



ORIGINAL RESEARCH PAPER

Psychology

A STUDY TO ASSESS SEXUAL DISTRESS AMONGST THE WIVES OF PERSON WITH ALCOHOL USE PROBLEMS AND ITS SOCIO DEMOGRAPHIC CORRELATES

KEY WORDS:

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BACKGROUND:

Sexual dysfunction, reduction in libido, and poor sexual performance are commonly reported among subjects with substance use disorders. Partners of such patients often also suffer from mood and anxiety disorders. These factors may lead to poor sexual satisfaction among partners of people with substance use disorders.

AIM:

To assess sexual distress in wives of persons and alcohol use problems.

OBJECTIVES:

To study sexual distress amongst wives of persons with alcohol use problems.

To study sexual distress amongst wives of persons with no substance intake.

Comparison between the above mentioned groups.

Comparison of the above between socio demographic correlates.

METHODS:

This cross-sectional study was conducted on wives of patients of alcohol use disorder. The aim of this study was to assess the sexual satisfaction of wives of subjects with substance use disorders. Female Sexual Distress Scale was used for this study. Women of ages <18 years or those not willing to give consent were excluded from the study.

SCALE APPLIED FOR FEMALE SEXUAL DISTRESS

Name _____ Date _____

Below is a list of feelings and problems that men and women sometimes have concerning their sexuality. Please read each item carefully, and check the box that best describes how often that problem has bothered you or caused distress over the last 4 weeks. Please check only one box for each item, and take care not to skip ANY items. If you change your mind, erase your markings carefully.

Please check one box per question.

1. How often did you feel **distressed about your sex life?**

- 0 Never
- 1 Rarely
- 2 Occasionally
- 3 Frequently
- 4 Always

2. How often did you feel **unhappy about your sexual relationship?**

- 0 Never
- 1 Rarely
- 2 Occasionally

- 3 Frequently
- 4 Always

3. How often did you feel **guilty about your sexual difficulties?**

- 0 Never
- 1 Rarely
- 2 Occasionally
- 3 Frequently
- 4 Always

4. How often did you feel **frustrated by your sexual problems?**

- 0 Never
- 1 Rarely
- 2 Occasionally
- 3 Frequently
- 4 Always

5. How often did you feel **stressed about sex?**

- 0 Never
- 1 Rarely
- 2 Occasionally
- 3 Frequently
- 4 Always

6. How often did you feel **inferior because of sexual problems?**

- 0 Never
- 1 Rarely
- 2 Occasionally
- 3 Frequently
- 4 Always

7. How often did you feel **worried about sex?**

- 0 Never
- 1 Rarely
- 2 Occasionally
- 3 Frequently
- 4 Always

8. How often did you feel **sexually inadequate?**

- 0 Never
- 1 Rarely
- 2 Occasionally
- 3 Frequently
- 4 Always

9. How often did you feel **regrets about your sexuality?**

- 0 Never
- 1 Rarely
- 2 Occasionally
- 3 Frequently
- 4 Always

10. How often did you feel embarrassed about sexual problems?

- 0 Never
- 1 Rarely
- 2 Occasionally
- 3 Frequently
- 4 Always

11. How often did you feel dissatisfied with your sex life?

- 0 Never
- 1 Rarely
- 2 Occasionally
- 3 Frequently
- 4 Always

12. How often did you feel angry about your sex?

- 0 Never
- 1 Rarely
- 2 Occasionally
- 3 Frequently
- 4 Always

13. How often did you feel bothered by low desire?

- 0 Never
- 1 Rarely
- 2 Occasionally
- 3 Frequently
- 4 Always

Results of the findings of the study will be displayed as follows:

Sociodemographic:

- For continuous variables: Mean, SD, Range (min-max)
- For categorical variables: %

1) Mean age husband

| Variable | Obs | Mean | Std. Dev. | Min | Max |
|------------|-----|----------|-----------|-----|-----|
| agehusband | 39 | 35.82051 | 7.496918 | 24 | 56 |

