

INFLUENCIA DE LA AUTOESTIMA Y EROTOFILIA EN LA SATISFACCIÓN SEXUAL

RESUMEN

La satisfacción sexual se define como una respuesta afectiva que surge por la evaluación de los aspectos positivos y negativos asociados a las propias relaciones sexuales. Puede ser relevante conocer qué factores afectan a esta variable, como la autoestima o la erotofilia. El objetivo propuesto en esta investigación es analizar la relación entre satisfacción sexual, autoestima y erotofilia en hombres y mujeres. La hipótesis de partida espera encontrar una mayor satisfacción sexual cuando se disponga de una autoestima alta y un nivel alto de erotofilia.

Para ello se ha llevado a cabo el presente estudio con una muestra de 303 personas entre 18 y 40 años ($M=21,67$; $DT=3,29$). Mediante la plataforma de Google se han administrado cuatro cuestionarios para la recogida de datos (cuestionario socio-demográfico, Nueva Escala de Satisfacción Sexual, Encuesta Revisada de Opinión Sexual y Escala de Autoestima de Rosenberg). No encontramos diferencias significativas para hombres y mujeres en autoestima y satisfacción sexual, sin embargo, el nivel de erotofilia fue mayor en mujeres. Por otro lado, se halló una relación lineal entre satisfacción sexual y autoestima ($r=0,334$, $p=,001$), aunque no para la erotofilia tanto en hombres como en mujeres. Y, por último, encontramos que en mujeres el 17,2% de la varianza de satisfacción sexual estaba explicada por la autoestima y la erotofilia ($F=19,066$, $p \leq 0,001$), sin embargo, en hombres el 6,5% de la varianza estaba explicada solo por la autoestima ($F=3,287$, $p=0,041$).

Podemos concluir que la autoestima y erotofilia parecen influir en la satisfacción sexual de las mujeres, pero solamente la autoestima repercutiría en la satisfacción sexual de los hombres. Por tanto, estos resultados podrían utilizarse para trabajar la satisfacción sexual en futuras intervenciones clínicas.

Palabras claves: satisfacción sexual, autoestima, erotofilia, intervención clínica.

ABSTRACT

Sexual satisfaction is defined as an affective response that arises from the evaluation of the positive and negative aspects associated with one's own sexual relationships. It may be relevant to know the factors affecting this variable, such as self-esteem or erotophilia. The aim of this research is to analyze the connection between sexual satisfaction and self-esteem and erotophilia in men and women. The starting hypothesis expects to find greater sexual satisfaction when having high self-esteem and a high level of erotophilia.

For this, the present study was carried out with a sample of 303 people between 18 and 40 years old ($M = 21.67$; $SD=3,29$). Four questionnaires were administered through the Google platform for data collection (socio-demographic questionnaire, New Scale of Sexual Satisfaction, Encuesta Revisada de Opinión Sexual - Revised Survey of Sexual Opinion and Rosenberg Self-Esteem Scale). We did not find major differences between men and women regarding self-esteem and sexual satisfaction, however, the level of erotophilia was higher in women. Moreover, a linear relation was found between sexual satisfaction and self-esteem ($r=0.334$, $p=.001$), although not for erotophilia in both men and women. And finally, we found that in women, the 17.2% of the variance of sexual satisfaction was explained in terms of self-esteem and erotophilia ($F=19.066$, $p \leq 0,001$), however, the 6.5% of the variance was explained only by self-esteem ($F=3.287$, $p=0.041$).

We can conclude that self-esteem and erotophilia seem to influence on women's sexual satisfaction, but only self-esteem would impact on men's sexual satisfaction. Therefore, these results could be used to work on sexual satisfaction in future clinical interventions.

Keywords: sexual satisfaction, self-esteem, erotophilia, clinical intervention.



INFLUENCE OF SELF-ESTEEM AND EROTOPHILIA ON SEXUAL SATISFACTION

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INTRODUCTION

Sexual satisfaction has been considered as a crucial factor in sexual health (Henderson, Lehavot & Simoni, 2009). It is defined as the affective response arising from the evaluation of the positive and negative aspects associated with one's sexual relationships (Byers, Demmons & Lawrance, 1998).

Sometimes this variable is influenced by other aspects. Fisher et al. (1988) have already discussed the association between erotophilia and increased sexual activity. Similarly, Herold & Goodwin (1981) and Ortega et al. (2005) have stated the relevance that sexual attitudes play in young people's sexuality. Likewise, it has been proven that, in general, higher self-esteem is positively related to sexual satisfaction (Otero, Fernández & Castro, 2004).

Due to the general shortage of studies on sexuality, and specifically on sexual satisfaction, this study aims to evaluate the influence of self-esteem and erotophilia on this variable, checking what role the two of them play together since they have been studied separately in many occasions and it would be essential to verify if either of them is more relevant.

OBJECTIVE

To in men and women, analyze if there is a connection of sexual satisfaction with erotophilia and self-esteem

HYPHOTESIS

Sexual satisfaction will be greater when people have a high self-esteem and a high level of erotophilia.

Self-esteem will have major relevance in sexual satisfaction than erotophilia.

Self-esteem and erotophilia will have a different impact on men and women.

