Research Shows the Effects of Lockdown on Our Sex Lives

Lockdown has had many consequences on the health of the population since it's beginning, ranging from weight gain, to an increase in mental health problems.

A recent survey conducted in the U.K examines the effects of lockdown on people's sex life. Researchers surveyed 565 people between ages 18-32 at the end of peak lockdown in May. Those surveyed were part of a convenience sample and thus were not necessarily representative of the whole population.

Participants were asked if they engaged in intercourse, solo masturbation, and watching pornography, and were then asked to rate their health and wellbeing.

Related: *Natural Coronavirus Prevention*

A quarter (25.5%) of respondents who engaged in intercourse prior to lock down stopped having intercourse. There was a decrease in all activities across the board.

Within those participants who continued to engage in sexual activities a quarter of people reported masturbating more regularly, and 20% reported more intercourse with their partners. That being said, a third of participants reported having less sex with partners, and a quarter reported masturbating less.

Men who did not identify as heterosexual, and were in a serious relationship, were the most likely to report an increase in sexual activity. Women, on the other hand, were more likely to report lower sexual desire than men.

Recommended: *How to Eliminate IBS, IBD, Leaky Gut*

> *Our findings, which are published in the Journal of Sex Research, support other reports into the effects of lockdown*

restrictions. Lockdown measures have disproportionately affected some groups more than others. The reported increase in domestic chores and stress for women during the lockdown may explain the decrease in sexual desire and the negative effect on wellbeing.

How lockdown changed the sex lives of young adults – new research

The effects of the lockdowns also disproportionately affected younger adults, those less likely to be in a serious relationship and more likely to be exploring their sexuality.