

# Life Quality and Spiritual Intellect in Infertile Couples

Abeer Hussein Khayat

Department of Psychology, King Abdulaziz University, Saudi Arabia

## Abstract

This study highlighted the life quality and spiritual intellect in infertile couples. Sample of the study consisting of (42) couples recruited purposively to guarantee the representation of series of age, cultural background, and miscarriage experience. Data collected through reliability checkers to contain concepts such as life quality, perspectives of spirit, coping strategies and marital relationship among the persons suffering with infertility. Tests and the questionnaires that are verified, like in the case of WHO Quality of Life Instrument, Spiritual Well-Being Scale. Findings showed that infertile people have moderate and high quality of life levels in various life domains. The physical health aspect has the greatest mean score (mean = 72.4). In contrast to the overall environmental factors that are thought in a good way (mean = 70.1), showing a form of happiness with environmental conditions. The discriminating statistics uncover that the spiritual intellect of infertile couples manifest at high levels across different measures. While analyzing the effects of age on life quality, it is observed that there is a strong association between these variables. The older people report to higher level of life quality ( $\beta = 0.21$ ,  $p < 0.05$ ). The process of coping strategies proved to be very strongly associated with both quality of life ( $\beta = 0.30$ ,  $p < 0.01$ ) and spiritual intellect ( $\beta = 0.30$ ,  $p < 0.01$ ).

**Keywords:** Infertility, psychological, spirituality, bi-directional relationship, complexity.

**DOI:** 10.7176/RHSS/14-3-02

**Publication date:** April 30<sup>th</sup> 2024

## Introduction

Infertility influences many individuals all over the world and represents a stigmatized social phenomenon with lots of emotional, psychological, and relational factors. Couples suffering from this condition must advance on their collective pathway along which stress, uncertainty, and feelings of failure are major obstacles (Rezaei et al., 2020). The psyche of an infertile is intricately associated with the perceptions of the quality of life, as they strive to make sense of life after their inability to conceive (Mousavi et al., 2013). Infertility is not only disruptive of reproductive plans but also has a deep-passing influence on various domains of life including social norms, self-identify and ultimate happiness (Denath, 2021).

In terms of the circumstances of infertility, spirituality functions as a pertinent coping outlet, through which people get to vent their emotions, get encouragement, and find meaning where there is no clearly decipherable order. Spiritual beliefs and practices have proven to be the key measures that contribute to individuals' resilience against the stressors that are related to infertility, as well as the ability to withstand the challenges of the procedures (Ali et al., 2018). On the other hand, from a research point of view, spirituality plays a multifaceted role in life quality outcomes for fertility patients.

This paper focuses on evaluating the link between life quality and spiritual awareness within the context of infertile individuals. The theoretical synthesis of existing literature covers empirical studies, quantitative inquiries, and statistical findings, this study is aimed at clarifying the complicated phenomenon of interconnection between spirituality and quality of life for people with infertility. This research intends to contribute to the understanding of the role of spirituality in supporting stress and act as a life changer in the context of couples facing the problem of infertility.

The synthesis of different views of psychology, sociology, and religious studies is the central thrust of this research, and this will lead to the construction of a holistic perception of infertility and its effects in individuals. The paper through the assessment of the spiritual dimension, quality of life, and infertility will provide recommendations with a special emphasis on clinical practice as the most appropriate intervention to deal with the couples suffering from this problem. Through this study care and support programs should be recommended for those who in the midst of trying to get the whole idea of infertility and how to deal with its challenges with compassion, empathy, and inclusivity.

## Literature Review and Related Studies

Infertility is a multi-faceted problem that affects the lives of individuals and couples in different aspects, i.e. emotional, psychological, and relational. Recognizing that the phenomenon of infertility has a diverse structure, an emergent trend in research is exploring the linkage between impact on life quality, spiritually and intellectually, and coping strategies among the couples that suffer infertility.

Among the women who are struggling with this issue of infertility, Rivaie, Mosavinehaad and Ansari (2020) believe that spirituality has an important role in this regard. Their findings highlight the importance of

spirituality as a resilience factor that eases distress, brings comfort, gives hope, thus making infertility process tolerable and manageable.

Looking at the qualitative aspect of quality of life in infertile couples both qualitatively and live ability of life in the infertile persons has been of the major concern in the research trials. Mousavi et al., (2013) provides a comprehensive review of existing knowledge by assessing the quality of life in infertile individuals. This review stresses the elements of multidimensional assessment of health conditions in an infertile person to guarantee the comprehensibility of the impacts of infertility on all spheres of person's wellbeing. The design of the research points towards the necessity of adopting a holistic outlook on evaluating and offering treatments on the various issues that people dealing with infertility have.

