Is Attitude Toward Masturbation Related to Sexual Arousal?
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Introduction

• Research has shown that one’s sexual attitudes can have a negative effect on sexual arousal.
• Several previous studies have found a correlation between one’s attitude toward masturbation and sexual arousal.
• These studies indicate that negative attitudes toward masturbation have theoretical significance and usefulness in research of human sexuality as well as in treating some forms of sexual dysfunctions.
• I predicted that a negative attitude towards masturbation will be related to a poor sexual arousal and vice versa. I also predicted that women will have a stronger relationship between attitude toward masturbation and sexual arousal than men. My findings should correlate with similar results found in previous studies from Mosher and Abramson (1977), Mosher and O’Grady (1979), and others.

Method

Participants

132 undergraduate (17+) students, 48 males and 84 females at the University of Minnesota Duluth.

Procedure

• The subjects filled out two detailed questionnaires, one of which described a variety of sexual situations in which participants ranked that situation’s arousability.
• Specifically, subjects completed Abramson and Mosher’s “Negative Attitudes Toward Masturbation Inventory (NAMI)” and Hoon and Chambless’ “Sexual Arousability Inventory (SAI).”
• The subjects were asked to fill out the questionnaires only once.
• Once data had been collected, the questionnaires were scored and entered for statistical analysis. The data fit the criteria necessary to be considered parametric.
• Three relationships were examined using a two-tailed Pearson’s product-moment correlation: attitude toward masturbation and arousal in all subjects, attitude toward masturbation and arousal in women, and attitude toward masturbation and arousal in men. I also looked at these relationships through both linear and quadratic regression.

Results

• In the group of both males and females, the correlation was -.282, a correlation significant to p < .001, although a weak correlation in and of itself. Using linear regression, r² was .079. In other words, variable x could explain or predict only about 8% of variable y. For quadratic regression, r² was .084.
• In the group of only males, the correlation was -.245. This correlation was not significant (p = .093).
• Both linear and quadratic regression r² was 0.606.
• Finally, the group of only females had a strongest results of all three relationships, a correlation of -.309. This was significant at p < .004. Linear regression R square was .096, and quadratic regression R Square was .110.

Discussion

• My study had mixed results. Although analysis of my data mostly supported my hypothesis, the correlations and r² were weak.
• A significant positive relationship (p < .001) between attitude towards masturbation and sexual arousal was found in the group of males and females, and in the female only group.
• However, a significant relationship was not found in the male only group. Although I was expecting to find a significant relationship in the male only group as well, this supports my hypothesis that there would be a stronger relationship between attitude towards masturbation and sexual arousal in females.
• In conclusion, despite the fact that significant relationships were found, these correlations were not very strong or important.

References

Leitenberg, Harold; Detzer, Mark J; Srebnik, Debra. Gender differences in masturbation and the relation of masturbation experience in preadolescence and/or early adolescence to sexual behavior and sexual adjustment in young adulthood. Archives of Sexual Behavior. Vol 22 (2), Apr 1993, pp. 87-98. U Vermont, Burlington, US.