

A Case Study Report: Effects of Health-Related Problems on Sexual Relationship in Young Working Married Couples of I.T. Sector in Noida (NCR Region)

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Abstract

According to the report of WHO, Sexual health is a vast area that includes many inter-related challenges and health problems. In the present study, we have surveyed 3 young married couples of IT sector in Noida Region. It was observed that due to the work stress and other environmental factors are responsible for the problems in their sexual married life. In the present study, it was found that in most of the young married couples the severe health disorders was observed such as anxiety, depression, thyroid, obesity, lack of vitamin D and sleeping disorder due to the working hours in Job. The present study suggest that the broad study should be conducted in IT Sectors workers health related problems and its effect on the sexual relationship of the young married couples.

Keywords: Sexual health, Pathology, IT sector (NCR region)

The definition of sexual health is an amalgamation of emotion, intelligence, social aspects and love. Sexuality is the integrated collection of psychology of the person, intellectuality etc. In the present study was undertaken to understand the psychology and pathology of sexual health to promote translational research in this area.

Material and Methods

A semi-structured interview was conducted, which covered the following topics: education, occupation and family background, career development, expectations at work and experiences of failures and success, definition of their roles at home, their relationship with the family members, the organisational and personal support received, aspirations and their dreams and so on. Working couples described their decisions to focus on their careers, the life changes they experienced and the decision that they had to make along their career

journey. They also shared their future goals and their aspirations about where they saw themselves in the coming future.

They were constantly asked follow-up questions to clarify their feelings and their point of view towards the issues addressed. The clarifications for conflicting or unclear answers were sought immediately during the interviews or by again conducting the same process. Extensive handwritten notes and audio samples were taken, which were transcribed at the earliest possible time after the interviews were conducted.

Purposive sampling (Strauss & Corbin, 1998) was used to locate key respondents and care was taken to ensure that the sample represented couples who worked in IT sector only. At least 3 families working married couples in I.T. Professionals has been interviewed. The following parameters are mentioned below in a table form. As per the need of the survey the questionnaire may be further formulated for the sexual relationship between the working married couples.

Tools and data collection

Data for the present study has been collected by -
Sexuality Scale –It contains eight highly discriminating items with 3-point rating (3- too much, 2- much, 1- not that much) format to study the level of sexual satisfaction of a **married person**. Its internal consistency reliability was 0.87 and .71 (split-half & retest reliability) at 0.01 level & discriminant validity coefficient was 0.76, As reported by the author.

Job Satisfaction Survey, JSS- It consists of 30 statements. Each statement has 5 (alternatives to assess employee attitudes about the job on its different aspects of the job. Its test-retest reliability was 0.97 and validity coefficient .81.

General Health Questionnaire (GHQ-28)- The GHQ-28 was developed by Goldberg in 1978. It is used to detect those likely to have or to be at risk of developing psychiatric disorders and emotional distress. It Contain 28 items. Each item has 4 point Likert Scale (0-1-2-3). Test-retest reliability has been reported to be high (0.85 to 0.9). High internal consistency has also been reported.

Review of Literature

Concept of sexuality

Human sexual activity, or **human sexual behaviour** is the manner in which humans experience and express their sexuality. People engage in various sexual acts, varying from activities done alone (e.g., masturbation) ,with another person (e.g., sexual intercourse, oral sex, etc.) in varying patterns of frequency, for a wide variety of reasons; good sex is enjoyable both physically and emotionally, as subjectively experienced by couples. Sex researcher Paul H. Gebhard (1975) observed that satisfying sex life is one extremely important factor contributing to marital stability. Good sex was positively associated with couple's marital happiness also

Physiology of sexual response

To provide a better understanding of the complete process of sexual response, it is helpful to have a clear understanding of the actual physiological changes that take place during sexual stimulation. Masters and Johnson (1966) were the first to explain the sexual response cycle, listing the following phases: excitement, plateau, orgasm and resolution. In 1979, Kaplan changed the phases to: desire, arousal, orgasm and resolution.

The Excitement Phase : Starts from the beginning of sexual stimulation to the point at which the individual reaches a high degree of sexual excitation. The duration may extend or prolong depending upon the strength of the stimulation and individual reaction to it. Halting of stimulation or some form of interruption (uncomfortable move or a displeasing comment) may even end the process.

