

SEXUALITY OF TUNISIAN WOMEN AND BODY IMAGE: IMPACT OF CULTURE

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Introduction: Research on body image suggests a link between women's perceived body image and sexuality.

Aim: The aim of our study was to determine the relationship between body image and sexual satisfaction among Tunisian women and the impact of culture on sexuality.

Subjects and methods: One hundred women completed a self-administered questionnaire which included:

- Clinical data: weight, height ...
- Women's perception of their body.
- The perception of sexuality by women and their spouses.
- the impact of body image on sexuality.

Results: The mean age was 36 years and 7 months. They were married for 12 years on average. The rate of menopausal women was 21%.

Two per cent of women were underweight, 38% were overweight, 6% were obese and 54% of them had a normal body mass index (BMI).

Women who were satisfied with their looks had significantly a higher self-esteem ($p = 0.013$).

Eighty six per cent of women are recognized as good sexual partners and 85% were satisfied with their sexual activity: Eighty seven per cent of these women considered their body a source of sexual pleasure. These women thought they had an erotic body ($p = 0.009$) and a source of self-confidence ($p = 0.002$).

Conclusion: This study indicates that there is a difference between western and eastern culture in the impact of body image on sexuality. So, it is imperative for female adolescents to have adequate and appropriate sexual education.