A BARRIER TO HAPPINESS:

WHY THE BIRTH CONTROL PILL DOES NOT MAKE WOMEN HAPPY

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**Introduction**

The truth in the freedoms and liberties in the United States of America has been stretched for many years. Freedom and liberties as citizens in this country have been misconstrued into something that defines who we are as people rather than something that allows us to become better citizens for the society in which we live. Males and females alike have been given many different liberties and freedoms in the last half century that have in truth been monumental and ground-breaking. It could even be contended that these changes have had an immense impact on the freedoms and liberties in which the founding fathers worked to guarantee in the *Constitution of the United States of America*. Jefferson wrote that the people of the United States are “endowed by their Creator certain unalienable rights…Life, Liberty, and the Pursuit of Happiness.”[[1]](#footnote-1) This guarantee, this assertion was rather bold, especially in Jefferson’s day. But even bolder is to understand and maintain these principles in the United States today. As previously mentioned, the changes that have occurred in America in the last half century has made a great impact on society. One of these impacts is the invention of the Birth Control Pill. In the year 1960, the Birth Control Pill hit the streets, and from that point on would change the history of women forever. But what about Jefferson’s guarantee of the right to the pursuit of happiness? Does the Pill make women happy? This paper argues that the Birth Control Pill does not make women happy because it has limited their freedom and choice, its likely cause of health issues, and a measured decline in female happiness. Now, this paper will not argue that the Birth Control Pill is denying women a right guaranteed in the preamble of our Constitution, nor is this paper making a moral argument against its use. However, to stress the importance of this issue, it was necessary to articulate how its use could go against the very principles that allowed it to be invented in the first place.

In this paper, it is important that all parts of my question are defined in order to offer clarification and support for proper analysis of paper correctness. Has the Birth Control Pill made women happy? In this, I am not looking at contraception as a whole but only at the Birth Control Pill as a form of contraception. Each aspect of the question must be examined to understand how it could be answered that it the Pill has not made women happy.

Today, happiness is commonly associated with ease, pleasure, freedom, meaning, and satisfaction of life.[[2]](#footnote-2) It involves both daily emotions and a global sense that life is worthwhile. Therefore happiness is subjective or subject to the object who experiences it. Does this definition seem to be the most intelligent one? Not necessarily, but it does give a glimpse into what society views happiness as today. In a philosophical sense, Aristotle, the respected and great ancient Greek Philosopher, has a slightly different definition and approach to happiness. Aristotle would say that happiness comes from contemplation of the truth and living virtuously.[[3]](#footnote-3) This can be viewed in light of the other facets of happiness, those of pleasure, freedom, meaning, and satisfaction of life, that these goods are pursued, in right order, to seek something of ultimate truth in a higher being. One does not seek pleasure as an end in itself, but as a means to a final end; an encounter with a higher spiritual being. Even without conscious efforts and knowledge of this, it is innate in our human nature to pursue goods for this final purpose. Using both senses and understandings of happiness, the argument of this paper can be well-established. I will stand to say that the Birth Control Pill does not make women happy based on the aforementioned definitions of happiness not being brought to fruition; happiness as satisfaction of life, pleasure, freedom, and ease and happiness as the contemplation of truth.

Women thought the Pill would make them happy. It would only make sense that the invention and use of the Birth Control Pill would make women happy. It provided ease in decision-making along with the presumably lessened stress during the sexual act in which women could now freely participate without reservation. Ease in decisions and the satisfaction of her sexual needs is just what she needs. How could the Pill not make her happy?

