

GENDER AND AGE DIFFERENCES IN SEXUAL FANTASIES AND CYBERSEX

INTRODUCTION

Sexual Fantasies

Any mental imagery that is sexually arousing to the individual (Leitenberg & Henning, 1995).

- Men's sexual fantasies are more sexually explicit than women's on average (Lehmiller, 2018)
- Age seems to be negatively associated with fantasy frequency (Purifoy et al., 1992)

Cybersex

Internet-based activities, materials and behaviours that are sexual in nature (Döring et al., 2015).

Women use it as relational components while men prefer to use it alone (Shaughnessy & Byers, 2014).

Objective

The present study aims to elucidating whether sexual fantasies and cybersex activities present differences in age and gender

Hypotesis

H1: Older people will have less sexual fantasies than younger people and less cybersex activities

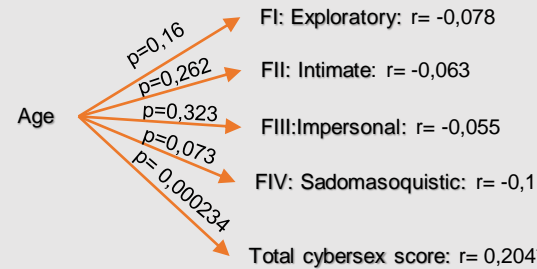
H2: Men's sexual fantasies will be more impersonal that women's fantasies and women will present less cybersex activities than men.

H3: Men will present a non-compulsive solitary online behavior while women will have an online social behavior

METHODS

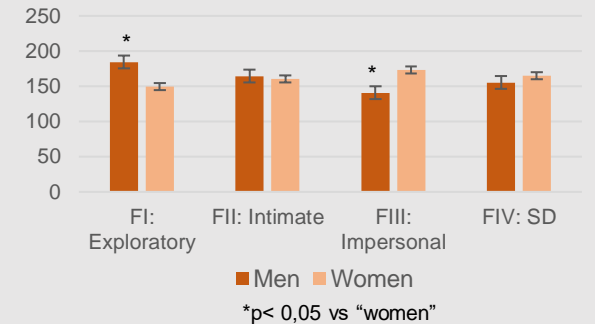
- **Participants:** N= 322 Participants between 18 and 50 (M= 24,67;SD= 7,926) of which 212 were women and 110 were men.
- **Instruments:**
 - Sexual Fantasy Questionnaire (SFQ) (Wilson,1978). Adapted spanish version from Sierra et al. (2006)
 - Ad-hoc questionnaire (socio-demographic characteristics and other sexual fantasies and aspects related to sexuality such as sexual frequency with the partner, etc).
 - Internet Sex Screening Test (Delmonico,1997). Spanish version from Ballester et al., 2010)
- **Procedure:** Voluntary subjects accept the written informed consent and complete the online questionnaires on which investigation was based
- **Statistics:** Kolmogorov, Mann-Whitney U and Spearman

