

## Comparative Analysis of Sexual Satisfaction and Partner Satisfaction Among Married and Unmarried Women

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### ABSTRACT

This study examines the impact of marital status, emotional connection, and sexual fulfilment on relationship quality and well-being among married and unmarried women. Data from a diverse sample was collected using a cross-sectional survey methodology. Results showed significant differences in sexual satisfaction and partner satisfaction, with factors such as relationship duration, emotional intimacy, societal expectations, and individual autonomy influencing outcomes. Married women reported greater emotional security and commitment, while unmarried women often exhibited higher sexual satisfaction. The study underscores the complex interplay between marital status, emotional connection, and sexual fulfilment, offering insights for relationship counselling and well-being interventions.

**Keywords:** *Sexual Satisfaction, Marital Adjustment, Married Couple and Unmarried Woman*

In this generation, sexuality has become more openly discussed and embraced than ever before. People are feeling more comfortable exploring their desires and preferences, leading to a greater acceptance of different sexual orientations and practices. With the rise of dating apps and online communities, individuals are able to connect with like-minded partners and cultivate fulfilling and satisfying relationships. As society becomes more progressive and inclusive, the stigma surrounding sex is gradually diminishing, allowing individuals to express themselves freely and authentically.

Sexual satisfaction is a significant component of overall relationship quality and individual well-being, influencing both emotional and physical aspects of life. Research has consistently shown that sexual satisfaction is closely linked to relationship satisfaction, communication, and emotional intimacy in romantic partnerships (Byers & Nichols, 2016). While sexual satisfaction is a relevant factor in all intimate relationships, its dynamics can vary between married and non-married couples due to factors like commitment, societal expectations, and shared life responsibilities.

In married couples, sexual satisfaction is often influenced by long-term emotional and relational factors. Studies suggest that married individuals may experience higher levels of sexual satisfaction because they tend to have more opportunities for emotional connection

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and stability (Yucel & Gassanov, 2010). However, marriage can also bring challenges, such as decreased sexual desire over time or the pressures of balancing work and family life, which may negatively impact sexual satisfaction (Sprecher, 2017). The quality of communication and mutual understanding in marriages plays a pivotal role in maintaining sexual satisfaction, as partners who can openly discuss their sexual needs are more likely to sustain a fulfilling sexual relationship over time (Mark et al., 2018).

In contrast, non-married couples, including those in cohabiting or dating relationships, may experience different patterns of sexual satisfaction. The flexibility and novelty often present in non-marital relationships may contribute to higher levels of excitement and sexual fulfillment, particularly in the early stages of the relationship (Willoughby & Carroll, 2010). However, the lack of formal commitment in these relationships can also lead to instability, which may hinder emotional intimacy and reduce overall sexual satisfaction (Harden, 2014). Research highlights that non-married couples who engage in open communication and mutual respect tend to experience greater sexual satisfaction, despite the absence of the legal or social bonds typically associated with marriage (Gabb & Fink, 2015).

Understanding the factors that influence sexual satisfaction across both married and non-married couples is essential for promoting healthy, fulfilling relationships. This study aims to explore these dynamics further, comparing the experiences of sexual satisfaction within married and non-married couples. By examining the unique factors that contribute to sexual satisfaction in different relationship structures, we can gain valuable insights into how to enhance intimacy and connection in all types of partnerships. This research has the potential to inform therapeutic interventions and relationship education programs aimed at improving overall relationship satisfaction.

### RESEARCH METHODOLOGY

The present study focuses on the degree of sexual satisfaction of married and non-married couples. The purpose of the research is to understand sexual satisfaction among married and non-married couples through a comparative analysis.

Methodology is a structured framework used to identify, select, process, and analyze data related to a topic. By utilizing surveys and interviews, the researchers aim to gather insights into the factors that contribute to sexual satisfaction in relationships. This study will provide valuable information for therapists and counselors working with couples to improve their intimacy and overall relationship satisfaction.

A sexual satisfaction scale will be used to measure the level of satisfaction among participants, and statistical analysis will be conducted to identify any significant differences between married and non-married couples. This research aims to contribute to the existing literature on relationship satisfaction and provide practical implications for improving intimacy in romantic relationships.

#### *Objective*

- The objective of the present study is to find out if there is a significant relationship between Couple satisfaction and Marital satisfaction concerning Sexual satisfaction.

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### *Hypothesis:*

- **H1:** There is a significant difference between Couple satisfaction and Sexual Satisfaction
- **H2:** There is a significant difference between Marital Satisfaction and Sexual Satisfaction

### *Sampling Technique:*

- The sampling technique used for this research is Purposive Sampling.

### *Sample:*

- The sample initially consisted of 61 in Unmarried and 31 in Married.