**Limitation of Freedom**

Margaret Sanger stated in her “Family Limitation” pamphlet for women that, for a woman desiring not to have a child, “Don’t wait to see if you do *not* menstruate (monthly sickness) but make it your duty to see that you *do* (original emphasis).”[[4]](#footnote-4) Sanger, one of four “crusaders” in launching the Birth Control Pill and a key component in persuading not just women but all of society of its necessity, wrote many articles and published several pamphlets on the Birth Control Pill.[[5]](#footnote-5) She uses these papers to convince readers of the necessity of the Pill and to persuade readers into use, for reasons which will be identified in this section. In Sanger’s first pamphlet on “Family Limitation,” she begins her endeavor of persuasion, attempting to lure women into the belief that they should not have to live with the burden of the unknown; the question of pregnancy after intercourse. As one of her first documents written regarding birth control methods, it is a starting point for understanding why Sanger believed the Pill to be necessary, and also the first form of evidence to support that the Pill is a limitation of women’s freedom.

In Sanger’s paper on “The Necessity of Birth Control,” she uses the convincing strategy of money-saving to get women to use the Pill. She says that many mothers whose husbands are gone at war hear of him coming home and get concerned because they already have three or four “idiots” at home, referring to children with disabilities.[[6]](#footnote-6) She continues, “We have in the past ten years spent NINE BILLION DOLLARS on what are called the four D’s-- DISEASE: DEFECTS: DELINQUENCY: DEPENDENCY (original emphasis).”[[7]](#footnote-7) Sanger repeatedly mentions in this article that the major problem in society is that there were too many women having more than two children stating, “Women of the working class…should not have more than two children at most,” because she cannot decently care for more, even if she were not working.[[8]](#footnote-8) Sanger’s concern with money the country is spending is top priority of discussion in this document. The entire document of “The Necessity of the Birth Control Pill” is based on this argument, proving that her original case that women should not have to bear the burden of pregnancy is untrue. She is rather trying to convince them to use the Pill for her own agenda, which one will later see leads to the Pill’s limitation on women’s freedom. Many documents before and after “The Necessity of the Birth Control Pill” prove that the wants of the mother were not of highest priority or the desired end of the use of the Pill. Primarily, this can be seen in Sanger’s document, “The Eugenic Value of the Birth Control Pill,” written seven years before “The Necessity of Birth Control Propaganda,” where she clearly states the importance of the Pill as a means of eugenics. Eugenics is “the study of or belief in the possibility of improving the qualities of the human species or a human population, especially by such means as discouraging reproduction by persons having genetic defects or presumed to have inheritable undesirable traits…”[[9]](#footnote-9) Sanger thus highlights the Pill’s value in eliminating certain types of people saying, “…the campaign for Birth Control is not merely of eugenic value, but is practically identical in ideal, with the final aims of Eugenics.”[[10]](#footnote-10) Key to this statement is the phrase, “with the final aims of Eugenics.” Margaret Sanger is not trying to help the mother. In fact, states her final aim in the above quotation. She continues saying, “The potential mother is to be shown that maternity need not be slavery but the most effective avenue toward self-development and self-realization. Upon this basis only may we improve the quality of the race,” arguing that building a relationship of trust with mothers, telling them what they want to hear, will allow the mothers to be more easily convinced to avoid pregnancy.[[11]](#footnote-11) “… I wish to take advantage of the present opportunity to point out that the unbalance between the birth rate of the "unfit" and the "fit", [is] admittedly the greatest present menace to civilization...” The entire document of

“The Necessity of the Birth Control Pill” is based on this argument, proving that her original case that women should not have to bear the burden of pregnancy is based on an ulterior premise to the first document she had written. But Sanger does not stop there. Her statements exacerbate as she continues:

“…the example of the inferior classes, the fertility of the feeble-minded, the mentally defective, the poverty-stricken classes, should not be held up for emulation to the mentally and physically fit though less fertile parents of the educated and well-to-do classes. On the contrary, the most urgent problem today is how to limit and discourage the over-fertility of the mentally and physically defective.”[[12]](#footnote-12)

