

Sigma's 30th International Nursing Research Congress

Bio-Psycho-Social and Situational Factors Related to the Sexuality of Mexican Elderlies

Julio César Hernández-Soberón, BSN¹

Reyna Torres Obregon, PhD¹

Sandra Cecilia Esparza-Gonzalez, PhD, RN²

Ana Laura Carrillo-Cervantes Sr., PhD, MSN, RN¹

(1)School of Nursing, Universidad Autónoma de Coahuila, Saltillo, Mexico

(2)Medicine Faculty, Universidad Autónoma de Coahuila, Saltillo,, Mexico

For society Elderlies are considered as asexual people, lacking this aspect, with a decline in their physical abilities unable to achieve a sexual interest and maintain sexual activity (Sierra, et. Al., 2014) When their sexual function is limited, elderlies are affected in their emotional sphere, damaging their self-esteem and even their relationship as a couple (Salgado Escalona, Noa Legrá, Matos Laffita, & Silva Espalter, 2016) On the other hand, aspects such as physical activity help to reduce the risk of suffering a heart attack during sexual activity because during intercourse it helps to reduce the heart rate, improves erectile function and increases sexual desire (Jaarsma T, 1996; Muller JE, 1996)

In Mexico the topic of sexuality is a taboo situation, so nursing should focus its studies in this area, because elderlies still have this aspect and it must be considered for their health

Purpose: to describe the relationship of the bio-psycho-social and situational factors and the sexuality of elderlies in Saltillo Coahuila, Mexico.

Methods: A correlational descriptive type design will be used. The population will be constituted by elderlies without distinction of gender, users of a state institution for the recreation of elderlies in the locality of Saltillo Coahuila, Mexico. The sample will be calculated using the probabilistic program nQuery Advisor 7.0 software and the participants will be selected using a non-probabilistic method for convenience. Sociodemographic data will be collected, and tools will be applied to evaluate sexual function (Massachusetts General Hospital - Sexual Functioning Questionnaire (MGH-SFQ)), emotional health status (Gedicide Depression Scale) and physical activity (International Physical Activity Questionnaire)

Results: they will be obtained through the statistical program SPSS V.23 the sociodemographic data will be analyzed through descriptive statistics, later through the Kolmogórov-Smirnov test the normality of the variables will be determined, finally they will be correlated through the spearman test or Pearson respectively

Conclusion: The results will be discussed with the literature found, looking for concordances and differences in order to give possible interpretations, in addition to identifying implications of the results for the improvement of gerontic-geriatric nursing practice in the sexuality area

Title:

Bio-Psycho-Social and Situational Factors Related to the Sexuality of Mexican Elderlies

Keywords:

Elderly, Function and Sexuality

References:

Organización Mundial de la Salud. (2015). *Informe Mundial Sobre el Envejecimiento y la Salud*. Estados Unidos de América: Ediciones de la OMS.

Salgado Escalona, M., Noa Legrá, M., Matos Laffita, D., & Silva Espalter, M. (2016). Comportamiento de Disfunción Sexual en Adultos Mayores Masculinos. *Informacion Científica*, 10.

Sierra, J. C., Vallejo Medina, P., Santos Iglesias, P., Moyano, N., Granados, R., & SÁnchez Fuentes, M. d. (2014). Funcionamiento Sexual en Personas Mayores: Influencia de la Edad y de Factores Psicosexuales. *Revista Internacional de Andrología*, 7.

Crem  Lobaina, E., Alvarez Cort s, J., P res Hechavarria, G., Fern ndez Gonz lez, P., & Riveaux Verdecia, R. (2017). Salud sexual en ancianos de un consultorio m dico de la familia. *MEDISAN*, 10.

Villar, F., Celdr n, M., Fab , J., Serrat, R., & Mart nez, T. (2017). Sexualidad en Entornos Residenciales de Personas Mayores. En *Guías de la Fundaci n Pilares para la autonomia personal* (p g. 94). Espa a: PILARES.

Abstract Summary:

The present investigation has as a purpose to describe the relationship of the bio-psycho-social and situational factors and the sexuality of elderlies in Saltillo Coahuila, Mexico, to identifying implications for the improvement of gerontic-geriatric nursing practice in the sexuality area

Content Outline:

Introduction

Justification

Aim

Theoretical framework

Literature view

Methods

Design, population, sample and sampling

Inclusion and exclusion criteria

Recruitment process

Ethics considerations

Measurement and assessments

Collecting and analysing data

Outcomes

Discussion and conclusions

References

First Primary Presenting Author

Primary Presenting Author

Julio César Hernández-Soberón, BSN
Universidad Autonoma de Coahuila
School of Nursing
Master's student
Saltillo
Mexico

Author Summary: He is a student of master in nursing with emphasis in elderlies. He is studying because he wants to increase the knowledge in his life and to create new knowledge in nursing

Second Author

Reyna Torres Obregon, PhD
Universidad Autonoma de Coahuila
School of Nursing
Associate Professor and Nursing Research
Saltillo
Mexico

Author Summary: Tengo experiencia de 4 años en docencia clínica en áreas de Ginecología y obstetricia , medicina interna , urgencias. Actualmente cuento con experiencia en Docencia de distintas materias de Enfermería como, enfermería comunitaria, Fundamentos de Enfermería Además soy docente en posgrado de Maestría en Enfermería con acentuación en la atención del adulto mayor Investigación en sexualidad responsable Enfermería en área de Ginecología

Third Author

Sandra Cecilia Esparza-Gonzalez, PhD, RN
Universidad Autónoma de Coahuila
Medicine Faculty
Associate Professor
Saltillo,
Mexico

Author Summary: professional experience in molecular biology using DNA to find biological marker. Master Degree in Morphology 2008 UANL Mexico PhD in Morphology 2012 UANL Mexico Fellowship MIP CSU, USA

Fourth Author

Ana Laura Carrillo-Cervantes, PhD, MSN, RN Sr.
Universidad Autonoma de Coahuila
School of Nursing
Associate Professor
Saltillo
Mexico

Author Summary: Professor, Researcher at the Autonomous University of Coahuila, Responsible for the postgraduate and research department, with research experience aimed at maintaining the functionality of the older adult.