

## Abstract

**Background and Purpose:** Pregnancy is a period of mental and emotional changes of a woman, which is related to cultural, social and emotional factors and can affect sexual behavior and relationship. During this period, most couples find more emotional connection and commitment to each other, but some may feel more conflict and conflict. In general, it can be said that pregnancy causes many changes in feelings, sexual desire, the number of intercourses, and sexual satisfaction and compatibility. Sexual intercourse is a combination of sexual activity and function and sexual satisfaction, which takes place in the form of vaginal intercourse, anal intercourse, and other methods of flirting, such as touching sensitive parts of the body (breasts, ears, buttocks, etc). Although sexual intercourse during pregnancy without observing the correct principles will result in complications for the mother and the fetus, but medical science has not placed any restrictions on sexual intercourse during pregnancy for couples except in special cases. Due to the fact that the studies conducted in this field are very limited and it can be safely said that there is no study on the relationship between sex in the last month of pregnancy and the progress of childbirth stages, the need for research is felt.

**Materials and Methods:** The current study is a cross-sectional study that was carried out in 1400. The statistical population was all the pregnant women with primiparous births who referred to the educational and therapeutic center of Ardabil city, who had referred for natural delivery. The number of samples was calculated based on the formula of 80 people. Data collection tools were demographic questionnaire, partograph curve, visual pain index, visual estimation method of bleeding rate, newborn Apgar, standard questionnaire of Larson's sexual satisfaction and sexual activity and function (Female Sexual Function Index). The hypotheses of the research were evaluated using Chi-du Pearson, Fisher's exact, t-independent and Mann-Whitney tests and one-way analysis of variance and Croxall-Wallis. All statistical analyzes were performed and evaluated by SPSS software version 22. The level of statistical significance was considered to be 0.05.

**Results:** The results showed that 36 (45%) of the mothers experienced sexual intercourse in the last month of pregnancy. In case of sexual intercourse, the

duration of the first, second, and third stage of labor is reduced, and the amount of pain and bleeding after childbirth is also reduced ( $P < 0.05$ ). There was no statistical relationship between having sex in the last month of pregnancy and Apgar of the baby. Also, the level of sexual satisfaction was reported to be average and sexual function was weak in the last month of pregnancy.

**Conclusion:** In general, sexual function and sexual satisfaction decreased in the last month of pregnancy, but having sex in the last month of pregnancy reduced the duration of labor.

**Keywords:** Sex in pregnancy, Sexual satisfaction in pregnancy, Sexual function in pregnancy