Of all Sanger’s writings, this quotation best emulates the true cause behind why she advocated for the Birth Control Pill and helped with the research for its approval. To summarize, Sanger says that the fertility of the groups which she mentions should not be allowed to reproduce like those who are mentally and physically fit. In fact, she argued that the greatest problem in 1921 was an unprecedented need to prevent those groups of people from having more children and creating more people on whom the government spends money. Her primary goal in the production of the Pill is that she and others convince women in poverty, who are feeble-minded or are mentally defective, they should not have to worry about being pregnant, and to make them believe that they truly do not want to have children or experience pregnancy. In fact, Sanger wanted to encourage certain women to use the Pill so that it could potentially limit their freedom completely. In many cases, the Birth Control Pill is seen as the only option for women. Women’s freedom is stripped and limited to the point of diminished value of fertility as a problem needing control, something for which the Birth Control Pill has advocated. And if women ever choose that the Birth Control Pill is no longer for them, it can take years for the body to adjust after using the Pill, and in some cases, women can never have children.[[13]](#footnote-13) This helps prove that the Birth Control Pill has not made woman happy, because it takes away her true freedom deciding when she is ready for pregnancy. The effects the Pill can have on a woman’s physical and emotional health, which will be later analyzed, highlights the permanent limitation of freedom the Pill can cause. Sanger’s papers and writing highlight this very point. Her notions and pleas were to initiate the battle, but from that has come a potentially permanent limitation of freedom, which will be further discussed in the next section. Free will and the freedom to choose are essential for happiness because it is what allows humankind to choose for what or whom it lives. It further allows man to choose what will get him to that final destination. It is in this distinction that one sees why the Birth Control Pill limits women’s freedom and does not make them happy. Women who are convinced by Sanger’s persuasion use the pill and in the very least, find it difficult to get pregnant. In this sense, the Pill is limiting their freedom. The freedom of choice they first used to choose the Pill is later stripped of them when they finally decide to have children. They are no longer afforded that right because the Birth Control Pill has eliminated it. Her propaganda techniques are all in an effort to convince women to use the Pill so the possibility of pregnancy grows from a temporary to an often permanent method. The use of Sanger’s papers was not to say that Sanger limited women’s freedom, but to show that, through the efforts of the scientists involved, the goal was to have the product limit women’s freedom in the end. Sanger ends her paper saying this, a final illumination of her propaganda’s goal leading to the Pill freedom limitations: “If we can summon the bravery to do this, we shall best be serving the true interests of Eugenics, because our work will then have a practical and pragmatic value.”[[14]](#footnote-14)

Sanger wrote this about the purpose of Pill: “To define birth control…to prevent the conception of human life. Prevent, remember. Prevent does not mean to interfere. It does not mean to destroy…. We also say ‘to control.’ Control does not mean that you limit.”[[15]](#footnote-15) But Sanger exclaimed in another article how Dr. Gregory Pincus discovered that increasing certain hormones will prevent ovulation from occurring. The process of ovulation allows pregnancy to occur, and the increase of these hormones would prevent the continuation of the process. In this sense, the Birth Control Pill is, in fact, interfering with the process of ovulation. It is delaying, hindering, and inhibiting the process, which are all synonyms of interfering. She also says that it does not mean to destroy. But, in reality, as will be discussed later in this paper, the third method of the Pill is to destroy the already fertilized egg by preventing its implantation to the uterine wall. If this does not occur, the pill’s third method destroys or kills the zygote. Sanger’s argument here is flawed. Rather than benefitting women by giving them control, as Sanger says, the Birth Control Pill is inhibiting a natural process of the female body; a natural process that is essential for proper health of women.

