



# Differences in Dimensions of Sexuality Among Young Adults

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**Abstract:** Sexuality has been a topic of high interest as the number of taboos surrounding it. Expression of sexuality differs from culture to culture and has a restricted expression in a eastern countries like India. This study measures and compares the dimensions of sexuality given by Snell i.e. sexual esteem, sexual depression and sexual preoccupation. The study was conducted among 100 young adults that consists of 50 males and 50 females. The sample was taken from Chennai district in Tamil Nadu based on convenience sampling. The research design opted for the study is Ex-Post Facto research design. The tool used is Sexuality Scale developed by William E Snell(1989). The result concludes that there is no significant difference ( $p>.05$ ) in dimensions of sexuality scale among males and females' young adult. That reveals that although there a stigma of women not being sexually expressive, they share the similar kind of scores for each dimension of sexuality whether positive or negative.

**Index Terms – Sexuality, sexual depression, sexual esteem, sexual preoccupation.**

## I. INTRODUCTION

Human sexuality is simply the manner in which individuals experience and express explicitly (Marshall 324Cavendish. 2010). This includes organic, suggestive, physical, passionate, social, or profound sentiments and practices (Greenberg, Jerrold S. 2016). Since it is a wide term, which has shifted with recorded settings after some time, it comes up short on an exact definition. The organic and physical parts of sexuality generally concern the human regenerative capacities, including the human sexual reaction cycle (Bolin, Anne 2009). Somebody's sexual direction is their example of sexual enthusiasm for the inverse or same sex (American Psychological Association. 2013). Physical and passionate parts of sexuality incorporate securities between people that are communicated through significant sentiments or physical appearances of affection, trust, and care. Social viewpoints manage the impacts of human culture on one's sexuality, while otherworldliness concerns a person's profound association with others. Sexuality additionally influences and is influenced by social, political, lawful, philosophical, good, moral, and strict parts of life (Bolin, Anne. 2009).

Enthusiasm for sexual action ordinarily increments when an individual arrives at adolescence (Carlson, Neil R. 2007). Albeit no single hypothesis on the reason for sexual direction has yet increased far reaching support, there is significantly more proof supporting non-social reasons for sexual direction than social ones, particularly for guys. Guessed social causes are upheld by just frail proof, mutilated by various jumbling factors (Carlson, Neil R. 2007). This is additionally upheld by diverse proof, since societies that are extremely tolerant of homosexuality don't have altogether higher paces of it (LeVay, Simon. 2017).

## RESEARCH METHODOLOGY

The aim of the survey is to measure the three aspects of sexual identity i.e., sexual esteem, sexual depression and sexual preoccupation among young adults.

### Population and Sample

Young adults from Chennai are the population for the study from which the researcher selected 100 samples which is consist of 50 males and 50 females based on convenient sampling technique.

### Data and Sources of Data

For this study primary data has been collected. From the samples through survey research method with their consent are obtained from January 2019 to February 2019.

### Theoretical framework

Sanabria(2018) did a research on Infusing Human Sexuality Content and Counseling in Counselor Education Curriculum in which it was found that Human sexuality is a pervasive and universal part of being human and despite this, receives inadequate attention in counselor education curricula. Consequently, counselors may be ill-prepared to assist clients who present with sexuality issues. The authors provide support and recommendations for infusing sexuality content throughout counselor education programs.

**Behun(2017)** did a research named Curricular Abstinence: Examining Human Sexuality Training in School Counselor Preparation Programs in which it was found professional school counselors (PSCs; N = 486) rated their level of perceived preparedness acquired in their school counselor preparation program with respect to knowledge, skills, and self-awareness of five human sexuality domains (behavior, health, morality, identity, violence) across grade level (elementary vs. secondary) and three human sexuality training groups (single course in human sexuality, human sexuality infused throughout curriculum, or no human sexuality training). Results indicated that while the majority of PSCs provided sexuality counseling to school students, many reported not receiving master's level education or training in this area.

### 3.4 Statistical tools and econometric models

Statistical analysis was done using the software Statistical package for Social Sciences (IBM – SPSS).

#### 3.8. TOOLS USED:

SEXUALITY SCALE BY WILLIAM SNELL AND DENNIS PAPINI IN THE YEAR 1989.

##### 3.8.1. RELIABILITY:

Cronbach Reliability: reliability for the sexual-esteem (range = .91 to .92), sexual-depression (range = .85 to .93), and sexual-preoccupation (range = .87 to .91) subscales.

##### 3.8.2 VALIDITY:

It has been found that the tool has good construct validity of 0.93. this shows that the content of the test is relevant for the theme of the questionnaire.

##### 3.8.4. SCORING:

There are 30 statements.

The answers have to be scored like:

Agree 2- Slightly agree 1- Neither agree nor disagree 0 - Slightly disagree -1- Disagree -2

Reverse scoring: 10,13,19,25,28,5,11,14,23,29,9,21,27,30( the signs in front of each score has to be changed . eg: -2=2, 1=-1)

The questions: 1,4,7,10,13,16,19,22,25,28 - sexual esteem

2,5,8,11,14,17,20,23,26,29 – sexual depression

3,6,9,12,15,18,21,24,27,30 – sexual preoccupation.

