

## PSYCHOLOGICAL EXPERIENCES OF VOLUNTARY ABORTION IN WOMEN

**Adelina Kakija**

Lector, Email: kakijaadela@yahoo.com

### **Abstract**

Voluntary abortion is a topic often ignored by medical and social culture. McDonnell (1986: 58) states that: "For the majority of women in our society, abortion represents still a dark secret, a source of shame. Voluntary abortion is one of the most common procedures in our country and the most unexplored. The studies, mostly foreign have shown that there is a link between abortion and mental health problems, but did not determine the extent to which affects abortion to mental health (Reardon, Cogle, Rue, Shuping, Coleman & Ney, 2003). The aim of the study: To explore the experience of voluntary abortion, relationship between abortion and subsequent mental health, as well as the relational aspects of abortion reported that, by the women. Symptoms are defined as long, stable and repetitive. Responses may include: sadness, depression, anger or guilt, surprise at the intensity of response to emotional self-image low, repression and embarrassment of being near babies or young children, the images of the experience of abortion, feeling 'madness ", thoughts of suicide, nightmares about the process, hallucinations, etc. One of the answers voluntary abortion according to studies is categorized as a form of the disorder, post-traumatic stress disorder (PTSD), the symptoms of which will be explored in this study. Phenomenological qualitative research methodologies, will explore the experiences of women in the years following the voluntary termination of pregnancy. Participants include women who have had an abortion in the first trimester, 2-5 years from the experience of experiencing. Results: 80% of participants have experienced symptoms of PTSD, 20% of them have experienced a positive experience of voluntary abortion. Keywords: Voluntary interruption of pregnancy, mental health, loss, experience, PTSD.

**Keywords:** *voluntary abortion, mental health, pregnancy, depression, suicide*