

# “Love in the Later Years...”: Perceptions of Sex and Sexuality in Older Indian Adults — a Qualitative Exploration

«Любовь в позднем возрасте...»: восприятие секса и сексуальности у пожилых людей в Индии (качественный анализ)

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Original Research

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## ABSTRACT

**BACKGROUND:** The world faces global population ageing. With this demographic shift and increased life-expectancy, healthcare services are focused on healthy ageing. Sexual health is a vital yet neglected dimension of general health and wellbeing in older adults. This study aimed to explore sexual experiences and perceptions of sexuality among older people in India.

**METHODS:** A qualitative approach with social constructivist paradigm was used. 20 participants aged above 60 years were recruited through purposive sampling until thematic saturation was reached. In-person, in-depth interviews were conducted using a semi-structured guide after an initial pilot study. They were audio-recorded, transcribed, and translated verbatim. Thematic analysis was conducted, and rigor ensured through triangulation and respondent validation.

**RESULTS:** The overarching categories were “sexuality as a mode of resilience”, “emotional stability and intimacy as attributes of sexual pleasure”, and “lack of sexual rights awareness”. The main categories (themes) were sexual experiences (intimate touch, non-penile sex, personal meanings of sexuality), partner expectations (companionship, support, continuity of care, proximity), and barriers against sexual expression (social stereotypes, stigma, lack of audience in healthcare services). The older people were accepting of their sexual difficulties and coped through relationship dynamics. Participant voices are discussed with regard to the socio-cultural context.

**CONCLUSION:** Sexual wellbeing is connected with “ageing well”. Our findings suggest that older people retain sexual desires and fantasies through changed patterns and expectations. Healthcare services, policymakers and academia need to be informed about older people’s sexual needs and rights.

## АННОТАЦИЯ

**ВВЕДЕНИЕ:** Население мира стареет, в условиях демографических изменений и увеличения ожидаемой продолжительности жизни ресурсы здравоохранения направлены на поддержание здорового старения. Сексуальное здоровье — важнейший аспект поддержания общего физического и психологического здоровья

# Sexuality In The Later Years

**Lee Smith,Igor Grabovac**



## **Sexuality In The Later Years:**

Sexuality in the Later Years Ruth B. Weg, 2013-09-24 Sexuality in the Later Years Roles and Behavior pulls together evidence from the anthropological psychological social and physiological disciplines and represents an effort to present a coherent picture of sexual roles and behavior in the later years This work does not pretend to answer all questions that could be raised concerning sexuality and aging but attempts rather to concentrate on issues that have been relatively neglected primarily options potentials and possibilities for the individualization and humanization of sex roles and sexual behavior of older persons The book is organized into five parts Part I examines concepts of sexuality in the later years including cultural attitudes and behaviors towards sexuality psychological and sociological perspectives and a life span model of sex role development Part II on life styles deals with the impact of aging on the sexuality of those who are unmarried in later life the relationship between interpersonal intimacy and adaptation to stress throughout adult life and the range of sexual orientations in the later years along with their incidence their contributions to social adaptation and the particular constraints surrounding them Part III discusses issues in research and therapy while Part IV considers views of sexuality and aging in other countries namely Canada and Sweden Part V inquires into the problems associated with transitions in the later part of the life cycle of love Sexuality in Later Life Lesley Hoyt Croft, 1982 HIV, Sex and Sexuality in Later Life Mark Henrickson, Casey Charles, Shiv Ganesh, Sulaimon Giwa, Kan Diana Kwok, Tetyana Semigina, 2024-05-21 Drawing on international perspectives and research this book explores the experiences of sex and sexuality in individuals and groups living with HIV in later life 50 Sexuality in America Robert T. Francoeur, Patricia Koch, David Weis, 1999-08-01 Now available in a new paperback edition this survey is different in both breadth and scope from all other reports on sexuality in the United States It covers every topic imaginable from a multicultural point of view in order to reflect fully the complex society in which we live the biological psychological social and spiritual aspects of our sexual lives Sexuality Across the Life Course Alice S. Rossi, 1999-06-04 How does sexual behavior change over one's life span How does sexual satisfaction affect the quality and stability of marriage How has the AIDS epidemic affected sexual attitudes in America over the past three decades In this wide reaching volume distinguished sociologist Alice S Rossi addresses these questions and others through fourteen diverse essays on sexual behavior covering adolescence through old age and studying such groups as singles married couples and homosexuals This extensive study also explores the effects of chronic disease and medication on sexual functioning recent developments in psychotherapy for sexual problems and sexual abuse of children incest and rape The interdisciplinary nature of the project has resulted in a text that is accessible to anyone with a behavioral science background Well written well edited and well received by this reviewer Joan C Chrisler Journal of Sex Marital Therapy This is a book that needs to be on the bookshelf of any AIDS researcher AIDS Book Review Journal **Desexualisation in Later Life** Paul Simpson, Paul Reynolds, Trish Hafford-Letchfield, 2022-12-13 Challenging stereotypes this volume investigates the

experiential and theoretical landscapes of older people's sexual intimacies practices and pleasures Contributors explore the impact of desexualisation and distinguish the challenges older people face from the prejudices imposed on them