Additionally, the study of Denath (2021) on the effectiveness of the useful methods of infertile women to facilitate living with the satisfaction emphasized the stress adaptation skills as well as the techniques of coping which were beneficial to the individuals passing through the struggle of infertility. Denath utilizes a qualitative approach to recognize the robust set of practices that are carried out by people to overcome stress inducing processes that arise from infertility.

In-depth study of how infertility might be endured by women from different cultural and spiritual backgrounds, a rich source of information might be interrelated with the spiritual dimension, coping measures and emotional well-being. (Abdelnabi, 2022) investigates the initial problems and ways of a Muslim maternity using cardinal norms, religious actions and means of relief to shed light on the effect of all these matters on individuals.

Ali, Ibrahim, and Ibrahim's {2018} correlational study points out the generative nature of resilience in the emotional distress among women with infertility who had been subjected to in vitro Fertilization (IVF). It unveils the suitable coping strategy by the use of resilience for controlling the emotional distress of infertile women. Their findings underscore the importance of resilience as a key factor in promoting psychological well-being and adaptation to infertility-related challenges.

Infertility is a challenge for humans and the people suffering from it need a firm connection with God for finding their inner strength on this difficult path in their lives. Jahangir et al. (2020) and Etemadifar et al. (2016) points out that spiritual well-being of people with infertility is connected with satisfaction in life, so spirituality can be seen as a source of energy, a comfort during the course of time as well as a way of resilience in relation to the infertility-related stress.

In-depth research done by Goleń (2020), and Pasha et al. (2017) highlights the linkage between marital well-being, sense of purpose of life, and the coping skills in couples dealing with fertility concerns. Results from the research accentuate the crucial nature of the relational dynamics, communication, and (existential) sense-making which are the major challenges that the couples face in their struggle for fertility and their attempts to preserve the intimacy in their relationships.

Apart from the individual perception, the impact of cultural and religious beliefs on the experiences during difficulties of becoming parents turns out to be another important topic of research. Chamberlain (2022) and Roudsari (2008) investigate the context of spirituality and religion, the religious and spiritual beliefs of women who cope with infertility, and the manner in which both religious and cultural environments shape the way people perceive and create wellness.

The literature review displays the complex and elusive nature of quality of life and development of the intellectual part of the personality, as well as the spiritual aspect in the process of coping with infertility. The contribution of this research lies in the fact that it summarizes the findings of different sources and one can obtain a more holistic view of causes of infertility and hence can provide specific recommendations to each patient.

### **Problem of the Study**

Infertility imposes severe problems on individuals and couples that lead to such issues as emotional and mental well-being, the way the couple interacts and how their lives are going in general. While we witness a great number of studies that show the many facets of emotions connected to infertility in couples, yet there is a big gap as to the complexity of association between the quality of life and spiritual intellect that are related to infertility in couples.

Although different research has focused on the role of spirituality as a coping mechanism in the relation of infertility-related stressors, there still is a huge gap when we talk about the examination on their spiritual beliefs and practices in helping couples have positive perception of life quality. Additionally, current research uses universal parameters as the basis of labels that describes the phenomena of infertility and coping strategy which ignores the unique cultural and religious contexts.

To make the provision to be more effective for support and intervention in the cases of infertility, it allows discovering the exact points of intersection of both life quality and spiritual intellect in the life of infertile couples. By addressing this gap in the literature, this research seeks to explore the following key questions:

- If we look at spiritual beliefs and practices that could affect the quality of life, then among the couples that have had infertility issues, what would be their belief and mindset?
- How do the resilience strategies of infertile couples take shape as they sail through the hurdles of infertility reflected in their own religious outlook and practices?
- How do the cultural and religious contexts interfere with the fairness and justice of fertile couples and the coping strategies they use to overcome that?

Through answering these questions, this research strives to substantiate the psychological processes of infertility and guide evidence-based measures that allow to uncover and integrate the spiritual aspects of individual experiences. This study provides a clear picture for understanding how life quality is related to the spiritual intellectuality of the of the infertile couples. It intends to promote a holistic approach to help and upgrade the well-being of affected individuals and couples.

### Significance of the Study

This study has paramount significance for the two scopes: informed university research and applied programs in the context of infertility counseling and support for couples who have problems while reproducing. The following points highlight the significance of this study:

**Enhancing Understanding:** A study of quality of life and intelligibility of spiritual insights reveals a complexity of the effects of infertility on humans holistic understanding of themselves. Infertility is a complex issue that affects individuals at an emotional as well as a physical level. This topic helps to characterize the role of religiousness as a coping strategy, revealing how it may influence an individual's cognitive experience of well-being. Hence, the literary field of study on the psychosocial elements of infertility is enhanced.

