

HOW SEXUAL SELF-ESTEEM AND EROTOPHILIA INFLUENCE SEXUAL SATISFACTION

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INTRODUCTION

According to Goshtasebi, Behboudi and Rahimi's survey (2011), universally, the prevalence of sexual malfunctions fluctuates between 37%-9% in women and 13%-2% in men. In Spain figures oscillate between 33% in women (Portillo, Pérez y Rolluela, 2017) and 42% in men (Prieto, Campos, Robles, Ruíz y Requena, 2010). Numerous causes could affect its manifestation. Particularly, self-esteem is closely related to corporal appearance in women, whilst in men it is related to efficacy, which could deflect sexual experience (Rodríguez, Calado y Lameiras, 2004). Besides, erotophilia has been recognised to be associated to the reiterative realisation of erotic activities with having a major number of contacts and sexual partners (Bermúdez, Ramiro y Ramiro, 2013; Fisher et al., 1988). Given the sociocultural evolution throughout the last decades, it should be considered if the young Spanish population maintain these results.

OBJECTIVES AND HYPOTHESIS

The aim of this research is to take into consideration the role of self-esteem and erotophilia regarding sexual satisfaction in both women and men. Hence, the hypothesis focuses on the idea of: both in women and in men, a major self-esteem and positive attitudes towards sexuality will suppose a superior sexual satisfaction.

METHOD

PARTICIPANTS. 273 people, 71.8% women (196) y 28.2% men (77), ages between 18 y 43 years old (M=22.6; SD=4.16). Among which, a 1.1% has primary studies, a 12.1% secondary and an 86.3% superior education. The inclusion criterion utilised to make a selection among participants is being more than 18 years old.

INSTRUMENTS

1. **Interview about sexual opinion (EROS) (Del Río, López y Cabello, 2003):** the purpose of this test is to measure the level of erotophilia-erotophobia, by means of 20 items likert scale (1 to 7).
2. **Self-esteem scale of multidimensional sexuality questionnaire (Snell, Fisher y Walters, 1993):** this scale evaluates the self-esteem associated with sexual relations through 5 items Likert (1 to 5).
3. **New scale of sexual satisfaction (NSSS) (Stullhofer, Busko y Brouillard, 2010):** takes account of the sexual satisfaction on the personal level and in couple through 20 items Likert (1 to 5).
4. **Ad-hoc Questionnaire** in order to evaluate socio-demographic information and emotional welfare with sexuality by means of 6 questions.

PROCEDURE

The information of the given survey was spread through social media, in a message which contained the link to perform an online questionnaire. Once the participants accepted the policy, they could complete the questionnaire on their own accord and anonymously. The application of the Deontologic Committee was negotiated for the study. The results were processed with the statistic programme SPSS 23, performing descriptive analysis, differentiating, correlation and regression.

RESULTS

In general terms significant differences at statistic levels are only encountered in an attributive value to the emotional wellbeing in sexual relationships and sexual satisfaction, being in both cases greater among women (see table 1) with a major amount of effect lower in satisfaction ($d=0.31$; $CI=0.04;0.57$) and in emotional wellbeing ($d=0.41$; $CI=0.15;0.68$).

| | Woman (M, SD) | Man (M, SD) | t(p) |
|---------------------------------|----------------------|--------------------|---------------|
| Eros | 89.89 (11.83) | 88.85 (10.01) | 0.67 (0.498) |
| Self-esteem | 18.85 (4.219) | 19.19 (4.16) | -0.59 (0.551) |
| Satisfaction | 82.22 (10.8) | 78.90 (11.69) | 2.17 (0.003) |
| Emotional welfare in sex | 3.86 (0.379) | 3.68 (0.549) | 3.12 (0.002) |
| Physical pleasure | 3.31 (0.633) | 3.4 (0.591) | -1.09 (0.275) |

Table 1. Distinguishing analysis between men and women

Relative to the correlation analysis between variables, it can be observed that exists a relation either with self-esteem and satisfaction ($r=0.528$; $p=0.001$), and with erotophilia and satisfaction ($r=0.169$; $p=0.006$), as well as with the importance given to physical appearance ($r=0.159$; $p=0.010$) and emotional welfare ($r=0.150$, $p=0.015$).

As the regression analysis shows, in women, a 28.6% of the sexual satisfaction is explained as a result of self-esteem ($B=0.535$; $e=0.160$; $CI= 1.073, 1.706$) and in the case of men, it is a 31.8% ($B=0.564$, $e=0.296$; $CI=1.112, 2.293$).

CONCLUSION AND DISCUSSION

Once the results have been obtained, it can be observed that exists an upper satisfaction and emotional welfare in women rather than in men. Furthermore, self-esteem influences more in women's satisfaction than in men. This fact could be understood as a consequence of the stereotypes society has given to women, as they are defined as emotionally expressive, who give more importance to feelings than men and have been classified as sexual objects (Hernández y González, 2016). On the contrary, the imposed gender roles in men have been quite the opposite, men have to have a "good sexual performance". It is comprehended that men have a powerful, active sexuality rather than the passive role of women, thus, men have more social pressure to achieve it (Moya, 1984).

Likewise, the hypothesis is partially accomplished since only sexual self-esteem modulates sexual satisfaction, as had been shown in the previous survey of Rodríguez et al. (2004). Otherwise erotophilia has no relevance. This could be due to the fact that there is an homogenic sample of positive attitudes towards sex and/or, that probably exist variables that can modify the influence of erotophilia.

With regard to the limitations of this research, it should be taken into account: the age, in future investigations it would be appropriate to observe behaviour in different generations; the number of participants given that it is relatively reduced, therefore, it should be broadened. Besides, it is recommendable trying to obtain a considerable amount of positive/negative attitudes concerning sexuality. Gender, this study analyzes both sexes equally, so it could focus on gender specific study. Ultimately, more specific or more rigorous questionnaires could have been utilised.

Regardless, according to the results, it has to be highlighted the importance of treating with self-esteem to avoid and prevent sexual dysfunctions. Considering that either in women and in men, self-esteem is the cause of most of the sexual dysfunctions. What is more, it should not be forgotten that sexual dysfunctions are as relevant as a mental disorder, since they affect individual's quality life. Therefore, it is vital to perform a deeper research in respect of the causes that generate dysfunctions and, thereby, employ the necessary treatments in future interventions.

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