Masturbation and Sexual Satisfaction in Relationally Committed Men

Micha T. Ballard

University of Texas Permian Basin

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MASTURBATION AND SEXUAL SATISFACTION
IN RELATIONALLY COMMITTED MEN

APPROVED BY SUPERVISORY COMMITTEE:

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Spencer K. Thompson, Ph.D.

Jaime R. Aguila, Ph.D.
Graduate Faculty Representative
MASTURBATION AND SEXUAL SATISFACTION
IN RELATIONALLY COMMITTED MEN

by

MICHAEL T. BALLARD, B.A.

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Abstract

The purpose of this study was to investigate the relationships between masturbation frequency with and without the use of pornography, and sexual satisfaction in men in committed relationships. One hundred and twelve participants ranging from 23 to 70 years of age completed a sexuality survey and an Index of Sexual Satisfaction survey. Correlations revealed a significant negative relationship between masturbation frequency during the last month and sexual satisfaction. When clinical participants were factored out, correlation between masturbation frequency and sexual satisfaction dropped. This study found that using themes of incest or homosexuality, while masturbating, was significantly associated with higher ISS scores indicating less sexual satisfaction. This investigation discovered conflicts with existing research in finding a significant negative correlation between frequency of church attendance and frequency of masturbation. Thus, increased church attendance is correlated with a decrease in masturbation.