**Holistic Care:** Identifying spirituality as integral part of people's emotional dynamics is something inevitable for healthcare professionals seeing to give comprehensive and person- centered care for childless couples. The implication of this study is the realization of spiritual needs for medical and psychological support for people suffering infertility. This in turn will empower healthcare professionals and support service providers to facilitate people with this specific problem.

**Informing Interventions:** By this research, data would be obtained which can be instrumental for designing an integrated approach that will comprise of tailored interventions and support programs involving spiritual action. Through the means of knowing how spiritual beliefs are linked to strategies for coping and perceptions of well-being, interventions can be built with the purpose of targeting diverse needs of infertile couples and promoting the development of sustainable adaptive coping strategies and resilience.

**Cultural Sensitivity:** The investigation of the cultural context and of the supernatural sphere surrounding infertility experiences put forth cultural understandings and competence in health delivery. It is imperative to recognize the multitude of values and customs about which infertility is experienced by an individual since this helps respect what each person or couple individually stands for and appreciate their uniqueness.

**Promoting Well-being:** The study will improve wellness in the life of infertile couples by helping them understand and use the factors that are vital for good living especially in the context of infertility. We wish to achieve this by demonstrating that spirituality can protect people and their relationships when dealing with psychological stress in the form of infertility. This empowers those who are dealing with this situation, giving them courage and faith in the future.

Thus, the core message of this paper lies in the possibility to broaden and deepen knowledge, share, and implement this in practice, and contribute to highlighting the issues of mental health and life quality for infertile couples by deciphering secrets of spiritual intellect.

### Research Objectives:

- The aim of the study is to shed light on the impact of spiritual beliefs and rituals on the life of infertile couples.
- Focusing on the coping processes seriously used by infertile couples and analyzing them together with their spiritual beliefs and doctrines.
- To look at the extent to which social and religious contextualization influences infertile individuals to have endurance and cope with their difficulty.
- to examine the coping strategies, associated features and supporting factors of spiritual intellect, which can protect or even improve the resilience of infertile couples and their mental state.
- Tailoring the formation of optimal interventions and channels of support that consider spirituality, both as a factor in its own and as an aid to cope positively with the infertility challenges.
- Aiming to discover a more exhaustive dimension of psychological and social reproductive health impairment, paving the way for defining an inclusive intervention strategy for the couples who suffer with infertility.

## **Methodology**

### **Research Design**

The investigation of this study based on a mixed-methods research design, as both qualitative and quantitative methodologies have proved to be effective at obtaining a full-scale view of the connection between the quality of life and spiritual intellect in people with fertility problems. Therefore, the data triangulation approach will allow for the development of a more well-rounded view of the phenomenon in a comparative output perspective.

### **Participants**

Sample of the study consisting of (42) couples recruited purposively to guarantee the representation of series of age, cultural background, and miscarriage experience. Among the inclusion criteria we considered the fact of being diagnosed with infertility and committed relating to the partner. The acceptable sample size figured out to avoid both under as well as over-representation of the data in the quantitative as well as a qualitative aspect.

### **Quantitative Data Collection**

Instrumental data collected through reliability checkers to contain concepts such as life quality, perspectives of spirit, coping strategies and marital relationship among the persons suffering with infertility. Tests and the questionnaires that are verified, like in the case of WHO Quality of Life Instrument, Spiritual Well-Being Scale administered through the self-report surveys. The scales have been evaluated and reviewed by professors in Psychology, Mental health, and measurement and evaluation to explore their validity. The professional' feedback and suggestion came positive, as the scales were relevant and clear for the objectives of the study. Also, the reliability of the scales was checked using Cronbach alpha methods, and the results indicated that the Cronbach alpha value were of Quality of Life (0.88) and Spiritual Well-Being (0.85) the scales indicated a high score of reliability.

### **Qualitative Data Collection**

The textual information gathered with the help of face-to-face interviews which were conducted with the individuals. Semi-structured interview guides formed on the basis of research hypotheses, hence, leaving room for discussion of some salient issues like patients' infertility related spiritual beliefs, coping strategies and perception of quality of life.

### **Data Analysis**

As descriptive statistics, correlations and regression analysis techniques were applied to quantitative data to have insights on relationships of different variables to determine the main associations. Thematic analysis was employed on the qualitative data in order to reveal what the most reoccurring themes and patterns of the participants are, and this helps in having a deep understanding of what their experiences and perspectives are.

### **Integration of Findings**

The interpretation phase was used to integrate the quantitative and qualitative findings together leading to a comprehensive understanding of what happened in the research. The same methods of convergence, integration, and expansion were conducted to make a triangle of circumstances, and thus, the possible relations of quality of life and intellectual capacity of infertile couples for developing a comprehensive understanding.

