



Overlooked Facts During the Pandemic: Marital Relationship and Sexual Life

Pandemi Döneminde Göz Ardı Edilen Gerçekler: Evlilik İlişkisi ve Cinsel Yaşam

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Abstract:

Purpose: The purpose of this study is to determine the effects of the pandemic on marital relationships and sexual life.

Method: This descriptive cross-sectional study was carried out between 20 November 2020 and 31 January 2021 nationwide in Turkey by using an online survey form. A "Participant Information Form" developed by the researchers by reviewing the literature was used to collect data.

Results: The study included 417 women with a mean age of 32.37±6.41 years and an average marriage duration of 7.84±7.07 years. It was determined that the sexual intercourse frequency of the women decreased in the COVID-19 pandemic period in comparison to before the pandemic ($P<0,001$). Women who were separated from their spouses due to the risk of transmission, whose marital relationship and sexual life were negatively affected by COVID-19, or whose spouses had sexual problems, showed a

statistically significant decrease in the frequency of sexual intercourse ($p < 0.05$). Among women whose marriage was negatively affected by COVID-19, 47.3% reported changes in the frequency of sexual intercourse, 36.3% in vaginal lubrication, 31.9% in orgasm frequency, 44% in sexual satisfaction, 18.7% in pain or discomfort during intercourse, and 14.3% experienced differences in the presence of sexual problems in their spouse ($p < 0.05$). A significant relationship was found between the effect of COVID-19 on marriage and sexual desire, with 53.8% of women whose marriage was negatively affected by COVID-19 reporting changes in sexual desire ($p<0,001$).

Conclusion: It was concluded that, in the COVID-19 pandemic period, the sexual intercourse frequency of the women decreased, their relationships with their spouses and sexual functions were negatively affected, and their statuses of COVID-19 affecting their marriage were related to their sexual functions.

Keywords: COVID-19, sexuality, marriage relationship.

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Özet:

Amaç: Bu çalışmanın amacı COVID-19 pandemi sürecinin eşler arasındaki ilişki ve cinsel yaşam üzerindeki etkisini belirlemektir.

Yöntem: Tanımlayıcı kesitsel tipte yapılan araştırma 20 Kasım 2020- 31 Ocak 2021 tarihleri arasında Türkiye genelinde online anket formu kullanılarak gerçekleştirildi. Verilerin toplanmasında araştırmacılar tarafından literatür taranarak oluşturulan "Katılımcı Bilgi Formu" kullanıldı.

Bulgular: Çalışmaya yaş ortalaması $32,37 \pm 6,41$ ve evlilik süresi $7,84 \pm 7,07$ yıl olan 417 kadın katıldı. COVID-19 dönemi öncesi ve sonrası karşılaştırıldığında kadınların cinsel ilişki sıklığının pandemi döneminde azaldığı belirlendi. ($p=0,000$). COVID-19 süresince bulaş riski nedeniyle eşi ile ayrı kalan, COVID-19 nedeniyle cinsel ilişki ve evliliği olumsuz etkilenen ve COVID-19 döneminde eşinde cinsel sorunu olan kadın-

Introduction

The novel coronavirus disease - 2019 (COVID-19) is a contagious disease caused by a newly discovered coronavirus (WHO, 2020). The symptoms of infection with this coronavirus include fever, tremors, coughing, sore throat, myalgia, nausea-vomiting and diarrhea. In severe cases, the disease may result in heart failure, respiratory failure, acute respiratory distress syndrome and death. (Salari et al., 2020, s.6). In addition to its physical health effects, COVID-19 has negative impacts on psychological, emotional, and socioeconomic conditions. Issues associated with COVID-19 include physical inactivity, weight gain, lifestyle changes, social isolation, stress, fear of job loss, fear of transmission and death, panic disorder, and sleep disturbances (Qaderi et al., 2023, p. 2). At the time of writing this article, there is no medication confirmed for use in the treatment of COVID-19. For this reason, to prevent the spread of the virus, approximately a third of the world's population has been quarantined. In addition to social isolation, due to reasons such as the absence of a treatment option and the fear of getting infected with the disease or losing loved ones, individuals experience mental health problems such as stress, anxiety and depression more

