

EXPERIENCE OF MARRIED WOMEN ABOUT PERCEPTION OF FOREPLAY.



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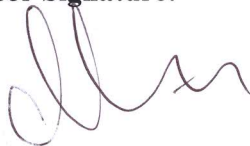
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Abstract

This qualitative study explores married women private experiences and perception of foreplay, underlining its significance in shaping their level of sexual satisfaction. The research revealed the emotional, psychological, and physical aspects of foreplay. Sexual satisfaction is a key element in maintaining balance in marital relationships. This study explores both emotional and physical connection in intimacy, cultural and societal norms that shape sexual expectations, communication gaps regarding sexual needs, and foreplay role in sexual satisfaction. It helps us to identify barriers in sexual fulfillments. While much of public and clinical research has focused on orgasm and sexual satisfaction but foreplay remains unexplored in many cultures. There is growing need to explore women's sexual experiences, especially in Pakistan, and there is a limit literature in this country that's why I chose this research. In-depth semi structured interviews with a sample of currently married females of at least three years of marriage with the age range 25-35 years old that lives with their husbands. Purposive sampling technique is used to select participants that can provide relevant information. In-depth semi structured interviews are conducted with an approximate time duration of 30-40 minutes, in a comfortable private environment ensuring trust and confidentiality. The interviews are transcribed and then analyzed. IPA (interpretative phenomenological analysis) used to explore and understand their live experiences in detail. The results show Foreplay meets relational needs and contribute to marital well-being when women's sexual knowledge, preparedness and expectations align with reality. Sexual connection and intimacy between partners grow through touch and affection, while open communication and emotional sharing help partners adapt to each

other; this adaptation is also influenced by the context in which they live (e.g., culture, stressful experiences). This study fills a gap in literature related to role of foreplay in women sexual satisfaction and provide gender sensitive insight into intimacy and sexual satisfaction that is underexplored. It can help with clinical and counseling settings, sexual health education, community service, and women empowerment in Pakistan. While keeping in mind Ethical considerations as the topic is already sensitive. Informed consent, voluntary participation, emotional safety, confidentiality, and ethical approval.

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