



BSc in Psychology

The Association Between Women's Masturbation, Sexual Subjectivity and Sexual Assertiveness

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Foreword

Submitted in partial fulfillment of the requirements of the BSc Psychology degree, Reykjavik University, this thesis is presented in the style of an article for submission to a peer-reviewed journal.

Abstract

Many women struggle to achieve sexual subjectivity and sexual assertiveness, which are both key features in women's sexual health. The purpose of this study was to examine whether women's levels of sexual subjectivity and sexual assertiveness were associated with masturbation frequency, and frequency of orgasm through masturbation. Additionally, this study explored how the elements of sexual subjectivity related to women's sexual assertiveness, and how sexual assertiveness was associated with women's frequency of orgasm in partnered sex. The participant pool consisted of 1,312 Icelandic women, with a mean age of 30.23 years ($Mdn = 28.00$, $SD = 9.00$), who completed an online questionnaire. The results revealed that masturbation was associated with greater sexual subjectivity when masturbation consistently resulted in orgasm. However, women were more sexually assertive with increasing frequency of masturbation and orgasm. The results showed that four out of five elements of sexual subjectivity were associated with sexual assertiveness, where sexual self-efficacy was of greatest importance. Results further showed that women's frequency of orgasm in partnered sex differed depending on their level of sexual assertiveness, indicating that more assertive women reached orgasm more frequently.

Keywords: masturbation, sexual subjectivity, sexual assertiveness, women, sexual health

Útdráttur

Kynhuglægni og kynferðisleg ákveðni eru lykilatriði hvað varðar kynheilbrigði kvenna en margar konur eiga í erfiðleikum með að öðlast þessa eiginleika. Tilgangur rannsóknarinnar var að kanna hvort að konur væru frábrugðnar á mælingum kynhuglægni og kynferðislegrar ákveðni eftir því hversu oft þær stunduðu sjálfsfróun og hversu oft þær fengu fullnægingu með sjálfsfróun. Að auki voru tengsl á milli þátta kynhuglægni og kynferðislegrar ákveðni könnuð. Þá var athugað hvort kynferðisleg ákveðni hefði tengsl við tíðni fullnægingar í kynlífi. Þátttakendur voru 1312 konur að meðalaldri 30.23 ára ($miðgildi = 28.00$, $sf = 9.00$). Niðurstöður sýndu að sjálfsfróun hafði tengsl við aukna kynhuglægni, en bentu til þess að þessi áhrif mætti rekja til hversu stöðugt konurnar fengu fullnægingu með sjálfsfróun. Aftur á móti hafði bæði tíðni sjálfsfróunar og tíðni fullnægingar með sjálfsfróun tengsl við aukna kynferðislega ákveðni. Þá höfðu fjórir af fimm þáttum kynhuglægni tengsl við kynferðislega ákveðni, þar sem kynferðisleg sjálfstrú hafði mesta vægið. Að auki leiddu niðurstöður í ljós að tíðni fullnægingar í kynlífi var mismunandi eftir því hversu kynferðislega ákveðnar konurnar voru, en eftir því sem konurnar voru meira kynferðislega ákveðnar því oftar fengu þær fullnægingu.

Lykilorð: sjálfsfróun, kynhuglægni, kynferðisleg ákveðni, konur, kynheilbrigði

The Association Between Women's Masturbation, Sexual Subjectivity, and Sexual Assertiveness

Sexuality forms a part of each and every one of us. It "encompasses sex, gender identities and roles, sexual orientation, eroticism, pleasure, intimacy and reproduction" (World Health Organization, n.d., para. 5), and is experienced and expressed in many different ways, such as in desires, behaviors, thoughts, roles, and relationships. Hence, sexuality is a central aspect of being human and is therefore an integral part of health and well-being (Bruess & Schroeder, 2013; Hill, 2008; World Health Organization, n.d.).

In order to acquire healthy sexuality, people not only need to avoid negative sexual outcomes, such as sexually transmitted diseases and unintended pregnancies, but also develop skills, knowledge and behaviors both in relation to oneself and one's partner (Bruess & Schroeder, 2013; Government of Canada, 2004; Hill, 2008; Lamb & Peterson, 2012; Peterson, 2010; Tolman, Striepe, & Harmon, 2003; World Health Organization, n.d.). However, achieving sexual health is not straightforward, and multiple factors influence how well one accomplishes that task. Research indicates that a positive perception of oneself as a sexual being (i.e., sexual subjectivity) is a struggle for many females, which may influence the formation and maintenance of their intimate relationships (Brown & Gilligan, 1993; Hogarth & Ingham, 2009; Horne & Zimmer-Gembeck, 2005; Impett, Schooler, & Tolman, 2006; Lamb, 2010; Thompson, 1990; Tolman, 2009). In the interest of women's sexual health, it is critical to identify and understand the factors that may empower women in a sexual domain, and therefore enhance their sexual and overall well-being.

Sexual Subjectivity

Sexual subjectivity is a multifaceted phenomenon that involves intraindividual aspects of sexual health, and has been defined as sexual self-perceptions that are fundamental to positive sexuality and well-being (Horne & Zimmer-Gembeck, 2005, 2006; Tolman, 2009;

Zimmer-Gembeck, Ducat, & Boislard-Pepin, 2011). The sexual self-perceptions include five elements: 1) sexual body-esteem; 2) sense of entitlement to sexual desires and pleasures from both self and 3) a partner; 4) sexual self-efficacy; and 5) sexual self-reflection (Horne & Zimmer-Gembeck, 2006).

Past research has demonstrated that sexual subjectivity is associated with a number of markers that reflect healthy sexual functioning among females. For example, females with higher levels of sexual subjectivity were more aware of the internal aspects of their sexuality, and also scored higher on safe sex self-efficacy and lower on sexual anxiety, thus indicating healthier functioning (Horne & Zimmer-Gembeck, 2006). These females were also more likely to voice their needs and opinions in their intimate relationships (Horne & Zimmer-Gembeck, 2006), which is vital for women's psychological well-being (Brown & Gilligan, 1993; Jack & Dill, 1992; Tolman, 2009). In addition, females with greater sexual subjectivity reported experiencing fewer negative emotions in relation to sex, as well as behaving more assertive sexually (Mastro & Zimmer-Gembeck, 2015; Thompson, 1990).

Sexual Assertiveness

Sexual assertiveness is another aspect of healthy sexuality that involves interpersonal communication regarding sexual matters. It refers to the ability to communicate effectively with a partner about one's sexual desires and preferences, and also to initiate sexual behaviors and refuse those that are unwanted (Loshek & Terrell, 2015). This ability has been found to be significant to sexual relationships and satisfaction, as those females who are sexually assertive report greater satisfaction with sexual intercourse (Haavio-Mannila & Kontula, 1997), and greater sexual and marital satisfaction (Haavio-Mannila & Kontula, 1997; Hurlbert, 1991, 1993; Hurlbert, Apt, & Rabehl, 1993; Ménard & Offman, 2009; Sprecher & McKinney, 1993).

Effective communication in regards to sexual aspects of one's life may also enhance sexual arousal among females (Sprecher & McKinney, 1993). In fact, sexually assertive females reported greater subjective sexual desires, and a higher frequency of sexual activities and orgasms, than nonassertive females (Hurlbert, 1991). Sadly, many women appear to lack sexual assertiveness (Hogarth & Ingham, 2009; Rickert, Sanghvi, & Wiemann, 2002; Thompson, 1990; Tolman, 2009), which is speculated to be a precursor of women's orgasm difficulty (Cotten-Huston & Wheeler, 1983; Hurlbert, 1991; Kuriansky, Sharpe, & O'Connor, 1982).

