



## **BSc in Psychology**

# Association Between One-Night Stand, Social Media and Self-Worth Amongst University Students

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## Foreword and Acknowledgement

Submitted in partial fulfilment 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

Social media plays a big part in people's lives and with all the online apps people are communicating and going more frequent on dates with people they don't really know. Previous research has shown that individuals with lower self-esteem are more likely to be sexually active and engage in a risky sexual behavior such as one-night stands without using protection. Previous studies also show noticeable gender difference in sexual behavior correlated with self-esteem. The hypotheses of this study were threefold, first; those individuals who take part in a one-night stand and risky sexual behavior use social media more often to do so. Second; those individuals who engage in one-night stands have less self-worth than those who do not. Third; there is a gender difference between one-night stands and sexual regret.

The final sample in this study were 214 students (N = 214) at the Reykjavík University. The participants had to answer a survey presented through the social media Facebook. The study revealed that participants who engage in one-night stands do not feel less self-worth than those who do not. On the other hand, University students show increased sexual regret the more often they engage in one-night stands. Also, the result showed that those who more often engage in one-night stands use social media more frequently to do so.

*Keywords:* one-night stand, risky sexual behavior, self-worth, social media, gender difference, university students.

### Útdráttur

Samfélagsmiðlar spila stóran þátt í lífi flestra og með öllum öppunum sem eru í boði er fólk farið að hafa meiri samskipti og á stefnumót með fólki sem það þekki kannski lítið sem ekkert. Fyrri rannsóknir hafa sýnt að einstaklingar sem eru með minna sjálfsálit eiga það frekar til að vera kynferðislega virkir og stunda frekar áhættusama kynferðislega hegðun eins og skyndikynni án þess að nota verjur eins og smokkinn. Fyrri rannsóknir hafa einnig sýnt áberandi kynjamun á kynferðislegri hegðun og sjálfsáliti. Tilgátur þessarar rannsóknar voru þrjár, fyrst, að þeir sem stunda skyndikynni eru líklegri til þess að nota samfélagsmiðla til þess. Önnur tilgátan var að þeir einstaklingar sem stunda skyndikynni eru með minni sjálfsvirðingu en þeir sem stunda ekki skyndikynni. Þriðja tilgátan var að þeir sem stunda skyndikynni upplifa frekar kynferðislega eftirsjá en þeir sem gera það ekki.

Úrtak þessarar rannsóknar voru 214 nemendur við háskólann í Reykjavík (N = 214). Þátttakendur svöruðu spurningalista sem innihélt 17 spurningar sem lagður var fyrir á samfélagsmiðlinum Facebook. Niðurstöður rannsóknarinnar sýndu fram á að þátttakendur sem stunda skyndikynni eru ekki að upplifa minni sjálfsvirðingu en þeir sem stunda ekki skyndikynni. Niðurstöður sýndu samt fram að eftir því sem þátttakendur stunduðu oftari skyndikynni því meiri kynferðislega eftirsjá voru þeir að upplifa. Einnig kom fram að þeir sem stunda oftari skyndikynni nota oftari samfélagsmiðla til þess.

*Lykilhugtök:* skyndikynni, áhættusöm kynlífs hegðun, sjálfsvirðing, samfélagsmiðlar, kynjamunur, háskólanemendur.

Association between one-night stand, social media and self-worth amongst University students

In modern society where the social media is the leading communication method, a person's image is important (Burrow & Rainone, 2017). A positive feedback to one's photo online is rewarding and associated with higher self-esteem (Burrow & Rainone, 2017). In an online society, one might wonder if the social media is used to increase the likelihood of sexual engage with others or casual physical relations (e. one-night stands). With apps like SnapChat, Facebook and Tinder for example, people are communicating and going more often on dates with people they don't know that well and have only communicated with online (Timmermans & Elien, 2017). This can lead to sexual engages which occurs only on one occasion between strangers (Eshbaugh & Gute, 2008).