ların cinsel ilişki sıklığı istatistiksel olarak anlamlı düşük bulundu ($p<0,05$). COVID-19 sürecinde evliliği olumsuz etkilenen kadınların %47,3'ünün cinsel ilişkisinin, %36,3'ünün cinsel ilişki esnasında vajinal ıslaklık/kayganlık durumunun, %31,9'unun orgazm sıklığının, %44'ünün cinsel ilişki tatmin düzeyinin, %18,7'sinin cinsel ilişki esnasında ağrı/rahatsızlık duyma durumunun ve %14,3'ünün eşinde cinsel sorun varlığında farklılık deneyimlendiği bildirildi ($p<0,05$). COVID-19'un evliliği etkileme durumu ile cinsel istek arasında anlamlı bir ilişki olduğu ve COVID-19 sürecinde evliliği olumsuz etkilenen kadınların %53,8'inin ise cinsel isteğinde değişiklik olduğu saptandı ($p=0,000$).

Sonuç: COVID-19 pandemi sürecinde kadınların cinsel ilişki sıklığının azaldığı, eşleri ile ilişkileri ile cinsel fonksiyonlarının olumsuz olarak etkilendiği ve COVID-19'un evliliği etkileme durumunun kadınların cinsel fonksiyonu ile ilişkili olduğu saptandı.

Anahtar kelimeler: COVID-19, cinsellik, evlilik ilişkisi

(Rehman et al., 2020, s.44). In their study in Turkey, Erdoğan et al. (2020) observed moderate to severe levels of anxiety in approximately 1 in every 4 individuals and depression in approximately 1 in every 3 individuals. In the systematic review conducted by Salavi et al. (2020), it was reported that the prevalence of stress was found as 29.6% in 5 studies with a total sample size of 9074, the prevalence of anxiety was determined as 31.9% in 17 studies with a total sample size of 63439, and the prevalence of depression was identified as 33.7% in 14 studies with a total sample size of 44531. Previous studies have also shown that factors such as financial difficulties, unemployment, stress, anxiety, depression and the absence of sufficient space at one's home experienced in the COVID-19 pandemic period affected the relationship between partners negatively, and the prevalence of violence increased (Agüero, 2020, s.3). In their study on 2424 women conducted in Bangladesh, Hamadani et al. (2020) determined that, in addition to depression and anxiety symptoms, women's rates of being exposed to emotional and physical violence also increased in the pandemic period (Hamadani et al., 2020, s.1381). It was also reported in Peru that the number of calls to a domestic violence helpline increased by 48% between April and July 2020 (Agüero, 2020,s.4). In the pan-

demic period, the sex lives of individuals have also been influenced. According to the biopsychosocial model, all factors including biological, psychological, sociocultural factors and interpersonal relationships play a large role in the development and continuation of sexual dysfunctions. All factors including mental health problems such as anxiety, depression and posttraumatic stress disorder and factors that could affect or interrupt sexual activity such as conflict or incompatibility in the relationship, weak communication between the partners and anger/frustration with the partner cause sexual dysfunction (Lamont et al., 2018, s.453). Conflict between the partners experienced in the pandemic period, intense stress arising due to financial difficulties, weakening of emotional bonds, mental problems such as anxiety, stress and depression or medications that are used in the treatment of these conditions affect the sexual functions of individuals negatively. Although there are differences between countries and cultures, studies have demonstrated that the COVID-19 pandemic period influences the sexual functions of individuals (Abbas et al., 2020). Additionally, studies have shown that increased risky sexual behaviors during quarantine have led to sexual dysfunction, unwanted pregnancies, and various sexually transmitted infections, thereby reducing quality of life (Qaderi et al., 2023, p. 2).

The COVID-19 pandemic is a period of crisis experienced worldwide, which negatively affected individuals' quality of life. It has been observed that women, particularly those in vulnerable groups within the household, were psychologically more affected during the COVID-19 pandemic. During this period, increased workloads (housework, ironing, childcare), economic problems, deteriorating relationship quality between spouses, and rising rates of domestic violence have negatively impacted women's mental health and quality of life. As a result of these factors during the pandemic, the sexual health of couples has also been negatively affected. The aim of this study is to determine the effects of the COVID-19 pandemic on marital relationships and sexual life. The data from this study are intended to guide healthcare professionals in improving women's mental and physical health during similar crisis periods.