Masturbation among Women

Masturbation is considered an important component in sexual development (Horne & Zimmer-Gembeck, 2005; Kaestle & Allen, 2011; Robbins et al., 2011; Tiefer, 1998) and a positive factor in the formation of female sexuality. It is one of the ways in which women can learn about their bodies, their sexual preferences, and their sexual responses (Bowman, 2014; Carvalheira & Leal, 2013; Coleman, 2003; Horne & Zimmer-Gembeck, 2005; Hurlbert & Whittaker, 1991; Kaestle & Allen, 2011). Despite masturbation's importance, it is a fairly neglected topic in regards to sex education and research (Coleman, 2003; Hogarth & Ingham, 2009; Horne & Zimmer-Gembeck, 2005; Kaestle & Allen, 2011; Thompson, 1990). Nonetheless, past research has revealed that the majority of women have masturbated at some point in their lives (Driemeyer, Janssen, Wiltfang, & Elmerstig, 2016; Miller & Lief, 1976; Pinkerton, Bogart, Cecil, & Abramson, 2003), with recent estimates as high as 91-95.7% (Bowman, 2014; Carvalheira & Leal, 2013). Among women, masturbation has been associated with many aspects of sexual health and well-being, such as being more comfortable with one's own sexuality (Smith, Rosenthal, & Reichler, 1996), greater self-esteem (Hurlbert & Whittaker, 1991) and a more positive body and genital image (Bowman, 2014; Shulman & Horne, 2003). Women who masturbate also reported fewer arousal

difficulties, higher frequency of orgasm in partnered sex, and more initiative in sexual activities (Carvalho & Leal, 2013; Hurlbert & Whittaker, 1991).

The Current Study

Studies regarding the association between women's intrapersonal and interpersonal aspects of sexual health are sparse, and to the best of our knowledge no study has examined the association between all elements of sexual subjectivity and women's ability to be sexually assertive. Sexual self-efficacy and positive body image have been associated with sexual assertiveness among women (Mastro & Zimmer-Gembeck, 2015; Satinsky, Dennis, Reece, Sanders, & Bardzell, 2013; Weaver & Byers, 2006; Wiederman, 2000; Yamamiya, Cash, & Thompson, 2006), though the results of these studies are not uniform. On the one hand, studies indicated that women with a more positive body image were more sexually assertive (Satinsky et al., 2013; Weaver & Byers, 2006; Wiederman, 2000); on the other hand, some studies found that only sexual self-efficacy, and not sexual body-esteem, were associated with sexual assertiveness (Mastro & Zimmer-Gembeck, 2015). In addition, self-reflection has been associated with a greater ability to confront a partner with one's needs and preferences in the sexual domain (Ingham, 1998). Therefore, more research is needed to understand how women's self-perception as a sexual being relates to behaving in a more sexually assertive manner, as this ability may be essential for sexual satisfaction and well-being.

Since sexual subjectivity and sexual assertiveness are key features of women's sexual health (Horne & Zimmer-Gembeck, 2005, 2006; Hurlbert, 1991; Hurlbert et al., 1993; Lamb & Peterson, 2012; Loshek & Terrell, 2015; Peterson, 2010; Tolman, 2009; Tolman et al., 2003), it is important to acquire more knowledge and understanding of the means to promote them. Qualitative research on female sexuality indicates that masturbation may assist with acquiring more positive sexual self-perceptions, as well as behaving more assertive sexually (Hogarth & Ingham, 2009; Thompson, 1990). Previous research has supported these premises

in part, as women who masturbate have been found to be higher on all measures of sexual subjectivity, except sexual body-esteem (Horne & Zimmer-Gembeck, 2005). As the researchers only assessed whether or not the women had engaged in masturbation, it remains unknown what functions the frequency of masturbation may serve for women's levels of sexual subjectivity. In addition, the impact that orgasm through masturbation may have on women's sexual subjectivity has barely been addressed in the psychological literature (Horne & Zimmer-Gembeck, 2005). Moreover, the influence of masturbation (including when it results in orgasm) on a woman's sexual assertiveness has yet to be examined empirically.

Based on the limitations of previous research, the purpose of the present study was to explore whether women's levels of sexual subjectivity and sexual assertiveness were associated with how frequently they engaged in masturbation, and how frequently they achieved orgasm through masturbation. This study also aimed to explore the association between the elements of sexual subjectivity and sexual assertiveness. Since studies have indicated that a lack of sexual assertiveness may explain, in part, orgasm difficulty among women (Cotten-Huston & Wheeler, 1983; Hurlbert, 1991; Kuriansky et al., 1982), the association between women's ability to be sexually assertive and reach orgasm in partnered sex was also explored. In the present study, the following questions were addressed:

1. Is more frequent masturbation, as well as orgasm resulting from masturbation, associated with greater sexual subjectivity and sexual assertiveness among women?
2. What elements of sexual subjectivity are associated with sexual assertiveness among women?
3. Does the frequency of women's orgasm in partnered sex differ depending on their level of sexual assertiveness?

For graphic presentation of variables, see Appendix A.

Method

Participants

In total, 1,354 women participated in the study, of which 42 were excluded due to missing values or ineligibility, as the study only permitted female participants who were at least 18 years old with experience of partnered sex and intimate relationships. The final sample consisted of 1,312 women between the ages of 18 and 80 years old, with the mean age of 30.23 ($Mdn = 28.00$, $SD = 9.00$), representing a response rate of 96.9% of the total participants. Most of the participants were heterosexual (84.7%), in a committed relationship (74.0%), and reported that their longest intimate relationship was more than one year (92.8%). The majority of participants were well educated, as 60% had at least a bachelor's degree. The study was approved by the National Bioethics Committee (VSNb2016120026/03.01) and the Privacy and Data Protection Authority in Iceland (case nr. 16-198).

Procedure

QuestionPro.com was used to create an online questionnaire, which launched on March 25, 2017, and closed on March 31, 2017. Participants were recruited with a convenience sample via the internet. A notification of the study and link to the survey, titled "Women's sexual behaviors," was posted on the Facebook page of sexologist Sigríður Dögg Arnarsdóttir, so that participants could access the questionnaire. The link to the study was also posted in three Icelandic Facebook groups (Beauty tips, Beauty tips +30, Góða systir), which are only available to females. Additionally, the link to the study was sent via email to undergraduate students in the Psychology Department at Reykjavik University.

Upon opening the survey, participants were provided an information sheet (see Appendix B) explaining the study's purpose, where participants gave their informed consent by partaking in the study. The information sheet explained that the survey was anonymous

and that participation was optional. The time required to complete the questionnaire was approximately 10 to 20 minutes. To avoid duplicate responses, participants were assigned a unique response ID when they began the survey, and cookies were saved on their browser which prevented them from taking the survey multiple times.

Measures

The survey tool was a 63-item questionnaire (see Appendix C), which included the following variables: (a) sociodemographic items (age group, educational level, sexual orientation, relationship status, length of the longest intimate relationship); (b) average frequency of partnered sex during the previous year, where partnered sex was defined as vaginal intercourse, oral or anal sex, and mutual masturbation; (c) engagement in masturbation, where masturbation was defined as direct stimulation of own genitals, with finger and/or an object; (d) age at masturbation initiation; (e) frequency of masturbation (during the previous year, during the previous month); (f) reasons for masturbating; (g) feelings associated with masturbating; (h) frequency of orgasm as a result of masturbation; (i) frequency of orgasm as a result of partnered sex; (j) Female Sexual Subjectivity Inventory (Horne & Zimmer-Gembeck, 2006); and (k) Hurlbert Index of Sexual Assertiveness (Hurlbert, 1991).

Sexual Subjectivity. The Female Sexual Subjectivity Inventory (FSSI; Horne & Zimmer-Gembeck, 2006) was used to assess five elements of sexual subjectivity: (a) sexual body-esteem (4 items), (b) sense of entitlement to sexual pleasure from self (3 items), (c) sense of entitlement to sexual pleasure from partner (4 items), (d) self-efficacy in achieving sexual pleasure (3 items), (e) sexual self-reflection (5 items). The FSSI was translated to Icelandic by the researcher and an Icelandic sexologist, where back-translation was applied. The inventory is a widely used measure, and previous studies have demonstrated its reliability and validity (Horne & Zimmer-Gembeck, 2005, 2006; Zimmer-Gembeck et al.,

2011). For each item, responses ranged from 1 (strongly disagree) to 5 (strongly agree).

Appropriate subscale items were averaged to form composite measures, where higher scores reflected more sexual subjectivity. In the current study, Cronbach's α for each of the subscales was: .83, .64, .73, .88, and .88, respectively.