**Women's Sexuality Across the Life Span** Judith C. Daniluk, 2003-06-09 Moving beyond a traditional focus on sexual functioning this book emphasizes the complex interaction of psychological social cultural and biological influences on women's sense of themselves as sexual beings Written for practitioners and educators its goal is to challenge contradictory messages and meanings that cause many women to feel disconnected from their bodies and from their needs and desires Themes explored include the development of sexual awareness and sexuality in childhood and adolescence the critical sexual choices of young adulthood and the multiple transitions characterizing the middle and later years of life The book features creative exercises and interventions to help girls and women construct more affirming sexual meanings

**Transgressing Later Life Sexualities in British Sitcoms** Franziska Röber, 2025-07-24 Based on close readings of three major sitcoms this book unpacks how sitcoms understand later life sexualities and focusses on how they represent sexually active older adults Focusing on three representative sitcoms *Waiting for God* *The Old Guys* and *Vicious* it demonstrates the ways in which sitcoms specifically enable and restrict representations of later life sexualities Tracing how transgressive portrayals of sexually active older adults are couched in comedic terms it opens up new critical perspectives on later life sexualities that will critically inform public debates and academic research in Britain and beyond

*Sexuality & Ageing* Walter Bouman, Peggy Kleinplatz, 2017-10-02 Across the globe both in developed and developing countries the population is rapidly ageing In the fields of sexual and relationship therapy and sexual health ageing has not been an issue of priority Too often ageing is thought of as a process that relates to problems deficits and taboos and less to pleasure change growth and diversity It is treated as a separate life stage and not a process throughout the lifecycle Sexuality and sexual health are important parts of the lives of older people as they have a significant impact on quality of life psychological well being and physical health as well as social and family life This book brings together contributions from those currently writing on and researching ageing as it relates in a therapeutic context to gender identity to sex and sexuality and to intimate relationships This book was originally published as a special issue of *Sexual and Relationship Therapy*

**The Essential Handbook of Women's Sexuality** Donna Marie Castañeda, 2013-01-24 This cutting edge two volume set with contributions by distinguished and internationally recognized scholars provides a comprehensive picture of contemporary issues in the field of women's sexuality emphasizing women's diversity and international perspectives The multifaceted field of women's sexuality has expanded as a field of inquiry over the last 25 years to encompass a wide range of new perspectives theories topics findings and controversies The chapters in this work review and question the utility of standard sexuality frameworks addressing purely biological models heteronormative definitions of sexuality and others and provide new insights and approaches to understanding women's sexuality The intersectional and contextual nature of women's sexuality and how it is

inextricably connected to women's relational social economic and cultural contexts is highlighted. The Essential Handbook of Women's Sexuality includes in depth coverage of a wide range of women's sexuality topics including sexual desire and satisfaction, sexuality in relationships, development across the lifespan, sexuality concerns in diverse countries, pornography, lesbian, bisexual and transgender women, women from diverse backgrounds, health and sexuality reconceptualizations of women's sexual problems, trauma, rape and intimate partner violence and mental health and therapy. These volumes can serve as a resource for students, researchers and anyone seeking a greater understanding of women's sexuality. Choices in Relationships David Knox, Caroline Schacht, I. Joyce Chang, 2023-05-09. Choices in Relationships takes readers through the lifespan of relationships, marriages and families and utilizes research to help them make deliberate informed choices in their interpersonal relationships. Drawing on extensive research, authors David Knox, Caroline Schacht and I. Joyce Chang challenge students to think critically about the choice making process, consider the consequences involved with choices, view situations in a positive light and understand that not making a choice is a choice after all. The Fourteenth Edition features over 1000 new citations, increased emphasis and discussion of diversity and inclusion throughout each chapter and the impact of the COVID 19 pandemic on individuals, couples and families. **Later Life, Sex and Intimacy in the Majority World** Krystal Nandini Ghisyawan, Debra A. Harley, Shanon Shah, Paul Simpson, 2024-07-22. Literature on sex, intimacy and sexuality in later life has been heavily influenced by perspectives from more affluent regions perpetuating the belief that the West is more sexually progressive and liberal than other cultures. This book challenges this belief by exploring diverse cultures and perspectives from the majority world which are often overlooked. It highlights the importance of learning from cultures in the global South and East, dismantling stereotypes that frame them as sexually conservative or inferior. Various drawing on structuralist, postcolonial and decolonial theory as well as social anthropology, the book critically examines binaries related to culture, age, sex and intimacy, highlighting the need to decentre Western perspectives as the benchmark while other cultures and practices are misunderstood. Sex and Diversity in Later Life Trish Hafford-Letchfield, Paul Simpson, Paul Reynolds, 2022-11-15. Addressing diversity in sexual and intimate experience later in life, 50+ this collection explores how being older intersects with ethnicity, gender, sexuality and class. This original text extends knowledge concerning intimacies, practices and pleasures for those thought to represent normative forms of sexual identification and expression. **Redfern's Nursing Older People** Fiona M. Ross, Ruth Harris, Joanne M. Fitzpatrick, Clare Abley, 2023-04-20. Redfern's Nursing Older People provides accessible evidence based information for nurses, care assistants and other health professionals wanting to improve the quality of health and social care for older people. Republished for the first time since 2006, this fifth edition has been comprehensively revised and rewritten by a large team of expert contributors while preserving the person centred spirit of earlier editions. It applies best evidence in straightforward and practical ways to the demographic, physical, psychological, social and emotional challenges of ageing with a focus on supporting independence and health maintenance. With new