Method

Design and Sample:

This descriptive cross-sectional study was conducted nationwide in Turkey between 20 November 2020 and 31 January 2021 by using an online survey form. The population of the study consisted of women at the ages of 18-49 who were living in Turkey and had been married for at least 2 years. Keeping the ongoing pandemic conditions in mind, the method of snowball sampling was utilized in the selection of the sample. Research data were collected using the snowball sampling method. Initially, an announcement about the study was made on social media. Twenty-four women volunteered to participate in the study. From these 24 women, those who met the inclusion criteria for the study were selected (22 women). A questionnaire was sent to the 22 women, requesting them to complete it themselves and forward it to other women in their network. Four hundred and twenty-five women were reached between 20 November 2020 and 31 January 2021. Four women who did not agree to participate in the study and 4 women who did not meet the inclusion criteria were excluded, and the sample consisted of 417 women.

Inclusion criteria: Voluntarily agreeing to participate in the study, being at the ages of 18-49, having been married for at least 2 years.

Exclusion criteria: Having been married for shorter than 2 years, being actively treated for COVID-19, being pregnant or in the menopausal period, history of chronic disease (diabetes and hypertension).

Research Questions:

1. Did the COVID-19 pandemic lead to changes in women's lives?
2. Did the COVID-19 pandemic lead to changes in women's marital life?
3. Did the COVID-19 pandemic lead to changes in couples' sexual life?

Variables of the Study:

Dependent Variables: Marital relationship and sexual life

Independent Variables: Age, duration of marriage, education level, employment status

Data Collection Instrument: A 40-item “Participant Information Form,” developed by the researchers through a literature review, was used as the data collection tool. This form includes questions regarding sociodemographic characteristics, the impact of the pandemic on women’s lives and marital relationships, and sexual functions. Upon reviewing studies that assessed sexual functions during the COVID-19 period, it was found that the scales used to identify sexual dysfunctions focused on the past 4 weeks, and therefore, were not applicable during this period. For this reason, to address both the pre-pandemic and post-pandemic periods, the sexual functions of the women and their partners were surveyed in the form (Li et al., 2020; Özlü et al., 2021, s.6).

Data Collection Process: The Participant Information Form created by the researchers was uploaded onto the internet via the Google Forms platform. The survey form was sent to voluntary participants via a social media platform, and data was collected online. It took each participant approximately 5 minutes to fill the form.

Data Analysis: The SPSS Statistics 22 (IBM SPSS) program was used to statistically analyze the data. Kolmogorov-Smirnov test was used to test the normality of the distribution of the data. The statistical analysis included descriptive statistics as frequencies, means and standard deviations, in addition to Mann Whitney U test for the comparisons between two groups, Kruskal Wallis test for the comparisons between more than two groups and comparisons between two groups and Wilcoxon Signed Rank test for comparison of two related variables were used. The level of statistical significance was accepted as $p < 0.05$.

Results

The mean age of the 417 women who participated in this study was 32.37 ± 6.41 , and the mean age of their husbands was 35.27 ± 7.15 . Fifty-three percent of the women and 55.60% of their husbands had associate or undergraduate degrees, and the income levels of 57.60% were equivalent to their expenditure levels (Table 1). It was determined that 27.80% of the women stayed separate from their husbands due to the risk of infection in the COVID-19 pandemic period. Among the women, 72.20% stated that COVID-19

increased their workload, 21.80% said COVID-19 affected their marriage negatively, 7.40% said their feelings for their husbands were negatively affected in the pandemic period, and 20.40% reported that COVID-19 affected their attitudes towards problems experienced with their husbands positively. According to 39.30% of the women, COVID-19 affected their statuses of experiencing tension in marriage, whereas 2.60% said it affected their statuses of being exposed to violence in marriage (Table 2).

The mean age of first sexual intercourse among the women was 23.70 ± 3.87 . While the frequency of sexual intercourse was reported by the women as 2.43 ± 1.41 per week for the period before the COVID-19 pandemic, it was reported as 2.23 ± 1.59 per week for the pandemic period. Among the women, 14.10% stated that COVID-19 affected their sexual relationships negatively. It was found that, in the COVID-19 pandemic period, there was a decrease in the sexual desire of 21.30% of the women, vaginal lubrication of 12.50%, emotional intimacy of 11.5%, satisfaction levels of 12.5%, frequency of orgasm in 11.50%, and an increase in the status of experiencing pain/discomfort during sexual intercourse among 7.90%. The prevalence of sexual dysfunction in the husbands of the women was found as 6% for the period before the COVID-19 pandemic and 6.20% for the pandemic period (Table 2).

