



# 「香港華人婦女與性」

(育齡期及更年期婦女)

## 研究結果發佈

Findings of Studies on  
Sexuality of Hong Kong Chinese Women  
(Reproductive Age and around Menopause)

24 • 9 • 2014



## ORIGINAL RESEARCH—WOMEN'S SEXUAL HEALTH

## Sexual Behavior and Symptoms among Reproductive Age Chinese Women in Hong Kong

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## ABSTRACT

**Introduction.** As sexual medicine evolves, much advancement has been achieved in understanding male sexuality and treating male sexual dysfunction. Less is known about female sexual pattern, the prevalence of sexual problems, and their correlation with confounding factors.

**Aim.** To enhance our understanding of female sexuality and the risk factors that contributed to sexual problems in reproductive age women.

**Method.** A cross-sectional survey was conducted in family planning and prepregnancy checkup clinics from December 2007 to December 2009, with 2,146 sexually active Chinese women aged 21 to 40 years completed the entire questionnaire.

**Main Outcome Measures.** Prevalence of sexual symptoms, coital frequency, and other sexual behavior-related activities were measured.

**Results.** Overall, 59.0% of respondents had at least one sexual problem. In this sample, 31.8% of respondents reported no desire; 31.7% had arousal problems; 40% had anorgasmia, and 33.8% experienced coital pain for at least 3 months within the past 1 year. Chi-square test showed significant correlation among the four types of sexual problems ( $P < 0.001$ ). Univariate regression model showed that all sexual symptoms were significantly correlated with unidirectional coitus initiation, low coital frequency, and low foreplay enjoyment. Loglinear model revealed that desire, arousal, and orgasmic problems were correlated with low foreplay enjoyment. Arousal problem was correlated with high acceptance toward pornography and history of medical disease. Coital pain was correlated with secondary education and planning to have more children. Both unidirectional coitus initiation and low coital frequency were major contributors to all four sexual symptoms.

**Conclusions.** Sexual problem is a prevalent health issue among reproductive age women. A number of risk factors are identified, which provide useful direction to the design of counseling and education materials that might help to enhance sexual performance in women. Lo SST and Kok WM. Sexual behavior and symptoms among reproductive age Chinese women in Hong Kong. *J Sex Med* 2014;11:1749–1756.

**Key Words.** Female Sexuality; Female Sexual Dysfunction; Risk Factors; Sexual Activities; Epidemiology



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Maturitas

journal homepage: [www.elsevier.com/locate/maturitas](http://www.elsevier.com/locate/maturitas)

## Sexuality of Chinese women around menopause

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Sexual satisfaction

Sexual attitude

Sexual activities

## ABSTRACT

**Objective:** To study the sexual activities and prevalence of sexual dysfunctions in midlife Chinese women and their correlations with demographic factors, sexual dissatisfaction and interpersonal difficulty.

**Study design:** This is a cross-sectional survey of a convenience sample of women aged 40–60, who requested gynecological checkup or attend social activities at Women's Club.

**Main outcome measures:** Sexual activities, sexual dysfunctions, sexual dissatisfaction, demographic factors and interpersonal difficulty were assessed by self-administered questionnaire.

**Results:** Among 371 eligible subjects, 22.4% and 39.6% women had low intimacy and coitus frequency (0 to <12 acts in one year), respectively. The odds ratios for low coital frequency in the natural menopausal and surgically menopausal subgroups were 3.00 and 5.09, respectively (95% confidence interval: 1.73–5.19 and 1.77–14.69, respectively). Overall, 77.2% women had at least one type of sexual dysfunctions; this proportion was highest in the surgically menopausal subgroup (88.9%) followed by the naturally menopausal subgroup (79.3%), the perimenopausal subgroup (78.2%) and the premenopausal subgroup (72.2%) ( $p=0.003$ ). No lubrication (42.9%) was the commonest sexual dysfunction and predominantly affected naturally and surgically menopausal women ( $p=0.001$ ). Sexual dysfunction was the major contributor to sexual dissatisfaction (0.80), followed by interpersonal difficulty (0.2). Arousal disorder was the pivot of interaction between sexual dissatisfaction, menopausal status and low coital frequency.

**Conclusions:** Chinese women had fewer intimate contacts and less coitus when menopause progressed. No lubrication was the commonest sexual dysfunction and predominantly affected menopausal women. Our model showed that sexual dysfunction is the main contributor to sexual dissatisfaction.

