

## Sexual Communication and its Reflection on Satisfaction of Married Women

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### Abstract

Couples prefer to avoid direct sexual communication, despite the fact that research shows that it is critical to healthy sexual interactions. We want to see whether there's a link between having good sexual communication with your spouse and having good sexual pleasure in your marriage. A self-filling online questionnaire that was disseminated through social media was utilised as a method. written in English and then into Arabic so that everyone can understand it, no matter what their educational background is. Questions on sexual activity, communication, and satisfaction were all included in the survey. Epidemiological statistics were also collected. The majority of participants were between the ages of 30 and 39. (73.8 percent ). In addition, the majority of them have a university degree (97.8 percent ). Eighty-four percent of them were city dwellers, and the majority of them had been married for six to ten years (46.9 percent ). The majority of individuals are content with their current sexual situation (63.1 percent ). Eighty-six percent of women who said they were sexually happy said their husbands ensured they had orgasm. Sixty-four percent of those who were pleased stated it was easy to talk about their sexual wants and dreams with others. The pleased group had a confidence in their bodies that was 76.7 percent. Conclusion: In intimate partnerships, better sexual communication is linked to more sexual pleasure. Increasing the sexual happiness of women in marriage requires encouraging them to talk openly about their sexual wants, preferences, concerns, and dreams with their partners.

**Keywords:** Sexual, Communication, Satisfaction, Married, Women.

### 1. Introduction

When it comes to defining sexual communication, it's important to look at how much information is shared during the conversation, how good it is, and how often it occurs. Disclosing one's sexual preferences and willingness to participate in particular sexual acts is part of the sexual self-disclosure process. Other topics covered include sexual values, previous experiences, and sexual attitudes.

Open sexual communication has shown to be an important part of sexual interactions, although couples prefer to avoid direct sexual communication while in a relationship. Despite the fact that long-term relationships are certain to have ups and downs, it is very uncommon for the female partner to avoid addressing parts of the sexual connection with which they are dissatisfied for fear of their spouse becoming furious. Rather of talking about a partner's particular wants or preferences, people tend to make assumptions about a partner's preferences for foreplay and intercourse based on sexual stereotypes (i.e., what they think males typically seek). As a result, these estimates are often incorrect [2].

It is possible that doctors and academics are overlooking a key element in treating sexual diseases like female anorgasmia and enhancing sexual relationships by not paying attention to couples' sexual communication. In an analysis of theoretical theories for the genesis and maintenance of anorgasmia, it was found that communication impairments, a lack of trust in communication, and communication inhibitions are all linked to the disease.

Depending on the culture, a woman's capacity to talk openly about sexuality may be different from her ability to talk openly about other topics, including

motherhood or sexual education. It's possible that the dynamics of family of origin or religion around sexual communication influence whether or not sexual conversation is promoted. Gender norms around sex may lead to a number of assumptions about who initiates and receives pleasure from sex.

We want to see whether there's a link between having good sexual communication with your spouse and having good sexual pleasure in your marriage.

### 2. Patients and methods

This cross section study from February 2020 to December 2020. The tool of this study is a self-report questionnaire written in English and translated into Arabic to ensure it is understood by all subjects regardless their level of education. It was distributed on 468 women on social media and was fully filled anonymously by only 401 through the following link [bit.ly/2m88cmp](https://bit.ly/2m88cmp). The work started after obtaining approval of the ethical committee and department of dermatology and andrology at Benha faculty of medicine. The aim of the study and details of the questionnaire were explained to the women before taking their informed consent.

#### Inclusion criteria

- Married women with regular sexual activity.
- Women should be free from diseases known to affect sexual functions.
- Women should be able to read , write and have access to social media to be able to fill the questionnaire.

#### Exclusion criteria

- Women not currently participating in regular sexual intercourse e.g divorced or widowed
- Subjects refusing to cooperate.

- Presence of other medical conditions affecting sexuality such as diabetes or receiving drugs that affect sexuality such as antihypertensive drugs.
- Presence of mental or psychiatric disorders.