The frequencies of sexual intercourse of the women who were separated from their husbands during the COVID-19 pandemic period due to the risk of infection, those whose sex lives and marriages were negatively affected by COVID-19 and those whose husbands had sexual problems in the COVID-19 period were found to be significantly lower in comparison to the other women ($p < 0.05$) (Table 3).

In the comparison of the periods before and during the COVID-19 pandemic, it was seen that the sexual intercourse frequencies of the women decreased significantly in the pandemic period ($p < 0.05$) (Table 4).

Among the women whose marriages were negatively affected in the COVID-19 pandemic period, changes were observed in the sexual lives of 47.30%, vaginal lubrication status during sexual intercourse in 36.30%, frequency of orgasming in 31.90%, satisfaction from sex in 44%, status of experiencing pain/

discomfort during sex among 18.70% and presence of sexual dysfunctions in the husbands of 14.30% of the women ($p<0.05$). A significant difference was identified between the participating women's statuses of their marriages being affected by COVID-19 and their sexual desire, and the sexual desire levels of 53.80% of the women whose marriages were negatively affected in the COVID-19 pandemic process showed changes ($p<0.05$) (Table 5).

Discussion

The COVID-19 pandemic has severely affected the lives of individuals all around the globe. In addition to physical health problems, it also causes social, economic and psychological problems. Various precautions have been taken by different countries to prevent the risk of infection (Kavas and Develi, 2020, s.84; Daneshfar et al., 2021, s.2). Precautions taken have affected the social lives of individuals, living conditions have affected their sexual lives, and changes in their sexual lives have affected their quality of life (Özlu et al., 2021, s.2). Therefore, this study was carried out to determine the effects of the COVID-19 pandemic period on the relationship between spouses and their sexual lives.

In this study, it was found that the COVID-19 pandemic period affected the sexual intercourse frequencies of the women, and the women's frequencies of sex were determined to be lower in comparison to the period before the pandemic ($p<0.05$) (Table 3). A previous study conducted in Turkey to investigate the effects of the COVID-19 pandemic on the sex lives of couples determined that the frequency of sex decreased in both men and women in the pandemic period in comparison to the pre-pandemic period (Karagöz et al., 2020, s.817). In a study conducted in Italy for the purpose of examining the effects of social distancing measures brought about by the COVID-19 pandemic on the sexual functions and quality of life of women of reproductive age who were living with their sexual partners and were not infected with COVID-19, the researchers reported that the frequency of sexual intercourse fell from 6.3 ± 1.9 to 2.3 ± 1.8 per month (Schiavi et al., 2020, s.1409). A study performed in Poland to determine the effects of COVID-19-related anxiety/stress on the sexual health of women revealed that the frequency of sex-

ual intercourse, level of sexual desire, arousal, lubrication, frequency of orgasm, level of satisfaction and pain decreased in the pandemic period (Fuchs et al., 2020, s.7). As opposed to these findings, a study in Turkey showed that, while women's mean frequency of having sex was 2.4 in the pandemic period, this frequency was 1.90 within the 6-12 months before the pandemic, and it was found to increase significantly during the pandemic period. However, the authors determined that, during the pandemic, sexual quality of life decreased despite the increased frequency of sexual intercourse (Yüksel and Ozgor, 2020, s.96). Studies in the literature have suggested in general that the frequency of sexual intercourse has decreased. It is believed that the sexual intercourse frequencies of couples have decreased due to the fear that the virus causing COVID-19, SARS-CoV-2, could be transmitted through sexual activity and in relation to the stress and anxiety experienced by individuals during the pandemic period. As social distancing and contact prevention measures affect both interpersonal and partner relationships, the sexual activities of individuals are also negatively affected. Additionally, psychological problems that are experienced may also lead to a reduction in sexual activity levels. It has been reported that psychological problems may lead to sexual dysfunction. Previous studies have associated anxiety and depression with reduced levels of sexual desire (Chew et al., 2020, s.352; Brooks et al., 2020, s. 916).

