

Assessment of knowledge and attitude of married women regarding masturbation risks.

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ABSTRACT: Masturbation is a relatively neglected topic in research. Therefore the purpose of the study was to assess knowledge and attitude of married women regarding masturbation risks
SETTING: The out-patient clinic in Obstetric and Gynecological department at Benha university hospital
DESIGN: A descriptive research design was utilized.
SAMPLING: A Convenient sample of married women, total number is 334 women. Instruments: two instruments were utilized for data collection, A structured- interviewing questionnaire sheet for knowledge about masturbation and its risks and a modified Likert scale for attitude of married women regarding masturbation risks.
RESULTS: indicates that there was a highly positive association between the studied women total knowledge score and attitude scores ($p < 0.001$).
CONCLUSION: : the majority of studied women had poor knowledge about masturbation and its risks and nearly three quarters of them had negative attitude regarding masturbation and its risks..
RECOMMENDATION: provide educational program including married women for arising the awareness of masturbation and its risks

Key words: masturbation, knowledge, attitude and risks.

Introduction

Masturbation is a human practice and an expression of sexual outlet related to the beginning of sexual development, it is also called an orgasmic experience. It is an act of exciting sexual organs by stroking, pressing, rubbing or other forms of manipulation. It is controlled by three factors: hormonal, environmental and emotional factors (Kabbash et al., 2017).

A lot of studies were carried out in developed countries to assess the prevalence and factors contributing to masturbation and sexual fantasy. On the other hand, data from developing countries is lacking. In Egypt, few studies handled these sensitive topics. One of these studies was an old study carried out in 1999 on 163 wives with sexual dysfunction. The study found that 3.1 % of the wives had excessive masturbation. Another study was done in 2000 and reported that 2.86 % of circumcised wives

had excessive masturbation (Kasemy et al., 2016).

Negative societal implications to masturbation

Despite its apparent widespread prevalence, masturbation is a highly stigmatized topic viewed negatively across settings. In research on sexual behavior, masturbation is among the most sensitive topics and underreported by adolescents even with the use of confidential reporting technique. In the world's major religions, guilt, shame, and indulgence continue to be themes all religions associate with masturbation (Moawad, 2015).

Purpose of the study

To assess knowledge and attitude of married women regarding masturbation risks.

Research question:

Assessment of knowledge and attitude of married women regarding masturbation risks.

- What is the knowledge of married women about masturbation risks?
- What is the attitude of married women regarding masturbation risks?
- Is there correlation between the knowledge and attitude of married women regarding masturbation risks?

Research design:

A descriptive design has been adopted to fulfill the purpose of the present study.

Study setting:

The study was conducted in out-patient clinic in Obstetric and Gynecological department at Benha university hospital

Sampling:

Target population: married women

Sample type: Convenient sample.

- **Size and technique:** sample size was calculated based on the annual flow rate of women at studied for year (2016-2017)
- It was 2000 women
- The sample size was calculated through the following sample equation:

n =	N
	$1+N(e^2)$

- n=sample population N=The whole population
- e=margin error
- The sample size were 334 women.

Instrument of data collection

Tools were used to collect data

Tool (I) A structured- interviewing questionnaire; designed by the researcher .It was included the following:

- **Part 1:** Socio- demographic data as (age, level of women education ,years of marriage, husband education, husband occupation, women occupation, number of children, etc). They were composed of (18) items

- **Part 2:** It was used to assess women knowledge about masturbation and masturbation risks. all question were written in simple Arabic language. The questions in the form of: **Closed ended questions**

Tool (II) Modified likert scale; adapted from *Moawad, 2015* and then developed by the researcher.