**Health Issues**

Through Sanger’s papers, this paper has shown how the Birth Control Pill has not made women happy by limiting their freedom. But, as the discussion deepened, it was clear that the Pill can do more to not make women happy than limit their freedom. To offer valid evidence in the realm of health issues, there must be a clear grasp on the definition of health. According to the World Health Organization, "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”[[16]](#footnote-16) Important to this definition of health is that one who has health is not just free of disease or infirmity. In fact, the English word "health" comes from the Old English word hale, meaning ‘wholeness’…Hale comes from the Proto-Indo-European root kailo, meaning ‘whole, uninjured’.”[[17]](#footnote-17) There is much more to health than not being ill. Rather, from this definition, we can gather that poor health is a break from health as a whole, not just from disease, although that can be a factor. With this in mind, health can be divided into two divisions: physical and mental health. Health is not only physical, but envelopes the whole person, including the mental and emotional aspects. To be considered physically healthy one has good body health, which is healthy because of regular physical activity (exercise), good [nutrition](http://www.medicalnewstoday.com/articles/160774.php), and adequate rest. The World Health Organization defines mental health as “a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community".[[18]](#footnote-18) The two could be divided into multiple sub categories; emotional, spiritual, sexual health, and so on. The most difficult part of defining health is that it that mental health is rather subjective. Most people would agree that one is mentally healthy if he or she is lacking mental illness.[[19]](#footnote-19) However, just because something proves that it is lacking or did not occur, does not mean that the opposite is true; this is the fallacy of negative proof.[[20]](#footnote-20) For the purposes of this paper, however, it is important to understand that within mental health can be aspects associated with the physical. For example, one has a good physical health if she experiences regular exercise, good nutrition, and adequate rest. If these health needs are met, she is physically healthy. And, beyond being physically healthy, she will develop a positive body image, which is associated with good mental health because of the endorphins released during exercise.

Based on the above definitions, it is true is that having a disease, illness, or other health problem related to physical or mental health is considered a health issue. What is also true, as viewed in a study done in Chile and Uruguay, is that health and happiness have a strong correlation or causation. The date gathered by the researchers showed that those who were considered healthy were happier than those who were not healthy.[[21]](#footnote-21) In the following summary of health issues, each issue was associated with a causal relationship of the Birth Control and the user, which evidenced in multiple books and documents.

Most oral contraceptive pills are made of a combination of synthetic estrogen and progestin hormones.[[22]](#footnote-22) In another one of Margaret Sanger’s works, she presents convincing evidence for the enhancements the Pill will provide, including a description of Dr. Gregory Pincus’s research regarding the Pill. He discovered that that an increase in what Sanger calls “certain hormones” in the body would prevent ovulation.[[23]](#footnote-23) This is precisely the method in which the Pill attacks and prevents pregnancy. There are three ways in which the Pill can work. The first way is the one mentioned above, where the Pill blocks the flow of the luteinizing hormone that would cause ovulation during a given cycle. This method is not always successful, so there are secondary and tertiary methods to back it up. Pills lead to the thickening of cervical fluids. So instead of the regular welcoming cervical mucus during the time of ovulation, the hope would be that the sperm would be blocked. As a last resort, if the egg is fertilized, the Pill’s third method makes it difficult for the egg to implant in the uterine wall. If the fertilized egg does not implant, the pregnancy cannot continue.[[24]](#footnote-24) I use this information to prove how difficult in can be to prevent a pregnancy, a natural process if sexual intercourse is had at a specific time during a woman’s cycle. The use of synthetic hormones can cause several health problems, in addition to creating a mess for a woman’s menstrual cycle. The Birth Control Pill is approved by the FDA. Just as with every drug that undergoes the process, the Center's Office of Testing and Research is required to conduct research in drug quality, safety, and effectiveness.[[25]](#footnote-25) With this said, Sanger clearly stated that the final aim of the Pill’s production and distribution is eugenics, not for the health, safety, or goodness of the mother. In fact, the Birth Control Pill is the only drug approved by the FDA with the primary purpose to take something already working and change it so it does not work properly, without the goal of making some aspect of health better. It does not prevent disease or illness, like chemotherapy or prescription drugs do. It takes the menstrual cycle and makes it not work as it should. The Pill can so badly muddle the woman’s menstrual cycle that it may never work the same again. Not to mention putting the woman at risk of other major health issues.

The first of these many health problems is blood clotting. There are two factors known for causing blood clots-reduced velocity of blood flow and an increase in blood coagulation or thickening. The Pill can play a role in both. It causes veins to dilate, causing blood to flow slower and increases the odds that the veins may become varicose in the future because of the dilation.[[26]](#footnote-26) In recent studies, research has found that some factors in blood clotting and the Pill are associated with the synthetic progestin hormones. Even in 2008, doctors and researchers were finding that even newer developments of progestin were even worse for women and increased the likelihood that they would develop blood clots were they on the Pill.[[27]](#footnote-27) This, again, is affirmation that this health problem would not make women happy, because it can cause a major health issue. Blood clots can lead to many other health issues that are life threatening and can even cause death. Sudden heart attacks and strokes have long been caused by blood clots.

