

Abstract

Studies have shown that women engage in consensual undesired sex, but the reasons why is still unclear. The evolutionary theory of Sexual Strategies suggest that there may be underlying sex differences in sexual desire that accounts for engaging in consensual undesired sex, and not just culture. Furthermore, this gender gap in sexual desire may be due to different sexual arousal patterns. However, the research on consensual undesired sex has often taken for granted the framework of sexual coercion, rather than acknowledging that sexual desire and arousal is a result of complex interplay between partners in a relationship. Seven-hundred forty students (66% women) aged between 18 and 30 (Mean = 22.59, SD =2.97) completed questionnaires on sexual satisfaction and passion about their current or most recent relationship, sexual initiation and rejection, perceptions about their own and partners sexual desire and arousal, sexual awareness, and nonsexual reasons for engaging in sex. Results showed that, as predicted, women more than men reported having sex for reasons other than sexual desire, such as guilt, intimacy or material gains. In line with our predictions, our findings also suggest that men more than women experience sexual desire prior to arousal, while women more than men experience sexual desire subsequent to arousal. These findings are supportive of different sexual arousal patterns in men and women.

Foreword

A special thanks to my supervisors Leif Edward Ottesen Kennair and Mons Bendixen, who's been as enthusiastic and excited about this project as I have. Leif Edward Ottesen Kennair has been my guiding light ideologically and conceptually, helping me to see the whole forest when I've been lost among the trees. Mons Bendixen has been there at the grass root with me, patiently assisting me through the creation of this final article.

Coming to an end of this master's thesis is somewhat bittersweet, as I feel there is still so much to be said and so much to be explored. Going into this project, I had great ideas of the magnitude and scope of the study. But little by little I needed to realize that my own capacity in terms of ability, resources, and time, made it virtually impossible to complete such a project. This current study holds one hypothesis with three predictions, in contrast to the initial 4 hypotheses and 11 predictions. On other words, I've learned a lot about how much work lies behind one single study. With the consultancy of my supervisors I developed the questionnaire which, from recommendation from NSD, become the online survey. The respondents were gathered in 6 weeks with me going into lectures at NTNU and UiO encouraging students to respond. Interestingly enough, this experience was somewhat difficult for me. My first experiences with the academy was not as I expected. I was not greeted with open arms. Overall, multiple lecturers greeted me with hostility and condescending attitudes, taking their time to remark on either the theme of the study or my way of carrying out the study (by obtaining respondents in lectures). But thankfully, that process ended when I reached an adequate sample size. The data cleaning and analyses in SPSS was probably my biggest challenge, but thanks to Mons Bendixen for supervising me, double and triple checking my syntax and output, I got through it alive. All in all, the learning outcome of this project has been enormous for me.

This journey has been an emotional rollercoaster of joy and excitement, and distress and defeat. A special thanks to my boyfriend, Petter, who has not only been my sparring partner in theoretical discussions, but also my biggest supporter when the end of this project seemed a lifetime away.

Consensual but undesired sex: sexual arousal patterns in a sample of students from a sexually liberal, gender-equal culture

Consider this; you have been away on a business trip only to arrive home late at night. When you come home your partner have arranged an evening. After a while, your partner makes a move, initiating sex. You are flattered by the move, but what to really want to just to have a long night sleep before work tomorrow morning. But you are flattered by the romantic gestures and your partner's delight in seeing you, thus you accept the sexual initiation, even if sleep is the only thing on you mind.

Partners in a romantic relationship does not always feel the desire to have sex at the same time, and thus sometimes we compromise. This is often referred to as “take one for the team”, or on more correct terms; consensual, but undesired sex. This study sets out to investigate the phenomenon of partner's in a relationship engaging in consensual undesired sex, and how different underlying sexual arousal patterns between men and women may affect such behaviour.

Whether men and women have the same sexual desire and arousal pattern has become an area of scrutiny the last couple of decades and has revealed sex as an intricate and complicated area, both in research and on a personal level. In 1966, William Masters and Virginia Johnson ended up challenging moral and cultural truths when they published *Human Sexual Response* — a book on the biological sexual responses in men and women from the stages of excitation to orgasm, termed the EPOR model. The model presents four biological stages of sexual response and is a linear model of arousal where one stage precedes the next (Hayes, 2011). The first phase, Excitation, represents the increase of sexual tension because of physical or mental stimulation. The stimulus activity determines the increase, but if the excitation continues, the sexual tension is amplified. This is the Plateau phase and endures until it is relieved by Orgasm. When climax is reached, the Resolution phase decreases tension and brings the body back to an unstimulated condition (Masters, Johnson & Hoffmeyer, 1968). Even though Masters and Johnson acknowledged that their model did not take into account any psychological aspects, as it was developed as a tool for examining human sexual limitations, the main critic has been aimed at the supposedly lack of recognition, and the importance, of the psychological aspects of sexuality. Throughout the years, changes and contributions to the model has been made by others. In 1974, Helen

Kaplan added the desire phase before the excitation phase after criticizing the lack of psychological arousal when discussing sexual desire — especially when considering women's sexual desire (Levin, 2008). Feminist and critic Rosemary Basson later endorsed the desire phase and as a contrast to Masters and Johnson's linear model, suggested that women in particular are motivated by reasons more complex than a “stage by stage” sexual arousal pattern. Basson suggested that women rarely have sex based on merely lust and that women's motivation for sex is often connected with some sort of reward or gain. She proposes that when a woman have sex for rewards such as emotional closeness or intimacy, this will lead to well-being in the relationship, and thus a woman will initiate sex for such reasons (Basson, 2000). This is referred to as the circular model of sexual arousal (Hayes, 2011).

The EPOR model turned out to be much more than a simplified physiological course of reaction as the aftermath of the publication stirred up a realization that there may be a sex difference when referring to arousal and sexual desire. Consequently, Sand and Fisher (2007) examined Masters and Johnson's linear and Kaplan/Basson's circular models to test which of these models women endorsed as reflecting their own sexual experience. They asked nurses about their different reasons for sex with their partner — if they engaged in sex because they were in “the mood”; because they wanted to be emotionally close with their partner; or if they had other non-sexual reasons to participate in sex. Sand and Fisher found that none of these three models was endorsed by the majority of the women. This finding suggests that there is still no current model that fully explains female sexual response (Sand & Fisher, 2007).

As we know by now, most of sexual desire and arousal is intertwined and influenced by psychological factors (Meston & Buss, 2009; Grøntvedt, Kennair & Mehmetoglu, 2015). Sex can serve as a fundamental function in a long-term relationship as it among others relieve tension and stress, bring out playfulness and enjoyment and fosters intimacy and attachment (Diamond, 2013). Nevertheless, sex can also be difficult and be a constant area of conflict. Changes in mood or even the wrong words from a partner can turn us off, and as a result the genital responses to a sexual stimulus can be overshadowed if our heads are not “in the right place”. In one study, over 90% of 142 participants provided a subjective definition when they were asked “What is sexual desire?” (Regan & Berscheid, 1996). Not surprising, considering that desire is a subjective, psychological phenomenon that does not always manifest itself in either conscious thought or is linked to any behavior. On that note, the definition needs to accommodate all individuals and therefore “we might conceive of sexual desire as a

psychological state subjectively experienced by the individual as an awareness that he or she wants or wishes to attain a (presumably pleasurable) sexual goal...” (Regan & Berscheid, 1999, p. 15). Sexual desire must not be confused with the physiological elements of sexuality, as sexual arousal first and foremost is the physiological reaction to sexual desire, such as penile erection for men and vaginal lubrication for women. Sexual desire is the psychological counterpart to arousal — the thought, lust, yearning and fantasies about sex. However, seeing the reactions of the implementation of the Masters and Johnson’s model, sexual arousal is far from something as simple as physiology. There is substantial overlap between desire and arousal and enjoyment - they co-occur and reinforce each other (Basson, 2005).

