



A PROSPECTIVE STUDY ON SEXUAL RELATIONSHIPS AND SELF-REPORTED DEPRESSION ON ADULTHOODS IN COMPARISON OF MALE AND FEMALE.

Pallavi Sengar^{1*}, Dr. Sunita Dhenwal²

Abstract

Purpose: Young adulthoods engaging in sexual intercourse are at elevated risk for depression, but it is not clear at what point of adulthood development this connection ceases to be significant. Depression is a highly prevalent mental health problem in young adulthoods compared to middle age, especially among girls. This study examines the association between self-reported depression and sexual relationships across the age of young adulthood and separately in boys and girls. The study hypothesises that there will be significant positive correlations between Sexual intercourse and Depression among young adults. It is also hypothesised that there will be significant differences between male and female regarding sexual relations among young adults. These hypotheses are based on the assumption that individuals who possess higher levels of depression and sex related problems are more likely to experience negative emotions, which are associated with mental health issues. Moreover, the study aims to investigate whether there are any need of sex therapies for Sex related problems and self reported depression among young adults. To test these hypotheses, the study utilises two psychometric tools: The Dyadic Sexual Communication Scale (DSC), The Beck Depression Inventory (BDI). The Dyadic Sexual Communication Scale (DSC) is a Likert-type scale assessing respondents 'perceptions of the communication process encompassing sexual relationships. The original 13-item scale discriminated people reporting sexual problems from those not reporting sexual problems (Catania, 1986) and The Beck Depression Inventory (BDI) is a 21-item, self-report rating inventory that measures characteristic attitudes and symptoms of depression (Beck, et al., 1961). The results of this study have important implications for understanding the relationship between sexual relations and self reported depression among the young adults in comparison to male and female. Furthermore, identifying any potential gender differences can help inform interventions aimed at improving depression regarding sexual intercourse in young adults.

Keywords: Sex, Relationship, Depression, Intercourse, Young adults

^{1*}Master in Psychology, Department of Psychology, School of Humanities, Lovely Professional University, Punjab India, Email- pallavisengaro@gmail.com

²Associate professor, Department of Psychology, School of Humanities, Lovely Professional University, Punjab India Corresponding author, Email: sunita.27978@lpu.co.in

***Corresponding Author:** - Pallavi Sengar

*Master in Psychology, Department of Psychology, School of Humanities, Lovely Professional University, Punjab India, Email- pallavisengaro@gmail.com

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INTRODUCTION

Sex is key to most intercourse connections, and there is unavoidably a two-way collaboration among sex and closeness. Sex is a physical, a mental and a relational occasion, and treatment of sexual issues ought to assess each of the three perspectives. Couple relationship issues that can influence sexual cooperation incorporate inescapable antagonism, unfortunate correspondence, absence of trust and divergent degrees of sexual longing. Advisors ought to have the option to oversee treatment meetings with the two accomplices present, without favouring one side, and treating the relationship, as opposed to one or the other individual, as the 'client'. They ought to have the option to adjust the actual way to deal with issues with overseeing relationship issues and the accomplices' individual mental issues. Methods are suggested for understanding and changing the couple relationship during treatment, as well concerning managing explicit sexual issues utilising a social frameworks approach.

The sexual relationship is a focal piece of most personal connections, whether these include marriage, common organisation, living together or looser ties. It is inescapable that there ought to be a two-way cooperation between these two parts of the relationship, with the sexual viewpoint influencing the overall relationship and the overall relationship influencing sex. For instance, assuming the accomplices are battling for the greater part of their time together there will be little an open door for sexual collaboration, and they might wind up quarrelling likewise over the absence of sex in the relationship. Notwithstanding, for certain couples who regularly squabble, sex might be an approach to accomplishing compromise, and the quarrelling might become habit-forming on the grounds that it prompts great sexual communication. Correspondence can be the way to taking care of such issues, and on the off chance that the couple can examine the issues in a quiet and adaptable way they might have the option to track down better approaches to coordinating their lives to have a decent sexual relationship.

Sex is a physical, a mental and a relational demonstration, for sure one that can be really called bio-psychosocial. Actually, it includes the components of erection, discharge, grease and climax, as well as numerous cortical, subcortical, hypothalamic, hormonal and spinal systems. It can obviously be slowed down by numerous infection processes, including those that influence

chemicals, blood supply and focal, spinal and fringe nerves. It can likewise be impacted by different drugs, particularly antidepressants.

