

# The Impact of Sexual Esteem and Sexual Conscious on Sexual Satisfaction in Married People

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## Abstract

Various studies have shown that the origin of many marital conflicts is in inadequacy of sexual relations. The main objective of this study is to determine the relationship between sexual esteem and sexual conscious with sexual satisfaction. 200 married students fulfilled the Multidimensional Sexuality Questionnaire (MSQ) and sexual satisfaction of Larson. The average correlation coefficients between sexual esteem and sexual conscious with sexual satisfaction were obtained (respectively to 0.47 and 0.48). The results of multivariate regression showed that the components of sexual esteem and sexual conscious have determined about 29.6% of variance in sexual satisfaction. It seems that evaluation of sexual issues is required for marital treatments and the variables should be considered seriously in therapeutic interventions.

**Keywords:** sexual esteem, sexual conscious, sexual satisfaction

## 1. Introduction

Adequate sexual function is one of the signs for physical and mental health and could cause sense of common joy between couples and could also enhance the ability of individuals for efficient coping with stresses and problems in life. Non-satisfactory nature of sexual relations could lead to sense of deprivation, failure and insecurity in couples. Sexual disorders, created for any reason, could lead to negative outcomes. Researches have shown that sexual dysfunctions are in close relationship with social problems such as crimes, sexual assault, mental disorders and divorce (Amrollahi, Roshan Chesli, Shairi et al, 2013). Therefore, sexual satisfaction is increasingly important in marriage. Previous studies have provided some evidences that sexual satisfaction is positively correlated to general relationship and marital relations and satisfaction. On the contrary, sexual dissatisfaction is correlated to betrayal and even divorce. Hence, identification of factors related to sexual satisfaction is important for better understanding and how to help people to make and preserve intimate relationships (Ashdown, Hackathorn and Clark, 2011).

### 1.1. Literature Review

Different investigations have demonstrated that the inception of numerous conjugal clashes is in insufficiency of sexual relations (Keihannia, 1998). The sexual esteem is emphatically connected to sexual satisfaction, in connection to more feeling of joy, relationship fulfillment and physical wellbeing. Sexual satisfaction could be improved by methods for focusing on the sexual esteem. Sexual esteem is connected to sexual satisfaction and is adversely related to sexual disarranges, for example, sexual torment (Menard and Offman, 2009). Sexual esteem alludes to the esteem considered by individual for self as a sexual living thing, for example, sexual personality and comprehension of sexual capacity (Mayers and Heller, 2003). Zeanah and Schwarz are among the fundamental analysts growing the Harter's Confidence show and have alluded to sexual esteem as far as early adapting, family coordination, associates and society and each individual considers it as an essential component for development of standards as the paradigm of assessing considerations, feelings and sexual practices. As indicated by these researchers, the enthusiastic response of individual to mental assessments could shape the premise of sexual esteem and its 5 parts. skills and experience, control, attractiveness, moral judgment and adaptiveness are 5 areas of sexual esteem (Zeanah and Schwarz, 1996). Anderson and Cyranowski (1994) trust

that sexual esteem alludes to sexual measurements of individual got from past encounters, showed up in display encounters and measurements influencing significant social information handling important to sexual issues and directing sexual conduct.

“Self-consciousness” refers to the capacity to become the object of one’s own attention (Morin, 2006). Sexual conscious incorporates two segments of sexual shame and sexual self-focus (Heyse and Hayashi, 1990). One of the pathologic procedures in wasteful individuals is self focus. Self-focus is related with work related concerns. Self-focused could be centered around physical sensations, thoughts and feeling (private self-focus) or on self-related information from the environment (public self-focus). The term of public self-focus alludes to self-consciousness. Like the self-focus, self-consciousness is considered in two private and public measurements as it was said. In the investigation directed by Muston, individuals with more private consciousness have revealed better capacity because of sexual want, climax and consistency with accomplice, and sexual fulfillment (Jacques, Van lankveld, Wendy, 2008). Despite what might be expected, individuals with higher public consciousness have announced more sexual disappointment (Celik, 2013). Conscious may cause worry amid sexual relationship and subsequently, it might counteract feeling of delight and delight of sexual movement. Therefore, sexual conscious may lessen consciousness of physiologic joy in people (Bosses and Johnson, 1970).

## 2. Methodology

This study is a descriptive and correlative research. In this type of research, the author tends to know that is any correlation between two variables or groups of information or not (Nadi et al, 2010). In this study, questionnaire is used to measure the correlation between sexual esteem and sexual conscious with sexual satisfaction.

### 2.1 Statistical Population and Sample

The statistical population in this study consists of all married students of Islamic Azad University of Rodehen educating in educational year 2014-2015.