According to the World Health Association’s webpage, another aspect of health is sexual health.[[28]](#footnote-28) Margaret Sanger, in 1921, stated that it was time that women should not have to worry about having a child when partaking in the conjugal act. She stated that the time had come when women should be able to enjoy sex as much as men; to experience it freely and without reservation.[[29]](#footnote-29) She was associating the use of contraceptive methods to a new kind of sexual experience for women. Sanger, one of 4 pill crusaders, would later become the leading proponent and advocate for the Pill’s production for these very reasons. These new ideals in sex, however, may not be true. Although Sanger’s statements occurred before the Birth Control Pill hit the market, she believed that stress-free sex would be brought only by the use of contraceptive methods, where women and men could unite in ease. Is this true? In multiple personal accounts and studies, it was actually determined that women on the Birth Control Pill became bored and unsatisfied in sex.[[30]](#footnote-30) This point must be stressed because sex is so highly valued in American culture. After the Sexual Revolution, women were faced with a dilemma. The cultural orientation says that now, since the development of the Pill, women should be able to have sex without anxiety, with liberty, and with anyone under any conditions. But the Pill causes anxiety because of the other health issues that can develop. However, this is not true. According to a nationally renowned woman’s health issue*, Our Bodies, Ourselves*, it was only after the invention of the Pill that it was thought women should not approach sex with any negative feelings because any concerns should, at that point, be nonexistent. The Pill would solve all potential problems. These emotions and stresses are still very real in women, even after the invention of the Birth Control Pill.[[31]](#footnote-31) The fears and anxieties are some of the components which can lead to the boredom and dissatisfaction mentioned above. Not only that, but some of the chemical components of the Pill have caused and can continue to cause a loss in sex drive for extended periods of time. In a studies performed at the University of North Carolina School of Medicine in Chapel Hill, at the University of Lund in Sweden, and by the Council for the Investigation of Fertility Control in England, all confirmed anywhere from a 25 to 60 percent of pill-users experience a significant decrease or loss of sex drive. In the University of North Carolina study, it was estimated from the data that for every one women who has an increase in sex drive from the Pill, at least ten decrease.[[32]](#footnote-32) Again, in a sexually oriented and driven culture, a loss in sex drive can be seen as detrimental for both male and female parties. Barbara Seaman uses an example of a couple in this very situation to illustrate this problem. The narrative of husband and wife expressed feelings of powerlessness, undesirableness, being unwanted, or not being fulfilled. The woman’s feeling of want for her husband was eliminated completely. In the example of loss of sex drive, women can lose control of their sexual desire, and are less likely pleased if they perform the sexual act besides.[[33]](#footnote-33) Therefore, women who use the Pill and experience this effect would not be happy. This does not mean that fewer women are having sex, since the number of females having sex has increased from the average fifty percent that were sexually active in the early 50s.[[34]](#footnote-34) It could mean that they are, perhaps, less satisfied. Pleasure and/or satisfaction for a woman is not necessary to complete the sexual act. Still, it is true that she desires those facets to be fulfilled. It is also true that the Pill’s effects could inhibit pleasure and/or satisfaction in intercourse, therefore not making women happy based on the notion of pleasure and satisfaction as components of happiness. In relation to Aristotle’s definition of happiness, in contemplation of what is true in this case is that men and women desire to experience pleasure and satisfaction within sex to fulfill true and common union. The value of communication in sex is severely underestimated, as a woman desires to experience pleasure in that act. With honest communication, the need can be fulfilled. Without communication, woman could be less satisfied, and the couple could risk objectification of the woman because her needs are not being considered.[[35]](#footnote-35) However, both pleasure and satisfaction in the sexual act are being prevented by the use of the Birth Control Pill, therefore not making women or men happy.

