

## **Abstract**

**Title:** Sexual satisfaction in people with spinal cord injuries engaged in regular physical activity.

**Objectives:** The main goal of this work is to determine the level of sexual satisfaction in people with spinal cord injuries, who perform regular physical activity.

**Methods:** A battery of questions was used to find out the satisfaction of people with spinal cord injuries, who regularly perform physical activity. The WHOQOL 100, PASID, LATA, SAS SAQ questionnaires were used as basic for creating battery of questions. Data collection was completely anonymous and took place online. The survey involved 21 respondents with spinal cord injuries (18 men and 3 women) aged 18 to 75 years. All were included in the research because they met the criteria for performing regular physical activity. The results of the survey were processed into graphs and tables and supplemented by a written commentary.

**Results:** It was found that for a majority of respondents their sexual life is important and for most of them the sexual life is a source of pleasure. Almost half of the respondents consider their sexual life satisfactory. However, less than half of the respondents state that not all their needs are met. The research suggests that satisfaction with amount of physical activity performed may be related to higher quality of the respondent's sexual life. Respondents with Th10-L1 spinal cord injury recognized this type of injury cost the biggest problems with their sexual life. Furthermore, the result shows that the more years from the onset of spinal cord injuries the greater the chance of engaging in sexual life. For whom it is important to be sexually active, they will be.

**Keywords:** physical disability, sexual activities, movement, spinal lesion