It was statement was used to assess attitude of married women about masturbation and it's risks

procedure:

- 1) An official letter requesting permission included the title and the aim of the study to conduct the study was submitted from dean of Benha faculty of nursing directed to director official of Benha university hospital.
- 2) The process of data collection was carried out from the beginning of June (2017) to the end of December (2017).
 - The study conducted by the researcher for married women in out-patient clinic in obstetric and gynecological department at Benha university hospital.
 - The researcher met the women three days in week (Sunday-Tuesday-Thursday) from 8 am to 1pm
 - **In each time, the following steps were done:**
 - Greeting the married women.
 - Explaining the purpose and the aim and the method of filling the tool of the study to each participant.
 - Obtain oral consent.
- 3) Before collecting data, researcher took the participant to isolated corner beside the clinic.
- 4) The researcher interviewed each woman alone using the questions in structured –interviewing questionnaire which include:

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- 5) Socio –demographic data and knowledge assessment and it consume 45minutes.
- 6) Finally (modified likert scale) were used to assess attitude of women regarding masturbation and it's risks and it consume 30 minutes.
- 7) Researcher took around 5 women in day.
- 8) These steps were carried out with each visit until the sample size is completed

Data analysis:

An IBM compatible personal computer was used to store and analyze data and to produce graphic presentation for some results .Statistical package for the social science (SPSS) version (22) was used for statistical analysis of data, as it contains the test of significance given in standard statistical books.

Data were summarized using 1)the arithmetic mean as an average, describing the central tendency of observation for each variable studied;2)the standard deviation as a measure of dispersion of results around the mean; and 3)the frequency and percentage of observations for each variable studied. Other statistical tests such as chi – square test were calculated between socio-demographic data and total knowledge score and between total knowledge score and total attitude score.

For all statistical tests done, the threshold of significance was fixed at the 5%level (P-Value).A p –value >0.05 indicates non – significant result and the p- value <0.05 indicates a significant result and the p – value is the degree of significance .The smaller the p- value obtained, the more significant is the result; the p- value being the probability of error of the conclusion

RESULTS

Table (1): shows that near half of the studied women age ranged between (20-30) years old, with the mean of

(28.67±9.62) years old. The vast majority of them were married, 39.2% of them married for about (1-5 years).in addition 38.6% of them had a secondary level of education, and 66.5% of them were recruited at rural setting.

Table (2): reveals that 53.3 %, 49.7 %, 37.7% of the studied women had inadequate knowledge regarding effect of education on masturbation, Preventive measures of masturbation, and feeling affecting female during practice masturbation interruption respectively. On the other hand 82.9%, 66.5%, and 57.2% of them had adequate knowledge regarding effect of masturbation on sexual relation among married women, Persons practice masturbation and masturbator Female feeling toward marital relationship respectively.

Table (3): reveals that 82.0%, 74.9% and 71.8% of the studied women disagreed that practice of women to masturbation makes them happier than the marital relationship, Talk about masturbation with your friends, and Water tap direct toward clitoral is one of the ways to practice masturbation respectively. On the other hand 85.3% ,77.5% , and 68.0 % of them agreed that The Internet contributes significantly to obtaining this type of information easily, It is important to develop educational curricula about masturbation and it's risks and Every mother is responsible for educating her daughters about the risks of masturbation respectively

Table (4): shows that there was a highly statistical significant difference among the studied women total knowledge score and their age, marital status, educational qualification, occupational status, and residence (p<0.001**).As the highest total knowledge mean score was among women at age group from (40-50) years old, married women, women with graduate level of education, employed women, and women lived urban setting.

Table (5): shows that there was a highly statistical significant difference among the studied women total knowledge score and their age, marital status, educational qualification, and residence ($p < 0.001^{**}$). As the highest total attitude mean score was among women at age group from (40-50) years old, married women, women with graduate level of education, employed women, and women lived urban setting.

Table (6): indicates that there was a highly positive association between the studied women total knowledge score and attitude scores ($p < 0.001^{**}$).

Figure (1): percentage distribution of the studied women regarding their resources about masturbation knowledge.

Figure (2): percentage distribution of the studied women regarding their total attitude.

Part I: Socio-Demographic data

Table (1): Distribution of general characteristics of the studied women (n=334).

