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Sexual activity, interest and satisfaction in older women in Iran

Mardi Afrouz^a, Behboodi Moghadam Zahra^b, Abdollahi Asghar^a and Madadzadeh Mitra^c^aArdabil University of Medical Science, Iran^bTehran University of Medical Science, Iran^cSabalan Hospital, Iran

The world's population is aging and the issue of sexual activity in elderly people is still a taboo in many cultures. The purpose of this study was to examine the sexual activity, interest and satisfaction in older women attended the Health Care Centers in the city of Ardabil-Northern Iran. This descriptive study was conducted on 380 married women over 60 years old who had been selected by convenient sampling method. Data were gathered anonymously by three questionnaires (Goldberg general health, FSFI and demographic information Questionnaires) and analyzed using SPSS software. This study indicated that 60% of the studied women had sexual activity and about half of them had interest in sex. Sexually active women were significantly younger ($p < 0.05$) and more educated ($p < 0.001$) than sexually inactive women. The participants' sexual activity, interest in sex, emotional intimacy and sexual satisfaction with their husbands were significantly affected by the presence of married or non-married children at home. This study approved that despite misconceptions, older age and sexuality do not contradict each other. The result of this study could help health care providers to provide appropriate and effective sexual healthcare services to older women.

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