Sex differences in sexual desire

Would it not be ideal if men and women matched up perfectly in their sexual desire — if they felt sexual desire and arousal at the same degree, at the same time and in the same ways? Yet, in reality, that is rarely the case for partners in a relationship. Women more than men seek professional help to increase their sexual desire, as they believe that there may be something wrong with them for not wanting sex as often as their partner, or not wanting sex at all (Clement, 2002). In Baumeister, Catanese and Vohs' (2001) broad literature review they investigated possible sex differences in sexual motivations such as masturbation, number and frequency of sexual partners, fantasies about sex, thoughts about sex and to what length one will go to get sex. Their conclusion are that on average men by far have a stronger sex drive than women, and that none of the sexual motivations mentioned showed women having a stronger desire than men (Baumeister, Catanese & Vohs, 2001). Theories such as evolutionary theory and cognitive social learning theory expects differences. The evolutionary theory on human sexual behavior involves strategies to help increase reproductive success. The sexual strategies theory (Buss & Schmitt, 1993) proposes that men and women are indeed different as they have evolved solutions to different adaptive problems. Each sex has to take into the account the possible outcome of the sexual act, and thus has a big impact on how men and women experience and behave in sexual relationships. As the possible outcome of a short sexual interaction can be costly for a woman (possible offspring), she at least needs to make sure that this man will bring about certain qualities, such as good health or resources and commitment, for herself and their offspring. As a result, women have a preference for long-term mating relative to short-term mating. As men is not

limited by reproductive capacity, the sexual strategies theory suggests that men will have a greater preference for a higher number of sexual partners and a preference for frequent intercourse (Buss & Schmitt, 1993; Oliver & Hyde, 1993). Cognitive social learning theory also predicts differences, but contrary to evolutionary theory states that it is mainly culture and the media that instructs and thus dictates these differences. We learn to shape ourselves in the stereotypes that we are being presented with. Cognitive social learning theory predicts that as media gets more sexually liberal and thus portray a more sexualised woman, the differences between men and women will diminish (Bussey & Bandura, 1999). Even the gender similarities hypothesis, which argues that men and women is first and foremost similar, recognises that sexuality is one of the few exceptions to this hypothesis. The hypothesis acknowledge that sexuality is one of the exceptions as masturbation and attitudes towards sex reveals great sex differences (Hyde, 2005).

Although the differences between men and women has been the main perception, several studies indicates that the differences may not be as great as first assumed. One study reported that college-aged men experienced sexual desire more often than women, but noted that it was considerable variance within both samples (Beck, Bozman & Qualtrough, 1991). A major meta-analysis conducted by Petersen and Hyde, which included 1,419,807 participants, reviewed sex differences among the areas of intercourse, number of partners, casual sex, and pornography. Overall, even if the effect size was small to moderate, sex differences was detected. Men reported more sexual experience and in general tolerant sexual attitudes. In addition, men more than women also reported somewhat more frequent intercourse, more sexual partners, casual sex, sexual satisfaction, masturbation and more use of pornography. The authors went to great lengths to point out that the effect sizes were across the board small to moderate, and that the presumed great sex differences in sexual behavior are exaggerated (Petersen & Hyde, 2010). In addition, they wanted to examine if men and women's sexual attitudes and behaviour had changed over time. They found that sex differences was smaller in 2000 compared to 1990 in reports of sexual frequency, oral sex and attitudes towards casual sex. Nevertheless, young men seemed to change faster than young women. In comparison to the early 1990s, young men in the 2000s report waiting longer until their first intercourse, and report a decrease in number of partners. This change across time could not be detected in first intercourse and number of partners for young women. However, this sex difference was quite small, as they estimate that there is

approximately 85% overlap between the sexes in age of first intercourse (Petersen & Hyde, 2010).

These studies offer no definite answer to the question if women enjoy sex or not, or if women may have a greater enjoyment than men. What they do show is that there is a small difference between the sexes when looking at sexual desire and arousal. Further, it seems that men have a stronger correlation between desire and arousal. A meta analysis with a total sample size of 2,505 women and 1,918 men set out to measure the concordance between subjective and genital measures of genital arousal in both men and women. The analysis showed that men had a higher subjective-genital correlations than women. Men's awareness of the state of erection and other physical cues increased sexual arousal, meanwhile women showed no significant difference (Chivers, Seto, Lalumière, Laan & Crimbos, 2010). Another study suggests that women have a non-specific pattern of sexual arousal, while men have a category-specific pattern of sexual arousal. The women in the study reported more sexual arousal from female-female sexual stimuli than female-male stimuli, in comparison to men who displayed more arousal from female-male stimuli (Chivers, Rieger, Latty & Bailey, 2004). A qualitative study including 80 women reported that on the question "Is vaginal lubrication ("wetness") a counterpart or parallel to erection?" the answer was a resounding "no" (Graham, Sanders, Milhausen & McBride, 2004). Furthermore, the study also concluded that negative mood states such as anxiety was not a predictor for arousal, as the women both reported an increase and a decrease of sexual arousal because of negative mood states. This does not necessarily mean that women are bisexual or that women never respond to vaginal lubrication, but that women have a more fluent sexual arousal pattern than men. This may be the reason for the challenges researchers face when researching female sexual arousal. Nevertheless, what these studies do suggest is that there is a difference in patterns of desire and arousal between men and women, and that there is a possibility that these systems are "wired" differently.

Sexual Initiative and Reasons For Sex

We use a variety of signals to indicate sexual interest, such as prolonged eye contact, kissing, hugging and snuggling, and wandering hands. This is the initiation phase, which may lead to sexual activities, including intercourse. Most people have, at least one time in their life, rejected a partner's sexual initiative (Jesser, 1978). Several studies have suggested that

men are slightly more inclined to initiate sex than women are (Grøntvedt, Kennair & Mehmetoglu, 2015; Dworkin & O'Sullivan, 2005). However, 70% of the male participants in Dworkin and O'Sullivan's study expressed that they wanted their female partner to take more initiative (2005). And as a consequence, it seems that when women take initiative, the probability of the initiative resulting in sex is greater (Grøntvedt, Kennair & Mehmetoglu, 2015). As men have reported a higher frequency of masturbation and pornography use than women (Baumeister, Catanese & Vohs, 2001; Petersen & Hyde, 2010), these findings are in line with Petersen and Hyde's suggestion that heterosexual men do want to engage in sexual behaviors more often than women, but is somewhat constrained by their female partner that do not exert the same sexual drive. However, they also suggests that this constraint may be a result of social stigma and shame, as researchers have found that women under-report the frequency of masturbation and pornography use more than any other sexual behaviour (Petersen & Hyde, 2010). Even if sex differences in masturbation is detected, the effect size is quite small, indicating that there is a 67% overlap between men and women for masturbation. And then there is suggested that men and women differ in their perceptions about when their partner takes sexual initiative, making things a bit more complicated than stating either or. In a recent study, couples separately completed a questionnaire where they were asked to estimate how often they themselves initiated sexual activity, and how often they rejected a sexual initiative from their partner, based on a list of sexual advance behaviours. Overall, women seem to overestimate their partner's sexual initiative, while men either do not display directional bias or they underestimate the amount of initiative their partner makes (Dobson, Campbell & Stanton, 2018). Why we accept or reject an initiative for sex is influenced by a number of reasons. In one study, including 445 women and 477 men, a small sex difference was found when investigating reasons for engaging in sex. Overall, men reported having sex for reasons such as sexual pleasure, while women on the other hand reported reasons such as emotional closeness as more important (Leigh, 1989). These results are mirrored in another study on reasons for sex, where they also had an open-ended question; "What would be your motives for having sexual intercourse?". The typical answer for women was emotional closeness, to show their love to their partner, and to feel loved and needed. For men, however, the typical answer was to gratify themselves, pleasure, or "when I'm tired or masturbation" (Carroll, Volk & Hyde, 1985, p. 138). Sexual desire is often confused with other aspects of sexuality, such as love (Regan & Berscheid, 1999). In one

study, significantly more women than men romanticized sex and listed commitment or emotional intimacy as ultimate goals of sexual desire. As a contrast, significantly more men than women did report sexual activity as the final goal of sexual desire (Regan & Bersched, 1996). Another study on sex in advertising found that women's attitudes towards the ad improved significantly when the advertised product was positioned as a gift from a man to a woman as opposed to when the product was portrayed in a casual, non emotional sexual way (Dahl, Sengupta & Vohs, 2009). When sex is stripped of emotional intimacy and commitment it seems less appealing to women, which suggests that men and women have different approaches to sexuality – that women more than men have a person-centered orientation to sexuality, while men more than women have a body-centered orientation to sexuality.