Sexual Assertiveness. The Hurlbert Index of Sexual Assertiveness (HISA; Hurlbert, 1991) consists of 25 items and assesses the degree of sexual assertiveness an individual exerts in one's intimate relationship. The index evaluates cognitive, emotional, and behavioral features regarding communication of one's needs with an intimate partner, which is considered important for women's sexual satisfaction and the quality of their intimate relationship (Hurlbert, 1991; Pierce & Hurlbert, 1999). The HISA was translated to Icelandic by the researcher and an Icelandic sexologist, where back-translation was applied. The index has often been used in a clinical setting, and previous studies have supported its reliability and validity (Hurlbert, 1991; Pierce & Hurlbert, 1999). For each item, responses ranged from 0 (all of the time) to 4 (never). Possible scores on this measure ranged from 0 to 100, where higher scores represent greater sexual assertiveness (Hurlbert, 1991). In the current study, Cronbach's α for the scale was .93.

Masturbation Frequency. Participants were classified into four groups according to their reported masturbation frequency during the previous year. Participants that had never engaged in masturbation, had not engaged in masturbation during the previous year or reported masturbating less than once a month were classified as "Hardly ever" engaging in masturbation ($n = 228$). Those who masturbated once to three times per month were classified as engaging "Regularly" in masturbation ($n = 440$), and those who engaged once a week or more often as "Frequently" ($n = 606$).

Frequency of Orgasm through Masturbation. Participants were divided into three groups according to how frequently they reported achieving orgasm as a result of their

masturbation. Those who reported never, rarely or sometimes reaching orgasm when masturbating were placed in a group labeled “Seldom or never” (n = 114). Those who reported most often reaching orgasm were placed in a group labeled “Most of the time” (n = 204), and those who always reached orgasm in a group labeled “All of the time” (n = 956).

Frequency of Orgasm in Partnered Sex. Participants were divided into four groups based on how frequently they reported reaching orgasm in partnered sex. Those women who reported never or rarely reaching orgasm in partnered sex were placed in a group labeled “Rarely or never” (n = 238), women who sometimes reached orgasm were placed in the group “Sometimes” (n = 248), those who most often reached orgasm were placed in a group labeled “Most often” (n = 567), and those who always reached orgasm were placed in the group “Always” (n = 256).

Design and Data Analysis

A cross-sectional analysis was done with between-subject design. A two-way multivariate analysis of variance (MANOVA) was conducted to examine group differences in sexual subjectivity and sexual assertiveness, where measures of sexual subjectivity and sexual assertiveness were the dependent variables, and the independent variables were the frequency of masturbation and frequency of orgasm resulting from masturbation. A multiple regression analysis was utilized to examine the association between the elements of sexual subjectivity and sexual assertiveness, where measures of sexual subjectivity were the independent variables and measures of sexual assertiveness the dependent variable. Finally, a one-way Welch analysis of variance (ANOVA) was conducted to determine if participants’ experiences of orgasm in partnered sex differed depending on their level of sexual assertiveness, where the frequency of orgasm in partnered sex was the independent variable, and measures of sexual assertiveness the dependent variable.

Examination of Statistical Assumptions

Several steps were taken in order to check the statistical assumptions of MANOVA. There was some violation of the normality assumption for three subscales of the FSSI (sense of entitlement to sexual pleasure from self, from partner, and sexual self-efficacy), and also for the measure of sexual assertiveness (HISA). However, as the groups were non-normal in the same direction and were not caused by occasional extreme scores, it is considered less problematic (Tabachnick & Fidell, 2001). Levene's test of equality of error variance was not significant, except for one subscale of FSSI (sense of entitlement to sexual pleasure from self, $p < .001$). The assumption of heterogeneity of covariance matrices was not met, therefore the Pillai's Trace test was used (Olson, 1974). When the Pillai's Trace test was significant, follow-up ANOVAs were completed, followed by pairwise comparisons with Bonferroni where it was applicable.

Regarding the assumptions of ANOVA, the assumption of homogeneity of variance was not met as assessed by Levene's test ($p = .035$), and therefore a Welch ANOVA was applied. As group variance was not equal, follow-up comparisons were done with Games-Howell post hoc tests.

Results

Overall, 97.3% ($n = 1,276$) of the women reported that they had masturbated at some point in their lives. Most of them reported masturbating within the past month (85.0%), and the vast majority reported masturbating within the past year (98.1%). Regarding the women's reasons for masturbating, of those provided, the most endorsed were sexual pleasure (80.2%), as a release (56.8%), and to learn about their body (19.8%). The least endorsed reason was that of sexual dissatisfaction with partnered sex (8.7%). Most of the women reported positive feelings in relation to their masturbation, as 76.2% reported feeling relaxed after masturbating, 51.3% reported feeling content, and 41.6% refreshed. Only 6.5% reported

feeling awkward after masturbating, 5.1% reported shame and 4.0% loneliness.

Comparisons for Sexual Subjectivity and Sexual Assertiveness

To examine group differences in sexual subjectivity and sexual assertiveness, a 2 x 2 MANOVA was conducted with masturbation frequency (Table 1) and frequency of orgasm resulting from masturbation (Table 2) as the independent variables. Using Pillai's Trace test, significant main effects of masturbation's frequency were found, $V = 0.10$, $F(12, 2522) = 11.50$, $p < .001$, as well as orgasm's frequency, $V = 0.07$, $F(12, 2522) = 7.69$, $p < .001$. Concerning masturbation frequency, follow-up ANOVAs showed significant group differences for two measures of sexual subjectivity (entitlement to sexual pleasure from self and sexual self-reflection) and for sexual assertiveness, $F(2, 1265) = 54.00$, 21.43, and 5.56, $p < .01$, respectively. As can be seen in Table 1, follow-up pairwise comparisons revealed that all the masturbation groups significantly differed from each other on these three measures. Women who engaged frequently in masturbation had, on average, the highest scores, whereas those who hardly ever engaged in masturbation had the lowest. When the frequency of orgasm through masturbation was considered, follow-up ANOVAs showed significant group differences for sexual assertiveness and all measures of sexual subjectivity, except for sexual self-reflection, $F(2, 1265) = 17.06$, 3.92, 22.68, 10.57, 4.38, $p < .05$, respectively. Follow-up pairwise comparisons indicated that those women who always achieved orgasm through masturbation reported better sexual body-esteem, felt more entitled to sexual pleasure from self and partner, felt more efficacious in achieving sexual pleasure and were more sexually assertive than women who less frequently achieved orgasm (Table 2).

In sum, with the exception of sexual self-reflection and sense of entitlement to sexual pleasure from self, sexual subjectivity was not associated with the act of masturbating itself, but rather how consistently the women achieved orgasm through masturbation. However, the

women were more sexually assertive with both increased frequency of masturbation and resulting orgasm.

Table 1

Measures of Sexual Subjectivity and Sexual Assertiveness between Masturbation's Frequency Groups (N = 1274)

Variables	Masturbation frequency				Pairwise group differences
	H Hardly ever (n = 228)	R Regularly (n = 440)	F Frequently (n = 606)	F	
Sexual subjectivity	<i>M (SD)</i>	<i>M (SD)</i>	<i>M (SD)</i>		
Sexual body-esteem	3.37 (0.84)	3.42 (0.89)	3.43 (0.95)	0.18	-
Entitled: sexual pleasure self	3.98 (0.73)	4.36 (0.56)	4.57 (0.45)	54.00***	H < R,F R < F
Entitled: sexual pleasure partner	4.27 (0.58)	4.33 (0.55)	4.37 (0.55)	0.43	-
Sexual self-efficacy	3.72 (0.97)	3.82 (0.89)	3.86 (0.90)	1.40	-
Sexual self-reflection	3.23 (0.87)	3.62 (0.82)	3.85 (0.76)	21.43***	H < R,F R < F
Sexual assertiveness	65.97 (16.76)	69.06 (15.55)	71.92 (15.62)	5.56**	H < R,F R < F

Note. Pairwise comparisons done with Bonferroni.

