

**A STUDY OF SEXUAL AND REPRODUCTIVE HEALTH  
PROBLEMS AMONG MARRIED WOMEN VISITING  
COMMUNITY HOSPITAL**

**By**

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## DECLARATION

I hereby declare that this thesis has not been submitted for candidature for any other degree.

.....

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## **ABSTRACT**

Sexual and Reproductive Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity in all matters relating to its functions and processes. This study is centered to the sexual and reproductive health situation of married women. The main objective of the study was to find the sexual and reproductive health problems of married women.

This study was based on descriptive research design, using quantitative data. For the purpose of the study both the primary and secondary data were used. The respondents for the thesis were in total 150 women visiting Okhaldhunga Community Hospital Okhaldhunga. Purposive sampling was used to select the sample women. Interview schedule was the main tool for the collection of data.

Out of the various problems related to the sexual and reproductive health among the married women, reproductive tract infection is higher. In general, husbands have no positive attitude to wives who are suffering from sexual and reproductive problem. About 26.66 percent respondents have reproductive tract infection which is followed by urinary tract infection, that is, 20 percent and menstruation problem 19.33 percent. Similarly, 17.33 percent of the respondents have problems related to breasts and 13.33 of them uterine problems. In the same way majority of the respondents were found to have visited native doctors first, seeking for treatment when the problem appeared.

In conclusion, it clearly shows that the sexual and reproductive health problem among the married women is a challenge. But the response to the problem is not satisfactory. The research work also includes some recommendations to improve the situation of women's problems. Education is a key component that creates awareness to the married women. Moreover, seminars, workshops, trainings and awareness programmes should be conducted in addition to print media, radio, television and other modes of mass communication to improve reproductive status.

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## **ABBREVIATIONS**

|       |  |
|-------|--|
| AIDS  | : Acquired Immune Deficiency Syndrome                    |
| AM    | : Age of Marriage  |
| FC    | : Fertility Control                                      |
| FP    | : Family Planning  |
| ICPD  | : International Conference on Population and Development |
| INGOs | : International Non-Governmental Organization            |
| IUD   | : Intra Uterine Device                                   |
| MWRA  | : Married Women of Reproductive Age                      |
| NGO   | : Non-Governmental Organization                          |
| RTIs  | : Reproductive Tract Infections                          |
| SH    | : Sexual Health  |
| SRH   | : Sexual and Reproductive Health                         |
| STIs  | : Sexually Transmitted Infections                        |
| TV    | : Television   |
| UNFPA | : United Nations Population Fund                         |
| UT    | : Urinary Tract  |
| VDC   | : Village Development Committee                          |
| WHO   | : World Health Organization                              |
| RH    | : Reproductive Health                                    |