

RESEARCH ARTICLE

# Sexual Life of Women in Rural Area of Bharatpur District, Rajasthan, India: A Piece of Original Research Work

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## Abstract

Sexual act is a natural activity which is completed by male and female. It is a physical, physiological and emotional process. The reproduction process is also completed through sexual act which is performed by male and female. As we have male dominating society and sexual act is also dominated by male partner generally. Often female involves herself as a passive partner. She does not express and exercise her sexuality openly and freely despite having equal reproductive and sexual rights in our constitution due to social conditioning and male dominancy. In view of this background, this research study was planned to investigate the sexual life (her desire, need, say and satisfaction level) of rural women. Women of age 21-35 were included with their consent in our research study. They were placed in to three groups (21-25, 26-30 and 31-35 years old respectively and each group had 80 women). Our study revealed that frequency of intercourse was high in younger couples, sexual desires was not openly expressed by women. Initiative for sex was taken by most of the males (significantly) and male partner did not understand her sexual need. In conclusion, female sexuality is suppressed and her sexual life is dominated by male.

**Keywords:** Women, Sex Life.

## 1. Introduction

Sexual act is a natural activity that is completed by male and female. It is a physical, physiological and emotional process (1). The reproduction process is also completed through sexual act which is performed by male and female. Ideally sexual act is completed by involving male and female physically, physiologically and emotionally (2). As we have male-dominating society and male often dominate during the sexual act/process. Sexual act is performed according to wish and will of male (3). Female participates herself simply as a passive partner during this sexual act. As female also have sexual feelings and desire, she also wants to express and enjoy sexual act but it is suppressed because of cultural conditioning (4). If she actively and openly expresses or participates in sexual activity then she is not considered as good woman. This is due to cultural, mental conditioning in entire

South Asian region where female only satisfies male sexual desire and act contrary to the western society where female expresses her sexuality relatively in an open manner (5).

Our constitution has given equal sexual and reproductive rights but these rights are not exercised by female due to practical difficulties and societal conditions at ground level. Female sexuality is not discussed openly by male and female (6). Sexual act involves all human being and it remains in human life for almost 35 years (7). As female sexuality is an important issue and it should be discussed and addressed with an open mind (as it involves half of the population of the world) specially by male and society. Sexual dissatisfaction is a major cause of marital discord.

Therefore this research study was done to investigate female sexual life, her say, sexual satisfaction and plight.

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## 2. Materials and Methods

This study included married women (21-35) years old and these ladies were 3 group. Written consent was taken of all the women before including them in our study group. Aims, objectives and purpose of the study were clearly explained to participating women.

### 2.1 Design of the Study

Proposed Research work had three group of women with different age (21-35 years) in order to achieve the better results of this study.-

1. Group-I:-This group had 80 ladies of 21-25 age group.
2. Group-II:-It had 80 ladies of age 26-30 years old.
3. Group- III:-This group had 80 women of age group ranging 31-35 years.

### 2.2 Questionnaire of Research Work

- Detailed was prepared which was used as parameters of the study.
- Age:
- What is the frequency of intercourse / week:
- How is your sexual desire ?
- Who takes initiative for sex (me / partner/ both ) ?

Do you enjoy sex /or it is under pressure with your partner ?

- Does your partner understands your sexual needs ?

### 2.3 Statistical Analysis

The statistical calculation will be done according to biostatistics (8). The values were expressed as mean  $\pm$  standard error [SE] Standard error were calculated using two following formula:-

$$\text{Standard Error S.E} = \frac{\sqrt{nEX^2 - [EX]^2}}{n2(n-1)}$$

X = Independent variable

$n$  = number of variable in each group

Student 't' test for assessment of significance differences.

$$\text{Student 't' test} = \frac{X_{\text{normal}} - X_{\text{menopausal}}}{\sqrt{SE^2 - SE^2}}$$

(Normal group)                      (Menopausal group)

Degree of freedom =  $n_1 + n_2 - 2$

X normal group mean value of control variable.

X menopausal groups – Mean value of menopausal group.

SE normal – SE (standard error) of mean of normal group.

(SE menopausal) – SE of mean of menopausal degree.

$n_1$  = number of variable in normal group.

$n_2$  = number of variable in menopausal group.

P value 0.05 was considered as a statistically significant.

## 3. Results

Age: Our study included women of age ranged 21-35 years.

### 3.1 Frequency of Intercourse

Frequency of intercourse (21-25 of age group) is more than the elder groups.