In this study, it was determined that both the relationships of the women with their husbands and their sexual functions were negatively affected in the COVID-19 pandemic period, and the statuses of women's marriages being affected by COVID-19 were significantly related to their sexual functions. The sexual intercourse frequency of the women who were separated from their husbands in the COVID-19 pandemic period due to the risk of infection, those whose sexual lives and marriages were negatively affected and those whose husbands had sexual problems were found to be significantly lower ($p<0.05$) (Table 2). It was observed that the women in this study whose marriages were affected negatively in the COVID-19 pandemic period experienced changes in relation to their sexual activity, sexual desire, status of vaginal lubrication during sex, frequency of orgasm, satisfac-

tion levels and status of experiencing pain/discomfort during sex ($p < 0.05$) (Table 4). A study conducted in China to investigate the effects of COVID-19 precautions on one's relationship with their spouse, sexual health and reproductive health demonstrated that, due to the COVID-19 pandemic, 22% of the participants experienced a decrease in their sexual desire, 41% experienced a decrease in the frequency of sexual intercourse, and 31% experienced a disruption in their relationship with their spouse. The authors showed that sexual desire and sexual satisfaction affected relationships with the spouse (Li et al., 2021, s. 1827). In a study in the United States on the relationship between COVID-19-linked conflicts in relationships and changes in sexual behaviors and experiences, the researchers observed that most participants who were in romantic and/or sexual relationships experienced difficulties in these relationships and increases of conflicts in relationships were associated with a reduction in the frequency of intimate relations and sexual behaviors (Luetke et al., 2020, s.751). Another study examining the sexual behaviors of people in the COVID-19 pandemic period concluded that the relationship of the individual with their partner was related to their frequency of sexual intercourse (Li et al., 2020, s.1226). As a result of their study that included 1356 participants, Karşıyakalı et al. (2020) reported that the sexual functions of individuals were negatively affected in the COVID-19 pandemic period. The researchers observed a significant reduction in both the sexual intercourse frequencies and sexual desires of individuals living in metropolitan cities. While 40.80% of the participants reported a decrease in their weekly numbers of having sex, 31.50% said there was a decrease in their sexual desire during the COVID-19 pandemic period (Karşıyakalı et al., 2020, s.6). It was observed that the findings of this study were in parallel with those reported in the literature (Fusch et al., 2020; Omar et al., 2021). Daneshfar et al. (2020) conducted a study in Iran to investigate the relationship between the quality of life of married women and their anxiety, depression, coronavirus infection fears, sexual function and marriage satisfaction in the COVID-19 pandemic period and discovered that the women who had high levels of sexual function also had better marriage satisfaction and quality of life levels. SARS-CoV-2 is a respiratory virus that is transmitted via direct contact with large

respiratory droplets and contaminated secretions, and COVID-19 caused by this virus is an infectious disease that has a risk of being transmitted through kissing and physical contact (Şahin and Güngör, 2020, s.251). The risk of infection leads people to distance themselves from each other. It is thought that, in relation to this effect, lack of sexual appetite may be encountered in individuals. Although it might be considered that individuals would have regular sexual activities as they would spend more time with their partners in the isolation process, it may be stated that psychological problems caused in people by quarantine and isolation measures including stress, anxiety, social isolation and loneliness can affect individual's sex lives. Studies in the literature have stated that the sexual activities and sexual satisfaction levels of women and men decreased in the COVID-19 pandemic period (Gouvernet and Bonierbale, 2021, s.13; Kaya et al., 2020, s.4). Furthermore, it is believed that financial and social problems caused by the COVID-19 pandemic affect the institution of marriage and relationships between spouses negatively, as well as indirectly affecting the quality of sex life. Considering that sexuality is a phenomenon that is influenced by several factors, it should be kept in mind that psychological and social factors should be investigated as underlying factors of sexual dysfunction in addition to biological factors.

Conclusion

In this study, it was determined that the sexual intercourse frequencies of the women decreased in the COVID-19 pandemic period, their relationships with their husbands and sexual functions were negatively affected, and COVID-19 influenced the marriages and sexual functions of the women. It is observed that the pandemic process affects sex life. Not ignoring the sex lives of couples and providing individuals with the necessary counseling services by examining their sexuality and relationships with their partners will contribute to their sex lives. Moreover, the provision of psychological support for individuals by healthcare professionals will also affect sexuality in a positive direction.