The definition of a risky sexual behavior is a variety of behaviors which increases the likelihood of spreading sexually transmitted diseases and/or unwanted pregnancy (Marcus, Fulton & Turchik, 2011). This behavior includes having multiple sexual partners, without knowing their sexual history and having unprotected sexual intercourse (e. one-night stands and not using condoms) (Eng, & Butler, 1997). The reasons for engaging in risky sexual behaviors can be due to many psychosocial reasons like self-esteem enhancing or being socially approved by peers (Robinson, Holmbeck & Paikoff, 2006).

Self-esteem is defined as a personal valuation of his/her self-worth, including body image (Orth & Robins, 2014). At an early age when puberty hits, adolescence may not yet have developed the ability to make responsible decisions, including sexual decisions and therefor are likely to have more sexual partners (Orth & Robins, 2014). Engaging in a sexual activity at an early age can therefore have a negative impact on one's self-esteem (Robinson, et al., 2006). Research have shown that individuals with lower self-esteem were more likely to be sexually

active and engage in a risky sexual behavior than those with higher self-esteem (Enejoh, Pharr, Mavegam, Olutola, Karick & Ezeanolue, 2016). Also, people with lower self-esteem were more likely to engage in unprotected sexual activities, more likely to have more sexual partners and get pregnant or cause pregnancy (Boden & Horwood, 2006). Research shows that female adolescents who had lower self-esteem started sexual activity at a younger age and had riskier sexual partners (Kershaw et al., 2006). Also, young adult women with negative body image were more likely to engage in risky sexual behaviors, i.e., early sexual experience, more sexual partners and less frequent condom use (Winter & Satinsky, 2013). Males, however, were more likely than females to engage in sexual activity as a self-esteem enhancer, they also were likely to engage in sexual activity at a younger age, have more sexual partners over lifetime and were more likely to use condoms more frequently than females (Robinson, et al., 2006). Another study showed that males with more confidence and body appreciation were more likely to engage in risky sexual behavior, have more sexual partners and were less likely to use condoms. While females with more confidence and body appreciation were more likely to engage in safer sexual activity and insist on condom use (Gillen, Lefkowitz & Shearer, 2005).

The definition of the term “Hooking up” or a one-night stand is a sexual activity which occurs only on one occasion between strangers or between people who have known each other shorter than 24 hours and only happens once (Eshbaugh & Gute, 2008). One-night stand is a predictor for sexual regret among college women. Feeling regret has an impact on one’s happiness because regret is a negative emotion a person feels when remembering what he/she has done and wanted to have behaved differently (Eshbaugh & Gute, 2008). However, another study found on the other hand that one-night stands were not a predictor for a negative long-term effect on wellbeing in college students (Vrangalova, 2015).

Social media and online usage amongst adolescents makes a difference in their wellbeing (Woods & Scott, 2016). More time spent on social media has shown to be correlated with poorer sleep quality, lower self-esteem and higher level of depression and anxiety (Woods & Scott, 2016). Also, online behaviors, such as viewing and commenting on friend's profiles, has been found associated with body image satisfaction and concerns (Smith, Hames & Joiner, 2013). Risky sexual behavior has not yet been associated with social media, however sexting and sending nudes have. Study on Tinder usage, showed that single individuals who use dating online were more extroverted than those who are single and do not use such online sites and were more open to new experiences (Timmermans & Elien, 2017). Tinder users are younger, and males were in the majority of using the application to find casual sex partners (Gatter & Hodkinson, 2016). Sexual permissiveness was significantly higher amongst male than female who use Tinder (Gatter & Hodkinson, 2016). A study based on sexting showed that women and men are equally likely to want to hook up sexually over the internet rather than to date. Also, women get more flirtation over the internet than men (Wysocki & Childers, 2011). About 60% of the participants had engaged sexting and over half of them had send out a nude photo of themselves. The study assumes that the women who send nude photos were doing so as a replacement of flirting face to face (Wysocki & Childers, 2011). Sexting and nude-sexting has found to be associated with extraversion and openness to experience which has been associated to high risk behaviors (Crimmins & Seigfried-Spellar, 2017). Females and young adults were more likely to send nude photos (Ybarra & Mitchell, 2014). Sharing sexual photos has been correlated with all types of sexual behavior including risky sexual behavior like having concurrent sexual partners and having a numerus more sexual partners over a years' time (Ybarra & Mitchell, 2014).