Generally the frequency of intercourse is higher in younger couples, it declines as aging process progresses. Frequency of intercourse largely depends on male counterpart/ member. Our study shows the frequency of intercourse in our three groups as appraised by them. Intercourse depends on psyche and mental state of both the partners (Table-1).

**Table 1.** Showing frequency of intercourse in studied women

Frequency	Frequency of Intercourse		
	Number Indicate Women		
	21-25	26-30	31-35
Two time in a day	2		
Daily	8	6	4
Once/week	15	7	16
Twice/week	28	25	23
Tree times/week	11	29	13
Four times/week	7	8	9
Five time/week		1	3

One/month	4	4	5
Twice/month			4
Tree times/month			1
Rarely	5		

### 3.2 Sexual Desire

Sexual desire was high to moderate in majority of ladies of young groups of 21-25 (who responded to our query) (Table - 1). Some percentage (%) also showed

the low sexual desire in these groups. But contrary to this, women of higher groups had normal to high sexual urge. This was very interesting observation and result of this study.

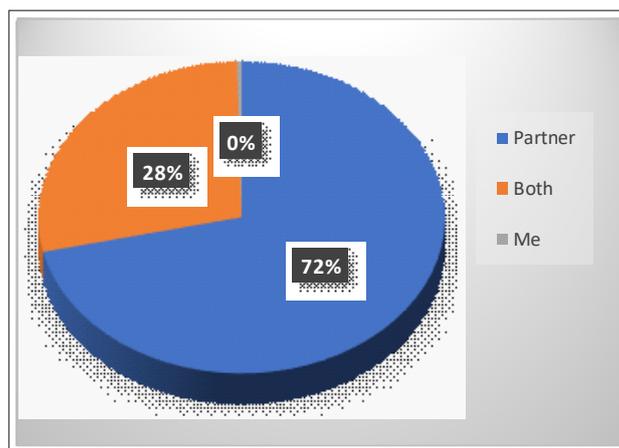
**Table 2.** Status of sexual desire in age group 21-35

Sexual Desire			
Number Indicate Women			
	21-25	26-30	31-35
Good/high	25	22	7
Normal	51	51	61
Low	4	7	12
No Desire	1		

### 3.3 Initiation of Sexual Activities

This research study shows that 72% male were initiators of sexual activities while 28% ladies disclosed that both the partners (husband and wife)

equally (generally) participate in sexual activities while only two ladies (very insignificant) said that the initiative is taken by them (Fig-1).

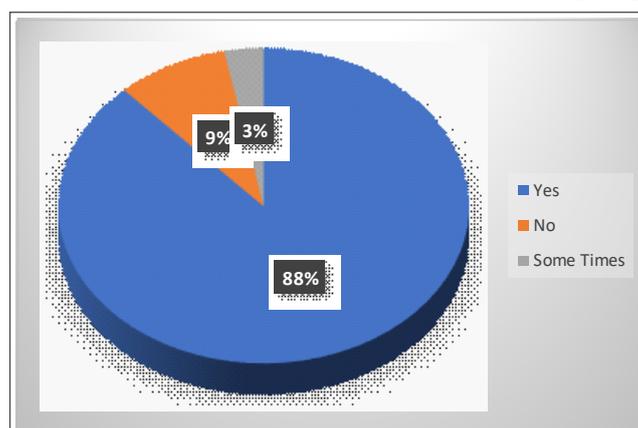


**Figure 1.** Initiative taken for sexual activities

### 3.4 Do you Enjoy?

We have got 3 groups starting from 21 to 35 with the interval of 5 years. It is normally expected younger

people have normal sex drive and enjoy sexual life but in older group ranging from it is really surprising to observe the normal sex life. Of course number declined in older group (Fig-2).

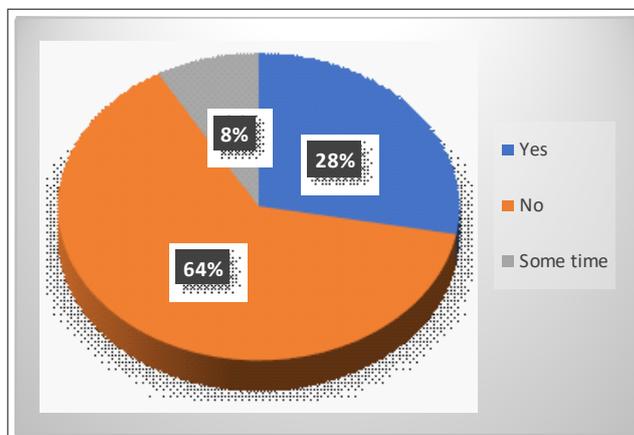


**Figure 2.** Showing % of women's (21-35) sexual enjoyment

### 3.5 Does your Partner Understands your Sexual Needs ?

Majority of women accepted that their partner do not understand their sexual needs. 64% women of this study told that their husbands just fulfil their sexual desire or need and they just treat like as sex object

