

## Impulsivity and Sexual Attitudes Among Young Adults: A Correlational Study

Khushi Bhairi<sup>1</sup>, Dr. Hunny Kalra<sup>2\*</sup>

### ABSTRACT

**Background:** In an evolving socio-cultural environment, attitudes toward sexuality are becoming increasingly open, while psychological traits such as impulsivity continue to influence decision-making and behaviour, particularly during young adulthood. Sexual attitudes are shaped not only by changing social norms and cultural influences but also by individual personality characteristics and gender-related factors. Understanding the relationship between impulsivity and sexual attitudes is especially important in the Indian context, where traditional values coexist with growing exposure to modern and liberal perspectives on sexuality. **Aim:** The present study aimed to examine the relationship between sexual attitudes and impulsivity among young adults and to explore gender differences in these variables. **Methods:** A quantitative cross-sectional correlational design was employed with 152 college-going young adults aged 18–25 years selected through purposive sampling. Participants completed the Brief Sexual Attitudes Scale (BSAS) and the Impulsive Behaviour Short Scale–8 (I-8). Data were collected online through Google Forms after obtaining informed consent. Descriptive statistics, Pearson’s product-moment correlation, regression analysis, and independent samples t-tests were conducted using SPSS. **Results:** The findings revealed moderate levels of impulsivity and sexual attitudes across all dimensions. Impulsivity showed a significant positive relationship with permissiveness ( $r = .221, p = .006$ ), indicating that higher impulsivity was associated with more permissive sexual attitudes. Regression analysis further demonstrated that impulsivity significantly predicted permissive sexual attitudes, accounting for 4.9% of the variance ( $R^2 = .049, p = .006$ ). Significant interrelationships were also observed among the dimensions of sexual attitudes. However, no significant gender differences were found in impulsivity or any dimensions of sexual attitudes ( $p > .05$ ). **Conclusion:** The study highlights the important role of impulsivity in shaping permissive sexual attitudes among young adults while emphasizing the multidimensional nature of sexuality. The findings contribute to understanding psychological influences on sexual attitudes and may help inform future research, awareness programs, and mental health interventions promoting healthy and informed decision-making.

**Keywords:** *Sexual Attitudes, Impulsivity, Gender Differences, Young Adults, Quantitative Study*

<sup>1</sup>MSc Psychology Student, Department of Psychology, JAIN (Deemed-to-be University), Bengaluru, Karnataka

<sup>2</sup>Assistant Professor, Department of Psychology, JAIN (Deemed-to-be University), Bengaluru, Karnataka

\*Corresponding Author

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Sexuality is a fundamental aspect of human life that encompasses sexual feelings, desires, behaviours, intimacy, and identity. Although sexuality is considered a cultural universal, its meaning and expression vary significantly across societies depending on social norms, cultural beliefs, and historical influences (Broude, 2003). Sexuality is therefore not limited to biological functioning but is a multidimensional construct shaped by psychological, social, emotional, and cultural factors (Silva et al., 2021). According to the World Health Organization (2019), sexuality includes attitudes, behaviours, pleasure, intimacy, and identity, all of which interact to influence human relationships and well-being. Within this framework, sexual attitudes refer to an individual's beliefs, values, and emotional responses toward sexuality, which influence sexual decision-making and behaviour (Somaiya & Pandey, 2023). These attitudes are shaped by family environment, peer interactions, education, media exposure, and socio-cultural norms, and may range from conservative to permissive orientations. Research indicates that sexual attitudes influence communication regarding sexuality, contraceptive use, relationship patterns, and sexual health outcomes (Dekker et al., 2023). Furthermore, sexual attitudes are dynamic and continue to evolve through personal experiences and changing societal norms (Nelson et al., 2015).

Among the psychological factors influencing sexuality, impulsivity has emerged as one of the most significant predictors of risky and permissive sexual behaviour. Impulsivity refers to the tendency to act rapidly without sufficient forethought or consideration of consequences and includes dimensions such as motor impulsivity, cognitive impulsivity, and non-planning impulsivity (Moeller et al., 2001; Patton et al., 1995). Individuals high in impulsivity often prioritize immediate gratification and novelty seeking over long-term outcomes, increasing vulnerability to risky decision-making. Studies consistently show that impulsivity is associated with behaviours such as early sexual initiation, multiple sexual partnerships, casual sexual encounters, and unprotected sex (Donohew et al., 2000; Dir et al., 2014). Hoyle et al. (2000) further suggested that impulsivity may contribute not only to risky behaviour but also to more permissive sexual attitudes, as impulsive individuals may develop more accepting views toward unrestricted sexual expression.