Variable	Frequency	%
Age in years		
20-29	161	48.2
30-39	116	34.7
40-50	57	17.1
Mean±SD	28.67±9.62	
Marital status		
Married	308	92.2
Divorced	26	7.8
widow		
Years of marriage		
Less than one year	63	18.9
1-5 years	131	39.2
More than 5 years	140	41.9
Mean±SD	4.84±2.34	
Educational qualification		
Illiterate	58	17.4
Read and writ	59	17.7
Secondary	129	38.6
Graduate	88	26.3
Occupation		
House wife	133	39.8
Craft women	17	5.1
employer	184	55.1
Residence		
Rural	222	66.5
Urban	112	33.5

Table (2): Distribution of the studied women knowledge regarding masturbation (n=334).

Knowledge	Don't know		Inadequate		Adequate	
	No	%	No	%	No	%
Definition of masturbation	51	15.3	106	31.7	177	53.0
Persons practice masturbation	86	25.7	26	7.8	222	66.5
Motives for female masturbation	35	10.5	173	51.8	126	37.7
Age of practice masturbation	34	10.2	201	60.2	99	29.6
Educational level affecting masturbation	178	53.3	41	12.3	115	34.4
Residence affecting masturbation	106	31.7	172	51.5	56	16.8
Causes of young female for masturbation	80	24.0	115	34.4	139	41.6
Feeling affecting female during practice masturbation interruption	126	37.7	71	21.3	137	41.0
Action toward feeling affecting female	100	29.9	194	58.1	40	12.0
Causes of married women for masturbation	44	13.2	164	49.1	126	37.7
Effect of masturbation on sexual relation among	1	.3	56	16.8	277	82.9

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married women						
Masturbator Female feeling toward marital relationship	74	22.2	69	20.6	191	57.2
Opinion of islam regarding female masturbation	69	20.7	115	34.4	150	44.9
Preventive measures of masturbation	166	49.7	110	32.9	58	17.4
Complication of masturbation	22	6.6	156	46.7	156	46.7
Effect of masturbation on psychological status	23	6.9	258	77.2	53	15.9

Table (3): Distribution of the studied women attitude regarding masturbation (n=334).

items	Disagree		Uncertain		Agree	
	No	%	No	%	No	%
"masturbation" is a physical need for women?	135	40.4	6	1.8	193	57.8
Masturbation is one of the most prevalent topics in the past?	71	21.2	81	24.3	182	54.5
The spread of masturbation at present is partly due to the media and the presence of more details such as pictures and video about this problem?	0	0.0	113	33.8	221	66.3
The Internet contributes significantly to obtaining this type of information easily?	0	0.0	49	14.7	285	85.3
Females are more practice to masturbation of the present?	17	5.1	179	53.6	138	41.3
There are many women watching pornography such as video clips or video clips.	33	9.9	167	50.0	134	40.1
Pillow between the legs sleeping providing the female feeling of desire in the practice of the secret?	110	32.9	93	27.8	131	39.2
Isolation provides a sense of masturbation?	80	24.0	78	23.3	176	52.7
Masturbation practice provides a feeling of depression	95	28.4	65	19.5	174	52.1
The practice of female to masturbation is effective in solving problems and pressures?	183	54.8	82	24.6	69	20.6
Tight clothes, especially - pants, increase the desire to practice masturbation for the female?	164	49.1	35	10.5	135	40.4
Watertap direct toward clitoral is one of the ways to practice masturbation?	240	71.8	46	13.8	48	14.4
Masturbation for females leads to infertility	185	55.4	149	44.6	0	0.0
Female practice of secret practice leads to transmission of infection to the genitals	82	24.5	211	63.2	41	12.3
Female practice of masturbation lead to un virgin	152	45.5	144	43.1	38	11.4
Female practice of masturbation leads to bleeding	69	20.7	153	45.8	112	33.5
Masturbation leads to cancer	118	35.3	176	52.7	40	12.0
Masturbation leads to change the shape of the female external member	129	38.6	130	38.9	75	22.5
Women's practice of masturbation protects them against sexually transmitted diseases	55	16.5	140	41.9	139	41.6
The fungal infections in the female genitalia are a cause of masturbation?	129	38.6	91	27.3	114	34.1
after practice of masturbation the female feeling ashamed?	95	28.4	77	23.1	162	48.5
Masturbation affects social life?	87	26.0	79	23.7	168	50.3
The practice of the female to masturbation is harmful?	49	14.6	80	24.0	205	61.4
The practice of women to masturbation makes them happier than the marital relationship?	274	82.0	24	7.2	36	10.8
Discuss the subject of masturbation topic with your mother?	213	63.8	64	19.2	57	17.1
Every mother is responsible for educating her daughters about the risks of masturbation?	83	24.8	24	7.2	227	68.0
Talk about masturbation with your friends	250	74.9	49	14.6	35	10.5
It is important to develop educational curricula about masturbation and it's risks?	57	17.1	18	5.4	259	77.5
Frequent practice of female to masturbation leads to addiction and leave it difficult?	75	22.5	87	26.0	172	51.5

