

Sexual Life of Salaried Women in Iran

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Increasing the social presence of women in the labor market is one of the factors influencing the sex life of employed women, and efforts to improve their quality of sexual life are among the necessities. The objective of this study was to investigate the factors and interventions that influence the sex lives of employed women. In this study, articles published in Google Scholar PubMed, Web of Sciences, Science direct, Scopus, Iranmedex, Magiran, and SID Searches were collected using the following keywords: female employees, sex life, sexual health, sexual dysfunction, sexual function, quality of sex life, marital satisfaction, educational programs, and educational interventions, and their English equivalents. During the evaluation, 13 articles conducted inside and outside the country during the period 2010-2020 were included. The results of 13 studies were summarized in two main categories: factors favoring the sex life of employed women (8 articles) and measures in favor of the sex life of salaried women (5 articles). Benefiting from interventions and training based on individual psychology with different approaches can be an effective way to develop the mutual relations of couples and, consequently, improve the sex life of employed women.

Keywords: *Education, Salaried Women, Sex Life*