

Singles' sexual satisfaction is associated with **more** satisfaction with singlehood and **less** interest in marriage

How is being satisfied with your social and/or sex life associated with being drawn towards marriage and singlehood?

Single people in this context refer those who are currently unmarried and not involved in a serious romantic relationship

Methods

We analyzed data from three large studies.

The National Survey of Families and Household where 1,405 single people each from a different household in the U.S. reported on their desires for marriage, and their satisfaction with their friends.



The National Survey of Midlife Development where 1,115 singles were chosen from random digit dialing to report their beliefs for achieving happiness without marriage, and the quality of their friendships.

The 10-year German Family Panel where 1,125 young and mid-life single adults completed annual surveys assessing their satisfaction with singlehood, and desires for a partner.

In each study analyzed, participants reported their sexual frequency and satisfaction.

Together, the findings suggested that

Singles who were more sexually satisfied had less desires for marriage or a romantic partner and greater satisfaction with singlehood, and more strongly believed that happiness can be achieved without marriage.

Having higher quality friendships was associated with believing happiness can be achieved without marriage, and satisfaction with singlehood.



In Summary

Whether singles seek romantic partners or marriage is associated with their sexual satisfaction.

A singles' satisfaction with singlehood and beliefs that happiness can be achieved without marriage is associated with the quality and their satisfaction with their friendships and sexual lives.

Park, Y., Impett, E. A., & MacDonald, G. (2021). Singles' sexual satisfaction is associated with more satisfaction with singlehood and less interest in marriage. *Personality and Social Psychology Bulletin*, 47, 741-752.

