
Case Study on the Importance of Sexual Satisfaction in Married Women with Children

Belen Gutiérrez López⁺
Juan Manuel Sánchez Soto²
Magally Martínez Reyes³
Monica Celis Gúzman⁴

1. LEN responsible for the Primary Care Center of the University Center UAEM Chalco Valle. e-mail: belenlop12@gmail.com
2. Dr. Ed. Full-time Professor of the University Center UAEM Chalco Valle. e-mail: sotojmss@yahoo.com.mx
3. Dra. Ed. Professor subject of the University Center UAEM Chalco Valle
4. LEN Professor subject of the University Center UAEM Chalco Valle

doi: <https://doi.org/10.37745/bjpr.2013/vol12n16676>

Published April 09, 2024

Citation: López B.G., Soto J.M.S., Reyes M.M. and Gúzman M.C. (2024) Case Study On the Importance of Sexual Satisfaction in Married Women with Children, *British Journal of Psychology Research*, 12 (1),66-76

ABSTRACT: *The purpose of this case study is to analyze the importance of sexual satisfaction of four married women with children. The indicators for the study were age, years of marriage, number and level of coexistence with children. A semi-structured interview was carried out where the original question was: Do you feel satisfied with your sexual life? According to the response obtained, subsequent questions are triggered, these are oriented towards your sexual life. The women interviewed relate satisfaction to the respect, trust and communication they have during the sexual act, but they point out that there are factors that affect it, such as the activities they do with their children, home, work and husband, within the development of The research detected a misconception about sexual pleasure and this is due to limited sexuality due to lack of privacy, daily life and parenting. Finally, reference is made to the importance of education and sexual health and emphasizing the benefits they have on a physical, psychological and social level, exalting the skills of the nursing professional in terms of the promotion and comprehensive care of the individual, focused on sexuality and respecting its integrity.*

KEYWORDS: Sexual satisfaction, women, husband, children.

INTRODUCTION

A pleasurable sexual life is justified by the physical, psychological and social benefits it provides to human beings. Scientifically, it is proven that it helps prevent various diseases. For example, the release of oxytocin during sexual intercourse allows the nervous system to

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sympathetic increases the endogenous levels of opiates and induces anti-stress effects and on the other hand in the social sphere of health, it facilitates bonds and improves communication skills Bobadilla (2020).

In Mexico, in a survey of 7,000 people about sexuality and erotic intelligence, 76% of the sample indicated that prior to the sexual act, there is nothing special that allows them to feel pleasure beyond ejaculation. The difference in the level of sexual satisfaction between men and women is the ability to feel it and therefore it is interesting because women are capable of having multiple orgasms, however, they limit themselves to pleasing the man with the ideology that ejaculation is The final stage also intertwines emotions with sex, seeking communication and emotional reaction. On the other hand, men seek to achieve greater satisfaction through eroticism (Dialogues in confidence, 2014).

The definition of pleasure includes elements such as the satisfaction of biological, psychological and social needs, as well as the interrelation of these that allows the human being to maintain balance and enjoyment of certain activities and experiences that are perceived as a type of enjoyment. , pleasure, biologically speaking, is part of the personality of the individual, likewise the way of seeing and perceiving the different aspects of the world, it should also be said that sexuality is part of universal human rights, therefore, it is not It is prohibited to exercise it freely, as long as it is treated responsibly and ethically. From the social aspect, to a certain extent pleasure is controlled by social ideals Villarroel & Pinto (2005).

Moving on to the definition of sexual pleasure, according to Trejo & Díaz (2017), it points out that it is a set of knowledge and experiences that varies according to the psychological and physical state of each person, which manifests itself with the responses of the human body to organic, hormonal and systems level, where they interact with each other so that the brain emits signals and allows sexual stimulation to achieve sexual pleasure, which is the main characteristic of arousal and the phases of the female orgasm. Sexual pleasure allows the individual to reflect on the different ways of feeling fulfilled, enjoy their own body in the face of erotic stimulation and achieve satisfactory sexual contact.