Research over the past decade has increasingly emphasized the multidimensional relationship between impulsivity and sexuality. Charnigo et al. (2013) reported that impulsivity and sensation seeking independently predicted risky sexual behaviours among young adults, particularly in situations involving alcohol and substance use. Similarly, Derefinko et al. (2014) found that sensation seeking and behavioural risk-taking predicted multiple sexual partners and sexual encounters with strangers, while negative urgency was associated with lower condom use. These findings suggest that impulsivity influences sexuality through multiple pathways, including reduced inhibition, reward sensitivity, and emotional dysregulation. Sullivan and Barkley-Levenson (2021) further demonstrated that specific impulsivity traits such as lack of premeditation and sensation seeking significantly contributed to risky sexual behaviour among young adults. Together, these studies highlight impulsivity as a critical psychological mechanism underlying sexual decision-making.

In addition to risky behaviour, impulsivity has also been associated with compulsive and addictive sexual tendencies. Blum et al. (2020) identified significant associations between impulsive-compulsive traits, compulsive sexual behaviour, and behavioural addictions among university students. Likewise, Leeman et al. (2019), through a systematic review, concluded that impulsivity consistently predicts addictive and sexual behaviours and may act as a vulnerability factor for compulsive sexual behaviour disorder. Studies examining

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problematic online sexual activity further found impulsivity to be a major predictor of compulsive pornography use and internet-based sexual risk-taking (Journal of Behavioural Addictions, 2023). These findings indicate that impulsivity extends beyond behavioural risk-taking and significantly shapes broader patterns of sexual attitudes and sexual regulation.

At the same time, sexual attitudes themselves represent an important cognitive and emotional component of sexuality. Sexual attitudes involve beliefs regarding permissiveness, emotional intimacy, responsibility, and sexual expression, all of which influence behavioural choices and relational experiences. Research suggests that permissive sexual attitudes are associated with greater acceptance of casual relationships and risky sexual behaviour, whereas conservative attitudes are often linked with restraint and self-regulation (Nelson et al., 2015). Sierra et al. (2021) further demonstrated that positive attitudes toward sexual fantasies and sexual expression significantly predicted sexual functioning and sexual well-being. Despite the growing literature on sexuality and impulsivity, many studies continue to examine impulsivity and sexual attitudes independently rather than exploring how impulsivity contributes to the development of specific sexual attitudes. This creates an important gap in understanding the psychological processes through which personality traits influence sexual beliefs and behaviour.

Gender differences further strengthen the importance of examining the relationship between impulsivity and sexual attitudes. Previous literature consistently reports that males generally exhibit higher impulsivity, greater sensation seeking, and more permissive sexual attitudes than females (Cross et al., 2011; Weafer & de Wit, 2014). Cross et al. (2011), in a meta-analysis of 277 studies, found that men scored significantly higher on behavioural risk-taking and sensation seeking, traits closely associated with sexual permissiveness. Similarly, Hira and Banerjee (2024), in an Indian sample, reported significantly higher impulsivity among male undergraduate students compared to females. Traditional socio-cultural norms often encourage males toward sexual freedom and risk-taking while promoting restraint and caution among females (Baumeister, 2000). However, emerging evidence suggests that these differences may be changing with evolving gender roles and social norms. Petersen and Hyde (2011) noted that traditional gender differences in sexuality are gradually narrowing among younger generations due to increased education, media exposure, and changing attitudes toward relationships.

Research also indicates that gender may influence the relationship between impulsivity and sexuality differently across contexts. Dir et al. (2014) found that the association between impulsivity and risky sexual behaviour was stronger among females, whereas Black et al. (2015) reported stronger effects of impulsivity on sexual risk-taking among men in a psychiatric outpatient sample. During the COVID-19 pandemic, Litam and Lenz (2023) demonstrated that impulsivity, depressive symptoms, and negative sexual attitudes predicted risky sexual behaviour, with men being more likely to violate public health restrictions for sexual activity. These findings suggest that gender does not merely influence impulsivity or sexual attitudes independently but may shape how impulsive tendencies are expressed within sexual contexts.

