

# PORNOGRAPHY USE, MARITAL STATUS AND SEXUAL SATISFACTION IN A NON-CLINICAL SAMPLE

## ABSTRACT

Research suggests that pornography use, which has become a habit for many people, could be associated with sexual satisfaction through other variables, but it is still unclear whether that association is positive or negative. In the present study, the association between sexual satisfaction and frequency of pornography use was examined, as well as the effect of marital status and its interaction with frequency of pornography use. A sample of 204 people completed an online survey. Results suggest that sexual satisfaction is negatively associated with frequency of pornography use. Marital status also correlated significantly with sexual satisfaction, but the effect of the interaction between both independent variables was not significant.

## 1. INTRODUCTION

Previous research suggests that pornography use and sexual satisfaction may be related, even though the nature of the correlation is unclear:

### - Some studies suggest that they are positively correlated:

- Hald and Malamuth (2008): moderate positive effects were generally reported by both men and women, with men reporting significantly more positive effects than women.

### - But more recent studies show a negative correlation:

- Morgan (2011): higher frequencies of SEM use were associated with less sexual and relationship satisfaction in young adults.
- Blais-Lecours, Vaillancourt-Morel, Sabourin and Godbout (2016): cyberpornography time use could be associated with sexual dissatisfaction through other variables such as perceived addiction.
- Gouvernet et al. (2017): differential impact of pornography consumption on sexual satisfaction according to attachment styles.

However, there is little information about the association between pornography use and sexual satisfaction in non-clinical men and women, and there seem to be other intervening variables.

**CURRENT STUDY:** In the present study, we aimed to examine the differential association between pornography use and sexual satisfaction, as well as some other possible intervening variables. We hypothesised that the frequency of pornography would be negatively associated with their sexual satisfaction level, and that the marital status of the participants and its interaction with pornography use would be associated with sexual satisfaction.

## 2. METHOD

### PROCEDURE:

An online survey was designed and later shared on social media. The survey was completed anonymously and voluntarily by 204 participants who had previously given their informed consent. An application was submitted to the Deontology Commission. The results were analyzed with IBM SPSS Statistics 24, using descriptive, correlation and regression analysis of the data. The variables measured in the survey were the following:

- **Sexual Satisfaction:** measured with a 17 item survey, Likert scale [1-5]
- **Frequency of pornography use:** measured with a Likert scale [0-8]
- **Marital Status:** Single / In a relationship / Married
- **Other Variables:** such as age, nationality, gender, sexual self-esteem...

### PARTICIPANTS:

204 voluntary participants, non-clinical native Spanish speakers, 59.8 percent were women (n=122), and 40.2 percent were men (n=82) aged between 18 and 66 (M= 34.47, SD= 12.46).