METHOD

Participants

The sample consisted of 303 people, of which 66.3% were women and 33.7% were men. 76.25% were heterosexual, 4.95% homosexual and 18.8% bisexual. The age range was established between 18-40 years old (M = 21.67 and SD = 3.293).

Procedure

Research data was spread in social media (WhatsApp, Twitter, Facebook), the message included a link to a Google Form where voluntary and anonymous participation was reported. Prior to its completion, participants had to give their full informed consent.

Questionnaires

Sociodemographic Questionnaire: 6 items on sex, age, sexual orientation and relationship status.

New Sexual Satisfaction Scale (NSSS): 20 items related to sexual satisfaction at personal, interpersonal and sexual level (Stulhofer, Busko & Brouillard, 2010).

Revised Sexual Opinion Survey (EROS): 20 items about the willingness to respond to sexual stimuli both negatively and positively (Del Río, López & Cabello, 2013).

Rosenberg Self-Esteem Scale (CSR): 10 items regarding the exploration of personal self-esteem (Rosenberg, 1965; Aienza, Balaguer & Moreno, 2000).

DISCUSSION

Because little is known about the role of self-esteem and erotophilia regarding sexual satisfaction, in this population, the present study attempts to address existing limitations. Previous studies have shown that gender differences in sexual self-esteem exist, with men having higher levels than women (Peixoto, Amarelo-Pires, Pimentel Biscaia & Machado, 2018). Further studies have shown that erotophilia is the most important variable when it comes to explain sexual desire in men, while in women this variable is, although with less relevance, erotophobia (Carpintero & Fuertes, 1994; Lameiras & Failde, 1998; Sueiro, Diéguez & González, 1998). This reveals that men are more erotophilic and women more erotophobic.

Despite previous research studies, the present study has found conflicting results. No significant differences in self-esteem and sexual satisfaction were found between men and women, and women scored higher in erotophilia, this difference being significant, showing a more open attitude towards sexual stimulation than men. Likewise, a positive linear relation has been found between sexual satisfaction and self-esteem, which means that the higher the self-esteem, the greater the sexual satisfaction, or the other way round. Therefore, self-esteem is a relevant variable in both men and women, since it has been found that in both, men and women, self-esteem is significant, however, attitudes are also important to women. This disparity with previous results may be due to the fact that female sexuality is now becoming more visible and it's possible that, until now, women have not been able to express their sexuality as they really felt it or lived it. At the same time, gender roles continue to determine people's behavior as there is still a very solid male role in our culture, so that men must meet the sexual standards that are required of them.

Regarding the limitations of the study, in the self-reports used we can find the limitations inherent to this type of evaluation, such as the central-extreme tendency, falsification and social desirability, response-change bias, biased responses, etc. The sample size is also another limitation, since the number of subjects in the study is small and, in addition, the age range has been established between 18-40 years old, so we are not able to apply these results to the population.

Finally, for future research, we could analyse what other factors may be related to sexual satisfaction, also distinguishing between men and women. These could be useful within the clinical setting, since knowing which aspects have an influence in sexual satisfaction, we could work with each of them in future interventions.

RESULTS

Using the independent t-sample test, as shown in Table 1, we proved that there are no significant differences between men and women in terms of self-esteem and sexual satisfaction, but some differences are observed for erotophilia.

Table 1: Gender-based differential analysis of self-esteem, attitudes and sexual satisfaction

	TOTAL (N=303)		WOMEN (N=201)		MEN (N=102)		t	p
	MEAN	SD	MEAN	SD	MEAN	SD		
ROSENBERG SELF-ESTEEM SCALE (RSE)	30.46	5.92	30.34	5.92	30.69	5.93	0.65	.514
REVISED SEXUAL OPINION SURVEY (EROS)	74.64	8.38	75.59	8.88	72.81	7.00	2.74	.007
NEW SEXUAL SATISFACTION SCALE (NSSS)	78.10	13.65	78.47	13.40	77.37	14.16	-0.48	.633

Using Pearson's correlation, as shown in Table 2, we observe that there is a positive linear relation between sexual satisfaction and self-esteem both in the total sample and for women and men separately. However, no significant correlation was found for sexual satisfaction and erotophilia in any of the three cases.

Table 2: Correlations between variables in the total sample, in women and in men

		SEXUAL SATISFACTION		
		TOTAL	WOMEN	MEN
SEXUAL SATISFACTION	Pearson correlation	1	1	1
EROTOPHILIA	Pearson correlation	0.094	0.136	-0.016
SELF-ESTEEM	Pearson correlation	0.334**	0.376**	0.257*

The results of the linear regression indicate that 17.2% of the variance ($F=19.066$, $p \leq 0,001$) in sexual satisfaction for women is explained by self-esteem ($\beta = 0.39$, $e = 0.16$, lower limit = 0.6, upper limit = 1.22) and to a lesser extent by erotophilia ($\beta = 0.16$, $e = 0.10$, lower limit = 0.04, upper limit = 0.44). However, 6.5% of the variance for men ($F=3.287$, $p=0,041$) is explained by self-esteem ($\beta = 0.25$, $e = 0.24$, lower limit = 0.14, upper limit = 1.08), but not by erotophilia ($\beta = -0.01$, $e = 0.2$, lower limit = -0.42, upper limit = 0.37).

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