Women tend to obsess over certain physical traits. Among these is weight. In general, females are more self-conscious about their physical characteristics, which often comes down to how they feel about their weight. Researchers have found that most women who are on the Pill begin it in their later teens and often continue it throughout most of their lives. This is during a time when natural weight gain occurs besides, so a strong correlation between the Birth Control Pill and weight gain, some say, is exaggerated.[[36]](#footnote-36) Studies do suggest, though, that experiencing weight gain while on the Pill adds to the normal weight-gain experience. This is because many oral contraceptives that add the synthetic progestin hormone cause the body to digest and use nutrients differently. One example of this is the ingestion of carbohydrates. Women on the Pill have found that their weight gain is associated with the way the oral contraceptives cause their body to metabolize carbohydrates differently. In most cases where this occurs, women did not just metabolize it differently, but could not properly break-down the sugars in the carbohydrates, linking the weight gain to type 2 diabetes.[[37]](#footnote-37) As mentioned above, after gaining weight, many women become self-conscious. They can begin to obsess over it or become increasingly concerned, about how they appear, leading some to anxiety and depression.

In a study conducted in 1969, British researchers found that 1 in every 3 pill users studied showed depressive personality changes. These symptoms can range from agitation, sadness, withdrawal, guilt, shame, indifference, or intentionally causing accidents. The depression in some cases grew so bad that they became intensively suicidal. These depressive symptoms often come as a result of the hormonal differences that the Birth Control Pill causes. The additional hormones in the Pill elevate normal hormone levels, which carry significant weight in a woman’s mental state, greatly change the woman’s mood for long periods of time, not just the average mood swing. Doctors have studied that 1 in 4 women will be treated for depression to the 1 and 6 in men. This means that because women are more prone to depressive disorders, it has become increasingly important that Doctors determine how and what levels of hormones can cause shifts in the woman’s body chemistry. Certain hormones pair with specific brain chemicals to suppress or increase other hormones. This does not happen in all women, but it has yet been determined how to know which women will be negatively affected in this way. Doctors have even studied several hormone concoctions to determine how the Pill might change moods, but still have not found a good answer.[[38]](#footnote-38) This is especially concerning for women, because they have no definitive evidence to help them make a conclusive decision in using the Pill, when depression is a primary concern. Depression seems the most obvious of health disorders that would promote the case the Birth Control Pill has not made women happy. No depressed person would say she is happy. In fact, depression is most regularly associated with sadness, which in turn is understood to be the opposite of happy. Women who experience depression from the Pill can relate best to the affirmation that it does not make them happy.

Overall, doctors argue that there are many other options that could cause or fewer potential problems to the Birth Control Pill’s potential problems.[[39]](#footnote-39) The high levels of synthetic hormones are huge factors in this game of health issues. Because women naturally produce these hormones, it is no wonder additional ingestion of synthetic hormones that increase the levels would cause issues. Stopping the natural process of the woman’s cycle can cause a wide range of issues, which have been discussed. Hormone levels control so many aspects of a human being. Just as low levels of hormones can negatively affect a woman, so too heightened level will.