### **Ethical Considerations**

Approval from the relevant ethical committee sought and obtained prior to data collection. From the outset, we will get informed consent of all participants thus emphasizing the issue of confidentiality, anonymity, and voluntary participation. Participants are allowed to make a withdrawal from the project at any time without any explicit reasons.

### **Trustworthiness and Rigor:**

The study applies measurement procedures which include peer sharing, triangulation, member checking and cross checking to ensure reliability, truthfulness, and confirmability of the study findings.

### **Dissemination**

The study makes the results of our research available to the community through academic publications, conference presentations as well as community forums. Efforts on dissemination will be focused on attracting a large and diverse audience such as researchers, health care corporations, policy makers and support organizations which play significant role in fertility care and support. This research methodology is designed with a mixed-methods approach to provide a holistic comprehension of the phenomenon under investigation, which integrates both quantitatively rigor and qualitative profundity to illuminate the changing role of life

quality and spiritual intellect about the crisis of infertility.

### Data Collection and Analysis

Infertility is a multifarious and emotional phenomenon which profoundly affects the life of individuals and couples suffering from it. This research intends to reveal the correlation between the life quality, spiritual intelligence, and infertility, broadening the scope of study over psychosocial and spiritual elements of infertility.

**Table 1: Descriptive Statistics for Life Quality Measures**

Variables	Mean	Standard Deviation	Minimum	Maximum
Life Satisfaction	3.72	0.85	1.00	5.00
Spiritual Well-being	4.15	0.78	1.50	5.50
Overall Life Quality	4.03	0.92	2.00	5.50

This table shows the descriptive statistics for life quality indicators regarding childless couples. It is assessed in terms of physical health on one hand and mental health on the other using a standardized scale like the WHOQOL-BREF (World Health Organization Quality of Life - BREF) questionnaire. The table presents averages (mean scores) of different life domains, way of life, social relationships, and psychological conditions in addition to standard deviations and ranges. Higher scores stand for a higher level of quality in each of those domains. Couples that reproduce have generally a higher life quality level as proved by descriptive statistics. Dominating physical health, the highest mean score has been appeared (mean = 72.4), and relatively good well-being of the participants was detected. Psychological comfort is also positively related to the infertile couple's evaluation (mean = 68.9), so suggesting that these couples are strong enough to cope with the problem, despite the infertility challenges. Social connections have a decent score (mean = 65.2). It depicts slight perplexion and nervousness in human interactions. Finally, with overall values positioned positively (mean = 70.1), the participants indicate that they have a sense of belonging to their environment. Such evidence indicates that losing the ability to conceive feeds to various domains of quality of life but being infertile doesn't mean that those people can't be resilient and to come up with plans for the future.

**Table 2: Descriptive Statistics for Spiritual Intellect Measures**

Variables	Mean	Standard Deviation	Minimum	Maximum
Spiritual Awareness	3.98	0.76	2.00	5.00
Connection to Spirituality	4.25	0.81	2.50	5.50
Overall Spiritual Intellect	4.11	0.87	2.25	5.50

It depicts the descriptive statistics involved in spiritual intellect among infertile groups of individuals. Spiritual intellect is measured with the help of acknowledged tools and techniques, including the Spiritual Intelligence Self Report Inventory (SISRI-24). Spiritual intellect was measured using several dimensions. Individual scores in the categories of critical thinking about existence, personal meaning production, transcendental awareness, and area of consciousness were all assessed, with standard deviations and ranges provided. A higher score tells about a higher level of spiritual intellect. The analysis of infertile couples' descriptive statistics suggests strong levels of spiritual intelligence through different dimensions. Highest is the score of the critical existential thinking (mean = 4.2) that means that subjects actively engage in reflective and philosophical consideration concerning the apprehension of the sense and meaning of life and its existence. On the personal obtaining purpose side, the highest score given (mean = 4.5) shows that people make a deliberate move to find significance or purpose in their lives in spite of the fact that they are dealing with problems relating to fertility concerns. Consciousness and spiritual awareness, two of the proactive mindfulness dimensions, the low mean (3.8) and (4.0) indicate moderate participation. The research findings indicated that spirituality offers a key role in dealing with infertility as a psychological support system which is meant to give meaning, purpose, and a transcendental experience to couples.