Consensual undesired sex

Occasionally, both men and women will reject a sexual initiative, most commonly because of fatigue, lack of time and lack of proper mental state (Jesser, 1978). Moreover, sometimes we take part in sexual activity with our partner, even if we do not feel sexual desire. A partner in a relationship who complies to sexual initiatives from their partner even if sexual interest or sexual desire is low or not present, is referred to as consensual undesired sex. The partner freely says “yes” to the invitation for sex, even though for a number of reasons he or she does not experience sexual desire or arousal. This is consensual, but undesired, sex and reflects partners in relationship’s willingness to satisfy each other’s needs (Beck, Bozman & Qualtrough, 1991), to not disappoint our partner (Shotland & Hunter, 1995) and to promote relationship intimacy and to avoid relationship tension (O'Sullivan & Allgeier, 1998). Or maybe because motives to have sex vary substantially, to express love and communicate and express such feelings to our partner rather than experience physical gratification (Kennair, Grøntvedt, Mehmetoglu, Perilloux & Buss, 2015). Studies indicate that one in four men and half of all American women have consented to undesired sex at least one time in their life (O'Sullivan & Allgeier, 1998; Sprecher, Hatfield, Cortese, Potapova & Levitskaya, 1994), indicating that this is very much something that is more of a norm than a deviation. However, in sex research, sexual activity has often been referred to as either consensual and willing, or non-consensual and unwilling (e.g. Shotland & Hunter, 1995; Muehlenhard & Cook, 1988; O'Sullivan & Allgeier, 1998). Consensual undesired sex,

however, complicate these convictions as it constitutes a type of unwillingness in the initiating phase. An excellent illustration of this conflict can be found in O'Sullivan and Allgeier's study *Feigning sexual desire: Consenting to unwanted sexual activity in heterosexual dating relationships* (1998). The study refers to consenting to unwanted sexual activity in the jargon of non-consent, but as most participants in their study experienced positive outcomes from engaging in consensual "unwanted" sex, and that the quality of their relationships did not suffer because of it, the authors admit that this phenomenon may not be non-consensual (O'Sullivan & Allgeier, 1998). In addition, no evidence underlies that the sexual activity is "unwanted" - rather, it is undesired, as they themselves note that they do not know if the sexual stimuli remained unwanted throughout the activity. Furthermore, masculine and feminine gender roles did not seem to predict consenting to undesired sex, indicating that culture has less to do with this phenomenon, thus strengthen the suggestion of sexual arousal patterns being mainly a biological phenomenon.

Aims

Sand and Fisher (2007) could not establish an arousal model which endorsed the majority of women in their study, and thus not confirming Basson's suggestions about different arousal patterns in men and women (Basson, 2000; Hayes, 2011). The aims of this study is to investigate young men and women's attitudes and experiences with sexual desire and arousal, sampled from one of the worlds most sexually liberal and gender-equal countries. Researchers does not seem to agree on the extent of the sexual differences between men and women, but the main sex difference seem to lay in masturbation, frequency of sexual intercourse and use of pornography (Beck, Bozman & Qualtrough, 1991; Baumeister, Catanese & Vohs, 2001; Petersen & Hyde, 2010). What these have in common is that they are connected to the initial phase of sexual stimulus, namely the experience of desire. Consequently, it has been of great interest to investigate consensual undesired sex to reveal possible underlying sexual arousal patterns to explain the sex differences in desire. In addition to investigating consensual undesired sex, the connection and experience of desire and arousal, and sexual initiation based on reasons other than sexual desire and arousal would be explored as a possible consequence of different arousal patterns.

Hypothesis

Men and women display differences in sexual arousal and desire (Baumeister, Catanese & Vohs, 2001; Beck, Bozman & Qualtrough, 1991). Further, men will display a more linear sexual arousal pattern than women while women will display a more circular arousal pattern (Basson, 2000; Hayes, 2011; Sand & Fisher, 2007).

Prediction 1: Women more than men engage in consensual undesired sex.

Prediction 2: Women more often than men report that their sexual desire arises after arousal.

Prediction 3: Women more than men should initiate sex for reasons other than sexual desire.

Research question

We also wanted to examine if ideological convictions about the romantic ideal of a linear, masculine style arousal pattern has influenced how we perceive consensual undesired sex, even if the linear model does not fully predict actual own sexual behavior in women. As a research question, I want to examine if there is an ideological dissonance between the attitude “nobody should have sex with their partner if they do not want to” and the actual sexual behaviour reported.

Methods

Participants

Students from Norwegian University of Science and Technology (NTNU) and University of Oslo (UiO) were sampled for this study. The survey was in Norwegian, and the sample of students were from a number of different disciplines, ranging from social health, art and media, anthropology, history, mathematics, economics, social sciences and information science. No incentives were given for participating. A total 990 respondents completed the questionnaire. Respondents eligible for analysis were heterosexuals in the age of 18 to 30 and those who currently are in or have been in a romantic relationship. 250 participants failed to meet the criteria for the analysis and was not included. A total of 740 respondents qualified, of whom 251 men and 489 women ($M = 22.59$, $SD = 2.97$). 506 participants responded that they were currently in a relationship, of whom 165 men and 341 women.

Procedure

Students were invited to respond to an eight-page form online questionnaire (approx. 10 min) after being given an oral presentation of the study in lecture breaks (during January/February 2018). The students were assured that their responses would remain anonymous. They were also encouraged to complete the survey in private after the lecture, pointing out that the some of the survey questions was personal and sensitive. The issue of ensuring anonymity was also the reason that the survey was online and not on paper, recommended by NSD - Data Protection Official for research and educational institutions. This study received approval from NSD on November 22nd (case number 56994). All students were informed that the survey was voluntary. Supplementary information to the oral presentation was given on the first page of the survey, including contact information if any of the participants had any questions. No reward was given for participating in the study. All the analyzes were conducted using the statistical software program IBM SPSS Statistics version 24 for Mac.

Questionnaire

The questionnaire was developed to investigate multiple aspects of sexual behaviour and attitudes. As this study set out to examine a fairly limited researched phenomenon, the procedure was to use some already existing measures, and where it lacked, create new measures. The questionnaire covered seven modules. The first module included demographics. In addition to reporting age, sex and relationship status, participants responded to number of sexual partners and age of first sexual experience. The questions about intercourse frequency is retrieved from the Norwegian study *Samleiefrekvens – prevalens og prediktorer i et tilfeldig utvalg norske gifte og samboende heteroseksuelle par* (Stabell, Mortensen & Træen, 2008).

In the second module, participants who had reported being currently in a relationship ($N = 506$) rated overall relationship satisfaction and passion. These items were obtained from Perceived Relationship Quality Components Inventory (PRQC) (Fletcher, Simpson & Thomas, 2000), and included 9 items, whereas 6 items used a 5-point Likert scale (1=not at all, 5=to a very large extent).

The third, fourth and fifth module included questions about attitudes and behaviour regarding desire and arousal; non-sexual reasons for having sex; and sexual consciousness and anxiety, which constitutes as the most important modules for this current study. These modules involves a variety of questions exploring experiencing desire and/or arousal; desire prior to, or subsequent to, sexual stimulus; experiencing arousal prior or subsequent to desire; reasons for initiating sexual activities without experiencing desire nor arousal; and sexual awareness and anxiety. These questions are largely retrieved from existing measures, adjusted and translated into Norwegian: Snell, Fisher og Walters (1993): *The Multidimensional Sexuality Questionnaire: An objective self-report measure of psychological tendencies associated with human sexuality*, Sand og Fisher's (2007) study *Women's endorsement of models of female sexual response: The nurses' sexuality study*. Questions about reasons for sex is retrieved from *Why Women Have Sex: Understanding sexual motivations from adventure to revenge* (Meston & Buss, 2009) and Basson (2000).

Sexual desire and arousal (e.g., "I initiate sex even if I feel no sexual desire") consisted of 16 items, with a 5-point Likert scale (1=never, 5=always).

Attitudes towards sex, control and orgasm. (e.g., “Nobody should have sex with their partner if they don’t want to”), consisted of 9 items and used a 5-point Likert scale (1=strongly disagree, 5= strongly agree).