Plateau Phase : If sexual stimulation continues and sexual tensions increase, the individual reaches this phase of sexual cycle, from which he or she moves to orgasm.

The Orgasm Phase : Is bounded to those few seconds during which sexual tension is at its maximum and then suddenly released.

Resolution Phase : During which sexual tension recedes as the individual goes back through the plateau and the excitement phases to the unstimulated state.

Benefit of sexual activities

In addition of the sheer pleasure of the sexual act, there are positive health benefits also for young

working married couples. Some health benefits are as follows:

1. Losing weight and gaining energy: Sex helps in burning about 150 calories every half hour. Taking part in sexual activities for more than 3 hours can burn up to 900 calories.
2. Improve sleep and relaxation: Following sexual activity, it's easy to go off to sleep when you are relaxed and tired from burning calories. It's a great way to overcome insomnia.
3. Relieves pain: Studies show that sex may cure headaches and joint pains by raising endorphin levels. These endorphins stay in the body for several hours after climaxing.
4. Increases longevity: Sex decreases the aging process, enabling us to stay younger.
5. Sex also reduces stress, improves mood, strengthens immunity, improves cardiovascular health, lowers cholesterol and increases intimacy within a relationship.

Health problems and work stress also affect sexual relationship in couples. Several physical and mental illnesses can put negative impact on our sex drive or sexual function and sensation.

Physical causes: Many physical or medical conditions can cause sexual problems. Such as thyroid, lack of vitamins, obesity, irregular menstruation, diabetes, cardiovascular issues, neurological diseases, hormonal imbalances, menopause, kidney disease or liver failure,

and alcoholism and drug abuse. Also, the side effects of certain medications can affect sexual desire and function.

Psychological causes: It includes work-related stress and anxiety, marital, family or relationship problems, depression, feelings of guilt and so on.

Results and Discussion

PERSONAL DETAILS: -

- Age – 27
- Gender – female
- Religion – Hindu
- Type of family – nuclear
- No. of child - no
- Education – B.Tech, MBA in CRMA
- Personal support received - husband

HEALTH –

Height	5'3"
Weight	77
BMI	30.1 (obese)

- Physiological disease - obesity, low blood pressure, thyroid, fatigue
- Psychological disease - lack of sleep, anxiety feature, stress.

OCCUPATIONAL HISTORY: -

- Designation –Senior Software Engineer
- How long have you been working? – 10 hrs
- Shift (night/day) – No
- Travel outside home location - No
- Salary- 7.5 Lakh PA
- Total experience – 5 years 7 month
- Current experience – 5 years 7 month
- Travel time to work place – 1 hour
- Expectations at work (your expectation with your job)- satisfied
- Experiences of Success-awesome. According to her, she has experienced success very frequently and they were expected to happen.
- Experiences of failure- felt bad and irritated. It affected her personal and professional life both. It took one week her to get over that feeling.
- Aspirations and dreams–work in a higher salaried job and have a happy family.
- Organization initiatives for work life balance / organisation support –no

Marital

- Total year of marriage – one year six months
- Quality time with spouse – only Sunday
- Personality of spouse – he is very introvert, has low self-esteem and understandable.
- Sex adjustment - Dissatisfied
- Expectation with your married life – we will live together, spend more quality time with each other and have better sex life. He thinks about me, give me surprises and little bit expressive.

Your opinion about your sexual relationship....

It's not good. We both were in opposite shift so that we don't have time for our sexual relationship.

- How frequently you have sexual intercourse and sexual activity with your partner? – once in two weeks
- How frequently you want that? - at least 3-4 times a week
- Who usually initiate for sexual intercourse or activity? –I only initiates
- Why? – He had less interest.
- Do you masturbate? – not yet
- Do you think that premature ejaculation is problem in your sexual relationship? - yes
- You feel sexual aroused during sex with your partner? – yes
- Do you feel pain during intercourse? – Rarely
- Overall, are you satisfied in your sexual relationship with your partner? unsatisfied
- Do you think that your partner causing problem in your sex life? - Yes

Do you think your job, job time or work-related duties make difficult for you to fulfil your family responsibilities and vice-versa?

Yes, a lot. She fails to give much time to her family and family related all responsibilities. Less time to interact with him.