#### The questionnaire included the following items:

- Epidemiological data : Age , Education level (reads and writes, finished secondary school or university degree) , Residence (village , city or town) and duration of marriage.
- Questions to assess sexual activity: coital frequency and masturbation
- Questions to assess aspects of sexual satisfaction : satisfaction with coital frequency , wanting more or wanting less ,how often she reaches orgasm, satisfaction with sex life.
- Questions to assess communication : if she initiates intercourse or not , method of initiation , reasons why she wouldn't initiate , if her husband makes sure she reaches orgasm or not, if she verbally communicates with her husband during intercourse, if she ever fakes orgasm, the reasons for faking orgasm, response when her husband asked for intercourse in an inconvenient time, sharing fantasies and needs with husband or not and confidence in body image.

#### 2.1. Statistical analysis

Data were collected, revised, coded and entered to the statistical package for Social Sciences (IBM SPSS) version 23. The Qualitative variables were presented as numbers and percentages. The comparison between groups with qualitative data were done by using **Chi-square test** and **Fisher exact test** instead of the Chi-square only when the expected count in any cell found less than 5. The confidence interval was set to 95% and the margin of error accepted was set to 5%. So, the p-value was considered significant as the

following: P>0.05: Non significant (NS), P<0.05: Significant (S), P<0.01 Highly significant (HS)

#### 3. Results

The total number of participants is 401. Most of them belonged to age group 30-39 (73.8%). Also, most of them finished university (97.8%). Most of them lived in a city (84.8%) and most of them have been married for 6-10 years (46.9 %) table (1)

Among participants 38.2% reach orgasm in less than 50% of the times they have intercourse, while 25.9% reaches orgasm almost every time and (0.2%) never or rarely reaches orgasm. The majority are satisfied with the coital frequency 68.3%, While the majority of those who are not satisfied want to have more frequent intercourse 85%. Most of the participants are satisfied with their sex life 63.1% and 67.6% are not satisfied with their sex life blame their husbands Table (2).

Most of the participants initiate intercourse (67.6%) when they want to. The most common method of initiation is giving signs and waiting for partner to start (38.7%). 59.9 % Of the participants who do not initiate sex with their spouses stated that the reason is being shy. Most of the participants said that their husbands made sure they reached orgasm (76.6%). Also, 63.1% of the participants stated that they fake orgasm "Sometimes".The most common reason for faking orgasm is to satisfy the partner 73.0%. Among the participants 71.3% communicate verbally with their partners during intercourse. The majority of the participants 46.6 % said that they apologized and explained their reasons when they wanted to decline intercourse. Also, most of them 55.4% said they were comfortable discussing their sexual desires and fantasies with their partners and 72.6% of them felt confident about their bodies. Table (3).

Table (1) Demographic data.

Demographic data	n	%	
Age	Age<20	1	0.2
	Age 20-29	66	16.5
	Age 30-39	296	73.8
	Age 40-50	36	9.0
	50+	2	0.5
Educational level	Can only read & write	4	1.0
	Finished 2ry school	5	1.2
	Finished university	392	97.8
Residence	City	340	84.8
	Town	26	6.5
	Village	35	8.7
How long have you been married?	<1 year	20	5.0
	1-5 years	101	25.2
	6-10 years	188	46.9
	11-15 years	64	16.0
	16-19 years	25	6.2
	20+	3	0.7

Table (2) Sexual satisfaction.

Sexual satisfaction		n	%
<b>How often do you reach orgasm?</b>	Almost always	104	25.9
	In > 50% of the times	143	35.7
	In <50% of the times	153	38.2
	Rarely or almost never	1	0.2
<b>Are you satisfied with this coital frequency?</b>	Yes	274	68.3
	No	127	31.7
<b>If the answer to the previous question is no</b>	I want more	108	85.0
	I want less	19	15.0
<b>Are you satisfied with you sex life?</b>	Yes	253	63.1
	No	148	36.9
<b>If the answer is No Do you blame your husband for it?</b>	Yes	100	67.6
	No	48	32.4

