

## PERCEPTION OF THE ELDERLY ON SEXUALITY: A INTEGRATIVE REVIEW OF THE LITERATURE

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### ABSTRACT

**Objective:** The purpose of this study was to examine the scientific publications pertinent to the perception of elderly persons about sexuality.

**Method:** Integrative Review of Literature, held in databases: Latin American and Caribbean in Health Sciences (LILACS), Scientific electronic Library Online (SciELO), Nursing Database (BDENF), Electronic journals in psychology (PePSIC). For the search of the articles, three keywords indexed in the descriptors in Health Sciences (DeCS) were used: perception, sexuality (sexuality), elderly (elderly). The descriptors were crossed through strategies 1 and 2; In strategy 1, all possible crosses were accomplished through the AND icon; And in Strategy 2, the keywords were crossed through the OR icon.

**Results:** The sample of the revision was composed of 10 studies. The variables associated with the perception of the elderly on their sexuality identified: the fear on the part of the elderly from inadequacy to the social standards, concerns with the body with the incorporation of a role considered respectable that does not give right to feelings nor desires, dependence on sons who develop caregiver function by changing the social roles. Conclusion: The study made it possible to show that sexuality is experienced according to age, going beyond the sexual act and that social patterns affect the sex life and sexuality of the elderly.

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### INTRODUCTION

Since the year 1940 has been occurring changes in the demographic patterns of the Brazilian population, one of the main characteristics is the decline of fecundity, the rates of population growth and transformations in the age pyramid with the increase of the population of Adults and the elderly. These changes are fruits of improvements and socioeconomic transitions lived by the population.

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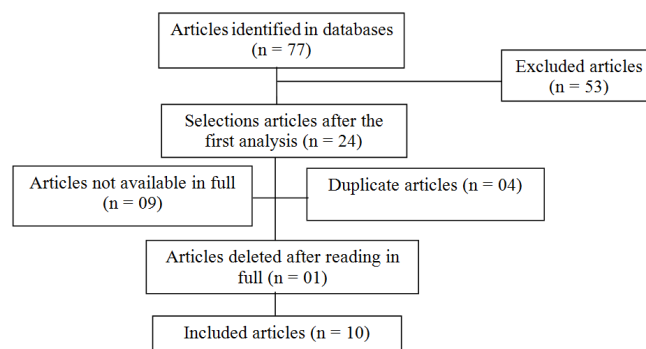
With the growth of social and public health policies this new trend of population ageing has been growing, this phenomenon is observed in developed and industrialized countries, there are authors who name it as modernization (Simões, 2016). However, there is a deficiency in relation to health care when a sexuality issue is punctuated. The health actions are directed mostly only to pathological processes, careless of specific segments such as attention to the elderly in a situation of dependence or in programs that seek the construction of new sexual concepts that demystify the adult elderly as unable to have sex life (Rozendo, 2015). In Brazil the profile of values is the dislike of countries like Germany where the ageing is had as the full and comfortable phase with affective and professional achievements, where beauty is not prioritized but

the intellect, for its one to the overvaluation of the young body and a striking feature in Brazil where mainly women, consider aging as a problem that lead them to sacrifice themselves to get the perfect body, the decay of the body the lack of men and visibility are phrases Striking in the speech of Brazilian women (Goldemberg, 2012). It predominates in society the reductionist belief that fortifies the image of the elderly in the condition of limited, childish, forgetting that the continuity of sexuality can be lived in a healthy and pleasurable way during the ageing. The Sexuality does not é Only associated a Sexual intercourse and yes, the exchange of caresses and affection, this being a right of any persons independent of age range (Coelho, 2010). When sexuality is related to aging arises myths and taboos that demonstrate that the perception of society limits the elderly to a form of being asexual, or unable to develop the sexual act due to their physiological changes, forgetting that the Sexuality must be understood in the entirety of the Individual, considering their holistic sense (Alencar, 2014). Several factors can affect the perception of the elderly as to sexuality. In addition to bodily changes that bring sagging locomotor difficulties, decreased sexual libido and lubrication, there are social and cultural aspects that bring negativity and even sexual annulment conditioning to sexual practice only the young phase (Uchôa, 2016). In the face of the problem, the motivation for the development of this integrative review arose, aiming to verify how scientific publications pertaining to the sexuality of the elderly person. Seeking to identify the perception of the elderly on their sexuality and the factors that interfere with their sex life.