** $p < .01$. *** $p < .001$.

Table 2

Measures of Sexual Subjectivity and Sexual Assertiveness between Frequency of Orgasm through Masturbation Groups (N = 1274)

Variables	Frequency of orgasm through masturbation			<i>F</i>	Pairwise group differences
	S Seldom or never (<i>n</i> = 114)	M Most of the time (<i>n</i> = 204)	A All of the time (<i>n</i> = 956)		
Sexual subjectivity	<i>M (SD)</i>	<i>M (SD)</i>	<i>M (SD)</i>		
Sexual body-esteem	3.33 (0.88)	3.26 (0.89)	3.46 (0.91)	3.92*	M < A
Entitled: sexual pleasure self	3.85 (0.81)	4.34 (0.58)	4.47 (0.52)	22.68***	S < M,A M < A
Entitled: sexual pleasure partner	4.12 (0.67)	4.24 (0.52)	4.38 (0.54)	10.57***	S < A M < A
Sexual self-efficacy	3.64 (0.98)	3.68 (0.89)	3.87 (0.90)	4.38*	S < A M < A
Sexual self-reflection	3.40 (0.77)	3.61 (0.86)	3.70 (0.83)	1.41	-
Sexual assertiveness	61.07 (16.65)	66.93 (15.08)	71.54 (15.62)	17.06***	S < M,A M < A

Note. Pairwise comparisons done with Bonferroni.

* $p < .05$. ** $p < .01$. *** $p < .001$.

The Association between Sexual Subjectivity and Sexual Assertiveness

A multiple regression analysis was conducted to test if measures of sexual subjectivity (i.e., sexual body-esteem, entitlement to sexual pleasure from self and partner, sexual self-efficacy, and sexual self-reflection) were associated with women's sexual assertiveness (Table 3). Using the Enter method, the results of the regression indicated that the five variables explained 69.0% of the variance in women's sexual assertiveness ($F(5, 1306) = 581.76, p < .001, adj. R^2 = .689$). Sexual body-esteem, entitlement to sexual pleasure from self, self-efficacy in achieving sexual pleasure and sexual self-reflection were all positively associated with sexual assertiveness ($p < .001$). However, entitlement to sexual

pleasure from partner was not associated with sexual assertiveness, ($p = .063$).

Table 3

Results of Regressing Measures of Sexual Subjectivity on Sexual Assertiveness among Women (N = 1312)

Independent variables	Sexual assertiveness			
	B (SE)	β	Lower 95% CI	Upper 95% CI
Sexual body-esteem	3.10 (0.30)	.18***	2.52	3.68
Entitled: sexual pleasure self	2.11 (0.44)	.08***	1.24	2.97
Entitled: sexual pleasure partner	0.97 (0.52)	.03	-.05	1.99
Sexual self-efficacy	11.23 (0.33)	.64***	10.58	11.87
Sexual self-reflection	2.81 (0.34)	.15***	2.15	3.47

Note. B = unstandardized regression coefficient; SE = standard error of the coefficient; β = standardized coefficient; CI = confidence interval.

*** $p < .001$.

The Relationship between Women's Sexual Assertiveness and Orgasm in Partnered Sex

Table 4 illustrates the means and standard deviations for participant's sexual assertiveness between the four groups, which were divided according to frequency of orgasm in partnered sex (rarely or never, sometimes, most often, always). The results of the one-way Welch ANOVA revealed that participants' experience of orgasm in partnered sex differed significantly for different levels of sexual assertiveness, Welch's $F(3, 571.076) = 81.20$, $p < .001$. Follow-up pairwise comparisons revealed that all orgasm groups significantly differed from one another on sexual assertiveness ($p < .05$), indicating that the more sexually assertive the women, the more often they reached orgasm in partnered sex.

Table 4

Comparisons of Women's Sexual Assertiveness between Orgasms in Partnered Sex Groups

Orgasm groups	N	M (SD)	Sexual assertiveness			Pairwise group differences
			Lower 95% CI	Upper 95% CI	Range	
		76.21				
Always	256	(14.82)	74.39	78.04	22 - 100	A < M*, S***, R***
		72.97				
Most often	567	(14.03)	71.81	74.13	19 - 100	M < S***, R***
		66.83				
Sometimes	248	(14.18)	65.05	68.60	26 - 95	S < R***
		56.67				
Rarely or never	238	(16.19)	54.60	58.74	13 - 97	
		69.48				
Total	1309	(16.09)	68.61	70.35	13 - 100	

Note. A = Always; M = Most often; S = Sometimes; R = Rarely or never; CI = confidence interval. Pairwise comparisons done with Games-Howell.

* $p < .05$. *** $p < .001$.

Discussion

The purpose of the present study was to examine whether more frequent masturbation, as well as orgasm resulting from masturbation, were associated with greater sexual subjectivity and sexual assertiveness among women. In addition, this study explored how the elements of sexual subjectivity related to women's sexual assertiveness, and how sexual assertiveness was associated with women's frequency of orgasm in partnered sex. The first step in exploring these relationships was to look at prevalence, reasons, and feelings in relation to women's masturbation. While previous studies observed that 91 - 95.7% of women reported engaging in masturbation, with 53.8% of them engaging at least once a month (Bowman, 2014; Carvalheira & Leal, 2013), the current study found that a somewhat higher percentage of Icelandic women (97.3%) engaged in masturbation, with 82.1% engaging at

least once a month. The results of the study by Carvalheira & Leal (2013), further revealed that only 68.1% of the women achieved orgasm through masturbation most of the time or always, compared to 91.1% of the women in the current study. Additionally, most of the women in the current study reported feeling positive about their masturbation, and also engaging in masturbation due to sexual pleasure rather than sexual dissatisfaction with partnered sex. Therefore, the results indicated that masturbation among Icelandic women may be an additional means of sexual pleasure, and a regular, positive aspect of their sexual lives.

Regarding the first research question, the results revealed that more frequent masturbation was only associated with higher scores on two measures of sexual subjectivity, that is, sense of entitlement to sexual pleasure from oneself and sexual self-reflection. However, when considering orgasm through masturbation, the results revealed that more frequent orgasm was associated with higher scores on all measures of sexual subjectivity, except sexual self-reflection. In other words, it appears that it is not how frequently one engages in masturbation that is important for increased sexual self-perceptions among women, but rather how frequently one achieves orgasm. In addition, these results indicated that masturbation resulting in orgasm can help women internalize a more positive perception of their sexual desirability and attractiveness, although other studies on this matter have not been unanimous (Horne & Zimmer-Gembeck, 2005; Shulman & Horne, 2003). However, these studies did not assess how frequently the women achieved orgasm as a result of their masturbation, which could explain their differing results. Both engaging more frequently in masturbation, as well as achieving orgasm, were associated with being more sexually assertive. As Coleman (2003) suggested, masturbation can provide women with knowledge about their genitals and sexual responses, as well as contribute to their sense of control and autonomy over their own body. These factors, in turn, can improve women's interpersonal aspect of sexual health.

Our analysis supports previous findings, which have demonstrated that masturbation among women is associated with increased sexual self-perceptions (Coleman, 2003; Hogarth & Ingham, 2009; Horne & Zimmer-Gembeck, 2005; Smith et al., 1996; Thompson, 1990), though this study adds that these positive influences seem to arise from the ability to satisfy oneself. By engaging in masturbation, and thereby acquiring more knowledge about one's sexual pleasure and needs (Coleman, 2003), women may also become self-motivated sexual actors with the power to actively request that their needs be fulfilled by their partners.

Regarding the second research question, the results revealed that all elements of sexual subjectivity, except for sense of entitlement to sexual pleasure from partner, were positively associated with women's sexual assertiveness, and moreover explained 69.0% of its variance. Of all the elements, sexual self-efficacy was most strongly related to sexual assertiveness. Thus, in line with past research, as women believe more in their ability to control their experiences in partnered sex, the more likely they are to be sexually assertive in their intimate relationships (Mastro & Zimmer-Gembeck, 2015). Internal perception of control may therefore be crucial in motivating women to assert their sexual desires and preferences to a partner, which in turn has been found to promote their sexual satisfaction (Haavio-Mannila & Kontula, 1997; Hurlbert, 1991, 1993; Hurlbert et al., 1993; Ménard & Offman, 2009; Sprecher & McKinney, 1993).

