

Predictors of Sexual Assertiveness among Highly Religious Single Young Adults

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Literature Review

☞ Religion, Sex, and Single Young Adults

- ☞ Protective factor (Lammers et al., 2000; Leonard & Scott-Jones, 2010)
- ☞ Reported less sexual behavior (Laumann et al., 1994)

☞ Fear of Sexual Relationships

- ☞ Fewer sexual experiences, decreased openness to sex, and decreased sexual esteem (Janda & O'Grady, 1989; Hensel et al., 2011)

☞ Sexual Preoccupation

- ☞ Less likely to think about sex (Laumann et al., 1994)
- ☞ Linked to increased sexual motivation, sexual anxiety, sexual assertiveness, and sexual monitoring (Snell et al., 1993)

☞ Sexual Esteem

- ☞ Linked to increased assertiveness (Mastro & Zimmer-Gembeck, 2015; Snell et al., 1993)
- ☞ Increased sexual behavior and sexual satisfaction (Erchull & Liss, 2014)

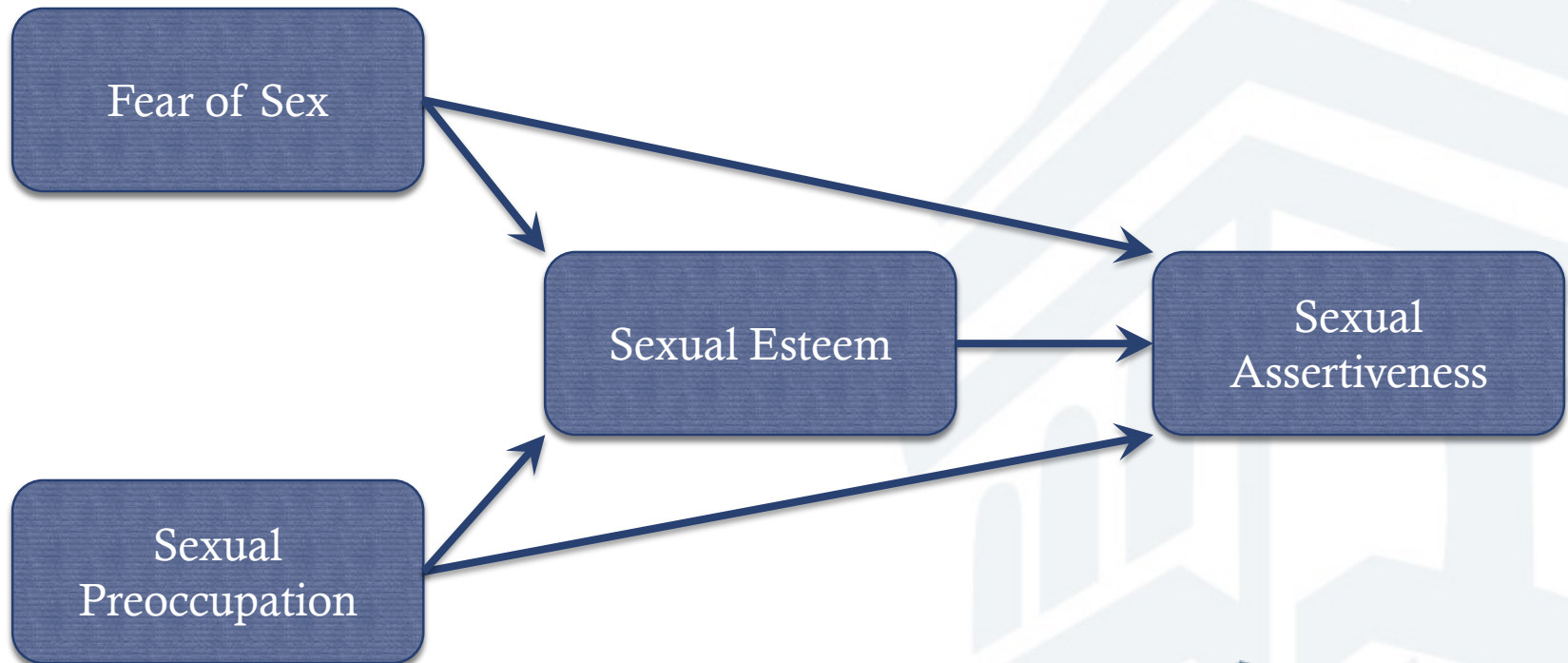
☞ Sexual Assertiveness

- ☞ Positive physical and psychological outcomes (Loshek & Terrell, 2015)
- ☞ Decreased sexual risk-taking (Ehrardt et al., 2002; Noar et al., 2004)
- ☞ Increased desire for sex, increased frequency of orgasm, and life satisfaction (Greene et al., Hurlbert, 1991; Morokoff, 2000)