## MATERIALS AND METHODS

It is an integrative revision of the literature, with a bibliographic and documentary approach in the elderly population. The steps taken to prepare the study were: elaboration of the question of research, sampling or search in the literature of primary studies, data extraction, evaluation of the primary studies included, interpretation of the results, presentation of the Review. For the elaboration of the research issue of Integrative Review, the PICO strategy (acronym for Patient, Intervention, comparison, outcome) was used. So, the question of delimited research was, "what characterization of scientific production about the perception of the elderly about their sexuality?" The elements of the Strategy were: (P) seniors, (I) The Strategies, (C) without comparison, (O) perception about their sexuality. It is emphasized that, depending on the revision method, all elements of the PICO strategy are not employed. In this integrative review, the third element, that is, the comparison, was not used. The search for studies took place in the following relevant databases in the field of national and international scientific research: Latin American and the Caribbean in Health Sciences (LILACS), Scientific Electronic Library Online (SciELO), Database of Nursing (BDENF), Electronic journals in psychology (PePSIC). Identified by means of a virtual health library (VHL). For the search of the articles, three keywords indexed in the descriptors in Health Sciences (DeCS) were used: perception, sexuality (sexuality), elderly (elderly). Os descritores foram cruzados através das estratégias 1 e 2; na estratégia 1, foi realizado todos os cruzamentos possíveis através do ícone AND; e na estratégia 2, as palavras-chaves foram cruzadas, por meio do ícone OR. The inclusion criteria established for the studies were articles that addressed the perception of the elderly or elderly on sexuality, articles published in English and Spanish, Studies Available in the

integrated in data bases selected. Were Deleted Project documents, congresses and conferences, monographs and theses, as well as articles that do not the subject of the study. The variables dependent: sexual desire, and perception about sexuality and the variables independents: Marital status, religion, level of schooling, sex, age, social class. The selection of studies was carried out in an orderly fashion. In the first analysis were discarded: Articles That They did not provide full text, published on more than one basis (duplicates). Subsequently, a thorough reading of the title and summary of each publication was carried out to verify the consonance with the investigation's guiding question. When there was doubt regarding the inclusion or exclusion of the study, it was read in full to reduce the risk of loss of publications relevant to the study. Thus, those who did not address the theme "Perception of the elderly about sexuality" Were discarded in the second analysis (Figure 1). The data collection was given between the months of May and June of 2017 The Data Collection tool elaborated in the Microsoft Office Excel 2010 software, with the following variables: authors, year of publication And Country of origin of the study, Origin Periodic, Type of research, study and subject. Although this study was a research, it did not present the need for approval by the Ethics Committee in Research, since it manipulated data of free access, and it was not therefore the documents requiring secrecy.



**Figure 1. Process of selection of studies in the Latin American databases of the Caribbean in Health Sciences (LILACS), Scientific Electronic Library Online (SciELO), identified by means of the Virtual Library on Health (VHL)**

## RESULTS AND DISCUSSION

In the present revision, 10 Articles. These presented different characteristics about the authors, type of study and published journal. These characteristics are highlighted in Table 1. Based on the one table 1, it was possible to observe, as to the origin of the publications, that the ten studies were conducted in Brazil, being that in the MEDLINE databases were found to article developed an Maracanau Family Basic Health Unit in Ceará. Of the studies five studies found in LILACS, one was held in the Metropolitan Region of Belém, two in João Pessoa in Paraíba, one in northern Paraná, one in the municipality of northern region of the state of Rio Grande do Sul. On the Bases BDENF were selected three Articles, one in Piauí, one in the municipality of Pelotas in Rio Grande do Sul and finally one in Belém do Pará. Just a study Originated from the PePSIC Developed in Sao Paulo. As for the type of methodological project, it was evidenced that most studies (n = 9) are qualitative that allow the search for rich data and interpretations of results with great authority over the perception of the elderly or elderly in their sexualidad.

**Table 1. Characterization of scientific production**

Authors	Year of publication and Country	Origin	Periodic	Search Type	Subject
Vieira et al. <sup>7</sup>	2012 Brasil	LILACS	Psicologia e Saber Social.	Qualitative	Elderly
Belvilacqua et al. <sup>8</sup>	2013 Brasil	LILACS	Acta Scientiarum. Ciências da Saúde	Qualitative	Elderly
Murakami et al. <sup>9</sup>	2014 Brasil	PePSIC	Psicologia Hospitalar.	Qualitative	Elderly
Marques <sup>10</sup>	2015 Brasil	BDENF	Rev. Enferm. do Centro Oeste Mineiro	Qualitativa	Elderly
Peixer et al. <sup>11</sup>	2015 Brasil	BDENF	Journal of nursing and health	Qualitativo	Elderly
Souza et al. <sup>12</sup>	2015 Brasil	LILACS	Saúde Soc. São Paulo.	Qualitativa	Elderly
Queiroz et al. <sup>13</sup>	2015 Brasil	MEDLINE	Rev. Bras. Enferma.	Qualitativa	Elderly
Uchoa et al. <sup>6</sup>	2016 Brasil	LILACS	Rev. Bras. de Geriatria. Gerontol.	Quantitativo	Elderly
Vieira et al. <sup>14</sup>	2016 Brasil	LILACS	Psicologia: ciência e profissão	Qualitativa	Elderly
Gois et al. <sup>15</sup>	2017 Brasil	BDENF	Enferma. Foco.	Qualitative	Elderly

