

## **Quality of sexual life in postmenopausal women**

**Admission.** Women undergoing perimenopausal treatment treat sex life as an important aspect of social functioning.

**Objective of the work.** Assessment of the quality of sexual life in perimenopausal women.

**Material and methods.** The study group consisted of 200 women aged 45-55, and the control group consisted of 100 women aged 20-30. The study was conducted in 2016.

**Results.** It was shown that the more menopausal symptoms reported by women, the lower their satisfaction with life on the SWLS scale ( $p = 0.007$ ). Women from the control group more often used items that diversify sex life, i.e. lubricants, massage oils, etc. The feeling of deterioration in the quality of sexual life during menopause was accompanied by 52.0% of women. According to the Mell-Krat scale, 76.0% of women surveyed may have sexual reaction disorders.

**Conclusions.** Almost half of women in perimenopausal age are on average satisfied with their sex life. The quality of sexual intercourse at perimenopausal age is decreasing, but its importance does not change with age. In perimenopausal age, it is worth reaching for factors that improve the quality of sexual intercourse, such as lubricants, massage oils, etc. Factors that reduce satisfaction with sexual life in perimenopausal periods are somatic menopausal disorders. According to the Mell-Krat scale, as many as  $\frac{3}{4}$  women in perimenopausal age show the possibility of having sexual reaction disorders.

**Key words:** life satisfaction, sexual activity, perimenopausal period, quality of sexual life