

Abstract:

In its theoretical part, this thesis summarizes the current state of knowledge in the fields of mindfulness and female sexual function. It deals with the concept of mindfulness, its definition, history, position in current research and application in therapeutic practice. In the next chapter it addresses the female sexuality focusing on orgasm and orgasmic capacity. The last chapter deals with the link of both topics and possibilities of application of mindfulness in sexual therapy. The empirical part of this thesis consists of a quantitative research. The goal of the study is to specify a relation between the mindfulness level and orgasmic capacity of Czech women, using a short form of Five facet mindfulness questionnaire (FFMQ-15) and Female sexual function index (FSFI). Data were collected through an internet survey. There were 223 women aged 18-40 in the sample. Using Spearman correlation, a significant correlation was found between mindfulness and sexual function, mindfulness and orgasmic capacity, mindfulness and vaginal orgasmic capacity and mindfulness and satisfaction with orgasmic capacity. The results are discussed in comparison to other current research and they show both the complexity of the relation between mindfulness and orgasmic capacity and the potential of mindfulness in the field of sexuality.