The hypotheses of this study are threefold, first; those individuals who engage in a one-night stand and risky sexual behavior use social media more often to do so. Second; those individuals who engage in one-night stands have less self-worth than those who do not. Third; there is a gender difference between one-night stands and sexual regret.

## **Method**

### **Participants**

The participants in this study were first, second and third year undergraduate students in psychology, business, engineering and computer science at Reykjavík University in Iceland. The participants answered an online survey presented to them in a closed Facebook group. The sample included 214 students who participated in the survey ( $N = 214$ ), 81 males (38%) and 131 females (61.5%), one specified another gender (0.5%) and 1 who did not answer the gender question. However, only 211 participants completed the entire questionnaire. The participants were at the age range 19 – 39 and older. 121 (56.5%) at the age 19 – 23, 75 (35%) at the age 24 – 28, 9 (4.2%) at the age 29 – 33, 9 (4.2%) at the age 34 – 38 and 1 (0.5%) age 39 and older. The participants in this study were selected by convenience sampling, it was available and appropriate. The first and second year students in psychology received course credit for their participation, other students did not receive any commission for their participation.

### **Instrument and measure**

The participants were presented with an online survey to answer which contained 17 questions (see appendix). The first 4 questions were measured on a nominal scale and the last 13 questions were measured on a Likert scale. Three first questions had only one answer optional (gender, birth year and relationship status), question 4 had multiple optional answer about major social media usage. Question 6 – 9 referred to sexual behavior, the age the participant first had

his/her sexual experience, how many sexual partners the participant has had over lifetime, if the participant had been in a relationship, ever been in love, if the participant have had sexual intercourse the first time he/she met the person, and how much the participant agrees with the statement “it’s ok to have sex for fun and without all emotions” (see appendix). Question 10 was about sexual regret the participant had experienced (never – 10 times or more). Questions 11 – 15 referred to one-night stands, social media usage for one-night stands, provocative, nude pictures, condom use and sexual transmitted diseases (see appendix). Question 16 had 2 categories about self-esteem “when I think about the way I look, I feel happy” and “ I often feel I am unpretty and unattractive” ( describes me really well – does not describe me at all) and question 17 had 5 categories about self-worth “when it comes down to it I am happy with myself”, “I feel I am at least as worthy as others”, “there is not much I can be proud of”, “I wish I had more self-respect” and “sometimes I feel worthless” (see appendix).

### **Procedure**

The survey was posted in closed Facebook groups for the first, second and third year undergraduate students in psychology, business, engineering and computer science at Reykjavík University from April 4th to April 6th. 2018. The participants were invited to participate in the study and were informed that their answers were confidential and not traceable. The Participants were asked to read the study’s instructions well before answering and asked to answer the questions conscientiously because their answers and opinion were important. Finally, the participants were thanked for the participation in the study. The answers were then entered in the statistics application SPSS for further analysis. This study was approved by the The Icelandic Data Protection Authority.

## Statistical Analysis

SPSS version 24.0 software was used for all statistical analysis. The functional analysis of variance (FANOVA) was used for data processing to reveal whether if a significant difference was found between groups.

## Results

### Descriptive statistics

The independent variable is one-night stand and the dependent variables are social media, self-worth, gender and sexual regret.

