

*Masterthesis*

# What do men and women require to gratify their desire?

Gender differences in emotional and sexual intimacy



**Universiteit Utrecht**

Hannah Lassche (0413216)  
Inmaculada Toledano Martinez (3198359)

Mentor: drs. E.C.B. Verspui

*Dutch Abstract*

*Naar aanleiding van de heersende vooroordelen over verschillen tussen vrouwen en mannen in hun voorkeur voor respectievelijk emotionele intimiteit en seksuele intimiteit binnen relaties, is onderhavig onderzoek opgezet. Het doel van deze studie was om het waarheidsgehalte van deze vooroordelen te testen. Daarvoor moest in stap één de connectie tussen emotionele intimiteit, seksuele intimiteit en relatietevredenheid aangetoond worden. Vervolgens werden de sekseverschillen onderzocht in de voorspelling van emotionele en seksuele intimiteit op relatietevredenheid. Om deze sekseverschillen nog specifiek te meten werden in stap drie de verschillen tussen mannen en vrouwen in hun huidige en gewenste niveaus van emotionele en seksuele intimiteit onderzocht. Deelnemers aan dit onderzoek waren zowel personen met een vaste relatie als singles. In totaal hebben 152 participanten de General Measure of Relationship Satisfaction (GMREL), de Personal Assessment of Intimacy in Relationships (PAIR) en de Inclusion of Other in the Self (IOS) scale ingevuld. De resultaten van deze studie bevestigen allereerst de bestaande vooroordelen dat vrouwen emotionele intimiteit belangrijker vinden in een relatie dan seksuele intimiteit en voor mannen vice versa. Ook werd aangetoond dat zowel emotionele intimiteit als seksuele intimiteit een positieve voorspellende invloed hebben op relatietevredenheid. Emotionele intimiteit bleek een sterkere voorspeller van relatietevredenheid voor vrouwen dan seksuele intimiteit, en voor mannen was seksuele intimiteit een sterkere voorspeller van relatietevredenheid dan emotionele intimiteit. Opvallend was echter dat zowel de relatie tussen zowel emotionele als seksuele intimiteit en relatietevredenheid voor vrouwen sterker was dan voor mannen. De resultaten van stap drie bevestigen de resultaten van stap twee niet direct. Beide seksen gaven aan meer emotionele en seksuele intimiteit te verlangen dan ze op dat moment hadden. Er bleek echter geen verschil te zijn tussen de seksen in hun voorkeur voor emotionele of seksuele intimiteit. Als verklaring hiervoor zou het zo kunnen zijn dat mannen en vrouwen basaal verschillen in de mate dat ze intimiteit in het algemeen nodig hebben of belangrijk vinden.*

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## Acknowledgements

During the past six months of research, we have tried to unravel the secrets of romantic relationships by studying the so often mentioned prejudices that men are only focussed on sexual intimacy and women would mainly care about sharing intimate thoughts and feelings. Well indeed, both of us have shared a great deal of feelings with each other, our partners, family and friends and last but not least our supervisor. Feelings of interest, excitement and frustration have all passed along the way during our quest through this small area of research.

Not only are the results of this study really interesting and ready for further research, something else has also become very clear. The journey of writing this thesis was not per se to receiving an outstanding grade, but has mainly been a six month during lesson wherein we have learned incredibly much. After this experience we can proudly say we have reached a higher level in our scientific level of education.

This would have not been able without the support of a few important persons. First of all we would like to thank our supervisor Lisalotte Verspui for her clear insight, humour, persistent support, and critical feedback with which she accompanied us along the way and guided us this far. Secondly we would like to thank Angela van de Broek and dr. de Goede for their valuable help with our statistical analyses. Subsequently, we would like to thank our partners Erik and Jelle, for their patience and support which both are basically factors of intimacy. Hannah's gratitude also goes to her dear friend Marieke for spending all those long days and nights with her in the Utrecht University Library, accompanied with a great amount of humour and coffee. Finally, we would like to thank our parents for making all these years of studying possible. Especially the last days of writing this thesis, they were of great help!

We would like to conclude with an inspiring citation of C.S. Lewis:

“What does not satisfy when we find it, was not the thing we were desiring.”



# What do men and women require to gratify their desire? Gender differences in emotional and sexual intimacy

Hannah Lassche and Inmaculada Toledano Martinez

Faculty of Social Sciences  
Utrecht University

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The aim of this study was to investigate prevailing prejudices regarding gender differences in the emphasis on emotional and sexual intimacy and relationship satisfaction. Therefore, the first step was to examine the connection between emotional intimacy, sexual intimacy and relationship satisfaction. Subsequently gender differences with regard to emotional and sexual intimacy in the prediction of relationship satisfaction were studied. Finally, the differences between men and women in perceived and desired levels of emotional and sexual intimacy were investigated. Participants were individuals who were involved in a relationship and individuals who were not. The General Measure of Relationship Satisfaction (GMREL), the Personal Assessment of Intimacy in Relationships (PAIR) questionnaire and The Inclusion of Other in the Self (IOS) scale (Aron et al., 1992) were filled in by 152 participants. The results demonstrated that emotional intimacy as well as sexual intimacy were positively related to relationship satisfaction. Furthermore, the prejudices were confirmed. Emotional intimacy was a stronger predictor of the relationship satisfaction for females than sexual intimacy, although sexual intimacy for females remained an important predictor of relationship satisfaction. As expected, sexual intimacy for males was a stronger predictor of relationship satisfaction than emotional intimacy. Even more interesting, the results showed that both types of intimacy for females were stronger for the prediction of relationship satisfaction than for males. At last, with respect to the last step, the results show that all participants would like to have higher levels of both emotional and sexual intimacy than they currently have. However, in contradiction with the expectation, no significant differences were found between females and males regarding this discrepancy. This could indicate that there is a fundamental difference in the need for intimacy between men and women.

## The Question Answered

What is it men in women do require?

The lineaments of gratified desire.

What is it women do in men require?

The lineaments of gratified desire.

**-William Blake, 1757-1827**

William Blake gives an answer to the question that many lovers and researchers have tried to answer for many years: What do men and women require from each other? At the beginning of the 19<sup>th</sup> century this question obviously was answered by Blake with 'the lineaments of gratified desire'. Meaning that men and women require nothing of one another but to see the features of satisfaction in each other's faces. This, by Blake outlined romantic scenery, seems somewhat idealistic and does not necessarily leads to satisfying relationships. Ideally, the realization of relationship satisfaction would be brought about by gratified desire, but it appears that it also regards topics

like mutual self-disclosure (McNeil & Byers, 2009), conflict and communication (McCabe, 1999), and extent of agreement between spouses (Kimmel & van der Veen, 1974). Actually, above all these aspects, intimacy is thought to be one of the most important contributors to relationship satisfaction (Greeff & Malherbe, 2001; Hook e.a., 2003; McCabe, 1999; Prager, 1995; Schaeffer & Olson, 1981; Tolstedt & Stokes, 1983; Volsky, 1998). Perhaps, when satisfying levels of intimacy are not met, individuals become displeased with their relationships, with dramatic fights and even disappointing break-ups as a result. In fact, the Dutch Central Bureau of Statistics (2008) reported that 34,1% of all Dutch marriages ends in divorce. Apparently, the maintenance of a romantic relationship is difficult for a great amount of the western population.

