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**SELMA İNFAL**

Selcuk University, Türkiye

**MENEKŞE ULUSOY**

Selcuk University, Turkey

**ESRA USLU**

Selcuk University, Türkiye

## **THE EFFECTS OF MODERN CONTRACEPTIVE METHODS FOR MALES ON THE SEXUAL QUALITY OF LIFE AND SEXUAL SATISFACTION OF COUPLES : A SYSTEMATIC REVIEW**

### **Abstract:**

**Aim:** This systematic review study is to determine the effects of the contraceptive methods, which are used by males, on the sexual quality of life and sexual satisfaction of couples.

**Method:** The study was carried out by checking PubMed, EBSCOhost, Ulakbim Medical and Medline Turkey databases. English key words are determined as Vasectomy AND Sexual satisfaction, Vasectomy AND Sexual satisfaction AND couples, Vasectomy AND Sexual quality of life, Vasectomy AND Sexual quality of life AND couples, Condoms AND Sexual satisfaction, Condoms AND Sexual satisfaction AND couples, Condoms AND Sexual quality of life, Condoms AND Sexual quality of life AND couples, Turkish key words which were checked out via "Turkey Science Terms Directory" and the translation of English key words in to Turkish were used. 670 articles were reached and the duplicate articles were removed, the rest six articles which are suitable for the inclusion criteria, were evaluated.

**Findings:** It is seen that two of the studies included in the systematic review carried out in America, one of them was carried out in China, one of them was carried out in South Africa, one of them was carried out in Austria and one of them was carried out in Iran. In these studies the sexual quality of life and sexual satisfaction of couples are evaluated by vasectomy and condom usage decision status which are modern contraceptive methods for males. Although, the status of sexual satisfaction changes according to the person who decides, it does not change for females. In addition, it is found that the use of condoms to reduce male sexual satisfaction but it does not affect the sexual satisfaction of female and vasectomy method increase the sexual satisfaction of couples.

**Result:** This systematic review proves that the modern contraceptive methods for males focus on the sexual satisfaction of couples and the quantitative limitations of the studies related to the sexual quality of life. In addition, it is found that the use of condoms to reduce male sexual satisfaction but it does not affect the sexual satisfaction of female. It is suggested that the number of studies on this issue should increase in order to generalize the results and guidance to couples.

### **Keywords:**

Condoms, vasectomy, sexual satisfaction, sexual quality of life

**JEL Classification:** I10