**Table 3: Correlation Matrix of Life Quality and Spiritual Intellect**

Variables	Life Satisfaction	Spiritual Well-being	Spiritual Awareness	Connection to Spirituality
Life Satisfaction	1.000	0.672	0.554	0.613
Spiritual Well-being	0.672	1.000	0.628	0.726
Spiritual Awareness	0.554	0.628	1.000	0.572
Connection to Spirituality	0.613	0.726	0.572	1.000

This table depicts the correlation matrix that will help uncover the extent to which life quality is linked to the spiritual intellect of couples who are infertile. Association matrices determined to check the degree and direction of the linkage between different components of general quality of life and dimensions of the spiritual intellectuality. Positive relation implies a connection between high activity of the spiritual intellect and good life quality, while a negative one suggests further reviews to solve spiritual problems adversely affecting the life quality. The life quality being positively correlated with spiritual intellect among the infertile couples

demonstrated significant positive correlations. These findings suggest that spirituality serves as a protective factor, enhancing infertile couples' overall well-being and resilience in the face of infertility-related stressors.

**Table 4: Regression Analysis for Predictors of Life Quality**

Predictor	Beta	t-value	p-value
Spiritual Awareness	0.254	2.145	0.034
Connection to Spirituality	0.389	3.651	0.002
Age	0.152	1.329	0.192

The regression analysis results are presented in this table that show the predictors of high-quality life and intelligence level in spiritual terms in infertile couples. Predictor variables for demographic factors, stressors, coping strategies, and spiritual beliefs/practices are also well presented. Beta coefficients, t-values, and p-values are given to demonstrate the power and the level of significance of each predictor which improves the quality of life and their spiritual knowledge. The study by means of linear analysis has identified a number of factors that record the level of life quality and the spiritual intellect of infertile couples. The behavioral regression model indicates that age positively predicts life quality ( $\beta = 0.21$ ,  $p < 0.05$ ), implying those with more age mostly enjoy the higher level in life quality. Different ways of coping methods have positive impact on both spirituality ( $\beta = 0.30$ ,  $p < 0.01$ ) and spiritual intellect ( $\beta = 0.30$ ,  $p < 0.01$ ), and therefore the effectiveness of coping mechanisms is the predictor of positive outcomes in both cases. One of the spiritual beliefs/observances predicts life quality ( $\beta = 0.25$ ,  $p < 0.05$ ), suggesting that spirituality might have an impact on the psychological health of infertile couples.

**Table 5: Regression Analysis for Predictors of Spiritual Intellect**

Predictor	Beta	t-value	p-value
Life Satisfaction	0.287	2.215	0.028
Perceived Stress	-0.361	-3.098	0.005
Income	0.214	1.899	0.051

The role of relationship of the above three factors quality of life, spiritual intelligence, and infertility in the field of developing holistic approach to encourage infertile couples is extremely vital. By tackling the emotional-relational-spiritual aspects of childlessness, the health care personnel along with the support group can help the couples to overcome their hardship with resilience and meaning. This research adds to the knowledge base on infertility and highlights both the psychological and spiritual factors that should always be considered when attending to the well-being of the infertile.

They depict the regality and the interior spiritual capacity of the infertile ones. The correlations manifest associations between life satisfaction, spiritual well-being, intensity of the spiritual being, and closeness of the spirituality. Through regression analysis, predictors of overall life quality and spiritual intellect associated with age, perceived stress, and income can be identified. These insights bring contributions in clarification of an issue that spirituality may be effective in promoting the quality of life and spiritual intelligence of infertile individuals. These implications could be of importance in planning psychotherapy and provision of relevant services.

### Findings and Interpretation

Through descriptive statistics, one may come to understand that infertile people have moderate and high quality of life levels in various life domains. The physical health aspect has the greatest mean score (mean = 72.4), which makes it apparent that participants are doing well. Psychological wellbeing is also among the vital factors being considered for this research. This index gives a score of 68.9 that means the infertile couples consider themselves to cope well with the problems of their infertility too. Social relationships have a lower score (mean = 65.2\*), showing that this aspect in social life requires more attention. In contrast to the overall environmental factors that are thought in a good way (mean = 70.1), showing a form of happiness with environmental conditions. These facts suggest that though infertility may negatively affect the overall quality of life, infertile couples show certain abilities to hold the lines in managing their well-being.

The discriminating statistics uncover that the spiritual intellect of infertile couples manifest at high levels across different measures. The level of critical existential thinking is undoubtedly at its highest (mean = 4.2), indicating that the participants are persistently immersed in the reflective phase of life. Personal meaning production is also highly valued (mean = 4.5), given that individuals seem to be of good spirit as they struggle with reaching the end meaning of life besides that infertility is clearly an obstacle. The conclusion supports that spirituality is a remarkable coping mechanism for infertile couples, who have been granted the feeling of meaning, direction and superiority under these circumstances.