### DESIGN:

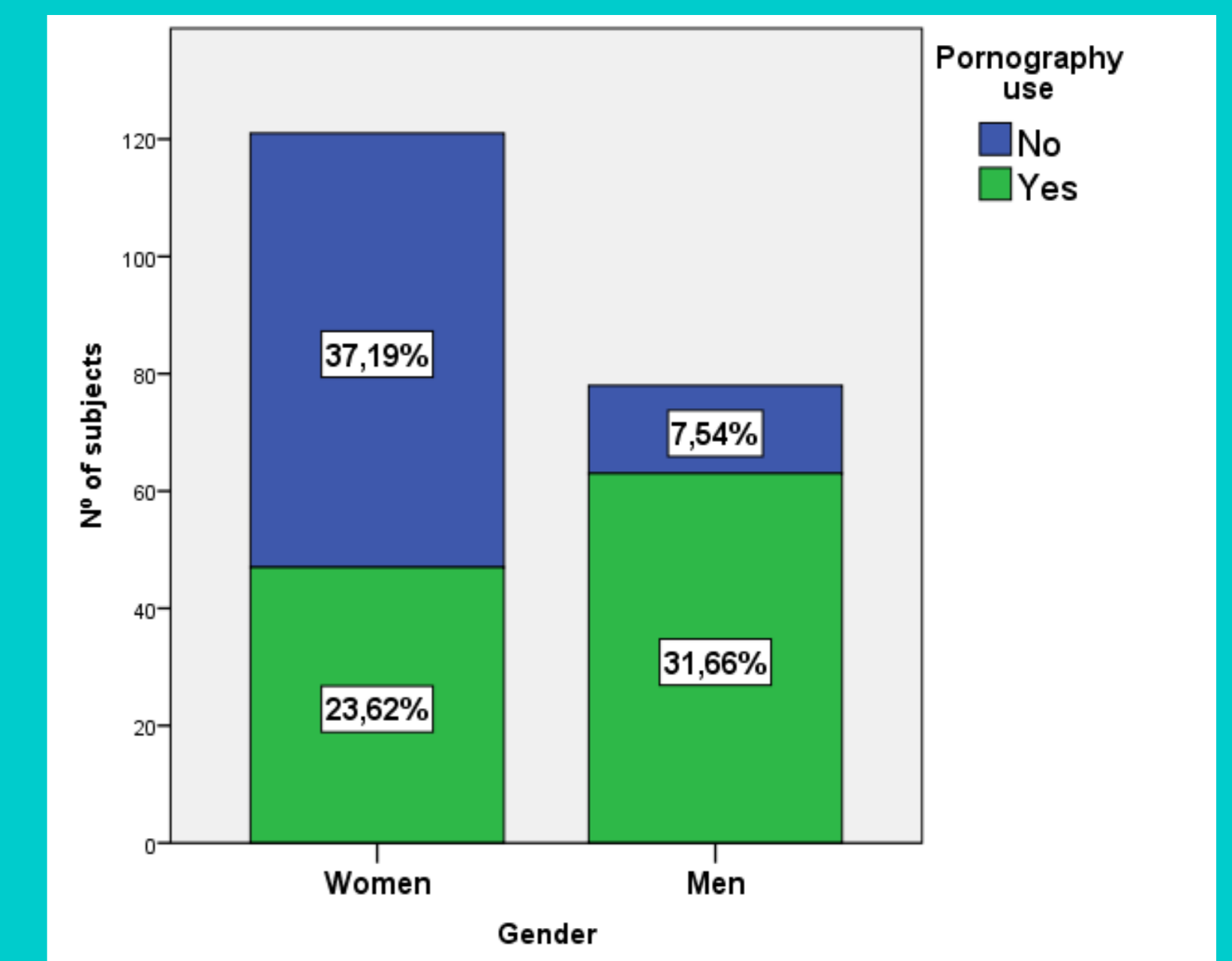
- DV: Sexual Satisfaction
  - IV 1: Frequency of pornography use
  - IV 2: Marital Status (single [reference group], in a relationship, married → 2 dummy variables)
- $Y = f(\text{Frequency} * \text{Marital Status})$   
 $Y = f(\text{Frequency} * [D\_MS\_mar, D\_MS\_relat])$

## 3. RESULTS

- Analysis of the results indicated that 38.85% of women and 80.77% of men reported using pornography. ( $X^2=33.72$ ,  $p<.001$ )
- In total, 55.3 percent of the subjects reported using pornography.
- Regarding their Marital Status, 37.2% of participants reported being single, 34.2% being in a relationship and 28.6% being married.

