

Effect of Body Hair Removal on Female Sexual Function

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Abstract

Body hair is a sign of sexual maturity for both women and men, but in women femininity is actually associated with a lack of body hair. women in ancient Egypt and classical Greece may have removed some or all of their body hair and grooming pubic hair may have been considered a feature of women's sexual attractiveness. woman with body hair was seen as less sexually attractive, sociable and intelligent, and more masculine, than the same woman without body hair.

Evaluate the impact of removal of body hair on various aspects of female sexuality. a self-report questionnaire designed by the authors guided by the female sexual function index (Rosen et al, 2000). The aim of the study and the details of the questionnaire were explained to the women before taking their informed consent. Participants were 222 women recruited from those attending the Dermatology and Andrology outpatient clinics at El-menshawey General Hospital, Tanta. Increase all sexual function after body hair removal.

The present study findings indicate that sexual functions as desire, lubrication, orgasm improve after body hair removal in women .Several factors affect female sexual function after hair removal as circumcision, education, occupational status and site of hair removal.

Keywords: Female sexual function, Hair removal, Methods of hair removal.

1. Introduction

Women's total removal of their body hair has been referred to as "body hairlessness" and described as a "new norm" for women in the world that has occurred over the past decade, with possible clinical implications [1].

However, as body hair styles and removal practices have rarely been documented, it is questionable to what extent women's total removal of their body hair is either new or normative. From artistic renderings of nude women, limited scientific literature, and survey data, it is clear that the extent to which women have removed or groomed their body hair has varied by historical time and place [2]. For example, art and artifacts suggest that women in ancient Egypt and classical Greece may have removed some or all of their body hair (in Greece, by plucking or singeing with a lamp) and that groomed pubic hair may have been considered a feature of women's sexual attractiveness [3].

Women who resisted shaving body hair felt negatively evaluated as dirty or gross [4] Many women also judged other women who did not remove body hair as less sexually attractive, intelligent, sociable, happy, and positive compared to hairless women [5]. Men also negatively evaluated women who did not remove body hair [6].

Any visible body hair unacceptable for any woman [7]. Body hair removal often begins at or around puberty when hair may grow more thickly. Reasons provided for hair removal link hairlessness to attractiveness, femininity,

cleanliness, sensation, others' preferences, and reasons of conformity to social norms [8] .

2. Material and methods

The current study is a cross sectional study. The subjects of this study were married women of different ages and cultures.

After taking the approval of the Ethical Committee and Dermatology & Andrology department in Benha University, the study proceeded as follows: the tool of the study was a self-report questionnaire designed by the authors guided by the female sexual function index .

The aim of the study and the details of the questionnaire were explained to the women before taking their informed consent.

Participants were 222 women recruited from those attending the Dermatology and Andrology outpatient clinics at El-menshawey General Hospital, Tanta in the period between April 2019 and October 2019.

2.4 Statistical analysis

Data were fed to the computer and analyzed using IBM SPSS software package version 20.0. (Armonk, NY: IBM Corp) Qualitative data were described using number and percent. Significance of the obtained results was judged at the 5% level.

3. Results and discussion

Table (1) Data of hair removal (n = 222).

	N	%
Method of hair removal		
Shaving	75	33.8
Waxing	50	22.5
Use of sweet	64	28.8

Table (1) Continue		
Laser	33	14.9
Site of hair removal		
Including the face	6	2.7
Pubic and axillary	89	40.1
Both	127	57.2

Table (2) Sexual activity among participants after hair removal (n = 222).

	N	%
Frequency		
Daily	1	0.5
2-3 times per week	99	44.7
Once per week	95	42.6
Once or twice per month	11	5.0
< Once per month	16	7.2
Spontaneous desire		
Once per day	59	26.6
2-3 times per week	11	5.0
Once per week	84	37.8
Once per month	68	30.6
Lubrication		
Almost every time of sexual encounters	50	22.5
>1/2 times of sexual encounters	92	41.4
About half the times of sexual encounters	45	20.3
<1/2 times of sexual encounters	19	8.6
Rarely or almost never	16	7.2
Difficulty of lubrication		
Not difficult	98	44.1
Slightly difficult	49	22.1
Very difficult	71	32.0
Rarely or almost never	4	1.8
Orgasm		
Every time of sexual encounters	26	11.7
>1/2 times of sexual encounters	63	28.4
About half times of sexual encounters	65	29.3
<1/2 times of sexual encounters	43	19.3
Rarely or almost never	25	11.3
Dyspareunia		
>1/2 times of sexual encounters	82	36.9
About half times of sexual encounters	1	0.5
<1/2 times of sexual encounters	95	42.8
Rarely or almost or never of sexual encounters	44	19.8
Dyspareunia degree		
High	44	19.8
Moderate	102	45.9
Low	76	34.2
Sexual satisfaction		
Very satisfied	126	56.8
Moderately satisfied	53	23.8
Dissatisfied	43	19.4

Table (3) Relation of hair removal to female sexual functions (n = 222).

