DESCRIPTION OF SEXUALITY IN MARRIED WOMEN AT PMB RATNA MIDWIFE HOUSE, SUKOHARJO CITY

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ABSTRAK

Seksual yang tidak terpenuhi dapat membawa dampak yang kurang baik bagi pasangan suami istri, baik berdampak pada kesehatan fisik, psikis dan hubungan rumah tangganya. Secara fisik, perempuan sering merasakan rasa nyeri, sakit dan tidak nyaman saat berhubungan seksual. Secara emosional, seseorang yang tidak terpenuhi kebutuhan seksualnya akan mudah sekali emosional dan merasa tidak bahagia dengan pasangan dan rumah tangganya. Seksual yang tidak terpenuhi juga bisa mempengaruhi komunikasi pasangan suami istri dan tidak jarang berujung perlakuan yang kurang baik, perselisihan, KDRT pada pasangan bahkan dapat terjadi perceraian. Masalah seksualitas seperti rasa tidak nyaman, rasa sakit serta keluhan lainnya yang dirasakan saat berhubungan seksual seringkali tidak terungkap karena rasa takut untuk membicarakannya serta rasa tabu untuk mendiskusikannya dengan orang lain.

Kata Kunci : Fungsi seksual wanita; wanita dengan status menikah

ABSTRACT

Unfulfilled sexuality can have a negative impact on married couples, both affecting their physical, psychological and domestic health. Physically, women often feel pain, pain and discomfort during sexual intercourse. Emotionally, a person who does not meet his sexual needs will easily get emotional and feel unhappy with his partner and household. Unfulfilled sexuality can also affect the communication of married couples and often leads to poor treatment, disputes, domestic violence in couples and even divorce. Sexuality problems such as discomfort, pain and other complaints felt during sexual intercourse are often not revealed because of the fear of talking about them and the taboo of discussing them with others.

Keywords : Female sexual function; women with married status

BACKGROUND

Sexual life and intimacy in marital relationships are vital elements in shaping the quality of the husband-wife relationship. The factors that affect the sexual satisfaction of married women are becoming increasingly complex by considering various aspects involving age, marital period, number of children, place of residence, education, and employment. Women who are married and still at a relatively young age usually have better sexual life potential (Manjula, Munivenkatappa, Navaneetham, & Philip, 2021) (Józefacka, Szpakiewicz, Lech, Guzowski, & Kania, 2023) (Bilal & Rasool, 2020)(Witting, et al., 2008)(Younis , El-Habbaq, Al-Awady, & Mostafa, 2019)(Bayat, Ozgoli, Mahmoodi, & Nasiri, 2023)(Lee, Lung, Lee, Kao, & Lee, 2012)(Avasthi, Kaur, Prakash, & Banerjee, 2008). Sexual function in women is the result of the integration of biological structures, life experiences, knowledge, behaviors, and attitudes influenced by physical, psychological, interpersonal, and cultural factors. . Sexual function problems in women are medical problems caused by many things and involve many dimensions, namely biological and psychosocial components. This can occur at any level and to diagnose the disorder requires careful assessment through sexual health history. Research shows that 40% of women do not discuss sexual problems with their doctors and these sexual problems have a major impact on quality of life and interpersonal relationships. (Gultom, Sutyarso, & Saftarina, 2018)

The incidence of sexual dysfunction in Turkey in the female sex is 48.3%, and in Ghana it has a prevalence of 72.8%, while in Indonesia it is around 66.2%, so we get an average prevalence rate of 58.04% which means that more than some women in a country have the potential to experience sexual dysfunction. Using the FSFI instrument, Indonesia found that cases of sexual dysfunction in women in Bandar Lampung reached 66.2%. With this prevalence, it states that women's sexual function cannot be underestimated, because it concerns the quality of life of more than half of the female population. There are several factors that can make it difficult for women to achieve satisfaction in their sexual relationships, including fatigue, stress, lack of confidence, lack of communication with their partner, age factor, and lack of stimulation from their partner. Some of these factors are often ignored by married couples so that they are not aware of the impact that can affect the quality of sexual relations in the household.

A preliminary study that has been conducted by taking a questionnaire using the Female *Sexual Function Index* (FSFI) questionnaire which is used to measure women's sexual function in the last 4 weeks consists of six domains, namely sexual desire (*desire*), sexual stimulation (*arousal*), lubrication (*lubrication*), orgasm (*orgasm*), satisfaction (*satisfaction)*) and pain available in 19 questions, this preliminary study was conducted at PMB Rumah Midwife Ratna in December 2023 on 10 respondents. Then the data obtained from the interview was obtained from 7 respondents experiencing problems in their sexuality and 3 respondents did not have sexual problems. This shows that sexual experiences in women are different. Therefore, the researcher is interested in looking at the picture of married women's sexuality more deeply, so that later it can be used as a basis for the development of more targeted interventions in supporting the quality of marriage relationships and the welfare of married women at PMB Rumah Midwife Ratna.

