

ANÁLISIS DE LAS ACTITUDES E INTENCIÓN DE CONDUCTA HACIA EL POLIAMOR

Actualmente las relaciones no-monógamas están teniendo un mayor auge, tanto en el ámbito afectivo como sexual, sin embargo, la tradición sociocultural hace que los vínculos sexo-afectivos que difieren de la norma social (pareja estable heterosexual) se vean sometidos a una mayor discriminación, repercutiendo así en la calidad de vida de las personas implicadas, pudiendo llegar a crear malestar y ocultando esta forma de vida al entorno social. Por ese motivo, en el presente estudio de investigación se pretende describir cuáles son las actitudes que tiene la población hacia las relaciones poliamorosas. Dado el nivel tan alto de rechazo y estigmatización que sufren las relaciones no normalizadas, se administró un cuestionario online ad-hoc con el fin de analizar las actitudes, creencias e intención de conducta en los participantes, así como las posibles diferencias de género. En cuanto a los resultados, se analizaron los porcentajes de personas que tienen una actitud positiva hacia el poliamor, y se ha visto que los porcentajes obtenidos son bastante bajos, además de que no hay diferencias significativas en cuanto al género. Sin embargo, en cuanto a creencias se puede observar que se decantan más por las posibles ventajas que se pueden obtener de una relación no-monógama que, por los inconvenientes, siendo mayor el porcentaje en hombres que en mujeres. Es posible que el entorno y el estigma pueda tener influencia negativa en las puntuaciones obtenidas.

Palabras clave: Poliamor, estigma, actitudes, no-monógamo, intención de conducta poliamorosa.

ANALYSIS OF ATTITUDES AND BEHAVIORAL INTENTION TOWARD POLYAMORY

Non-monogamous relationships are currently experiencing a greater boom, both in the affective and sexual spheres, however, sociocultural tradition means that sex-affective relationships that differ from the social norm (stable heterosexual couple) are subjected to greater discrimination, thus affecting the quality of life of the people involved, and may even create discomfort and conceal this way of life from the social environment. For this reason, the present research study aims to describe the attitudes of the population towards polyamorous relationships. Given the high level of rejection and stigmatization of non-standardized relationships, an ad-hoc online questionnaire was administered in order to analyze the attitudes, beliefs and behavioral intentions of the participants, as well as possible gender differences. As for the results, the percentages of people who have a positive attitude towards polyamory were analyzed, and it has been seen that the percentages obtained are quite low, in addition to the fact that there are no significant differences in terms of gender. However, in terms of beliefs, it can be observed that they are more inclined towards the possible advantages that can be obtained from a non-monogamous relationship than towards the disadvantages, the percentage being higher in men than in women. It is possible that the environment and stigma may have a negative influence on the scores obtained.

Keywords: Polyamory, stigma, attitudes, non-monogamy, polyamorous behavioural intention.

ANALYSIS OF ATTITUDES AND BEHAVIORAL INTENTION TOWARD POLYAMORY

IRAIDA GELIZO RUIZ (TUTORA: CRISTINA GIMÉNEZ GARCÍA). TFG PSICOLOGÍA 2020-2021, PS1048

INTRODUCTION

Focusing on the affective-sexual sphere, it is worth noting that it has been very marked by social values. Relationships have always been stigmatized by stereotypes of romantic love decreasing the well-being for most people. Due to the rise of other types of non-monogamous relationships that people are beginning to adopt, including polyamory, it is worth exploring people's perceptions and predispositions about this type of relationship.

OBJECTIVES

The aim of this research is to find out what the population's position is regarding polyamorous relationships, by means of a descriptive study.

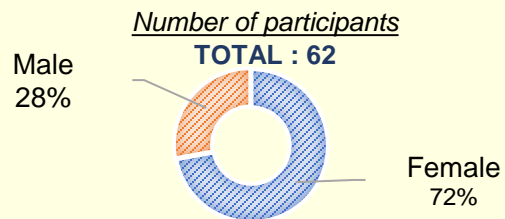
- To analyze the beliefs, attitudes and behavioral intentions to have a possible polyamorous relationship.
- To assess whether there are differences in these variables in relation to gender.

HYPOTHESIS

- There are positive beliefs and attitudes towards polyamory, although the intention of behavior will be less than 20%.
- Women will show more positive attitudes and greater intention of behavior to have a polyamorous relationship than men.

