Abstract

Objective. To investigate the sexual habits, preferences and satisfaction of a sample of young university students. Design. Cross-sectional, observational study. Setting. Performed in a university setting in Castilla-La Mancha during 2009/10. Participants. One hundred and ninety-nine university students aged between 18-29 years. Main Measurements. Data were collected on the sexual habits of the participants, their preferences, satisfaction with their sexual life and sociodemographic data. Results. The mean age at first sexual relation was 17.34 years. Fifty-two percent of participants had sexual relations between 3 and 10 times a month, although in those without a stable partner this frequency was lower. Using the index of sexual satisfaction (ISS) it was found that participants are satisfied with their sexual relations, and that sexual satisfaction did not differ between men (Mean: 20.07) and women (Mean: 16.79), t (121) = 1.62, p = 0.11. Seventy-seven percent of the sample reported achieving orgasm always or almost always. The preferred position for males was sexual intercourse from behind the female, whereas women tended to prefer being on top of the man. The condom was found to be the most common form of contraception and only 1.1% of the sample reported not usually using contraceptive methods. Conclusions. Age of first sexual relation appears to be decreasing and those people with a stable relationship have a higher frequency of sexual relations. Both men and women appear to be satisfied with their sexual lives and report a high frequency of orgasm. It was found that contraceptive use is high among young people in the study population.

Keywords

Sexual Behaviour, First Sexual Intercourse, Sexual Satisfaction, Contraceptive Methods