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Impact of individual's perception of sexual relationships on their overall life satisfaction, self-esteem, family environment, gender orientation and emotional intelligence

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Abstract

To study different age groups of individual's perception on sexual relationship (dependent variable) and the impact of age, gender, life Satisfaction, Self Esteem, Family Cohesion, Social Desirability, Value Orientation, Gender Orientation, Emotional Intelligence (independent variables) on individuals perception, eight different scales were used for the study such as Perception on sexual relationship Scale (PSRS), Multidimensional students life satisfaction scale (MSLSS), Modified Life satisfaction scale for married respondents, Rosenberg self-esteem scale, Social Desirability Scale, Family environment scale, ESS Human Values Scale, Gender stereotype scale, Sub scales of Emotional Intelligence –Inventory were used and scores were calculated. Based on scores respondents were categorized in different categories as high, moderate and low etc. This paper gives an overview of how different age group of individual's perception on sexual relationship affect their overall life satisfaction, self-esteem, family environment, gender orientation, and emotional intelligence.

Keywords: Perception, Sexual Relationship, life Satisfaction, Self-esteem, Family environment, Gender orientation, Emotional Intelligence

Introduction

Human sexuality is a very complex behavior that is affected by many facets of our lives including our physiology, cognition, and learning. Human sexuality, like us, is multi-dimensional and one can only begin to get a sense of what it is by the inclusion of many perspectives and ideas. This is a bit over simplified but it seems that so much of what we do day in and day out as humans is in some way or another governed by our sexual self. While this makes us similar as humans, it is not necessarily the case that we condone the same behaviors or have overlapping norms from culture to culture. Thus, within this similarity there is still a great deal of diversity. Understanding and experiencing sexual issues, behaviors, and how they are involved in our daily lives and environments determine how we react to certain situations, other people, and most importantly, relationships. Human sexuality has as much to do with emotional reactions as values, morals, and responsibilities. Understanding human sexuality will not only help in understanding its importance in satisfying sexual relationship and interpersonal relationship but also help in knowing its impact on other areas of individual like his or her emotional intelligence, gender orientation, overall life satisfaction, self-esteem, family environment etc.

Methodology

Present study carried out to understand trends in perception on sexual relationship of different age group and both gender people. The study also investigates effect of selected independent variables on the dependent variable. For this purpose Perception of sexual relationship scale (PSRS) was developed. Hyderabad and Secunderabad city was purposively chosen as locale of the study. 400 educated respondents from IT, MNC, Education, Banking and Students of different age groups were purposively selected. Test-retest and split half methods were used to find out reliability. The test retest reliability for the scale was $r=0.96$ and split half reliability was $r=0.87$ at 0.01 level of probability. Content validity of the scale was obtained by seeking expert advice. Data was analyzed by using descriptive statistics (percentages and frequencies).

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Result and Discussion

To study different age groups of individual’s perception on sexual relationship (dependent variable) and the impact of age, gender, life Satisfaction, Self Esteem, Family Cohesion, Social Desirability, Value Orientation, Gender Orientation, Emotional Intelligence (independent variables) on individuals perception, eight different scales were used for the study such as Perception on sexual relationship Scale (PSRS), Multidimensional students life satisfaction scale (MSLSS), Modified Life satisfaction scale for married respondents, Rosenberg self-esteem scale, Social Desirability Scale, Family environment scale, ESS Human Values Scale, Gender stereotype scale, Sub scales of Emotional Intelligence – Inventory and scores were calculated. Based on scores respondents were categorized in different categories as high, moderate and low etc. This chapter gives an overview of where different age groups of respondents selected for the study stands in different areas selected for study.

Table 1: Percentages and frequencies of perception on sexual relationship of different age group of respondents

Age group of respondents	Gender	Frequency/Percentage	Moderate	Low
21-25 yrs	Male	Frequency	20	20
		Percentage	50	50
	Female	Frequency	27	13
		Percentage	67.5	32.5
26-30 yrs	Male	Frequency	24	16
		Percentage	60	40
	Female	Frequency	32	8
		Percentage	80	20
31-40 yrs	Male	Frequency	24	16
		Percentage	60	40
	Female	Frequency	32	8
		Percentage	80	20
41-50 yrs	Male	Frequency	27	13
		Percentage	67.5	32.5
	Female	Frequency	22	18
		Percentage	55	45
50 & above yrs	Male	Frequency	27	13
		Percentage	67.5	32.5
	Female	Frequency	30	10
		Percentage	75	25