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Table (6): Distribution of relation between studied women total knowledge score and their general characteristics (n=334).

Socio-demographic data	Mean ±SD	Statistical test		P value
		F test	t.test	
Age in years 20-29 30-39 40-50	18.0311±3.25466 16.4655±3.89522 19.1930±2.81855	13.69		<0.001**
Marital status Married Divorced Widow	17.7370±3.69598 17.0769±2.27175		3.03	<0.001**
Years of marriage Less than one year (1-5)years More than 5 years	17.5397±2.76397 18.5725±3.41947 16.9214±3.81792	7.66		<0.05*
Educational level Illiterate Read and writ Secondary Graduate	15.6379±1.20959 16.6610±5.41266 18.4091±2.27246 18.5814±3.44533	13.33		<0.001**
Occupation House wife Craft woman employer	16.8571±4.16905 14.0000±.00000 18.6250±2.79258	21.55		<0.001**
Residence Rural Urban	17.2523±2.52039 18.5446±4.91163		2.61	<0.001**

Table (7): Distribution of relation between studied women total attitude score and + general characteristics (n=334).

Socio-demographic data	Mean ±SD	Statistical test		P value
		F test	t.test	
Age in years 20-30 30-40 40-50	27.4912±4.25157 31.0776±3.77901 31.3665±2.90407	27.77		<0.001**
Marital status Married Divorced	36.0000±.00000 30.1494±3.54365		28.97	<0.001**
Years of marriage Less than one year 1-5 years More than 5 years	29.3071±4.52951 30.3588±2.17351 34.0000±1.96748	43.31		<0.05*
Educational qualification Illiterate Read and writ Secondary Graduate	32.0795±2.96424 26.2881±4.04735 30.2713±2.07196 33.5000±3.29939	68.30		<0.001**
Occupation House wife Craft woman Employer	30.0000±4.85393 29.0000±.00000 31.1902±2.77611	5.69		<0.05*
Residence Rural Urban	30.2342±3.77046 31.3393±3.60569		2.60	<0.001**

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Table (8): Distribution of correlation between studied women total knowledge and attitude score (n=334).

Variables	Total attitude score	
	R	P value
Total knowledge score	.417**	.000

Correlation is significant at the 0.01 level (2-tailed).