contributions covering emerging challenges such as understanding frailty and the use of digital technology and the themes of diversity service user perspectives and the impact of the COVID 19 pandemic woven throughout Redfern's Nursing Older People is essential reading to help nurses shape practice improve outcomes and promote opportunities for ageing well Written by a team of 68 specialists and experts drawn from the fields of nursing social sciences gerontology and healthcare practice Covers the latest evidence policy and nursing practice Focus on nursing led solutions for improving activities of daily living independence and preventing common problems of ageing Accessible to all with stories case studies and lived experience to bring material to life Summaries and learning points support learning around complex problems Emphasis on countering ageism using images and wider literature where appropriate All chapters either extensively rewritten or completely new New chapters on frailty the misuse of alcohol as a growing problem in old age digital technology and nursing older people with intellectual disabilities Core themes of gerontology embedded throughout such as assessment and rehabilitation Impact of COVID 19 embedded throughout

**Women's Lives** Claire A. Etaugh, Judith S. Bridges, 2015-07-14 Women's Lives A Psychological Exploration 3rd Edition draws on a wealth of the literature to present a rich range of experiences and issues of relevance to girls and women This text offers the unique combination of a chronological approach to gender that is embedded within topical chapters Cutting edge and comprehensive each chapter integrates current material on women differing in age ethnicity social class nationality sexual orientation and ableness The third edition reflects substantial changes in the field while maintaining its empirical focus through engaging writing student activities and critical thinking exercises With over 2 100 new references emphasizing the latest research and theories the authors continue to pique interests in psychology of women

**Resexualising Later Life** Paul Reynolds, Paul Simpson, Trish Hafford-Letchfield, 2025-09-23 Building on the work of the previous volumes in the Sex and Intimacy in Later Life series this book explores how resexualisation may take place in later life Drawing on transdisciplinary and international content it provides a theoretically and experientially informed overview and discussion of resexualisation highlighting important areas of research in a nascent area of study This volume covers a range of sexual identities and ageing populations blending cultural representations and current research to highlight the possible forms and practices that can lead to the creative enabling of pleasure

**A Senior Citizen Guide to a Happy Sex Life** Robert J Walker, 2024-07-06 A Senior Citizen Guide to a Happy Sex Life seeks to debunk the myths and misconceptions surrounding sex and aging shining a light on the diverse expressions of desire and connection that flourish among senior citizens Through candid discussions and expert insights we delve into the physical emotional and relational aspects of sexual well being in later life and uncover the essential ingredients for fostering a vibrant and fulfilling sexual relationship Each chapter of this ebook provides ideas with specific tips and insights for maintaining a healthy and satisfying sex life This ebook also highlights the importance of communication emotional bonding intimacy and adaptation in the development of a happy sex life Engaging in sexual activity later in life is