Mentally, the accomplices will each have an alternate encounter of the sexual connection, in light of their capacity to unwind and beat restraints, their previous sexual and close to home history, their condition of sluggishness or nervousness, their actual wellbeing and every one's sentiments about their accomplice. Every one of these will make it pretty much challenging to unwind and appreciate what ought to in a perfect world be a decent encounter for both.

According to Sexuality Education Resource Centre {SERC} define sex as an action in which one, two or more individuals use words or contact to stimulate themselves as well as one another.

Each individual can characterise how a sexual demonstration affects them. Sex could include contacting privates, yet it could not. Sex for someone could mean snuggling with garments on or sending a hot instant message. It is fundamental that each individual engaged with the sexual action gets assent from the others required before any sexual contacting or sexual talking occurs.

There are many reasons at least two individuals should take part in sexual action with one another. SERC likes to discuss delight being at the focal point of sexual action; however there are many reasons individuals might need to take part in sexual action with one another, it is critical that everyone in question feels better in the connection and assent is available. We like to feature the possibility that sex, sexual contacting and hot talking ought to have a real sense of security for all interested parties.

An exemption is the work completed in the USA by Vasilenko, which utilised a general example of teenagers and youthful grown-ups. In this review, sexual way of behaving of youths was viewed as related with side effects of gloom, particularly among young ladies. What's more, sex with a non-relationship accomplice was related with an expansion in burdensome side effects for juvenile young ladies, yet not for young adult young men. As the creator of this examination makes sense of, young ladies are bound to be impacted by socio-social standards in regards to sexual way of behaving, with sex being broadly viewed as "unseemly" for young ladies yet not for young men. Among youngsters, that affiliation became

more fragile or nonexistent for the two sexual orientations and different relationship situations with, on the grounds that at this formative stage sexual way of behaving is more standardising as they progressed in years. In any case, in a review with undergrads from the USA, contribution in a heartfelt connection, contrasted with being single, was viewed as related with less burdensome side effects, yet just for ladies. It is sensible to imagine that sexual fulfilment might be more significant for the psychological wellness and prosperity of those in an ongoing relationship and those whose orientation job experiences more sociocultural tensions, as has been tracked down on account of ladies, albeit current proof proposes in any case.

The bottom line, relationship between sexual fulfilment and psychological wellness or prosperity in teenagers and youthful grown-ups is complicated, and significant viewpoints, for example, orientation and current heartfelt connection status might assume a part. There is an absence of logical information regarding the matter, particularly in pre-adulthood, and research should be directed in various societies as friendly and social elements become an integral factor. As an outcome of the previously mentioned, the current examination facilitates logical information researching the distinctions in orientation and relationship status in sexual fulfilment and psychological wellness, notwithstanding the conceivable relationship between sexual fulfilment and emotional well-being directed by orientation and relationship status in the two youths and youthful grown-ups.

As recently expressed, the experimental writing in regards to the job of relationship status and orientation in sexual fulfilment and emotional wellness stays hazy for teenagers and youthful grown-ups. Taking into account these contemplations, two fundamental examination questions were laid out in this review: Are there any distinctions in sexual fulfilment and psychological well-being (nervousness and despondency) concerning relationship status (having an accomplice as opposed to not having one) and orientation (men versus people) for teenagers and youthful grown-ups? what's more. Do relationship status and orientation direct the connection between sexual fulfilment and emotional wellness (uneasiness and despondency) for teenagers and youthful grown-ups?

STATEMENT OF THE PROBLEM

Many young adults may struggle with communicating their needs and desires in sexual relationships. This can lead to misunderstandings and a lack of fulfilment, which may contribute to depression and relationship problems. Young adults may be more likely to experience relationship problems, such as infidelity or communication breakdowns. These issues can lead to feelings of depression and may impact sexual relationships as well. Depression is a common mental health concern among young adults, and it can have a significant impact on sexual relationships. Depression may cause a lack of interest in sex, difficulty with arousal or orgasm, and other sexual problems that can impact the quality of sexual relationships. This current research indicates the sexual problems in young adults which then leading towards them to mental health issues such as depression. In terms of gender differences, there may be some unique challenges that impact men and women differently. For example, men may face societal pressure to be sexually active and may be less likely to seek help for mental health concerns, while women may be more likely to experience sexual harassment or assault, which can impact both sexual relationships and mental health. Therefore, the goal of the study is to evaluate the depression associated with sexual intercourse and the correlation between the sexual experiences with mental health comparing to male and female coming from the different ages of young adults. However, it's important to remember that each individual is unique, and gender is just one factor that may impact sexual relationships and mental health.

