

Fertility Awareness and Parenting Attitudes among Students in Universiti Sains Islam Malaysia (USIM) – A Pilot Study

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ABSTRACT

Objective: Studies have shown women are not aware on the relation between increasing age and declining fertility. Objective of this study is to assess the fertility awareness among Universiti Sains Islam Malaysia (USIM) students. **Methods:** Cross sectional study with convenient sampling forty-eight students from various faculties in USIM using a set of questionnaires that were adapted from other studies. **Results:** The majority 87.5% (42/48) desired to have first child at the age of 25 – 30, while 56.3% (27/48) desired to have the last child at the age of 36 – 40. 56.3% (27/48) want to have more than four children. Presumed behaviour in case of subfertility noted that 93.8% (45/48) would undergo fertility treatment. 52.1% (25/48) would screen for fertility status prior to marriage. 33.3% (16/48) would request their future partner to be screened. 54.2 % (26/48) state that most fertile period for women when she is 20-24 years old and 70.8% (34/48) states slight decrease in fertility at age 35-39. 43.8% (21/48) thought that chance of getting pregnant at age 25-30 is 90-100%. 64.6% (31/48) state the chance of getting pregnant after IVF was thought to be more than 30%. **Discussion & Conclusion:** Most of the respondents overestimate the chance of getting pregnant after ART. Many respondents overestimate the age of most fertile and marked decline in fertility. Lack of fertility awareness and misconception on ART among university students which can lead to involuntary childlessness. Education on fertility issues are important so that reproductive decisions are made based on accurate information rather than incorrect perceptions.

Awareness on Menstrual Cycle and its Associated Disturbances among Undergraduate Students of Universiti Sains Islam Malaysia

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ABSTRACT

Introduction: Menstrual disorders are common among adolescent and reproductive-aged women. Objective of this study is to determine the awareness on menstrual disturbance among USIM undergraduate students. **Methods:** Cross sectional study with convenient sampling fifty students from various faculties in USIM using a set of questionnaires that were adapted from other studies. **Results:** 84% (42/50) students agreed that four to seven days as the normal duration of menses and 28 to 35 days as the normal length of menstrual cycle. However, only 66% (33/50) of students record their menses. Abdominal discomfort, abdominal pain and presence of clots were named as normal symptoms associated with menses. 40% (20/50) of respondents thought that body weight can affect the menstrual cycle. Missed period (69.4%), irregular menstrual cycle (67.3%) and excessive bleeding (59.2%) were among highest menstrual abnormalities which would bring the respondents to seek medical attention. 78% (39/50) of respondents did not think that it is a taboo to talk about menses. **Discussion & Conclusion:** Abnormal menses is an indicator of underlying illness such as polycystic ovaries or endometriosis. Lack of awareness on what constitute a normal cycle may lead to delay in seeking treatment and hence prevention of such complications. This study has shown that majority are aware on what constitute normal menses and majority did not feel that it is a taboo to talk about menstrual cycle. In the event of abnormal symptoms, majority will seek medical attention should it become abnormal.