To the best of our knowledge, no study has to date examined how all the elements of sexual subjectivity relate to behaving more sexually assertive among women. Nonetheless, previous studies have indicated that women who perceive themselves as physically desirable and attractive feel more confident asserting their needs and desires to a partner (Satinsky et al., 2013; Weaver & Byers, 2006; Wiederman, 2000; Yamamiya et al., 2006), which is consistent with the results of the current study. The results also supported previous studies, indicating that self-reflection is associated with greater ability to confront a partner with one's

needs and preferences in the sexual domain (Ingham, 1998). Therefore, as has been suggested, reflecting on one's sexuality and sexual experiences may help a woman to understand her behavior and therefore anticipate future behaviors, resulting in greater sexual assertion (Horne & Zimmer-Gembeck, 2006; Ingham, 1998). Interestingly, only entitlement to sexual pleasure from self, but not a partner, was associated with sexual assertiveness. A possible explanation is that the former was measured solely in relation to self-masturbation, whereas the latter measured how the woman would feel if a partner would not meet her sexual needs. Positive feelings in relation to one's masturbation may therefore be more relevant to increased sexual assertiveness than one's feelings in relation to unfulfilled sexual needs by a partner. Additionally, these results demonstrated that a women's self-perception as a sexual being is associated with enhanced sexual assertiveness in an intimate relationship, and that sexual self-efficacy is of most importance.

Regarding the third research question, the results revealed that women's frequency of orgasm in partnered sex differed depending on their level of sexual assertiveness. These results were in line with previous studies, indicating that the more assertive the women, the more often they would reach orgasm in partnered sex (Hurlbert, 1991). Interestingly, all of the groups differed from one another on their level of sexual assertiveness: those who most consistently reached orgasm had the highest level of sexual assertiveness, and vice versa. These results lend strong support to the notion that lack of sexual assertiveness may be a precursor of women's orgasm difficulty (Cotten-Huston & Wheeler, 1983; Hurlbert, 1991; Kuriansky et al., 1982).

Limitations and Future Directions

Although present findings could have important implications for women's sexual well-being, the study had several limitations that should be noted. First, although the sample was relatively large, a convenience sample was used and therefore it is unlikely that the data

includes women who feel uncomfortable answering questions regarding their sexuality. Additionally, most of the participants engaged frequently in masturbation, and achieved orgasm as a result of it, and demonstrated rather high scores on the measures of sexual subjectivity. Therefore, it is likely that the sample was rather sex-positive, which limits the generalizability of the findings. As there was no group that had never engaged in masturbation, it is possible that a more diverse sample would have resulted in a stronger relationship between masturbation, sexual subjectivity and sexual assertiveness.

Secondly, although it is difficult to study sexuality without relying on self-report measures, the extent of response bias as a result of social desirability and other factors is not known. Thirdly, the study is limited by rather low reliability of the subscale entitlement to sexual pleasure from a partner. Fourthly, as the study was cross-sectional it is impossible to determine the direction of the associations between the variables. Therefore, future research using a more diverse sample and a longitudinal analysis is necessary to determine whether, and to what extent, masturbation and resulting orgasm enhances women's intra- and interpersonal aspects of sexual health.

Additionally, as most studies regarding sexual subjectivity and sexual assertiveness are conducted exclusively with females, little is known about what factors contribute to males' sexual health (Boislard & Zimmer-Gembeck, 2011; Tolman et al., 2003). Therefore, future research should include both males and females in order to acquire a more comprehensive understanding of healthy sexuality for both sexes. The resulting knowledge could be beneficial for sex education, clinical practitioners and overall health.

The findings of the present study demonstrated how the dimensions of one's sexuality are intertwined and may affect one another. Importantly, the findings suggested that masturbation may be a simple means to promote women's sexual health by enhancing their sexual self-perceptions and ability to be sexually assertive, which in turn could result in more

frequent orgasm in partnered sex. Moreover, studies have indicated that many women do not know how to satisfy themselves during masturbation (Carvalho & Leal, 2013; Hogarth & Ingham, 2009), so sex education that includes lessons on masturbation and achieving orgasm may be especially beneficial to females' sexual health (Thompson, 1990), both in relation to oneself and one's partner.

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Appendix A

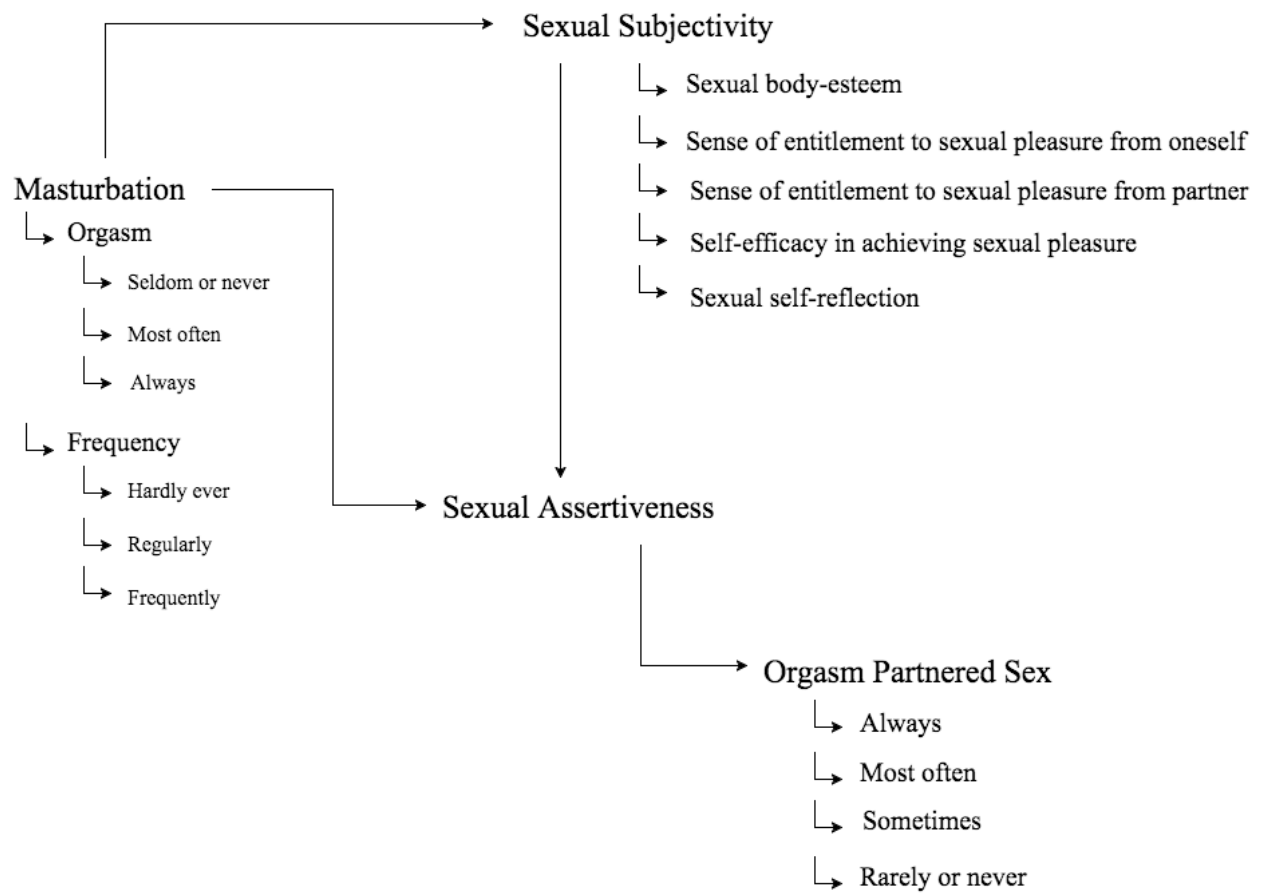


Figure 1. Graphic presentation of the variables, and the relationships between them, which were examined the study.

Appendix B

Kæri viðtakandi,

Vinsamlega íhugaðu neðangreindar upplýsingar vandlega áður en þú ákveður hvort þú viljir taka þátt í þessari rannsókn.

