

relationships for various reasons. Among many are: love, fascination, pressure, reduction an important role in the stability of relationships. People engage themselves in sexual cial aspects. Among many factors influencing social interactions sexual activity plays sex is an important part of life not only in medical, but also in its personal and so-

Introduction

Key words: sexology, sexual behaviours, medical students, attitudes toward contraception being satisfied with their sexual partners.

practices. The subjects perceived sex as an important aspect of their functioning and reported **Conclusion.** The sample studied had a positive attitude towards alternative forms of sexual sexual life, followed by barrier, oral and sexual satisfaction.

subjects indicated that love was the main factor positively influencing the durability of their occurred while involved in an emotional relationship as opposed to casual relationships. The the sample was condoms, followed by oral contraceptives. The initiation of sexual activity of those widely used in the studied population. The preferred form of contraception during practical aspects of sexually-related phenomena. The effective contraception methods consist

Results. The examined group consisted of well educated individuals in theoretical and contraception based on the subjects' responses.

The present paper addresses various forms of sexual behaviours and attitudes towards in general medical practice.

and a set of questions dedicated to the role of sexology in the medical curriculum, as well as and associated sexually, questions concerning attitudes towards various aspects of sexually questionnaire used was comprised of three groups of questions: those concerning relationships the entire group and both sexes). 313 questionnaires were submitted for further analysis. The group served as a representative sample of the investigated population (χ^2 test: $p > 0.002$ for 118 males) were administered a questionnaire from October till December 2003. The examined

Method. A group of 340 medical students ranging in age from 18 to 28 (122 females and University of Odessa.

well as attitudes towards contraception among students of the Faculty of Medicine, Medical **Aim.** The aim of this study was to present sexual behaviours, needs and expectations as

Summary

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of the Medical University of Odessa Sexual behaviours among medical students

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per of 5003 on a group of 320 students randomly selected from the Medical Faculty.
The questionnaire used in this study was administered from October until Decem-

Materials and methods

was assumed.
expectations. Because of the cognitive character of the study, no scientific hypothesis
cal Faculty, Medical University of Gdańsk in the fields of their activities, needs and

The aim of the study was to present the forms of sexual life of students of Medi-

The aim of the study

and interests group.
analysts in Poland conducted on such a homogeneous group involving age, education
a representative sample of the population with higher education. This was the first
ing for one's sex life. We assumed the analyzed population of medical students is
of medical students. The results indicate that the period of studies is of a great mean-

The present study was an attempt to describe the forms of sexual life in the group
high in the studied groups [2, 6, 7].

character of sexual initiation. However, the level of satisfaction from sexual life was
The earlier researches indicate a low level of knowledge on sexual life and accidents
one's sexual activity. The sexual needs level was reportedly higher among women [4].
spouse, sexual self-acceptance, frequency of intercourse and satisfaction achieved from
onstrated that sexual needs correlate with the level of sexual expectations toward the
sample comprised of 500 married students, ranging in age from 22-40. It was dem-
also conducted in Wrocław, involved a population of external university students. The
indicators of sexual activity in relation to the declared needs of subjects. This study
and contraception myths, as well as stereotypes [3]. The second research focused on
mation gathered from popular magazines. They tended to be influenced by sexually
the examined population of students had little knowledge of sexuality based on inter-
enrolled in the Medical University of Wrocław. The results of the study indicated that
study was conducted among 420 female students in Wrocław, including 320 students
education and knowledge concerning sexuality and methods of contraception. This
Poland regarding selected populations in the field of sexology focused on the level of
for such a small number of research papers on the topic. One of the recent studies in
studies usually do not fully depict the analyzed population, which is likely the reason
embarrassment, denial of unaccepted tendencies. The questionnaire-based sexology
outcomes are the derivatives of the attitudes of examined individuals such as mistrust.

