

Factors in association with female orgasmic difficulties

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Background: Female orgasmic difficulty is one of the most frequent sexual problems in women. Furthermore, there are many inconsistent results regarding this topic in the literature since female orgasm is a very complex phenomenon.

Aims: To identify and examine factors (e.g. sexual functioning factors, relationship satisfaction, frequency of sexual activities) associated with female orgasmic difficulties in heterosexual Hungarian women in the context of partnered sex.

Hypotheses: Women with orgasmic difficulties (1) report more frequent lubrication and arousal difficulties; (2) are less interested in sex; (3) consider sex less important in their lives; (4) consider their typical orgasm less satisfying; (5) are less satisfied with their sexual relationship; (6) are less satisfied overall with their sexual relationship, beyond sexual issues; (7) have sex with their partner less often; (8) masturbate more often; (9) when they have difficulty or are unable to reach orgasm with their partner more often feel negative feelings because of the problem; (10) when they have difficulty or are unable to reach orgasm with their partner more often consider that their partner is concerned about it.

Methods: Collecting data via pen-paper test using a 42-item survey which was developed for this research context specifically. Participants included 310 heterosexual, cisgender, female, university students (mean age: 21,2; SD: 1,7). Two subgroups were examined and compared: 1) women who usually or always have difficulties reaching orgasm and 2) others who never or rarely have orgasmic difficulties.

Results: Mann-Whitney test was used to compare the subgroups. Women with orgasmic difficulties reported more frequent lubrication difficulties ($U = 10326,5$; $Z = -2,114$; $p = 0,035$; $r = -0,121$) and arousal problems ($U = 8706$; $Z = -3,769$; $p < 0,001$; $r = -0,218$), than women in the other subgroup. In addition, women with orgasmic difficulties considered sex less important in their lives ($U = 9744,5$; $Z = -2,924$; $p = 0,003$; $r = -0,167$), and they were less interested in sex ($U = 9918$; $Z = -2,782$; $p = 0,005$; $r = -0,158$), they reported less satisfying typical orgasm ($U = 6330$; $Z = -5,022$; $p < 0,001$; $r = -0,303$), lower sexual ($U = 5013$; $Z = -3,885$; $p < 0,001$; $r = -0,253$) and relationship satisfaction ($U = 5825$; $Z = -2,07$; $p = 0,038$; $r = -0,135$), moreover, lower level of masturbation frequency ($U = 9551$; $Z = -3,152$; $p = 0,002$; $r = -0,179$), than women in the control group. There were no significant differences in frequency of sexual activities between the two groups ($U = 10537$; $Z = -1,877$; $p = 0,061$; $r = -0,107$). Finally, when women with problems have difficulties or are unable to reach orgasm with their partner, it more often causes negative feelings to them ($U = 7562$; $Z = -3,515$; $p < 0,001$; $r = -0,209$), and they more frequently consider that their partner is concerned about it ($U = 8114,5$; $Z = -2,359$; $p = 0,018$; $r = -0,141$), than women who have never or rarely orgasmic difficulties.

Conclusions: This study demonstrates the complexity of the female orgasm. Multiple factors are associated with this phenomenon and university students with orgasmic problems differ in these factors from others who do not experience these difficulties. In the light of these results, sex therapists should consider the female orgasm in its totality.

Key words: Female Orgasm; Female Orgasmic Difficulties; Satisfaction; Negative Feelings

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