

“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

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Table of Contents Sexuality In The Later Years

1. Understanding the eBook Sexuality In The Later Years
 - The Rise of Digital Reading Sexuality In The Later Years
 - Advantages of eBooks Over Traditional Books
2. Identifying Sexuality In The Later Years
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Sexuality In The Later Years
 - User-Friendly Interface
4. Exploring eBook Recommendations from Sexuality In The Later Years
 - Personalized Recommendations
 - Sexuality In The Later Years User Reviews and Ratings
 - Sexuality In The Later Years and Bestseller Lists
5. Accessing Sexuality In The Later Years Free and Paid eBooks

- Sexuality In The Later Years Public Domain eBooks
- Sexuality In The Later Years eBook Subscription Services
- Sexuality In The Later Years Budget-Friendly Options
- 6. Navigating Sexuality In The Later Years eBook Formats
 - ePub, PDF, MOBI, and More
 - Sexuality In The Later Years Compatibility with Devices
 - Sexuality In The Later Years Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Sexuality In The Later Years
 - Highlighting and Note-Taking Sexuality In The Later Years
 - Interactive Elements Sexuality In The Later Years
- 8. Staying Engaged with Sexuality In The Later Years
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Sexuality In The Later Years
- 9. Balancing eBooks and Physical Books Sexuality In The Later Years
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Sexuality In The Later Years
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Sexuality In The Later Years
 - Setting Reading Goals Sexuality In The Later Years
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Sexuality In The Later Years
 - Fact-Checking eBook Content of Sexuality In The Later Years
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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