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The Quality of Older Adults' Sex Life

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Abstract

With the improvement in the quality of life and the extension of life expectancy, having greater quality in sex life has become an increasingly prominent demand, as is the attention paid to sexual health. Sex is a normal, healthy, and active aspect of human life. Aging can greatly affect the quality of both interpersonal relationships and sex functions. Sex is a key element in the quality of life, and as such, it features heavily in the maintenance of interpersonal relationships and social ties. The types of sexual behavior and intimate behavior of older adults can change with age (interactions such as sexual intercourse, caressing, external stimulation, kissing, hugging, and holding hands can all be broadly classified as sexual behavior); having an adequate sex life can enrich marital life and effectively reduce negative feelings and emotions that can affect longevity, such as loneliness, forlornness, and desolation.

Keywords: aging, sexual behavior, libido, sexual dysfunction

老年人的性生活品質

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摘要

隨著生活品質提升，平均壽命逐漸延長，人們對於性生活品質改善的要求日趨迫切，也日益重視性健康。性是人類生活中正常、健康和積極的一面，老化對人際關係的品質和性功能有很大影響，而性行為也是生活品質的關鍵要素之一，因此性行為是維持適當人際關係和成為社會聯繫不可或缺的一部分。老年的性行為和親密行為的類型會隨年齡的增長發生變化（例如，性交到愛撫、外部刺激、接吻、擁抱及牽手等，我們皆可稱為廣義的性行為），適度的性生活會使夫妻（伴侶）的生活變得豐富，有效地減少孤獨、寂寞、空虛等影響壽命的不良感覺和情緒。

關鍵詞：老化、性行為、性衝動、性功能障礙