The research in sexology is complex and has numerous limitations. The study
samples the achievement of individuals, interpersonal and social well-being [5].
interactions between an individual and its social structure. Fully developed sexuality
logical aspects. Sexuality is an integral part of most human beings as it is an effect of
relationships with respect to the biological, physiological, socio-cultural and psycho-
teeling of solitude, alienation and social isolation [1]. Thus, human sexuality has several
man or woman. Sex is an important element of a new relationship as it removes the
of motivational and emotional tension or even power and manipulation over another.

cities with over 100 000 inhabitants and 4 times under-representation of people from the 1-2% overrepresentation of people from towns between 10 and 20 000 inhabitants and groups were not representative for the population of Bosnia (test χ^2 : $p < 0.001$) with respondents' cities with more than 200 000 inhabitants: 46 respondents. The studied 100 000 inhabitants: 35 respondents, towns between 100 and 200,000 inhabitants: 28 towns between 10 and 20 000 inhabitants: 84 respondents, towns between 20 and same from urban areas: towns with less than 10 000 inhabitants: 16 respondents, both sexes) was 18-36 years. 58 respondents came from rural areas while the others 111 males (mean age 31.8 \pm 5.5 years). The age range (interquartile corresponding to The study group was comprised of 183 females (mean age 31.8 \pm 1.8 years) and

Study group characteristics

into analysis:

they have not started their sex life). The remaining 584 questionnaires were drawn sexual intercourse one time per week and in another question, they answered that rejected due to contradictory answers (i.e. some subjects indicated that they have

Three hundred and thirteen questionnaires were analyzed and 10 of them were presented in an earlier paper [8].

Regarding the role of sexuality in teaching, learning and practicing medicine were concerning attitudes towards various aspects of sex life and the group of questions questions not answered were not included (53 questionnaires). The initial results concerning the questions posed to them. Questionnaires with more than 10% of the of answering the questionnaires, the subjects had an opportunity to clarify any doubts

Three hundred and forty anonymous questionnaires were collected in the course

Results

University of Odessa.

tion factor and χ^2 test. The study was approved by Bioethics Committee at the Medical

The results of this study were analyzed by means of descriptive statistics, correla- in the field of sexual behavior.

as a separate subject at the medical school. This paper presents only the study results ion, sexual needs, applied contraceptive methods and the point of teaching sexuality independent reviewers. It included questions concerning demographics, sexual behav- nance was designed by the authors especially for this study and it was not assessed by recruiting the students had to be changed due to technical problems. The question- the background seminars (student groups were randomly chosen). The procedure of after the lectures while the students of the third and fifth year were investigated during of the first, second, fourth and sixth years of studies were answering the questionnaire participate in the study were included. There were no other inclusion criteria. Students unaccountable with the subject of the study. All students who gave their consent to Ten students refused to participate after reading the questionnaires, because they were Medical University of Odessa. All participants voluntarily took part in the study.

(58.2% for women and 51% for men) of quitting a job (15.9% of women and 18.8% of men) or sexual initiation usually took place during the afternoon hours while spent together.

The circumstances involving sexual initiation are also similar in both groups: The for women, 52.5% for men respectively). (Table 5)

followed by curiosity and fascination (18.0% for women, 52.5% for men and 13.1% experience with sexual intercourse was affection (38.3% for women, 33.3% for men) higher: 82.1% for women and 88.3% for men. The most important motive for the first group of respondents who have already started their sex life this percentage is even fascination as the most important motives of sexual initiation. (Table 5). Within the of women and 28.2% of men indicated „positive„ emotions such as affection and

The main motives for initiating sexual activity were similar in both sexes: 23%

sexual intercourse I have never had	11 (38.8%)	30 (51.0%)
Over 52	1 (0.2%)	0 (0%)
51-54	38 (50.8%)	12 (13.2%)
48-50	28 (35.5%)	44 (38.8%)
42-44	11 (8.0%)	51 (18.8%)
Under 44	1 (0.2%)	1 (0.2%)
	Women	Men

Table 1. Age of sexual initiation

sexual intercourse). (Table 1).

men than in women (51% men and 38.8 women from studied group have never had of studies [8]. The results presented in this paper indicate earlier sexual initiation in

In the previous paper we presented the age of sexual initiation on separate years relationship and sex life. The results are presented separately for both sexes:

tion: sexual behaviors and applied contraceptive methods and assessment of partner.