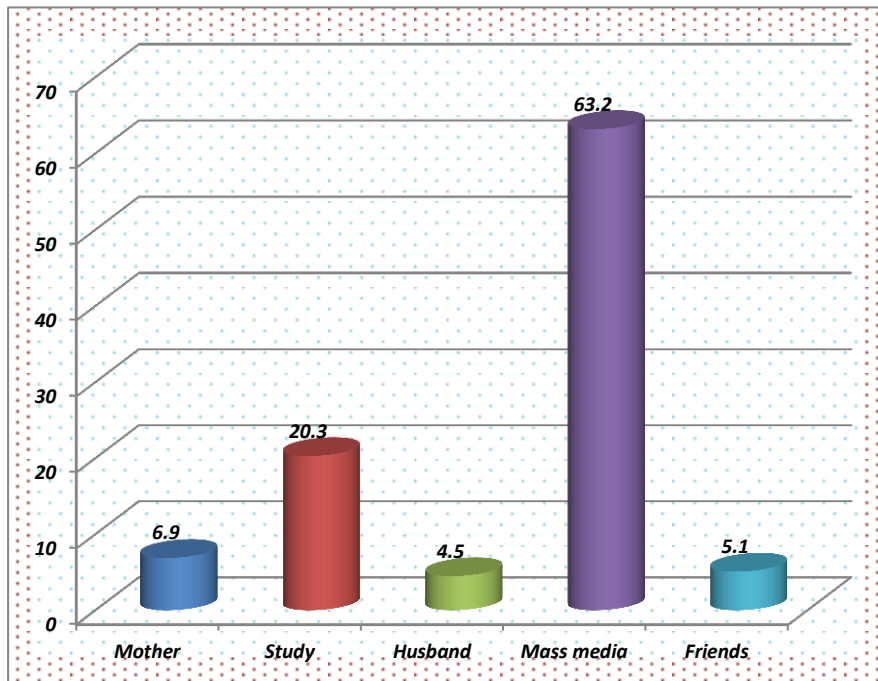


Figure (1)

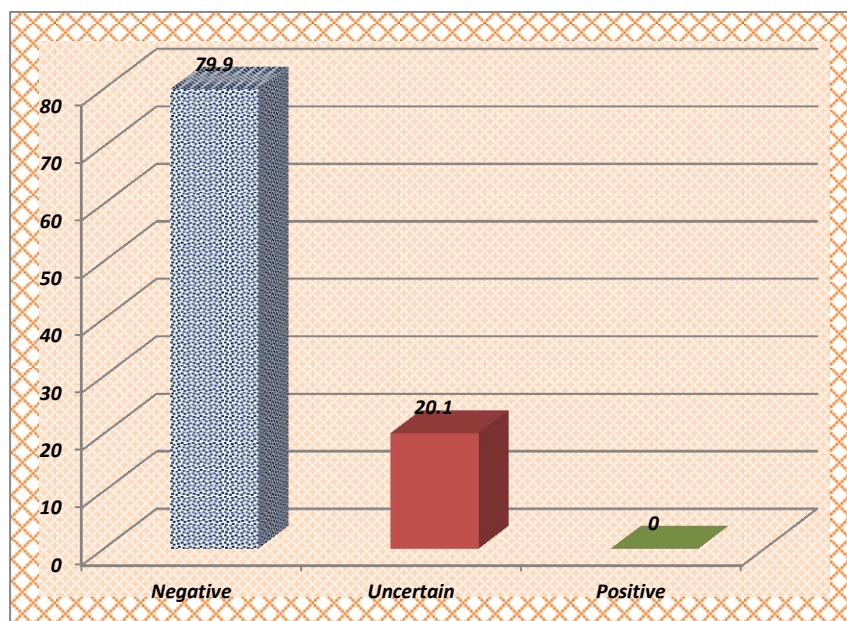


Figure (2)

Discussion:

Assessment of knowledge and attitude of married women regarding masturbation risks.

Because of the sensitive nature of the topic, female masturbation is not common subject in the Egyptian nursing literature. The present study aimed to assess knowledge and attitude of married women regarding masturbation risks

In the current study, most of participants (54.9%) had a moderate to high degree of education which means that the results were relatively accurate. As education makes persons more open minded and easy to deal with.

Regarding knowledge of the studied participant gain their knowledge about masturbation, the result of the present study reveals that; (5.1%) of them gain from friends and This shows the great effect of peers on the knowledge and subsequently masturbation practices of children and adolescent the same result was obtained by **Mark and David, (2014)** who concluded that , girls learned about masturbation from friends (29.3% of girls).

This result is agreed with **Chi and Winter, (2012)** who found that The majority of our study participants reported that they first know about masturbation at early and middle adolescence. Mainly friends were the main sources of, information about masturbation. The majority of our study participants tried getting more information about masturbation, mainly from internet and friends

As regard masturbation practice, more than half of the participants (66.5%) reported that each of male and female practice masturbation.

