The Role of the Meaning of Life in Depression in Infertile Women

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Abstract

The aim of this study was to predict depression in infertile women, according to the meaning of life. The sample consisted of 220 infertile women eligible for the study was selected by convenience sampling. Tools for data collection Beck standard test and the meaning of life questionnaire were completed for each patient. After collecting the data using multivariate regression analysis was performed. The results showed that the meaning of life (existence meaning and the search for meaning) there is a negative correlation with depression. Both variables negatively predict symptoms of depression in infertile women.

Keywords: Infertile Women, Meaning of Life, Depression.
Introduction
Causes of infertility problem and it are a medical issue but a medical problem to complicate the psychological consequences of infertility. Several studies have shown that infertility is devastating and painful experience especially for women so that these people feel despair, helplessness and anger more than their fertile counterparts show, their relationship with their spouse, family and friends disrupted and most at risk for emotional disorders - mental depression, anxiety, low self-esteem and dissatisfaction, and general quality of life can be affected (Pans, 1997).

High stress of infertility, the importance of gaining a strong vision of life adapt to infertile couples show. The lives of many people, the most common reasons that the ideals, the situation with his own life and personal relationships occurs, temporarily or permanently, is absurd. "Meaning of Life" is one of the most important issues of philosophical, psychological and religious in the modern era and the era of industrialization of societies and the advancement of science and technology to be all over. "The main issues that fall under the heading above, include the question of whether or not the purpose of life? Is there life is valuable or not? And is independent of the circumstances and interests of its own people, a reason to live or not? (Wolf, 1387).

People during his life, many ask themselves about the meaning of life. This approach, it makes people see the problems and everyday events (Frankel, 2013). Accordingly, the meaning of life for infertile women to increase their comfort and compatibility with the disease will help to enhance their quality of life.

Fertility in most cultures is of high value and desire to have children is one of the most basic human drive. If efforts fail to be pregnant, could become a destructive emotional experience for parents as well as their meaning in all cultures, identities and location are provided. Medical if married couples of reproductive age Despite 12 months of sexual activity without the use of contraceptive methods, not one person has a baby infertility. Paternal origin such as varicocele and infertility in humans could have sperm or maternal origin-related disorders such as Turner syndrome and ovarian agenesis. It should be noted that infertility does not mean the production of gametes is not to say I cannot live birth, for example after vasectomy in men oligospermic or potential individual sperm is produced, but in practice cannot have children. Similar to the case of congenital absence of uterus in women, as well as fallopian tubes are cut after the operation (Nazarpour, 2012). The causes of infertility problem and it is a medical issue but a medical problem to complicate the psychological consequences of infertility. Several studies have shown that infertility is devastating and painful experience especially for women So that the people a sense of hopelessness, helplessness and anger more than their fertile counterparts show Their relationship with a spouse, family and friends are disturbed and most at risk for emotional disorders - mental depression, anxiety, low self-esteem and dissatisfaction, and general quality of life can be affected (grill, 1997). The problem is that gripped many social psychological consequences of infertility in men and women infertile (Firghaslamov, Haji Shafi, Sadat Kazemi and hear, 2015).