The results can be divided into three groups: answers on questions on sexual initiating themselves as asexual:

respondents declared themselves as heterosexual. There were no subjects descrip-

Three subjects declared themselves as homosexual and 2 as bisexual. The rest of entire population ($p=0.500$ for women and $p=0.010$ for men).

the distribution of students of those years, measured with χ^2 test was $p=0.028$ for the of distribution of the analyzed questionnaires from particular years of studies with

from particular years of the study were representative for each year. The concordance status as above average, 50% as average and 12% as below average. The studied group

not representative for the Polish population [8]. 60 students described their financial their background as mixed, usually intellectual-working-class. This background is

background as peasant, 28 as working-class and 51 as intellectual family, 10 described group of religious respondents, 8 people were non-Christian, 13 people described their

religions, 24 as believers who do not practice religion and 34 as non-believers. In the total area [8]. 23 people described themselves as deeply religious, 121 as moderate

ceiving other forms of expanding one's sex life were similar in both groups.

61% of women and 33% of men) (Table 1). The answers for questions con-

cerning other forms of expanding one's sex life were similar in both groups.

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Yes	30 (38.3%)	30 (38.1%)
I do not remember	5 (1.1%)	1 (0.2%)
Other	14 (1.8%)	1 (0.3%)
Forced situation	0 (0%)	1 (0.2%)
Hardly	2 (5.1%)	3 (8.1%)
Time	33 (45.0%)	30 (48.0%)
Afternoon together	24 (58.2%)	30 (51.0%)
Date	10 (8.1%)	10 (8.0%)
	Women	Men

Table 3. Circumstances of sexual initiation

sexual intercourse I have never had	11 (38.8%)	30 (51.0%)
Over 52	1 (0.2%)	0 (0%)
51-54	38 (50.8%)	12 (13.2%)
18-50	20 (35.5%)	44 (38.8%)
12-11	11 (8.0%)	31 (48.0%)
Under 11	1 (0.2%)	1 (0.2%)
	Women	Men

Table 5. Predominant motive of sexual initiation (multiple answers possible)

is either orgasm (40.4%), orgasm during full sexual intercourse (52.1%), mixed rather frequently or even during every sexual encounter (Table 8). The most frequent

Either one and a tenth percent of women estimate they have an orgasm frequently,

Only form of sexual activity	51 (11.2%)	11 (8.8%)
of experiencing sex life Exclusively as a form (i.e. only)	27 (31.1%)	45 (37.8%)
Exclusively when with Theoretically	14 (17.1%)	8 (17.5%)
Never	43 (53.2%)	55 (48.8%)
	Women	Men

Table 1. **Form**

As a supplement to other forms of sexual activity	51 (11.2%)	51 (18.8%)
When I have not got a partner in the past	37 (50.5%)	38 (34.5%)
Never	38 (51.3%)	52 (55.2%)
	85 (44.8%)	52 (55.2%)
	Women	Men

Table 2. **Motivation**

Every day or few times a day	2 (5.7%)	5 (1.8%)
Two and more times a week	34 (18.8%)	18 (18.5%)
Once a week	2 (5.7%)	8 (17.5%)
Few times a month	51 (11.2%)	17 (12.3%)
About once a month	13 (17.1%)	8 (17.5%)
Occasionally, few times a year once a year	53 (15.8%)	13 (11.7%)
Occasionally less than never	8 (4.4%)	11 (8.8%)
Never	88 (37.1%)	35 (58.8%)
	Women	Men

Table 3. **Frequency of sexual intercourse**

More than 10	5 (1.1%)	2 (4.2%)
7-9	2 (5.7%)	5 (1.8%)
4-6	11 (8.0%)	12 (13.2%)
1-3	84 (21.4%)	28 (23.5%)
0	88 (37.1%)	30 (51.0%)
	Women	Men

Table 4. **Number of sex partners**

(answers 1-4 in Table 15) is -0.002 for women and +0.185 for men.

their sex lives (Table 15). The correlation factor between sexual satisfaction and age studied group, 48.9% of men and 24.9% of women declare that they are satisfied with 1.8% men and 0.2% women consider it as completely unimportant. (Table 11). In the sex always an important role in the life of 93.0% men and 27.4% women, while only men's partners and 31.5% of women) (Table 10).

of men and 38.3% of women's partners), followed by oral contraceptives (50.3% of The most popular contraceptive method in the sample group was a condom (22.8% age was very low: +0.0008.