METHOD

Thisresearch uses quantitative descriptive with a cross-sectional study design, which aims to describe describing a phenomenon or event that is happening in society. The population in this study is all married women who came to PMB Rumah Midwife Ratna Sukoharjo in January 2024 as many as 50 people. Sampling was carried out using a random sampling technique commonly called the simple random sampling technique. This research was conducted in February 2024 at the Independent Practice of the Ratna Midwife's House.

RESULTS AND DISCUSSION

A. Result

    1. Characteristics of Respondents

Demographic factors such as age, age of the couple, age at the time of marriage, length of marriage, number of children, place of residence, last education, current employment, complaints about sex, and frequency of sexual satisfaction of respondents were used to classify the characteristics of respondents. The following data show the characteristics of the respondents.

a. Age of Respondents

Table 4.1
Distribution of Respondents' Age Characteristics

Age of Respondents	N	%
17-25 Years (late teens)	1	2.8
26-35 Years (early adulthood)	27	75
36-45 Years (late adulthood)	6	16.7
46-55 Years (early old age)	2	5.6
56-65 Years (late old age)	-	-
65 years and above (Senior)	-	-
Sum	36	100

Source : SPSS version 25 output

The results of the respondents' age data showed that of the 36 patients at PMB Rumah Midwife Ratna ranged from 17-55 years old. The highest age group consists of 26-35 years old which is 75% (27 people), and the smallest age group consists of 17-25 years old which is 2.8% (1 person), 36-45 years old which is 16.7% (6 people), 46-55 years old which is 5.6% (2 people).

b. Age at Marriage

Table 4.2
Distribution of Age Characteristics at Marriage of Respondents

Age of Marriage	N	%
17-25 Years (adolescence)	26	72.2
26-35 Years (early adulthood)	10	27.8
36-45 Years (late adulthood)	-	-

	N	%
46-55 Years (early old age)	-	-
56-65 Years (late old age)	-	-
65 years and above (Senior)	-	-
Sum	36	100

Source : SPSS version 25 output

Data The data above shows the distribution of age frequency when respondents get married. Age ranges at marriage (17-25, 26-35, and so on) are shown in this table, along with the number of respondents who got married in that age range. The age of marriage ranged from 17 to 35 years, after marriage 26-35 years as many as 10 respondents (27.8%). Most of the respondents (72.2%) were married at the age of 17-25 years, which was 26 respondents.

c.   Spouse Age

Table 4.3
Distribution of Age Characteristics of Respondent Pairs

Spouse Age	N	%
17-25 Years (adolescence)	-	-
26-35 Years (early adulthood)	17	47.2
36-45 Years (late adulthood)	17	47.2
46-55 Years (early old age)	1	2.8
56-65 Years (late old age)	1	2.8
65 years and above (Senior)	-	-
Sum	36	100

Source : SPSS version 25 output

The data provided is a table of age frequency distribution of respondent pairs. The largest age group of respondents was 26-35 years old and 36-45 years old as much as 47.2% or as many as 17 respondents, respectively. The smallest age group of respondents was 46-55 years old and 56-65 years old, which was 2.8% or 1 person each.

d.   Long Marriage

Table 4.4
Distribution of Characteristics of Respondents' Marriage Duration

Long Marriage	N	%
1 – 10 Years	21	58.3
11 – 20 Years	14	38.9
More than 20 years	1	2.8
Sum	36	100

Source : SPSS version 25 output

Data from the distribution table of the frequency of the respondents' old marriage. The table shows the length of marriage in the range of 10 years (1-10, 11-20, more than 20 years) and the frequency of respondents who got married in the range of marriage. The smallest group

of long-term marriages is more than 20 years, namely 1 respondent (2.8%). Most of the respondents (58.3%) or 21 respondents have been married for 1-10 years. 14 respondents (38.9%) respondents exceeded the age of marriage for 11-20 years. From the frequency table data, it can be concluded that the data shows that the majority of respondents have been married for 1-10 years.