### 2.2 Sample Size and Sampling Method

To spellbinding studies, a test extent with 100 parts is required. On correlative studies, those littlest example span of 50 people may be required with express the caliber about relationship (Delavar, 2011).

"around wedded people of islamic Azad college for Rodehen, as stated by test size, 200 people were chose utilizing bunch testing system. Islamic Azad university about Rodehen incorporates 10 divisions for instructive and consultative Sciences, Psychology, social Sciences, Agriculture, persia expositive expression What's more remote Languages, symbolization and Architecture, essential Sciences, Engineering, division of commercial concerns Furthermore Accounting, islamic training assembly. Starting with these departments, 6 divisions from claiming instructive sciences, psychology, social sciences, persia expositive expression Furthermore outside Languages, building What's more economics What's more accounting were chose utilizing bunch inspecting. "around instructive science Also brain research departments, 34 individuals starting with every Branch were analyzed. Crazy of divisions of social sciences, persia written works Furthermore remote languages, engineering, economics What's more accounting; 33 individuals from every section were inspected.

## 3. Data Collection Instrument And Validity And Reliability Of Questionnaires

### 3.1 Multidimensional Sexuality Questionnaire

Multidimensional sexuality questionnaire (MSQ) (Snell, Fishers and Walters, 1993) is an explicit self-evaluation instrument designed to measure 12 subscales of human sexual issues.

The 12 measurements are as per the following: (1) sexual-esteem, characterized as constructive respect for and trust in the ability to encounter one's sexuality in a delightful and agreeable way; (2) sexualpreoccupation, characterized as the inclination to consider sex to an exorbitant degree; (3) internal sexual-control, characterized as the conviction that the sexual parts of one's life are dictated by one's very own control; (4) sexual-conscious, characterized as the propensity to contemplate the idea of one's sexuality; (5) sexual-motivation, characterized as the want to be associated with a sexual relationship; (6) sexual-anxiety, characterized as the propensity to feel pressure, distress, and tension about the sexual parts of one's life; (7) sexual-assertiveness, characterized as the propensity to be decisive about the sexual parts of one's life; (8) sexual-depression, characterized as the experience of sentiments of trouble, misery, and melancholy in regards to one's sexual coexistence; (9) external sexual-control, characterized as the conviction that one's sexuality is controlled by impacts outside of one's close to home control; (10) sexual-monitoring, characterized as the propensity to know about people in general impression which one's sexuality makes on others; (11) fear-of-sex, characterized as a dread of taking part in sexual relations with another individual; and (12) sexual-satisfaction, characterized as the inclination to be

profoundly happy with the sexual parts of one's life (Rahafar, 2010).

### *3.2 Larson's Sexual Satisfaction Questionnaire*

The sexual instinct and relevant issues follow human from the time of birth to the death. Many human activities from relations with others to the aim by gaining income are severely affected by sexual desires and tendency for sexual satisfaction. Hence, sexual issues, sexual satisfaction, sexual problems and their importance in life and moral, cultural, social and medical health are undeniable. Sexual conflicts and problems are always among early causes of divorce and marital conflicts. Larson's Sexual Satisfaction Questionnaire was provided by Larson et al (1998). The questionnaire contains 25 items and the answers are pointed in form of 5-point likert scale (Mohammadi, 2013).

### *3.3 Validity and reliability of MSQ*

The internal consistency of scales of MSQ is obtained using Cronbach's alpha. The sample individuals were equal to 327 people (265 women, 117 men and 4 unknown) selected from lower educational levels of academic psychology of one of the central states of the US (Snell et al, 1993). The alpha coefficients were estimated for all 12 subscales. Each coefficient was based on 5 items. Alpha coefficient for all sample individuals in 12 subscales (subscales 1-12) was obtained respectively to 0.87, 0.94, 0.80, 0.71, 0.91, 0.83, 0.77, 0.92, 0.86, 0.90, 0.82 and 0.90. The reliability of retest for each subscale (1-12) was respectively obtained to 0.85, 0.73, 0.63, 0.75, 0.83, 0.64, 0.65, 0.70, 0.68, 0.69, 0.67 and 0.76. In summary, 12 subscales of MSQ showed internal consistency and retest reliability higher than normal level.

### *3.4 Validity and Reliability of Larson's sexual Satisfaction Questionnaire*

Validity and reliability of this test were respectively obtained to 0.90 and 0.86. In another study, reliability of the questionnaire was obtained to 0.93 in a fertile group and to 0.89 for an infertile group using Cronbach's alpha (Mohammadi, 2013).

### *3.5 Procedure*

In the data collection process, the author asked about marital status of participants at the first. If they were married, their oral consent was taken and they were ensured that they could enough time to answer the questions and to explain the research procedure and explain the way of answering questions in the questionnaire and the questions were given to respondents individually.

