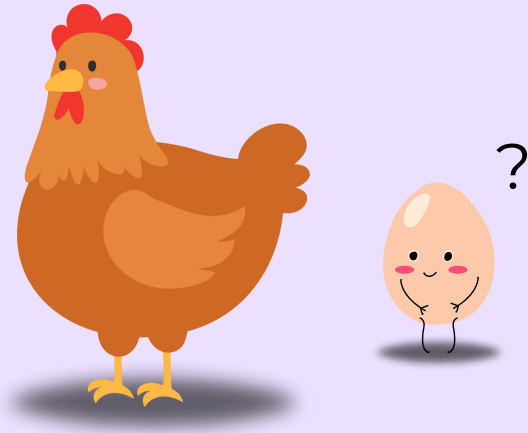


Sexual Satisfaction Predicts Future Changes in Relationship Satisfaction and Sexual Frequency: New Insights From Within-Person Associations Over Time.

Which comes first?

Romantic couples who are happier with their relationships also report having more frequent, satisfying sex.

But which one comes first? A happier relationship or a more satisfying sex life?



2,104 newlywed couples

in the United States completed surveys regarding their sexual satisfaction, relationship satisfaction, and sexual frequency over a 4-year period.

So, which did come first?

In each person, positive changes in sexual satisfaction **led to future** improvements in relationship satisfaction and sexual frequency rather than the other way around.

This was true for **both** men and women.



In short

This study highlights that **quality** sexual experiences are important for romantic couples, perhaps more so than the mere frequency of sex.

It also challenges the traditional belief that emphasizes men's sexual pleasure over women's and highlights the need to address the sexual needs of both women and men for happier relationships.



Park, H. G., Leonhardt, N., Johnson, M. D., Muise, A., Busby, D. M., Hanna-Walker, V. R., Yorgason, J. B., Holmes, E. K., & Impett, E. A. (2023). Sexual Satisfaction Predicts Future Changes in Relationship Satisfaction and Sexual Frequency: New Insights From Within-Person Associations Over Time. *Personality Science*, 4.