

# **Social Factors of Uterine Prolapse**

**(A Sociological Study in Pokhara)**

A Thesis

Submitted to the Faculty of Humanities and Social Sciences  
Department of Sociology, Prithvi Narayan Campus, Pokhara  
For Partial Fulfillment of the Requirement for the

**Master's Degree in**

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## LETTER OF RECOMMENDATION

This thesis entitled "**Social Factors of Uterine Prolapse**" has been prepared by Tirtha Kumari Gurung under my guidance and supervision. I hereby recommend this thesis for examination by the thesis committee as a partial fulfillment of the requirement for the degree of Master of Arts in Sociology.

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## LETTER OF APPROVAL

This thesis entitled “**Social Factors of Uterine Prolapse**” submitted to the Department of Sociology, Prithvi Narayan Campus, Pokhara by Tirtha Kumari Gurung has been accepted and approved as the partial fulfillment of the Master's Degree of Humanities in Sociology by the undersigned members of the thesis evaluation committee.

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Signature

## **ABSTRACT**

Uterine prolapse is the widespread chronic problem among women in Nepal; Particularly among adult and old women. Uterine prolapse is a condition when the uterus drops from its normal position in the pelvis cavity, descending into and eventually, in extreme stages, out of the vagina. The major purpose of the study was to assess the prevalence and social factors with uterine prolapse in Kaski district in Pokhara. Family size, literary status, income, caste, age of respondent's at marriage, numbers of children, parity, type of delivery, time to resume work after delivery and associated disease after delivery were independently and significantly associated with uterine prolapse. Uterine prolapse was observed among large numbers of women; among these almost all were married before the age of 20 years. Illiterates and high parity women were suffered greatly. It is a common reproductive health problem in low-income countries like Nepal. Physical symptoms of this condition influence women's quality of life. Current data insufficiently determine women's awareness of this condition. Health care seeking practices for uterine prolapse in Nepal are in an adequate. All physical, psychological and social aspects of women's health are affected by uterine prolapse. Due to uterine prolapse, walking, sitting and lifting activities are become challenging for women. Women can become victims of violence due to their disability and less productivity. Women's empowerment, limiting frequent pregnancies and provision of educational opportunities are recommended for the prevention of uterine prolapse.

Under the research, women's knowledge of uterine prolapse and its associated social factors, how this affected their quality of life and their health care seeking practices have been described. Under the methodology, descriptive and exploratory research designs were used for achieving the desired objectives. Different 169 respondents were identified for both qualitative as well as quantitative analysis. The findings confirm the high prevalence of the uterine prolapse (UP) in the region. The most common social factors for uterine prolapse seem to be illiteracy, home delivery, early marriage and child birth, poverty, not enough rest during pregnancy, rejoining work immediately after delivery, multi parity, desire of son , not adequate food during pregnancy and after delivery.

## TABLE OF CONTENT

<b>Content</b>	<b>Page</b>
<i>Letter of Recommendation</i>	<i>ii</i>
<i>Letter of Approval</i>	<i>iii</i>
<i>Acknowledgement</i>	<i>iv</i>
<i>Abstract</i>	<i>v</i>
<i>Table of Content</i>	<i>vi</i>
<i>List of Table</i>	<i>viii</i>
<i>List of Figures</i>	<i>ix</i>
<i>Abbreviation</i>	<i>x</i>
<b>CHAPTER ONE: INTRODUCTION</b>	<b>1-8</b>
1.1 Background	1
1.2 Statement of the Problem	3
1.3 Objectives of the Study	5
1.4 Definition of Terms	5
1.5 Justification of the Study	5
1.6 Limitation of the Study	7
1.7 Organization of the Study	8
<b>CHAPTER TWO: LITERATURE REVIEW</b>	<b>9-18</b>
2.1 Theoretical Review	9
2.2 Previous Studies	13
2.3 Conceptual Framework	16
<b>CHAPTER THREE: RESEARCH METHODOLOGY</b>	<b>19-25</b>
3.1 Rational of Selections of the Study Area	19
3.2 Research Design	20
3.3 Nature and Sources of Data	21
3.4 Universe and Sampling Procedure	21
3.5 Method and Instruments of Primary Data Collection	22
3.6 Data Analysis and Presentation	24
3.7 Reliability and Validity of Tool	25
<b>CHAPTER FOUR: SOCIO-DEMOGRAPHIC PROFILE OF RESPONDENTS</b>	<b>26-38</b>
4.1 Age group	26
4.2 Marital Status	27
4.3 Religious Composition	28



## LIST OF TABLE

<b>Table</b>	<b>Page</b>
3.1 Method and instruments of data collection	22
4.1 Age group	26
4.2 Marital Status	27
4.3 Religious Composition	29
4.4 Education Status	30
4.5 Family Types	31
4.6 Child preference and prolapse	32
4.7 Caste/Ethnic Composition	34
4.8 Occupation	35
4.9 Income Level of Respondents	37
5.1 Uterine prolapse and age at Marriage of Respondents	40
5.2 Uterine prolapse and number of children	41
5.3 Uterine prolapse and place of delivery	41
5.4 Time of uterine prolapse appearance	42
5.5 Uterine prolapse and smoking	43
5.6 Uterine prolapse and gender biasness	44
5.7 Uterine prolapse and pregnancy care nutritional diet and rest	45
5.8 Uterine prolapse and Parity (number of children)of Respondents	46
6.1 Age Difference of Respondent's children	48
6.2 Household works started after delivery	49
6.3 Time of Visiting Health Institution of Respondents during their Pregnancy delivery and postnatal period	50
6.4 Informed about uterine prolapse to first	51
6.5 Husband's reaction after confessed problem	52
6.6 Birth attendance	53
6.7 Age of first child birth	54
6.8 Mental problem and prolapse	55
6.9 Use of Traditional Medicine	56
6.10 consult to traditional healer	57



## LIST OF FIGURES

<b>Figures</b>	<b>Pages</b>
2.1 Conceptual Framework	16
3.1 Rational selection of the study area	19
4.2 Marital status of respondents	28
4.3 Family types of Respondents	31
4.4 Caste/ ethnic composition	34

## **ABBREVIATION**

WHO	:	World Health Organization
UNFPA	:	United Nations Fund for Population Activities
IOM	:	Institution of Medicine
UP	:	Uterine Prolapse
MCOMS	:	Manipal College of Medical Science
ICPD	:	International Conference on Population and Development
NHFICC	:	National Health Education Information Communication Centre
MOHP	:	Ministry of Health and Population
ICF	:	Intermediate Care Facility
UN	:	United Nation
UNMIN	:	United Nations Mission in Nepal
POP	:	Pelvic Organ Prolapse
SCT	:	Social Cognitive Theory
CBS	:	Central Bureau of Statistics