Title: Teaching sexual satisfaction in girls and women participating in damghan city from 1385 till 1389 sexual hygiene workshop with the help of saya consulting center

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Abstract: God has inspired the love into the nature of human beings. A part of humans nature is sexual instincts which is completed during maturity. According to the definition of (WHO) for sex, sexual hygiene is the balance between mind, feeling and body. Unfortunately in our society, sex is a taboo and there is not much sexual teaching in any age group. Accordingly, there will be many problems, disorders, sexual disagreements and sexual deviations in the society. In this research, solving sexual problems, especially in married men and women by teaching and holding sexual hygiene teaching workshops was aimed.

Research aims:
1-knowing the outbreak of sexual disorders and deviations in single men and women
2-knowing the outbreak of sexual disorders and deviations in married men and women.
3-knowing the sexual disorders in different phases and processes of sex.
4-knowing the values, beliefs and sexual behaviors in young people and couples.
5-considering the rate of sexual satisfaction before and after teaching and holding sexual hygiene workshops.

materials and methods:
This research was done on 100 single girls and 300 married men and women between the age of 20 to 30 who voluntarily participated in sexual hygiene workshops from 1385 till 1389 (450 hours for 260 women and 40 men).
All of necessary information before and after teaching was taken by questionnaires designed by the researcher himself.
And these mentioned data were analyzed using EPI6 software.

Results: The following results are taken from the research before and after training rate of sexual behaviors outbreak in out and inside of family focus, job, education, age, dangerous behaviors gay and lesbian homogeneous, having sex with opposite sex, self satisfying in married and single people separately. Outbreak of sexual disorders was in desire phases, stimulation, orgasm and seminal effusion.
And it can be really easy to solve the disorders only by training from 69% up to 85%. The disorders in other cases except for 2% will be removed and solved with drugs and surgery.

Sexual dangerous behaviors, sexual deviations. self satisfying, sex

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