Abstract

Objective. To present the results of research carried out with the purpose of exploring the relationship between sexual satisfaction, anxiety and sexual practices. Method. The sample was made up of 1869 persons from the city of Bogotá, Colombia, to whom three instruments were applied: a sexual satisfaction scale, the Taylor manifest anxiety scale, and a questionnaire on sexual practices. Results. Positive associations were found between anxiety and sexual satisfaction. With respect to socio-demographic characteristics, differences in sexual satisfaction were found based on characteristics such as gender, having a stable sexual partner, sexual orientation, the importance of love in sexual practices, religion, marital status and not having children or not sure about having them - all these relationships indicate a positive association with having an enjoyable sex life. Conclusion. The instruments are sufficiently reliable and valid to enable to give an account of the variables contemplated in the study.

Keywords

Sexuality, sexual behavior, anxiety, sexology, health evaluation.