One of the causes for this rather large amount of divorces can be possibly found in the presumed differences between men and women. Gender differences regarding the experience or preference of intimacy in a romantic

relationship, exaggerated or not, are of plausible influence on relationship satisfaction. The incomprehension of the differences between the sexes leads many couples to consult a relationship counselor. The topic of gender differences is also known because of its high stigmatizing character: women are from Venus, men are from Mars (Gray, 1992). This metaphor endorses the presumption that women are creatures that are particularly focused on the emotional aspects of their relationship, while men would be less inclined to share thoughts and feelings with their partner. Men, on the other hand, would be more focused on the sexual aspects of their relationship than women. An illustrative example comes from actor Billy Crystal: 'Women need a reason to have sex, men just need a place'. Therefore it is not surprising that in a romantic relationship, these diverse interests collide. Nevertheless, these prejudices have rarely been confirmed nor proven wrong. It is therefore this study will shed light on the truthfulness of these assumptions. Results will indicate whether these prejudices are nothing more than idle gossip or indicate that relationship counselors will have to reconsider their therapeutic methods.

It is perhaps not surprising that the so called emotional component of intimacy is proved to be of great importance in the explanation of relationship satisfaction for both men and women (Prager, 1989; Schaeffer & Olson, 1981; Tolstedt & Stokes, 1983; Volsky, 1998). Obviously, feeling understood and loved by one's partner seems to be an integral part of satisfactory relationships for both men and women. However, the connection between sexual intimacy and relationship satisfaction is less clear. Although the topic has always been of great interest to the general public, research results are ambiguous. Nevertheless, existing research based on clinical practice illustrates that: "Many couples who seek counseling question their degree of intimacy as a result of inferences they make based upon the frequency and quality of their physical contact." (Tollstedt & Stokes, 1983).

Summarized, the emotional as well as the sexual component of intimacy are both assumed to play an important role in the prediction of relationship satisfaction. At the same time, according to the prejudices these components are supposed to be the main subjects on which men and women differ from each other.

In order to investigate whether the presumptions about gender differences are true, the first step in this study will be to determine the connection between emotional and sexual intimacy and relationship satisfaction. If this connection is verified, the second step will be to investigate whether the realization of relationship satisfaction can be explained differently for men and women. This means, according to the existing prejudices, investigating whether for women emotional intimacy is a stronger predictor of relationship satisfaction than sexual intimacy is. Likewise it means for men, investigating whether sexual intimacy is a stronger predictor of relationship satisfaction than emotional intimacy is. To investigate these gender differences more specifically, the third step of this study will be to measure the discrepancy between perceived and desired levels of emotional and sexual intimacy. According to the prejudices, for women, the discrepancy between perceived and desired levels of emotional intimacy will be larger than for men. Comparably, the discrepancy of sexual intimacy will be larger for men than for women.

#### *The nature of the connection between emotional intimacy, sexual intimacy and relationship satisfaction*

Emotional intimacy or affective closeness refers to the depth of awareness individuals have about their partner's emotional world and the exchanges of emotions they share (e.g., feelings of caring and compassion). Sexual intimacy or physical closeness refers to the extent of shared physical encounters (ranging from proximity to sexuality) as well as to the physiological arousal state experienced toward the partner at each level of the physical encounter (Moss & Schwebel, 1993). In the following paragraph, results from available literature outlining the relation and direction between the constructs of sexual and emotional intimacy and relationship satisfaction will be discussed.

Recapitulating the findings of studies that were conducted in the last decennia, the conclusion can be drawn that both the emotional aspect as well as the sexual aspect of relationships are connected to relationship satisfaction (Greef & Malherbe, 2001; Byers, 2005; Byers & McNeil, 2009; Richters, Grulich, de Visser, Smith, Rissel, 2003; Sprecher, 2001; Tolstedt & Stokes, 1983;

Waite & Joyner, 2001). To begin with a study conducted more than twenty years ago, Tolstedt and Stokes (1983) investigated the connection between verbal, affective, and physical intimacy with respect to marital satisfaction. In their study they audio-taped 43 heterosexual couples during a discussion of their relationship and found that verbal and affective intimacy made stronger contributions to the prediction of marital satisfaction than did physical intimacy. More recently, Greef and Malherbe (2001) did find a positive correlation for both emotional and sexual intimacy with respect to marital satisfaction under 57 heterosexual couples. Unfortunately they did not indicate whether emotional and sexual intimacy contributed differently to marital satisfaction. Sprecher (2002), however, demonstrated in her study that the more participants were sexually satisfied, the more they tended to report high levels of relationship satisfaction, love and commitment. Surprisingly, it appeared that emotional and sexual intimacy not only influence relationship satisfaction, but sexual intimacy has also been shown to influence emotional intimacy. For example, Waite and Joyner (2001) reported in their study that sexual behavior was found to have as much impact on emotional satisfaction as on physical pleasure. Similarly, Richters e.a. (2003) reported in their study sexual pleasure and emotional satisfaction to be heavily correlated. They speculate whether this is because people enjoy sex better in emotionally satisfying relationships, or because good sex leads to good relationships, or both. Byers (2005) sheds more light on this speculation, by studying the connection between sexual satisfaction and relationship satisfaction. She reported that individuals with greater relationship satisfaction also reported greater sexual satisfaction. However, she found only limited evidence to support a causal connection in either direction. Byers suggests that “there may not be a single causal direction. It may rather be a bilateral relation depending on different situations and individuals” (Byers, 2005). Four years later, Byers and McNeil (2009) proposed a model which illustrates this bilateral relationship. They presented two pathways that possibly lead to sexual satisfaction. In the first pathway sexual and non-sexual self-disclosure contribute to relationship satisfaction, what in turn leads to sexual satisfaction. In the other pathway,

sexual self-disclosure leads to a more favorable balance between sexual rewards and costs what in turn leads to sexual satisfaction for the disclosing individual. Although for both pathways support was found, for the present study the first pathway is most interesting, wherein non-sexual self-disclosure -which is often interchanged with emotional intimacy- and sexual self-disclosure contribute to relationship satisfaction. These studies support not only a connection between emotional and sexual intimacy and relationship satisfaction, they also shed light on a possible relation between emotional intimacy and sexual intimacy. The present study, however, will focus only on the influence of emotional intimacy and sexual intimacy on relationship satisfaction.

Considering the literature that has been discussed, it is likely that in the first step of this study a connection between the three constructs will be demonstrated. Therefore, the first hypothesis of this study is that both emotional intimacy and sexual intimacy have a positive correlation with relationship satisfaction.

Although the above outlined results of different studies support a connection between emotional intimacy, sexual intimacy and relationship satisfaction, the measures and definitions did not perfectly match. The difficulty discussing intimacy, let alone assessing it, is that the word is casually used but seldom unambiguously conceptualized. As a result there is a lack of uniformity in the wide range of research that has been conducted with it. For example, researchers have interchanged intimacy with constructs that overlap, like self-disclosure (Byers, 2005; Prager, 1989), emotional satisfaction (Richters e.a., 2003; Waite & Joyner, 2001), closeness (Aron & Aron, 1992), and marital intimacy (Greef & Malherbe, 2001). These ambiguities have to be taken into account when comparing and interpreting results of the above mentioned literature.

#### *Gender differences between men and women in emotional intimacy and sexual intimacy*

In spite of the fact that prejudices with regard to the above mentioned gender differences are abundantly mentioned by the general population, literature regarding this subject is

scarce. That is, for both the prediction of relationship satisfaction, as well as the measurement of desired and perceived levels of sexual and emotional intimacy, few studies have been found. The following literature overview will therefore expound the differences between men and women that already have been studied and the few studies that have examined the discrepancy between perceived and desired levels of sexual and emotional intimacy. The lack of uniformity in the use of constructs remains present, so again this should be taken into account when interpreting results.