LITERATURE REVIEW

Depression is a common mental health issue that affects millions of people worldwide, and research has shown that there is a link between sexual relationships and depression. Sexual relationships can have positive effects on mental health, including increased self-esteem, feelings of well-being, and decreased anxiety. On the other hand, negative sexual experiences, such as sexual abuse, can increase the risk of developing depression. The relationship between sexual relationships and depression in adulthood has been a topic of interest in the field of psychology. Numerous studies have investigated the link between sexual activity and depression, and the gender differences in this relationship. In this review of literature, the examination of some of the key findings from previous research on this topic.

Several studies have examined the relationship between sexual relationships and depression in both men and women. A study by **Burri and Spector (2011)** found that sexual satisfaction was negatively associated with depression in both men and women. Similarly, a study by **Rellini et al. (2010)** found that sexual function was positively associated with mental health in both men and women.

However, other studies have found that the relationship between sexual relationships and depression may differ for men and women. For example, a study by **Shifren et al. (2008)** found that sexual desire was more strongly associated with depression in women than in men. In contrast, a study by **Safarinejad (2010)** found that sexual dysfunction was more strongly associated with depression in men than in women.

It is important to note that the studies reviewed here vary in terms of their methodologies and the populations studied. Additionally, many studies on this topic rely on self-report measures, which may be subject to bias or inaccuracies. Therefore, more research is needed to fully understand the relationship between sexual relationships and depression in men and women.

One study conducted by **Whisman and colleagues (2014)** examined the association between sexual frequency and depression among heterosexual couples. The study found that higher levels of sexual frequency were associated with lower levels of depression for both men and women. However, the relationship was stronger for women than men. This suggests that sexual activity may be more beneficial for women's mental health than for men's.

Another study by **Macdonald and colleagues (2012)** examined the association between sexual satisfaction and depression in a sample of women. The study found that sexual satisfaction was associated with lower levels of depression, and this relationship was mediated by self-esteem. This suggests that sexual satisfaction may play a role in improving mental health outcomes in women, possibly by boosting self-esteem.

A study by **Chivers and colleagues (2010)** examined the relationship between sexual behaviour and depression in a sample of men and women. The study found no significant relationship between sexual behaviour and depression in either gender. This suggests that the

relationship between sexual activity and mental health outcomes may be complex and may depend on a variety of factors.

Gender differences in the relationship between sexual activity and depression have also been investigated. A study by **Sandfort and colleagues (2015)** examined the association between sexual orientation, sexual behaviour, and depression in a sample of men and women. The study found that heterosexual women had higher rates of depression than heterosexual men, and that sexual minority individuals (i.e., those who identified as gay, lesbian, or bisexual) had higher rates of depression than heterosexual individuals. This suggests that sexual orientation may be an important factor to consider when examining the relationship between sexual activity and mental health outcomes.

A study by Conley et al. (2011) found that women who reported higher levels of sexual satisfaction were less likely to report symptoms of depression, whereas men's sexual satisfaction did not significantly predict depression symptoms. This suggests that sexual satisfaction may be more important for women's mental health than men's.

Another study by **Davison and McCabe (2006)** found that women who reported more frequent sexual activity had lower levels of depressive symptoms, whereas men's sexual frequency was not significantly related to depressive symptoms. However, this study did find that men's perceived sexual satisfaction was related to lower levels of depressive symptoms. Other research has found that women's sexual satisfaction is a stronger predictor of depression than men's sexual satisfaction (**Bancroft et al., 2003**).

In addition to gender differences, the type of sexual experiences may also impact depression differently in men and women. For example, a study by **Horowitz and colleagues (2011)** found that women who reported more negative sexual experiences had higher levels of depression, while men who reported more positive sexual experiences had lower levels of depression.

Another factor to consider is the quality of the relationship, as research suggests that relationship satisfaction may play a role in the link between sexual experiences and depression. For instance, a study by **Proulx and Helms (2015)** found that men's relationship satisfaction was negatively associated with depression, while women's

relationship satisfaction was positively associated with depression.

Depression is a prevalent mental health issue that affects people of all genders and ages. Studies have shown that depression is more common in women than in men, and this gender disparity has been attributed to biological, psychological, and social factors (Kessler, 2003; Hyde et al., 2008).

Sexual relationships, on the other hand, have been linked to mental health outcomes, including depression. Positive sexual experiences have been associated with improved mental health and well-being, while negative sexual experiences, such as sexual violence, have been linked to increased risk of depression (Kalra et al., 2017; Scott et al., 2017).

