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Women's need for counseling regarding sexual activity during pregnancy: A qualitative study

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Introduction and Aim: Women have little knowledge about their bodies and sexual behavior. Consultation as a most useful method can help women to manage successful sexual behavior. The aim of this study is to evaluate the women counseling needed about sexual activity during pregnancy.

Materials and Methods: This is a qualitative study by Focus Group Discussion, which was conducted on 68 women referred to Al- Zahra hospital in Rasht. Participants were divided in groups consisted of 5-8 women. Data was gathered by semi-structured interviews and investigators recorded responses. At the end of each session, all responses were summed exactly and collected data were analyzed using content analysis.

Results: Results showed that half of participants express desire to intercourse and sex during pregnancy. Less than half of the participants mentioned comfort, joy and happiness as sexual satisfaction. All participants except 3 of them stated lack of intercourse during menstruation period. And their reason were "sin", "infection and unsanitary" "Pain and heavy bleeding", "infertility and fetal disorders". Only 2 participants cited cervical cancer as the reason. Also, majority of women mentioned after menstruation as the time for highest libido. The majority of them emphasized there should be no intercourse in whole of during pregnancy because of inducing abortion and it will be harmful for fetus.

Conclusion: As each of the items listed above can help families to survive and they may impact physical and mental health, it seems that improving knowledge of women regarding this issue is mandatory in local and national.

Biography

Sedigheh Pakseresht was born in 1960 and she was currently an assistant professor at Guilan University of Medical Sciences. She was into the obstetric department of faculty of shahed Beheshti of nursing and midwifery in Rasht, Iran. She has 23 years of experience in this field and acts as an editor in chief for Holistic Nursing and Midwifery Journal. She was also a registered member in Reproductive Health Research Center, and Holistic Factor on Health Research Center. She participated in several conferences conducted in Iran, India, Malaysia, Hong Kong, china and Italy.

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