To begin with an overall conclusion based on existing literature, the prejudices can be supported that men lay greater emphasis on sexual intimacy than on emotional intimacy. Perhaps more interestingly, the idea came to mind that men and women not only differ in their need or preference for sexual intimacy, but that the basis of intimacy for men and women in general is different. An illustrative example of male and female differences comes from a study by Mansfield, McAllister and Collard (1992) who interviewed couples three months after marriage and six years later. "Three months after marriage, women laid great emphasis on the expression of warmth and sharing, and on establishing closeness, often involving talking, as a prelude for sex. However, for men the feeling of closeness followed the sexual act. Six years later, things were remarkably similar: sex for women was only one way in which they experienced intimacy with their partner; for men it was the medium through which they 'discovered' marital intimacy." An explanation for these results may come from Reichman (1989), by explaining these differences as follows: "intimacy has different functions for men and women. For women, an intimate relationship leads to greater satisfaction and happiness within the relationship. Men, on the other hand, carry the effect of an intimate relationship over into other areas of functioning, like for example, work or hobbies." However, Schaefer and Olson (1981) found no significant difference between the scores of men and women in the area of emotional intimacy. Yet, a surprising difference on sexual intimacy was found: women reported more sexual intimacy than men. This could be due to the fact that women seem to be more able than men to discuss intimate issues openly and with warmth (Merves- Okin et al., 1991; Stewart, 1992). Additionally, Knox, Sturdivant and Zusman

(2001) also demonstrated gender differences regarding sexual intimacy: men tend to define sexual intimacy as sexual activity of any kind while women regard sexual intimacy in terms of its emotional, commitment, relationship connotations. Hook, Gerstein, Deterich and Gridley (2003) support this perspective by analyzing four components of intimacy that differ somewhat from the constructs used in the present study. According to them, intimacy contains of love and affection, personal validation, trust, and self-disclosure. They found that women scored higher than men on the love and affection scale. These results support the suggestion that women are more desirous of and comfortable with tenderness. These results also confirm the prejudices and that what has been reported in literature: women, as compared with men, place more emphasize on love, affection, the expression of warm feelings, and emotional sharing in relationships (Hook e.a., 2003). These results also suggest an actual different intimacy basis for men and women. The study of Richters et al (2003) partially validates previous results. They studied sexual and emotional satisfaction in relationships and desired and actual frequency of sex, among a representative sample of Australian adults. They found men being more satisfied with both the emotional as well as the sexual aspect of their relationship. They also found physical pleasure to be correlated with emotional satisfaction. Most people wanted to have sex more often than they did, however 24% of men but only 8% of women said they ideally wanted sex daily or more often. These results support the idea that men are more focused on the sexual aspect of a relationship and perhaps care less about the emotional aspect and that makes them more easily satisfied. The only remarkable thing is why men are more satisfied when they ideally want to have more frequent sex? One of the answers to this question could be that in general, men are easier satisfied than women. This could be due to the fact that men basically value both aspects of intimacy lower than women do.

The second step in this study is to analyze whether the connection between emotional and sexual intimacy and relationship satisfaction is predictive, with respect to the presumed gender differences. The second hypothesis of this study is therefore that for women emotional intimacy is a stronger predictor of relationship satisfaction than sexual intimacy. Additionally for men, sexual intimacy is a stronger predictor

of relationship satisfaction than emotional intimacy.

The third and last step of this study is also based on the statement that women value the emotional aspect of their relationship more than men do, and vice versa for men and sexual intimacy. It can therefore be expected that women will be less easily satisfied with their perceived levels of emotional intimacy. Consequently, their discrepancy scores between perceived and desired emotional intimacy will be higher. Men on the other hand, are thought to be less easily satisfied with the sexual aspect of the relation than women, and therefore their discrepancy score between perceived and desired levels of sexual intimacy will be higher. The third hypothesis in sum is: Women will have a higher discrepancy level between perceived and desired emotional intimacy and men will have a higher discrepancy level between perceived and desired sexual intimacy.

## Methods

### *Participants*

A sample of 236 participants was recruited from the community. Of these, 181 participants filled in the complete questionnaire (77% response rate). The rest of the questionnaires (55) were filled in incomplete and were excluded from the study. Since 29 participants were found as outliers, there were dropped out of the final sample. The final sample consisted of 152 participants. Of these, 93 (61%) were females and 59 (39%) were males aged 17 to 39 with mostly high levels of education. The participants were mainly heterosexual. Most participants were involved in a relationship (74% of the females and 68% of the males). More selected demographic characteristics of the sample are shown in Table 1. Participants were recruited by the use of various means: e-mails were sent, flyers were handed out and information by word was given. The e-mails, which contained a link to the questionnaire, were sent to family, friends and their acquaintances. Flyers, which contained a short explanation about the study, were placed at the Utrecht University and they were given to colleagues and neighbours. In an attempt to increase the number of participants, optional feedback was offered with the completion of the questionnaire. Since individuals were not paid for participation, the study was on a voluntary basis.

### *Materials*

A brief questionnaire was used to obtain individual demographic information such as age and level of education as well as questions on living situation, length of relationship, involvement in a relationship and sexual preferences.

To assess overall relationship satisfaction, the single item counting *General Measure of Relationship Satisfaction* (GMREL; Lawrance & Byers, 1998) was used. In response to the question, "In general, how would you describe your overall relationship with your partner?" respondents rate their overall relationship on five 7-point bipolar scales: good-bad, pleasant-unpleasant, positive-negative, satisfying-unsatisfying, valuable-worthless. Possible scores on the GMREL ranged from 5 to 35, with high scores indicating more relationship satisfaction. Byers and her colleagues (Byers & MacNeil, 2006; Lawrance & Byers, 1998) provide evidence that the GMREL is significantly correlated with other measures of relationship satisfaction as the Dyadic Adjustment Scale (Spanier, 1976) and has high internal consistency and test-retest reliability. Internal consistency of the GMREL was also high in the present study ( $\alpha = .91$ ).

To assess emotional and sexual intimacy the 36 item counting *Personal Assessment of Intimacy in Relationships* questionnaire (PAIR; Schaefer & Olson, 1981) was used. The questionnaire distinguishes five types of intimacy: emotional, social, intellectual, sexual, and recreational intimacy, as well as a 6 item subscale measuring social desirability. For the present study, only the emotional and sexual subscales were used. Each subscale has 6 items rated on a 5 point Likert scale ranging from 1 (not at all true) to 4 (completely true). The lowest score for each subscale is 6 and the highest score is 30. Cronbach's Alpha Reliability Coefficients for the emotional intimacy subscale are .75 and .77 for the sexual intimacy subscale (Schaefer & Olson, 1981). No test-retest reliability analyses have been conducted. In order to test the validity of the PAIR, it was correlated with the Locke-Wallace Marital Adjustment Scale (MAS) (Kimmel & Van der Veen, 1974), and the cohesion, expressiveness, conflict, and control subscales of the Moos Family Environment Scale (Moos & Moos, 1976)

Table 1  
*Selected Demographic Characteristics of Males and Females in Total Sample*

Variables	Group			
	Females (n=93)		Males (n=59)	
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>
<i>Age</i>	24,9	4	26,0	4
	%	n	%	n
<i>Highest level of education</i>				
HBO	19,4	18	35,6	21
University	71,0	66	47,5	28
Other	9,6	9	16,9	10
<i>Involved in a relationship</i>				
Yes	74,2	69	67,8	40
No	25,8	24	32,2	19
<i>Duration in current relationship</i>				
Less than 6 months	8,7	6	20,0	8
Between 6 months and 1 year	14,5	10	10,0	4
Between 1 and 5 years	52,2	36	42,5	17
Between 5 and 10 years	20,3	14	25,0	10
Between 10 and 20 years	4,3	3	2,5	1

The PAIR was found to be significantly correlated with both the MAS and the Moos (Schaefer & Olson, 1981). With respect to the current study the internal consistency of the emotional intimacy subscale of the PAIR was high ( $\alpha = .82$ ), besides, the internal consistency for the sexual intimacy subscale was also high ( $\alpha = .72$ ).