Non-sexual reasons for having sex (e.g., “I initiate sex with my partner, not because I feel aroused or sexual desire, but to be emotionally closer to my partner”), consisted of 7 items with a 5-point Likert scale (1=never, 5=always).

Sexual consciousness, awareness and anxiety (e.g., “I get anxious when I think about my sex life”), consisted of 14 items, using a 5-point Likert scale. 3 items using 1=strongly disagree, 5=strongly agree, and 11 items 1=never, 5=always.

The sixth and last module includes the *Sociosexual Orientation Inventory (SOI)*. The last 9 items measures preferences and beliefs about sex and casual sexual relations, and is translated from Penke and Asendorpf’s revised measurements (SOI-R) (Penke & Asendorpf, 2008). These questions ranges from “Sex without love is okay” to “In your daily life, how often do you experience spontaneous sexual fantasies about someone you just met”. These 9 items were assessed by using a 9-point Likert scale. The questionnaire can be seen in Appendix A.

Measures

An Exploratory factor analysis (PCA) was conducted intending to create a reliable scale of sexual attitudes and behavior from the questionnaire. But as the study specifically needed to separate desire and arousal, and desire and arousal prior and subsequent to sexual stimulus, the factor analysis proved insufficient. The dimensions was thus constructed conceptually. This dataset included 80 items distributed on six modules (including personal data), and thus several items has been left out at this current study. The dimension NoPreDesire includes items that only measures no desire prior to sexual stimuli and do not assume anything about subsequent presence of desire nor arousal as the stimuli continues. NonDesireArousal includes items on not experiencing desire or arousal neither prior or subsequent to sexual stimulation. DesireAfter includes items regarding experiencing sexual desire as the sexual stimulation endures. ReasonsFor includes items where sexual initiation is taken even if sexual desire or arousal is not present, and Compromise includes the items where compromise has been done on the basis on e.g. nagging from a partner. Passion and Satisfaction is relationship measures. For details about dimensions with associated items and

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reliability, see Table 1. In addition to the predictions, the research question includes one item “Nobody should have sex with their partner if they do not want to”.

Table 1

A Summary of Measurements With Reliability

Dimension	Associated Items	Cronbach's α
NoPreDesire	I initiate sex even if I do not feel desire	.687
	I experience desire subsequent to initial sexual stimulation	
	I do not feel desire even if the sex has started	
	I do not initially feel desire, but after sexual stimulation I experience arousal and desire	
	I have sex even if I do not experience desire or arousal	
NonDesireArousal	I have sex with my partner even when I'm not sexually aroused	.797
	I do not feel desire even if the sex has started	
	I do not feel aroused even if the sex has started	
	I have sex even if I do not experience desire or arousal	
DesireAfter	I experience desire subsequent to initial sexual stimulation	.551
	I do not initially feel desire, but after sexual stimulation I experience arousal and desire	
ReasonsFor	I initiate sex, not because I am aroused or experience desire, but to avoid conflict with my partner	.701
	I initiate sex, not because I am aroused or experience desire, but to gain something (goods or services) from my partner	
	I initiate sex, not because I am aroused or experience desire, but to get emotionally closer to my partner	
	I only have sex because it's been a long time since last	
	I only have sex to reduce stress or to work out	
	I initiate sex because I feel I owe it to my partner	

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Table 1 (continued)

Dimension	Associated Items	Cronbach's α
Compromise	I have sex with my partner even when I'm not sexually aroused	.596
	I have sex because my partner is nagging	
	I feel that I can't say no to sex	
Passion	How passionate is your relationship	.795
	How much sexual desire is in your relationship	
	How sexually intense is your relationship	
Satisfaction	How satisfied are you with your relationship	.888
	How content are you with your relationship	
	How happy are you in your relationship	

Results

When exploring the possibility of sex differences in sexual arousal patterns, participants reported on their attitudes and sexual behavior in terms of desire and arousal. Including the eight dimensions included in Table 2, sex was an important predictor. The data was analyzed using t-tests and univariate regression, and the results is presented chronologically.

Table 2

Descriptive Statistics Of All Variables Used in the Statistical Analyzes (N=740)

Variable	Women			Men		
	<i>N</i>	<i>M</i>	<i>SD</i>	<i>N</i>	<i>M</i>	<i>SD</i>
Age	489	22.28	2.83	251	23.21	3.12
NoPreDesire	487	2.12	.59	250	1.97	.56
NonDesireArousal	486	1.84	.65	249	1.60	.53
DesireAfter	487	2.65	.80	250	2.38	.77
ReasonsFor	486	1.63	.52	249	1.53	.47
Compromise	489	4.48	.61	250	4.38	.70
Passion	342*	4.19	.75	164*	4.30	.70
Satisfaction	342*	4.63	.58	164*	4.62	.56

Notes. Age 18-30; NoPreDesire = , NonDesireArousal = , DesireAfter = , ReasonsFor = and Compromise. The above predictors were coded 1 = never, 5 = always, except Passion and Satisfaction coded 1 = not at all, 5 = very much.

* Lower N as these participants answered specific items as they reported being currently in a relationship.

Prediction 1. To examine if more women than men engage in consensual undesired sex, a t-test was performed. Consensual undesired sex is in this analysis defined as a lack of desire initial to the sexual activity, and thus do not imply either the presence of or the lack of

desire subsequent to the sexual engagement. Among the university students taking the survey, there was a significant difference between the sexes in not experiencing desire prior to initial sexual stimulus (dimension NoPreDesire) . Women ($M = 2.12$, $SD = 0.59$) more than men ($M = 1.97$, $SD = 0.56$) reported having sex without experiencing desire prior to engaging in sexual activities, $t(735) = -3.34$, $p < .001$, $d = 0.26$.

Further, a t-test of another dimension that includes the lack of either desire and/or arousal both prior to and subsequent to sexual engagement was conducted. Women ($M = 1.84$, $SD = 0.65$) more than men ($M = 1.60$, $SD = 0.53$) reported having sex without experiencing neither desire or arousal, $t(592,72) = -5.30$, $p < .001$, $d = 0.40$. Even if women proved significant results in both tests, a smaller prevalence of women, and men, reported engaging in sexual activities without desire and/nor arousal.

Prediction 2. A t-test was performed to examine if women more often than men report that their sexual desire arises after arousal or sexual stimulation (DesireAfter). Women ($M = 2.65$, $SD = 0.80$) more than men ($M = 2.38$, $SD = 0.77$) reported having sex experiencing desire only subsequent to sexual stimuli, and thus no desire prior to stimulation or arousal; $t(735) = -4.40$, $p < .001$, $d = 0.34$.

Prediction 3. A t-test was also conducted when examining if women have reported initiating sex for reasons other than sexual desire, such as material gain or emotional closeness, more than men (ReasonsFor). Women ($M = 1.63$, $SD = 0.52$) did report initiating sex for reasons other than sexual desire more than men ($M = 1.53$, $SD = 0.47$); $t(733) = -2.62$, $p < .001$, $d = 0.20$. By assessing the mean in both sexes and the effect size value, the sex difference in this dimension is relatively small.

As an exploratory measure, a three stage hierarchical multiple regression was conducted with respondents experiencing desire subsequent to sexual stimuli or arousal (DesireAfter) as the dependent variable to further comprehend the nature of experiencing desire subsequent to the initial phases of sex. Age and Sex was entered at stage one, relationship Passion and Satisfaction at stage two, and initiating sex for other reasons than desire or arousal (ReasonsFor) and Compromise at stage three. These variables was selected on the foundation of intercorrelations (see table 3), and entered in an order that seemed chronologically relevant based on relationship development. The multivariate regression statistics are presented in Table 4.

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Table 3

Pearson Correlations Between Variables Predicting Consensual Undesired Sex

Variable	1	2	3	4	5	6
1 Desire After						
2 Sex	.150***					
3 Age	.157***	-.146***				
4 Passion	-.249***	-.070	-.190***			
5 Satisfaction	-.153***	.013	-.047	.526***		
6 ReasonsFor	.399***	.117**	.092*	-.410***	-.283***	
7 Compromise	.473***	.070	.030	-.319***	-.328***	.506***

Notes. Includes both male and female participants (N=503).

* $p < .05$. ** $p < .01$. *** $p < .001$.