Perception is the way in which something is regarded, understood, or interpreted. Present study was conducted to

understand the different age groups of respondent’s perception about sexual relationships. For this purpose Perception of sexual relationship scale (PSRS) was developed and on the basis of scores respondents' perceptions were categorized as high, moderate and low categories. Well educated respondents belonging to middle, upper middle and high economic status were selected for the study even though the study found that not even a single respondent belonged to high category on PSRS. No high score on PSRS depicted that respondents thinking in this particular area were very conservative even though they were better in other areas like making interpersonal relationships, family environment, self-esteem, values, life satisfaction, etc. Most of the respondents fell under moderate categories. Surprisingly good number of respondent’s belonged to low category on PSRS.

Table 2: Percentages and frequencies of multidimensional life satisfaction of different age group of unmarried respondents

Age group of respondents	Gender	Frequency/Percentage	High	Moderate
21-25 yrs	Male	Frequency	23	17
		Percentage	57.50	42.50
	Female	Frequency	25	15
		Percentage	62.50	37.50
26-30 yrs	Male	Frequency	21	15
		Percentage	58.33	41.67
	Female	Frequency	17	8
		Percentage	68.00	32.00
31-40 yrs	Male	Frequency	2	0
		Percentage	100.00	0.00
	Female	Frequency	2	0
		Percentage	100.00	0.00

Multidimensional life satisfaction is a sense of well-being and assessed in terms of mood, satisfaction within relations with others and with achieving goals, self-concepts, and self-perceived ability to cope with daily life. For studying life satisfaction of unmarried respondents Multidimensional student’s life satisfaction scale was used which was developed by Scott Huebner in 1994 and revised in 2001. This scale was used only for unmarried respondents. It was found in study that most of the selected respondent’s life satisfaction were very high in terms of mood, relationship with others, self-confidence and self-perceived abilities.

Table 3: Percentages and frequencies of life satisfaction of different age group of married respondents

Age group of Respondents	Gender	Frequency/Percentage	Satisfaction Scale			Stress Scale			Enjoyment Scale	
			High	Moderate	Low	Low	Moderate	High	High	Moderate
26-30 yrs	Male	Frequency	2	2	0	4	0	0	4	0
		Percentage	50.00	50.00	0.00	100.00	0.00	0.00	100.00	0.00
	Female	Frequency	13	4	0	15	1	1	13	4
		Percentage	76.47	23.53	0.00	88.24	5.88	5.88	76.47	23.53
31-40 yrs	Male	Frequency	21	17	0	23	15	0	26	12
		Percentage	55.26	44.74	0.00	60.53	39.47	0.00	68.42	31.58
	Female	Frequency	18	20	0	25	11	2	25	13
		Percentage	47.37	52.63	0.00	65.79	28.95	5.26	65.79	34.21
41-50 yrs	Male	Frequency	18	19	3	29	11	0	27	13
		Percentage	45.00	47.50	7.50	72.50	27.50	0.00	67.50	32.50
	Female	Frequency	25	15	0	38	2	0	28	12
		Percentage	62.50	37.50	0.00	95.00	5.00	0.00	70.00	30.00
50 & above yrs	Male	Frequency	14	24	2	31	7	2	23	17
		Percentage	35.00	60.00	5.00	77.50	17.50	5.00	57.50	42.50
	Female	Frequency	30	10	0	38	2	0	34	6
		Percentage	75.00	25.00	0.00	95.00	5.00	0.00	85.00	15.00

For accessing married respondent's life satisfaction "Modified life satisfaction" scale was used. Life satisfaction Scale consisted three sub scales which were satisfaction scale, stress scale and enjoyment scale which measure degree of satisfaction from married life, degree of stress and degree of enjoyment. Above table depicted that 50 per cent of male respondents and one third of the female respondents of 26-30 years were very satisfied with their married life. Approximately half of the male and female respondents of 31-40 years were highly and half were moderately satisfied with their married life. When we talk about 41-50 year respondents approximately half of the male and half of the female respondents were highly and half of them were moderately satisfied. Female respondents of this age group and above age group (50 years and above) were highly satisfied with their life compared to male respondents who were moderately satisfied. Very few respondent's life satisfaction were very low. So we can conclude by the above table that most of the selected respondents were highly and moderately satisfied with their married life and very few respondent's satisfaction level were low.

