

Evaluation of sexual behaviors in pregnant women and some related factors, Babol, Iran 2004

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ABSTRACT

Introduction: Pregnancy is a normal event in the life of women that includes deep physical, psychological and behavioral changes. The impact of pregnancy on sexual behavior in women is different. Some women feel more sexual motivation but some encounter less or even no libido that unfortunately results in stress in the marital relationship. This study was done to evaluate sexual behavior and some related factors in pregnant women who referred to healthcare centers in Babol.

Methods: This is a descriptive—analytic study that was performed on 140 pregnant women who referred to healthcare centers of Babol (2004). Tool for gathering data was questionnaire. Analysis of data was done with SPSS software using Chi square test.

Results: Majority of pregnant women reported a diminished libido (59.6%) and a declined frequency of sexual intercourse (72.1%) during pregnancy. 37.7% had dyspareunia. Most pregnant women (66.4%) were against the continuation of sexual intercourse during pregnancy alike nonpregnancy period. 14% of pregnant women believed that more frequent coitus during pregnancy could actually help widening the birth canal and facilitate labor. There was a significant statistical difference ($P < 0.05$) between variables such as: libido during pregnancy, women's job, coitus frequency, amount of coitus, dyspareunia, amount of coitus during pregnancy with economical status, gravidity, parity and women's education.

Conclusion: Considering the importance of sexual health during pregnancy, consultation services and attendance of experts in sexual behaviors during pregnancy in healthcare centers is mandatory.

Key words: Evaluation Studies - Pregnancy – Sex Behavior

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