- ☞ Increased assertiveness linked to decreased sexual victimization and assault (Livingston et al., 2007; Kelley et al., 2016; Santanos-Iglesias et al., 2013)

Present Study

- ❧ What is the relationship between sexual fear, preoccupation and sexual assertiveness through sexual esteem?
- ❧ Hypotheses
 - ❧ Fear of Sex → - Sexual Esteem & Assertiveness Both Genders
 - ❧ Sexual Preoccupation → + Sexual Esteem & Assertiveness Both Genders
 - ❧ Preoccupation → Assertiveness & Fear → Assertiveness Partially Mediated through Sexual Esteem

Hypothesized Model



Controlling for: Age, Religiosity, Anxiety, and Psychological Well-Being

Participants

417 Participants

☞ 102 Male

☞ $M = 21.10$ ($SD = 1.93$)

☞ 98% Heterosexual

☞ 60% Very or Extremely Religious

☞ 79.8% LDS

☞ 84.3% Freshman or Sophomores

☞ 315 Female

☞ $M = 19.57$ ($SD = 1.48$)

☞ 95.2% Heterosexual

☞ 72% Very or Extremely Religious

☞ 84.1% LDS

☞ 87.7% Freshman or Sophomores



Measures

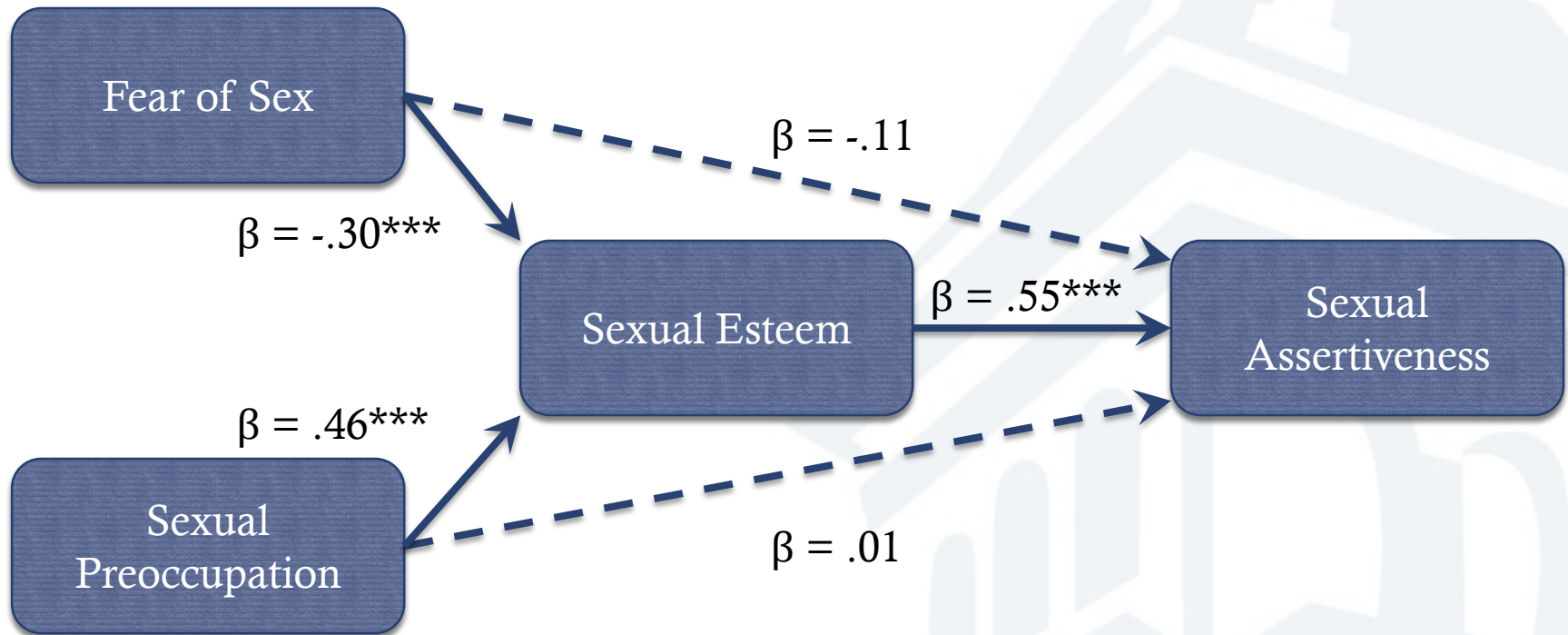
- ❧ Multidimensional Sexuality Questionnaire (Snell et al., 1993)
 - ❧ 60 item- 12 subscale
 - ❧ Sexual Preoccupation (Men $\alpha = .93$, Women $\alpha = .88$)
 - ❧ Fear of Sexual Relationships (Men $\alpha = .67$, Women $\alpha = .83$)
 - ❧ Sexual Esteem (Men $\alpha = .89$, Women $\alpha = .88$)
 - ❧ Sexual Assertiveness (Men $\alpha = .47$, Women $\alpha = .83$)