Sexuality and pleasure, from various perspectives, are widely related and manifest according to the need of each individual and the erotic practices that allow them to feel sexual fulfillment. Another important feature is that within the phenomenon of globalization it is considered that currently the Society has an easier time achieving sexual pleasure through the dissemination of sex toys, images and objects that stimulate the erotic, but looking at it from another perspective it can have repercussions on each person because when they feel free they can suffer some type of violence due to the moral dimension, generally negative (Geffroy, 2016).

The definition of eroticism changes depending on the customs, culture and ideologies of each person. In some societies, this topic is still considered taboo. Eroticism can be described as a

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collection of “physical and emotional sensations that are awakened in a relationship.” couple, where it does not necessarily have to do with love, but only with attraction, it is not fixed or exclusive.” (Emilio, 2018). Eroticism has to do with the sensation of pleasure through the sensory where the person seeks to stimulate sexual desire.

Eroticism and sexuality are concepts that cannot be presented without each other, literally speaking, eroticism is the poetry of sexuality, it opens up courtship and pauses the reproduction of the human being, it transcends the sexual, in where fantasy and variation are the central axis of new experiences, of acquiring memories and allowing the body to reach its climax, its purpose is to obtain the most intimate of what is desired with so much desire in order to obtain pleasure as a result. sexual, which is an essential part of the nature of the human being (Barrantes & Eval 2002).

Sexual satisfaction is allowed thanks to sexual rights and international documents that seek to protect the right of all people to their satisfaction and expression of their sexuality, breaking the barriers of discrimination and abuse (World Health Organization, 2018). Sexual pleasure exists through the perception of well-being and control of emotions, which are caused by the sexual act; A good quality of life together with a pleasurable sexual life results in various benefits, including the prevention of multiple organic processes and diseases that put the stability of each individual at risk, which is why sexual relations are a basic need for human beings. that seeks satisfaction and not just procreation.

In another aspect, sexual satisfaction is linked to the quality of sexual relations that are carried out with the partner according to gender and age. In addition, various studies reveal that a relationship that does not have effective and affective communication makes it difficult to establish something more than just love. intercourse, forgetting or putting aside pleasure, as well as sexual fantasies (Carrobles, Gámez-Guadix, & Almendros 2011).

Sexuality in women, for a long time they were relegated sexually, they had only been educated to satisfy men, they were prevented from feeling pleasure and had to obey the rules stipulated by society. Society established that a woman's only obligations and responsibilities were to her husband and children, delimiting her ability to do other things outside the home. On the other hand, the role of motherhood and the submissive wife who was dedicated solely to the home prevented the process of exploration in order to know her body and experiment, in order to reach an orgasm, since fear and shame repressed the enjoyment of her sexuality. Currently, it is observed that this type of ideologies remain permanent and have transcended from generation to generation, limiting the enjoyment of a full sexual life (Ahumada, S., Luttges, C., & Molina, T., 2014).

According to the authors Iglesias, Morell, Caballero, Ceccato & Gil (2018), the findings on sexual satisfaction in women indicate that there are affective elements and that communication is effective so that the relationship is pleasant. In addition, they point out that

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age, Marital relationships and the variety of sexual practices, such as positions, games and toys, provide greater richness to sexual satisfaction, since it breaks with the everyday.

On the other hand, physical health is also compromised by the level of enjoyment acquired, as well as the role they play in the relationship, in this case women and responsibilities with children and home, can decrease libido and lack Communication with your partner delays and restricts reaching orgasm and limits sexual satisfaction (Cruz, 2020).

According to the World Health Organization, (2018) Sexual health is a state of physical, mental and social well-being in relation to sexuality, and not just the absence of disease, dysfunction or discomfort. Likewise, it is important to provide different approaches to this concept based on the education, culture and religion of each society, to provide the necessary diversity in a positive way through scientific evidence, also linking the prevention of Sexually Transmitted Diseases (STDs) to achieve the maximum level of satisfaction, responsibly since sexual health plays an important role in the health education of men and women.

