
BEHAVIORAL EXPRESSIONS OF SEXUALITY AND SEXUAL SATISFACTION OF HETEROSEXUAL AND HOMOSEXUAL COUPLES

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ABSTRACT: *The objective of this research was to analyze the behavioral expressions of sexuality and sexual satisfaction in heterosexual and homosexual couples, for which two instruments were applied: the “Index of sexual satisfaction” (Hudson, 1989) consisting of 25 items and the “Scale for measuring attitudes towards the practice of behavioral expressions of sexuality” (Sánchez, 2009) consisting of 82 items, which was modified to consist of 5 indicators: Masochism, Voyeurism, Sadism, Fetishism and Chastity. The sample consisted of 15 homosexual couples and 15 heterosexual couples from the state of Campeche, with an age range of 20 to 25 years, with their partner having at least one year of relationship. Among the results, we found that the behavioral expressions of sexuality are related to the sexual satisfaction of heterosexual and homosexual couples. Women show greater sexual satisfaction compared to men, without showing significant differences, and the attitude with greater acceptance of couples is fetishism compared to other attitudes (masochism, voyeurism, sadism and chastity).*

KEY WORDS: sexual satisfaction, behavioral expressions, sexuality.

INTRODUCTION

Human beings have sexual organs that allow them to experience satisfaction and reproduction throughout life, however, as Carmona (2011) mentions; the theme of human sexuality has raised - since the end of the 19th century - an important body of theoretical production in scientific disciplines such as anthropology, sexology, sociology and psychology. In our days, it continues to be the object of study since it is considered as a fundamental indicator in the evaluation of the state of a marital relationship or of a love bond. Gamboa, (2006, quoted by Guerra, 2007) mentions that "Each culture establishes what Plummer calls:" restrictions of who "and" restrictions of how ". For people, sex is not only a synonym for procreation but also represents much more than that, as Arnott points out, (2003, cited by Rodríguez, 2010) “In our prosperous and well-planned modern existence, most of the Human sexual activity is carried out only for pleasure, that is, as an act that pursues psychological well-being rather than procreation ”.

Throughout the study of human sexuality, terms have been used to refer to normal actions or behaviors, which are, behaviors that are below established norms and not accepted by society. These behaviors were called: perversions, paraphilias and deviations. Weeks (1998, cited by Rodríguez, 2010) referring to Freud indicates that, when speaking of perversions, he established that these were certain intermediate ways of relating to the sexual object, such as feeling it and looking at it, which is recognized as a preliminary sexual goal to the final goal. However, due to the social and historical context, which was characterized by sexual repression, the term perversion, which was associated with what was dirty, sinful or sick, so studying them, talking about them or practicing them, were considered socially incorrect, sinful and even bad. Over the years some theories were refuted and others took effect in current contexts such as the one mentioned below.

In DSM-V the term paraphilia denotes any intense and persistent sexual interest other than sexual interest in genital stimulation or preliminary caressing within consensual human relationships and with physically mature and phenotypically normal partners. For McCary (cited in Jiménez, 2012), if the sexual behaviors are not harmful to the participants, they are carried out by adults, without any kind of coercion and these are out of the sight and hearing of incidental observers, they should be considered as acceptable, even if other people are not used to participating in similar acts.

One of the most contemporary authors such as Álvarez-Gayou (Álvarez-Gayou, Honold, and Millán, 2003) mentions that “all the behavioral expressions of sexuality integrate the expressive universe of the human being, in which potentially all are found, even when some do it to a minimal or non-erotic degree. Each behavioral expression is perfectly valid, depending on the context to which it is limited. In fact, sometimes the morality of those who expose themselves to relationships, which generates the idea that "something is wrong" with a certain person, without noticing that in our own lives we all have diverse behavioral expressions of sexuality, that it may simply be that they are not compatible. Masochism is the Behavioral Expression of Sexuality in which the person likes physical pain, submission, vexation or even notorious dependence on another person. (Álvarez-Gayou, Sánchez and Delia; cited in Pagaza and Sánchez, 2006).

