HYPOACTIVE SEXUAL DESIRE, SEXUAL DISTRESS AND SPOUSAL RELATIONSHIP EFFICACY AMONG MARRIED WOMEN WITH PREMENSTRUAL SYNDROME

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A thesis submitted in the fulfillment of the requirements for the award of the degree of Masters of Science (Clinical Psychology)

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ABSTRACT

The present study was conducted to observe the Hypoactive sexual desire, sexual distress and spousal relationship efficacy among married women with premenstrual syndrome. The total number of sample 150. The age range of the sample was 20 to 40 years old. The data were collected through purposive sampling. Following measures were used to assess the findings. Demographic sheet was used to get personal information about the participant. Female Sexual Functional Index (FSFI; Rosen et al., 2000), the Premenstrual Syndrome Scale (PMSS; Padmavathi, 2014), Female Sexual Distress Scale Revised (Derogatis et al., 2008) and Relationship Assessment Scale (Hendrick's, 1998). Data were analyzed using correlation, regression test. Results showed premenstrual syndrome (PMS) positively predicted hypoactive sexual Desire. Results also showed Premenstrual Syndrome (PMS) positively predicted Female Sexual Distress. Result revealed that premenstrual syndrome (PMS) will negatively predict relationship efficacy. By understanding how premenstrual syndrome can act as a destructive factor among married women so, health professionals should direct efforts toward developing sexual health-related counseling or education programs for women suffering from sexual dysfunction with the goal of helping them to achieve satisfying sex lives and improved quality of life

Keywords: Premenstrual Syndrome, Female Sexual Distress, hypoactive sexual Desire

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List of Abbreviations

Abbreviations	Full Form
APA	American Psychological Association
SPSS	Statistical Package for the Social Sciences
PMS	Premenstrual Syndrome
HSD	Hypoactive Sexual Desire
FSD	Female Sexual Distress
RE	Relationship Efficacy

List of Symbols

Symbol	Full Form
α	Alpha Cronbach's Index of Internal Consistency
β	Standardized Coefficient
f	Frequency
M	Mean
SD	Standard Deviation
%	Percentage
r	Correlation Coefficient

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