Table (3) Sexual communication

		n	%
<b>Do you ask/initiate sexual intercourse with your husband when you want to?</b>	Yes	271	67.6
	No	130	32.4
<b>If the answer is yes how do you initiate?</b>	Ask verbally	95	35.1
	Give him signs and wait for him to start	105	38.7
	Dress in a certain way to seduce him	71	26.2
	Your husband doesn't like you to ask for sexual intercourse	9	6.9
<b>If the answer of question number 8 is No, please clarify the reason</b>	You are shy	77	59.2
	You think it is inappropriate for a female to ask for sexual intercourse	15	11.5
	You are afraid of being rejected by your husband	29	22.3
<b>Does your husband make sure you reach orgasm?</b>	Yes	307	76.6
	No	94	23.4
<b>Do you communicate with you husband verbally during intercourse?</b>	Yes	286	71.3
	No	115	28.7
<b>Do you ever fake orgasm?</b>	Never	112	27.9
	Sometimes	253	63.1
	Always	36	9.0
<b>If yes then why?</b>	To end the sexual intercourse quickly	60	20.8
	To satisfy your partner	211	73.0
	Because intercourse is painful for you	18	6.2
<b>If your husband asks for sexual intercourse and you are not ready for it</b>	You agree against your will	129	32.2
	You pretend to be busy or sleeping	85	21.2
	You apologize and explain your reasons	187	46.6
<b>How comfortable do you feel about discussing your sexual needs/fantasies/problems with your husband?</b>	I can talk to him about anything	222	55.4
	I don't feel comfortable talking about it with him	179	44.6
<b>Do you feel confident about your body in front of your husband?</b>	Yes	291	72.6
	No	110	27.4

Among the younger age group <20-29 80.6% stated that their husbands made sure they reached orgasm compared to 60.5% of the older age group (<40-50). Also, 23.7% of the older age group <45-50 reported always faking orgasm while only 11.9% of the younger age group <20-29 always fake orgasm. Fig. (1)

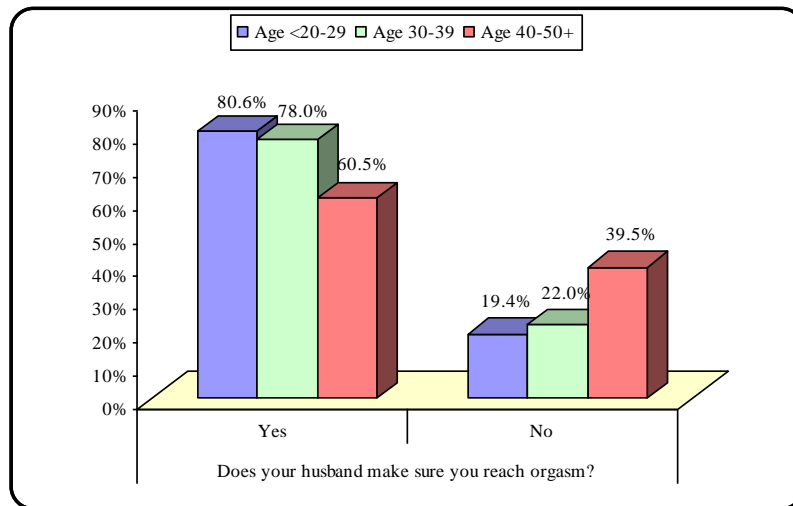


Fig. (1) Husband making sure that partner reaches orgasm among participants of different age groups

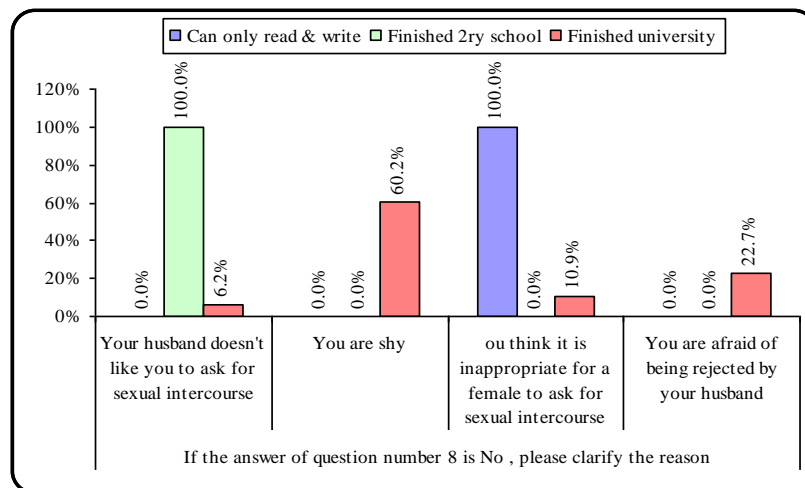


Fig. (2) Reasons for not initiating intercourse among participants of different educational backgrounds.