	N	%
Increase in desire after hair removal		
Yes	149	67.1
No	73	32.9

Table (3) Continue		
Increase in frequency of orgasm after hair removal		
Yes	172	77.5
No	50	22.5
Increase in lubrication after hair removal		
Yes	198	89.2
No	24	10.8
Increase of pain during vaginal penetration in the day of hair removal		
Yes	44	19.8
No	178	80.2
Sexual activity after hair removal		
Change to better	192	86.5
Change to worse	0	0.0
No difference	30	13.5
Are there positive comments from your husband on your body after removing body hair?		
Yes	149	67.1
No	73	32.9
Do you feel that you are more attractive after removing body hair?		
Yes	170	76.6
No	52	23.4

Body hair is a sign of sexual maturity for both women and men, but in women femininity is actually associated with a lack of body hair [9] Women who have excessive facial hair have a negative impact on quality of life [10].

Many researchers report that a woman with body hair was seen as less sexually attractive, sociable and intelligent, and more masculine, than the same woman without body hair [11].

The present study aimed to evaluate the impact of removal of body hair on various aspects of female sexuality.

Our study reported that the most common method used in hair removal is shaving (33.8%), followed by waxing (28.8%), then waxing (22.5%) and the least is laser (14.9%). This result agrees with [12], in their work almost all participants (97.20%) reported having shaved some of their body hair, which makes shaving the most common depilatory method, followed by plucking (85.10%), removal creams (84.51%), and home waxing (44.25%). Most of their participants had tried more than one method and only 0.59% had tried laser treatments. Razor and shaving cream for pubic hair grooming is the most common method of hair removal (77.2%) as reported by [13].

Most commonly, women in the study of [12] depilated their under-arms (98.67%) and legs (93.66%), followed by the pubic area (85.69%), eyebrows (82.45%), and face (41.30%). In our study regarding site of hair removal the commonest is removal of hair from both face, pubic and axillary 57.2%, then pubic and axillary 40.1% and the least is face only 2.6%.

The present study shows the effect of hair removal on different sexual items. Most of women have increase of all sexual functions as spontaneous desire, frequency of orgasm, lubrication during intercourse after body hair

removal. The study shows that 86.5% of women feel that sexual activity changes to better, 67.1% receive positive comments from their husbands on their body after removing body hair and 76.6% of them feel more attractive after removing body hair. This result agrees with [14] who reported total female sexual function score and desire, arousal, lubrication and satisfaction subscale scores were significantly increased after hair removal compared to baseline scores. There is a prominent improvement in both sexual functions and sexual satisfaction of the participants after hair removal procedure. The increase in both sexual desire and sexual arousal might be attributed to the previous asseverations claiming that pubic hair removal provides increased aesthetic appearance and increased tactile sensitivity of the clitoris. Body satisfaction, self-esteem and sexual functions improve after total laser pubic hair removal in women [14].

In a study by [15] 2451 women between the ages of 18-65 were compared in terms of pubic hair removal type and sexual dysfunction, and found that women who had done total pubic hair removal had higher scores of total female sexual index, desire, arousal, lubrication, pain and sexual satisfaction than women with no hair removal and partial hair removal. Also [16] point to association between complete depilation and greater sexual activity.

Our present study shows that circumcised women have lower degree of desire, orgasm and lubrication after body hair removal than non-circumcised ones. This result agrees with [17] who revealed a significant association between female genital cutting and decline in the female sexual functions with significant difference between cases and controls in the total and individual FSFI domain scores. This decline is also manifested by the decreased frequency of sexual intercourse in cases compared to controls. Another study by [15] revealed no difference in the mean

desire or pain score, while there were statistically significant differences in the arousal, lubrication, orgasm, and satisfaction, as well as the overall sexual function score between circumcised and control women.

The present study shows that working women had significant lower desire, lubrication and orgasm than housewives. This result agrees with [18] who found that female sexual dysfunctions were highly prevalent among working women.

In our study there was a high statistically significant correlation between different levels of education and desire, orgasm and lubrication ($p \leq 0.05$). University education has the highest effect on desire, orgasm and lubrication than the lower education. There was no statistically significant effect on dyspareunia ($p > 0.05$) after body hair removal. This result agrees with [19] who indicated that women with higher educations would face sexual dysfunction less often.

The present study showed that there was a high significant correlation between the site of hair removal and desire, orgasm and lubrication ($p \leq 0.05$). Women who remove hair from both face, pubic and axilla have the highest desire, orgasm and lubrication. There was no statistically significant effect on dyspareunia ($p > 0.05$) after body hair removal.

[15] found that pubic hair removal was significantly associated with younger age, a greater interest in sex, vaginal fingering, clitoral stimulation, having casual sex partners, more likely to have received cunnilingus in the past four weeks, and had a more positive genital self-image and sexual function index scores.

4. Conclusion

The present study findings indicate that sexual functions as desire, lubrication, orgasm improve after body hair removal in women. Several factors affect female sexual function after hair removal as circumcision, education, occupational status and site of hair removal.

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