or slaves, 28% of women told that their husbands or partner involve them actively in sexual act (Fig-3) women said that their partner rarely understand their sexual needs. Almost 70% husband of studied group of women did not understand the need of their wives.



**Figure 3.** Understanding of husband about sexual need of wife.

## 4. Discussion

Frequency of intercourse and sexual intimacy are very important for sexual and reproductive health generally for female (9,10,11). Higher frequency of intercourse is good in younger couples and it decreases as age advances of couples (12,13,14). Good frequency and quality sexual act or intercourse help in lessening mental stress (15,16). Because it activate sexual or other hormonal actions of female. Sexual activities certainly deletes this feeling and it reflects that her partner understands her mentally, sexually and physically (7,10). Inadequate satisfaction in sexual life leads to frustration in females, which results in many problems. We have shown our study data in the table as well in graphic form (in our result section) that higher frequency of intercourse was observed in younger couples by and large but in some older couples briefed us that they have good sexual intimacy also. There are various factors for having good sexual understanding like physical fitness, sexual mind-set etc. (17,18). Sexual dissatisfaction isa major issue and it is not discussed by majority of couples openly.

### 4.1 Sexual Desire

Sexual desire is very important aspect of female sexuality and married life. Generally sexual desire is not expressed by Indian women openly and freely due to social system. But physiologically; sexual desire is high during late teenage , twenties to thirties age of women (13,19). We designed question in our study pertaining to the sexual desire of women, where majority of the ladies/women responded to our queries which showed/reflected that women in the age group

of 21-35 had normal to good sexual desire. While 9% women also had low sexual desire in their twenties and thirties of age. Different research studies show that there are various reason for low sexual desire in young women like their upbringing, religion thinking, physiological problem and others (20,21). In our older group (41-60) a good percentage also showed normal to good sexual desire which is very interesting. This is very remarkable observation , generally sexual desire is decreased as age advances (13,22) of women but our study also showed the good number of women had low sexual desire which is quite common as showed by other studies also (23).

### 4.2 Initiation of Sexual Activities

Sexual activities involves participation of both the partner (male and female) ideally but in Indian context, initiator of sexual activities is generally male (24). In our study we found 72% male were initiator of sexual activities. While 28% Woman apprised us that their partner also involve them equally in sexual activities. In Indian social system sex is considered bad word for women, which inhibits women strongly to express her desire (25,26) openly/ freely and this suppression of feeling develops frustration among women and may affect the sexual relationship of couples (27). Healthy sexual relationship in couples impacts positively women which may helpful in managing menopausal complications (28).

### 4.3 Sexual Enjoyment

Sexual enjoyment is a important aspect of human life, which helps to achieve physical pleasure, bonding

,emotional intimacy and safety, psychological happiness (29). Sexual enjoyment plays a vital role to understand oneself and partners desire which strengthens their relationship and build up attachment if it happen by mutual consent and pleasure (30). In our country specially in rural areas it is suppressed because discussing about sex enjoyment is not considered good while in higher societies it is sign of freedom (31). In our research work we discussed about age group 21 to 35 , couples of this age group have highest level of hormone ( estrogen and testosterone). Peak level of hormone intensify the libido, physical energy level and responsiveness (32). We found that large no of studied women accepted that they enjoy sexual act. It was a bit strange that studied women are not treated equally in sexual act still they enjoy it.

#### 4.4 Understanding of Husbands about their Wives

Fulfilling the sexual needs of their wife depends on the spouse and the intimacy within the relationship (33). In rural areas, couples get married at an early age, and without any consultation or awareness, they engage in sexual activity (3). Generally male partner unaware of their partner's sexual desire and only prior their own pleasures even after years of marriage (34). In this research study majority of women accepted that their husbands do not treat them equally in sexual activities. For a better marital status, sexual satisfaction is a basic need for both.

### 5. Conclusion

In conclusion female sexuality is suppressed and her sexual life is dominated by male.

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