Davila & Guerra (2017) reports that Masters and Johnson carried out a study on the sexual physiology of human beings, where they describe four stages: Sexual arousal (Leads to preparation for sexual intercourse through mental and physical changes), Plateau (Occur biological phenomena where periods of rest can occur), Orgasm (It is the climax of the four stages where the accumulated tension is released and can be multiple, the sensation can occur differently depending on the person) and the resolution where the cycle ends. through a period of calm

On the other hand, relevant associations have been reported between sexual satisfaction and a better level of physical, psychological and general well-being, as well as with a better quality of life and to achieve this, sexual guilt must be eliminated, since according to some studies, a long and exclusive relationship is related to greater security and sexual satisfaction (Ahumada, Luttges & Molina 2014).

It is scientifically proven that a good sexual relationship benefits physically and mentally by releasing hormones responsible for feeling relaxation, happiness and pleasure, an orgasm itself helps improve memory, increase defenses, reduce blood pressure, burn calories, avoid aging and reducing levels of anxiety and depression (Cedr s, 2018). This leads us to analyze that since sexuality is part of human daily life and has so many benefits, the necessary importance must be given by correctly educating the population to maintain a balance between eroticism and pleasure.

For most people, talking about sexuality is a topic that continues to present various taboos, because even though it constitutes part of their daily lives, it continues to create controversy at a social level, preventing them from enjoying and achieving their own sexual satisfaction (Navarro, Rodriguez & Garrido , 2013).

During the training of nursing professionals, comprehensive and holistic care is taught and although the programs include learning units on sexual health, the impact it has on the individual is not observed. It is important to mention that the different theories and models of Nursing are aimed at offering comprehensive care, from Virginia Henderson and her 14 basic needs where the term sexuality is not directly found, in addition, further information on the pattern of sexuality is omitted, on the other hand. On the other hand, Marjory Gordon and her 11 functional patterns, mention in the ninth the expression of sexuality at a biological level and satisfaction since understanding and establishing a healthy sexuality is essential for the emotional and physical well-being of the individual (Muñoz, 2013).

Promotion and prevention interventions within full sexual health focus on identifying the individual, social and structural determinants in which mental health plays an important role, allowing it to develop in society and then intervene to reduce risks, increase resilience and creating favorable environments for sexual health. They can be directed at individuals, specific groups or entire populations (World Health Organization, 2022).

Sexuality is an integral and central aspect in the life of a human being, so the importance of researching how to achieve full sexual satisfaction is important to achieve intelligence and sexual health through sexual rights, which protect the right of all. people to satisfy and express their sexuality and enjoy sexual health, with due respect for the rights of others, within a framework of protection against discrimination (World Health Organization, 2018). Most of the articles related to Nursing and sexuality explain the link it has with different pathologies, such as: mental illnesses, sexually transmitted diseases, cancer, surgeries or directly with reproduction and the changes they can undergo, however, There are few who emphasize the importance of achieving satisfaction through one's own healthy sexuality, which is a very relevant issue for nurses as it allows them to provide care holistically and without taboos (Muñoz, 2013).

The author Alonso (2007) mentions that any alteration with sexuality has consequences at the physical and psychological level of the person, emphasizing that a satisfactory sexual life favors a person's quality of life. This fact has generated various questions by authors focused on sexuality and Nursing about the true importance given to the topic and the tolerance of the expression of sexuality without limits, respecting the privacy of each individual. Thus, it is considered transcendent to study the importance of addressing sexual satisfaction as something natural of the human body, where nurses can teach the patient to explore and little by little give rise to a new era of sexuality. This study will help to understand the limitations that married women have in being able to feel pleasure satisfactorily and without guilt, opening up to greater knowledge and new sexual experiences, as well as improving Nursing's willingness to broadly address patients' sexuality. From everything described above, this research is considered viable since there is the necessary knowledge and resources to carry it out.

METHODOLOGY

Study approach: qualitative

Research technique: phenomenological

Study method: case study.

1. Selection of cases

The women were chosen according to the availability of time they had for the interview to be carried out and their willingness to participate in the project. In this instance, a non-probabilistic sample is convenient because it is a study with an exploratory research design, because it does not seek to be conclusive or abstract, but rather to document the experiences and points of view on the level of sexual satisfaction of each interviewee (Hernandez , 2006).