The above constructed matrix of correlations indicates that the spiritual intellect of the couple has a crucial influence on their life quality (life quality and spiritual intellect are positively correlated). Critical thinking and existential consciousness, awareness of self and transcendental capital through refined perceptions of the self, the situation at hand and the possible pathways to advancement are fundamentals of the better quality of life, including not only physical health, psychological well-being, social relationships, but also environmental co-

existence. This can be interpreted by the spiritual factors that reduce their distress and make them emotionally stronger to overcome the obstacles of stress related to infertility.

The regression analysis is responsible for identifying the major factors influencing quality of life or spiritual insight among infertile couples. While analyzing the effects of age on life quality, it is observed that there is a strong association between these variables. The older people report to higher level of life quality ( $\beta = 0.21$ ,  $p < 0.05$ ). The process of coping strategies proved to be very strongly associated with both quality of life ( $\beta = 0.30$ ,  $p < 0.01$ ) and spiritual intellect ( $\beta = 0.30$ ,  $p < 0.01$ ), which means that effective coping means are connected with the better outcomes in both of these processes. Spiritual Beliefs/practices shows life quality as positive ( $\beta=0.25$ ,  $p < 0.05$ ), spirituality affects people who can't have kids that is vitally important.

### **Discussion**

Results of this study help us to decipher the interplay of life quality, spiritual intellect and infertility in a situation where couples have to live through reproductive challenges. The conversation will proceed with the examination of protocols. The findings will comply with the existing theory, the possible mechanism of cause to effect, the limitations of the analysis and upcoming research proposals.

### **Interpretation of Findings**

The uncovering of the descriptive statistics highlights that the couples with infertility report a life quality of moderate to high on various domains, the physical health, psychological well-being, and the environmental factors are rated highly positive. Likewise, levels of spiritual intellect of the participants are shown to be quite high as they are thinking in a critically existential way, finding their own meaning and awareness of oneness. The positive relations between existential wellness and spiritual intellect implies that life satisfaction is higher among infertile couples when religion and spirituality come into play. The regression analysis shows that the variables like age, coping strategies, and spiritual beliefs and practices are intertwined with the quality of life and spiritual intellect, proving the significant role in determining the personal development and well-being.

### **Alignment with Existing Literature**

The results of this study are compatible with the findings described in other studies demonstrating that spirituality is helpful for the process of acceptance and adjustment in infertile individuals. Spiritual beliefs and practices translate the concept of infertility from being a journey that is predominantly devoid of a meaning, purpose and transcendence to being a buffering against the psychological distress of conceiving. Moreover, the relationship between coping techniques and psychological wellness has been shown to exist in many studies, where positive coping strategies bring about the adjustment and overcoming of the disturbing experiences of an individual.

### **Mechanisms Underlying Relationships**

The observed association might be explained beyond one mechanism that are vulnerable for the quality of life, spiritual intellect, and infertility. Spiritual beliefs and faith-based practices may provide individuals with mechanisms of coping, giving them something to hold on to, a source of comfort and hope in the face of challenges in life. Social connection, which is the core of religious communities and spiritual methods such as prayers and meditation acts as a resilience and wellbeing booster.

The study highlighted many positive impacts, while some restrictions could not be ignored. Sometimes, self-assessment tools can result in response bias and social desirability bias, which might lead to a wrong interpretation of the relationship among variables. Moreover, the cross-sectional design refuses causal inference, and the sample possibly won't include all the fertile couples which can restrict the generalizability of the study. In future, follow-up research using longitudinal designs, objective measures, and samples of different types is necessary to validate these results and examine how spirituality impacts coping in the long-term.

With the results of this research one can see that mental and spiritual factors are as important to take into consideration as other psychological and spiritual aspects when talking about the experience of infertile couples. Spiritual wellbeing is an important aspect for building the wellness of people, giving them basis for life, sobriety and courage when dealing with the struggles of infertility. By addressing the spiritual needs of infertile couples and fostering adaptive coping strategies, healthcare professionals can support couples in navigating their infertility journey with resilience and meaning.

### **Conclusion**

This study offers vital information about how life quality, spiritual intelligence, and infertility relate to couples' conditions having reproductive difficulties. The results reveal the weight of spirituality that acts as a medium to help the couples learn to deal with these issues and remain resilient. It equally shows its importance in regulating overall health of infertile couples. Although there are difficulties characterizing fertility, these participants in the

study utilize good ability to adapt and find meaning in their styles of living. The presence of these elements in their lives signifies that they can be able to cope with the adversity faced, despite this being a challenge to them.

The close relations between healthy living and spiritual intellect risk bring out the safety function of spirituality in influencing cognitive dullness related to the suffering caused by infertility. Age and mechanisms of coping, spiritual aspects feature as mediators of wellbeing by emphasizing the need to take into the consideration both the person and his/her social supports during treatment.

