# Female Sexual Dysfunction and Related Quality Of Life: Impact of Pelvic Floor Muscle Training

## Abstract

**Background**: Female sexual dysfunction is a real worldwide health problem during their reproductive period, often undiagnosed and untreated in women and are associated with decreased quality of life. Sexual well-being depends on pelvic floor muscles that are strong enough to maintain their function. **Aim:** evaluate the effects of pelvic floor muscle training program on sexual life and quality of life of woman with urinary incontinence and sexual dysfunction. **Method:** This study used a quasi-experimental design and convenience sample technique at El-Fayoum General Hospital's obstetric and gynecological outpatient clinic. It involved 72 adult females aged 20-45, divided into a control group and a study group, receiving traditional treatment and educational training program. **Tools:** (1) A Structured interviewing questionnaire, comprised of three parts: Socio-demographic characteristics', Medical history and Obstetric history of female, (2) Female Sexual function Index (FSFI), (3) Female Practice questionnaire for pelvic floor muscle exercise, (4) Female knowledge questionnaire for pelvic floor muscle exercise, (5) WHOQOL-BREF quality of life scale. **Results:** revealed that positive correlation between female sexual function and their practice, knowledge score level and all aspect of quality of life in study group post educational training program. **Conclusions:** pelvic floor muscle training is an effective treatment for improving sexual dysfunction in female through increases pelvic floor muscle strength, which leads to significant improvement in female's sexual function and their quality of life. **Recommendations:** Mothers should be informed and trained to kegel exercises properly by educational courses. Increase public awareness through mass media about sexual dysfunction and its relation with pelvic floor exercise among women

*Keywords:* pelvic floor muscle, training, Female sexual dysfunction, Quality of life