##### 3.8.5. INTERPRETATION:

SEXUAL ESTEEM (both sexes) : high score: +14 to +20  
intermediate score: 0 to +13  
low score: -20 to -1

SEXUAL DEPRESSION: (both sexes) : high score: +1 to +20  
intermediate score: -12 to 0  
low score: -20 to -13

##### SEXUAL PREOCCUPATION:

high score:

intermediate score:

low score:

##### MALES

+8 to +20

-2 to +7

-20 to -13

##### FEMALES

-1 to +20

-10 to -2

-20 to -11

### 3.4.1 Descriptive Statistics

Descriptive Statics has been used to find the maximum, minimum, standard deviation, mean and normally distribution of the data of all the variables of the study. Normal distribution of data shows the whether to use parametric test or to use non-parametric test.

## II. RESULTS AND DISCUSSION

### SUMMARY

The present study was designed to study the three aspects of sexual identity among young adults population and to compare based on gender. Sexuality scale by William Snell and Dennis Papini was administered to the subjects individually. A convenience sample of 100 young adults i.e. of age group between 20-40 years was selected. The demographic data were collected by google and recorded in excel sheets. The data collected were analysed using mean, standard deviation and independent sample t-test method.

### CONCLUSION

- There would be no significant difference for the dimension 'sexual preoccupation' among males and females.
- There would be no significant difference for the dimension 'sexual esteem' among males and females.
- There would be no significant difference for the dimension 'sexual depression' among males and females.

### LIMITATIONS OF THE STUDY

- The sample size was limited to 100 due to financial and other physical limitations.
- The sample comprises of young adults only from Chennai and hence generalization is not permitted.
- The factors measuring the aspects of sexuality is limited.

**SUGGESTIONS FOR FURTHER STUDY**

- To conduct a similar study on large population.
- In depth responses to the questions or statements in the scale should be collected from the participants to broaden the area of study.
- Other related variables that influences sexuality can also be included.

**SCOPE OF THE RESEARCH**

People could be given more awareness on sexuality and aspects leading to sexuality, also the population can benefit from the awareness of dimensions of every individuals sexual identity and preferences like sexual esteem, sexual preoccupation, sexual depression and various factors that play a role into the categorization.

**IMPLICATIONS OF THE RESEARCH**

Measuring the dimension of sexuality will help the population for better approach on aspects of sexual attitude. The study can be used to determine and educate the populations on sexual attitudes. It was interesting to find that there was no significant difference among men and women in the expression of sexual attitudes.

*Figures and tables***TABLE 1:** Results of Descriptive Statics for Sexuality Scale.

		MEAN	STANDARD DEVIATION
FEMALE	100	22.48	14.762
MALE	100	15.46	17.080

**INTERPRETATION:**

The above table shows the mean and standard deviation for males and females for the sexuality scale. The mean is 22.48 and standard deviation is 14.762. for females, the mean is 15.46 and the standard deviation is 17.080.

**TABLE 2:** Shows the Mean and Standard deviation for male and female for the dimensions of Sexuality scale.

DIMENSIONS	N	MEAN		STANDARD DEVIATION	
		FEMALE	MALE	FEMALE	MALE
		SEXUAL PREOCCUPATION	100	7.74	4.54
SEXUAL ESTEEM	11006.32		-5.02	5.061	6.125
SEXUAL DEPRESSION	100	8.42	-5.90	5.643	6.622

**INTERPRETATION:**

For the dimension sexual preoccupation, the mean is 7.74 and the standard deviation is 6.874 for females and for males the mean is 4.54 and the standard deviation is 6.819. For the dimension sexual esteem, the mean is 6.32 and the standard deviation is 5.061 for females and for males the mean is 5.02 and the standard deviation is 6.125. For the dimension sexual depression, the mean is 8.42 and the standard deviation is 5.643 for females and for males the mean is 5.90 and the standard deviation is 6.622

**Table 4.3** Shows the significant differences between males and females for all the dimensions in sexuality scales.

DIMENSIONS	t-value	p-value
SEXUAL PREOCCUPATION	2.337	0.21
SEXUAL ESTEEM	1.147	0.254
SEXUAL DEPRESSION	2.048	0.43

**INTERPRETATION:**

The statistical difference between means of males and females in sexuality scale for the dimension sexual preoccupation was 0.21 with no significant difference, thus the Null hypothesis “**There would be no significant difference for the dimension ‘sexual preoccupation’ among males and females**” is accepted at 5% level. For the dimension sexual esteem the p-value was 0.254 which shows no significant difference. Hence, the Null hypothesis “**There would be no significant difference for the dimension ‘sexual esteem’ among males and females**” is accepted at 5% level. For the dimension sexual depression, the p-value was 0.43 which shows no significant difference. Hence, the Null hypothesis “**There would be no significant difference for the dimension ‘sexual depression’ among males and females**” is accepted at 5% level.

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