

Effect of pelvic floor muscles exercises program on womens sexual self-efficacy after delivery

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Background: Normal vaginal delivery affects womens body organs, especially the genital organs; such changes may cause problems in the sexual relationship.

Aim: This study was conducted with the aim of identifying the effect of pelvic floor muscles exercise program on womens sexual self-efficacy after delivery.

Methods: *Research Design:* A quasi experimental design was used in conducting this study. Participants were randomly assigned to either study or control group. The study group was asked to perform Kegel exercises for 8 weeks. Both groups were evaluated at 4 and 8 weeks. *Tools:* three tools were used during the course of this study: interviewing questionnaire, Brink scale for measuring pelvic floor muscles strength and Bailes sexual self-efficacy questionnaire.

Main results: there was a significant increase in pelvic floor muscle strength in the study group at 4 and 8 weeks after the start of the program without a difference in the control group. There was also a significant increase in sexual self-efficacy in the study group at 4 and 8 weeks after the start of the program. The comparison of the two groups showed a significant difference in sexual self-efficacy after implementing the program. **Conclusion:** The findings showed that pelvic floor muscles exercises program increases the sexual self-efficacy among women after delivery.

Biography:

Amera Bekhatroh Awad Allah Rashed has completed her Ph.D at the age of 29 years from Menoufyia University. She is a lecturer of maternal & newborn health nursing at Faculty of Nursing Menoufyia University from 2014 until now. She is a member of quality assurance, post graduate affairs and environmental affairs committees at Faculty of Nursing Menoufyia University.