While in sadism, individuals like to cause physical pain, subdue, vex, or make others dependent on them. Sadism usually appears together with masochism, since this relationship offers both parties the satisfaction they are looking for. (Álvarez- Gayou; Sánchez, Delia; cited in Pagaza and Sánchez, 2006). The evolution of psychology holds that voyeurism is an extension of an evolutionary trait, where visual stimuli are used in the process of reproductive selection (Kaplan and Krueger, 1997; cited in Hopkins., Green., Carnes and Campling 2016) . Hechen (2006) makes a very interesting comparative relationship between photography and voyeurism, where it is mentioned that photographing means establishing a certain relationship with the world that implies knowledge, and therefore to be able to take possession of what is photographed. Fetishism is an expression characterized by the use of fetishes; it can be defined as a taste for artifice. Chastity is an attitude that people can take freely and independently as a fundamental part of their lives. As Ochoa mentions (2002): "Chastity can be an absolute

pleasure and no sacrifice for whoever decides it as a way of life.” This implies that people renounce by their own conviction the exercise of their sexuality.

Sexuality is an integral part of human expressions. It covers sex, eroticism, pleasure, sexual identities, sexual orientations, sexual health ... It is experienced and expressed through thoughts, fantasies, desires, beliefs, attitudes, values, behaviors, practices, roles and interpersonal relationships. This can include all these dimensions, although not all of them are always experienced or expressed. The full development of sexuality depends on the satisfaction of basic human needs such as the desire for contact, emotional intimacy, pleasure and also through sexuality we satisfy biological, communicative, affective, social and cultural needs (Arrington, Cofrancesco and Wu , 2004 cited in Hopkins., Green., Carnes and Campling, 2016).

The concept of sexual health was systematically defined for the first time in the O.M.S. in Geneva (1974, quoted in García et al., 2017) as: “The integration of the somatic, emotional, intellectual and social aspects of the sexual human being, in ways that are positively enriching and that enhance personality, communication and love ” "Everyone has the right to receive sexual information and to consider that sexual relations serve pleasure as well as procreation." (O.M.S, 1975 cited in Valdés, et al. 2004). Sexual health requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of obtaining safe sexual pleasure and experiences, free from coercion, discrimination and violence. Pinney, Gerard, and Danney (1987, cited by Rodríguez, 2010) define sexual satisfaction as: “a subjective evaluation of the liking or disliking that people have regarding their sexual life, or else, as the capacity of the subject to get sexual pleasure through intercourse.”

Sexual satisfaction is an affective response that arises from the evaluation of the positive and negative aspects associated with sexual relationships (Byers, Demmons, and Lawrance, 1998 cited in Valdes, Sapién, and Cordoba, 2004). Hurlbert and Apt (1994, cited by Rodríguez, 2010) affirm that sexual satisfaction is the affective response that arises from the individual's evaluations of their sexual relationship from the perception of the fulfillment of sexual needs and expectations, both their own and the couple. This behavioral variability is related to practices such as caresses, kisses, penetrations, fellatio, exhibitionism and voyeurism. These are related to satisfaction depending on the frequency of its performance and how much they allow achieving orgasm, the use of sexual materials, the variation of positions and emotional well-being. In this connection, differences related to gender are also noted (Navarro, et al. 2010).

DESCRIPTION OF THE METHOD

The present study was quantitative with a non-experimental and cross-sectional design; It had a correlational scope, with the goal of analyzing sexual satisfaction and behavioral expressions in couples with heterosexual and homosexual sex-affective orientation. The population is made

up of heterosexual and homosexual couples from the state of Campeche. Taking a non-probability sample of 60 subjects who are divided into 15 homosexual couples and 15 heterosexual couples. From an age range of 20 to 25 years, having at least one year of romantic relationship. Two instruments were applied: the “Sexual Satisfaction Index” which consists of 25 items and had a reliability of .903 (Cronbach's Alpha); and a “Scale for measuring attitudes towards the practice of behavioral expressions of sexuality” consisting of 82 items; which was modified to consist of 5 indicators: Masochism, Voyeurism, Sadism, Fetishism and Chastity and presented a reliability of .824 (Cronbach's Alpha). The data were processed using the Statistical Package for the Social Sciences (SPSS), the T test for independent samples and the Pearson correlation coefficient.

RESULTS

Table 1

Correlation analysis between Behavioral Expressions of Sexuality and Sexual Satisfaction

	Masochism	Voyeurism	Sadism	Fetishism
Masochism				
Voyeurism	.715*** .000			
Sadism	.700** .000	.599** .000		
Fetishism	.511* .000	.628** .000	.619** .000	
Total Sexual Satisfaction score				.267* .044

** The correlation is significant at level.001 (bilateral)

*The correlation is significant at level .05 (bilateral)

There is a statistically significant relationship (<0.050) in the behavioral expressions of sexuality and sexual satisfaction. The behavioral expressions of sexuality that had a significant relationship with each other were: Masochism and Voyeurism; Masochism and Sadism; Masochism and Fetishism; Voyeurism and Sadism; Fetishism and Voyeurism; Sadism and Fetishism. Sexual satisfaction presents a statistically significant relationship with Fetish sexual behavior.