To assess the discrepancy between perceived and desired levels of intimacy, *The Inclusion of Other in the Self* scale (IOS; Aron et al., 1992) was used. For the purpose of the present study, two different subscales of the original IOS scale were created. One IOS subscale to measure the level of emotional intimacy, and another IOS subscale that measures the level of sexual intimacy. Moreover, to determine the discrepancy between individuals' current perceived levels of emotional and sexual intimacy and their desired levels of both types of intimacy, the participants were asked to fill in the questionnaire two times. The "desired" intimacy score was subtracted from the "perceived" intimacy score to generate a discrepancy score.

The IOS is a pictorial measure (see Figure 1) designed from a series of Venn-like diagrams, of which each is composed by two circles varying in their degree of overlap. Respondents are asked to select the diagram that best represents the relationship with their (ex) partner. The figures are designed so that a) the total area of each figure is constant and b) the degree of overlap progresses linearly, creating a seven-step, interval-level scale. The scores on the IOS scale range from the group of circles A, which indicates the lowest level of overlapping or closeness, to the group of circles G which represents the highest level of overlapping or closeness.

This scale has high levels of reliability ( $\alpha = .93$  for entire sample,  $\alpha = .95$  for romantic relationships sample) and validity and is a strong predictor over time (see Aron and McLaughlin-Volpe, 2001). Alpha in the present study of the Emotional Intimacy subscale was .75, the alpha for the Sexual Intimacy subscale was .67.

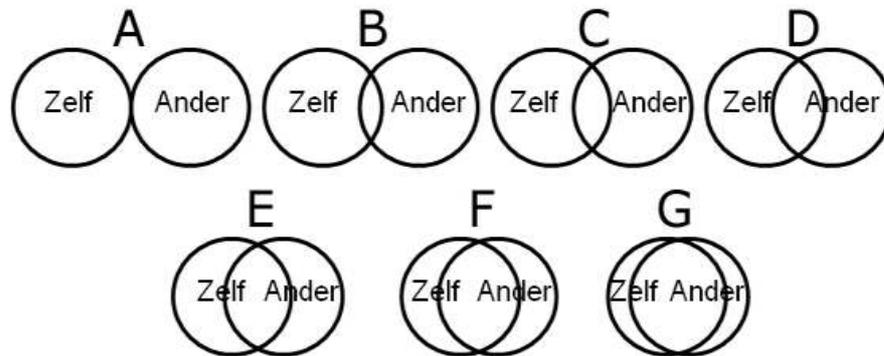


Figure 1. The Inclusion of the Other in the Self (IOS) Scale.

### *Procedure*

Before recruiting participants for the study, all questionnaires were placed on NetQuestionnaire. This is a computer program which compiles and collects data through the Internet. By visiting the website [www.seksenintimiteit.nl](http://www.seksenintimiteit.nl), participants were linked to the questionnaire on NetQ.

When participants agreed to participate, they were introduced with the aims of the study and their anonymity was guaranteed. In this introduction, participants were given a short questionnaire instruction where they were requested to give genuine answers. After confirming their relationship status (single or steady), the questionnaire was adjusted to that status. If participants did not finish the questionnaire completely, their data could not be used for the present study. To prevent this, every time a question was not answered, a warning text in red appeared on the screen. In order to trigger participants to complete the questionnaire, feedback scores were promised at the end of the questionnaire. This way, participants were given insight in their scores on the subscales of emotional intimacy, sexual intimacy and relationship satisfaction.

The duration of filling out the questionnaire was 15 minutes on average. If the participant was not able to finish in the questionnaire the first time, there was the possibility to continue on a later moment.

### *Statistical analyses*

Prior to conducting the analyses, all variables were examined for accuracy of data entry, missing values, and fit between their distributions and the assumptions of multivariate normality. Then, to determine the nature of the differences between the major demographic variables on their levels of emotional and sexual intimacy and their relationship satisfaction, multivariate analyses of variance (MANOVA) were conducted.

In order to investigate the main goal of this study, namely gender differences in emotional intimacy and sexual intimacy, three steps were made: First, Pearson correlations coefficients were conducted to determine whether emotional and sexual intimacy are related to relationship satisfaction. Second, hierarchical regression analyses were done to identify the contribution of emotional intimacy, and sexual intimacy separately to the prediction of relationship satisfaction. Particularly, the emphasis lies on gender differences. Therefore, hierarchical multiple regressions was conducted for both sexes. Third, as a complementary way of measuring gender differences regarding emotional intimacy and sexual intimacy, a t-test was used. Therefore, a comparison of females and males on their discrepancy scores between perceived and desired levels of emotional intimacy and sexual intimacy was made.

## Results

### *Preliminary analyses*

In order to determine the nature of the differences of the major demographic variables on the levels of relationship satisfaction and the levels of emotional and sexual intimacy, MANOVA analyses were computed. However, for the demographic variable age, a Pearson correlation was computed. The major demographic variables that were used for the present study were: involvement in a relationship, length of the relationship, age, and level of education.

First, the variable involvement in a relationship did differ significantly on emotional intimacy and relationship satisfaction. More specific, participants who were involved in a relationship ( $N= 109$ ,  $M = 24.7$ ,  $SD = 3.5$ ) scored higher on emotional intimacy ( $F(1, 144) = 30.5$ ,  $p < .001$ ) than participants who weren't involved in a relationship ( $N= 37$ ,  $M = 20.7$ ,  $SD = 4.4$ ). Comparatively, participants involved in a relationship ( $N= 109$ ,  $M = 30.7$ ,  $SD = 3.3$ ) scored higher on relationship satisfaction ( $F(1, 144) = 53.1$ ,  $p < .001$ ) than those who were not involved in a relationship ( $N= 37$ ,  $M = 24.9$ ,  $SD = 5.8$ ). This means that, as can be expected, people who are involved in a relationship have higher levels of emotional intimacy than people who are not involved in a relationship. Surprisingly, the variable involvement in a relationship did not differ significantly on sexual intimacy. This could indicate that the sexual intimacy levels of single individuals can reach high scores perhaps due to one-nightstands.

Second, a significant difference was found on sexual intimacy for length of the relationship ( $F(4,104) = 3.1$ ,  $p < .01$ ). As can be expected, participants involved in a relationship less than one year showed higher levels on sexual intimacy than participants who were involved in a relationship longer than 1 year. A LSD post-hoc test showed that participants involved in a relationship shorter than 6 months ( $N= 14$ ,  $M = 26.1$ ,  $SD = 2.6$ ) scored significantly higher on sexual intimacy than participants who were involved in a relationship between 1 and 5 years ( $N= 53$ ,  $M = 23.9$ ,  $SD = 3.7$ ,  $p = .03$ ), between 5 and 10 years ( $N= 24$ ,  $M = 23.1$ ,  $SD = 3.4$ ,  $p < .001$ ), and between 10 and 20 years ( $N= 4$ ,  $M = 21.7$ ,  $SD = .95$ ,  $p = .02$ ). However, participants involved in a relationship shorter than 6 months

did not differ from participants who were involved in a relationship between 6 months and 1 year ( $N= 14$ ,  $M = 25.8$ ,  $SD = 2.7$ ). This last-named group (between 6 months and 1 year) also scored significantly higher than the participants who were involved in a relationship between 5 and 10 years ( $p = .02$ ), and those who were involved in a relationship between 10 and 20 years ( $p = .04$ ). However, for the variable length of the relationship there were no significant differences between and emotional intimacy and relationship satisfaction.

