Switzerland-in-24

Study shows: Swiss people want more sex

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On average, the Swiss have sex 5.4 times a month - and everyone would like to have more of it: men want to do it 10.8 times, women 8.2 times. Almost half of men have sex to feel happier, and one in three women.

In fact, over two thirds of those surveyed believe that their sex life influences their mental and emotional well-being, in French-speaking Switzerland it is as much as 79 percent.

Skeptical of trends

Almost half of the men said they were willing to experiment and open-minded with regard to sexuality, while it was almost one in four women. 13 percent of those surveyed have never gone to an erotic party, but would like to do it someday.

However, the Swiss are not open to new trends across the board. In particular, the choice of partner through DNA matching (47 percent), dating apps (34 percent), virtual reality pornography (31 percent) and Viagra for women (27 percent) are skeptical to negative.

After all, five percent are open to sex with artificial intelligence (AI), but 63 percent are not familiar with it.

Take Our Poll

Corona pandemic left its mark

The coronavirus pandemic naturally affects people's experiences, desires and concerns about their own health. It may be astonishing that 30 percent of all respondents have thought of dying and death less than before since the outbreak of the pandemic. Almost as many, however, fear new diseases and pandemics.

Health interest, knowledge and awareness have increased over the past two years. A little more than half of the respondents pay more attention to their health today and know more about it and their immune system.

Question to Doctor Google

Under these circumstances, it does not seem surprising that the Swiss are doing something more on their own for their health - and the doctor's practice is no longer the only point of contact. «Dr. Google »is an important source, especially for the youngest.

One in five of the youngest respondents also uses health offers on social media heavily to very heavily. Nevertheless, four out of five stated that they continued to consult a family doctor on a regular basis.

Almost two-thirds of the study participants are also open-minded or in favor of a digital patient record.

Eating makes you happy and beautiful

More than half (55 percent) of the informants said they felt happy to very happy, the happiest are those aged 60 to 74 (62 percent).

Diet seems to play an important role here: three out of four people say that diet influences their feelings of happiness and emotional satisfaction. Even more people attribute a positive influence on the immune system and defenses to the diet - and therefore like to eat foods containing vitamin C and iron, as well as nuts and seeds. More and more people are also open to so-called superfoods and vegan diets.

In order to optimize their own body, many Swiss people are ready to change their diet. And they are paying a price for beauty, which in the opinion of many makes you satisfied and self-confident - men almost as much as women (around 77 francs per month). Women invest 28 minutes a day in their beauty, men 21 minutes.

A healthy environment makes healthy people

It is true that the drinking water and pesticide idiosyncrasies, as well as the CO2 law, were recently sent off by the electorate. But the health study shows that three quarters of the population believe that the environment has a strong impact on health. The respondents consider air quality to be the most important (88 percent), followed by water quality (84 percent) and pesticides (77 percent).

A quarter of the respondents are very concerned about the pollution of food and drinking water, whereby this proportion is significantly higher among the oldest than among the youngest (35 versus 16 percent).

The second study on the future of health, financed by the health insurance company Sanitas, surveyed around 2000 people between the ages of 18 and 74 from all parts of the country in November 2020 and January 2021.

The results flowed into the 400-page book, for which thirty independent journalists wrote numerous interviews, reports, visions of the future and background texts. The work entitled “Health Forecast – The New Optimism” will go on sale on June 24th.