This agree with result were obtained by **Klein, (2014)** who report that 73% of male and 36.8% of female practice masturbation at the some point in their lives

Regarding the age of masturbation onset, More than half of participant (60.2%) reported that the age of beginning of female practice masturbation was 20years old

Similarity with the result was obtained from the study of Egyptian female masturbation carried by **Gunduzi et al., (2015)** was between the age of 20-29 about 44.2% admitted practice masturbation

The association between masturbation and higher educational level was confirmed by the results of Britain's second national survey of sexual attitudes and life styles in which, 50% of females who had high degree of education were practiced masturbation compared to 24% of non-educated Females (**Klein.,2014**).

And there is agree with the result of **Hungrige, (2016), Bowman, (2014)** when reporting their findings, which included 4762 British women stated that the more advanced education levels were linked to greater practice of masturbation

In the current study, more than half of females (63.2%) gain their knowledge about masturbation through using mass media like internet and about (66.3%) agree that the presence of mass media like videos and pictures with sexual insinuation lead to increase of masturbation practice.

This result is nearly similar to with **Kasemy et al., (2016)** who found a statistically positive correlation was observed between vaginal lubrication and positive watching. They found that when women were shown any type of pornography, they reported high level of sexual arousal and masturbation practice. Women's ability to imagine themselves as the women in the clips is an important factor strongly correlated with their reported arousal.

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Regarding the causes which make married women masturbated, the findings of the current study indicated that (37.7%) of participants reported that is sexual Satisfaction(reach orgasm) which was observed to indicate a lack of sexual satisfaction with a women's sexual partner or unavailability of husband either travelled or died.

There is agree with **Carvalho and Leal, (2013)** who found fewer women reported masturbating 'for physical pleasure' (42%), more women indicated because 'partner was unavailable' (32%) , a minority of women (8.6%) reported that masturbation is used as a replacement for sexual activity, while it means an additional way to achieve sexual pleasure for the majority (65.4%)

Regarding the question of the opinion of Islam regarding masturbation, found that 44,9% of participant who said that it's forbidden vs20.7% who consider It is permissible in Islam.

These agree with **Moawad, (2015)** who found high significance statistical difference regarding the question of masturbation being forbidden as 52.9% of women versus 15.4% who consider masturbation is forbidden.

And this may be due to Egypt is an Islamic country, all aspects of sex, are organized by religious rules. Also, the conservative nature of the Egyptian society in general and that of women in particular may explain that. In Egypt some women are follow religious rules and consider masturbation is sinful and there for forbidden

As regard relation, it was found there was a highly positive relation between the studied women total knowledge score and their educational qualification. As the highest total knowledge mean score was among

women with graduate level of education.

Regarding correlation, there was a highly positive association between the studied women total knowledge and attitude score .As it was found most of the studied women (67.1%) had poor knowledge and (79.9%) had negative attitude toward masturbation practice.

This may be due to Egypt is an Islamic country, all aspects of sex , are organized by religious rules ,in Egypt some women are follow religious rules and consider masturbation is sinful and there for forbidden.

Conclusion

Based on the overall finding of the present study, it can be concluded that more than half of studied women had poor knowledge regarding masturbation and its risks. On the other hand, majority of studied participants had negative attitude regarding masturbation risks. Conclusion of the current support research question and its aim. Therefore, the study question was answered.

RECOMMENDATION

Recommendations were inferred from the study:-

- 1) Educational program, including married women to raising awareness regarding masturbation risks.
- 2) The religious organization should play a more active role in educating the adolescents on sex education about masturbation and it's risks and their opinion related to masturbation.
- 3) Efforts must be taken to set up health centers and counseling unit to provide accessible services in order to control masturbation problems
- 4) The films and clips shown on different media should be censored

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- 5) The health care provider should give health education for clients to avoid and weaning from masturbation.

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