- ❧ Control Variables
 - ❧ Anxiety Mini-SPIN (Connor et al., 2001)
 - ❧ Men $\alpha = .81$, Women $\alpha = .81$
 - ❧ Well-Being OQ-10 (Rothballer et al., 1999)
 - ❧ Men $\alpha = .87$, Women $\alpha = .88$
 - ❧ Religiosity

Data Analysis

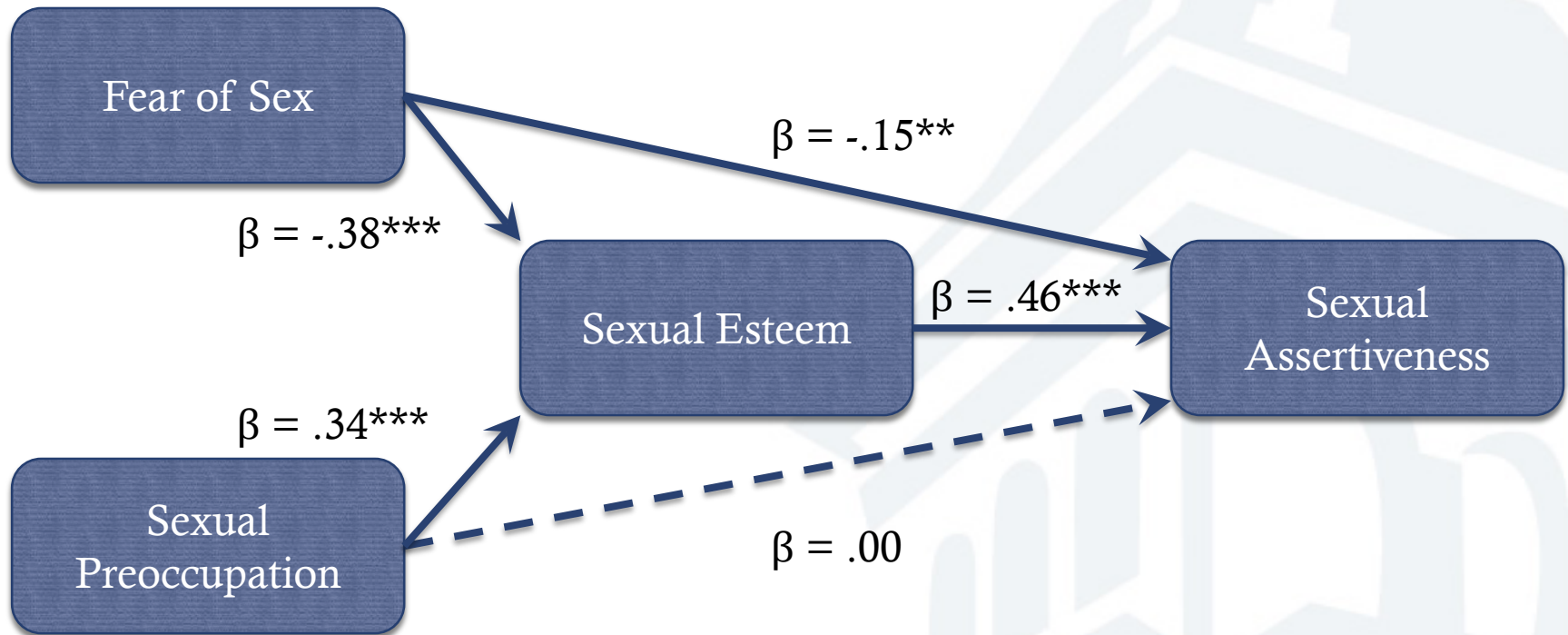
- ∞ Descriptive and Bivariate Statistics
- ∞ Structural Equation Modeling in Mplus 7.0 (Muthén & Muthén, 2012)
- ∞ Constrained Model
- ∞ Alternative Model
 - ∞ Fear of Sex → Sexual Esteem
 - ∞ Sexual Preoccupation → Sexual Esteem
 - ∞ Mediated through Sexual Assertiveness
 - ∞ Hypothesized Model Better Fit
 - ∞ AIC =3857.500, BIC = 3969.797 vs. AIC =3856.020, BIC = 3968.717

Results: Men



Model fit indexes: $\chi^2 = 14.168(18)$, $p < .77$, RMSEA = .00 [CI = .00, .07], CFI = 1.00, TLI = 1.04, SRMR = .01

Results: Women



Model fit indexes: $\chi^2 = 14.168(18)$, $p < .77$, RMSEA = .00 [CI = .00, .07], CFI = 1.00, TLI = 1.04, SRMR = .01

Indirect Effects

Men

- ∞ Fear of Sex → Sexual Assertiveness via Sexual Esteem
 - ∞ $\beta = -.17, p < .001, 95\% \text{ CI } [-.22, -.09]$
- ∞ Sexual Preoccupation → Sexual Assertiveness via Sexual Esteem
 - ∞ $\beta = .25, p < .001, 95\% \text{ CI } [.93, 2.33]$

Women

- ∞ Fear of Sex → Sexual Assertiveness via Sexual Esteem
 - ∞ $\beta = -.17, p < .001, 95\% \text{ CI } [-.22, -.09]$
- ∞ Sexual Preoccupation → Sexual Assertiveness via Sexual Esteem
 - ∞ $\beta = .25, p < .001, 95\% \text{ CI } [.93, 2.33]$

Discussion and Conclusions

- It is apparent that for highly religious, sexual assertiveness is associated with fear of sexual relationships, sexual preoccupation, and sexual esteem.
- Despite the positive impact of sexual esteem, sexual fear negatively predicted sexual assertiveness for both men and women.
 - Fear is a strong indicator for the inability to express ones' sexual desires
- Though not directly predictive of assertiveness, sexual preoccupation positively predicted sexual assertiveness through sexual esteem
 - As men and women think about sex more, sexual esteem and sexual assertiveness also increase
- These findings are important for future research and sexual education
 - Explore relationships between fear, preoccupation, esteem, and assertiveness in light of previous sexual experiences, sexual stigmas, and sexual education
 - By building sexual assertiveness via sexual esteem, sexual preoccupation, and fear of sexual relationships for highly religious emerging adults, there will be less risk for sexual victimization and assault.