**The Sexual Satisfaction Scale (SSS)** has good internal consistency, ranging from 0.80 to 0.90, indicating high correlation and reliability. Its test-retest reliability is high, with correlations typically above 0.80, indicating its stability and consistent measurement of sexual satisfaction over time. Cronbach's alpha values above 0.7 are generally acceptable for a scale. Both internal consistency and test-retest reliability are crucial for assessing the reliability of a scale.

The Sexual Satisfaction Scale (SSS) has good construct validity, with moderate to strong correlations with related constructs like relationship satisfaction and sexual health. It also has criterion-related validity, predicting outcomes related to sexual satisfaction, such as relationship outcomes, self-esteem, and physical health, indicating its importance in relationship satisfaction.

**The Marital Satisfaction Scale (MSS)** is a psychological tool used to measure marital satisfaction. Its reliability is assessed through internal consistency, test-retest reliability, and validity. Internal consistency is determined by Cronbach's alpha, which is typically above 0.80, indicating good internal consistency. Test-retest reliability is moderate to high, with correlations often above 0.75, indicating stable measurements of marital satisfaction over time.

Validity is determined by content validity, which tests whether the scale accurately measures marital satisfaction. Content validity includes all relevant aspects of marital satisfaction, such as communication, emotional intimacy, sexual satisfaction, and conflict resolution. Construct validity tests whether the scale truly measures marital satisfaction and is distinct from other related constructs. Criterion-related validity examines whether the scale correlates with other established measures of marital satisfaction or related outcomes. Norms are used to interpret individual results, allowing researchers to compare individual scores to the general population. Gender differences in norms are moderate, and the gender gap has been narrowing over time. Age and duration of marriage can also impact norms, with younger couples or newly formed marriages reporting higher levels of satisfaction compared to older couples. Cultural norms can also impact marital satisfaction, with collectivist cultures influenced by family expectations and values, and individualistic cultures focusing on personal fulfilment and emotional intimacy.

**The Couple Satisfaction Scale (CSS)** is a reliable and valid measure of relationship satisfaction. Its internal consistency, test-retest reliability, and inter-rater reliability are all

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important factors in determining its reliability. The CSS has high internal consistency, with Cronbach's alpha values ranging between 0.85 and 0.95. It also shows good test-retest reliability, with correlations typically above 0.80 over intervals of weeks or months. Interrater reliability is moderate, reflecting both shared and individual perceptions of relationship satisfaction.

Validity determines whether the CSS accurately measures relationship satisfaction and whether the results can be used to make meaningful inferences. It has strong content validity, convergent validity, divergent validity, and criterion-related validity. Factor structure confirms that the CSS items load onto meaningful dimensions.

Norms provide a benchmark for interpreting individual or couple scores by comparing them to a larger reference group. These norms include general population norms, gender differences, relationship duration, cultural norms, and clinical norms.

The CSS has strengths such as high reliability and validity, multidimensional assessment, broad applicability, cultural adaptability, and a snapshot of satisfaction. However, it also has limitations such as self-report bias, cultural sensitivity, and a snapshot of satisfaction.

### ***Procedures for Data Collection:***

All the participants were contacted personally, and rapport was established. Consent forms were signed. They were given a briefing about the aim of the present study. Instructions were given according to the questionnaire used. They were assured that their information would be kept confidential and used only for research purposes, so they were requested to be open and honest in their responses. After procuring written consent by using the consent form, sociodemographic data sheet, and set of one questionnaire, namely the scale A sexual satisfaction was administered married and non-married couples to the scale All the participants were asked to fill out each questionnaire carefully after reading the instructions given at the top of each questionnaire.

### ***Statistical Analysis***

This study employed Jamovi (version 4.1) for data analysis, and the descriptive and Inferential judgments were guided by the decision criteria for testing the null hypothesis. The Shapiro-Wilk test was calculated in the first step to determine whether or not the data was regularly distributed. After that, data were not shared on a regular basis. Based on the mean, SD, and data submitted to inferential statistics (Mann-Whitney U), there was no appreciable difference sexual satisfaction of married and non-married couples the second portion of the study. Ultimately, the findings were not conclusive. Further research is needed to determine if there are significant differences between the two groups.

