

RELATION OF BODY IMAGE, GENITAL SELF-IMAGE AND SEXUAL FUNCTION IN YOUNG ADULT WOMEN

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Hypothesis/ aims of study

Dissatisfaction with body and genital imaging may be related to decreased sexual efficacy and sexual activity avoidance. So this study has the aim to relate body image and genital self-image to the sexual function of young adult women.

Materials and methods

Type of Study

- This is a cross-sectional study

Inclusion Criteria

- Sexually active women between 18-40 years

Exclusion Criteria

- Pregnant women
- Who did not understand the evaluation instruments

Questionnaire

- Female Sexual Function Index (FSFI - considering sexual dysfunction score ≤ 26)
- Body Shape Questionnaire - 34 (BSQ 34 - considering score ≤ 110 lack of altered body image perception)
- Female Genital Self Image Scale 7 (FGSIS 7 - score 7 to 28, considering the highest score a positive genital self-image).

Data Analyzed

Data were analyzed by SPSS version 14.0. To analyze the normality of the data, descriptive statistics and the Kolmogorov-Smirnov test were performed. The analysis of the numerical variables included mean and standard deviation and the categorical absolute number and frequency. In addition, independent test T, Chi Square and the multivariate logistic regression analysis were performed.

The research was carried out following the principles of the Helsinki Declaration (CAAE 14425813.9.0000.5544).

Results

The sample consisted of 412 women, with a mean age of 29.1 ± 6.1 years, with a higher frequency of single women, higher education level, eutrophic, nulliparous women undergoing cesarean delivery, contraceptive use without pelvic surgery intervention.

Variables	Adequate sexual dysfunction (77,9%) Mean (SD)	Dysfunction sexual (22,1%) Mean (SD)	p
BSQ-34	82,84 \pm 31,08	98,28 \pm 37,9	< 0,001
FGSIS-7	24,05 \pm 3,26	22,19 \pm 3,54	< 0,001

SD=standard deviation; $p < 0,05$ test t student

In addition, higher BSQ-34 scores are a risk factor for the development of sexual dysfunction, while higher FGSIS-7 scores indicate protection for sexual dysfunction, since a high FGSIS score validates greater satisfaction with the region ($p < 0.05$). Concern for the body increases the chances of sexual dysfunction ($\beta = .011$), while a more positive genital image is protective for the onset of DS ($\beta = -, 141$).

INTERPRETATION OF RESULTS

The present study evaluated the relationship between genital and body self-image with sexual function in young adult women and demonstrated that these variables can predict female sexual behavior in this age group, while the body and genital dissatisfaction as a whole is related to presence of sexual dysfunction. The literature recognizes a strong relationship between genital self-image and sexual function, but there are few studies that add up to the evaluation of body self-image.

Concluding message

Body image and genital self-image influence the sexual function of young adult women.

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