

Zero Is Not Good For Me: Implications of Infertility in Kashmir

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Abstract—Infertility is a growing health problem faced by an estimated 15% of women of childbearing age in Kashmir. Infertility among women is associated with a large number of psycho-social problems. The Present study aimed to understand social interaction, mental health, marital instability and gendered experience of infertile women. It is a hospital based study carried out in Post Graduate Department of Obstetrics and Gynecology (LalDed Hospital) Srinagar. The sample comprised of 100 women in the age range of 18-45 years. Data was collected through semi structured interview schedule. Results of the study revealed that infertility has profound psychological and social consequences in Kashmir. It also contributed to strained social interaction and ostracism like name calling, verbal assault in the form of mocking or insult, exclusion from family discussions. Respondents reported that infertility is a gendered notion in Kashmir. The results of the study showed that due to societal pressure of having a biological children and inability to conceive cited familial pressure, threat of divorce, marital instability, loneliness, anxiety, depression among women with fertility problems.

Keywords: Infertility, gendered notion, marital instability, depression.