The correlation between frequency of orgasm (among sexually active women) and

N'a	25 (58.4%)
Stimulation with stream of water, tools	1 (3.8%)
Masturbation	30 (18.4%)
Mixed stimulation	38 (18.1%)
Anal sex	1 (0.2%)
Full sexual intercourse	48 (52.1%)
Oral sex	58 (14.5%)
During cunnilingus stimulation	14 (40.4%)
During breast stimulation	11 (8.0%)
During (while) kissing	5 (1.1%)
I do not reach orgasm	8 (3.3%)

Table 9. Methods of reaching an orgasm in women (multiple answers possible)

N'a	22 (30.1%)
Always	8 (3.3%)
Often	38 (51.3%)
Partner often	48 (58.8%)
Rarely	18 (10.4%)
Very rarely	8 (3.3%)
Never	2 (5.7%)

Table 8. Frequency of orgasms in women

sexual accessories (vibrators, etc.).

sex life such as oral sex, anal sex, swimming (partner swimming), group sex and using (37.3%) and 28 men (25.3%) admitted they experimented with sophisticated forms of stimulation (18.7%), masturbation (18.4%) and oral sex (14.5%) (Table 8). 68 women

percentage of potentially unaccepted sexual behaviours:
assessment of reliability. The reliability of our results is supported with the observed

The important problem of sexuality research based on questionnaires is the as-
The majority of respondents have already initiated an active sex life.

their principal status relatively high, only 2.1% of them estimated it is below average.
45.5% came from cities with more than 100 000 inhabitants. Respondents described
tion and usually were of intellectual background (parents with university diploma).

The studied group was quite homogeneous – all respondents had secondary educa-

Discussion

N's	60 (35.8%)	54 (31.0%)
Difficult to say	1 (3.8%)	1 (0.3%)
Definitely unsatisfied	1 (3.8%)	2 (2.2%)
Slightly unsatisfied	1 (3.8%)	12 (13.2%)
Moderately satisfied	48 (58.5%)	35 (48.8%)
Very satisfied	25 (58.4%)	35 (58.8%)
	Women	Men

Table 15. Level of sex life satisfaction

N's	48 (58.5%)	11 (12.3)
Difficult to say	0 (3.3%)	3 (5.1%)
Unimportant	1 (0.2%)	5 (1.8%)
Slightly important	4 (5.0%)	3 (5.1%)
Moderately important	30 (40.8%)	14 (15.8%)
Rather important	22 (30.8%)	30 (51.0%)
Definitely important	48 (58.8%)	40 (38.8%)
	Women	Men

Table 11. Role of sex in life

N's	60 (38.1%)	34 (30.8%)
None	2 (5.1%)	2 (4.2%)
Submittival cream	5 (1.0%)	5 (1.8%)
Intermitted intercourse	14 (1.1%)	3 (5.1%)
Oral contraceptives	21 (31.5%)	33 (50.1%)
Condom	10 (38.3%)	25 (22.8%)
Natural methods	14 (1.1%)	1 (0.3%)
	Women	Men

Table 10. Contraceptive methods

role in their life and for 58.8% of women and 30% of men it was very important. The 68.3% of women and 42.0% of men revealed that sex plays at least an important was not such popular in our studied population.

method was oral contraceptives followed by condom and interrupted intercourse, which female medical students were a part of the studied group. The preferred contraceptive the medical students. Additionally at [3] found analogous results in their study where and the partner. That phenomenon is probably based on the professional knowledge of of the Polish general population is higher [16] indicating the need to care for oneself tendency based on high level of sexual consciousness in the studied group and in score

The use of more effective contraceptive methods should be regarded as a positive intrasexual discrimination and 8% an interrupted intercourse [13].

