

Effectiveness of sex mindfulness training on sexual satisfaction of married women

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ABSTRACT: Introduction: Sexual relationship has undeniable effect on health, life quality, welfare and life satisfaction of the couples. Thus, the aim of the present research is to verify the effectiveness of sex mindfulness training on sexual satisfaction of married women who are dissatisfied about their sexual relationship. **Method:** research plan is of half trial in pretest-posttest method with control group. Community of this survey includes all married women who are unsatisfied about their sexual relationship and approached to helper family counseling clinic of Tehran in 2015. They wanted to participate in training sessions of sexual mindfulness to recover their sexual relationship. Research sample was consisted of 25 women who were eligible to enter the test and have been selected by access sampling method on the basis of selection criteria. And were place randomly in to two groups of interference and control. Data collection tool was Larson sexual satisfaction questionnaire (1998). Data was analyzed by using SPSS (ver. 22) and by the method of covariance analyze (ANCOVA). **Results and Discussion:** Results obtained from this research showed that, sexual mindfulness training, significantly increased the sexual satisfaction of women`s interference group in post-test phase (24.8 ± 3.22), comparing to pre-test phase (24.4 ± 5.86). **Conclusion:** Sexual mindfulness training is effective in promoting the women sexual satisfaction. And this training can be used in improvement of women`s sexual relations.

Keywords: Mindfulness, Sexual mindfulness, Sexual satisfaction, Sexual intimacy, Unsatisfied couples.

INTRODUCTION

Marriage as most important and upmost social custom to achieve the emotional requirements of individuals was always under attention (1). One of the emotional needs of the couples, is the relationship combined with intimacy, and this part of family relationship is very important (2). And is the great source for happiness, means feeling (3) and marital satisfaction in the life (4).

The most important relationship which leads to couple`s intimacy is sexual relationship which is one of basic requirements of the couples for marriage and marital link. Desires, tensions and life quality of human`s sex is productive and complex, just like the principle of life. The various surveys which have been performed in connection with marriage showed that, the sexual issues in case of importance are the in first grade issues of spouses (5). Sexual pleasure is one of the most important pleasures which, a person will get benefit from it, during his life time. And this pleasure makes the difficulties of the spouses, tolerable (6). Therefore, researchers believe that, satisfaction from marital and life relationship always depend on satisfaction from sexual relationship (7). And strength of marriage relationship without satisfied sexual relationship will be risky.

In fact, sexual satisfaction, is the satisfaction in sexual activities emotional satisfaction, which will include the physical pleasure and all left emotions after positive and negative aspects of sexual relationship (8) and this is an important factor to prevent the creation of sexual disorders in women.

Sexual satisfaction is consisted of verdict and analyze of every individual, from pleasure`s rate which will be created during sexual relationship. BARRIENTOS, believes that, we can measure the interactions of a couple from their sexual satisfaction rate. Many researches show that, spouses have potential and hidden conflicts about sexual issues, but consider it as a secret and avoid to talk about it. And it is under affection of different factors such as job stresses, tensions in couple relationships, level of education and culture, economic problems, sexual and moral

compromises, problems and psychological and physical diseases of both sides (10). Quality and state of couple's relationship with each other are the important and most effective factors in sexual satisfaction and there is a significant relationship between sexual satisfaction and marital relationship and interactions satisfaction (11, 13). And we can measure the interactions of spouses from their sexual satisfaction (14). Lack of sufficient satisfaction and dissatisfaction from sexual relationship, will lead to deep problems in relationship of couples and hatred creation toward spouse, annoyance, jealousy, competition, revenge feeling, humiliation feeling, lack of confidence feeling to oneself and other similar cases. These problems will be strengthened by tensions and disputes or will manifest and break out in their format and gradually will make the gap between the couples, deeper (15).

With attention to emotional load and judgment about sexual issues, the couple will hide these interaction and avoid to talk about them. Unsolved problem, in the beginning will cause to emotional separation and at the end will end up to divorce. In regard to Iranian culture, those couples who are suffering from sexual dissatisfaction, are feeling shame and guilt to talk about it and are ignoring about its effect on lack of marital satisfaction and lack of satisfaction from their own life. Therefore, according to ideas of social pathology researchers, divorce statistic, is the most reliable indicator of dissatisfaction in the sexual satisfaction of women in European countries (17), and according to Iranian experts, 50 to 60 percent of divorced cases were because of sexual difficulties and disorders (15).