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**RESULTS**

*Table 1 Descriptive statistics (mean and standard deviation) and Shapiro-wilk test between married and non-married couples*

Descriptives				
	Marital Sexual Satisfaction	Marital Adjustment	Couple Satisfaction	Sexual Satisfaction 1
N	61	61	61	61
Mean	69.1	69.0	61.4	79.1
Median	69	69	65	85
Mode	87.0	87.0	69.0 <sup>a</sup>	67.0
Sum	4217	4211	3743	4826
Standard deviation	14.0	13.9	12.4	16.9
Minimum	41	41	31	20

*Table 2: Descriptive statistics (mean and standard deviation) and inferential statistics (Mann-Whitney U) concerning sexual satisfaction between non-married and married couples.*

Group Descriptives						
	Group	N	Mean	Median	SD	SE
sexual satisfaction 1	A	61	79.1	85.0	16.9	2.17
	B	61	69.1	69.0	14.0	1.80

Results for t test (group a = couple) and (group b = married)

Independent Samples T-Test						
		Statistic	df	p	Mean difference	SE difference
sexual satisfaction	Student's t	3.55	120	< .001	9.98	2.82

*Note.*  $H_a \mu_A \neq \mu_B$

\*significant at 0.05 level

\*\* significant at 0.01 level

It is evident from the above Table 2 There is a significant mean difference **sexual satisfaction** between **non-married and married couples**.

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### GRAPHICAL REPRESENTATION 2

Graphical representation of **sexual satisfaction** between **non-married and married couples**.



### DISCUSSION

Table 1 shows the proportional distribution of descriptive statistics (mean and standard deviation) and the Shapiro-Wilk test between non-married couples and married couples concerning sexual satisfaction. The results show that there are significant mean differences in groups, with non-married couples scoring higher. However, the Shapiro-Wilk test indicates that the data is normally distributed within each group. This suggests that the differences in mean scores between the groups are not due to the distribution of scores. These findings imply that factors other than the distribution of scores may be contributing to the differences in sexual satisfaction between non-married and married couples.

Further analysis is needed to explore these potential factors influencing the differences in sexual satisfaction between non-married and married couples and its impact on relationship satisfaction. Additionally, considering other variables, such as relationship duration or communication styles, may provide a more comprehensive understanding of the findings.

#### *Comparison between non-married couples and married couples*

From Table 1, it is observed that there is a significant mean difference between non married and married couples' sexual satisfaction. So H1 is accepted at the 0.01 level. The result further indicates that this is higher in non-married couples.

The reason behind the high level of sexual satisfaction in non-married couples is possibly due to a greater sense of freedom and exploration in their relationships, as they may not feel the same societal pressures or expectations as married couples. In contrast, non-married couples may prioritize communication and emotional connection in their relationships, leading to higher levels of sexual satisfaction. The differences in sexual satisfaction levels between non-married and married couples are often explained by psychological, sociological, and relationship dynamics perspectives. The nature of the relationship, such as commitment and security, may play a significant role in determining sexual satisfaction levels. Newer non-married couples often experience higher sexual satisfaction due to novelty and excitement, with high passion, frequent sexual activity, and a strong desire for exploration during the initial stages of a relationship (Diamond, 2004). The novelty of sexual intimacy, particularly in long-term marriages, tends to fade over time, leading to a

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decrease in sexual satisfaction (Muise, Schimmack, & Impett, 2016). Marriage, despite its benefits, can decrease sexual desire and satisfaction due to increased responsibility, routine, and familiarity. Despite its stability, it may also decrease spontaneous sexual encounters (Mark et al., 2017). Married couples may face decreased sexual satisfaction due to increased stress and responsibilities, including child-rearing, financial obligations, and career pressures (Papp, Goeke-Morey, & Cummings, 2010). Stressors can lead to decreased sexual frequency and libido, thereby affecting overall sexual satisfaction. Effective sexual communication is crucial for satisfaction, but negative communication patterns or the avoidance of discussions about sexual needs can lead to a decline in satisfaction in many marriages (Byers, 2005). Newer, non-married couples may be more open about their sexual preferences and desires, leading to increased satisfaction levels. Cultural norms and social expectations, such as those surrounding marriage, can create pressure and reduce sexual satisfaction due to societal expectations regarding monogamy and sexual conduct (Brotto et al., 2009). Non-married couples may experience fewer constraints due to these expectations, promoting greater sexual freedom and satisfaction. The hedonic treadmill theory suggests that individuals quickly adjust to positive life changes, like marriage, resulting in a return to their initial level of happiness and satisfaction (Brickman & Campbell, 1971). Therefore, the initial boost in sexual satisfaction that may come with marriage could eventually plateau as individuals become accustomed to their new relationship status. It is important for couples to actively work on maintaining sexual satisfaction through communication, exploration, and mutual understanding. This can involve trying new things in the bedroom, openly discussing desires and boundaries, and prioritizing each other's needs. By continually investing in their sexual relationship, couples can break free from the hedonic treadmill and experience long-lasting satisfaction.

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### **Conflict of Interest**

The author(s) declared no conflict of interest.

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