

Why are we having less sex?

Video transcript - Too busy for sex

When we look at trends over the last 20 years we see that the frequency of sex has declined from five times a month to three times a month.

Now, we can often anticipate what the data will tell us (we've become familiar with trends) but this, we were completely surprised at.

We had no idea that we'd see that decline and of course the survey gives us very few clues as to why that might be the case. The questions aren't geared to providing explanations and we were thrown on our resources to think of reasons.

Of course the obvious one is that life is much more complex, it's a great deal busier than it was two, three or four decades ago.

We have laptops, iphones, ipads which are in the home and tend to erode the boundary between home and work, the outside world of consumption and material goods and inside. So, we can go on with all those activities after hours if you like.

And that might intervene in a period when we might otherwise be having a meal with a partner, engaging in discussion with a partner, becoming closer and perhaps going to bed and having sex.