Self-worth was assessed with 6 questions (sometimes I feel worthless, I wish I had more self-respect, there is not much I can be proud of, I think I am as valuable as others, I often feel I am unpretty and unattractive, when I think about how I look, I feel happy) which were combined into one variable from the mean of all the questions (Cronbach's Alpha = .811). One-night stand questions were combined into three groups, never, 1-3 times, 4 times and more. One-night stand through social media also was combined into 3 groups, never, 1-3 times, 4 times and more. Also, the positive questions "when it comes down to it I am happy with myself", "when I think about how I look, I feel happy", "I feel I am at least as worthy as others" and "there is not much I can be proud of" was recoded so the value 4 would equal describes me really well and the value 1 equal does not describe me at all.

Results show that those participants who had experienced one-night stand were 133 out of 214 (62.1%). Table 1 shows that 71 participants who engage in one-night stands 1-3 times, 35 never or rarely use the condom (49.3%) and 62 participants who engage in one-night stand 4 times or often, 28 never or rarely use the condom (45.2%).

Table 1.

*Condom use and one-night stand*

		Condom use						
		Never	Rarely	Most often	Always	Does not apply	Total	
One-night stand	Never	18	16	14	13	20	81	
	1-3	13	22	21	9	6	71	
	4+	6	22	28	5	1	62	
Total		37	60	63	27	27	214	

Table 2 shows means and standard deviation on self-worth depended on participants gender and one-night stand experience. There was no difference between gender in mean self-worth. Females who engage in one-night stand 4 times or more were only .02 lower on average in self-worth than males. However, females who engaged in one-night stand 1-3 times were .21 lower on self-worth than males.

Table 2.

*Means and standard deviation on self-worth between gender and one-night stand*

Gender		Mean	Std. Deviation	N
Male	Never	3,09	0,72	34
	1-3	3,20	0,66	22
	4+	3,08	0,66	24
	Total	3,12	0,68	80
Female	Never	2,99	0,60	45
	1-3	2,99	0,70	49
	4+	3,06	0,57	37
	Total	3,01	0,63	131
Total	Never	3,03	0,65	79
	1-3	3,06	0,69	71
	4+	3,07	0,60	61
	Total	3,05	0,65	211

FANOVA test revealed no significant difference between gender,  $F(1, 205) = 1.377, p = .242$ , and one-night stand experience,  $F(2, 205) = 0.138, p = .871$ . Furthermore, there was no significant interaction effect between gender and one-night stands on self-worth,  $F(2, 205) = 0.343, p = .710$ .

Table 3 shows that those who engage in one-night stands 4 times or more use social media more often to do so than those who engage in one-night stand more seldom. Of those 17 participants who have engaged in one-night stand 4 times or more have used social media 4 times or often to do so, while 53 participants who have engaged in one-night stand 1-3 times have never used social media to do so.

Table 3.

*Correlation between one-night stands and social media*

		One-night stands			Total
		Never	1-3	4+	
Social media	Never	79	53	27	159
	1-3	1	18	18	37
	4+	1	0	17	18
Total		81	71	62	214

Table 4 shows means and standard deviation on sexual regret depended on participants gender and one-night stand experience. Females scored higher than males on sexual regret, where females scored .38 higher on average. Most difference in mean between gender on sexual regret was those females who engaged in one-night stand 1-3 times scored .52 higher on average than males. However, it shows that sexual regret increases with both genders the more often they engage in one-night stand.

Table 4.

*Means and standard deviation between gender on sexual regret*

Gender		Mean	Std. Deviation	N
Male	Never	1,21	0,60	33
	1-3	1,91	0,87	22
	4+	2,75	0,94	24
	Total	1,87	1,02	79
Female	Never	1,56	0,97	45
	1-3	2,43	0,74	49
	4+	2,86	1,00	37
	Total	2,25	1,04	131
Total	Never	1,41	0,84	78
	1-3	2,27	0,81	71
	4+	2,82	0,97	61
	Total	2,11	1,05	210

FANOVA test revealed that women experienced more sexual regret than men,  $F(1, 204) = 6.892$ ,  $p = .009$ . The FANOVA test also revealed that sexual regret increases with number of one-night stands,  $F(2, 204) = 45.891$ ,  $p < .001$ . However, there was no significant interaction effect between gender and one-night stands on sexual regret,  $F(2, 204) = 0.824$ ,  $p = .440$ , where being a male or female did not affect sexual regret on one-night stand.