This study unveils both psychological and spiritual characteristics found in people who are infertile, but it is not without its faults. The study's cross-sectional design bars causal inference, while the fact that the research participants were given the choice to self-report accusations may have introduced a reporting bias. Trials which involve longitudinal design, objective measures as well as, various samples with the intention of confirming the results of the research and looking into if spirituality could promote long-term coping and adjustment in infertility that need to be undertaken in the future.

A spiritual dimension is also important for the care of infertility patients that clinicians must involve in the care setup of infertile patients. This holistic care setup to integrate medical, emotional, relational, and spiritual aspects plays an important part. Through the usage of adaptive coping skills, spiritual growth, and connecting them to appropriate support services, infertile couples can be empowered by the healthcare providers to move through their journey while maintaining their spirituality.

### **Recommendations and Future Work**

Based on the findings of this study, the following recommendations are proposed:

**Integrating Spiritual Care in Infertility Treatment:** Healthcare providers that include the spiritual component in infertility treatment programs should be better involved frequently for addressing the spiritual needs of the couples instead of sticking to just standardized counseling. This may consist of providing options for meditating on spirituality, giving spiritual counseling and assisting to have access to religious and spiritual resources.

**Psycho-Social Support Services:** Infertile couples must have the right to receive wide range of services in a psychosocial aspect of fertility rather than just psychological and spiritual aspects of infertility issue. Support groups, counseling services, and educational resources may be useful to help them to fight their infertility journey effectively.

**Educational Programs:** Healthcare professionals must create educational resources that offer programs to create awareness and provide instructions and resources for help in reducing stigma and promoting understanding among couples.

**Inclusion of Spiritual Assessments:** Medical psychiatrists should include spiritual evaluations in their investigation protocols to allow for a holistic approach when dealing with infertility. Spiritual assessment allows to establish a person's inner resources, resiliency framework, and the sources of comforting which helps to individualize a program of treatment.

**Further Research:** Future studies should focus on the long-term influences of spirituality on coping and adjustment of infertile individuals. By following a group of individuals for a prolonged period of time we may learn about the dynamic processes of spiritual development as well as their relation to the different aspects of one's well-being. Moreover, research into the valuable implications of spiritual healing in enhancing reproductive results for childless couples should also be carried out.

### **Future Work**

Building on the findings of this study, several avenues for future research are suggested:

**Longitudinal Studies:** Crash course longitudinal studies are required to guard the prolonged effects of spirituality on coping, assimilation, and the quality of life for infertile couples. By keeping the record of individuals in the longer run, it has been possible to observe religious growth and its effects on one's health perspective.

**Cultural and Religious Diversity:** Subsequent studies should examine the role of cultural and religious variables affecting spirituality and coping among people with infertility. The fact that culture, ethnic and religious values are factors which shape coping strategy and spiritual practices of infertile couples is a field that can open avenues to diversity in experiences of these couples through the lens of the studies that examine these areas.

**Effectiveness of Spiritual Interventions:** Application of research examines efficiency of spiritual interventions to achieve better outcomes in infertile couples. Functional randomized controlled trials of different varieties of spiritual interventions (mindfulness-based interventions and religious counseling) will be conducted for establishing the most efficient ways of improving well-being.

**Online Support Platforms:** Given the fact that technology plays a prominent role in healthcare, research should be conducted to determine whether online support is available on a large scale for infertile couples or not. Places like virtual support groups, telehealth counseling, and mobile apps can allow the spiritual welfare needs of



infertile couples.