Table 4

Summary of Hierarchical Regression Analysis for Variables Predicting Experiencing Desire Subsequent to Arousal (N = 502)

Variable	Model 1			Model 2			Model 3		
	<i>B</i>	<i>SE B</i>	β	<i>B</i>	<i>SE B</i>	β	<i>B</i>	<i>SE B</i>	β
Sex	0.32	0.08	.18***	0.28	0.08	.16***	0.21	0.07	.12**
Age	0.05	0.01	.18***	0.04	0.01	.14***	0.04	0.01	.14***
Passion				-0.21	0.06	-.18***	-0.06	0.06	-.05
Satisfaction				-0.08	0.07	-.05	0.07	0.07	.05
ReasonsFor							0.31	0.08	.18***
Compromise							0.49	0.06	.37***
<i>R</i> ²		.05			.09			.28	
<i>F</i> for change in <i>R</i> ²		14.62***			12.32***			67.03***	

* $p < .05$. ** $p < .01$. *** $p < .001$.

The hierarchical multiple regression revealed that in Stage one, Age and Sex contributed significantly to the regression model, $F(2,500) = 14.62, p < .001$ and accounted for 5,5% of the variation in experiencing desire subsequent to sexual stimulus or arousal. In Stage two, Passion and Satisfaction contributed significantly to the model, $F(4,498) = 13.80, p < .001$, and explained additional 4% of the variation. Finally, other reasons for initiating sex than for desire and arousal and Compromise significantly contributed to the model, $F(6,496) = 33.98, p < .001$ and explained an additional 19,2% of the variation in experiencing desire subsequent to sexual stimulus or arousal. When all six independent variables were included in stage three in the regression model, neither Satisfaction nor Passion proved significant predictors of experiencing desire subsequent to sexual stimulus or arousal. The most important predictor to explain the variation was Compromise ($\beta = 0.37$). Together the six independent variables accounted for 28,3% of the variance in experiencing desire subsequent to sexual stimulus or arousal.

Research question. I want to examine if there is an ideological dissonance between the attitude “nobody should have sex with their partner if they do not want to” and the actual sexual behaviour reported. A hierarchical regression revealed that for women (see Table 5) Compromise significantly contributed to the model, $F(1,484) = 82.15, p < .001$, and explained 14,5% of the variation in experiencing desire subsequent to sexual stimulus or arousal. Stage two revealed that Attitude significantly explained a portion of the variance, $F(2,483) = 48.45, p < .001$, accounting for additionally 2% of the variation in experiencing desire subsequent to sexual stimulus or arousal

Table 5

Summary of Hierarchical Regression Analysis for Attitudes and Compromise Predicting Engaging in Sex with Desire Subsequent to Arousal For Women (N = 485)

Variable	Model 1			Model 2		
	<i>B</i>	<i>SE B</i>	β	<i>B</i>	<i>SE B</i>	β
Compromise	0.43	0.05	.39***	0.40	0.05	.35***
Attitude				-0.13	0.04	-.15***

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R^2	.14	.16
F for change in R^2	82.15***	12.76***

Notes. Attitude = one item “Nobody should have sex with their partner if they do not want to”.

* $p < .05$. ** $p < .01$. *** $p < .001$.

The same regression for men (see Table 6) revealed that Compromise significantly contributed to the model, $F(1,248) = 51.92, p < .001$, explaining 17,4% of the variance in experiencing desire subsequent to sexual stimulus or arousal. Attitudes significantly contributed to the model, $F(2,246) = 26.28, p < .001$, but the R square Change of 0.2% proved non-significant ($p = 0.403$). By assessing model 2 in Table 5 and 6, it is imminent that women is more influenced by attitudes than men. In women, attitudes significantly predicted an antagonistic relationship on the possibility of engaging in undesired sex (where desire is subsequent to sexual initiation), while the analysis on men proved attitudes to be an insignificant predictor for engaging in undesired sex

Table 6

Summary of Hierarchical Regression Analysis for Attitudes and Compromise Predicting Engaging in Sex with Desire Subsequent to Arousal For Men (N = 248)

Variable	Model 1			Model 2		
	B	$SE B$	β	B	$SE B$	β
Compromise	0.50	0.07	.42***	0.49	0.07	.41***
Attitude				-0.04	0.05	-.05
R^2	.17			.18		
F for change in R^2	51.92***			26.28***		

Notes. Attitude = one item “Nobody should have sex with their partner if they do not want to”.

* $p < .05$. ** $p < .01$. *** $p < .001$.

Discussion

This current study set out to examine consensual undesired sex as a consequence of different sexual arousal patterns in men and women. The results confirmed that women and men report different behavior in the dimensions of sexual desire, arousal, and sexual initiation. Women more than men reported engaging in sexual activities without feelings of desire, in addition to reporting feelings of desire and/or arousal subsequent to sexual stimulation, and lastly that women more than men reported initiating sex for reasons other than sexual desire.

The sex differences were predicted to be great in the areas concerning desire and attitudes, as earlier research on sexual initiation, masturbation and sexual attitudes has suggested (e.g. Grøntvedt, Kennair & Mehmetoglu, 2015; Baumeister, Catanese & Vohs, 2001). Nevertheless, the differences turned out to be small to moderate across all the results, and thus in line with Petersen and Hyde's (2010) discussion that the differences between men and women may not be as pronounced as has been previously presumed. The sex differences was small to moderate in sexual desire, arousal and initiation, and thus the results support evolutionary theory that predicts that the difference between men and women would be less apparent in long-term relationships (Buss & Schmitt, 1993).

Prediction 1 (consensual undesired sex) was supported as there was a significant sex difference in the aspect of experiencing no desire prior to sexual stimulation, with women reporting experiencing this more than men. In addition, women also reported experiencing neither desire nor arousal prior to or subsequent to the sexual stimulation. As Basson (2005) suggested, in addition to results from other studies (O'Sullivan & Allgeier, 1998; Sprecher, Hatfield, Cortese, Potapova & Levitskaya, 1994), there is a prevalence of consensual undesired sex among women. Which might or might not be indicative of relational problems, or merely suggestive of sex differences in arousal patterns (Basson, 2005; Sand & Fisher, 2007; Hayes, 2011). The few studies that have considered this, suggest that this is mainly a female phenomenon. This is based on earlier held beliefs about women and reasons for engaging in sex, and women's experience of sexual desire as something not always present in the initial phases of intercourse (Basson, 2000; O'Sullivan & Allgeier, 1998; Sprecher, Hatfield, Cortese, Potapova & Levitskaya, 1994; Sand & Fisher, 2007). In addition, these studies also had mainly or exclusively female samples and thus limiting the scope of the understanding of consensual undesired sex. The current results indicate sex differences, but

these differences are small, and also men show results that deviate from the typical linear arousal pattern. By including a large sample of men, the current study indicates that engaging in consensual undesired sex is more prevalent than initially assumed, and may be descriptive of the arousal patterns of members of both sexes. 79% of all participants responded that they have at least once in their life consented to undesired sex. For men the prevalence was 69%, and for women 75%. The prevalence from earlier research (O'Sullivan & Allgeier, 1998; Sprecher, Hatfield, Cortese, Potapova & Levitskaya, 1994) indicated that one in four men and half of all women (in an American sample) had consented to undesired sex, but the results of this current study indicates that the prevalence is greater than first assumed. This illustrates the normality of the phenomenon. The fact that men engage less in consensual undesired sex than women may be that men have a stronger sex drive than women (Baumeister, Catanese & Vohs, 2001), and also that men to a larger degree need physical arousal to engage in intercourse. Women are physically able to engage in consensual undesired sex without ever experiencing desire nor arousal more than men due to the fact that at a physiological level, men need an erect penis. Women are not as limited physiologically. Nevertheless, the prevalence findings indicate that there is considerable variance within both sexes, suggesting that whom, when and why someone does not experience desire prior to sexual stimulation may not be sex specific. As both sexes engage in consensual undesired sex, further exploration of arousal patterns needs to be conducted on an individual level, and not as something sex specific. It is important to not primarily explore this from a basis in battle of the sexes, or exploitation, but rather explore why and when individuals are willing to compromise.

