

ORIGINAL RESEARCH PAPER

Psychology

SEX ANXIETY, SEX GUILT AND RELIGIOSITY AMONG YOUNG ADULTS

KEY WORDS: Sex Anxiety, Sex Guilt, Religiosity, Unmarried young adults.

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The present study experimentally investigated the relationship between sex anxiety, sex guilt and religiosity among unmarried young adults. The study investigated the negative approach of religiosity in the arousal of sex anxiety and sex guilt. The study was conducted in 100 unmarried young adults residing in India using a non probability convenience sampling method. The scales such as Sex Anxiety Inventory, Brief Mosher Sex Guilt Scale and Centrality of Religiosity Scale were used guage participants level of religiosity, sex anxiety and sex guilt. Statistical analysis used in this study were Carl Pearson product moment correlation and Independent sample t-test. The results revealed that there is a positive correlation between sex anxiety, sex guilt and religiosity. Implications and limitations of the study are discussed.

INTRODUCTION

Sex refers to the physiological variations between male, female, and different intersex bodies. Sexual activity can take numerous forms, from actions to looks. According to Alfred Kinsey, flexibility is the one aspect of human sexuality that is universal. It is possible to think of human attraction with sex as a built-in compulsion, as the survival of the species depends on it. Over the course of a person's life, sexual desire frequently fluctuates in intensity, depending on relationships and environmental variables. Additionally, it facilitates connection, commitment, pleasure, even human development and healing. People engage in sexual activity for a variety of reasons, including: to deepen intimacy, to strengthen the tie in a relationship, to recover, to have pleasure, etc. A socialcultural organisation of predetermined deeds and behaviours known as a religion connects people to supernatural, transcendental, and spiritual forces. Religion's doctrines, religious propaganda, beliefs, traditions, and ideals have had a significant impact on social progress and human progress.

Morokoff (1985) investigated how sex guilt affects sexual desire. In Morokoff's study, people who had elevated sex guilt experienced less sexual desire after being exposed to an erotic stimuli than people with low sex guilt. However, the researcher discovered that those with elevated sex guilt individuals were actually more sexually excited than low sex guilt individuals when he utilised physiological techniques to quantify subjects' sexual arousal. This result prompted Morokoff to draw the conclusion that those with high sex guilt were just less willing to admit that they had been sexually aroused as a result of their guilt over having experienced sexual desire.

METHODOLOGY:

In this quantitative study, attempts to find the relationship between sex anxiety, sex guilt and religiosity among unmarried young adults. With 100 young adults as its sample size, the study makes use of practical sampling.

Louis H. Janda (1980) The Sex Anxiety Inventory Inventory is used to measure one's sex anxiety. It has 25 questions. The items on the scale are in an enforced option format with one option constitute an anxiety feedback and the other a non anxiety feedback for each.

The centrality of religiosity scale was developed by Huber which has been widely used for the measurement of religiosity in individuals. This scale has 15 items. This scale evaluates the general intensities of five theoretical defined core dimensions of religiosity. They are public practice, private practice, religious practice, ideology and intellectual dimension.

The Brief Mosher Sex Guilt Scale, 10 items, was employed to measure the sex guilt among young adults

The young adults who are unmarried and age range 18 to 32 are included in the surveys as part of the data collection process. Serious mental illnesses that can have an impact on a participant's survey responses are not allowed.

Utilizing statistical methods like independent sample t-tests and Pearson's correlation, the gathered data will be examined. These analyses will examine any potential variations in levels of sex anxiety, religiosity and sex guilt among unmarried young adults. This study is to shed some light to young people regarding sexual health and sexual attitudes. This research measure sexual anxiety and sex guilt by measuring their fears, attitude, regarding sex as well as religious views and emphasis.

RESULTS AND DISCUSSIONS:

Table 1: Correlation of sex guilt and religiosity among young adults.

		religiosity	Sex guilt
Religiosity	Pearson Correlation	1	.288**
	Sig. (2-tailed)		.004
	N	100	100
Sex guilt	Pearson Correlation	.288**	1
	Sig. (2-tailed)	.004	
	N	100	100

H1: No significant difference between religiosity and sex anxiety.

The result of the person correlation showed that there is no significant relationship between religiosity and sex guilt among young adults. Hence the null hypothesis, there is no significant relationship between religiosity and sex guilt among young adults is accepted

Table 2: Correlation analysis between sex guilt and sex anxiety.

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Variables		Sex guilt	sex anxiety	
Sex guilt	Pearson correlation	1	-037	
	Sig. (2-tailed)		717	
	N	100	100	
Sex	Pearson correlation	-037	1	
anxiety	Sig. (2-tailed)	717		
	N	100	100	

**Correlation is significant at the 0.01 level (2-tailed)

H2: No significant relationship between sex guilt and sex anxiety

a pearson correlation was performed to test whether there

was a relationship between sex guilt and sex anxiety. The result of the person correlation showed that there is no significant relationship between sex anxiety and sex guilt among young adults. Hence the null hypothesis, there is no significant relationship between sex anxiety and sex guilt among young adults is accepted.

Summary:

The aim of the present study was to find the relationship between sex anxiety, religiosity and sex guilt among young adults. From the results, it can be concluded that there is no relationship between sex anxiety, sex guilt and religiosity among young adults who are unmarried. The tools used in the study were the sex anxiety inventory, the centrality of religious scale and the brief mosher sex guilt scale

Limitation:

Main drawback of the study is the sample size was small as well as most of the samples were from Bengaluru. A replica of the present study can be conducted with a larger sample selected through a probability sampling method. Interview with male and female would help in understanding the nature of sex anxiety they face.

Implications:

Young adults are obviously the future of tomorrow. This study will shed some light to young people regarding sexual health and sexual attitudes. Young adults can contribute to the community as well as they have a role in the development and growth of every nation especially in developing countries like India. During this phase young adults go through many changes and transitions take place, mainly mental and physical changes. Due to lack of proper sex education young adults have several misunderstandings regarding sexuality and sexual acts. Proper scientific sex education or family life education and counselling sessions will help in removing these kinds of anxieties among youth whom are driving force of tomorrow. The results of the current research will help young adults in better understanding about sexual acts and stereotyped beliefs about sex.

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