### Discussions

The aim of this study was to see if those who engage in one-night stand use social media more frequently to do so and if those who engage in one-night stand experience lower self-worth and/or more sexual regret than those who do not. Of the complete sample those participants who had experienced one-night stand were 133 individuals of 214 (62.1%). The participants answered an online survey presented in a closed Facebook groups, which included 17 questions about sexual behavior, self-worth and social media. The sample was a convenient sample of 214 University students, first, second and third year undergraduate students in psychology, business,

engineering and computer science. FANOVA test was used for data processing to reveal whether if a significant difference was found between gender and one-night stand experience on self-worth and between gender and one-night stand on sexual regret.

The first hypotheses of the current study were that those individuals who engage in a one-night stand and risky sexual behavior use social media more often to do so. The result showed 17 participants who have engaged in one-night stand 4 times or more have used social media 4 times or more to do so, and 18 participants who have engaged in one-night stands 4 times or more have used social media 1-3 times to do so. However, 53 participants who have engaged in one-night stand 1-3 times have never used social media to do so. This reveals that those who more often engage in one-night stands use social media more frequently to do so.

The second hypotheses of the study were that those individuals who engage in one-night stands have less self-worth than those who do not. Even though some previous studies have shown that those with lower self-esteem are more likely to engage in risky sexual behavior than those with higher self-esteem (Enejoh, Pharr, Mavegam, Olutola, Karick & Ezeanolue, 2016) the results of the current study did not support these findings. This study revealed that participants who engage in one-night stands do not feel less self-worth than those who do not and there was no noticeable gender difference. However, as stated in Boden & Horwood study (2006) people who experience lower self-esteem were more likely to engage in unprotected sexual activities, were more likely to have more sexual partners and get pregnant or cause pregnancy. The current study revealed that the sample of 71 participants who engage in one-night stands 1-3 times, 49.3% never or rarely use the condom to protect them self from sexual transmitted diseases or pregnancy. Out of 62 participants who engage in one-night stand 4 times or more, 45.2% never or rarely use the condom. As stated before not using condoms for protection against sexual

transmitted diseases or unwanted pregnancy is considered as a risky sexual behavior (Marcus, Fulton & Turchik, 2011). No previous studies have been made on social media usages to engage in one-night stand and risky sexual behavior to compare.

The third hypotheses were that there is a gender difference between one-night stands and sexual regret. The results showed that there was no significant interaction effect between gender and one-night stands on sexual regret, where being a male or female did not affect sexual regret on one-night stand. However, as stated in Eshbaugh & Gute research (2008), engaging in one-night stand was a predictor for sexual regret in college women which is considered a negative emotion and affects their happiness. This study showed similar findings that the more often University students engage in one-night stands the more sexual regret they experience. Females scored higher on average than males on sexual regret and most difference was found between gender who engaged in one-night stand 1-3 times. However, it shows that sexual regret increases with both genders the more often they engage in one-night stand.

Even though previous studies have shown that one-night stands are associated with lower self-worth/self-esteem and that there is a noticeable gender difference, this study did not. This can be due to a small sampling ( $N = 214$ ) and discrepancies in gender balance so there was a difference in proportion of groups. In addition, a limitation to this study is the sample, which is combined of University students and therefore it is not possible to generalize the findings. However, since this is the first study that examines the relations between social media and one-night stand it might be said that it is ground breaking and that could be considered as a strength of the study. Further research would be interesting with a larger and more diverse sample of individuals who engage in one-night stands and see if there is a significant difference between groups in respect of one-night stand and sexual regret on self-worth. Future research on these

issues are necessary as social media is a new and fast-growing interaction network with increased availability of communication and dating apps, which can increase the likelihood of one-night stands and risky sexual behavior.