Third, a significant negative relation was found between sexual intimacy and age ( $r = -.23$ ,  $p < .01$ ). This means that the older participants had lower scores on sexual intimacy than the younger participants. However, no significant relation was found between age and the emotional intimacy and relationship satisfaction.

Since it was found that certain demographic variables differ significantly on the levels of emotional intimacy, sexual intimacy, and relationship satisfaction, further analysis have to be controlled for these variables.

### *The relationship between emotional intimacy, sexual intimacy, and relationship satisfaction*

First, a series of correlations were conducted to determine the nature of the relationship between emotional and sexual intimacy and relationship satisfaction. Pearson correlations between the intimacy subscales and relationship satisfaction were computed. Correlation coefficients were obtained for the entire sample, and separately for men and women.

According to the expectation of the present study, a strong positive association was found between emotional intimacy and relationship satisfaction ( $r = .68$ ;  $p < .01$ , one-tailed;  $N = 152$ ). Remarkable is that the relation between emotional intimacy and relationship satisfaction explained 47% of the variation. This means, the more emotional intimacy, the more relationship satisfaction people reported. Likewise, there was also a significant, but less strong, positive correlation between relationship satisfaction and sexual intimacy ( $r = .40$ ;  $p < .01$ , one-tailed;  $N = 152$ ). The relation between sexual intimacy and relationship satisfaction explained 16% of the variation.

Table 2  
*Hierarchical Regression Using Emotional Intimacy and Involved in a Relationship Variables to Predict Relationship Satisfaction for Females and for Males*

Variable	$R^2$	$B$	$SE B$	$\beta$
<i>Females</i>				
Model 1	.20			
Involvement in a relationship		-4.39	.93	-.45*
Model 2	.61			
Involvement in a relationship		-2.09	.69	-.21
Emotional intimacy		.71	.07	.68*
<i>Males</i>				
Model 1	.43			
Involvement in a relationship		-7.96	1.22	-.65*
Model 2	.52			
Involvement in a relationship		-5.27	1.40	-.43*
Emotional intimacy		.50	.15	.37*

Note:  $p < 0.1$ \*

This means that for the entire sample, emotional intimacy as well as sexual intimacy are positively related to relationship satisfaction, but emotional intimacy is stronger related to relationship satisfaction than sexual intimacy.

Now that the connection between emotional intimacy, sexual intimacy and relationship satisfaction has been verified, the following step was to investigate the contribution of emotional and sexual intimacy separately to the prediction of the relationship satisfaction. Particularly, the emphasis will be on gender differences. Therefore, hierarchical multiple regressions will be conducted for both sexes. Attention will be given to the controlling variables, involvement in a relationship, length of the relationship and age.

The first group of hierarchical regression analyses was done to identify the contribution of emotional intimacy to the prediction of relationship satisfaction. Since significant differences in emotional intimacy and relationship satisfaction were found between participants who were and were not involved in a relationship, this variable needs to be controlled for. In Table 2 the results of the

regression analyses with respect to the relation between emotional intimacy and relationship satisfaction are shown.

The variable 'involvement in a relationship' in this study showed a significant influence on relationship satisfaction. However, participants involved in a relationship differ significantly from those who are not, with regard to the questions on experienced levels of emotional intimacy. Therefore this influence should be treated with caution.

The regression analyses revealed that after controlling for the variable 'involvement in a relationship', emotional intimacy contributed significantly to the prediction of relationship satisfaction, for both females ( $\Delta R^2 = .41$ ,  $p < .01$ ) and males ( $\Delta R^2 = .09$ ,  $p < .01$ ). This means that, with respect to females, a large amount of the variance (41%) in relationship satisfaction is explained by emotional intimacy. It can therefore be concluded that for females, a higher score on emotional intimacy predict a higher score on relationship satisfaction.

Surprisingly, with respect to males, a small amount of the variance (9%) in relationship

Table 3  
*Hierarchical regression using sexual intimacy, length of the relationship and age variables to predict relationship satisfaction*

Variable	$R^2$	$B$	$SE B$	$\beta$
<i>Females</i>				
Model 1	.00			
Length of the Relationship		-.20	.52	-.05
Age		.06	.11	.07
Model 2	.25			
Length of the Relationship		.30	.47	.08
Age		.11	.10	.14
Sexual intimacy		.54	.11	.52*
<i>Males</i>				
Model 1	.02			
Length of the Relationship		-.38	.54	-.13
Age		.15	.17	.18
Model 2	.19			
Length of the Relationship		.05	.52	.02
Age		.18	.16	.20
Sexual intimacy		.39	.14	.44*

Note:  $p < 0.1$ \*

satisfaction is explained by emotional intimacy. Therefore it can be concluded that sharing intimate thoughts and feelings is not a strong predictor of relationship satisfaction for males.

In sum, the strength of the connection between emotional intimacy and relationship satisfaction is found to be different for females and males after controlling for the variable 'involvement in the relationship'. As expected, emotional intimacy is a stronger predictor of relationship satisfaction for females than for males. Therefore it can be concluded that for females, a higher score on relationship satisfaction is predicted by a higher score on emotional intimacy. However, for males, emotional intimacy is not a strong predictor of relationship satisfaction.

The second group of hierarchical regression analyses was done to identify the contribution of sexual intimacy to the prediction of relationship satisfaction. Since differences in sexual intimacy and relationship satisfaction were found between the age of the participants and length of their relationship, these variables

had to be controlled for. In Table 3 the results of the regression analyses with respect to the relation between sexual intimacy and relationship satisfaction are shown.

The results of the regression analyses revealed that after controlling for the variables the length of the relationship and the age, sexual intimacy contributed significantly to the prediction of relationship satisfaction, for both females ( $\Delta R^2 = .24, p < .01$ ) and males ( $\Delta R^2 = .16, p = .01$ ). However, the length of the relationship and the age of the participants were no significant predictors of relationship satisfaction for both sexes.

With respect to females, a large amount of the variance (24%) in relationship satisfaction is explained by sexual intimacy, which means that females who share more general affection and/or sexual activity score higher levels of satisfaction within the relationship.

Although surprisingly lower than for females, for males also a large amount of the variance (16%), of relationship satisfaction is explained by sexual intimacy. This means that

males who share more general affection and/or sexual activity score higher levels of satisfaction within the relationship.

In sum, it can be concluded that higher scores on sexual intimacy predict higher scores on relationship satisfaction, for both sexes. However, in contradiction with the expectation, sexual intimacy was found to be stronger predictor of relationship satisfaction for females than for males.

Recapitulating previous section, it can be concluded that the prejudices are confirmed. Emotional intimacy is a stronger predictor of the relationship satisfaction for females than sexual intimacy, although sexual intimacy for females remains an important predictor of relationship satisfaction. Besides, sexual intimacy for males is more important in the prediction of relationship satisfaction than emotional intimacy does. Even more interesting, the results show that both types of intimacy for females are stronger for the prediction of relationship satisfaction than for males.