associated with a myriad of physical health benefits Regular sexual activity has been linked to improved cardiovascular health including lower blood pressure and reduced risk of heart disease The physical exertion involved in sexual activity can also contribute to increased flexibility muscle tone and overall physical fitness Moreover the release of endorphins during sexual arousal can alleviate chronic pain and promote relaxation leading to improved sleep quality Thus prioritizing your sexual health can directly contribute to your physical well being enhancing vitality and longevity Research has shown that individuals who remain sexually active in later life report higher levels of happiness and lower rates of depression Thus nurturing sexual health among senior citizens is essential for promoting emotional well being and resilience in the face of life's challenges A Senior Citizen Guide to a Happy Sex Life covers a vast array of topics related to senior citizen sexuality such as the importance of sexual health in later life understanding the aging body communication with your partner health considerations enhancing intimacy practical tips and techniques adapting to physical limitations staying safe mental and emotional well being sex toys and enhancements erotica and sexual fantasy and single seniors and dating There is also a chapter dedicated to where you can find additional resources and support related to senior citizen sexuality A Senior Citizen Guide to a Happy Sex Life is not just an ebook it's a celebration of vitality intimacy and the enduring power of love at any age As you navigate the golden years may this ebook serve as a reminder that passion knows no bounds and with understanding communication and a willingness to embrace change the journey of sexual fulfillment can be one of joy connection and endless discovery A Senior Citizen Guide to a Happy Sex Life ebook will serve as a tool to help you reclaim your right to pleasure passion and love that knows no bounds Here's to embracing the full spectrum of life's pleasures regardless of the number of candles on your birthday cake Cheers to love laughter and a happy fulfilling sex life for you now and forever

Research Handbook on Inequalities in Later Life Catherine Earl, Philip Taylor, 2024-06-05 This Research Handbook critically examines the myriad social and economic inequalities faced by those in later life Contributors dissect examples from the Global North and South to support a new approach to studying ageing that moves beyond popular discourses

Human Sexuality and its Problems John Bancroft, 2008-12-29 Prepared by one of the world's leading authorities Human Sexuality and its Problems remains the foremost comprehensive reference in the field Now available in a larger format this classic volume continues to address the neurophysiological psychological and socio cultural aspects of human sexuality and how they interact Fully updated throughout the new edition places a greater emphasis on theory and its role in sex research and draws on the latest global research to review the clinical management of problematic sexuality providing clear practical guidelines for clinical intervention Clearly written this highly accessible volume now includes a new chapter on the role of theory and separate chapters on sexual differentiation and gender identity development transgender and gender non conformity and HIV AIDS and other sexually transmitted diseases Human Sexuality and its Problems fills a gap in the literature for academics interested in human sexuality from an interdisciplinary perspective as well as health professionals

involved in the management of sexual problems Long awaited new edition of the definitive reference text on human sexuality Addresses the neurophysiological psychological and socio cultural aspects of human sexuality and how they interact Examines the normal sexual experience and covers the various ways in which sex can be problematic including dysfunctional out of control high risk and illegal sexual behaviour Reviews the clinical management of problematic sexuality and provides clear practical guidelines for clinical intervention Presents a broad cross disciplinary perspective of the subject area making the book suitable for all professionals involved in the field Presents a more theoretical approach to the study of human sexuality reflecting recent changes in research Includes a section on brain imaging to demonstrate the latest research findings in sexual arousal and to compare and contrast individuals with normal and low levels of sexual desire Discusses the use of sex as a mood regulator and the importance of current research in this area Discusses the impact on the internet on the modern sexual world Explores the relevance of transgender and gender non conformity Contains a chapter on HIV and AIDS and other sexually transmitted infections Chapter on therapy fully updated to reflect the movement towards integration of psychological and pharmacological approaches to management Explores the complex relationships between anger sexual arousal and sexual violence

*Sexual Behaviour and Health in Older Adults* Lee Smith,Igor Grabovac,2023-02-06 This book provides a comprehensive overview for those interested in research and promoting sexual health in older people as well as a go to guide on the topic of sexual behaviour in older adults Sexual activity is an essential part of intimate relationships though it tends to decline in frequency as people grow older Nevertheless for many older people sex still remains an important part of their life There s a common misconception that as people age they lose their interest in sex and capacity for sexual behaviour This is not the case as a number of national surveys show The new research presented here indicates that the less sex older people have the more likely they are to experience mental and physical health problems Men and women who reported a decrease in the frequency of sexual activities were also more likely to report a deterioration in self perceived health Additionally men with erectile dysfunction were also more likely to be diagnosed with cancer or coronary heart disease This research has also determined that older adults who experience a decline in sexual activity report poorer well being than those who maintain their levels of sexual desire activity and function in later life and that men who remain sexually active in later life continue to have better cognitive performance compared to those who don t Despite these health benefits medical professionals do little to promote sexual activity in older adults and the literature suggests that there is a lack of knowledge on how to approach the subject and how to promote such activities This is the first comprehensive book specifically exploring all areas of sexual behaviour and health in older adults and drawing on the latest research in this area It offers a valuable resource for researchers and clinicians in various health fields medicine nursing occupational therapy psychology public health etc as well as students in undergraduate and graduate programs



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