

ASPECTS OF SEXUALITY ASSOCIATED WITH THE QUALITY OF LIFE OF THE ELDERLY

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ABSTRACT: Older people are often stereotyped as non-sexual beings. In place of the idea of seniors losing interest in sex, the society needs to understand their own values and attitudes regarding this theme. Actually, sexuality is a well-known topic, but it seems to be treated little when it concerns the elderly. Thus, the current integrative manuscript essay aimed to observe the relationship between aspects of sexuality and the elderly quality of life. The data search was guided by the PICO tool and carried out on the Scientific Electronic Library Online (SciELO) and ScienceDirect platforms. This study was inspired by 17 original manuscript articles, using health descriptors, published from 2016 to 2022. According to the articles analyzed, the results highlight the elderly quality of life was positively correlated with sexuality, which encompasses cultural, psychological, and physical factors, able of enhancing and/or mitigating their respective sexual experiences. To conclude, there is a need to research older people more often. Furthermore, to expand the analysis on the relationship between the dimensions of quality of life and sexuality.

KEYWORDS: sexual behavior; quality of life; sexuality; aged.

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