As the prevalence of consensual undesired sex was in support of the prediction that the classical linear arousal pattern might not be universal, prediction 2 strengthens the suggestion that desire not always arises prior to sexual stimulation. Women more often than men report that their sexual desire arises after arousal, or as a consequence of sexual stimulation. In line with prediction 1, even if women reported slightly more than men that they experience desire after the initial sexual stimulation, the effect equivalent was two thirds of a standard deviation unit (see results). Further, in line with research conducted on reasons for initiating sex (Grøntvedt, Kennair & Mehmetoglu, 2015; Carroll, Volk & Hyde, 1985; Leigh, 1989), women more than men initiate sex for reasons other than desire, such as emotional closeness or other rewards such as gaining money or other forms of services.

These results supports prediction 3. It may seem that both men and women engage in consensual desired sex, but the reasons why seem to differ. Studies indicate that women initiate sex for reasons such as love and emotional intimacy, and men for reasons such as pleasure and gratification (Carroll, Volk & Hyde, 1985; Kennair, Grøntvedt, Mehmetoglu, Perilloux & Buss, 2015; Meston & Buss, 2007). It may seem that even if the sex is undesired, the reasons for initiating are still the same. Interestingly, for men, even if the desire is lacking, the prospect of pleasure is still the main reason for engaging in undesired sex.

As all the predictions were supported, to further investigate what role desire plays among the participants reporting being currently in a relationship, a multivariate analysis was carried out. In stage one in the regression analysis, age and sex proved as significant predictors for engaging in sex without prior desire. The results indicate that as we get older, the greater the chance of engaging in undesired sex, and women seem to be more inclined to this than men. Only minor changes to the model was made when adding relationship Passion and Satisfaction in stage two. Passion correlated negatively, indicating that the more passion and infatuation experienced in the relationship (probably and usually early in the relationship) brings about less sex without initial desire. Satisfaction proved to be non-significant when predicting the experience of desire after initial stimulation, and thus suggests that satisfaction, which is very much about non-sexual feelings such as happiness and contentment, is not a predictor for sex in a relationship. Reasons for initiating sex other than desire or arousal and compromise was added to the model in the third and final step. Interestingly enough, these reasons sidelined passion. Being in love seems to be redundant to reasons for engaging in sex and compromises when it comes to initiating sex without initial feelings of desire or arousal. This suggests that the most important predictor for engaging in sex without prior feelings of desire or arousal is compromise.

When investigating the more explorative research question of whether there exists dissonance between participants' attitudes towards consensual undesired sex and their actual sexual behavior, results revealed that attitudes only had a small antagonistic effect. In this model, for women, relationship compromises (e.g. "I have sex because my partner is nagging") was only reduced slightly when adding attitudes. The associations between sexual compromises and experiencing desire subsequent to stimulation only decreased from $r = 0.39$ to $r = 0.35$. For men, the reduction of adding attitudes to the model was even smaller, reducing the association between compromises and experiencing desire after stimulation with

only 0.01 point (from $r = 0.42$ to $r = 0.41$). If there was no dissonance the associations between sexual compromise and experiencing desire subsequent to stimulation would change greatly when adding attitudes to the model. However, they did not. This suggests that there is a dissonance between attitudes and actual behavior when it comes to experiencing desire after initial stimulation in both sexes. These results reveal that women seem to a slightly greater extent to let their attitudes create an antagonistic effect on compromises in their relationship when it comes to sex.

Had there been no dissonance, the antagonistic effect should have been much greater. This suggests that there is a social stigma surrounding consenting to undesired sex, as there is a discrepancy between attitudes and actual behavior; what they say they do and what they actually do. The fact that women exert this dissonance more than men is in line with research on shame concerning certain aspects of sexuality, and that men have less conservative attitudes towards sex than women do (Petersen & Hyde, 2010). These results also support the gender similarity hypothesis (Bussey & Bandura, 1999) that expected that men would display less dissonance between attitudes and actual behavior.

There seems to be a political correctness in terms that there is a correct order of appearance of psychological and physiological states, namely the appearance of desire prior to arousal, reflecting the linear arousal pattern. Oddly enough, research seems to indicate that this is more typically a masculine arousal pattern (Basson, 2000; Sand & Fisher, 2007). Unfortunately, what the results of this study suggest, is that many of the participants do not exert a linear arousal pattern, but women might be mostly concerned and troubled by not following a less linear pattern.

Masters and Johnson's physical linear model of arousal, created to examine the universal human sexual response, was a starting point for sex research as we know it today (Masters, Johnson & Hoffmeyer, 1968). The EPOR model was supposed to embrace both sexes and easily explain the sexual trajectory in a stage by stage manner. Critics of the model added the desire phase to bring the psychological aspect into consideration, as this aspect presumably was more important for women than for men (Levin, 2008). The current findings actually suggest that the psychological aspect actually are relevant to both sexes, and to certain individuals to a larger or lesser degree. Later on, though, Basson suggested that women had other reasons for engaging in sex other than strictly desire or arousal, and that desire and arousal was more complicated for women than for men (Basson, 2000).

Research has supported that desire and arousal is more intertwined in men than in women (Kennair, Grøntvedt, Mehmetoglu, Perilloux & Buss, 2015; Meston & Buss, 2007). Men report experiencing sexual desire when they get penile erection (Chivers, Seto, Lalumière, Laan & Crimbos, 2010). Women, on the other hand, report that they do not experience neither awareness nor sexual desire as a response to vaginal lubrication (Graham, Sanders, Milhausen & McBride, 2004). This current study confirms that women experience desire and arousal differently than men, as more women reported experiencing sexual desire subsequent to arousal, or not experiencing desire nor arousal during stimulation. However, the effect size value was small, indicating that the sex difference in the connection between desire and arousal is not as strong as previously assumed. Even though men lean more towards a linear arousal pattern, and women a circular arousal pattern, this study shows that both sexes, although not universally, engage in sex even if there is a lack of desire or arousal, or both, prior to sexual stimulation. It shows that both sexes continue to have sex even if they do not experience desire subsequent to sexual initiation. With this in mind, it may seem that sex is not necessarily a strong predictor for a specific sexual arousal pattern. Maybe the conception about one universal arousal pattern or even a specific arousal pattern for each sex is wrong. Future research needs to consider that there variables that explain individual differences, and that will prove to be better predictors than sex alone.

Exaggerating sex differences may be harmful for both sexes as the stereotype of great differences may constrain men and women into gender stereotypes in which they do not feel they belong. However, indicating that the sexes are virtually the same, and that the standard of judging men and women's sexuality should be the same, is also problematic as they are not the same, neither physiologically or psychologically. It may be much more relevant, though, to acknowledge that there is as many differences within the sexes as there is between them. Even if each prediction revealed systematic and significant sex differences, it is important to note that most of these differences were small. Prior studies have suggested that the expected sex difference should be greater (Baumeister, Catanese & Vohs, 2001; Oliver & Hyde, 1993). This indicates that the sexual arousal patterns may not necessarily be sex specific, from a clinical sexological perspective, but rather dependent upon another unknown variables – that better describe individual differences in arousal patterns and reasons for sex.

In addition to indicating that there may be different sexual arousal patterns among the participants, independently of sex, compromises and other reasons for sex proved an

important predictor for the prevalence of consensual undesired sex. Participants proved willing to meet their partner halfway by conforming to their partners wish for sex, and even initiating sex themselves, even with a lack of prior desire. Even relationship passion had to step aside as compromise entered the arena. This supports the notion that, even when it comes to sex, compromises in a relationship must be made to make it work. However, considering the explorative research question on dissonance, there seems to be a preconception that compromise is something that should not be made in the areas of sex, as it is often set in connection with coercion. This is unnecessary and wrong, as many studies has found no negative outcomes of making sexual compromises (O'Sullivan & Allgeier, 1998; Beck, Bozman & Qualtrough, 1991)

Limitations

This study explored consensual undesired sex as a result of different arousal patterns. The sample of participants for this study, however, was obtained at two different Norwegian universities, and thus highly educated and WEIRD (Western, educated, industrialized, rich and democratic; Henrich, Heine & Norenzayan, 2010). In addition, this study only included heterosexual individuals between the ages of 18 and 30. This suggests that there may be problems drawing general conclusions to people of other walks of life, ethnic backgrounds or people that are older. Ideally, the hypothesis of this study would have gained more power by sampling data from other countries with a lower degree of sexual equality, liberalism, and economic freedom. Further, sexual desire is highly subjective (Regan & Berscheid, 1999), and can be influenced by a number of factors such as medical, relational or physiological. In addition, social desirability can be a potential limitation for studies, especially studies of sexual character (Meston & Buss, 2007). This study would have benefited being longitudinal rather than cross-sectional.