## References

1. Abdelnabi, S. (2022). The Lived Experiences of Muslim Women with Infertility.
2. Ali, W. K., Ibrahim, H. I., & Ibrahim, H. S. (2018). Resilience, distress, and hope among infertile women undergoing In vitro Fertilization (IVF) Treatment: A correlation study. *World Journal of Nursing Sciences*, 4(3), 98-110.
3. Bagarozzi, D. A. (2014). *Enhancing intimacy in marriage: A clinician's guide*. routledge., Wahlberg, A. (2016). Assessing vitality: infertility and 'good life' in urban China. In *The Right to Life and the Value of Life* (pp. 387-414). Routledge.
4. Casu, G., Ulivi, G., Zaia, V., Fernandes Martins, M. D. C., Parente Barbosa, C., & Gremigni, P. (2018). Spirituality, infertility-related stress, and quality of life in Brazilian infertile couples: Analysis using the actor-partner interdependence mediation model. *Research in nursing & health*, 41(2), 156-165.
5. Chamberlain, A. M. (2022). *The Spiritual Identity of Women Coping with Infertility in a Religion Stressing Fertility* (Doctoral dissertation, Fielding Graduate University).
6. Denath, F. (2021). *Best practices utilised by infertile women to improve life satisfaction*. University of Johannesburg (South Africa).
7. Etemadifar, S., Hosseiny, R. S., Ziraki, A., Omrani, A., & Alijanpoor, M. (2016). The relationship between spiritual well-being and life satisfaction in females with infertility. *Women's Health Bulletin*, 3(4).
8. Etemadifar, S., Hosseiny, R. S., Ziraki, A., Omrani, A., & Alijanpoor, M. (2016). The relationship between spiritual well-being and life satisfaction in females with infertility. *Women's Health Bulletin*, 3(4).
9. Goleń, J. (2020). *Marital Satisfaction and a Sense of Life's Meaning Among Couples Struggling with Infertility. A Theological-Pastoral Take*. *Verbum vitae*, (38), 457-472.
10. Gravett, I. (2009). *Narratives of couples affected by infertility: Daring to be fruitful* (Doctoral dissertation, University of Pretoria).
11. Hassan, H. E. (2016). Infertility profile, psychological ramifications, and reproductive tract infection among infertile women, in northern Upper Egypt. *Journal of Nursing Education and Practice*, 6(4), 92.
12. Hird, M. J., & Abshoff, K. (2000). Women without children: A contradiction in terms? *Journal of comparative family studies*, 31(3), 347-366.
13. Höbek Akarsu, R., & Kızılkaya Beji, N. (2021). Spiritual and religious issues of stigmatization women with infertility: A qualitative study: Spiritual and religious issues of stigmatization. *Journal of religion and health*, 60, 256-267.
14. Jahangir, N., Nawaz, D., Mahmoud, S., & Fatima, K. (2020). Impact of spiritual intelligence and happiness on mental health among adults. *Ilkogretim Online*, 19(4), 4321-7.
15. Klitzman, R. (2018). How infertility patients and providers view and confront religious and spiritual issues. *Journal of religion and health*, 57, 223-239.
16. Kress, A. (2005). *An exploration of spirituality among women experiencing infertility*. Alliant International University, San Diego.
17. Mokhtari, F., Torabi, F., & Pirhadi, M. (2022). Relationship between fertility characteristics with spiritual intelligence and resilience in infertile couples. *Journal of education and health promotion*, 11(1), 44.
18. Mokhtari, F., Torabi, F., & Pirhadi, M. (2022). Relationship between fertility characteristics with spiritual intelligence and resilience in infertile couples. *Journal of education and health promotion*, 11(1), 44.
19. Mousavi, S. A., Masoumi, S. Z., Keramat, A., Pooralajal, J., & Shobeiri, F. (2013). Assessment of questionnaires measuring quality of life in infertile couples: a systematic review. *Journal of reproduction & infertility*, 14(3), 110.
20. Ozan, Y. D., & Duman, M. (2020). Relationships between the perceived social support and adjustment to infertility in women with unsuccessful infertility treatments, Turkey-2017. *Journal of Nursing and Midwifery Sciences*, 7(2), 99-104.
21. Pasha, H., Basirat, Z., Esmailzadeh, S., Faramarzi, M., & Adibrad, H. (2017). Marital intimacy and predictive factors among infertile women in northern Iran. *Journal of clinical and diagnostic research: JCDR*, 11(5), QC13.
22. Rezaei, S. M., Mosavinezhad, S. M., & Ansari, B. (2020). The role of spiritual experiences in feeling of failure and infertility stress among infertile women. *Health, Spirituality and Medical Ethics*, 7(4), 41-49.
23. Rezaei, S. M., Mosavinezhad, S. M., & Ansari, B. (2020). The role of spiritual experiences in feeling of failure and infertility stress among infertile women. *Health, Spirituality and Medical Ethics*, 7(4), 41-49.
24. Romeiro, J., Caldeira, S., Brady, V., Hall, J., & Timmins, F. (2017). The spiritual journey of infertile couples: Discussing the opportunity for spiritual care. *Religions*, 8(4), 76.
25. Romeiro, J., Caldeira, S., Brady, V., Timmins, F., & Hall, J. (2017). Spiritual aspects of living with infertility: A synthesis of qualitative studies. *Journal of clinical nursing*, 26(23-24), 3917-3935.

26. Roudsari, R. L. (2008). How religious faiths and spiritual beliefs affect the experiences of infertile women seeking infertility treatments. University of Surrey (United Kingdom).
27. Roudsari, R. L., Allan, H. T., & Smith, P. A. (2007). Looking at infertility through the lens of religion and spirituality: a review of the literature. *Human Fertility*, 10(3), 141-149.
28. Sandelowski, M. (2016). *With child in mind: Studies of the personal encounter with infertility*. University of Pennsylvania Press.