77.5% of the participants who had university degree stated that their husband made sure they reached orgasm. Fig. (2)

In our study, 75.9% of those who are satisfied with their sex life stated they initiated sexual intercourse when they wanted to compared to only 24.1% of those who are not satisfied with their sex lives. The relation is highly statistically significant. 73.8% of those who don't initiate among the satisfied stated that the reason was due to being shy, while among the dissatisfied group 46.6% stated the reason in being shy and 33.3% said that fear of rejection by the husband was the reason. Among the satisfied group 86.2% stated their husbands made sure they reached orgasm vs 60.1% of the dissatisfied group. Results are highly significant. 81.0% of the satisfied group said they communicated verbally with their husbands during intercourse vs 54.7% of the dissatisfied group. Results are highly significant. 40.32% of the satisfied group stated they never faked

orgasm, 55.34% said they sometimes did and only 4.35% said they always faked orgasm, Meanwhile among the dissatisfied group 6.76% stated they never faked orgasm, 76.35% stated they sometimes do and 16.89% said they always faked orgasm. Results are highly significant. 51.8% of the satisfied group stated that when they were not ready for intercourse they were honest and explained their reasons, 29.6% agreed against their will and 18.6% pretended to be busy or sleeping. While among the dissatisfied group 37.8% explained their reasons, 36.5% agreed against their will and 25.7% pretended to be busy or sleeping. the results are significant. 64.4% of the satisfied group said they felt comfortable discussing their sexual needs and fantasies vs 39.9% among the dissatisfied group. Results are highly significant. 76.7% of the satisfied group felt confident about their bodies in front of their husbands vs 65.5% among the dissatisfied group. Results are significant. Table (4)

**Table (4)** Relationship between sexual satisfaction and aspects of communication

		<b>Are you satisfied with you sex life?</b>		<b>Test value</b>	<b>P-value</b>	<b>Sig.</b>
		<b>Yes n(%)</b>	<b>No n(%)</b>			
<b>Do you ask/initiate sexual intercourse with your husband when you want to?</b>	<b>Yes</b>	192 (75.9)	79 (53.4)	21.597	0.000	HS
	<b>No</b>	61 (24.1)	69 (46.6)			
<b>If the answer is yes how do you initiate?</b>	<b>Ask verbally</b>	67 (34.9)	28 (35.4)	0.291	0.865	NS
	<b>Give him signs and wait for him to start</b>	73 (38.0)	32 (40.5)			
<b>If the answer of question number 8 is No, please clarify the reason</b>	<b>Dress in a certain way to seduce him</b>	52 (27.1)	19 (24.1)	12.426	0.006	HS
	<b>Your husband doesn't like you to ask for sexual intercourse</b>	4 (6.6)	5 (7.2)			
<b>Does your husband make sure you reach orgasm?</b>	<b>You are shy</b>	45 (73.8)	32 (46.4)	35.256	0.000	HS
	<b>You think it is inappropriate for a female to ask for sexual intercourse</b>	6 (9.8)	9 (13.0)			
<b>Do you communicate with you husband verbally during intercourse?</b>	<b>You are afraid of being rejected by your husband</b>	6 (9.8)	23 (33.3)	31.572	0.000	HS
	<b>Yes</b>	218 (86.2)	89 (60.1)			
<b>Do you ever fake orgasm?</b>	<b>No</b>	35 (13.8)	59 (39.9)	60.555	0.000	HS
	<b>Yes</b>	205 (81.0)	81 (54.7)			
<b>If yes then why?</b>	<b>Never</b>	102 (40.32)	10 (6.76)	7.947	0.019	S
	<b>Sometimes</b>	140 (55.34)	113 (76.35)			
<b>If your husband asks for sexual intercourse and you are not ready for it</b>	<b>Always</b>	11 (4.35)	25 (16.89)	7.470	0.024	S
	<b>To end the sexual intercourse quickly</b>	28 (15.7)	32 (28.8)			
<b>How comfortable do you feel about</b>	<b>To satisfy your partner</b>	140 (78.7)	71 (64.0)	22.795	0.000	HS
	<b>Because intercourse is painful for you</b>	10 (5.6)	8 (7.2)			
	<b>You agree against your will</b>	75 (29.6)	54 (36.5)			
	<b>You pretend to be busy or sleeping</b>	47 (18.6)	38 (25.7)			
	<b>You apologize and explain your reasons</b>	131 (51.8)	56 (37.8)			
	<b>I can talk to him about anything</b>	163 (64.4)	59 (39.9)			

discussing your sexual needs/fantasies/problems with your husband?	I don't feel comfortable talking about it with him	90 (35.6)	89 (60.1)			
Do you feel confident about your body in front of your husband?	Yes	194 (76.7)	97 (65.5)			
	No	59 (23.3)	51 (34.5)	5.820	0.016	S