Table 2

Total score of Behavioral Expressions of Sexuality by Sex

	Sex	N	Mean	t	Sig. (bilateral)
Total score of behavioral expressions	Men	40	250.2000	-1.532	.133
	Women	20	268.0000		

There were no statistically significant differences ($p < 0.050$) in the behavioral expressions of the sexuality of men and women.

Tabla 3

Total score of Behavioral Expressions of Sexuality by Sexual-Affective Orientation

	Preference	N	Mean	t	Sig. (bilateral)
Total score of behavioral expressions	Homosexual	30	254.1333	-.351	.727
	Heterosexual	30	258.1333		

There were no statistically significant differences ($p < 0.050$) in the behavioral expressions of homosexual and heterosexual people.

Table 4

Total score of Sexual Satisfaction by Sexual-Affective orientation

	Preference	N	Mean	t	Sig. (bilateral)
Total score of behavioral expressions	Homosexual	28	73.0714	-1.287	.203
	Heterosexual	29	77.3793		

There are no significant differences (< 0.050) in the sexual satisfaction of homosexual and heterosexual people.

Table 5

Total score of Sexual Satisfaction by Sex

	Sex	N	Mean	Standard deviation	t	Sig. (bilateral)
Total score of behavioral expressions	Men	37	73.5676	14.76208	-1.381	.173
	Women	10	77.4000	5.53280	-1.684	.098

There were no statistically significant differences ($p < 0.050$) in the sexual satisfaction of women and men.

DISCUSSION AND CONCLUSION

The behavioral expression of fetishism is related to the sexual satisfaction of homosexual and heterosexual couples, this expression emphasizes the erotic area that involves the use of objects or parts of the body, to achieve arousal and orgasm. In general, symbols of human eroticism are used such as: stockings, underwear, garters, high-heeled shoes, breasts, legs, etc. (Ochoa, 2002). The study of sexual satisfaction refers to sexual diversity; this is known as the understanding of sexual interactions framed in specific socio-cultural contexts. Sexual diversity, expressed as a function of sexual behavior, involves interactions between individuals, their environment and their imagination, originating the physiological responses that make up the so-called sexual response. This behavioral variability is related to practices such as caresses, kisses, penetrations, fellatio, exhibitionism and voyeurism. These are related to satisfaction based on the frequency of their performance and how much they allow reaching orgasm, the use of sexual materials, the variation of positions and emotional well-being (Navarro, et al. 2010).

In a study carried out by (Navarro et al., 2010) on sexual satisfaction, differences in relation to gender were pointed out in the use of objects for greater satisfaction. Likewise, in a study carried out in the United States with heterosexuals, it was shown that, in men, commitment predicts to a greater degree the satisfaction in the couple relationship; while, in women, intimacy is the best predictor of it (Lemieux & Hale, 2000 cited in García, García, Hein, Hernández, Torres, Valdebenito, Vera, 2017). These results are contrary to what was found in the present investigation in which there are no significant differences in the sexual satisfaction of men and women or in the behavioral expressions of their sexuality. Beck and Beck-Gernsheim (Valdés, et al. 2004) refer that the concept of sexual satisfaction has multiple meanings, for example: "The fulfillment of an erotic desire", "the final manifestation of passion", "appease a feeling", "feel pleased and loved", etc. The subjective perception of this concept is very important because sex-genital activity, to which most definitions refer, would not be the only way to achieve satisfaction. Regarding homosexual couples, a higher level of satisfaction has been observed in lesbian couples than in heterosexual or homosexual couples (Kurdek, 1988 cited in García et al., 2017).

This study is also contrary to the results obtained in the present investigation in which there were no significant differences between heterosexual and homosexual couples. For Alvares-Gayou (Romo, 1989 cited in Valdés, et al. 2004), sexual education has an impact when each couple can exercise behavioral expressions of sexuality, they do not usually express their wishes to their partners and therefore they cannot fully satisfy their sexuality due to the fact that they cannot satisfy their desires, their passion and this can have consequences for that person or it simply does not affect sexual satisfaction at all. For this reason, it is important to study the relationship that exists between the behavioral expressions of sexuality and the

sexual satisfaction of couples, to find out if not expressing and exercising them influences the satisfaction of the couple.

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