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# 研究方法

2007年12月至2009年12月  
不記名問卷

21-40歲

節育指導服務  
懷孕前準備服務

40-60歲

女性保健服務  
婦女會



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# 性生活模式

每年至少12次	21-40歲 (2146人)	40-60歲 (371人)
性幻想	77.7%	35.9%
與伴侶有親密接觸	93.0%	77.9%
性交	81.9%	60.4%



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# 性生活模式

每年至少12次	未收經 (117人)	收經過渡期 (125人)	已收經 (111人)	手術絕經 (18人)
性幻想	35.1%	43.2%	28.8%	33.3%
與伴侶有親密接觸	82.9%	76.5%	66.9%	52.6%
性交	71.8%	66.4%	46.0%	33.3%

3X

5x

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# 在性交時遇到的問題

過去一年，至少連續三個月都有問題	21-40歲
欠缺性幻想	31.8%
不感興奮	31.7%
無高潮	40.0%
疼痛	33.8%
至少有一個問題	→ 59.0%



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過去一年，至少連續三個月都有問題	40-60歲	未收經/過渡中/已收經/手術
欠缺性幻想	35.6%	32.5 / 36.0 / 37.8 / 38.9%
不感興奮	38.3%	33.3 / 38.4 / 43.2 / 38.9%
陰道乾涸	42.9%	29.1 / 44 / 55 / 50%
無高潮	41.0%	35.9 / 41.6 / 45 / 44.4%
疼痛	31.5%	25.7 / 30.4 / 38.7 / 33.4%
至少有一個問題	77.2%	72.2 / 78.2 / 79.3 / 88.9%

  
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# 性功能障礙的誘因

21-40歲	40-60歲
單(男)方主導性交要求	更年期
很少有性交	
不享受前戲	



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# 性功能障礙的影響

21-40歲	40-60歲
低生育率	性生活不滿意
降低女性的自主性	萎縮性陰道炎
影響感情、婚姻	



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# 消除障礙

21-40歲	40-60歲
增強夫婦間的性溝通	保持性生活
克服談性的尷尬	至少每星期一次
輪流採取主動	潤滑劑、荷爾蒙
注重、享受前戲	了解性反應隨年齡的變化
增加情趣	多溝通、互相體諒



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香港家庭計劃指導會  
The Family Planning Association of Hong Kong

# 性生活 講座系列



2014年7月至12月  
**更新**

家計會性教育網頁  
[www.famplan.org.hk/sexedu](http://www.famplan.org.hk/sexedu)

課程查詢及報名  
家計會教育組 29197734

## 《性生活講座系列》簡介

我們相信，和諧協調的性關係，可以帶來身心的愉悅和滿足。雖說性是人的本能，但美滿的性生活仍需要伴侶間多方面的配合，這包括對性有正確的認識，抱開明坦誠的態度，掌握得宜的性技巧，並要懂得互相溝通和配合，才不會因一些誤解、甚至無知而產生焦慮，及性生活不協調。

性生活講座系列，分基礎知識篇及親密情趣篇，旨在增強參加者對性生活的基本認識，希望可幫助參加者順利展開性生活，並提高其性生活質素，增添情趣。

### 基礎知識篇

較適合準備或剛展開性生活的人士

#### 內容包括

認識男女生殖系統  
男女性反應差異  
性交過程及基本姿勢  
性交協調技巧  
如何選擇避孕方法  
和諧性生活要素

### 親密情趣篇

較適合想改善性生活，或在性生活方面出現疑難的人士

#### 內容包括

如何促進性生活的溝通  
提升性刺激的技巧  
如何增添性情趣  
懷孕期及分娩後的性生活  
性功能障礙

主講者皆為資深性教育工作者，任職香港家計會多年，經常主持各類型性教育講座及培訓活動，發展性教育資源，亦常於傳媒及網上解答公眾人士性問題，並為本地報章雜誌撰寫性教育文章，著作有〈性生活·情趣小百科〉、〈男性健康〉、〈識婚男女〉等。