**P-value >0.05: Non significant (NS); P-value <0.05: Significant(S); P-value < 0.01: highly significant (HS)**

\*:Chi-square test

#### 4. Discussion

The importance of communication during a sexual encounter has been largely ignored in the scientific literature. Eighty-one percent of those polled said they exchanged verbal cues with their partners while having sex. The findings are comparable to those of Blunt-Vinti et al. [5], who showed that (a) more communication during sex leads to higher pleasure with sexual communication and (b) contentment with sexual communication predicts sexual satisfaction.

Among the pleased, 29.6% indicated they would agree against their will to participate in unwelcome sexual behaviour, compared to 36.5% of the unsatisfied group who said they would consent against their will as another way to gauge communication.

Consensual undesired sex or compliant sexual conduct [6] refers to sexual behaviour that is freely and voluntarily engaged in in spite of the consequences. There was more of a disparity between the two groups of those who claim they voluntarily participate in unwanted sexual behaviour, even though the findings are statistically significant nevertheless.

If a relationship doesn't work out, women tend to put the blame on themselves. Some women may think that giving their spouse with the sexual closeness they want is the greatest way to keep their relationship strong. There were almost twice as many women (32 percent) as males (17 percent) who participated in unwanted petting or intercourse because they were worried their partner would end the relationship if they refused, according to a research by Impette et al. [6]. Females may be more prone than males to engage in inappropriate sexual behaviour because they may believe that males have a greater sexual desire.

Many individuals think that it is religiously prohibited for a woman to say no to her husband's sexual desires, thus this may have a religious component.

The sexually happy individuals stated they would communicate honestly with their spouses by rejecting and expressing their reasons for doing so, whereas the unsatisfied participants said they would lie and claim to be busy or sleeping instead. Researchers found that sexual assertiveness, as described by Azmoude et al. [8], is the capacity to refuse unwelcome sexual relationships and to have a sexual engagement that provides joy to one's sexual life. There's evidence to indicate that women with higher sexual self-confidence have more satisfying relationships and are

better equipped to cope with sexual dysfunction. Sexual communication requires a certain level of assertiveness.

Having the ability to communicate one's sexual desires and wants is an important part of sexual assertiveness, therefore we also asked Sixty-four percent of the individuals who were happy said they felt comfortable sharing their sexual dreams and wants with their spouses, compared to 39.9 percent of the unsatisfied group who said they felt uncomfortable discussing their demands.

Studies performed by Sayyadi and colleagues [9] found that sexual aggressiveness was associated with good emotions about one's partner. According to their results, sexual assertiveness has a strong positive correlation with good emotions about one's partner.

There is a strong connection between marital distraction, dysfunctional sexual attitudes, and sexual aggressiveness among married women, as shown in the work of Asadi et al. [10]. When it came to sexual assertiveness, researchers discovered an unfavourable correlation between the two variables.

When asked how confident women felt about their bodies in front of their spouses, 76.7% of the happy individuals stated they felt confident, compared to 65.5% of the unsatisfied participants.

The findings are in line with previous research. According to Lowery et al. [11], sexual effectiveness, sexual assertiveness, and sexual esteem all suffer when a person has a negative body image or unhappiness with a particular body area during sexual engagement.

Scientists studied 154 adult women aged 18 to 49 years old for information on their sexual pleasure, self-image, and sexual functioning, and the findings were illuminating. It turns out that even when sexual functioning remains constant, women who have higher self-confidence in their bodies and have fewer distractions related to their bodies have more sexual satisfaction than women who have frequent distractions and struggle with their bodies' images, according to multiple regression analyses [12].

#### 5. Conclusion

In intimate partnerships, better sexual communication is linked to better sexual pleasure. Women should be encouraged to discuss their sexuality, such as sexual desires, preferences, fears, and fantasies, with their spouses, risking rejection, potential discomfort, and traditional gender norms, in

order to obtain greater sexual satisfaction and, as a result, greater relationship satisfaction.

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