6. Kaiserk UB. Hyperprolactinemia and infertility: new insights. J. Clin Invest, 2012; 122: 3467–3468.