**Table 2. Summary of the main results of the articles of the Integrative review**

References	Local	Results under the elderly's perception of their sexuality
15	Municipal Health Unit	It relates sexuality to a sexual act; however, one practices in its routine through the bath, use of perfume, make a beard, and cut the hair.
6	Ambulatory Public institution of Belem	There is no dissociation between sexuality and sex, but most elderly people stimulate their sexuality through the way they dress, and shave
14	Instituto de previdência do município (IPM)	Realizes that sexuality encompasses several factors, and mainly represent it through sexual relations.
11	Basic Family Health Unit	You understand sexuality as the very act of sex
13	Basic Family Health Unit	Sexuality encompasses love, affection, respect and sex.
12	Elderly Living Center	Perceives sexuality as something not belonging to his age
10	Third Age Living Center	Sexuality is linked to various sensations, relate to love, fellowship, respect, friendship going beyond sexual intercourse.
9	Nonagenarios Clinic	The perception category was not mentioned. Sexuality is experienced according to age. Being evaluated between satisfaction and dissatisfaction.
8	Living Group	It understands sexuality as a sexual act, more recognizes other aspects that make it like love, affection, touch, respect.
7	Living Group	He recognizes sexuality as caring and complicity.

In relation to the quantitative publications per year (2012-2017), in 2015 we had the largest number of publications (n = 04), followed by 2016 (n = 02). No present study as publications comes out varied periodicals, that is, there was not a journal that had published more than one study on such thematic. In relation to the quantitative publications per year (2012-2017), in 2015 we had the largest number of publications (n = 04), followed by 2016 (n = 02). No present study as publications comes out varied periodicals, that is, there was not a journal that had published more than one study on such thematic. It was observed that most studies (n = 05) were performed in public outpatients or basic health units of theirs and in centres of living for the elderly or group of convenience of the elderly (n = 04).

**Variables associated with the perception of the elderly and their sexuality** : Table 2 presents the synthesis of the results of the selected studies, addressing the main variables associated perception of the elderly or elderly and their sexuality. Of the ten studies that have composed this integrative review four articles (Vieira, 2012; Vieira, 2016; Marques, 2015 and Queiroz, 2015). They showed that the elderly has insight into the broad factors that encompass sexuality and value it as an important experience. Segundo Marques et al (Marques, 2015), a velhice não pode ser confundida com doença e a sexualidade constitui aspecto importante para se desfrutar ou vivenciar a saúde de forma integral por tanto é compreendida.

The analysis aspects such as the relationship between gender dissociations and sexuality most did not know how to differentiate, and associated to the sexual act itself or demonstrated little understanding but carry out stimulation of sexuality in their lives, the forms of stimulus more Significant mentioned were vanity with the hair, use colonies, dressing mode, dancing, the very act of sex and shaving were reported in four articles (Bevilacqua, 2013; Peixer, 2015; Uchoa, 2016; Gois, 2017). Agreeing with the finds Marques et al<sup>10</sup> n his study he says that the emotional and psychological factors affect strongly and interfere with the sex life, but the appreciation of sexual relations remains for the whole of life or is the very sexual relationship and one of the experiences of sexuality by so much without Understanding sexual activity is prevalent. Just a study (Murakami, 2014), did not approach Directly The thematic perception although it has shown that for the elderly sexuality is important and satisfactory. By counterposing This finding, a study (Souza, 2015), evidenced that for the elderly analyzed sexuality does not belong to their age. Em relação as dificuldades enfrentadas, seis estudos (Vieira, 2012; Souza, 2015; Uchoa, 2016; Vieira, 2016; Gois, 2017). Refeririam que a família, religião e a sociedade são os principais fatores que interferem na sua sexualidade. Society creates patterns of behavior that limit sexuality and consider it abnormal during old age (Vieira, 2012). Corroborating with the results Vieira et al (Vieira, 2016). It says that the children deny the sexuality of their parents and consider it as something

derogatory showing the influence of the family on their lives. The negativity of the children and the interference of the society favors the culture of asexuality and prejudice, determining patterns where only young people can experience sex life (Marques, 2015), confirming the results. Religion and clearly one of the determinants of sexuality, especially the Catholic denomination that for many years has contaminated sexual pleasure, bringing feeling of guilt and disgust as it would be a sin such an act (Souza, 2015).

## Conclusion

Considering the analysis of the selected articles, it can be stated that the Perception of the elderly in relation to sexuality It is related to sensations such as: love, companionship, respect, friendship, sexual act and that most stimulates their sexuality through the way of dressing and caring for appearance. The transition period of adulthood to the most advanced adult phase is a process of several changes that tend to affect the expression of sexuality. For the elderly sexuality é expressed as important, as necessity, something natural, Normal and an elderly person's right. However, the labels that society attaches to the elderly and the fear on the part of the Inadequacy in the face of social standards tend to affect the expression of the 'sand sexual life of the elderly person. Concerns with the body were observed with the incorporation of a role considered respectable that does not give right to feelings or desires, in the analyses it is understood that the elderly have dependence on the children who develop caregiver function changing relatively the Social roles and interfering in their relations since there is a search for approval by these elderlies. The changes that occur from ageing are recognized by the elderly as positive and sexual experiences are important and necessary. However, the Perception of society stands out the rejection on the part of this, although it did not belong to the central axis of the research. It is believed that this study contributed to the process of knowledge of the scientific community about the perception of the elderly on sexuality. It is emphasized the importance of building a critical awareness that leads family members and caregivers to think about the importance of respect for sexuality in the Third Age.

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