For measuring the degree of stress in respondent's married life, stress scale was used. It was clearly evident from the table (4.2.3.) that most of the respondents belonged to very low degree of stress in their marital relationships. It was also

depicted by the table that younger age group of respondents face very less stress in their married life and as age increases the level of stress also increases, this might be due to different responsibilities which they have to take care like rearing and caring of children, money related issues etc. It was also found that when individual reaches advance stage (older age) the level of stress again starts decreasing because most of the responsibilities are over such as education of children, marriage of children and lack of financial problems etc.

It was found by the study that most of the respondents were highly enjoying their married life and only a few were falling under moderate category. No respondents' enjoyment level was very low on the enjoyment scale. It was also seen that younger and older respondents were enjoying their life in a much better way and their life satisfaction was comparatively better than the middle age group of respondents. This might be due to the lack of responsibilities. People of this age group generally complete their major responsibilities which middle age groups of respondents have to face many of them. It was also depicted that women were more satisfied with their life and enjoying their life in a much better way compared to their male counterparts. Stress and enjoyment result can be co-related and its effect on overall life satisfaction can be seen. Less stress in life helped the respondents in leading more enjoyable life which made their overall life more satisfying.

Table 4: Percentages and frequencies of Self-Esteem of different age group of respondents

Age group of respondents	Gender	Frequency/Percentage	High	Moderate	Low
21-25 yrs	Male	Frequency	3	36	1
		Percentage	7.50	90.00	2.50
	Female	Frequency	6	33	1
		Percentage	15.00	82.50	2.50
26-30 yrs	Male	Frequency	5	29	6
		Percentage	12.50	72.50	15.00
	Female	Frequency	5	33	2
		Percentage	12.50	82.50	5.00
31-40 yrs	Male	Frequency	0	36	4
		Percentage	0.00	90.00	10.00
	Female	Frequency	4	36	0
		Percentage	10.00	90.00	0.00
41-50 yrs	Male	Frequency	0	36	4
		Percentage	0.00	90.00	10.00
	Female	Frequency	3	35	2
		Percentage	7.50	87.50	5.00
50 & above yrs	Male	Frequency	0	35	5
		Percentage	0.00	87.50	12.50
	Female	Frequency	0	38	2
		Percentage	0.00	95.00	5.00

Self-esteem is operationally defined in the present study as "respondent's overall evaluation or appraisal of his or her own worth". The above table shows that more than one third of the respondents fell under moderate categories of self-esteem. Few respondents' self-esteem was very high and very few respondents belonged to low category of self-esteem. It

was found that among all selected respondents most of the respondent's self-esteem was good which showed that their confidence in one's own worth or abilities. It was also evident from the study that as age increases people self-esteem decreased slightly.

Table 5: Percentages and frequencies of Family Environment of different age group of respondents

Age group of respondents	Gender	Frequency/ Percentage	High	Moderate	Low
21-25 yrs	Male	Frequency	0	25	15
		Percentage	0.00	62.50	37.50
	Female	Frequency	0	28	12
		Percentage	0.00	70.00	30.00
26-30 yrs	Male	Frequency	12	28	0
		Percentage	30.00	70.00	0.00
	Female	Frequency	14	26	0
		Percentage	35.00	65.00	0.00
31-40 yrs	Male	Frequency	8	32	0
		Percentage	20.00	80.00	0.00
	Female	Frequency	11	29	0
		Percentage	27.50	72.50	0.00
41-50 yrs	Male	Frequency	14	24	2
		Percentage	35.00	60.00	5.00
	Female	Frequency	10	30	0
		Percentage	25.00	75.00	0.00
50 & above yrs	Male	Frequency	17	23	0
		Percentage	42.50	57.50	0.00
	Female	Frequency	34	6	0
		Percentage	85.00	15.00	0.00

The family is the oldest and the most important of all the institutions that man has devised to regulate and integrate his behaviour as he strives to satisfy his basic needs. Family environment is influenced by a number of factors like the nature of family constellation, number of children in the family, marital relationships between husbands and wife, maternal employment, and socio-economic and religious background of the family. Family environment can also influence the sexual relationships of the partner so in the present study family environment is considered as the important variable and for measuring family environment of respondents family environment scale by Dr. Harpreet Bhatia and Dr. N.K. Chadha was selected. It was found by the present study that no respondents of 21-25 age group belonged to high categories of family environment. This depicted that they were not happy with their family environment or their family environment was not good. The reason might be their age because generally in this age,

people engage in studies and are busy in establishing their career. Most of the respondents of this age group fell under moderate categories of family environment and the rest of the respondents were from low category. It was found that most of the other age group of respondents except females of 50 years and above belonged to moderate categories of family environment. It means their family environment was good. Data showed that female respondents of 50 years and above family environment were very good because they belonged to high category of family environment. It can also be concluded from the above table that as age increases family environment becomes favorable and good compared to younger age groups of respondents' family environment. This may be because the older age group of respondents generally accomplishes most of their responsibilities and they develop a good understanding with their life partner, children as well as other family members.