#### *Discrepancies between desired and perceived levels of emotional and sexual intimacy*

After demonstrating that there were differences between females and males on the emotional intimacy and sexual intimacy scales in predicting relationship satisfaction, a complementary way of measuring these gender differences was devised.

Particularly, a comparison of females and males on their discrepancy scores between perceived and desire levels of emotional intimacy and sexual intimacy was made. To determine this discrepancy score, individuals' current level of emotional and sexual intimacy and their desired level of both types of intimacy were computed (as mentioned in the method section) and a subtraction score was calculated.

For both emotional and sexual intimacy, the discrepancy between perceived and desired intimacy is negative (respectively  $M = -.85$ ,  $N = 152$  and  $M = -.82$ ,  $N = 152$ ), meaning that participants would like to have higher levels of both emotional and sexual intimacy than they currently have. Subsequently, a  $t$ -test was conducted to determine whether or not females and males differed in respect to their discrepancy scores. The independent  $t$ -test showed that the difference between females ( $n =$

93) and males ( $n = 59$ ) in the discrepancy between perceived and desired emotional ( $t = 1.1$ ,  $df = 150$ ,  $p = .25$ ) and sexual intimacy ( $t = 1.1$ ,  $df = 150$ ,  $p = .26$ ), was not significant.

Concluding, all participants would like to have higher levels of both emotional and sexual intimacy than they currently perceive and in contradiction with the expectation, no significant differences were found between females and males regarding this discrepancy.

## Conclusions and Discussion

According to the prevailing prejudices considering differences between men and women in the way they focus more on emotional or sexual intimacy in romantic relationships, the main goal of this study was to either validate or reject this premise. In order to do so, previous research findings that emotional as well as sexual intimacy are connected and positively correlated with relationship satisfaction, had to be replicated (Tolstedt & Stokes, 1983; Greef & Malherbe, 2001; Sprecher, 2001; Waite & Joyner, 2001; Richters e.a. 2003; Byers, 2005; Byers & McNeil, 2009). Obviously in step one, consistent with previous research, emotional intimacy and sexual intimacy were significantly and positively related to relationship satisfaction. Even so, the correlation between emotional intimacy and relationship satisfaction turned out to be twice as large as the correlation between sexual intimacy and relationship satisfaction. Subsequently, the present study has demonstrated that emotional as well as sexual intimacy are predictors of relationship satisfaction. The main goal of this study regarding the gender differences on both types of intimacy will be outlined below.

#### *Gender differences in the prediction of relationship satisfaction by emotional and sexual intimacy*

The second step of this study was to determine whether the prejudices with regard to gender differences on emotional and sexual intimacy are true or not. For women, emotional intimacy predicted almost half of the total of relationship satisfaction. Half as strong, yet unmistakably present, was the predictive value of sexual intimacy for women. This indicates that, conform the prejudices, women are more

focused on sharing intimate thoughts and feelings in a relationship than they are on sexual intimacy, although this sexual component should not be set aside.

In accordance with the prejudices, for men, sexual intimacy is a stronger predictor of relationships satisfaction than emotional intimacy, which had a significant but very small predictive value. This indicates that in a relationship, men are more focused on sexual closeness than on sharing intimate thoughts and feelings. This is in contrast with previous research that demonstrated that emotional intimacy is the most important variable in the prediction of relationship satisfaction, for women as well as for men (Schaeffer & Olson, 1981; Tolstedt & Stokes, 1983; Prager, 1989; Volsky, 1998).

However, in contradiction to the expectation, the predictive value of sexual intimacy is larger for women than for men. This indicates that, despite the confirmation of the prejudices, there could be a more fundamental difference in need for intimacy between men and women. This will be further outlined below in the paragraph 'comparing results'.

#### *Gender differences regarding the discrepancy between desired and perceived levels of emotional and sexual intimacy*

The third step of this study was to compare discrepancy scores of emotional and sexual intimacy between men and women. These scores were obtained by subtracting perceived and desired levels of both emotional as well as sexual intimacy. Remarkably, the total sample of men and women reported to desire higher levels of both emotional and sexual intimacy than they currently perceived. However, when comparing men and women, no significant differences were found, nor in the emotional or in the sexual discrepancy scores. These results are in contradiction with the hypothesis that women would have a higher discrepancy score on emotional intimacy than men and for men the discrepancy score on sexual intimacy would be higher than for women.

#### *Comparing and interpreting results*

Remarkably, the outcomes of step two and step three of this study are different. The results of step two confirm the prejudices that women lay

a greater emphasis on emotional intimacy than on sexual intimacy and men a greater emphasis on the sexual component than the emotional. The results of step three however, did not confirm this because no gender differences were found in discrepancy scores between perceived and desired levels of emotional and sexual intimacy. When comparing the outcomes between the two ways of measuring gender differences, there are several explanations.

The first thing that comes to mind is the idea from Hook et al (2003) that "women in general place more emphasis on love, affection, the expression of warm feelings and emotional sharing in relationships". This suggestion is verified when looking at the amount of explained variance. For men emotional as well as sexual intimacy are less strong predictors of relationship satisfaction than for women. Indicating that for men, relationship satisfaction is not brought about by great amounts of sharing thoughts and feelings. Although sexual intimacy for men is a stronger predictor of relationship satisfaction than emotional intimacy, for women sexual intimacy is even a stronger predictor of relationship satisfaction than men. Additionally, since we are discussing prejudices, men's satisfaction could perhaps be generated not when there is more intimacy but especially when there is less of, for example, negative aspects like conflict and financial issues. For a great amount of the general population this is common knowledge.

These explanations however, do not clarify why there were no significant differences found in step three on the discrepancy measures between men and women. It would have been consistent with the results of step two if women would have had larger discrepancy scores on both emotional as well as sexual intimacy. This could lead us to the theory of Byers and McNeil (2009) that there are different pathways for men and women in generating sexual satisfaction. This could also be the case for relationship satisfaction. Perhaps the achievement of a man's relationship satisfaction follows a different pathway than that of a woman. For example, it could be that men are basically more pleased with the fact that they are in a romantic relationship with someone than women are. The fact that there is someone they can count on and admires or just loves them is perhaps satisfying enough. When satisfied, men would be more able to focus on other aspects of their environment like work or hobbies. This is in

line with the fact that men would carry the effects of a satisfying relationship over to other aspects of their environment (Reichman, 1989). On the other hand for women, according to step two, the pathway that leads to relationship satisfaction is for a large part predicted by emotional intimacy. It could be that the more emotionally satisfied women are, the more their sexual intimacy increases, or vice versa (Byers & McNeil, 2009). Step three indicates that they also desire more of both emotional and sexual intimacy than they have. Although the results of step three do not verify this explanation, they can be interpreted in line with this thought. It could be that men did admit that they would like to have higher levels of emotional as well as sexual intimacy, but that they value it less strong than women do. So that ideally men would also want more emotional and sexual intimacy but they are less bothered when these levels are not met because they value the constructs different or less high. This could mean that women are perhaps not easily satisfied in a relationships compared to men.

### *Methodological considerations*

Because the lack of uniformity in the use of definitions in this area of research, one of our challenges was to overcome this possible flaw in construct validity and turn it into the strength of the study. The questionnaires used were all very powerful and reliable. Even for the questionnaires we developed for the present study the internal consistency was also very high. Nevertheless future research has to pay attention to the fact that many constructs in this area of research overlap.