Scale interpretation:

Sexuality Scale –

- Raw Score – 14. It means Level of Sexual Satisfaction was dissatisfied. Z-score range was -1.25 to -0.51.

Job Satisfaction Scale –

- Raw Score was 76. Z-score was -0.36. It lies on range of -0.50 to +0.50. It means Level of Job Satisfaction was average/moderate satisfied.

According to her, she has lots of job pressure due to this his family life, sex life, and her health got disturbed a lot.

GHQ-28 – Score was 28. It suggests psychological distress (anxiety feature and somewhat insomnia).

PERSONAL DETAILS: -

- Age – 29
- Gender – male
- Religion – Hindu
- Type of family – nuclear

- No. of child - no
- Education – B.Tech
- Personal support received - wife

HEALTH –

Height	5'11"
Weight	101
BMI	31.1 (obese)

- Physiological disease - obesity, high blood pressure, lack of vitamin D, fatigue, most of the time feeling feverish
- Psychological disease - Depressive feature, stress, aggression.

OCCUPATIONAL HISTORY: -

- Designation – Assistant Manager
- How long have you been working? – 13 hrs
- Shift (night/Day) – yes
- Travel outside home location - No
- Salary-5.8 Lakh PA
- Total experience – 7 years 7 month
- Current experience – 2 years
- Travel time to work place – 20 minutes
- Expectations at work (your expectation with your job) – not satisfied because no personal life and even sometime Sunday working also. Want to quit his current job.
- Experiences of Success- none till now
- Experiences of failure- according to him, his experience and age, his salary and designation should be higher.
- Aspirations and dreams- looking for better & higher salary job and Saturday & Sunday holiday
- Organization initiatives for work-personal life balance / organisation support – no

Marital –

- Total year of marriage – one year six months
- Quality time with spouse – only Sunday
- Personality of spouse – she is very caring, adaptive and friendly but dominating in nature and self-obsessed. She is materialistic and ambitious. She had a monophobia.
- Sex adjustment - Dissatisfied

- Expectation with your married life – spending more time together.

Your opinion about your sexual relationship....

Its ok. His job and work stress affect his sex life a lot. During his night shift period, hardly they got physically intimate. They got intimate once a week. They did want to get intimate but they were too busy in their existing jobs.

- How frequently you have sexual intercourse and sexual activity with your partner? – once in two weeks
- How frequently you want that? - once in a week
- Who usually initiate for sexual intercourse or activity? – She always initiates
- Why? – I had less interest with my mate
- Do you masturbate? – yes, 3 to 4 times in a week
- Do you think that premature ejaculation is problem in your sexual relationship? - yes
- You feel sexual aroused during sex with your partner? – not much
- Do you feel pain during intercourse? – never
- Overall, are you satisfied in your sexual relationship with your partner? Extremely unsatisfied
- Do you think that your partner causing problem in your sex life? – No

Do you think your job, job time or work-related duties make difficult for you to fulfil your family responsibilities and vice-versa? Yes, fully. We only saw each other face during my shift work.

Scale interpretation:

Sexuality Scale –

- Raw Score – 11. It means Level of Sexual Satisfaction was dissatisfied. Z-score range was -1.25 to -0.51.

Job Satisfaction Scale –

- Raw Score was 41. Z-score was -2.41. It lies on range of -2.01 & below. It means Level of Job Satisfaction was extremely dissatisfied. He scores less in job-extrinsic factors (sub factor like psycho-social, economic and community growth). He said that his family life was somewhat

displeasing because of his job nature. It also affects his sex life, physical health and psychological health.

GHQ-28 –Score was 32. It suggests psychological distress (depressive feature and somewhat insomnia).

STATISTICAL ANALYSIS AND INTERPRETATION

Sexual Satisfaction Scale

- **Couple 1-**
 - Male - Raw Score was 12. It means Level of Sexual Satisfaction was dissatisfied. Z-score range was -1.25 to -0.51.
 - Female - Raw Score was 13. It means Level of Sexual Satisfaction was dissatisfied. Z-score range was -1.25 to -0.51.
- **Couple 2-**
 - Male- Raw Score was 11. It means Level of Sexual Satisfaction was dissatisfied. Z-score range was -1.25 to -0.51.
 - Female - Raw Score was 14. It means Level of Sexual Satisfaction was dissatisfied. Z-score range was -1.25 to -0.51.
- **Couple 3-**
 - Male- Raw Score was 11. It means Level of Sexual Satisfaction was dissatisfied. Z-score range was -1.25 to -0.51.
 - Female- Raw Score was 12. It means Level of Sexual Satisfaction was unsatisfied. Z-score range was -1.25 to -0.51.