PARTICIPANTS

Age (Average) = 25,66 years old (SD = 7,624)



Sexual Orientation

- Heterosexual = 67,7%
- Homosexual = 4,8%
- Bisexual = 22,8%
- Demisexual = 1,6%
- Other = 3,2%

PROCEDURE

Ad-hoc questionnaire:

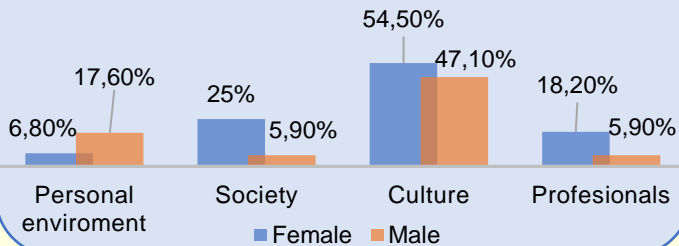
- 8 sociodemographic items
- 2 items on behavioral intention
- 2 items on previous information
- 11 items on attitudes towards polyamory
- 4 assessment of the environment items
- 4 items related to personal beliefs.

Using the Google Questionnaires platform. It was then administered to the population without a closed criterion of age or sex.

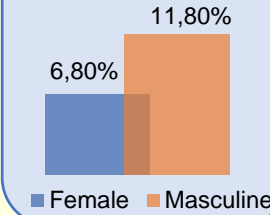
The participants answered it voluntarily and thus gave their consent for the use of the data, always anonymously.

RESULTS

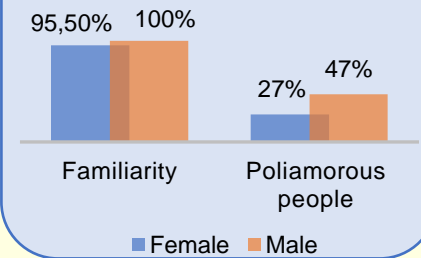
Distribution of people with positive assessment towards social context



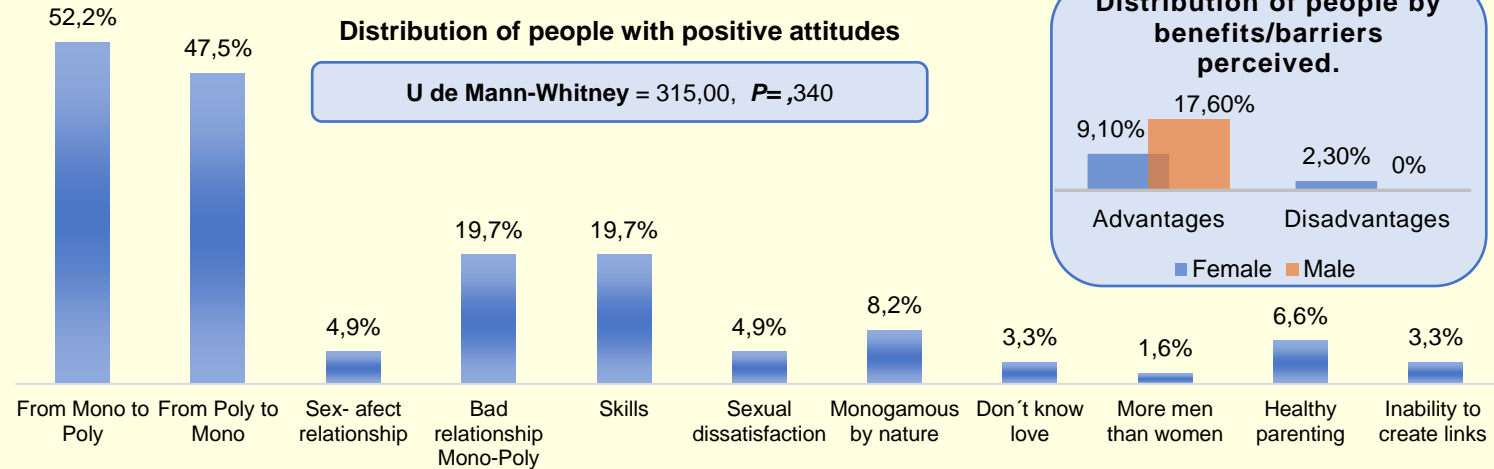
Behavioral intention



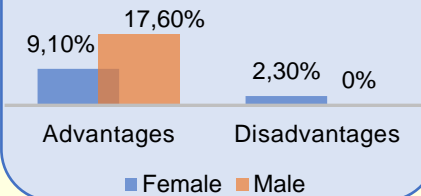
Previous knowledge



Distribution of people with positive attitudes



Distribution of people by benefits/barriers perceived.



DISCUSSION

In the results we can see that no differences were found in terms of gender. In addition, positive attitudes were not found in high percentages. On the contrary, less than 20% of the participants would have a polyamorous relationship. It is worth noting that a higher percentage of men see more advantages in having a polyamorous relationship than women, as well as behavioral intention.

In terms of limitations, given that it is a self-report, biases may have occurred, in addition to the small sample size. In possible future lines, it would be interesting to carry out a study with more participants in which to introduce sexuality variables and analyze the environment in a broader and more detailed way.

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