According to results of theoretical research (18), woman's satisfaction in life, is one of the main determined factors in mental health of the family, due to the important role women in the family, to improve the mental health of family, we verified the life satisfaction of women.

One of the methods of couple's treatment is the focused approach on sexual mindfulness which was created with the aim to train the sexual skills in women and this issue will improve the marital relationship, increase in sexual satisfaction and marital satisfaction. This approach was raised by KABAT ZINN in 1990 which has been approved for treatment of chronic pains (19), depression (20), obsessional disorders (21), and sexual dysfunctions. Mindfulness was paid attention to, in west from 1970s and since then, more than 240 programs, based on mindfulness were performed in North America and Europe (22). Through controlled researches, the effectiveness of this treatment in disorders of the first axis was approved.

Mindfulness, means: paying attention to present tense, in non- judgmental way and concentrated on target and insisted on following matters: knowledge from present experience, along with acceptance, being alert to reality, facing the origin of experience and seeing the affairs, just like seen for the first time (23). Study results of HARTON and colleagues (24), showed that, with increase of mindfulness in social processing in various aspects, mutual conflicts of interpersonal change will be made and awareness rate, self-regulation and balance restore will be improved with increase in mindfulness.

Giving attention to this matter that, sexual dissatisfaction is of disorders and internal conflicts of the couples, so the goal of present survey, was effectiveness of sexual mindfulness education on sexual satisfaction of married women who were not happy about sexual relationships.

MATERIALS AND METHODS

Present research is a practical survey, of half trial in pretest-posttest method with control group test group. Statistical community of this survey includes all married women who are unsatisfied about their sexual relationship and approached to helper family counseling clinic of Tehran in 1394. Conditions for entry to the tests were: 1) woman, 2) diploma as the least educational background, 3) age range of between 21-32 years old, 4) not receiving medicine treatment at the time of research, 5) scores acquisition of 1 in criteria deviation, higher than average in Larson sexual satisfaction questionnaire at the time of research implementation. And with attention to this issue that, previous studies (25), of therapeutic group were executed in groups of 8 to 15 persons, in this survey also, interference was in the form of group and test group individuals were 16 members (in two groups of each persons each) in test group and 16 patients in control group were placed randomly. And during treatment, test group was reduced to 13 persons and control group was decreased to 12 fellows. Age average in test group was 27 ± 7.64 and in the control group was 26.37 ± 3.09 .

Mindfulness is one of the new therapeutic approaches which is based on behavioral-cognitive approach and at the beginning was innovated by KABAT ZINN for treatment of depression. In fact, mindfulness is an approach, based on acceptance and empathy, is mixing the axial references with problem solution of cognitive behavioral and teaching of social skills. To collect the information, in pre-test and post-test phases, we used the Larson sexual intimacy.

Larson sexual intimacy questionnaire was presented by Larson and colleagues in 1998. This questionnaire has 25 words. In solar research (2001), validity and reliability of the test was reported as 0.90 and 0.86, respectively. In

another research, the reliability of this questionnaire by using the CRONBACH` s alpha coefficient was reported for a fertile group 0.93 and an infertile group 0.89.

The present survey is of continuous measuring plans. And for data analyze, we used the covariance analyze test (ANCOVA).

RESULTS AND DISCUSSION

Results

Since the present survey is of continuous measuring plans, for data analyze, we used the covariance analyze test. Table 1, shows the results of this test for verification of variable changes of sexual satisfaction, during two periodical durations, before the treatment and after the treatment.

Table 1. descriptive components of test scores in test and control groups

	Test group		Control group	
	Average	Standard deviation	Average	Standard deviation
Sexual Satisfaction				
pre-test	24.40	5.865	22.70	5.012
Post test	28.40	3.225	22.70	4.084

Contents in table 1 show, the scores of test group in post-test variable, significantly decreased but reduction was not found in the control variable.

Table 2. The interaction between pre-test scores and post-test scores of sexual satisfaction, of the independent variable actions

Source	SS	Df	MS	F	Sig.
Revised model	420.156	3	140.052	41.727	0.000
Width	146.107	1	146.107	43.531	0.000
Group	30.193	1	30.193	8.996	0.007
pre-test	219.337	1	219.337	65.349	0.107
* Pre-test group	9.522	1	9.552	2.837	
Error	70.484	21	3.356		

Table 3. The results of Leuven test

F	df1	df2	Sig.
0.844	1	23	0.357

According to results of table number 3 significant level is higher than 0.05, and data did not bring the assumed random of variances error, under the question (P =0.357, df =1 and F=0.844). Chart analysis of regression graph also, confirms the linear relationship between pre-test and post-test. As a result, the conditions exist for the implementation of covariance analyze. Results of covariance analyze are provided in table 4.

