

## Variation in Frequency of Coitus during Different Trimesters of Pregnancy

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### Commentary

Sexual intercourse is a significant expression of intimacy [1,2]. Couples have this very important exercise in their marital relationship which signifies their bonding [1,2]. This remains similar in case of pregnancy as well [1].

Since sexuality discussion is a huge stereotype of many social groups and societies, it becomes highly questionable to practice coitus or intercourse during pregnancy. The common question that we hear as reproductive health advocates that “can couples have sexual intercourse during pregnancy?” and “what is the frequency or number of times couples can have intercourse during pregnancy?” Also, it is another point of consideration and discussion that how it affects the sexual health of couple if they practice intercourse during pregnancy and on the other side what happens if they do not practice it. As, it is an intimate expression it becomes controversial to discuss about variation in frequency of coitus during pregnancy trimesters [3].

The sexual intercourse practice or frequency indirectly effects during pregnancy because of the symptoms women is facing like vomiting, fatigue, breast and vaginal sensitivity etc. [4]. Also, change in other emotional circumstances during pregnancy effects the initiation of sexual or physical relationship [4,5]. However after initiation it can also be negatively affected due to various alterations happening to women’s body while bearing a fetus [5].

There are particular concepts or fears that women bear like sexual intercourse during pregnancy can make fetus abnormal or induce premature labor and delivery [5,6]. Although, it’s not a natural or inherited response, but some women have feeling of being uncomfortable if they will engage in sexual activity while they are pregnant [6].

Several researches have shown that there is a decrease in sexual activity while pregnancy reaches to second trimester in comparison to when its starts [4,7]. A quarter portion of women have reported slight decline in first and second trimester [8]. Other’s strongly support on basis of their research that early months of pregnancy have similar frequency but it decrease with increasing of the pregnancy months [9]. But some other studies have also resulted that sexual intercourse’s frequency decreases in early first trimester but becomes same like regular practice of couple in second trimester and again decreases in

third one [2]. Considering to it the common concept derived can be that there is a varying pattern throughout the pregnancy time but it has a common decrease in beginning and ending weeks, some highlighted variations in frequency can be seen in middle trimester or months. But this doesn’t justify signs of poor sexual life or health as there is evidence of other manuscript sexual practices among partners while vaginal penetration or coitus is decreased [2]. It is encouraged that other symbols of intimacy can lead to good sexual health during pregnancy even and it shows the support from spouses for each other that other expressions of intimacy can also strength the couple bonding during this time.

Looking the overall circumstances from various literature search and reading researches, it has seen that there is a change in difference in frequency of intercourse or sexual activity evidently in first and third trimester, but it is similar in the fourth to six month of pregnancy. There is a huge need to analyze this question on basis of both qualitative and quantitative studies as some clinical practices shows the suggestions of sexual intercourse during third trimester to induce the labor through sperm motility. However, there is a huge gap in terms of finalizing a particular response to that as there are individual cases attending to reproductive services. It is still to be worked on understanding and retrieving the concept of how variation in frequency of coitus and practicing sexual intercourse during pregnancy is very much concerning point that effects mother, child or couple relationships etc.

So, far it has seen from the research that there is a varied pattern of variation in number or frequency of coitus during pregnancy and couples are practicing it.

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