

## A STUDY OF THE PREVALENCE OF SEXUAL PROBLEMS IN SRI LANKA

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There is a paucity of data on the incidence and prevalence of sexual inadequacy in Sri Lanka. One reason for this situation is the methodological constraints which have long been recognised. (Kinsey, 1948).

The data from other countries identifies the major disabilities and the assistance that could be rendered for most of these persons by trained non-professional counsellors. (Masters and Johnson, 1970).

This study was undertaken to obtain information on the prevalence pattern, the distribution and to determine the need for education, counselling and therapy services related to sexual disorders in Sri Lanka.

Data relating to the variables under study was collected from 697 respondents through announcements in all the national mass media. Checks were made for the reliability of the responses by repeated interrogation of a 10% sample of the subjects. Trained psychiatrists and counsellors opined on the need for counselling and/or therapy for each of the respondents.

The results indicate the high prevalence of all forms of sexual inadequacy, corroborating the limited data obtained from Psychiatry clinics, and the wide-spread existence of fallacy-worn misconceptions with regard to sexual function. Over 70% of the respondents could have been rendered assistance with counselling alone or counselling and some simple form of therapy. The place for the implementation of education and counselling services to augment the psychiatric services are borne out by the results of the study. The study also demonstrates the need for wider studies to elicit information in this field of work.

### References:

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