2) Mean age wife

| Variable | Obs | Mean | Std. Dev. | Min | Max |
|----------|-----|----------|-----------|-----|-----|
| agewife | 39 | 32.61538 | 7.271485 | 20 | 51 |

1) Education husband

| Edu. Husband | Freq. | Percent | Cum. |
|--------------|-------|---------|--------|
| 0 | 6 | 15.38 | 15.38 |
| 1 | 33 | 84.62 | 100.00 |
| Total | 39 | 100.00 | |

2) Education wife

| eduwife | Freq. | Percent | Cum. |
|---------|-------|---------|--------|
| 0 | 8 | 20.51 | 20.51 |
| 1 | 31 | 79.49 | 100.00 |
| Total | 39 | 100.00 | |

1) Employment status husband: 100%

2) Employment status wife:

| Wife | Freq. | Percent | Cum. |
|-------|-------|---------|--------|
| 0 | 11 | 28.21 | 28.21 |
| 1 | 28 | 71.79 | 100.00 |
| Total | 39 | 100.00 | |

1) Alcohol intake husband

| husband_alcohol | Freq. | Percent | Cum. |
|-----------------|-------|---------|--------|
| 0 | 16 | 41.03 | 41.03 |
| 1 | 23 | 58.97 | 100.00 |
| Total | 39 | 100.00 | |

2) Alcohol intake wife

| wife_alcohol | Freq. | Percent | Cum. |
|--------------|-------|---------|--------|
| 0 | 37 | 94.87 | 94.87 |
| 1 | 2 | 5.13 | 100.00 |
| Total | 39 | 100.00 | |

1) Type of family:

| Joint/Nuclear | Freq. | Percent | Cum. |
|---------------|-------|---------|--------|
| joint | 13 | 33.33 | 33.33 |
| nuclear | 26 | 66.67 | 100.00 |
| Total | 39 | 100.00 | |

1) Type of residence: 100% urban

Sexual Satisfaction:

Total Score

| Variable | Obs | Mean | Std. Dev. | Min | Max |
|----------|-----|----------|-----------|-----|-----|
| total | 39 | 9.179487 | 7.033274 | 0 | 30 |

The mean total score was 9.17+/-7.03, which is a low sexual distress score.

Sociodemographic correlates

Sexual distress was not found to be significantly correlated with any of the sociodemographic factors studied.

Association with alcohol use in husband

- Mean score for sexual distress among wives of husbands who don't drink alcohol: Mean= 9.31, SD 7.03, Range 0-19.
- Mean score for sexual distress among wives of husbands who drink alcohol: Mean= 9.09, SD=7.19, Range 0-30
- Difference between means= 0.22, 95% CI= -4.48 to +4.93

CONCLUSION:

No statistically significant difference between the sexual distress among women whose husbands consume alcohol and those whose husbands don't consume alcohol. However, it was interesting to note that the highest sexual distress was noted in the group where husbands consumed alcohol. A larger sample size might give a better assessment of whether a true difference exists in the two groups.

Association with alcohol use in wife

- Mean scores in group that consumed alcohol: Mean= 1.5, SD 2.12, Range 0-3. Low distress scores.
- Mean scores in group that did not consume alcohol: Mean= 9.59, SD= 6.97, Range= 0-30. Higher distress scores.
- Difference of mean between both groups: 8.09, 95% CI= -2.03 to +18.23

CONCLUSION:

Although the 95% CI of difference between means crosses 0, meaning the current sample doesn't have a significant difference between the two groups, it should be noted that the lower limit of 95% CI is much closer to 0 than the upper limit. This suggests that a bigger sample size may influence the outcomes such that there is a true difference between means, suggesting that women who consume alcohol report lower sexual distress than women who don't.

There may be other potential confounding factors which influence both sexual distress and alcohol consumption in Indian women which have not been assessed in this study. Further clarification of these factors may be useful in eliciting the true nature of factors which influence sexual distress among Indian women.