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The effect of assertiveness-based sexual counselling on sexual function among married female students in southeast of Iran

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Objectives: Sexual decency is one of the false beliefs among women about sexual function, and women who have this belief choose an inactive and passive sexual role. The present study aimed to investigate the effect of assertiveness-based sexuality counselling on sexual function among married female students at the University of Cistan and Baluchistan.

Materials & Methods: This quasi-experimental study used a pre-test-post-test design and was conducted with 80 married female students who were selected and randomly assigned to the intervention (n=40) or control (n=40) groups. The data collection tool was Rosen's Sexual Function questionnaire. The intervention group, after the pre-test, took part in four sessions of assertiveness-based sexual counselling weekly across 2 sessions of 90 to 120 minutes. Both groups filled out the questionnaires after the end of the waiting period (2 months) (post-test). Chi-square, covariance and independent paired t-tests were used to compare the means of the quantitative variables in the two groups.

Results: The results showed that the mean score on the sexual function index increased in the intervention group after sexual counselling and decreased in the control group. An independent t-test also showed that the difference in mean scores on the sexual function index after sexual counselling in the intervention and control groups was not significant. However, the mean change in the total index score was significantly different in the two groups ($P=0.0001$).

Conclusion: The assertiveness-based sexual counselling method significantly influenced sexual function and expression of sexual rights and reduced the shame and contempt women in the study felt. It is safe to admit that this method can be used as a way to promote sexuality and to establish a more intimate relationship in marital life.