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## Appendix

### 1. Ert þú karlmaður eða kvenmaður? (*Vinsamlegast merktu við EINN reit.*)

Karlmaður

kvenmaður

Annað

### 2. Hvað ert þú gamall/gömul? (*Vinsamlegast merktu við EINN reit.*)

19 – 23 ára

24 – 28 ára

29 – 33 ára

34 – 38 ára

38 eða eldri

### 3. Hver er hjúskaparstaða þín? (*Vinsamlegast merktu við EINN reit.*)

Einhleyp/ur

Í sambandi

Í sambúð

Gift/ur

**4. Hvaða samskiptamiðla notar þú helst? (Vinsamlegast merktu við þá reiti sem eiga við.)**

SnapChat

Facebook

Twitter

Instagram

Tinder

Annað? \_\_\_\_\_

**5. Þegar þú ferð út að skemmta þér hversu oft neytir þú áfengis? (Vinsamlegast merktu við**

*EINN reit.)*

Aldrei, ég  
dreck ekki

1-4 sinnum  
á ári

5-8 sinnum  
á ári

Einu sinni í  
mánuði

Aðra hvora  
helgi

Nánast um  
hverja helgi

**6. Hve gamall/gömul varst þú þegar þú hafði kynmök í fyrsta sinn? (þar sem báðir aðilar voru samþykkir) (Vinsamlegast merktu við EINN reit.)**

Hef aldrei haft

13 ára eða

14 ára

15 ára

16 ára

17 ára

18 ára eða

kynmök

yngrri

eldri








**7. hefur þú einhvern tíma upplifað eða tekið þátt í eftirfarandi? (Merktu aðeins við EINN reit við hvern lið.)**

	Já	Nei
a) Orðið ástfangin(n) af karlmanni	<input type="checkbox"/>	<input type="checkbox"/>
b) Orðið ástfangin(n) af kvenmanni	<input type="checkbox"/>	<input type="checkbox"/>
c) Verið í sambandi með karlmanni	<input type="checkbox"/>	<input type="checkbox"/>
d) Verið í sambandi með kvenmanni	<input type="checkbox"/>	<input type="checkbox"/>
e) Haft kynmök við karlmann (þar sem báðir aðilar voru samþykkir)	<input type="checkbox"/>	<input type="checkbox"/>
f) Haft kynmök við kvenmann (þar sem báðir aðilar voru samþykkir)	<input type="checkbox"/>	<input type="checkbox"/>
g) stundað kynmök með karlmanni í fyrsta skipti sem þú hittir hann	<input type="checkbox"/>	<input type="checkbox"/>
h) stundað kynmök með kvenmanni í fyrsta skipti sem þú hittir hana	<input type="checkbox"/>	<input type="checkbox"/>

8. Hve margra einstaklinga hefur þú haft kynmök við um ævina (þar sem báðir aðilar voru því samþykkir)? (Merktu aðeins við EINN reit)

Hef aldrei      1      2 - 3      4 - 5      6 - 9      10 - 19      20 - 39      40 eða fleiri  
haft kynmök

                                        

9. hversu mikið sammála ertu eftirfarandi fullyrðingu? (Merktu aðeins við EINN reit sem við

á)