e. Number of Children

Table 4.5
Distribution of Characteristics of the Number of Respondent Children

Number of Children	N	%
0	4	11.1
1	12	33.3
2	13	36.1
>2	7	19.4
Total	36	100

Source : SPSS version 25 output

The data of the frequency distribution table of the number of respondents' children shows the number of children in the range of 0 or does not have children, 1 child, 2 children and has more than 2 children, respondents who have the number of children in that range. The group with the highest number of children was 2 children, namely 13 respondents (36.1%). The smallest group of respondents is respondents who do not have children, which is 4 respondents (11.1%). Respondents who have 1 child are 12 respondents (33.3%). 7 respondents (19.4%) have more than 2 children. The data showed that the majority of respondents had 2 children. The largest number of children is 2 children

f. Location of Residence

Table 4.6
Distribution of Characteristics of Respondents' Residential Locations

Location of Residence	N	%
Cities within the Province	15	41.7
Regency within Province	21	58.3
Sum	36	100

Source : SPSS version 25 output

The data of the distribution table of the frequency of the respondents' residence shows the category of residence of the City within the Province and the Regency within the Province and the frequency of the respondent living in the residence. The majority of respondents were 21 people (58.3%) living in Regencies within the Province. 15 respondents (41.7%) of respondents live in cities within the province. Only. The data shows that the majority of respondents live in districts within the province

g. Education

Table 4.7
Distribution of Respondents' Educational Characteristics

Education	N	%
Not in school	-	-
Elementary School (SD)	-	-
Junior High School (SMP)	2	5.6
Senior High School (SMA)	1	2.8
Diploma (D3)	7	19.4
Bachelor (S1)	19	52.8
Postgraduate (S2)	6	16.7
Doctoral (S3)	1	2.8
Sum	36	100

Source : SPSS version 25 output

The data in the distribution table of the frequency of the last education of the respondents shows the last education category (SD, SMP, SMA, Diploma, Undergraduate, Postgraduate, Doctoral) and the frequency of the respondents who had the last education. The majority of respondents 52.8% have a bachelor's degree. 19.4% of respondents have a diploma education. 16.7% of respondents have the last postgraduate education. The rest have the last education of junior high school (5.6%), high school (2.8%) and doctoral (2.8%). The data shows that the majority of respondents have a bachelor's education.

h. Work

Table 4.8
Distribution of Respondents' Job Characteristics

Work	N	%
Housewives	11	30.6
Private Employees	8	22.2
Factory Employees	1	2.8
Civil servants	7	19.4
Lecturer	1	2.8
Teacher	4	11.1
Entrepreneurial	4	11.1
Others	-	-
Sum	36	100

Source : SPSS version 25 output

The data of the current job frequency distribution table of respondents shows the current job category (Housewives, Private Employees, Factory Employees, Civil Servants, Teachers, Lecturers, Entrepreneurs, and others) and the frequency of respondents who have these jobs. The most current jobs are housewives 30.6%. Followed by Private Employees 22.2% and Civil

Servants 19.4%. Other jobs chosen by respondents were Teachers 11.1%, Entrepreneurs 11.1%, Lecturers 2.8% and Factory Employees 2.8%. The data shows that the work of respondents is dominated by housewives, followed by private employees and civil servants.

2. **Sexuality Overview**
a. Sexual Desire

Table 4.9
Frequency Distribution of Sexuality Depictions Based on Sexual Desire

Sexual Desire	N	%
Low	8	22.2
Keep	20	55.6
Tall	8	22.2
Sum	36	100

Source : SPSS version 25 output

In the description of the variable frequency of sexual desire with 36 respondents who have the following categories, those who have low sexual desire are 8 respondents (22.2%), have medium sexual desire as many as 20 respondents (55.6%) and respondents who have high sexual desire are as many as 8 respondents (22.2%). Based on the table provided, it can be concluded that the majority of respondents (55.6%) have moderate sexual desire, and 8 respondents (22.2%) each have low and high sexual desire.

b. Sexual Stimulation

Table 4.10
Frequency Distribution of Sexuality Depictions
Based on Sexual Stimulation

Sexual Stimulation	N	%
Low	2	5.6
Keep	23	63.9
Tall	11	30.6
Sum	36	100

Source : SPSS version 25 output

In the description of the variable frequency of sexual desire with 36 respondents who have the following categories, those who have low sexual desire are 2 respondents (5.6%), have moderate sexual desire as many as 23 respondents (63.9%) and respondents who have high sexual desire are 11 respondents (30.6%). Based on the table provided, it can be concluded that the majority of respondents (63.9%) have moderate sexual desire, only a few respondents (5.6%) have low sexual desire, (30.6%) respondents have high sexual desire.