凡成功參加講座者，可獲贈本會出版之〈性生活·情趣小百科〉或〈識婚男女〉或〈婚前及懷孕前的準備DVD〉，以及本會活動及資源館個人會籍一年。



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2002

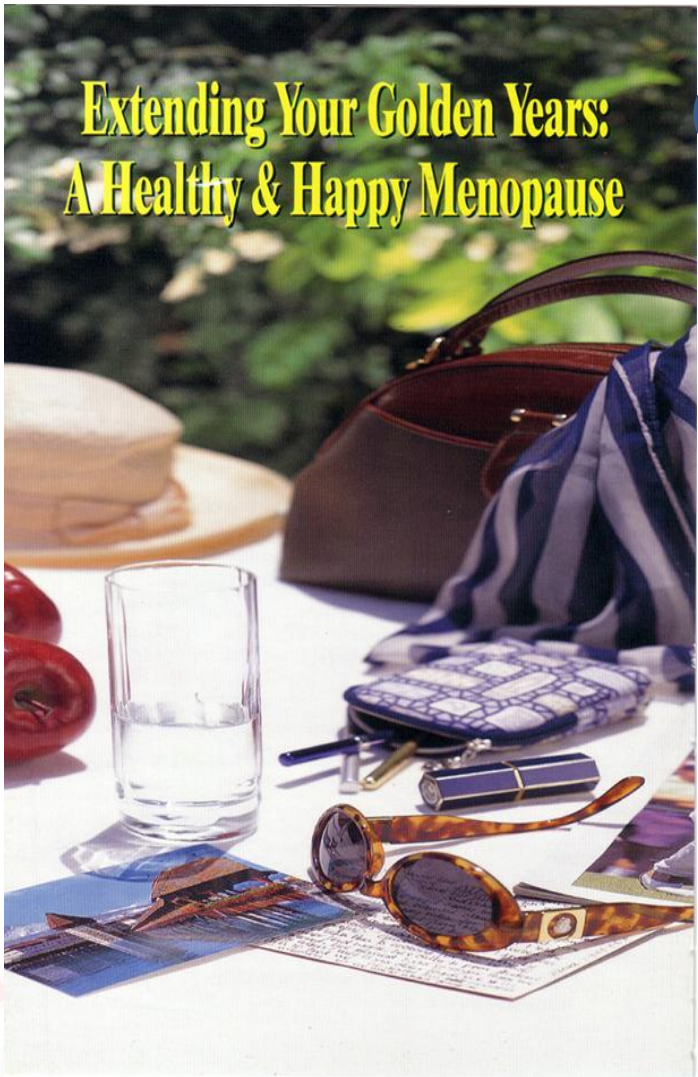


2013

The flyer is for the '「中年夫婦體格及關係評估」服務' (Middle-aged Couple Body and Relationship Assessment Service) provided by the '香港家庭計劃指導會' (Family Planning Association of Hong Kong). It includes the following details:

- 服務目的 (Service Objectives):**
  - 提高夫婦的保健意識
  - 促進雙方溝通
  - 增進夫婦間的親密關係
  - 延展更美好的婚姻生活
- 服務對象 (Service Targets):**
  - 已婚夫婦，其中一方為50歲或以上（夫婦須一起前來本會接受服務）
  - 夫婦須有閱讀繁體中文的能力，並能自行填寫問卷
- 費用 (Fees):** 視乎 \$2,500 (每對夫婦)
- 服務內容 (Service Content):**
  - 體格評估 (Physical Assessment):** 量度高度、體重、血壓和脈搏；計算體重指標
  - 血液化驗 (Blood Test):** 包括血球常規、血鈣、血鎂、尿酸、肝功能、腎功能、甲狀腺素、血糖及血脂常規（須於抽血前8小時開始禁食）；由護士解釋報告
  - 關係評估 (Relationship Assessment):** 夫婦需各自填寫「婚姻更新」問卷（共165條題目）；本會輔導員會根據問卷評估結果，提供2節跟進輔導服務，輔導以廣東話進行，每節約為80分鐘；由於關係評估內容及報告皆有時間限制，為使輔導能適切參加者之需要，參加者必須於抽血後的4個月內完成填寫問卷和2節輔導，逾期作放棄論





# Extending Your Golden Years: A Healthy & Happy Menopause

1999



2001



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香港家庭計劃指導會是一所非牟利的志願機構，我們需要社會各界熱心人士、專業團體等的支持和慷慨捐助，使服務發展更臻完善。我們亦歡迎參加入或為義工。詳情請瀏覽本會網頁www.famplan.org.hk或致電2572-2222查詢。

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The Family Planning Association of Hong Kong

家計會性治療



2007

「性」是與生俱來的，圓滿的性生活是維繫美滿婚姻生活的重要元素。家計會「性治療」服務透過專業的醫療、輔導及啟導服務，協助夫婦克服性障礙，重拾性愛的親密和歡愉，並建立快樂、健康、和諧的美滿婚姻生活。



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