**Mér finnst ekkert athugavert við að hafa kynmök mér til skemmtunar, þótt engar tilfinningar séu með í spilin.**

**Algjörlega**

**ósammála**

1

2

3

4

5

6

7

**Algjörlega**

**sammála**

**10. Hve oft (ef einhven tíma) hefur þú stundað kynlíf sem þú sást eftir daginn eftir? (Merktu aðeins við EINN reit.)**

**Aldrei**

**1 sinni**

**2-5 sinnum**

**6-9 sinnum**

**10 sinnum eða oftar**

**11. hversu oft hefur þú stundað skyndikynni? (Skyndikynni merkja að þú hittir einstakling einu sinni og stundar með honum kynferðislegt athæfi.) (Merktu aðeins við EINN reit.)**

**Ég hef aldrei stundað**

**1 sinni**

**2-3**

**4-5**

**6-9**

**10-19**

**20-39**

**40 sinnum**

**skyndikynni**

**eða oftar**

**12. Hversu oft (ef nokkurn tíma) notar þú, eða sá sem þú hefur kynmök við, smokkinn til að verjast kynsjúkdómum? (Merktu aðeins við EINN reit.)**

Á ekki við

Alltaf

Oftast

Sjaldnast

Aldrei

**13. Hversu oft (ef nokkurn tíma) hefur þú stundað skyndikynni í gegnum samfélagsmiðla (Facebook, SnapChat, Tinder, Twitter, Instagram)? (Skyndikynni merkja að þú hittir einstakling einu sinni og stundar með honum kynferðislegt athæfi.) (Merktu aðeins við EINN reit.)**

Ég hef aldrei stundað

skyndikynni

1 sinni

2-3

4-5

6-9

10-19

20-39

40 sinnum

eða oftar

**14. Hefur þú einhvern tíma fengið kynsjúkdóm? (Merktu aðeins við EINN reit.)**

Aldrei

1 sinni

2 sinnum

3-5 sinnum

6 sinnum eða oftar

**15. Hve oft (ef einhvern tíma) hefur þú gert eftifarandi? (Vinsamlegast merktu í einn reit í hverjum lið)**

	<b>Aldrei</b>	<b>1 – 2</b>	<b>3 – 5</b>	<b>6 – 9</b>	<b>10 – 19</b>	<b>20 – 39</b>	<b>40 sinnum</b>
		<b>sinum</b>	<b>sinum</b>	<b>sinum</b>	<b>sinum</b>	<b>sinum</b>	<b>eða oftár</b>
<b>a) Þú sent ögrandi mynd eða nektarmynd af þér til einhvers í gegnum samfélagsmiðla</b>	<input type="checkbox"/>						
<b>b) Þú beðið einhvern um að senda þér ögrandi mynd eða nektarmynd í gegnum samfélagsmiðla</b>	<input type="checkbox"/>						
<b>c) Þú verið beðin/n af einhverjum öðrum að senda ograndi mynd eða nektarmynd í gegnum samfélagsmiðla</b>	<input type="checkbox"/>						

**16. Merktu við hvaða fullyrðing á best við þig? (Vinsamlegast merktu við EINN reit í**

*HVERJUM lið.)*

	<b>Lýsir mér mjög vel</b>	<b>Lýsir mér nokkuð vel</b>	<b>Lýsir mér ekki nógu vel</b>	<b>Lýsir mér alls ekki</b>
<b>a) Þegar ég hugsa um hvernig ég lít út er ég ánægð/ur</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>b) Mér finnst ég oftast vera ófríð/ur og óaðlaðandi</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**17. Merktu við hvaða fullyrðing á best við þig? (Vinsamlegast merktu við EINN reit í HVERJUM lið.)**

	Á mjög vel við um mig	Á frekar vel við um mig	Á frekar illa við um mig	Á mjög illa við um mig
a) Þegar allt kemur til alls er ég ánægð/ur með sjálfa/n mig	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b) Mér finnst ég vera að minnsta kosti jafn mikils virði og aðrir	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c) mér finnst ekki vera margt sem ég get verið stolt/ur af	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d) ég vildi óska að ég bæri meiri virðingu fyrir sjálfum mér	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e) stundum finnst mér ég vera einskis virði	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>