**Statistical Evidence**

So what if the woman does not develop any health issues while on the pill? How can it be said, then, that the Pill does not make women happy? Let’s put the health issues aside and focus on an entirely different complex; statistical evidence. Arlie Hochschild and Anne Machung wrote a book entitled *The Second Shift.*  The two authors began researching for this book in search of answers to how the Sexual Revolution had affected women today. In the book, Hochschild and Machung discuss that as a result of the Sexual Revolution, women are now offered several highly sought opportunities.[[40]](#footnote-40) One significant opportunity is that of equal employment opportunities. The sex prejudice was being lifted, and women no longer felt a need to stay home and hold the caretaker role they had been assuming for thousands of years. What liberation! However, Hochschild and Machung noticed that women working outside the home was not accompanied by. What does this mean? This conundrum is what Hochschild and Machung call the “Second Shift.” The term “second shift” means that women who choose to work outside the home are not exempt from their role in the home. Although they have not been the stereotypical stay-at-home mom, they take on that role once they come home, therefore working a “second shift.”[[41]](#footnote-41) They still have to cook, clean, mother children, among other roles women and mothers play in the home. The “second shift” to which the authors elude is a meager example of the toils brought about by the Sexual Revolution, the authors say. In correspondence to this “Second Shift,” a study was done in Cambridge, Massachusetts involving the decline in female happiness in the past 35 years. The conductors of the study call the decline a “paradox” because the decline in female happiness they had uncovered did not seem to correlate the way they hypothesized, considering the advancements women have made in the past 35 years.[[42]](#footnote-42) This study proves that society associates more opportunity with increased happiness, which was then disproven. But how does this research pertain to the connection between the Pill and happiness? The study of declining female happiness looks at measuring female happiness between 1970 and 2005. And the “…assessment of objective measures of female well-being since 1970 finds that women made enormous gains,” the researchers state. They offer evidence of gains in the labor force, increased wages for women of all races and education levels, and freedoms in both family and market sphere. Interestingly enough, one of the first items the authors listed under these gains was “an unprecedented level of control over fertility.”[[43]](#footnote-43) The researchers express their confusion with the decline saying, “Given these shifts of rights… holding all else as equal, we might expect to see a concurrent shift in happiness toward women and away from men. Yet…measures of women’s subjective well-being have fallen both absolutely and relatively to that of men.”[[44]](#footnote-44) The authors even note that the use of birth control has given women more autonomy over individual and family decision-making, which one would also believe would work in favor of happiness in women.[[45]](#footnote-45) The study of women in the workplace and the association of happiness is, in fact, directly associated with the Birth Control Pill. Not only are women essentially working a “second shift,” they are now also responsible for making sure they “control” their fertility.[[46]](#footnote-46) But, with the Birth Control Pill, women are taking on yet another aspect of their life and are additionally pressured to take charge. They are facing more duties on the job, at home, and now, have an increased responsibility in the bedroom. They experience the pressure of remembering to take the Pill, fearing the potential risk of forgetting to take it and then becoming pregnant. The additional anxiety and work has proven to not make women happier. This study nearly single-handedly proves that the Birth Control Pill has not made women happy.

**Conclusion**

What benefit is this to women? The desire is that this evidence from well-researched articles and books will provide men and women with the best information to make an educated decision. Margaret Sanger’s papers have evidence that her main cause was not for female benefit, but rather selfish motives to eliminate certain members from society. She wanted to eliminate women’s freedom to make their own decisions on fertility care for her motives of eugenics. Although women have freedom of choice, Sanger’s clear goal was to convince women that there was no other choice, and because of the Pill’s likely effects on the body, it could potentially completely eliminate their freedom to make their own fertility decisions.

The Birth Control Pill holds great risk in its likelihood in causing of health issues. These health problems are found under all realms of health; physical, mental, emotional, and spiritual. One health issue can easily affect another, which we say in additional weight gain and anxiety. It was also proven that health and happiness are closely related. People who were considered healthy, by definition, were measurably happier than those who were not healthy. This, therefore, verifies that the likely cause of health issues that the Birth Control Pill poses would not make women happy.

Lastly, I examined a measurable decline in female happiness, as proven by statistical evidence. Although women have been given more opportunities in recent years, they have been working longer and harder than ever before. And the paradox is directly related to that. Although women are taking on more responsibilities, they are less happy. Among the opportunities is the control over their fertility. However, having this additional opportunity to control has not lead to their happiness. When they were given more control of fertility, they took on all responsibility in the bedroom, making it less pleasurable and desirable, making them less happy.

I conclude that the Birth Control Pill has not made women happy since its debut in 1960. By limiting freedom, causing health issues, and through a measurable decline in happiness, the case has been supported through empirical, anecdotal, and statistical evidence. The truth has been presented. The decision is now the reader’s.

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