Future directions

This study has provided with results that can further the understanding of sexual arousal patterns. Further research needs to be conducted on sexual desire and arousal in men and women to create a valid and comprehensive theory on sexual arousal patterns that addresses both individual differences, subgroup differences and circularity, not merely a simple linear male style model (Basson, 2000; Sand & Fisher, 2007). It would be interesting

to further assess the relationship between desire and arousal, and ideal and actual sexual frequency in a relationship to see if the results of this study proves reliable as the relationship duration increases. It would be especially interesting to test these predictions with a large sample of sexual minorities, to assess the importance of sex versus beliefs about gender stereotypes in a relationship. Cultural differences also need to be assessed. This sample is retrieved from a sexually liberal and gender-equal culture, but despite this we found that attitudes had an antagonistic effect on engaging in undesired sex, especially for women (see also Petersen & Hyde, 2010). Bandura's cognitive social learning theory predict that as a society gets more and more sexually liberal and thus soften the gender stereotypes, these liberal views would slowly but surely make the genders more alike (Bussey & Bandura, 1999). Thus it would be interesting to try replicate the results of this current study in a less sexually liberal culture to investigate if the antagonistic effect of attitudes would be greater. Even if the sample controls for love, passion, satisfaction and age in the relationship, people initiate sex even if they do not feel desire or arousal prior to engaging in sexual behavior. Even if participants acknowledge that they engage in sex as a compromise because their partner is nagging or they feel they can not say no, most participants report that they do experience both desire and arousal subsequently to engaging in sexual behavior. As suggested by this current study and multiple researchers (Regan & Bersched, 1996; Dahl, Sengupta & Vohs, 2009), it would be interesting to investigate further if consenting to undesired sex is associated with the suggestion that women have a person-centered orientation to sex, while men have a body-centered orientation. Considering the small effect sizes, despite systematic differences, it may be that those sex differences are real, but that a better approach would be to consider individual differences are more relevant. Hence, a research program focusing on individual desire and arousal patterns would be warranted.

Implications and Conclusions

Consensual undesired sex does not indicate that one does not experience desire and/or arousal subsequent to sexual stimulation, only that there is a lack of sexual desire in the initial phase of the sexual stimulation. The results of this study suggest that a large proportion of participant's do experience desire and arousal subsequently to stimulation. Therefore, referring to the phenomenon as consensual *undesired* sex is more correct than referring to it as consensual *unwilling* sex. This distinction is important as the prevalence of the behavior is

large, and one might find, from a sexological perspective, that there are benefits in removing stigma associated with this behaviour.

If desire is understood as stepwise and linear, as we very much do today — that fantasies, desire and lust ‘needs’ to precede arousal — and we interpret behavior from this, it goes without saying that many would deviate from this understanding of how one should experience desire and arousal. A circular model where fantasies and desire sometimes is subsequent to arousal, and sometimes proceeds arousal, seems to describe a substantial amount of not just women’s and also men’s sexual arousal patterns better than a linear model does. It does not mean that the circular and linear models compete in any sense, or undermine the actual difference in sexual desire between the sexes. Nevertheless, it highlights the need for more research into more individual and less typical masculine arousal patterns. In addition, it demands more research into how compromise and sexual behavior is negotiated within couples with differing levels of libido.

Participants in this study appeared to have attitudes concerning having sex even if they do not feel desire prior to sexual stimulation. Nevertheless, in spite of such attitudes, their behavior is not in concordance with their attitudes. The attitudes only had a minor antagonistic effect on consenting to undesired sex, indicating that there is a discrepancy between what people say they do and what they actually do. There is no use, and it might be potentially psychologically harmful, to have absolute attitudes about something as complex as sexual arousal patterns. It might be harmful in the way that the idea that men and women have the exact same amount, and experience, of their own sexual desire may cause individuals to believe that they are abnormal. Women especially might feel that they are different or abnormal because they do not fit a linear understanding of arousal. Men may break up their relationships because they believe they can find partners with the exact same arousal pattern as they themselves have, instead of realising that compromise is recurrent in most relationships. Consequently, making an attempt to comprehend and apply a different understanding of how desire is understood and what role desire plays in the creation of a sexual self is a step in the right direction to help resolve existing controversy, conflict and shame in the bedroom.

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FRI VILLIG SEX, MED OG UTEN LYST

Du inviteres herved til å delta i en spørreundersøkelse som skal undersøke kvinner og menns erfaringer med sex i parforhold og hvordan disse er knyttet til tilfredshet og lidenskap i parforholdet, trygghet og engstelse, motiver for å ha sex, seksuell tenning og lyst, og seksuelle erfaringer.

Hva innebærer deltakelse i undersøkelsen for deg?

Deltakelse innebærer at du besvarer et nettbasert spørreskjema. Noen av spørsmålene berører følsomme tema knyttet til tanker og følelser rundt sex og seksuell aktivitet. Det er ingen «rette» eller «gale» svar på spørsmålene i dette skjemaet, det er dine egne meninger og synspunkter vi er interessert i. For enkelte vil det å besvare spørreskjemaet kunne medføre et visst ubehag og sjenanse, og vi anbefaler alle deltakere å sitte i skjermede omgivelser når man besvarer spørsmålene.

Hva skjer med informasjonen om deg?

Ved besvarelse av det elektroniske spørreskjemaet registreres automatisk datamaskinens IP-adresse, men denne fjernes ved overføring av data for statistiske analyser og er ikke tilgjengelig for forskerne. Datamaterialet anonymiseres senest innen prosjektslutt 1.juli 2018. For øvrig registreres ingen personidentifiserende opplysninger.

Det er helt frivillig å delta i undersøkelsen, og du kan når som helst trekke deg eller avbryte uten å måtte begrunne dette nærmere. Det har ingen konsekvenser for deg. Det tar mindre enn 10 minutter å besvare spørsmålene. Du samtykker i å delta ved å klikke på «Ferdig» på siste side. Har du spørsmål til studien kan du kontakte prosjektansvarlige Mons Bendixen (tlf. 73 59 74 84) eller Leif Edward Ottesen Kennair (tlf. 73 59 19 56) ved Psykologisk institutt, NTNU.

Undersøkelsen er gitt tilråding fra Personvernombudet for forskning, Norsk senter for forskningsdata AS (prosjektnr.56994)

Takk for at du er villig til å delta!

Vennlig hilsen,

Masterstudent Trine Tørseth
Førsteamanuensis Mons Bendixen
Professor Leif Edward Ottesen Kennair
Psykologisk institutt
Norges teknisk-naturvitenskapelige universitet, NTNU

FRIVILLIG SEX, MED OG UTEN LYST

Om deg selv:

NB: Vennligst besvar alle spørsmålene i én økt. Bryter du av underveis, må du starte på nytt.

Hva er ditt kjønn?

- Mann
 Kvinne
 Annen oppfatning av kjønn

Hva er din alder?

Hva er din nåværende sivile status?

- Jeg er i et forpliktende forhold nå
 Jeg har vært i et forpliktende forhold tidligere
 Jeg har aldri vært i et forpliktende forhold

Hvis du er i et forpliktende forhold nå: Hvor lenge har dette vart?

Vennligst oppgi antall år, måneder og/eller uker. Vær nøye med å skrive tallene i rett felt.

År:

Måneder:

Uker:

Hvis du ikke er i et forpliktende forhold nå, men har vært tidligere: hvor lenge siden tok det slutt?

Vennligst oppgi antall år, måneder og/eller uker. Vær nøye med å skrive tallene i rett felt.

År:

Måneder:

Uker:

Hvilket kjønn har din nåværende/siste partner?

- Mann
 Kvinne
 Annen oppfatning av kjønn

Hvor mange forpliktende forhold har du hatt?

Hvor mange seksualpartnere har du hatt gjennom livet?

Hvor gammel var du da du hadde samleie (eller liknende) første gang?