The relationship between impulsivity and sexual attitudes becomes particularly important within the Indian socio-cultural context. In India, sexuality is deeply influenced by cultural traditions, religious values, family expectations, and social norms, where discussions regarding sexuality often remain stigmatized despite increasing modernization (Somaiya & Pandey, 2023). At the same time, globalization, digital media exposure, dating applications,

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and changing relationship patterns are contributing to more liberal attitudes toward sexuality among young adults. Consequently, Indian youth frequently navigate a complex intersection of traditional values and modern influences. Biswas, in a study on Indian youth, found that impulsivity, personality traits, and internet consumption significantly influenced sexual attitudes, highlighting the role of media and changing social environments in shaping sexuality. These findings are particularly relevant in contemporary India, where rapid social change may interact with impulsive tendencies to influence sexual attitudes and decision-making.

Despite the increasing literature on impulsivity and sexuality, there remains limited research examining how impulsivity predicts sexual attitudes within the Indian context. Most existing studies focus primarily on risky sexual behaviour rather than the underlying attitudinal dimensions that guide such behaviour. Furthermore, much of the available literature has been conducted in Western societies where sexuality is comparatively individualized and openly discussed, limiting generalizability to collectivistic cultures such as India. There is also limited research examining how gender interacts with impulsivity in shaping sexual attitudes among Indian young adults.

Grounded in the biopsychosocial model, the present study seeks to address these gaps by examining the relationship between impulsivity and sexual attitudes among young adults while exploring the role of gender within the Indian socio-cultural context. Based on theoretical perspectives and empirical findings, the following hypotheses were formulated:

- **Hypothesis 1:** There will be a significant positive relationship between impulsivity and sexual attitudes among young adults.
- **Hypothesis 2:** There will be a significant difference in sexual attitudes and impulsivity between male and female young adults.
- **Hypothesis 3:** Impulsivity will significantly predict the different dimensions of sexual attitudes such as permissiveness, birth control, communion, and instrumentality.

## METHODS AND MATERIALS

### *Participants*

A quantitative, cross-sectional correlational study was conducted to examine the relationship between impulsivity and sexual attitudes among college-going young adults, with a particular focus on gender differences. The final sample consisted of 152 participants aged between 18 and 25 years, including 90 females and 62 males. Participants were recruited using purposive sampling through online platforms and educational networks. Participation was voluntary, and informed consent was obtained from all participants prior to data collection. Confidentiality and anonymity were strictly maintained, and all responses were collected anonymously through online survey forms. Participants were informed of their right to withdraw from the study at any stage without penalty.

Inclusion criteria required participants to be college or university students aged between 18 and 25 years, proficient in English, and individuals who had engaged in consensual sexual activity within the past one year. Exclusion criteria included individuals diagnosed with severe psychiatric disorders such as schizophrenia or bipolar disorder, participants with current substance dependence, individuals with a history of sexual trauma or abuse, participants currently using medications affecting sexual functioning, and individuals

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identifying as non-heterosexual, as the study specifically focused on heterosexual sexual attitudes and behaviours.

Data were collected using the Brief Sexual Attitudes Scale (BSAS) and the Impulsive Behaviour Short Scale–8 (I-8). Statistical analyses were conducted using SPSS and included descriptive statistics, Pearson's product-moment correlation, multiple regression analysis, and independent samples t-tests to examine relationships, predictive effects, and gender differences among the study variables.

All procedures in the present study were conducted in accordance with standard ethical guidelines for psychological research. Informed consent was obtained from all participants prior to data collection, and participation was entirely voluntary. Participants were assured of confidentiality, anonymity, and their right to withdraw from the study at any stage without penalty. Every effort was made to ensure participants' rights, privacy, safety, and psychological well-being throughout the research process.

### *Measures*

- 1. Brief Sexual Attitudes Scale (BSAS; Hendrick et al., 2006):** The BSAS is a 23-item self-report questionnaire developed to assess individuals' attitudes toward sexuality across four dimensions: Permissiveness (openness to casual sex and multiple partners), Birth Control (attitudes toward contraception and sexual responsibility), Communion (viewing sex as an expression of emotional connection), and Instrumentality (viewing sex as a physical or utilitarian act). Responses are measured on a Likert-type scale, with higher scores indicating stronger endorsement of specific sexual attitudes. The scale has demonstrated high internal consistency, with Cronbach's alpha coefficients ranging from .74 to .91, along with strong construct validity, making it a reliable and widely used measure for assessing sexual attitudes.
- 2. Impulsive Behaviour Short Scale–8 (I-8; Kovaleva et al., 2014):** The I-8 is an 8-item self-report measure designed to assess impulsivity across four dimensions: Urgency (acting impulsively under emotional states), Lack of Premeditation (acting without thinking ahead), Lack of Perseverance (difficulty sustaining attention), and Sensation Seeking (desire for novel and exciting experiences). Each item is rated on a 5-point Likert scale, with higher scores indicating greater levels of impulsivity. The scale has demonstrated acceptable reliability, with Cronbach's alpha coefficients ranging from .70 to .81, along with good factorial and convergent validity, making it a suitable and reliable instrument for assessing impulsive behaviour in research settings.