2. Instrument selection

Semi-structured interviews that allow the subject to develop their ideas and speak voluntarily freely and safely. The interview will be carried out through open questions, where the intention is to follow the development of the flexible conversation, which allows questions to be established according to the need of the research.

3. Study approach.

To analyze the sexual satisfaction of married women according to age, satisfaction, living with children, number of children, years of marriage and orgasms.

4. Analysis of results

Study the indicators obtained in the semi-structured interviews which seek to analyze the importance of the number of children with the level of satisfaction of married women.

RESULTADOS

CASE I.

She is a 25-year-old woman with 2 children, “my sexual life began at the age of fifteen, I have had approximately 10 sexual partners, with whom I experimented and enjoyed at the time, when I got together with my husband it was for pleasure, simply because I wanted to live with him and explore another part of my life, I like and enjoy tickling a lot, I usually get excited that way, within my relationship, my intimacy is very limited because my children sleep in the same room and even though it is in different beds, we must wait until nighttime when the children are asleep to be able to have sexual encounters. I usually have good communication with my husband, which makes it easier and brings greater satisfaction. We don't like the idea of having sex. a threesome, partner exchange or sex toys since we feel satisfied, my sexual fantasies are with my partner, we propose them and make them real, when the night comes and someone feels the need to feel pleasure, my husband starts flirting with me, he tickles me and he begins to kiss me, which causes my body to start to get goosebumps and I feel the desire to continue, so I kiss him, touch his penis and caress his body, he takes me by the waist and places me on top of him, which sets the tone to penetration, I like to be on top of him and have him touch my breasts during the sexual act. I

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consider that I do feel sexually satisfied because there is respect within the relationship and good communication is always maintained, also in all sexual relations We both come and we also try to always have different encounters with different positions and he always tries to find my comfort, since as a result of my last birth, I was injured which causes me to feel uncomfortable in certain positions, I have tried to I sought help from the doctor but he did not examine me, nor was I given any talk about sexuality.

CASE II.

This is a 32-year-old woman with 2 children, "my sexual satisfaction has changed a lot since approximately two years ago, since my children are older now and I have to fulfill more responsibilities, my mind is busy responding to that responsibility." I also feel very absorbed in work, my children and the house, I feel that there have been many things that influence my sexual satisfaction, for example, when I am at home and my children are there and I feel the need to be sexually with my partner, well I can't tell them to go to their room and leave them alone, privacy becomes very limited because the fact that my children are older makes them realize things that can be unpleasant for them, I feel that my desire Sexual relations have been very limited and have gradually disappeared. In addition, routine has won in my relationship. I rather see sex as a responsibility rather than fulfilling my husband. I am more worried about my upcoming activities and especially at the end of the year. day I am very tired which causes my meetings to decrease per week and on some occasions I fake an orgasm so that my husband does not feel bad, in reality I do not feel satisfied with my sexual life because there is no communication with my partner, he She has expressed that I am always tired and I never want to have sexual relations and I honestly feel selfish because as a woman we have to do food, lunch, cleanliness, work and at the end of the day the only thing I want is to rest, sometimes she questions me because she thinks that I have someone else who satisfies me but there are times when I don't even have time to watch television. I feel very calm because I fulfill my responsibilities and I feel that it is just a stage we are going to go through, there will be more time to experience our sexuality.

Case III.

She is a 25-year-old woman with a son. "When I was little I listened to my mother having sex and now that I have my son I am very against having intimacy with my partner when he is at home, so we hardly have sex since we sleep in the same room." , sharing the same bed; Furthermore, we both work in bars at night so the only space we have for intimacy is in the morning when my son is in kindergarten, although many times I am very tired and the truth is that I don't feel like being with my For this reason, my husband has told me that we are hardly together, so we have talked many times about this situation and he respects when I tell him that I am tired or that I have things to do, so when there is sex it is because we both really want to be together. together and I feel that this makes it very pleasant, he begins to compliment me, then we kiss and hug, he takes off my clothes little by little until there is excitement and after that we begin with penetration, the 8 years together have served to Being able to know what satisfies and excites each of us, I would not like to experiment with someone else because with previous sexual partners I did not feel pleasure, it was

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uncomfortable and with the trust that I have with my husband I can express to him what I need, I was I was educated by my grandparents, that is, the old way and I don't like to experiment with new things, for example sex toys or threesomes, but I do feel satisfied with my sexual life.