## **4. Data Analysis Method**

The present study has determined the correlation between sexual esteem and sexual conscious with sexual satisfaction in married students and the results are analyzed. In this section, at the first, statistical indices related to data description including descriptive indices related to MSQ and Larson questionnaire are provided. Then in data analysis section, the research hypothesis is tested using adequate statistical test and statistical calculations are done using SPSS-20 software. Statistical analysis is descriptive and inferential analysis explained in the following.

### *4.1 Descriptive Statistical Analysis*

In this section, after data collection, the descriptive statistics are used including frequency, percent and central indices (mean) and distribution (variance and SD) to describe the sample.

In this section, the descriptive statistics of statistical sample are presented based on age and gender.

#### **1. Age of respondents**

Table 1 has presented frequency distribution and frequency percent of respondents based on age. According to the information in table 1, the highest frequency and percent are possessed to age range of 20-30 years old in both groups.

Table 1: frequency percent of respondents based on age

Age	Index	
	Frequency	Percent
20-3 years old	138	1.69
31-40 years old	42	3.21
41-50 years old	18	6.9
50 and over	2	1
Total	200	100.0

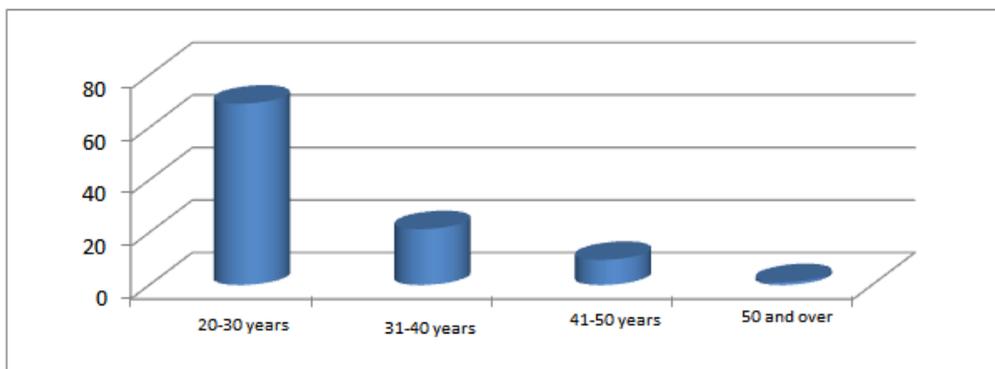


Figure 1: diagram of frequency distribution of sample based on age

**2. Gender of respondents**

Table 2 has presented frequency distribution of respondents based on gender. According to information in this table, the highest frequency is related to females. Hence, 61.7% of sample individuals are female and 38.3% are males.

Table 2: frequency distribution of respondents based on gender

Gender	Index	
	Frequency	Percent
Male	77	38.3
Female	123	61.7
Total	200	100.0

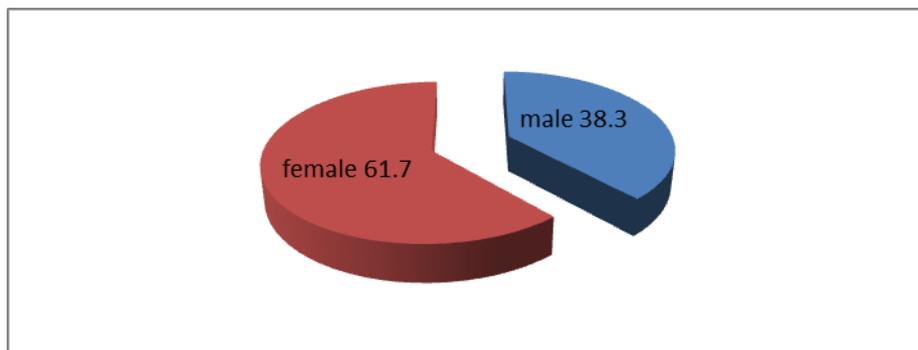


Figure 2: diagram of frequency distribution of sample based on gender

#### 4.2 Descriptive indices of research variables

Table 3: descriptive indices of research variables

Variable	Test index		
	Number	Mean	SD
Sexual esteem	200	14.0350	6.18588
Sexual conscious	200	8.8800	3.97803
Sexual satisfaction	200	73.2900	12.26122

According to the results obtained from table 3, the mean value of the variable of sexual esteem in studied group is obtained to 14.03. As the maximum level of this variable is 20, it could be mentioned that sexual esteem in studied individuals is higher than average level.

According to the results in table 3, mean value of variable of sexual satisfaction in studied group is obtained to 73.29. As the maximum value of this variable is 125, it could be claimed that sexual satisfaction in studied individuals is higher than the average level.

#### 4.3 Research Hypothesis

- Sexual esteem and sexual conscious could be predictors of sexual satisfaction in married people.