Rannsókn þessi er verkefni til BSc prófs í sálfræði við Háskólann í Reykjavík. Tilgangur rannsóknarinnar er að athuga kynlífshegðun kvenna og er markmiðið til að mynda að kanna tíðni kynlífs, sjálfsfróunar, og þætti tengda kynlífi þeirra.

Þátttakendur eru kvenmenn á aldrinum 18 ára og eldri.

Þátttaka í rannsókninni felur í sér að svara ópersónurekjanlegum spurningalista á rafrænu formi og tekur um það bil 15 mínútur að svara. Með því að svara spurningalistanum veitir þú samþykki þitt til að taka þátt í rannsókninni. Þátttakendum er frjálst að hafna þátttöku eða hætta í rannsókninni á hvaða stigi sem er og án útskýringa. Rannsóknargögnum verður eytt að lokinni úrvinnslu þeirra og eigi síðar en fimm árum eftir rannsóknarlok.

Við viljum vekja athygli á því að svörin eru ópersónugreinanleg á öllum stigum rannsóknarinnar og er engin leið að rekja svör til þátttakenda.

Rannsakandi telur ekki líkur á að tekin sé áhætta með þátttöku í rannsókninni, en finnst þátttakanda spurningarnar of persónulegar er honum frjálst að hætta þátttöku hvenær sem er eða sleppa því að svara stökum spurningum. Við hvetjum þig samt til að svara af bestu getu því hvert svar skiptir máli.

Greiðslur eða önnur umbun til þátttakenda:

Ekki er sértaklega greitt fyrir þátttöku í rannsókninni.

Ef einhverjar spurningar vakna varðandi rannsóknina þá er þér velkomið að hafa samband við rannsakendur í gegnum tölvupóst.

Ábyrgðarmaður rannsóknarinnar og leiðbeinandi nemandans er Sigríður Björk Þormar, PhD, klínískur sálfræðingur.

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Rannsóknin hefur fengið leyfi Vísindasiðanefndar og verið tilkynnt til Persónuverndar.

Fyrirfram þakkir,

Aðstandendur verkefnisins

Appendix C

1. Hver er aldur þinn?**2. Hvernig skilgreinir þú kyn þitt?**

- Kvenkyn
- Karlkyn
- Kynsegin

3. Hver er menntun þín?

- Hef lokið grunnskólaprófi eða minna
- Er í / hef lokið framhaldsskólanámi; menntaskóla, fjölbrautaskóla eða iðnskóla
- Er í / hef lokið grunnnámi í háskóla
- Er í / hef lokið mastersnámi í háskóla
- Er í / hef lokið doktorsnámi í háskóla

4. Hver er kynhneigð þín?

- Gagnkynhneigð
- Samkynhneigð
- Tvíkynhneigð
- Pankynhneigð
- Asexúal
- Annað
- Óviss

5. Hver er hjúskapastaða þín?

- Einhleyp
- Í sambandi en ekki í sambúð
- Í sambandi og í sambúð
- Gift

6. Hversu langt er lengsta nána kynferðislega samband sem þú hefur verið í?

Með nánu kynferðislegu sambandi er átt við samband við annan einstakling sem þú stundaðir samfarir, munn- eða endaparmsmök eða sameiginlega sjálfsfróun með í einhvern tíma, hvort sem það var maki eða bólfélagi

- 1 mánuð eða minna
- 2 - 6 mánuði
- 7 - 11 mánuði
- 1 - 3 ár
- 4 - 6 ár
- 7 - 9 ár
- 10 ár eða meira
- Hef aldrei átt í nánu kynferðislegu sambandi

7. Hversu oft stundaðir þú kynlíf með öðrum aðila að meðaltali síðastliðið ÁR?

Getur átt við maka og/eða bólfélag.

Með kynlífi er átt við samfarir, munn- eða endaparmsmök eða sameiginlega sjálfsfróun.

- Oftar en 1x á dag
- Daglega
- 4 - 6x í viku
- 2 - 3x í viku
- 1x í viku
- 2 - 3x í mánuði
- 1x í mánuði
- Sjaldnar en 1x í mánuði
- Stundaði ekki kynlíf með öðrum aðila síðastliðið ár
- Hef aldrei stundað kynlíf með öðrum aðila

8. Stundar þú sjálfsfróun?

Með sjálfsfróun er átt við beina örvun á eigin kynfærum, með fingri og/eða hlut.

- Hef prófað það en geri það ekki að staðaldri
- Já
- Nei

9. Hversu gömul varstu þegar þú byrjaðir að stunda sjálfsfróun?

Með sjálfsfróun er átt við beina örvun á eigin kynfærum, með fingri og/eða hlut.

- 10 ára eða yngri
- 11 - 12 ára
- 13 - 14 ára
- 15 - 16 ára
- 17 - 18 ára
- 19 - 20 ára
- 21 árs eða eldri

10. Hversu oft stundaðir þú sjálfsfróun að meðaltali síðastliðið ÁR?

Með sjálfsfróun er átt við beina örvun á eigin kynfærum, með fingri og/eða hlut.

- Oftar en 1x á dag
- Daglega
- 4 - 6x í viku
- 2 - 3x í viku
- 1x í viku
- 2 - 3x í mánuði
- 1x í mánuði
- Sjaldnar en 1x í mánuði
- Stundaði ekki sjálfsfróun síðastliðið ár

11. Hversu oft stundaðir þú sjálfsfróun að meðaltali síðastliðinn MÁNUÐ?

Með sjálfsfróun er átt við beina örvun á eigin kynfærum, með fingri og/eða hlut.

- Oftar en 1x á dag
- Daglega
- 4 - 6x í viku
- 2 - 3x í viku
- 1x í viku
- 2x í mánuðinum
- 1x í mánuðinum
- Stundaði ekki sjálfsfróun í síðastliðnum mánuði

12. Af hverju stundar þú sjálfsfróun?

Hér má velja fleiri en einn möguleika. Skrifðu í „annað“ kassann ef það er eitthvað annað.

- Til að læra betur á líkamann minn
- Til að slaka á og/eða létt á spennu
- Til að bæta upp óánægju í kynlífi mínu með annarri manneskju
- Vegna þess að það veitir mér kynferðislega ánægju
- Annað:

13. Hvernig líður þér eftir að þú hefur stundað sjálfsfróun?

Hér má velja fleiri en einn möguleika. Skrifðu í „annað“ kassann ef það er eitthvað annað.

- Orkumikil
- Einmana
- Ánægð
- Skammast mín
- Endurnærð
- Afslöppuð
- Vandræðaleg
- Syfjuð
- Eirðarlaus
- Annað:

14. Þegar þú stundar sjálfsfróun ein, hversu oft (ef einhvern tímann) leiðir það til þess að þú fáir fullnægingu?

Með sjálfsfróun er átt við beina örvun á eigin kynfærum, með fingri og/eða hlut.

- Alltaf
- Oft
- Stundum
- Sjaldan
- Aldrei

15. Þegar þú stundar kynlíf með öðrum aðila, hversu oft (ef einhvern tímann) leiðir það til þess að þú fáir fullnægingu?

Með kynlífi er átt við samfarir, munn- eða endaparmsmök eða sameiginlega sjálfsfróun.

- Alltaf
- Oft
- Stundum
- Sjaldan
- Aldrei

16. Hvar fékkstu fyrst upplýsingar um sjálfsfróun kvenna?

Með sjálfsfróun er átt við beina örvun á eigin kynfærum, með fingri og/eða hlut.

Hér má velja fleiri en einn möguleika. Skrifaðu í „annað“ kassann ef það er eitthvað annað.

- Í kynfræðslu í skólanum
- Frá mömmu
- Frá pabba
- Frá systkini / systkinum
- Frá vin / vinum
- Klámi
- Á internetinu
- Í bókum
- Hvergi
- Annað:

17. Hjá hverjum hefur þú getað fengið ráðleggingar og átt samræður við um sjálfsfróun þína?

Með sjálfsfróun er átt við beina örvun á eigin kynfærum, með fingri og/eða hlut. Hér má velja fleiri en einn möguleika. Skrifðu í „annað“ kassann ef það er eitthvað annað.

