

## International Congress on MIDWIFERY AND MATERNAL HEALTH

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**Achieving recognition of sexual pleasure as a component of holistic sexual health and wellbeing: Responses needed****Santosh Kumar Mishra***S.N.D.T. Women's University (SNDTWU), India*

**Statement of the Problem:** Sexual health requires a positive and respectful approach to sexuality and sexual relationships, including sexual pleasure [1]. The term "sexual pleasure" is defined as: "a physical and/or psychological satisfaction and enjoyment which is derived from erotic experiences" [2]. In the present day situation, sexual health is considered more than mere the absence of disease. The right to sexual pleasure should be universally recognized and promoted [3]. However, author of this research work argues that not much attention has gone to the topic of sexual pleasure as a tool or component of holistic sexual health and wellbeing. This situation requires actions (responses) by the national governments, inter-governmental agencies, and other involved stakeholders.

**Objectives & Research Methodology:** This review research aims to outline the responses needed for the purpose of recognition of sexual pleasure as a component of holistic sexual health and wellbeing. Secondary data (largely 'qualitative' in nature) have been used & nature of data analysis is: 'descriptive', involving "desk-based research approach".

**Analysis and Interpretation of Data:** In terms of actions needed (necessary actions), the author of this presentation says that the international community need to make coordinated efforts to emphasize sexual pleasure the international community is increasingly recognizing and endorsing the concept of sexual rights. However, to-date, community, national and international consensus has overwhelmingly focused on negative sexual rights (e.g., freedom from STI/HIV, sexual violence and abuse), often to the exclusion of positive sexual rights (e.g., the right to sexual pleasure and satisfaction). To better reflect human reality and meet the needs of individuals and couples, international agreements and priority setting documents should clearly articulate objectives in terms of both positive and negative sexual rights.

Further, sexual health promotion programs for all groups, including youth and people with disabilities, should embody the reality that sexual pleasure and intimacy are strong motivating factors for sexual behavior and that sexual pleasure contributes to happiness and well-being. Furthermore, educators and health care providers have often been conditioned, through their training, to conceptualize sexual health in terms of negative sexual rights. Pre-service and in-service training for sexual health educators and health care providers should place particular emphasis on the promotion of positive sexual rights for people of all ages in order to counter the prevailing over-emphasis on negative sexual rights.

**Findings:** In order to achieve these goals and to carry out these necessary actions, it is essential that international, regional, national and local plans of action for sustainable development prioritize sexual health interventions, allocate sufficient resources, address systemic, structural and community barriers and monitor progress.

**Biography**

I retired on June 30, 2020 from Population Education Resource Centre (PERC), Department of Lifelong Learning & Extension [DLLE, previously known as Department of Continuing & Adult Education & Extension Work (DCAEEW)], S.N.D.T. Women's University (SNDTWU), Mumbai, India. I underwent training in demography, with award of Government of India Fellowship, during 1986-1987 from the IIPS, Mumbai, India. Also, I acquired Ph. D. from University of Patna in 1999. My other qualifications include (a) Post-Master's Diploma in Adult & Continuing Education, (b) Certificate Course on Hospital and Health Care Management, (c) Diploma in Human Resource Development, & (d) I have authored (some co-authored) (a) 5 booklets (including teaching-learning materials: published by PERC, DLLE, SNDTWU); (b) 4 books; (c) 23 book chapters; (d) 81 journal articles; (e) 2 monographs; (f) 7 research studies (published by the DLLE, SNDTWU); & (g) 56 papers for national & international conferences (some with bursary/travel grant).