FRI VILLIG SEX, MED OG UTEN LYST
Om tilfredshet, lidenskap og sex i ditt nåværende forhold

Vennligst svar så ærlig du kan

	Ikke i det hele tatt	I svært liten grad	Usikker	Til en viss grad	I svært stor grad
Hvor lidenskapelig er forholdet ditt?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hvor tilfreds er du med forholdet ditt?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hvor mye lyst er det i forholdet ditt?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hvor fornøyd er du med forholdet ditt?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hvor lykkelig er du i forholdet ditt?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hvor seksuelt intenst er forholdet ditt?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hvor mange ganger har du og din partner hatt samleie den siste uken?

Hvor mange dager den siste uken har du og din partner vært forhindret fra å ha sex på grunn av menstruasjon eller reise?

 Hva mener du er det *ideelle* antallet samleier for deg og din partner i løpet av en vanlig uke?

FRI VILLIG SEX, MED OG UTEN LYST
Om holdninger til sex, kontroll og orgasme

Hvor enig eller uenig er du i følgende påstander:

	Svært uenig	Litt uenig	Verken/ eller	Litt enig	Svært enig
I et parforhold er det viktig å kunne gi og ta, også når det gjelder det seksuelle	<input type="radio"/>				
I et parforhold hvor den ene parten ikke er interessert i sex må den andre bare akseptere dette	<input type="radio"/>				
Det viktigste for meg at min partner får orgasme	<input type="radio"/>				
Det er kun jeg som har kontroll over mitt sexliv	<input type="radio"/>				
Min partner er ikke så opptatt av at jeg skal få orgasme	<input type="radio"/>				

Jeg får som regel orgasme når jeg har sex med min partner	<input type="radio"/>				
Som oftest nyter jeg sex selv om jeg ikke får orgasme	<input type="radio"/>				
Ingen skylder partneren sex i et parforhold	<input type="radio"/>				
Ingen bør ha sex med partneren hvis man i utgangspunktet ikke har lyst	<input type="radio"/>				



FRI VILLIG SEX, MED OG UTEN LYST

Om seksuell tenning og lyst

Innenfor studier av seksuell adferd skiller vi ofte mellom seksuell tenning ('arousal') og lyst ('desire'). **Tanning** er at man kjenner opphisselse som endringer i fysiologiske reaksjoner. **Lyst** er at man har tanker, fantasier, interesse og ønske om sex.

Hvor ofte skjer følgende...

	Aldri	Sjelden	Av og til	Ofte	Alltid
Jeg har sex med partneren min uten at jeg er seksuelt tent	<input type="radio"/>				
Jeg blir seksuelt tent først når sexen er i gang	<input type="radio"/>				
Jeg tar initiativ til sex selv om jeg ikke har lyst	<input type="radio"/>				
Jeg får lyst først etter at jeg har begynt å ha sex	<input type="radio"/>				
Jeg får ikke lyst selv om sexen er i gang	<input type="radio"/>				
Jeg blir ikke seksuelt tent selv om sexen er i gang	<input type="radio"/>				
Jeg selv-stimulerer eller ser pornografi alene før sex	<input type="radio"/>				
Jeg får lyst før stimulering når jeg og partneren min er seksuelle med hverandre	<input type="radio"/>				
Jeg har ikke lyst i utgangspunktet, men blir tent ved stimulering og får lyst	<input type="radio"/>				
Jeg har sex selv om jeg verken har lyst eller blir tent	<input type="radio"/>				
Jeg har sex fordi partneren min maser	<input type="radio"/>				
Jeg maser meg til sex med min partner	<input type="radio"/>				
Jeg føler jeg ikke kan si nei til sex	<input type="radio"/>				
Min sexlyst er høyere eller lavere enn min partners	<input type="radio"/>				
Min grad av sexlyst skaper konflikter i forholdet	<input type="radio"/>				
Jeg har sterke ønsker om å være mer seksuelt aktiv med min partner enn jeg er i dag	<input type="radio"/>				



FRI VILLIG SEX, MED OG UTEN LYST

Om ikke-seksuelle grunner for å ha sex

Hvor ofte skjer følgende...

	Aldri	Sjelden	Av og til	Oft e	Alltid
Jeg tar initiativ til sex med min partner, ikke fordi jeg er opphisset eller har lyst på sex, men for å unngå konflikt med ham/henne	<input type="radio"/>				
Jeg tar initiativ til sex med min partner, ikke fordi jeg er opphisset eller har lyst på sex, men for å få noe (en vare eller tjeneste) fra ham/henne	<input type="radio"/>				
Jeg tar initiativ til sex med min partner, ikke fordi jeg er opphisset eller har lyst på sex, men for å komme følelsesmessig nærmere min partner	<input type="radio"/>				
Jeg har sex kun fordi det er lenge siden sist	<input type="radio"/>				
Jeg gjør husarbeid (tar ut av oppvaskmaskinen, henger opp klær, lager middag) for å få seksuell oppmerksomhet fra min partner	<input type="radio"/>				
Jeg har sex kun for å redusere stress eller for treningens skyld	<input type="radio"/>				
Jeg tar initiativ til sex fordi jeg føler jeg skylder partneren sex	<input type="radio"/>				

FRI VILLIG SEX, MED OG UTEN LYST

Din seksuelle bevissthet, engstelse og trygghet

Hvor enig eller uenig er du i følgende påstander:

	Svært uenig	Litt uenig	Verken/ eller	Litt enig	Svært enig
Jeg legger lett merke til endringer i min sexlyst	<input type="radio"/>				
Jeg har aldri sex med min partner hvis jeg ikke er opphisset	<input type="radio"/>				
Jeg er bevisst på hvorfor jeg har sex	<input type="radio"/>				

	Aldri	Sjelden	Av og til	Oft e	Alltid
Det hender jeg mister lysten mens jeg har sex	<input type="radio"/>				
Jeg bruker tid på å tenke på om min grad av seksuell lyst	<input type="radio"/>				

er unormal	<input type="radio"/>				
Jeg er bevisst på min seksuelle adferd og hvordan den påvirker min partner	<input type="radio"/>				
Når jeg tenker på sexlivet mitt blir jeg urolig	<input type="radio"/>				
Jeg tenker mye på sexlivet mitt	<input type="radio"/>				
Jeg engster meg når jeg tenker på det seksuelle aspektet av livet mitt	<input type="radio"/>				
Jeg får negative følelser etter sex med min partner	<input type="radio"/>				
Mine seksuelle ferdigheter er bedre enn de fleste	<input type="radio"/>				
Jeg er trygg på meg selv som en seksualpartner	<input type="radio"/>				
Jeg er en god seksualpartner	<input type="radio"/>				
Jeg tenker negativt om mine egne seksuelle ferdigheter	<input type="radio"/>				



FRI VILLIG SEX, MED OG UTEN LYST

Sex og seksuell aktivitet

Vennligst svar så ærlig som mulig på de følgende spørsmålene

	0	1	2	3	4	5-6	7-9	10-19	20+
Hvor mange forskjellige partnere har du hatt sex med de siste 12 månedene?	<input type="radio"/>								
Hvor mange forskjellige partnere har du hatt sex med én og kun én gang?	<input type="radio"/>								
Hvor mange forskjellige partnere har du hatt samleie med uten at du har hatt interesse for et langvarig, forpliktende forhold med vedkommende?	<input type="radio"/>								

	Svært uenig 1	2	3	4	5	6	7	8	Svært enig 9
Sex uten kjærlighet er OK	<input type="radio"/>								
Jeg er komfortabel med tanken på å ha tilfeldig sex med forskjellige partnere	<input type="radio"/>								
Jeg vil ikke ha sex med en person før jeg er sikker på at forholdet kommer til å være seriøst og varig	<input type="radio"/>								

SEXUAL AROUSAL PATTERNS

	Aldri	Veldig sjelden	En gang hver 2-3 mnd.	Ca. en gang pr. mnd.	Ca. en gang pr. 2. uke	Ca. en gang i uka	Flere ganger i uka	Nesten daglig	Minst en gang daglig
Hvor ofte fantaserer du om å ha sex med noen du ikke er i et forpliktende kjærlighetsforhold til?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>				
Hvor ofte opplever du seksuell opphisselse når du er i kontakt med noen du ikke er i et forpliktende kjærlighetsforhold til?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>				
I det daglige, hvor ofte opplever du spontane fantasier om sex med noen du nettopp har møtt?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>				