

Abstract

Aims: To confirm the correlation between the ability to focus attention on vaginal sensations during penile-vaginal intercourse and the consistency of vaginal orgasm (Brody & Weiss, 2010) in our sample.

To create a psychological method which would help women to improve their ability to focus the attention on vaginal sensations during PVI. The core of the method consists of mindfulness-based techniques and the Kegel exercise.

In the next step we empirically verify the effectivity of such training. Based on the previous findings (Brody & Weiss, 2010) we hypothesized that the improvement in ability to focus attention on vaginal sensations would result in higher VO consistency, higher satisfaction with partner sexuality and in gaining the ability to reach VO in women who had never experienced it.

Methods: The vast majority of the study is based on the methods of quantitative statistics. The sample of 96 women (experimental group N=44, control group N=52) daily filled out a questionnaire on sexual behaviour for thirty days before and another 30 days after the training. We received the complete data from 80 probands. The whole sample also provided the data concerning lifetime sexual experience. The experimental group took part in the training which consisted of four 35minut sessions in a week interval. The experimental group provided evaluation of the training.

The data were analyzed in SPSS.

Results: We confirmed the positive correlation between the ability to focus attention on vaginal sensations and the consistency of VO in our sample ($r=0.173$, $\alpha=0.05$, one-tailed). We discovered even stronger relationship between the ability to focus attention on vaginal sensations and the satisfaction with partner sexuality ($r=0.305$, $\alpha=0.02$, two-tailed).

The ability to focus attention on vaginal sensations significantly improved in the experimental group ($\alpha=0.001$, two-tailed). The increase was higher when compared to the control group ($\alpha=0.03$, two-tailed). The satisfaction with partner sexuality increased in the

experimental group but narrowly failed to reach the statistical significance required level $\alpha=0.05$ (two-tailed).

The consistency of VO didn't increase after the training. In the experimental group 3 out of 21 women who had never experienced VO reported its occurrence after the training. In the control group this happened for 2 women out of 18. The difference between the groups wasn't statistically significant. The occurrence of VO in the control group was very surprising.

Conclusions: The training helped women to increase their ability to focus on vaginal sensations but this didn't result in an increase of VO consistency. During the study 5 women reached VO for the first time in their life. We consider it reasonable to try to understand this phenomenon better (e.g. look for the predictors). We suggest further investigation of the technique we created (or a similar one). Such techniques might be useful for increasing the VO consistency or its prevalence.