

The Influence of Causative Factors on Coping Strategy and Level of Depression Among Indonesian Couples Receiving a Diagnosis of Infertility

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Abstract. Potential stressors faced by infertile couples are pressure from relatives and friends. Additional stressors started when they decided to medically investigate and identify the causative factor(s); the partner most responsible may experience guilt and depression, while the other may experience a sense of resentment and frustration. The present study investigated the ways of 77 Indonesian infertile couples, seeking medical investigations and treatments at the Infertility Clinic at Dr. Soetomo General Hospital Surabaya, coped with these stresses consequent upon a diagnosis of infertility and during the time they are to make decisions about how to address the problem. They completed the Ways of Coping Questionnaire, the State-Trait Anxiety Inventory (Form Y), and the Beck Depression Inventory. The subjects used adaptive and problem-focused coping strategies to the diagnosis of infertility. Their coping strategies were found to interact with the causative factors and gender and furthermore related to levels of anxiety and depression. Other factors contributing to the results were other life-crises, length of marriage and age, educational background, individual values and religion, suggested treatments, and ways of communicating the diagnosis.

Key words: coping strategy, depression, infertility

Abstrak. Stresor-stresor potensial yang dihadapi pasutri adalah tekanan dari para kenalan dan sahabat. Stresor-stresor tambahan mulai muncul bila mereka memutuskan memeriksakan diri secara medis dan mengenali faktor(-faktor) penyebabnya, pasangan yang paling bertanggung jawab akan merasa bersalah dan depresif, sedangkan pasangannya akan merasa kecewa dan frustrasi. Studi ini memeriksa 77 pasutri tak subur, yang memeriksakan diri di klinik infertil RSUD Dr. Soetomo, cara-cara pasutri tersebut mengatasi stres setelah didiagnosis infertil dan selama masa menanti mereka harus membuat putusan bagaimana menghadapi masalahnya. Mereka mengisi *Ways of Coping Questionnaire*, *State-Trait Anxiety Inventory (Form Y)*, dan *Beck Depression Inventory*. Para subjek menggunakan strategi-strategi adaptif dan *problem-focused* setelah didiagnosis infertil. Strategi *coping* mereka ternyata berinteraksi dengan faktor-faktor penyebab dan gender, dan selanjutnya terkait tingkat kecemasan dan depresi. Faktor-faktor lain yang berperan terhadap hasil adalah krisis-krisis kehidupan yang lain, lamanya menikah dan usia, latar belakang pendidikan, nilai-nilai dan agama individu, perawatan yang dianjurkan, dan cara-cara penyampaian diagnosis.

Kata kunci: strategi *coping*, depresi, infertilitas