- Mömmu
- Pabba
- Vinkonum / vinum
- Elskhuga / elskhugum
- Engum
- Annað:

18. Hjá hverjum hefur þú getað fengið ráðleggingar og átt samræður við um kynlíf þitt?

Með kynlífi er átt við samfarir, munn- eða endaparmsmök eða sameiginlega sjálfsfróun. Hér má velja fleiri en einn möguleika. Skrifðu í „annað“ kassann ef það er eitthvað annað.

- Mömmu
- Pabba
- Vinkonum / vinum
- Elskhuga / elskhugum
- Engum
- Annað:

Í spurningunum hér á eftir eru ýmsar staðhæfingar. Vinsamlegast svaraðu hversu vel eða illa staðhæfingarnar eiga við um þig.

19. Mér finnst í lagi að mæta mínum eigin kynferðislegu þörfum með sjálfsfróun

Með sjálfsfróun er átt við beina örvun á eigin kynfærum, með fingri og/eða hlut.

- Á mjög illa við um mig
- Á frekar illa við um mig
- Á hvorki vel né illa við um mig
- Á frekar vel við um mig
- Á mjög vel við um mig

20. Ef elskhugi myndi hunsa kynferðislegar þarfir og langanir mínar, þá yrði ég sár

Með elskhuga er átt við einstakling sem þú átt eða hefur átt í nánun og stöðugu kynferðislegu sambandi við, hvort sem það er/var maki eða bólfélagi.

- Á mjög illa við um mig
- Á frekar illa við um mig
- Á hvorki vel né illa við um mig
- Á frekar vel við um mig
- Á mjög vel við um mig

21. Ég myndi ekki hika við að biðja elskhuga um það sem ég vil kynferðislega

Með elskhuga er átt við einstakling sem þú átt eða hefur átt í nánun og stöðugu kynferðislegu sambandi við, hvort sem það er/var maki eða bólfélagi.

- Á mjög illa við um mig
- Á frekar illa við um mig
- Á hvorki vel né illa við um mig
- Á frekar vel við um mig
- Á mjög vel við um mig

22. Ég ver tíma í að hugsa um og velta fyrir mér kynferðislegri upplifun minni

- Á mjög illa við um mig
- Á frekar illa við um mig
- Á hvorki vel né illa við um mig
- Á frekar vel við um mig
- Á mjög vel við um mig

23. Ég hef áhyggjur af því að öðrum finnist ég ekki kynferðislega eftirsóknarverð

- Á mjög illa við um mig
- Á frekar illa við um mig
- Á hvorki vel né illa við um mig
- Á frekar vel við um mig
- Á mjög vel við um mig

24. Ég trúi því að það að stunda sjálfsfróun ein geti verið spennandi upplifun

Með sjálfsfróun er átt við beina örvun á eigin kynfærum, með fingri og/eða hlut.

- Á mjög illa við um mig
- Á frekar illa við um mig
- Á hvorki vel né illa við um mig
- Á frekar vel við um mig
- Á mjög vel við um mig

25. Það myndi angra mig ef elskhugi myndi hunsa kynferðislegar langanir og þarfir mínar

Með elskhuga er átt við einstakling sem þú átt eða hefur átt í nánun og stöðugu kynferðislegu sambandi við, hvort sem það er/var maki eða bólfélagi.

- Á mjög illa við um mig
- Á frekar illa við um mig
- Á hvorki vel né illa við um mig
- Á frekar vel við um mig
- Á mjög vel við um mig

26. Ég er fær um að biðja elskhuga um að veita þá kynferðislegu örvun sem ég þarf

Með elskhuga er átt við einstakling sem þú átt eða hefur átt í nánun og stöðugu kynferðislegu sambandi við, hvort sem það er/var maki eða bólfélagi.

- Á mjög illa við um mig
- Á frekar illa við um mig
- Á hvorki vel né illa við um mig
- Á frekar vel við um mig
- Á mjög vel við um mig

27. Ég hugsa sjaldan um kynferðislegar hliðar lífs míns

- Á mjög illa við um mig
- Á frekar illa við um mig
- Á hvorki vel né illa við um mig
- Á frekar vel við um mig
- Á mjög vel við um mig

28. Ég er líkamlega aðlaðandi manneskja

- Á mjög illa við um mig
- Á frekar illa við um mig
- Á hvorki vel né illa við um mig
- Á frekar vel við um mig
- Á mjög vel við um mig

29. Ég trúir því að það að stunda sjálfsfróun ein sé rangt

Með sjálfsfróun er átt við beina örvun á eigin kynfærum, með fingri og/eða hlut.

- Á mjög illa við um mig
- Á frekar illa við um mig
- Á hvorki vel né illa við um mig
- Á frekar vel við um mig
- Á mjög vel við um mig

30. Ég myndi búast við að elskhugi væri móttækilegur fyrir kynferðislegum þörfum mínum og tilfinningum

Með elskhuga er átt við einstakling sem þú átt eða hefur átt í nánun og stöðugu kynferðislegu sambandi við, hvort sem það er/var maki eða bólfélagi.

- Á mjög illa við um mig
- Á frekar illa við um mig
- Á hvorki vel né illa við um mig
- Á frekar vel við um mig
- Á mjög vel við um mig

31. Ef að ég ætlaði að stunda kynlíf með einhverjum, þá myndi ég sýna viðkomandi hvað ég vil

Með kynlífi er átt við samfarir, munn- eða endaþarmsmök eða sameiginlega sjálfsfróun.

- Á mjög illa við um mig
- Á frekar illa við um mig
- Á hvorki vel né illa við um mig
- Á frekar vel við um mig
- Á mjög vel við um mig

32. Ég hugsa um kynverund mína

Með kynverund er átt við kynferði, kynvitund, kynhneigð, kyngervi, ásthneigð, tilfinningatengsla/ást og getnað/frjósemi. Menn skynja og tjá kynverund með hugsunum, órum, löngunum, skoðunum, viðhorfum, hegðun, venjum, hlutverkum og samböndum.

- Á mjög illa við um mig
- Á frekar illa við um mig
- Á hvorki vel né illa við um mig
- Á frekar vel við um mig
- Á mjög vel við um mig

33. Ég er örugg með að elskhuga finnist ég kynferðislega aðlaðandi

Með elskhuga er átt við einstakling sem þú átt eða hefur átt í nánun og stöðugu kynferðislegu sambandi við, hvort sem það er/var maki eða bólfélagi.

- Á mjög illa við um mig
- Á frekar illa við um mig
- Á hvorki vel né illa við um mig
- Á frekar vel við um mig
- Á mjög vel við um mig

34. Ég tel mikilvægt að elskhugi taki tillit til kynferðislegrar ánægju minnar

Með elskhuga er átt við einstakling sem þú átt eða hefur átt í nánun og stöðugu kynferðislegu sambandi við, hvort sem það er/var maki eða bólfélagi.

- Á mjög illa við um mig
- Á frekar illa við um mig
- Á hvorki vel né illa við um mig
- Á frekar vel við um mig
- Á mjög vel við um mig

35. Ég hugsa lítið um kynverund mína

Með kynverund er átt við kynferði, kynvitund, kynhneigð, kyngervi, ásthneigð, tilfinningatengsla/ást og getnað/frjósemi. Menn skynja og tjá kynverund með hugsunum, órum, löngunum, skoðunum, viðhorfum, hegðun, venjum, hlutverkum og samböndum.

- Á mjög illa við um mig
- Á frekar illa við um mig
- Á hvorki vel né illa við um mig
- Á frekar vel við um mig
- Á mjög vel við um mig

36. Ég er örugg með að öðrum þyki ég kynferðislega eftirsóknarverð

- Á mjög illa við um mig
- Á frekar illa við um mig
- Á hvorki vel né illa við um mig
- Á frekar vel við um mig
- Á mjög vel við um mig

37. Ég ver ekki tíma í að hugsa um kynferðislega hegðun mína né upplifun

- Á mjög illa við um mig
- Á frekar illa við um mig
- Á hvorki vel né illa við um mig
- Á frekar vel við um mig
- Á mjög vel við um mig

Í spurningunum hér á eftir eru ýmsar staðhæfingar. Vinsamlegast svaraðu hversu oft (ef einhvern tímann) eftirfarandi á/átti við um þig í þínu nána kynferðislega sambandi.

