



The Wedding night: The importance of the couple's preparation

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Introduction :

The myth of the wedding night (WN) persists to this day in our society even with the modernization and evolution of young people's mentalities regardless of their previous sexual experience.

The aim of our study was to identify the sexual assumptions of married couples in Tunisia before marriage and to study their perceptions and experiences of sexuality during the wedding night.

Methods :

We conducted a study on social networks, spread over a period of one month from 25/01/2020 to 25/02/2020

Results :

We included 100 married people (38 men and 62 women). Most of the people studied were between 20 and 35 years old. The majority (65%) had a higher education level. Of the 100 people studied, 54 had sexual experience before marriage. The two main sources of information about the process of WN for our population were the internet (33%) followed by friends (21%). In our study, 61% stated that for them the performance of sexual intercourse was not mandatory during WN. The figure shows the rate of people who performed a cultural ritual during the WN. The most commonly used ritual was the blood-stained sheet (52%).

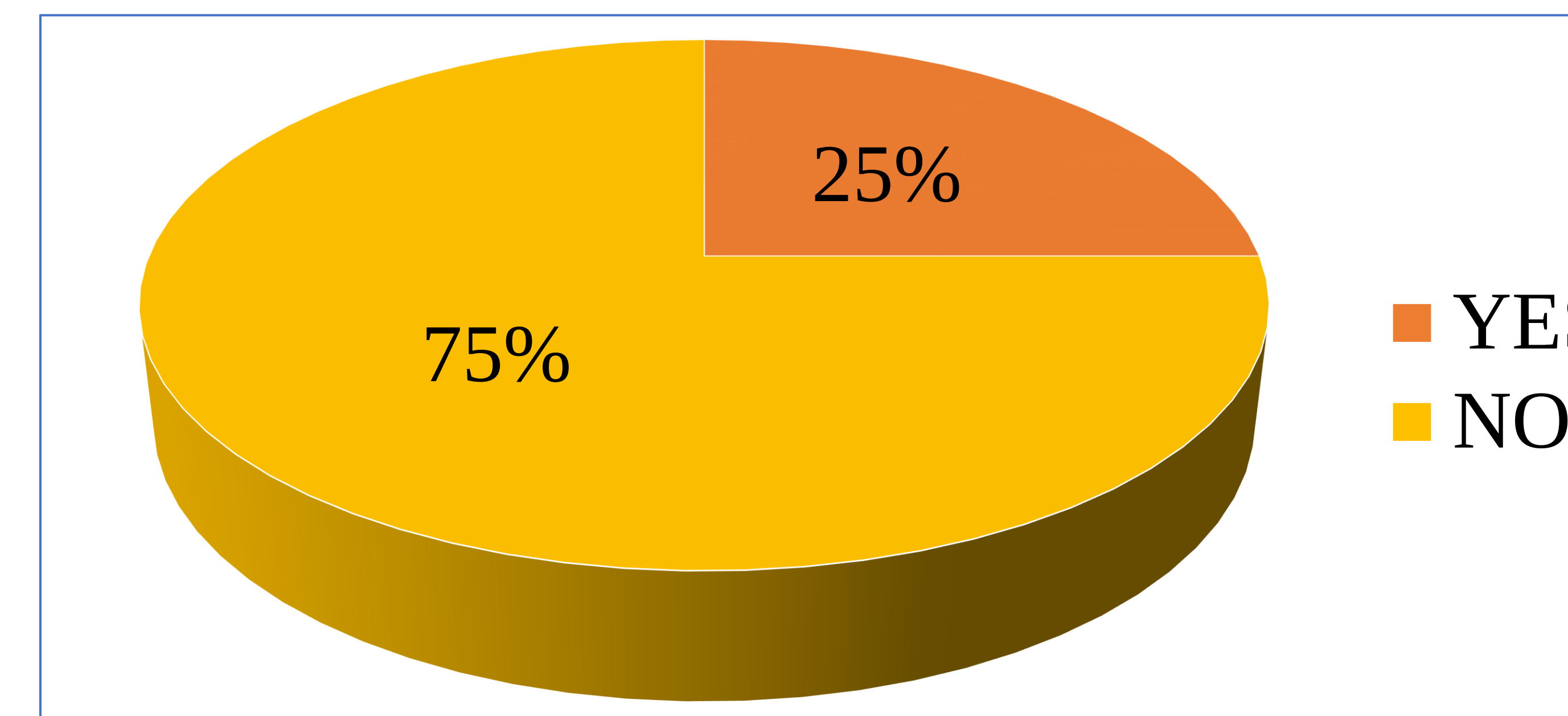


Figure : the rate of people performing a cultural ritual during the wedding night

The occurrence of complications during WN was reported by 30.6% of the couples. The majority of the people interviewed (56%) had a premarital consultation and 84% stated that the subject of sexuality was not discussed during this consultation. Sex education during the premarital consultation was considered necessary by almost all of our population (97%)

Discussion :

According to our results, the sexuality of the couple during WN remains a taboo subject regardless of the level of education of the people or their origin. This is mainly due to the cultural rituals still performed in our society but also to the sources of information of these couples (Internet and friends essentially). Indeed, less than 15% of couples have discussed this subject during the premarital consultation.

Conclusion :

In light of these results, early sex education is required for young people