EXPRESSING SEXUAL DESIRE: AN INTERPRETATIVE PHENOMENOLOGICAL ANALYSIS OF LIVED EXPERIENCES OF MARRIED FEMALES

A QUALITATIVE STUDY

IQRA

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DEDICATION

With the blessing of Allah Almighty, I express immense gratitude to Allah for granting me strength, wisdom, and opportunity to undertake this journey of knowledge. This thesis is dedicated to my beloved parents Mr Wazir Ahmad and Rashida wazir and to my beloved husband Taimoor khan because without their love, support, and encouragement I'm nothing. They always supported me throughout my academic journey. My dear husband taimoor khan, your presence in my life has been a constant source of strength and motivation, your trust and support made this thesis possible. My dearest husband and my beloved father and mother in law also helps me a lot in encouraging me to complete my thesis. I am always grateful for their presence in my life. Lastly, I also dedicate this thesis to myself, and my professor Dr Ayesha Aziz for acknowledging my unwavering determination and commitment that carried me through the entire process.

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I solemnly declare that the research work presented in the thesis titled " Expressing sexual desires: An Interpretative phenomenological analysis of lived experiences of married females Is solely my research work with no significant contribution from any other person? Small contribution/help, wherever taken, has been duly acknowledged and that complete thesis has been written by me.

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In gratitude and humility, I dedicate this work to Allah, seeking His continued guidance and blessings in all my future endeavours.

ABSTRACT

This qualitative research study will explore the lived experiences of married females about the challenges of communicating their sexual urges to their partners. This research will also explore the communication patterns employed and their impact on the emotional well-being of females. Research also highlights societal taboos, social stigma, and cultural norms about communicating the sexual needs of females. This current study will try to highlight the challenges that females face while openly discussing their Sexual Desires, expectations related to libido, creating intimate relationships, and ways of satisfying their libido. Interpretative phenomenological approach (IPA) will be used in the study to understand the actual and lived experiences of the females who feel shy and take it as a taboo to tell their partner about having a sexual need and also feel difficulty while expressing their desires. A sample of n=9 participants will be selected through convenient sampling. The inclusion criteria consist of those participants who are married from age 25 to 35 and who have been into a relationship and still feel uncomfortable or shy while addressing their urge to their partner. The interview will be transcribed and interpretative phenomenological analysis will be used for highlighting themes. The themes will be supported by the demographic and lived experiences of females.

***Key Words*:** Marital communication & intimacy, expressing sexual desire