In general, the meaning of life is one of the most important issues of philosophy, psychology and religion that it can be viewed from different perspectives. Thus, in various fields, come and talk about the meaning of life through various theories exists in this area. The belief in the metaphysical idealist philosophers believe that the goal of life is that from the beginning and without human intervention and urged him is determined beyond the physical
man and his material life, the ultimate goal, spiritual and divine. He has the opportunity through his earthly life, the goal of the heavens. Plato believed that the material world is only an illusory shadow of a great world and the metaphysical. We humans are like prisoners Khdr lower cave of the world we're sitting tight and dark and light only a vague idea of the real world to see. With this view, the problem is very simple and commonplace: the life of this world is not true in its essence and purpose of the journey and the temporary illusion world, reach the ideal world, in other words, the existence of God Almighty (Danayi, 2003). The problem of meaning and purpose in life becomes much easier religions. Lords of most religions try to rely on religious myths have been woven over the centuries, the popular response. He is always in the spotlight human cognition and study different aspects of educational philosophers have. On the one hand the meaning and purpose of human life determines his educational path and on the other hand the discovery of the principles of education necessitates the evaluation of different aspects of human life. In contemporary questions related to human nature and purposes of education has been the focus of philosophers of education and the importance of sensitivity and complexity is high. John Dewey's Democracy and Education, published in 1916, published a work called education ends at 1917 North Whitehead and analytical work by Peters in 1960 and 1970 can be considered evidence. The basic purpose of these philosophers is the rational faculty development, because from the perspective of the philosophers (people such as Aristotle, Locke and Kant) the most important reason is distinctively human. Therefore, educational philosophers also believed that attaches to the fact the human being as an end to his life considered (Maggi, 2008).

Friedman and McDonald's after reviewing and evaluating the different meanings of the meaning of life and its important components, such as, nearly as:
1. concentrate on the ultimate meaning.
2. Multiple levels of consciousness and awareness of their development.
3. and precious belief in the sanctity of life.
4. upgrade to a larger whole (Amram, 2005).

Methodology
Design research, descriptive and correlational, community study of 480 people comprised of all infertile women of Tabriz. Non-random sampling from those referred to in the summer of 1394 was one of the clinics in Tabriz. According to Morgan sample table and in accordance with the formula Kokran 220 people were selected for this study. In this study, two standard questionnaires were used: Beck Depression Inventory-II (BDI-II), Meaning in Life Questionnaire.

Results
1. The meaning of life is effective in depression in infertile women. Regression test has been used to measure the probability of depression prediction based on meaning of life.
Table 1. Results of regression analysis of meaning of life in explaining the depression

<table>
<thead>
<tr>
<th>Variable</th>
<th>B</th>
<th>Beta</th>
<th>T</th>
<th>Sig</th>
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<tbody>
<tr>
<td>existence meaning</td>
<td>-0.55</td>
<td>-0.19</td>
<td>2.7</td>
<td>0.007</td>
</tr>
<tr>
<td>search for meaning</td>
<td>-0.74</td>
<td>-0.3</td>
<td>4.27</td>
<td>0.001</td>
</tr>
</tbody>
</table>

According to Table 1, it can be seen that the amount of significance level of existence meaning and search for meaning in explaining the depression is lower than 0.05 (Sig<0.05), therefore it has a significant contribution for predicting the criterion variable. The coefficient of determination obtained from statistical test, it can be said that existence meaning and search for meaning is capable of predicting depression.

**Conclusion**

The data analysis showed that there was a negative correlation between the meaning of life and depression. So that by increasing the life of the depression in infertile women is reduced. This finding is consistent with the findings of McDonald's, citing the Ghobari Bonab(2009) is that the rate of depression in people who have high meaning in life; less. In a study of Tesseh and Yayp (2007) as well as the relationship between spirituality and psychological adjustment was carried out on 139 patients with mental disorders, the results showed that the internal consistency between spirituality and personal and psychological adjustment there is a significant relationship (According to Hamidi, 2014). In addition, Moallemi and colleagues (2011) in this regard the positive correlation between meaning in life and Mental Health have discovered. Hamidi et al (2014) in relation to meaning in life and resiliency showed that mental health and meaning in life significantly predict their resilience.

Spirituality is the stage in which people understand the meaning of life. It means something beyond themselves. In fact, spirituality is what provides tranquility and peace of mind. The feeling that attaches itself to something beyond itself can be found. Whatever the source of spirituality on health benefits will be widespread. People with religious beliefs or spirituality, inner peace take advantage of stimulus response to stress fewer days. The mental health helps to create a positive attitude and this in turn reduces pain. Longevity is for people who are more religious programs and activities (Mehdi Zadeh, 2011).

**References**

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