### *Procedure*

Eligible participants were screened and enrolled in accordance with the predefined inclusion and exclusion criteria. The present study was conducted as part of a dissertation submitted in partial fulfilment of the requirements for the Master's degree in Psychology at Jain University. After obtaining informed consent, participants were provided with detailed information regarding the aim and objectives of the study and were asked to complete a series of standardized self-report questionnaires, namely the Brief Sexual Attitudes Scale (BSAS) and the Impulsive Behaviour Short Scale–8 (I-8). Data collection was conducted through online platforms using Google Forms to ensure accessibility, convenience, privacy, and anonymity. All completed responses were scored according to the standardized scoring procedures outlined in the respective instrument manuals.

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The collected data were subsequently analysed using SPSS. Descriptive statistics were computed to summarize demographic characteristics and study variables. The normality of the data distribution was assessed using skewness and kurtosis values, all of which fell within the acceptable range of  $\pm 2$ , supporting the use of parametric analyses. Pearson's product-moment correlation was conducted to examine the relationship between impulsivity and sexual attitudes. In addition, regression analysis was performed to assess the predictive role of impulsivity on different dimensions of sexual attitudes. Independent samples *t*-tests were also conducted to examine gender differences across impulsivity and sexual attitude variables.

### RESULTS

Table 1 presents the descriptive statistics for impulsivity and the different dimensions of sexual attitudes among the study participants ( $N = 152$ ). The findings indicated moderate levels across all study variables. The mean score for Permissiveness was 23.55 ( $SD = 10.38$ ), suggesting moderate levels of permissive sexual attitudes among participants. Birth Control Responsibility showed a mean score of 5.36 ( $SD = 2.77$ ), indicating relatively lower but consistent attitudes related to contraception and sexual responsibility.

The mean score for Communion was 11.62 ( $SD = 4.99$ ), reflecting a moderate emphasis on emotional intimacy and relational aspects of sexuality. Similarly, Instrumentality demonstrated a mean score of 15.36 ( $SD = 4.33$ ), suggesting moderate endorsement of functional or utilitarian views of sexual behaviour. The mean score for Impulsivity was 22.35 ( $SD = 3.91$ ), indicating moderate impulsivity levels within the sample.

The standard deviations across variables suggested moderate variability in participant responses, reflecting meaningful individual differences in impulsivity and sexual attitudes. Furthermore, skewness values ranged from 0.163 to 1.318 and kurtosis values ranged from  $-0.775$  to 1.338, all of which fell within the acceptable range of  $\pm 2$ . These findings indicate that the data were approximately normally distributed, thereby supporting the suitability of parametric statistical analyses for the present study.

*Table 1 Descriptive Statistics and Normality Indices for Impulsivity and Dimensions of Sexual Attitudes*

Variable	Mean	Standard Deviation	Skewness	Kurtosis
Permissiveness (Ptotal)	23.55	10.38	0.445	-0.775
Birth Control (Bctotal)	5.36	2.77	1.318	1.338
Communion (Ctotal)	11.62	4.99	0.624	-0.054
Instrumentality (Itotal)	15.36	4.33	0.302	-0.240
Impulsivity (IMPtotal)	22.35	3.91	0.163	0.016

Building on these descriptive findings, Table 2 shows that there is a statistically significant positive correlation between impulsivity and permissive sexual attitudes among the participants. Specifically, higher impulsivity was associated with greater permissiveness in sexual attitudes ( $r = .221$ ,  $p = .006$ ). This result supports and leads to the acceptance of Hypothesis 1, highlighting the role of impulsivity in influencing permissive sexual attitudes among young adults. Furthermore, permissiveness demonstrated significant negative correlations with communion ( $r = -.171$ ,  $p = .034$ ) and instrumentality ( $r = -.330$ ,  $p < .001$ ), while communion showed a significant positive correlation with both birth control responsibility ( $r = .335$ ,  $p < .001$ ) and instrumentality ( $r = .422$ ,  $p < .001$ ). These findings

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suggest that the dimensions of sexual attitudes are interrelated and multidimensional in nature.