Job Satisfaction Scale

- **Couple 1 –**
 - Male - Raw Score was 69. Z-score was -0.78. It lies on range of -0.51 to -1.25. It means Level of Job Satisfaction was dissatisfied. He scores less in factor of job intrinsic (place of posting, economy)
- According to him, he wants to earn more and more money or fame & job pressure due to this his family life, sex life, and her health got disturbed a lot.

- Female- Raw Score was 83. Z-score was +0.05. It lies on range of -0.50 to +0.50. It means Level of Job Satisfaction was average/moderate satisfied.

According to her, she has lots of job pressure due to this her family life, sex life, and her health got disturbed a lot.

- **Couple 2 –**

- Male - Raw Score was 41. Z-score was -2.41. It lies on range of -2.01 & below. It means Level of Job Satisfaction was extremely Dissatisfied. He scores less in job-extrinsic factors (sub factor like psycho-social, economic and community growth). He said that his family life was somewhat displeasing because of his job nature. It also affects his sex life, physical health and psychological health.

- Female - Raw Score was 76. Z-score was -0.36. It lies on range of -0.50 to +0.50. It means Level of Job Satisfaction was average/moderate satisfied. According to her, she has lots of job pressure due to this his family life, sex life, and her health got disturbed a lot.

- **Couple 3 –**

- Male - Raw Score was 74. Z-score was -0.48. It lies on range of -0.50 to +0.50. It means Level of Job Satisfaction was average satisfied.

- Female - Raw Score was 49. Z-score was -1.98. It lies on range of -1.26 to -2.00. It means Level of Job Satisfaction was highly dissatisfied.

According to her, no growth and less salary with high job pressure.

General Health Questionnaire (GHQ-28)

- **Couple 1-**

- Male - Score was 29. It suggests psychological distress.

- Female - Score was 38. It suggests psychological distress (depressive feature and somewhat insomnia).

- **Couple 2-**

- Male- Score was 32. It suggests psychological distress (depressive feature and somewhat insomnia).

- Female - Score was 28. It suggests psychological distress (anxiety feature and somewhat insomnia).

- **Couple 3-**

- Male- Score was 30. It suggests psychological distress.

- Female - Score was 28. It suggests psychological distress (anxiety feature).

Conclusion

Based on statistical analysis, interview and medical report suggest that their health-related problem effect their sexual relationship in young working married couples of IT sector (NCR region). Our find suggests that in most of the young married working couple, job related working hours are very high and work load in the corporate sector is extremely difficult to cope with. So, they have less time for physical and emotional relationship between the husband and wife. Due to which they developed different kind of health disorders such as obesity, anxiety, depression, thyroid, diabetes, lack of vitamin D and insomnia. We propose that the following suggestion for a healthy married life and having sexual intercourse can help couple to improve their physical conditions. Such as:

Heart wellbeing

You can keep your heart fit and prevent coronary illness by having sex frequently. According to experts, sex help in decrease the danger of heart assault and other heart issues.

Cerebral pain

By having sex frequently, you will lessen cerebral pain. A mid of sex, your body is discharging oxytocin hormone which animates the arrival of

endorphins, hormones that have the ability to unwind your body and psyche.

Insomnia

After sex, you are in a condition of unwinding and reduce your anxiety levels, which will help you to rest better and avoiding sleep deprivation.

Urinary incontinence

By having sex on regular basis, you can battle urinary incontinence as it fortifies the pelvis and thus anticipates pee misfortune.

Influenza

Sex can also help in diminish influenza and colds and the reason for that is because a mid of sex, your body generates antibodies.

Sparkling skin

Having sex will make your skin brighter as it cleans poisons and toxins from the body which may have negative impact on the look of your skin.

Prostate wellbeing

Regular sex lowers the risk of developing prostate disease and ensures against the development of tumour.

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Conflict of Interests

The author declared no conflict of interests.

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