

عنوان مقاله:

The effectiveness of behavioral activation training on sexual satisfaction and sexual assertiveness of women suffering from sexual problems

محل انتشار:

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خلاصه مقاله:

A suitable and healthy sexual function is one of the signs of the physical and mental health and it makes common pleasure sense between couples. Regarding the importance of women's sexual and psychological processes, this research was done to investigate the effectiveness of behavioral activation training on sexual satisfaction and sexual assertiveness of women suffering from sexual problems. The method of this study was quasi-experimental with pre-test, post-test design with control group. The population included all the women who were in ۲۵-۴۰ age range who suffered from sexual problems and referred to psychotherapy centers for sexual disorders in Ardabil city. In ۲۰۲۲, ۳۰ people were selected by convenience sampling and they were assigned randomly in the experimental and control groups, every group included ۱۵ people. Data collection was done by using women's sexual disorders questionnaire (Isidori et al., ۲۰۱۰), Hudson's sexual satisfaction questionnaire (Hudson et al., ۱۹۸۱) and Hulbert index of sexual assertiveness (۱۹۹۲). The behavioral activation training was presented to the experimental group in eight sessions and every session lasted ۷۵ minutes (Dimidjian et al., ۲۰۱۴). Data analysis was done by multivariate analysis of covariance test (MANCOVA) with SPSS ۲۰ software. Based on the results, there was a significant difference between two experimental and control groups on sexual satisfaction and sexual assertiveness and behavioral activation increased sexual satisfaction ( $F=۷۴۲.۸۸, p < .۰۰۱$ ) and sexual assertiveness ( $F=۲۲۷۹.۰۸, p < .۰۰۱$ ) among women suffering from sexual problems. It can be concluded that behavioral activation training can increase sexual satisfaction and sexual assertiveness in women who suffering from sexual problems. Therefore, the counselors and therapists can use the mentioned therapy method in order to increase sexual satisfaction and sexual assertiveness in women suffering from sexual problems.

کلمات کلیدی:

behavioral activation training, sexual assertiveness, Sexual Satisfaction, sexual problems

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