**Table 2: Showing Correlation Between Impulsivity and Dimensions of Sexual Attitudes (N = 152)**

Variable	1	2	3	4	5
<b>1. Permissiveness</b>	--	--			
<b>2. Birth Control</b>	-.001	--			
<b>3. Communion</b>	-.171*	.335**	--		
<b>4. Instrumentality</b>	-.330**	.189*	.422**	--	
<b>5. Impulsivity</b>	.221**	.132	-.006	-.139	--

Note.  $p < .05$ ,  $p < .01$

Furthermore, to examine the predictive effect of impulsivity on the dimensions of sexual attitudes, a regression analysis was conducted, as summarized in Table 3. The results demonstrated that impulsivity was a significant positive predictor of permissiveness,  $\beta = .221$ ,  $t = 2.79$ ,  $p = .006$ ; the model accounted for approximately 4.9% of the variance in permissive sexual attitudes,  $R^2 = .049$ ,  $F(1,151) = 7.79$ ,  $p = .006$ . These findings support and confirm Hypothesis 3, indicating that impulsivity significantly predicts dimensions of sexual attitudes among young adults, particularly permissiveness.

**Table 3: Showing Results of Regression Analysis Between Impulsivity and Sexual Attitudes**

Criterion Variable	Predictor	t	$\beta$	p-value
<b>Sexual attitudes</b>	Impulsivity	2.790	.221	0.006

Note.  $R^2 = .049$ , Adjusted  $R^2 = .043$ ,  $F(1, 151) = 7.79$ ,  $p = .006$ .

Dependent Variable: Sexual Attitudes.

Furthermore, to examine gender differences in impulsivity and sexual attitudes, independent samples t-tests were conducted. The results indicated that there were no statistically significant differences between male and female participants across impulsivity or any dimensions of sexual attitudes, including permissiveness, birth control responsibility, communion, and instrumentality (all  $p > .05$ ). These findings do not support Hypothesis 2 and suggest that male and female young adults in the present sample did not differ meaningfully in impulsivity or sexual attitudes. Additionally, the findings indicate that gender did not significantly moderate the relationship between impulsivity and sexual attitudes within this sample.

**Table 4 Independent Samples t-Test for Gender Differences**

<b>Permissiveness</b>	<b>-0.173</b>	<b>151</b>	<b>.863</b>
<b>Birth Control</b>	1.087	151	.279
<b>Communion</b>	0.345	151	.731
<b>Instrumentality</b>	0.162	151	.871
<b>Impulsivity</b>	1.414	151	.159

In summary, the findings of the present study revealed significant relationships between impulsivity and sexual attitudes among young adults. Correlational analysis demonstrated that higher levels of impulsivity were associated with more permissive sexual attitudes, supporting Hypothesis 1. Significant interrelationships were also observed among the

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different dimensions of sexual attitudes, indicating that sexual attitudes are multidimensional and interconnected constructs. Regression analysis further established impulsivity as a significant positive predictor of permissiveness, thereby partially supporting Hypothesis 3 and highlighting the contribution of impulsivity in explaining variability in sexual attitudes. However, the predictive effect was modest, suggesting that additional psychological, social, and cultural factors may also influence sexual attitudes.

In contrast, independent samples t-test results revealed no statistically significant gender differences in impulsivity or any dimensions of sexual attitudes, leading to the rejection of Hypothesis 2. These findings suggest that male and female participants in the present sample did not differ meaningfully in impulsivity or sexual attitudes. Overall, the study highlights the important role of impulsivity in shaping permissive sexual attitudes among young adults while emphasizing the complex and multidimensional nature of sexual attitudes.

### DISCUSSION

The present study aimed to examine the relationship between impulsivity and sexual attitudes among young adults, with particular emphasis on the predictive role of impulsivity and the influence of gender within the Indian socio-cultural context. Guided by the biopsychosocial model, the study explored how impulsivity interacts with different dimensions of sexual attitudes, including permissiveness, birth control responsibility, communion, and instrumentality. The descriptive findings revealed moderate levels of impulsivity and sexual attitudes across all dimensions, suggesting that participants held balanced and evolving perspectives toward sexuality rather than extremely conservative or highly permissive attitudes. These findings reflect the transitional nature of contemporary Indian society, where young adults are increasingly influenced by globalization, digital media, and changing relationship norms while simultaneously remaining connected to traditional cultural values and social expectations (Somaiya & Pandey, 2023).