RESULTS

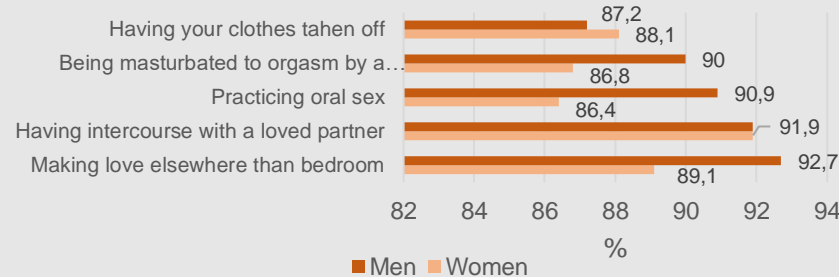


**The correlation is significant at the level of 0,01 (Bilateral)

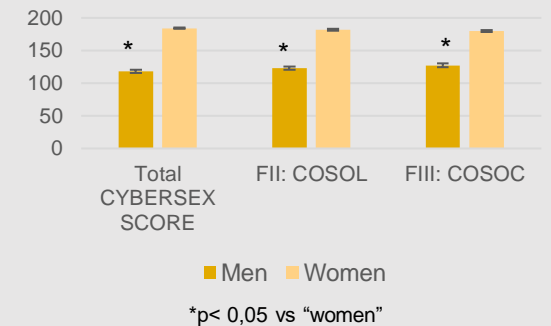
SFQ: Differences by gender



Top 5 sexual fantasies for Men and Women



ISST: Differences by gender



DISCUSSION

There are gender differences in sexual fantasies of the sample, specifically in the exploratory and impersonal factors. According literature, men's sexual fantasies not only are more focused on the sexual scene itself but they also mentioned specific body parts anatomy, while women's sexual fantasies usually have more emotional and romantic content than do men's (Lehmiller, 2018). Nevertheless, our data shows that the mean rank is higher in women in the impersonal factor (e.g. Using objects for stimulation like vibrators) while the mean rank in men was higher in the Exploratory factor (e.g. Sex with other two people) although "having intercourse with a loved partner" was the favorite fantasy among women (which corresponds to the Intimate factor) while "making love elsewhere than bedroom" was favorite sexual fantasy in men (which corresponds to the Impersonal factor). Moreover, no significant linear correlation has been found between sexual fantasies and age. On the other hand, the consumption of cybersex presented gender differences. Women showed higher mean rank in non-compulsive solitary online behavior (FII) and online social behavior (FIII) factors and in total cybersex score. This could be explain by the fact that the sample is defined by more bisexual women (28%) than bisexual men (18,1%), and bisexual women seem to report more use of cybersex (Daneback et al., 2005). Furthermore, results showed a positive linear correlation with age, that is, at more age more cybersex consumption. Future studies are necessary considering the sample is not gender balanced and others socio-demographic variables should also be explored.

Summary

Sexual fantasies refer to any mental imagery that is sexually arousing or erotic to the individual (Leitenberg and Henning 1995). According to the scientific literature, men's sexual fantasies are more focused on the sexual scene itself and mentioned specific body parts anatomy while women's sexual fantasies usually have more emotional and romantic content than do men's (Lehmiller, 2018). As time goes by, the frequency of sexual fantasies decrease with age (Purifoy et al., 1992), and new ways of sexual expression appear, like cybersex, that it's Internet-based activities, materials, and behaviors that are sexual in nature (Döring et al., 2015).

The aim of this study is to elucidate whether sexual fantasies and cybersex present differences in age and gender. The total responses were 322, 212 women and 110 men aged between 18 and 50 ($M = 24,67$; $SD = 7,926$). Participants complete a particular online version of the Sierra et al. (2006) Spanish adaptation of the SFQ (Wilson, 1978) and Spanish version of the Internet Sex Screening Test by Delmonico (1997) (Ballester et al., 2010). Results showed gender differences in sexual fantasies, specifically in the Exploratory factor and in the Impersonal, as well as in the consumption of cybersex. Moreover, gender differences were observed between the factors non-compulsive solitary online behavior and online social behavior. On the other hand, no significant linear correlations were obtained between the age of the participants and their sexual fantasies, although a positive correlation was found between age and cybersex consumption. Future studies are necessary considering that the sample is not gender balanced and others socio-demographic variables should also be explored.

Resumen

Definimos "fantasía sexual" como cualquier imagen mental que sea sexualmente excitante o erótica para el individuo (Leitenberg y Henning 1995). Según la literatura científica, las fantasías sexuales de los hombres se centran más en la escena sexual y en partes del cuerpo mientras que las de las mujeres suelen ser más emocionales y románticas que las de los hombres. Con el paso de los años, la frecuencia de fantasías sexuales parecen disminuir (Purifoy et al., 1992). Sin embargo, aparecen nuevas formas de expresión sexual como el cibersexo, es decir, actividades basadas en Internet, materiales y conductas de naturaleza sexual (Döring et al., 2015).

El objetivo de este estudio es analizar si existen diferencias etarias y de género en las fantasías sexuales y la práctica de cibersexo. El número total de participantes fue de 322, de los que 212 eran mujeres y 110 hombres, con edades comprendidas entre 18 y 50 años ($M = 24,67$; $DT = 7,926$). Los participantes completaron la versión en línea de la adaptación española de Sierra et al. (2006) del SFQ (Wilson, 1978) y la adaptación española del Internet Sex Screening Test de Delmonico (1997) (Ballester et al., 2010). Los resultados mostraron diferencias de género en las fantasías sexuales, concretamente en el factor Exploratorio y en el Impersonal, así como en el consumo de cibersexo. Es más, se observaron diferencias de género entre los factores comportamiento online solitario no compulsivo y en comportamiento social online. Por otro lado, no se obtuvieron relaciones lineales significativas entre la edad y fantasías sexuales, aunque si se encontró una correlación positiva entre la edad y el consumo de cibersexo. Se requieren estudios futuros, ya que existe un desequilibrio muestral con respecto al género y otros factores sociodemográficos han podido influir en los resultados

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