CASE IV.

She is a 23-year-old woman with one child. “I do not feel satisfied with my sexual life, I have a two-year-old daughter who is currently very demanding and only wants to be with her mother. Furthermore, the activities within my relationship are not balanced with my spouse, among my chores, taking care of my daughter , my husband, school and work at the end of the day I end up very tired and I don't feel like having sexual relations, it is a topic that I have discussed a lot with my partner since he always wants to and most of the time I don't, we have discussed it and I tell him the fact of how I feel and he respects my decision; However, routine has won us over by making our encounters daily and directly leading to penetration without prior excitement. I have come to fake orgasms and also feel multiple orgasms in a sexual relationship. We have considered the idea of having a threesome or exchange. as a couple but we never specify something, there is communication when we consider what we like, our intentions but not sexual satisfaction and I think it is a stage that is passed with raising children when adapting to the functions that each one has.

DISCUSSION

The present study shows the relationship between sexual satisfaction in married women who have children. Two of the interviewees indicate that “they do feel satisfied”; However, intimacy with their partner is largely limited by the lack of privacy, which is why they have sought to adapt to the structure and organization of the moments in their routines when they are alone, as pointed out by (Pick, 1998), indicating that It is easier to maintain marital interaction with one or two children. According to (Hurtado, 2003), satisfaction as a couple is achieved when marital relationships have interactive styles of support and attachment, that is, there is a balance between the responsibilities they have and there is empathy for both parties, managing to establish satisfactory solutions for both. According to the results obtained, the satisfaction of the interviewees is affected by all the activities they have to do with their children, home, work and husband, which shows the gender differences that continue to exist today, directly affecting the affectivity and sexuality in women. The concept of sexual satisfaction is interesting, since it is related to respect, trust and communication that occurs during the sexual act. The adult age of the interviewees is an important factor, since it allows us to observe the maturity of each couple and their evolution with the changes that arise when having children. On the other hand, it is important to note that there is no normative reference to which we have to comply. cult, the sexuality of each couple is different (Vizcaino, 2017). Sexuality evolves, the couple evolves and changes of all kinds occur, there are very different stages and we should not obsess over it.

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The rapid changes that a couple undergoes while raising a child are closely related to their sexuality, since now the main priority is their well-being, it is a total change on a social, physical, psychological, economic and sexual level. In a published survey (Bargueño, 2018), 47% of women and 43% of men believe that their intimate relationships have been worsening since the birth of their children, as well as their sexual desire and not explicitly due to lack of desire. If not because of the difficulty that comes with finding space between your routine and time alone without the children. Women who indicate in the results that they are not sexually satisfied mention that it is due to lack of time and that they see it as another responsibility to fulfill, they seek the satisfaction of their spouse, putting aside their own satisfaction, even faking orgasms so as not to feel bad about your partner and with the goal that the sexual act ends and you can rest. Since pregnancy, women suffer physical, mental and biochemical changes to which they must adapt during upbringing. The transformation is so great that it can lead to dyssynchrony in terms of desire, frequency and forms of access to sexual relations, according to gender, men and women have a different process of adaptation to sexuality from birth and it has been proven that they affect women more intensely. A stable, long-term and exclusive relationship would be related to greater sexual satisfaction. According to (Valdez, 2004), women link religion, the ideology of society and culture with feelings of shame and sexual guilt; few use self-reported sexual satisfaction because negative emotions and anxiety arise when experiencing things.

Being able to live a full sexuality arises from education and in women it is normally the mother who guides them, as one interviewee said "my grandparents raised me, the old fashioned way" which is paradoxical because this case indicates that it does not interested in experiencing new things and from the study carried out by (Valdez, 2004) "They would have liked a more extensive sexual education."

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