c. Lubrication

Table 4.11
Frequency Distribution of Sexuality Depictions
Based on Lubrication

Lubrication	N	%
Low	-	-
Keep	16	44.4
Tall	20	55.6
Sum	36	100

Source : SPSS version 25 output

Data description of variable Lubrication level of respondents. The majority of respondents as many as 20 people (55.6%) felt that it was easy to lubricate or high lubrication. (44.4%) or as many as 16 respondents had a moderate level of lubrication. None of the respondents answered that they had a low sense of lubrication. In this case, it was concluded that almost the majority of respondents stated that they often felt lubrication when having sex with their husbands.

d. Orgasm

Table 4.12
Frequency Distribution of Sexuality Depictions
Based on Orgasm

Orgasm	N	%
Low	5	13.9
Keep	11	30.6
Tall	20	55.6
Sum	36	100

Source : SPSS version 25 output

The data on the Orgasm table categorizes it into 3 categories, namely low orgasm, medium orgasm and high orgasm. The majority of respondents were 20 respondents, namely 55.6% had a high orgasm rate. 30.6% of respondents or 11 respondents had moderate orgasm rates. Only 5 respondents 13.9% of respondents had a low orgasm rate.

e. Sexual Satisfaction

Table 4.13
Frequency Distribution of Sexuality Depictions
Based on Sexual Satisfaction

Sexual Satisfaction	N	%
Low	9	25
Keep	13	36.1
Tall	14	38.9
Sum	36	100

Source : SPSS version 25 output

Data on the distribution table of sexual satisfaction levels in respondents. The table shows that 9 respondents experienced a low level of satisfaction (25%). The medium and high level of satisfaction is the average felt by the respondents, namely 13 respondents or 36.1% and 14 respondents 38.9% felt a high level of satisfaction when having sexual intercourse with their partners.

f. Pain During Sex

Table 4.14
Frequency Distribution of Sexuality Depictions
Based on pain during sex

Pain During Sex	N	%
Low	8	22.2
Keep	19	52.8
Tall	9	25
Sum	36	100

Source : SPSS version 25 output

From the data above, it can be seen that most of the respondents experienced a moderate level of pain when having sex with their partners, namely as many as 19 respondents or (52.8%). A total of 9 respondents (25%) stated that they felt pain during sexual intercourse, and on the other hand, as many as 8 respondents (22.2%) stated that they did not feel pain during sexual intercourse.

g. FSFI Assessment Score

Table 4.15
Frequency Distribution of Sexuality Depictions
Sexual Dysfunction Classification Score

Domain	Quest	Scor Rang	Multipl Facto	Min un Sco	Maximu Score	Fin Sco
Sexual Des	1,2	1-5	0,6	1,2	6,0	3,7
Sexual Stimulatio	3,4,5	0-5	0,3	0	6,0	3,6
Vaginal lubricatio	7,8,9,	0-5	0,3	0	6,0	4,3
Orgasm	11,12,	0-5	0,4	0	6,0	3,7
Satisfactio	14,15,	0 (1)	0,4	2	6,0	3,9
Pain Durir Sex	17,18,	0-5	0,4	1,2	6,0	3,1
					36,0	22,2

Table 4.16
Frequency Distribution of Sexuality Depictions
Based on FSFI Assessment Score

FSFI Assessment Score	N	%
Sexual Dysfunction	30	83.3
No Dysfunction	6	16.7
Sum	36	100

Source : SPSS version 25 output

In the FSFI (*Female Sexual Function Index*) assessment table above, it can be illustrated that, as many as 30 or 83.3% of respondents feel discomfort in having sex with their partner, be it from the domain of sexual desire or desire, from the domain of sexual stimulation, from the domain of lubrication or the presence of lubrication and wetness when penetration is performed, from the domain of orgasmic peak achievement, in the domain of satisfaction level and in the domain of pain that felt during sexual intercourse. Only 6 respondents (16.7%) stated that there were no complaints in sexual relations with their partners.

This study showed that there were 30 respondents or 83.3% of subjects who experienced sexual dysfunction. This figure is higher than the study conducted by Mariany (2019), where the number of female respondents who experienced sexual dysfunction was 52%. According to Krohmer (2004) in Windhu (2009), there are 39% of sexually active women who have problems with their sexual activity.

AUTHOR CONTRIBUTIONS

Ratna Dewi Kumalasari as the first author and corresponding author plays a role in literature search and researchwriting. Indah Purnamasari plays a role in helping to find sources of literature to be reviewed. Chentia Misse Issabella plays a role in assisting in the assessment and screening process of articles which will then be reviewed in this study.

THE IMPORTANCE OF CONFLICT

There is no conflict of interest in this study.

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