Table 6: Percentages and frequencies of Gender Orientation of different age group of respondents

Age group of respondent	Gender	Frequency/Percentage	Androgynous	Feminine	Masculine	Undifferentiated
21-25 yrs	Male	Frequency	34	2	1	3
		Percentage	85.00	5.00	2.50	7.50
	Female	Frequency	36	0	4	0
		Percentage	90.00	0.00	10.00	0.00
26-30 yrs	Male	Frequency	24	3	6	7
		Percentage	60.00	7.50	15.00	17.50
	Female	Frequency	40	0	0	0
		Percentage	100.00	0.00	0.00	0.00
31-40 yrs	Male	Frequency	29	7	0	4
		Percentage	72.50	17.50	0.00	10.00
	Female	Frequency	29	3	2	6
		Percentage	72.50	7.50	5.00	15.00
41-50 yrs	Male	Frequency	32	2	0	6
		Percentage	80.00	5.00	0.00	15.00
	Female	Frequency	34	6	0	0
		Percentage	85.00	15.00	0.00	0.00
50 & above yrs	Male	Frequency	29	9	0	2
		Percentage	72.50	22.50	0.00	5.00
	Female	Frequency	38	2	0	0
		Percentage	95.00	5.00	0.00	0.00

Gender orientation here has been seen in 4 different ways. Above table depicted that most of the respondents belonged to

androgynous categories means having both female and male characteristics in equal measure. It was clearly depicted by the

study that most of the females compared to male respondents of all age groups belonged to androgynous categories which mean they have both masculine and feminine traits and for them it is easy to take all kinds of responsibilities whether it is

Table 7: Percentages and frequencies of Emotional Intelligence of different age group of respondents

Age group of respondents	Gender	Frequency/ Percentage	High	Moderate
21-25 yrs	Male	Frequency	25	15
		Percentage	62.50	37.50
	Female	Frequency	19	21
		Percentage	47.50	52.50
26-30 yrs	Male	Frequency	13	27
		Percentage	32.50	67.50
	Female	Frequency	9	31
		Percentage	22.50	77.50
31-40 yrs	Male	Frequency	24	16
		Percentage	60.00	40.00
	Female	Frequency	19	21
		Percentage	47.50	52.50
41-50 yrs	Male	Frequency	15	25
		Percentage	37.50	62.50
	Female	Frequency	10	30
		Percentage	25.00	75.00
50 & above yrs	Male	Frequency	21	19
		Percentage	52.50	47.50
	Female	Frequency	18	22
		Percentage	45.00	55.00

Emotional intelligence is the capacity to be aware of, control, and express one's emotions, and to handle interpersonal relationships judiciously and empathetically. We can also say "emotional intelligence is the key to both personal and professional success". For present study sub inventories of emotional intelligence scale developed by (Uma, Devi, L. & Mayuri, K., 2006) [6] was used and the result depicted that emotional intelligence of all selected respondents was good. All the selected respondents irrespective of age and gender belonged to high and moderate categories of emotional intelligence. No one belonged to low category which depicted all the selected respondents were emotionally sound. When we see gender differences in male and female respondent's emotional intelligence, it was found that most of the male respondents belonged to high categories of emotional intelligence compared to female respondents of all age groups which showed that male respondents can handle and express their emotions much better than female respondents. Most of the male and female respondents fell under moderate categories of emotional intelligence.

Conclusion

So we can say Sexuality is an integral part of being human. Love, affection, and sexual intimacy contribute to healthy relationships and individual well-being not only it is important for healthy relationships but it also influences other areas of individual like self-esteem, self-confidence, family environment, life satisfaction, emotional intelligence etc. Not only But along with the positive aspects of our human sexuality, there also are illnesses, mixed emotions and unintended consequences that can affect our sexual health. An open discussion of sexuality issues is important to promoting sexual health and responsibility.

a male or female oriented work. They can perform these responsibilities much better than their male counterpart. 100 per cent female respondents of 26 – 30 years fell under androgynous categories.

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