Table 4: the results of correlation matrix on the correlation between sexual esteem and sexual conscious with sexual satisfaction

Variable		1	2	3
1	Sexual esteem	1		
2	Sexual conscious	0.521**	1	
3	Sexual satisfaction	0.470**	0.479**	1

\*\* sig level of 0.01

According to the results in table 4, as the r value in correlation between sexual esteem and sexual satisfaction to 0.470 is significant at the level of 0.05 and the correlation is direct and positive; the H<sub>0</sub> (no correlation between two variables) is rejected and alternative hypothesis (H<sub>1</sub>) (correlation between two variables) is confirmed. In other words, with increase in sexual esteem, the level of sexual satisfaction is increased in married people.

According to the data in table 4, as r value in correlation between sexual conscious and sexual satisfaction to 0.479 is significant at the level of 0.05 and the correlation is reverse and negative; H<sub>0</sub> (no correlation between two variables) is rejected and H<sub>1</sub> (correlation between variables) is confirmed. In other words, with increase in sexual conscious, the sexual satisfaction is decreased in married people.

Table 5: the results of multivariate regression of sexual satisfaction in terms of sexual esteem and sexual conscious

Model	Index of source of variance	Sum of squares	DF	Mean squares	F	Sig
1	Regression	8866.688	2	4433.344	41.489	0.000a
	Residual	21050.492	197	106.855		
	Total	29917.180	199			

The results obtained from regression analysis in table 5 show that regression of sexual satisfaction based on sexual esteem and sexual conscious is significant statistically and the components could explain a part of variance of sexual satisfaction. In other words, the results show that regression coefficients are significant and there are enough evidences to confirm the hypothesis. In other words, there is significant correlation between sexual esteem and sexual conscious with sexual satisfaction statistically.

Table 6: results of multivariate regression of sexual satisfaction based on sexual esteem and sexual conscious

Criterion variable	Predictor	Non std. coefficients		Std. coefficient Beta	t	Sig
		B	Non std. error			
Sexual satisfaction	Fixed effect	56.70	2.028		27.652	0.000
	Sexual esteem	0.600	0.139	0.302	4.321	0.000
	Sexual conscious	0.992	0.216	0.322	4.595	0.000
1	R	0.544		R2	0.296	

According to R2 value in table 6, it could be found that the components of sexual esteem and sexual conscious in the presented model could determine about 29.6% of variance in variable of sexual satisfaction. The beta value in the model shows the level of variance determination level of predicting variable on criterion variable. According to the standardized beta coefficients, the major role of determination of sexual satisfaction is possessed by sexual conscious; so that per one unit variance in sexual conscious, variance about 0.322 units could be created in sexual satisfaction. The components of sexual esteem could also play role in determination of variance of sexual satisfaction to 0.302 units.

## 5. Conclusion

In the analysis of research hypothesis "sexual esteem and sexual conscious could be predictors of sexual satisfaction in married people"; there was significant correlation between sexual esteem and sexual conscious with sexual satisfaction statistically. In the previous studies, the correlation between sexual esteem and sexual satisfaction has been positive and this finding is confirmed in this study. Moreover, in the previous studies, the correlation between sexual conscious and sexual satisfaction has been negative and this finding is confirmed in this study.

## 6. Discussion

According to Dapai and Brugen (2013), low sexual esteem is associated with lower sexual function and satisfaction. Menard and Offman (2009) showed in their study that sexual esteem is correlated to sexual satisfaction and sexual problems (negatively) like sexual pain. Oattes and Offman (2007) found that high degree of general and sexual esteem could predict higher ability to make relationship in regard with satisfying sexual behaviors with a partner. According to the results obtained from the study, it could be mentioned that higher sexual esteem is correlated to more satisfying sexual behavior. Therefore, sexual esteem is a factor for improvement of sexual satisfaction in individuals.

Moreover, Bai, Bahrami, Fatehizadeh et al (2012) found in their study that there is significant correlation between sexual conscious and sexual function. Sanchez and Kiefer (2007) found correlation between sexual shame, joy and sexual problems with conscious while physical intercourse. Baggett (2007) found in a study that high sexual conscious could damage sexual satisfaction. According to research findings, it could be found that conscious may prevent creation of pleasure and joy in sexual activity.

## 7. Applied Suggestions

- 1- Holding educational workshops in field of sexual esteem and sexual conscious in relation to sexual satisfaction for psychologists
- 2- Holding educational workshops before marriage in field of educating factors affecting sexual satisfaction and sexual issues such as sexual esteem, sexual conscious and sexual self-efficacy for couples
- 3- Holding educational workshops for adolescents to enhance self-esteem and sexual esteem
- 4- Psychologists could diagnose the sexual disorders of clients using multidimensional measurement scales.

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