
Significance of Sexual Counselling for Married Couples: Sociopsychological Perspective

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Sex is one of the most fundamental drives in human being, and thus a universal human need. Marriage on the other hand, is the institution within which this need is institutionalized and regularized. The main objective of this study is identifying sexual crises faced by spouses in the Sri Lankan Family Corporation and the study followed the research question, why sexual counseling is not popular in solving sexual problems in the Sri Lankan family corporation? Having understood this ground reality, authors tended to conduct a field study to unveil empirical findings in relation to the said matter, to investigate whether there would have been a need of sexual counselling in Sri Lankan family context. Almost all of them had some period of ‘intense relationships’ based on love in the initial period of marriage despite whether the type of marriage was belonged to love or proposed category. What is most imperative in this period to observe was that all couples except few cases studied, had made several adjustments so as to meet with the interests of their partner, and the use of affectionate words had made it more easier. Under this circumstance, they spent relatively a “peaceful” life reporting only insignificant few troublesome situations. This “gorgeous” picture was observed to be turned into a totally adverse direction initiating mostly after the first year of marriage according to study. Financial scarcity, child affairs, household chores interference of family members, job related matters, social responsibility, widening attitudinal gap, loss of attraction of spouse, had eventually restricted the aforementioned interest in sexual relationships among couples. The sensitivity, compassion, sympathy, thoughtfulness, empathy, and companionship towards their counterpart had thus lost drastically among couples over the years after marriage. Overall, despite the restriction of the sample, the data vehemently unveiled the cumulative need of a well-organized sexual counselling service in Sri Lankan family context that would be a prime proposal of the point of view of the authors. This service would be benefitted by married partners in guiding the resolution of their sex related complications that would eventually lead to a happy and peaceful relationships.

Keywords: Case studies, Family, Marriage, Sexual counselling, Sexual relationships