Limitations

One of the limitations of the study is that the questi-

onnaire was not submitted to expert opinion and the Scope Validity Rate was not calculated. Additionally, it is believed that the cultural perception of sexuality as a taboo in Turkey poses a barrier to reaching the sample group.

Ethical Aspect of the Study

For the study to be carried out, ethical approval was obtained from the Noninterventional Clinical Research Ethics Committee of a non-profit private university (Decision No:2020/36-08), whereas the consent of the participants was received via the online survey form before they provided data.

Declarations

Conflict of Interests: The authors do not have any conflict of interest to declare.

Funding: The study is not funded.

Availability of data and material (data transparency): Not applicable.

Code availability (software application or custom code): Not applicable.

Authors' contributions: All authors contributed equally.

Table 1. Characteristics of the Participants

Descriptive Characteristics		X±SD	Min-Max
Age		32.37±6.41	20-49
Age of the husband		35.27±7.15	21-60
Number of children		1.20±1.06	0-8
Duration of marriage year		7.84±7.07	2-37
		n	%
Place of residence	Metropolitan city	317	76.00
	City	85	20.40
	Town	12	2.90
	Village	3	0.7
Education level	Primary-secondary school	33	7.90
	High school	67	16.10
	Associate-undergraduate	223	53.50
	Graduate	94	22.50
Education level of the husband	Primary-secondary school	46	11.0
	High school	88	21.1
	Associate-undergraduate	232	55.60
	Graduate	51	12.20
Employment status	Working from home	74	17.70
	Working at a workplace	183	43.90
	Not working	160	38.40
Employment status of the husband	Working from home	64	15.30
	Working at a workplace	327	78.40
	Not working	26	6.20
Income level	Income less than expense	78	18.70
	Income equivalent to expense	240	57.60
	Income more than expense	99	23.70

Table 2. COVID-19-Characteristics Related to Marriage and Sexuality

COVID-19-Related Characteristics		n	%
Have you had COVID-19?	Yes	69	16.50
	No	348	83.50
Has your husband had COVID-19?	Yes	68	16.30
	No	349	83.70
Were you separated from your husband during the COVID-19 pandemic period due to the risk of infection?	Yes	116	27.80
	No	301	72.20
Did COVID-19 increase your workload at home?	Yes	301	72.20
	No	116	27.80
COVID-19 and Marriage-Related Characteristics		n	%
Were you satisfied with your marriage before COVID-19?	Yes	389	93.30
	No	28	6.70
Effect of COVID-19 on marriage	Positive	47	11.30
	Negative	91	21.80
	No changed	279	66.90
Change in feelings for husband in the COVID-19 pandemic period	Positive change	17	4.10
	Negative change	31	7.40
	No change	369	88.50
Effect of COVID-19 on attitudes towards problems experienced with husband	Positive (agreeing by having a conversation)	85	20.40
	Negative (leaving home, fighting, violence)	34	8.20
	No changed	298	71.50
Effect of COVID-19 on experiencing tension in marriage	Yes	164	39.30
	No	253	60.70
Effect of COVID-19 on experiencing violence in marriage	Yes	11	2.60
	No	406	97.40
COVID-19 and Sexuality-Related Characteristics		X±SD	Min-Max
Age of first sexual intercourse		23.70±3.87	14-40
Frequency of sexual intercourse before COVID-19 (weekly)		2.43±1.41	0-9
Frequency of sexual intercourse in the COVID-19 pandemic period (weekly)		2.23±1.59	0-10
		n	%
Were you satisfied with sexual intercourse before COVID-19?	Yes	370	88.70
	No	47	11.30
Age of first sexual intercourse		23.70±3.87	14-40
Frequency of sexual intercourse before COVID-19 (weekly)		2.43±1.41	0-9
Frequency of sexual intercourse in the COVID-19 pandemic period (weekly)		2.23±1.59	0-10