However like in any other research, the present study also knows several limitations. Firstly, because the sample is homogenous the results of this study cannot be generalized to the entire population. For example, only higher educated individuals participated and although the age ranged from 19 to 39, the results are not applicable to the elderly of our society. This study also represents only heterosexuals, therefore future research should indicate whether these findings on gender differences play a role in homosexual relationships.

Secondly, the perspective the researchers of this study took by comparing men and women in terms of their different emphasis on emotional and sexual intimacy, was brought about by the existing prejudices. However, this

is only one way to explain differences in the population. Perhaps, cultural background and parental education are also of plausible influence. For example, in cultures where women are not emancipated, the way of achieving relationship satisfaction could be different from the emancipated western woman. Future studies will indicate whether the differences between men and women are biological or due to education and culture. Another aspect which can even explain more of the differences in intimacy than gender, is the level of masculinity and femininity. For example, emotional intimacy can be a stronger predictor of relationship satisfaction for men with feminine characteristics than for some females.

At last, some participants mentioned in their feedback that some of the questionnaires were difficult to fill in. This difficulty considered mainly the translation of the Exchange Questionnaire from Lawrence and Byers (1995). As a result of changes in the direction of the present study, these questions were excluded from the final analyses. Nevertheless, confusion about the meaning of some of the definitions and questions could have distracted or demotivated some of the participants.

### *Future directions*

When looking at the implications and limitations of this study, future research should indicate whether it is men and women that differ in their perception and need for intimacy (Hook et al, 2003; Byers; Waite & Joyner, 2001; Richters, 2003), or that differences are better explained by comparing masculinity and femininity or personality types. When doing so, education and cultural background should be taken into account as well.

Based on the fact that there could be different pathways for men and women, future research should focus on identifying different predictors of relationship satisfaction. Byers (2005) demonstrated for example, that communication is also associated with changes in both relationship satisfaction and sexual satisfaction over time.

Future research should also demonstrate whether emotional intimacy and sexual intimacy influence each other in stead of influencing relationship satisfaction directly and if there are differences between men and women. For example, Waite & Joyner (2001) found that the

three constructs of 'time horizon expected for the relationship', 'sexual behaviour', and 'sexual exclusivity' were more strongly tied to emotional satisfaction than to physical pleasure from sex. Indicating that other relationship aspects could influence relationship satisfaction

through emotional intimacy or sexual intimacy. Additionally, Byers & McNeil (2009) demonstrated that mutual self-disclosure contributes to relationship satisfaction which in turn leads to greater sexual satisfaction.

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## **Data analyseplan**

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Hannah Lassche en Inmaculada Toledano Martinez  
Masterthesis data analyse  
Onder begeleiding van Lisalotte Verspui  
Utrecht Universiteit  
Maart 2009

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#### 1.2 Niet relevante vragenlijsten verwijderen uit databestand

#### 1.3 Missing values verwijderen uit databestand

## 1 Datareductie en aanmaak variabelen

### 1.1 Items, constructen en hercodering

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#### *1.1.1 Personal Assessment of Intimacy in Relationships (PAIR)*

---

2 constructen, 12 items, 5 punt Likertschaal (1= helemaal oneens, 5= helemaal eens)

##### Items per construct

**Emotionele intimiteit:** *Het delen van gedachten en gevoelens (Experiencing closeness in emotions)*

Toevoeging voor singles: Denk aan uw laatste relatie bij het beantwoorden van de volgende 6 vragen.

- 
- 1. Mijn partner luistert naar mij als ik iemand nodig heb om mee te praten
  - 7. Ik kan mijn gevoelens uiten zonder dat mijn partner zich verdedigend opstelt
- 

- 13.  Ik voel vaak een afstand tussen mij en mijn partner
  - 19. Mijn partner kan mijn verdriet en plezier echt begrijpen
  - 25.  Ik voel me soms verwaarloosd door mijn partner
  - 31.  Ik voel me soms eenzaam wanneer we samen zijn
- 

Omscoren: items 13, 25 en 31

Feedback: Som van antwoorden vragen 1, 7 en 19.

‘Op de emotionele intimiteitschaal, die de mate van het delen van gedachten en gevoelens meet, scoort u ... De laagste score is 3 en de hoogste score is 15.’

**Seksuele intimiteit:** *Het delen van lichamelijke affectie en/of seksuele activiteit*

Toevoeging voor singles: Denk aan uw laatste relatie bij het beantwoorden van de volgende 6 vragen.

- 
- 3. Ik ben tevreden met ons seksleven
  - 9.  Ik heb het gevoel dat onze seksleven routine is/ Ik heb het gevoel dat onze seksuele activiteit routinematig gaan.
- 

- 15. Ik kan aan mijn partner aangeven wanneer ik geslachtsgemeenschap wil
  - 21.  Ik houd me in op seksueel gebied omdat mijn partner me ongemakkelijk laat voelen (?)
  - 27. Seksuele uiting is een belangrijk onderdeel van onze relatie
  - 33.  Mijn partner lijkt ongeïnteresseerd in seks
- 

Omscoren: items 9, 21 en 33

Feedback: Vraag 3, 15 en 27.

‘Op de seksuele intimiteitschaal, die de mate van delen van algemene affectie en/of seksuele activiteit meet, scoort u ... De laagste score is 3 en de hoogste score is 15.’

### 1.1.2 Inclusion of Other in the Self Scale (IOS)

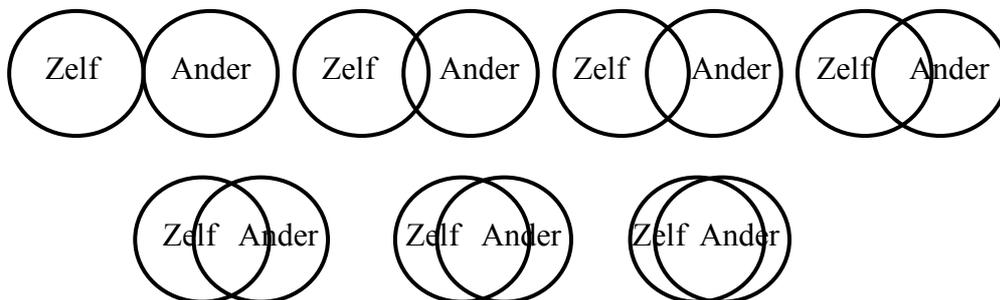
2 constructen, 2 items, 2 x 7 pictogrammen

Item per construct

**Nabijheid/intimiteit:** *Het toelaten van de ander in het zelf*

Toevoeging voor singles: Denk aan uw laatste relatie bij het beantwoorden van de volgende vraag.

1. Geef in het onderstaande plaatje aan welke (overlappende) cirkels het beste jouw mate van het uitwisselen van gedachten en gevoelens met je partner beschrijven

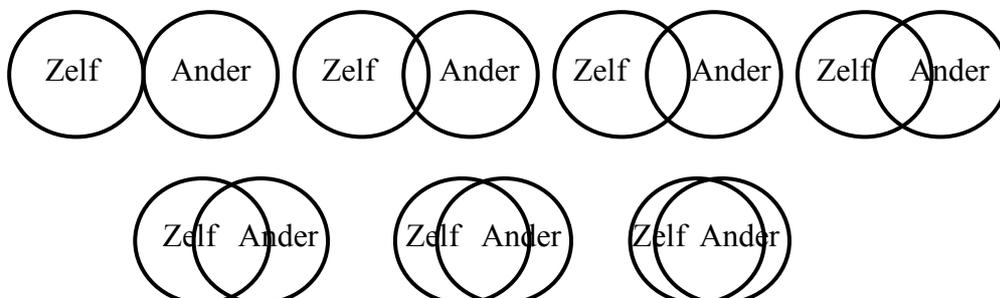


Feedback: 'Op de Inclusion of the Other in the Self Scale, die de mate van het delen van gedachten en gevoelens meet, scoort u ...' (Voorbeeld van het gekozen cirkelfiguur?)