reported that 64% of students were using oral contraceptives, 10% a condom, 0% interrupted intercourse (all answers were below 0%) [12]. In the British study it was did not apply any contraceptive method or resorted to ineffective methods, such as contraceptives – 10%, followed by condom use – 30%. Very few of the respondents of both sexes. In this population the most popular contraceptive method were oral contraceptives. It corresponds with the American study on the group of 113 students of men admitting to using this method was higher than women) followed by oral birth. The preferred contraceptive method was a condom (originally the percentage reported earlier: ineffective methods, such as interrupted intercourse were rarely ap-

Only 5.5% of women and 4.2% of men use none of the contraceptive methods more frequent in men than women).

influence of illicit drugs or alcohol during the initiation of sexual activity (this was followed by curiosity and pressure. Just a minor percentage of respondents was under University and found that the main motives for initiating sexual activity was love, who conducted a study on female students of Medical University and the Economic mature behaviour. Our results are similar to those reported by Szewczyk and al. [3] motive for the initiation of sexual activity, which certainly cannot be regarded as a regarded as an indicator of maturity. On the other hand, curiosity was also a frequent pressure or just a simple need to discharge sexual energy – something that should be tion. Rarely the decision about sexual initiation occurred due to partner or social

The predominant motive for initiation of sex activity was affection and dissatisfaction assessed subsequent to their sexual initiation [14].

the results on the Ukrainian students, where 20% of women and 83% of men were men already commenced their sexual initiation [13]. Our results are partly similar to the British research where in the group of 374 students, 62% of women and 65% of male already passed their sexual initiation. Those results are similar to the ones from start their sex life. In the studied population, about 61% of women and 43% of men

The study results also correspond with the results for the individuals who did not of women and 80% of men reported masturbation.

cently and in the past). It corresponds with the American results [15] where 28%

- In our study 23% of women and 42.0% of men reported masturbation (both re-
- The percentage of individuals describing homosexual.

- The affection and fascination were predominant motives for sexual initiation.
- The condom was the most popular contraceptive method.
- They routinely used the effective contraceptive methods.
- The students of Medical University of Crdansk had high level of theoretical know-

Conclusions

relatively small – 1 year.

ogly. It must be kept in mind however, that the age range in the sample studies was progresses. This finding is also inconsistent with our knowledge of sex life biology ($b = +0.105$). It suggests that men are more satisfied with their sex life as their age for between age and level of satisfaction from sexual activity was relatively small of satisfaction derived from sexual activity in women. For men, the correlation factor is negative. Another inconsistency is the lack of correlation between age and level the behavioral concepts, which are the basis for female orgasm from a biological

The lack of correlation between orgasm frequency and age is inconsistent with in Moscow [3].

month, which is consistent with the results of the study conducted on female students

The frequency of sexual intercourse was twice or more per week or few times per students and their willingness to experiment and explore new experiences:

activity. These results suggest a considerable amount of open-mindedness for medical 40% of women and over 20% of men used other sophisticated methods of sexual almost

Students very often try to enrich their sex life, most often with bedding, although is unusual that such a large number of medical students would resort to them.

These methods may possibly lead to gynecological complications, we believe that if orgasm during stimulation with the use of a stream of water or other accessories. As Kinsey report [12]. Approximately 4% of female responders admitted to scribbling an sexual stimulation, oral sex was the most frequent one, which is consistent with the orgasm was clitoral stimulation or full vaginal intercourse. From unusual methods of

Very few women were unable to reach orgasm. The most frequent way of reaching very different (test χ^2 , $b < 0.001$).

of men and 28.3% of women declared satisfaction from their sex life, our results are results of American study [12], conducted on the group of 358 students, where 80.8% 8, 11 and 12 should be found quite surprising, yet optimistic. When compared to the are still before the base of their highest sexual activity. The results presented in Tables study include an age range from 18 to 26 years and according to the literature, they women claim they have orgasm with „rather often“, occurrence. Women in the present women and 48.8% of men, indicating higher percentages of „satisfied“, women. 21.4% of Moreover, at least moderate satisfaction from sexual activity was declared by 24.8% of that the role of sex in life of women increases with age opposes our study results. difference in perceiving the role of sex between both sexes is irrelevant and the thesis