The findings further demonstrated a significant positive relationship between impulsivity and permissive sexual attitudes, thereby supporting Hypothesis 1. Young adults with higher impulsivity scores reported more permissive attitudes toward sexuality, indicating that impulsive tendencies may contribute to greater openness toward unrestricted sexual beliefs and behaviours. This finding is consistent with previous research showing that impulsivity is strongly associated with sensation seeking, risky sexual behaviour, casual relationships, and reduced inhibitory control (Dir et al., 2014; Charnigo et al., 2013; Sullivan & Barkley-Levenson, 2021). The present study suggests that impulsivity may influence not only sexual behaviour but also the cognitive and attitudinal orientations that shape behavioural choices. Individuals high in impulsivity may prioritize novelty, immediate gratification, and excitement, which can contribute to more liberal attitudes toward sexuality.

Regression analysis further revealed that impulsivity significantly predicted permissive sexual attitudes, partially supporting Hypothesis 3. However, the predictive contribution of impulsivity was modest, indicating that sexual attitudes are shaped by multiple interacting factors beyond personality traits alone. Variables such as family upbringing, peer influence, religiosity, cultural norms, emotional experiences, and media exposure may also play important roles in shaping sexual attitudes among young adults. This interpretation is particularly relevant in the Indian context, where sexuality continues to be influenced by collectivistic values, cultural taboos, family expectations, and limited open discussions regarding sex. At the same time, increasing exposure to social media, internet culture, and changing societal norms may contribute to more liberal sexual attitudes among youth. Thus,

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impulsivity appears to function within a broader socio-cultural framework that both shapes and regulates sexual expression.

An important finding of the study was the significant interrelationship among the dimensions of sexual attitudes. Communion showed positive associations with birth control responsibility and instrumentality, suggesting that individuals who valued emotional intimacy and relational closeness also demonstrated greater responsibility toward sexual decision-making. In contrast, permissiveness was negatively associated with communion, indicating that highly permissive attitudes may place comparatively less emphasis on emotional attachment within sexual relationships. These findings support the view that sexual attitudes are multidimensional and interconnected constructs rather than isolated domains. The findings are also consistent with previous literature emphasizing that emotional and relational aspects of sexuality influence sexual functioning, intimacy, and responsible behaviour (Sierra et al., 2021).

Contrary to Hypothesis 2, the study found no significant gender differences in impulsivity or any dimensions of sexual attitudes. Male and female participants reported comparable levels of impulsivity, permissiveness, communion, and birth control responsibility. These findings differ from earlier studies reporting greater impulsivity and more permissive sexual attitudes among males (Cross et al., 2011; Weafer & de Wit, 2014), but may reflect changing societal norms and increasing gender equality among contemporary young adults. Increased educational exposure, digital connectivity, and evolving attitudes toward relationships may be gradually reducing traditional gender differences in sexuality. Additionally, cultural sensitivity surrounding discussions of sexuality in India may have influenced socially desirable responding across both genders.

Overall, the present study highlights the important role of impulsivity in shaping permissive sexual attitudes among young adults while emphasizing the multidimensional and culturally influenced nature of sexuality. The findings contribute to existing literature by demonstrating that impulsivity influences not only behavioural tendencies but also underlying sexual attitudes and beliefs. The study also has practical implications for mental health professionals, educators, and public health practitioners, suggesting the need for culturally sensitive sexuality education programs that incorporate emotional regulation, impulse control, and healthy decision-making skills. Despite certain limitations, including the cross-sectional design and reliance on self-report measures, the study provides valuable insights into the interaction between impulsivity and sexual attitudes within the Indian context and offers directions for future research exploring additional psychological and socio-cultural influences on sexuality among young adults.

### CONCLUSION

In conclusion, the present study highlights impulsivity as a significant psychological factor associated with permissive sexual attitudes among young adults. The findings suggest that individuals with higher impulsivity are more likely to endorse liberal sexual attitudes, emphasizing the role of personality traits in shaping sexual perspectives. At the same time, sexual attitudes emerged as multidimensional constructs influenced by emotional, behavioural, and social factors. The absence of significant gender differences reflects evolving societal norms and increasing convergence in attitudes toward sexuality among males and females. Overall, the study contributes to a deeper understanding of the psychological dynamics underlying sexual attitudes and underscores the importance of

incorporating self-regulation, emotional awareness, and informed decision-making into sexual education and mental health interventions for young adults.

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### **Conflict of Interest**

There are no conflicts of interest.

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