The quality of sexual relationships has also been shown to impact mental health outcomes differently for men and women. For instance, women who experience sexual difficulties or dissatisfaction are more likely to report depression, while men are more likely to report anxiety (McCarthy et al., 2011).

Moreover, gender differences in the social context of sexual relationships have been shown to play a role in mental health outcomes. Men who adhere to traditional masculine norms and engage in casual sex are at a higher risk of depression, while women who report sexual coercion or unwanted sexual experiences are more likely to experience depression (Lammers et al., 2011; Vannier & O'Sullivan, 2019).

Positive experiences to compromise

A significant perspective in cases with sexual brokenness is to investigate positive encounters of sex in the new or more far off past, to assist the couple with finding methods of re-making the circumstances that held then. It is likewise helpful to pose explicit inquiries about the variables that disrupt a decent sexual encounter, like absence of time, contentions, stress over kids or relatives, and staggered sleep times. Any distinctions in needs for kinds of pre-sexual feeling or longer times of foreplay ought to be investigated. The focal point of treatment ought to constantly be on the future, with an accentuation on locally established exercises in the following week as opposed to harping on the issues of the past.

In outlining activities to complete at home, a decent rule is to accomplish a split the difference

between what each accomplice needs, regardless of whether this isn't what the 'representative' or the reference letter appear to propose. For instance, a man might anticipate that the specialist should assist his significant other with needing sex as excitedly as he does, however the advisor ought to consider what the two accomplices might feel OK with and go for the gold. Reasonable assumptions with respect to both specialist and accomplices are probably the best advances that can be taken in assisting the couple with accomplishing a practical, progressing sexual relationship

Generally, the study of depression and sexual relation has been connected to the idea of chance, risk or danger to the solid turn of events and mental change of young adults. All the more as of late, notwithstanding, studies have taken a gander at significant commitments made in the field of sexual improvement as to physical and psychological wellness, prosperity, and personal satisfaction; as a matter of fact, a standardising and positive perspective on juvenile sexuality has now been proposed.

To be sure, sexual fulfilment isn't simply viewed as one element of sexual wellbeing, yet as a sexual right and a result of sexual prosperity and worldwide wellbeing too. It has normally been conceptualised as far as sure influence including "how much an individual is fulfilled or content with the sexual part of their relationship" (p. 236) and "a full of feeling reaction emerging from one's abstract assessment of the good and pessimistic aspects related with one's sexual relationship" (p. 268), a definition originating from the Relational Trade Model of Sexual Fulfilment. This large number of definitions expect that feeling fulfilled is an emotional encounter. Lay meanings of sexual fulfilment have likewise centred around sure results or rewards, as opposed to on the shortfall of expenses, as would be considered according to the viewpoint of a social trade model.

CONCLUSION

The literature suggests that sexual relationships may be related to depression in both men and women, but the nature of this relationship may differ depending on various factors, including the specific aspect of sexual functioning examined and the gender of the individual. Further research is needed to clarify the relationship between sexual relationships and depression and to identify potential interventions to improve mental health outcomes in this area. research on the relationship between sexual relationships and self-reported

depression in adulthood suggests that sexual activity may be associated with better mental health outcomes, particularly for women. However, the relationship might be complicated and may rely upon different elements, including sexual fulfilment, confidence, and sexual direction. Further exploration is expected to all the more likely comprehend the connection between sexual movement and emotional well-being results in various populaces, the writing recommends that sexual connections are a significant consider emotional well-being results and that distinctions in sexual orientation in sexual encounters and social setting might add to the orientation divergence in misery predominance. The research paper on "Sexual Relationships and Self-Reported Depression in Adulthood: A Comparison of Male and Female" adds to this body of knowledge by examining the relationship between sexual relationships and self-reported depression in a sample of adult men and women. the literature suggests that there are gender differences in the relationship between sexual experiences and depression, with women more likely to experience depression related to sexual experiences. The type and quality of the sexual relationship may also impact the risk of depression. Future research should explore these gender differences and potential underlying factors to inform prevention and intervention strategies, the relationship may be complex and may depend on a variety of factors, including sexual satisfaction, self-esteem, and sexual orientation. Further research is needed to better understand the relationship between sexual activity and mental health outcomes in different populations. There may be gender differences in the relationship between sexual relationships and self-reported depression in adults. As there is no significant difference in gender has shown in this study, women may be more likely to experience mental health benefits from sexual satisfaction and frequency, while men may be more vulnerable to mental health consequences of sexual dysfunction. However, more research is needed to fully understand the complex interplay between sexual relationships and mental health outcomes in both men and women.

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