### BIVARIATE CORRELATION (PEARSON):

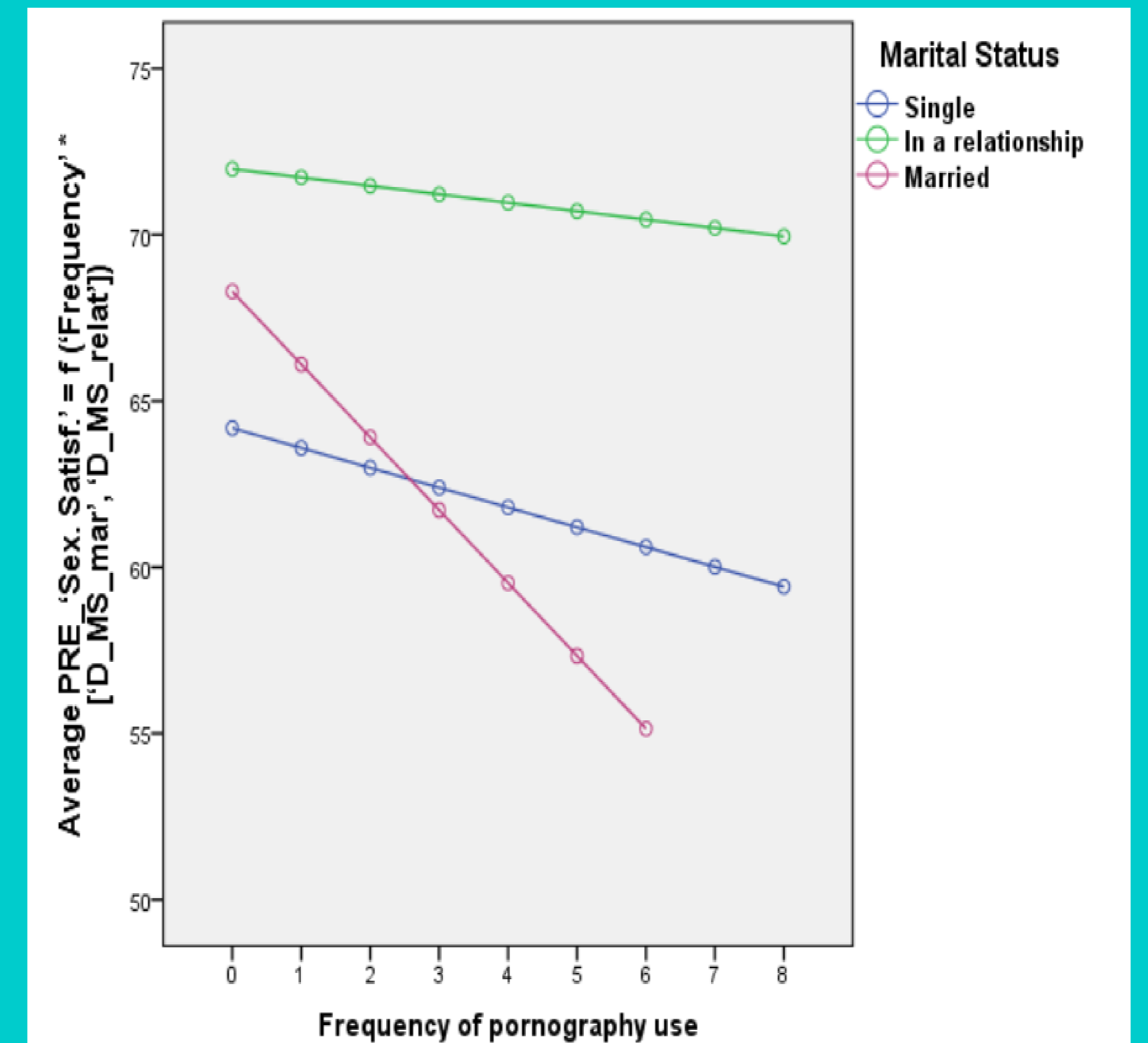
- Gender and pornography use: significant correlation ( $r=.412$ ,  $p=0.01$ ).
- Gender and Frequency of pornography use: significant correlation ( $r=.542$ ,  $p=0.01$ ).
- Pornography Use and Age: significant correlation ( $r=-.180$ ,  $p = 0.05$ ).
- Sexual Satisfaction and Sexual Self-Esteem: significant correlation ( $r=.527$ ,  $p = 0.01$ ).



- There was a significant main effect of **Frequency**:  
 $F(1, 197) = 10958$  ( $p = .001$ )
- There was a significant main effect of **Marital Status**:  
 $F(2, 195) = 5892$  ( $p = .003$ )
- The effect of the '**Frequency\*Marital Status**' interaction was not significant:  
 $F(2, 193) = 1652$  ( $p = .194$ )

However, the whole model, including the interaction, is significant:  $F(5, 193) = 5349$  ( $p < .001$ ) and it explained 12% of the variance in Sexual Satisfaction.

Results suggest that both independent variables are related to Sexual Satisfaction. The correlation between Sexual Satisfaction and Pornography use was greater in married people than in those who are single or in a relationship, but the effect of that interaction between variables was not significant.



## 5. DISCUSSION

- The model explains a very modest part of the variance in sexual satisfaction (12%). The interaction should be removed from the equation.

- The dependent variable could have been 'Frequency', measured in approximate minutes per week, in order to study the correlation between frequency of pornography use and gender/marital status in more detail, like Blais-Lecours, Vaillancourt-Morel, Sabourin and Godbout (2016) suggested.

- Also, could 'Sexual Satisfaction' and 'Pornography use' be associated through perceived addiction? What other variables could be intervening?

- The correlation between 'Sexual Self-Esteem' and 'Sexual Satisfaction' should be further studied, as it could be useful for therapy. Sánchez-Fuentes, Santos-Iglesias and Sierra (2014): 'Sexual satisfaction is a key factor in individuals' overall quality of life'.

## 5. REFERENCES

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