38. Mér finnst óþægilegt að tala á meðan kynlífi stendur

Með kynlífi er átt við samfarir, munn- eða endaparmsmök eða sameiginlega sjálfsfróun.

- Alltaf
- Oft
- Stundum
- Sjaldan
- Aldrei

39. Mér finnst ég vera feimin þegar kemur að kynlífi

Með kynlífi er átt við samfarir, munn- eða endaparmsmök eða sameiginlega sjálfsfróun.

- Alltaf
- Oft
- Stundum
- Sjaldan
- Aldrei

40. Ég leita eftir kynlífi til elskhuga míns þegar mig langar í það

Með elskhuga er átt við einstakling sem þú átt eða hefur átt í nánun og stöðugu kynferðislegu sambandi við, hvort sem það er/var maki eða bólfélagi.

- Alltaf
- Oft
- Stundum
- Sjaldan
- Aldrei

41. Ég tel að ég sé opin við elskhuga minn varðandi kynferðislegar þarfir mínar

Með elskhuga er átt við einstakling sem þú átt eða hefur átt í nánun og stöðugu kynferðislegu sambandi við, hvort sem það er/var maki eða bólfélagi.

- Alltaf
- Oft
- Stundum
- Sjaldan
- Aldrei

42. Ég nýt þess að deila kynferðislegum fantasíum mínum með elskhuga mínum

Með elskhuga er átt við einstakling sem þú átt eða hefur átt í nánun og stöðugu kynferðislegu sambandi við, hvort sem það er/var maki eða bólfélagi.

- Alltaf
- Oft
- Stundum
- Sjaldan
- Aldrei

43. Mér finnst óþægilegt að tala við vini mína um kynlíf

Með kynlífi er átt við samfarir, munn- eða endaparmsmök eða sameiginlega sjálfsfróun.

- Alltaf
- Oft
- Stundum
- Sjaldan
- Aldrei

44. Ég segi elskhuga mínum frá kynferðislegum löngunum mínum

Með elskhuga er átt við einstakling sem þú átt eða hefur átt í nánun og stöðugu kynferðislegu sambandi við, hvort sem það er/var maki eða bólfélagi.

- Alltaf
- Oft
- Stundum
- Sjaldan
- Aldrei

45. Ég á erfitt með að snerta sjálfa mig á meðan ég stunda kynlíf með annarri manneskju

Með kynlífi er átt við samfarir, munn- eða endaparmsmök eða sameiginlega sjálfsfrón.

- Alltaf
- Oft
- Stundum
- Sjaldan
- Aldrei

46. Það er erfitt fyrir mig að segja nei þrátt fyrir að ég vilji ekki kynlíf

Með kynlífi er átt við samfarir, munn- eða endaparmsmök eða sameiginlega sjálfsfrón.

- Alltaf
- Oft
- Stundum
- Sjaldan
- Aldrei

47. Ég er treg til þess að lýsa sjálfri mér sem kynveru

Að vera kynvera á við um kynferði, kynvitund, kynhneigð, kyngervi, ásthneigð, tilfinningatengsla/ást og getnað/frjósemi. Að vera kynvera birtist í því hver við erum, hvernig okkur líður, hvað við hugsum og hvað við gerum.

- Alltaf
- Oft
- Stundum
- Sjaldan
- Aldrei

48. Mér finnst óþægilegt að segja elskhuga mínum hvað mér finnst gott

Með elskhuga er átt við einstakling sem þú átt eða hefur átt í nánun og stöðugu kynferðislegu sambandi við, hvort sem það er/var maki eða bólfélagi.

- Alltaf
- Oft
- Stundum
- Sjaldan
- Aldrei

49. Ég segi frá og stend með kynferðislegum tilfinningum mínum

- Alltaf
- Oft
- Stundum
- Sjaldan
- Aldrei

50. Ég er treg til að krefjast þess að elskhugi minn fullnægi mér

Með elskhuga er átt við einstakling sem þú átt eða hefur átt í nánun og stöðugu kynferðislegu sambandi við, hvort sem það er/var maki eða bólfélagi.

- Alltaf
- Oft
- Stundum
- Sjaldan
- Aldrei

51. Ég stend sjálfa mig að því að stunda kynlíf þegar ég raunverulega vil það ekki

Með kynlífi er átt við samfarir, munn- eða endaparmsmök eða sameiginlega sjálfsfróun.

- Alltaf
- Oft
- Stundum
- Sjaldan
- Aldrei

52. Ég læt elskhuga minn vita ef mér þykir einhver kynferðisleg örvun ekki góð

Með elskhuga er átt við einstakling sem þú átt eða hefur átt í nánun og stöðugu kynferðislegu sambandi við, hvort sem það er/var maki eða bólfélagi.

- Alltaf
- Oft
- Stundum
- Sjaldan
- Aldrei

53. Mér líður vel með að hrósa elskhuga mínum kynferðislega

Með elskhuga er átt við einstakling sem þú átt eða hefur átt í nánun og stöðugu kynferðislegu sambandi við, hvort sem það er/var maki eða bólfélagi.

- Alltaf
- Oft
- Stundum
- Sjaldan
- Aldrei

54. Ég á auðvelt með að ræða um kynlíf við elskhuga minn

Með kynlífi er átt við samfarir, munn- eða endaparmsmök eða sameiginlega sjálfsfróun.

- Alltaf
- Oft
- Stundum
- Sjaldan
- Aldrei

55. Mér líður vel með að hafa frumkvæði að kynlífi með elskhuga mínum

Með elskhuga er átt við einstakling sem þú átt eða hefur átt í nánun og stöðugu kynferðislegu sambandi við, hvort sem það er/var maki eða bólfélagi.

- Alltaf
- Oft
- Stundum
- Sjaldan
- Aldrei

56. Ég stend sjálfa mig að því að stunda kynlíf og/eða kynhegðun sem mér líkar ekki

Með kynlífi er átt við samfarir, munn- eða endaparmsmök eða sameiginlega sjálfsfróun.

Dæmi um kynhegðun: Hlutverkaleikur, kynferðislegt tal, notkun kynlífsleikfanga, stellingar í kynlífi, o.fl. - ath að þetta er ekki tæmandi listi.

- Alltaf
- Oft
- Stundum
- Sjaldan
- Aldrei

57. Að veita elskhuga mínum unað er mikilvægara en minn eiginn unaður

Með elskhuga er átt við einstakling sem þú átt eða hefur átt í nánun og stöðugu kynferðislegu sambandi við, hvort sem það er/var maki eða bólfélagi.

- Alltaf
- Oft
- Stundum
- Sjaldan
- Aldrei

58. Mér líður vel með að segja elskhuga mínum hvernig ég vil láta snerta mig

Með elskhuga er átt við einstakling sem þú átt eða hefur átt í nánun og stöðugu kynferðislegu sambandi við, hvort sem það er/var maki eða bólfélagi.

- Alltaf
- Oft
- Stundum
- Sjaldan
- Aldrei

59. Ég nýt þess að fróa sjálfri mér til fullnægingar

Með sjálfsfróun er átt við beina örvun á eigin kynfærum, með fingri og/eða hlut.

- Alltaf
- Oft
- Stundum
- Sjaldan
- Aldrei

60. Ef mér finnst eitthvað gott, þá krefst ég þess að gera það aftur

- Alltaf
- Oft
- Stundum
- Sjaldan
- Aldrei

61. Ég á erfitt með að vera hreinskilin varðandi kynferðislegar tilfinningar mínar

- Alltaf
- Oft
- Stundum
- Sjaldan
- Aldrei

62. Ég reyni að forðast að tala um kynlíf

Með kynlífi er átt við samfarir, munn- eða endaparmsmök eða sameiginlega sjálfsfróun.

- Alltaf
- Oft
- Stundum
- Sjaldan
- Aldrei

63. Hversu hreinskilnislega svaraðir þú spurningunum í þessari könnun?

- Ég var algjörlega hreinskilin
- Ég var að mestu leyti hreinskilin
- Ég var lítið hreinskilin
- Ég var alls ekki hreinskilin