Table 2. Continued

COVID-19-Related Characteristics		n	%
Effect of COVID-19 on sex life	Positive	41	9.80
	Negative	59	14.10
	No changed	317	76
Sexual desire in the COVID-19 pandemic period	Decreased	89	21.30
	Increased	27	6.50
	No change	301	72.20
Vaginal lubrication during sex in the COVID-19 pandemic period	Decreased	52	12.50
	Increased	20	4.80
	No change	345	82.70
Emotional intimacy during sex in the COVID-19 pandemic period	Decreased	48	11.50
	Increased	78	18.70
	No change	291	69.80
Sexual satisfaction level in the COVID-19 pandemic period	Decreased	52	12.50
	Increased	30	7.20
	No change	335	80.30
Frequency of orgasm in sex in the COVID-19 pandemic period	Decreased	48	11.50
	Increased	24	5.80
	No change	345	82.70
Experiencing pain/discomfort during sex in the COVID-19 pandemic period	Decreased	12	2.90
	Increased	33	7.90
	No change	372	89.20
Presence of sexual dysfunction in the husband before COVID-19	Yes	25	6
	No	392	94
Presence of sexual dysfunction in the husband in the COVID-19 pandemic period	Yes	26	6.20
	No	391	93.80

Table 3. Findings on the Frequency of Sexual Intercourse

		n	Frequency of Sex X±SD	Median	Statistical Test*
Were you separated from your husband during the COVID-19 pandemic period due to the risk of infection?	Yes	116	1.69±1.55	1.0	U=119787.5 p<0.001
	No	301	2.44±1.56	2.0	
Effect of COVID-19 on sexual life	Positive	41	2.92±1.86	2.0	KW=39.500 p<0.001
	Negative	59	1.27±1.15	1.0	
	No changed	317	2.32±1.56	2.0	
Change in feelings for the husband in the COVID-19 pandemic process	Positive	17	1.64±1.45	1.0	KW=11.893 p=0.003
	Negative	31	1.64±1.60	1.0	
	No change	369	2.31±1.59	2.0	
Effect of COVID-19 on marriage	Positive	47	2.27±1.61	2.0	KW=27.080 p<0.001
	Negative	91	1.54±1.12	1.0	
	None	279	2.45±1.66	2.0	
Presence of sexual dysfunction in the husband in the COVID-19 pandemic period	Yes	26	1.34±1.44	1.0	KW=12.759 p<0.001
	No	391	2.29±1.59	2.0	

*Kruskal Wallis/ Mann Whitney U

Table 4. Comparison of Sexual Intercourse Frequencies before and during COVID-19

Frequency of Sex	X±SD	Median	Min-Max	Z	p
Before the Pandemic	2.43±1.41	2.0	0-9	-4.225	p<0.001
Pandemic Period	2.23±1.59	2.0	0-10		

*Wilcoxon Signed-Rank

Table 5. Findings Related to Marriage and Sexuality

		Effect of COVID-19 on marriage			Statistical Test*
		Positive n (%)	Negative n (%)	None n(%)	
Effect of COVID-19 on sexual life	Affected	19 (40.4)	43 (47.3)	38 (13.6)	$\chi^2=50.534$ $p<0.001$
	No change	28 (59.6)	48 (52.7)	241 (86.4)	
Sexual desire in the COVID-19 pandemic period	Changed	13 (27.7)	49 (53.8)	54 (19.4)	$\chi^2=40.655$ $p<0.001$
	No change	34 (72.3)	42 (46.2)	225 (80.6)	
Vaginal lubrication during sex in the COVID-19 pandemic period	Changed	8 (17.0)	33 (36.3)	31 (11.1)	$\chi^2=30.392$ $p<0.001$
	No change	39 (83.0)	58 (63.7)	248 (88.9)	
Frequency of orgasm during sex in the COVID-19 pandemic period	Changed	9 (19.1)	29 (31.9)	34 (12.2)	$\chi^2=18.739$ $p<0.001$
	No change	38 (80.9)	62 (68.1)	245 (87.8)	
Satisfaction from sex in the COVID-19 pandemic period	Changed	9 (19.1)	40 (44.0)	33 (11.8)	$\chi^2=44.845$ $p<0.001$
	No change	38 (80.9)	51 (56.0)	246 (88.2)	
Experience of pain/discomfort during sex in the COVID-19 pandemic period	Changed	2 (4.3)	17 (18.7)	26 (9.3)	$\chi^2=8.598$ $p<0.001$
	No change	45 (95.7)	74 (81.3)	253 (90.7)	
Presence of sexual dysfunction in the husband in the COVID-19 pandemic period	Yes	0	13 (14.3)	13 (4.7)	$\chi^2=14.399$ $p<0.001$
	No	47 (100)	78 (85.7)	266 (95.3)	

*Chi-squared

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