**Seksuele intimiteit:** *De mate van het delen van lichamelijke affectie en/of seksuele activiteit met uw partner.*

Toevoeging voor singles: Denk aan uw laatste relatie bij het beantwoorden van de volgende vraag.

2. Geef in het onderstaande plaatje aan welke (overlappende) cirkels het beste jouw mate van het delen van lichamelijke affectie en/of seksuele activiteit met je partner beschrijven.



Feedback: 'Op de Inclusion of the Other in the Self Scale, die de mate van het delen van lichamelijke affectie en/of seksuele activiteit met uw partner meet, scoort u ...' (Voorbeeld van het gekozen cirkelfiguur?)

### ***1.1.3 Interpersonal Exchange Model of Sexual Satisfaction (IEMSS)***

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De IEMSS stelt dat seksuele satisfactie afhankelijk is van:

1. Het eigen niveau van beloningen en kosten in de seksuele relatie
2. Het niveau van beloningen en kosten die het individu verwacht te ontvangen in een seksuele relatie
3. De eigen perceptie over gelijkheid in beloningen en kosten tussen de partners.

- De seksuele satisfactie wordt door de **GMSEX** gemeten.
- De relationele satisfactie wordt door de **GMREL** gemeten.
- De emotionele satisfactie wordt door de **GMES** gemeten
- Het eigen niveau van beloningen en kosten in de seksuele relatie, het niveau van beloningen en kosten die het individu verwacht te ontvangen in een seksuele relatie en de eigen perceptie over gelijkheid in beloningen en kosten tussen de partners wordt door de **Exchange Questionnaire** gemeten.

#### ***1.1.3.1 The Global Measure of Sexual Satisfaction (GMSEX)***

---

1 Construct, 5 items, 7 punt Likertschaal

**Seksuele satisfactie:** Affectieve respons gebaseerd op iemands subjectieve evaluatie van positieve en negatieve dimensies van diens seksuele relatie.

“Hoe zou je in het algemeen je seksuele relatie met je partner beschrijven?”  
Geef voor elk paar woorden aan welk cijfer de beste jouw seksuele relatie beschrijft.

Toevoeging singles: Denk bij het beantwoorden van de volgende vraag aan uw laatste relatie.

---

Zeer goed- Zeer slecht  
 Zeer aangenaam- Zeer onaangenaam  
 Zeer positief- Zeer negatief  
 Zeer bevredigend- Zeer onbevredigend  
 Zeer waardevol- Waardeloos

---

Feedback: ‘Op de Global Measure of Sexual Satisfaction, die de affectieve respons gebaseerd op jouw subjectieve evaluatie van positieve en negatieve dimensies van je seksuele relatie meet, scoor jij ...?’

#### ***1.1.3.2 The Global Measure of Relationship Satisfaction (GMREL)***

---

1 Construct, 5 items, 7 punt Likert schaal

**Relationele satisfactie:** Affectieve respons gebaseerd op iemands subjectieve evaluatie van de positieve en negatieve dimensies van iemands algehele relatie.

“Hoe zou je in het algemeen je relatie met je partner beschrijven?”

Toevoeging singles: Denk bij het beantwoorden van de volgende vraag aan uw laatste relatie.

---

Zeer goed- Zeer slecht  
 Zeer aangenaam- Zeer onaangenaam  
 Zeer positief- Zeer negatief  
 Zeer bevredigend- Zeer onbevredigend  
 Zeer waardevol- Waardeloos

---

Feedback: ‘Op de Global Measure of Relationship Satisfaction, die de affectieve respons gebaseerd op jouw subjectieve evaluatie van positieve en negatieve dimensies van je algehele relatie met je partner meet, scoor jij ...’

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### ***1.1.3.3 The Global Measure of Emotional Satisfaction (GMES)***

---

1 Construct, 5 items, 7 punt Likertschaal

**Emotionele satisfactie:** Affectieve respons gebaseerd op iemands subjectieve evaluatie van de positieve en negatieve dimensies van iemands emotionele relatie.

“Hoe zou je in het algemeen je emotionele relatie met je partner beschrijven?”

Toevoeging singles: Denk bij het beantwoorden van de volgende vraag aan uw laatste relatie.

---

Zeer goed- Zeer slecht  
 Zeer aangenaam- Zeer onaangenaam  
 Zeer positief- Zeer negatief  
 Zeer bevredigend- Zeer onbevredigend  
 Zeer waardevol- Waardeloos

---

Feedback: ‘Op de Global Measure of Emotional Satisfaction, die de affectieve respons gebaseerd op jouw subjectieve evaluatie van positieve en negatieve dimensies van je emotionele relatie met je partner meet, scoor jij ...’

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### ***1.1.3.4 Exchange Questionnaire***

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3 constructen, 6 items (Q-10 t/m Q-15), 9 punt Likertschaal

**De Exchange Questionnaire meet:**

- De mate van beloningen en kosten die partners uitwisselen in hun seksuele relatie (vraag 1 & 2)
- Hoe deze mate zich verhoudt tot de verwachtingen over ‘hoe het zou horen te zijn’ (3 & 4)
- De subjectief ervaren gelijkheid in mate van beloningen en kosten tussen de partners (5 & 6)

Beloningen: Uitwisselingen die aangenaam en hartverwarmend zijn.

Kosten: Uitwisselingen die fysieke of mentale inspanning vereisen of die pijn, schaamte of angst vereisen

Toevoeging singles: Denk bij het beantwoorden van de volgende vragen aan uw laatste relatie.

- 
- De mate van beloningen en kosten in de seksuele relatie:
    1. (REW) 1= helemaal niet belonend, 9= uitermate belonend
    2. (Omscoren?) (CST) 1= helemaal geen kosten, 9= uitermate veel kosten

- De mate van beloningen en kosten die het individu verwacht te ontvangen in een seksuele relatie in vergelijking met ‘hoe het in werkelijk is’.

3. (CLREW) 1= Niet zo belonend in vergelijking, 9= Veel meer belonend in vergelijking
4. (Omscoren?) (CLCST) 1= Niet zoveel kosten in vergelijking, 9= Veel meer kosten in vergelijking

- De subjectief ervaren gelijkheid in mate van beloningen en kosten tussen de partners.

5. (Omscoren) (EQREW) 1= Mijn beloningen zijn veel hoger, 9= Mijn partners beloningen zijn veel hoger

6. (EQCST) 1= Mijn kosten zijn veel hoger, 9= Mijn partners kosten zijn veel hoger
- Omscoren: items 2, 4 en 5

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Feedback (alleen vraag 1&2): ‘Op de Exchange Questionnaire, die de mate van beloningen en kosten die partners uitwisselen in hun seksuele relatie meet, scoor jij...’

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## 1.2 Niet relevante vragenlijsten verwijderen

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De volgende vragenlijsten zijn uit het databestand verwijderd wegens een verandering in koers van het onderzoek

- The global measure of sexual satisfaction
- The global measure of emotional satisfaction
- Exchange Questionnaire

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## 1.3 Missing values verwijderen

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Voor het verwijderen van de juiste missing values is gecontroleerd op de score 888 en 999. De missing values, uit het databestand door het voortijdig afbreken van de vragenlijst of het onjuiste antwoorden te hebben gegeven, zijn verwijderd.