Table 4. Results summary of covariance analysis, to examine the group effects on sexual satisfaction variable

Source	SS	df	Ms	F	Sig.	Partial Eta	Noncent. Parameter	Observed power
Revised model	410.634	2	205.317	458.56	0.000	0.837	112.91	0.0001
Width	190.796	1	190.796	465.52	0.000	0.570	52.465	0.0001
Pre-test	215.694	1	215.694	311.59	0.000	0.729	59.311	0.0001
Group	132.777	1	132.777	511.36	0.000	0.624	36.511	0.0001
Error	80.006	22	3.637					

As shown in the above table, the probability of accepting the null assumption to compare the test and control groups in post-test of sexual satisfaction 0.05 is lesser. In other words, after adjusting pre-test scores, the interaction between groups test in post-test of sexual satisfaction variable, there is a significant difference. Partial Eta=0.624, P=0.01 and F=36.511). According to the obtained proves, we can conclude that, the implemented interference was effective on sexual satisfaction.

Discussion

The target of the present research, was effectiveness of sexual mindfulness training on sexual satisfaction of married women who were unhappy about sexual relationship. The results of the present research showed that, sexual mindfulness will lead to increase in sexual satisfaction of individuals. Stress and anxiety are the obstacles for reaching to healthy interpersonal relationship and since these relations play an important role in sexual satisfaction, with relaxation and presence in the moment and acceptance, we can reduce these barriers.

According to great incompatibility of spouses and prevalence of divorce in the country, we can realize the importance of consultation and pair therapy in this issue. Therefore as we have mentioned, mindfulness treatment is considered to be in treatments of short-term categories and is selected, in order to increase the sexual satisfaction of couples and they will be trained, so in case of efficiency, will be introduced as usable approaches in pair therapy for consultation and more research.

Mindfulness is a treatment approach and uses acceptance processes, awareness concentration and processes of behavioral change, in order to create flexibility. Mindfulness is not a special disorder treatment method. But it is a general approach, which can accelerate the development of many protocols and concentrates on special problems, patient populations or collections. In a more exact and descriptive look, mindfulness is being at the moment with what happens, being at the moment without pre-arbitration, verdict and or proposal with what has happened, being with what happens without any statement, judgment and or pre-arbitration, being at the moment with unlimited flow of changes in life and drowning and being lost in reactions. The ability of guiding the attention of individual in this method is created through cared training, which is described as self-disciplined of informed attention in every moment (26). These results has been confirmed with surveys of HARTON and DATSCH (27), BYRON (26), RYAN & BROWN (28), KAYON (22), VI HOFF, ASKAM, CHRYUS (29).

VI HOFF, ASKAM, CHRYUS (2011), their idea on the basis of mindfulness is effective on marital disorders is compatible.

And accepting the problem and disorder and concentrating on sexual relationships, we can treat the disorder as treatable disease with consulting methods.

Lack of access to normalization tool to measure the sexual intimacy, restriction time, tracking the continuation time and long term transmission of skills on improving the performance are the restrictions of this research. In addition to it, findings of this survey, can be extended on those group of dissatisfied women from sexual relationship, who are decided to take the treatment and accept the group therapy. As sample group was consisted of women only, therefore findings of this study can be extended, for those women who are suffering from sexual dissatisfaction and decided to get the treatment. In order to more exact verification of effectiveness of this approach, we are recommending that, in future researches, the effectiveness of this approach in men and or couples with lack of sexual dissatisfaction is also be verified. Furthermore, mindfulness to be used as a helpful and efficient method in sexual dissatisfaction and with attention to effectiveness of mindfulness in recovery process of women with lack of intimacy and sexual satisfaction, this strategy can be implemented permanently as a part of treatment for those women, who are suffering from lack of intimacy and sexual satisfaction in the form of a program.

CONCLUSION

Results of this survey, gives lot of information regarding mind training on relationship improvement, intimacy and sexual satisfaction and on the basis of this research, we are proposing that, more attention to be given to importance and role of mindfulness education in improving the intimacy and sexual satisfaction. And in the future researches, mindfulness training on the basis of sexual satisfaction on men to be verified too.

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