

## Effectiveness of Cognitive-Behavioral Therapy on Sexual Satisfaction in Women Dissatisfied with Body Image

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### Abstract

Sexual problems are in the first important level of marital life and the most important reasons for eudemonia and success of marital life are sexual relation adjustment and amount and balance in men and women's sexuality; The reason for Martial satisfaction increasingly depends to sexuality and the more sexual satisfaction has more marital satisfaction .Also the sexual satisfaction is as an important characteristic of mental health which has two dimensions, affective satisfaction and physical and body pleasure. Mental image of the body is predictor for important part of woman's behaviors. As if there is a relation between health or unhealth behaviors with the positive or negative mental image. In this survey we try to consider training for effectiveness of cognitive-behavioral therapy on the sexual satisfaction in the women dissatisfied with the body image with due attention to the importance of the sexual satisfaction in quality of the marital life .So we selected 30 women dissatisfied with body image by sampling method which gone to municipality fitness club of the fourth region in Tehran and divided them into two groups, experimental group and controlling group; And the data is analyzed by covariance analyses method. It is necessary to mention that we use Larson's sexual satisfaction questionnaire and Littelton's and coworkers' body image questionnaire as a measuring tool. The results show that the training of cognitive-behavioral therapy affects sexual satisfaction in dissatisfied women with body image.

**Key Words:** cognitive-behavioral, sexual satisfaction, body image, dissatisfied women with body image

### 1.Introduction

Marriage is a social phenomena and joint life bond of two persons by controlling relative independence for every of these two persons for the reason personality evolution and actualizing of talents and abilities for every of them. Different variables such as income, sexual satisfaction and children health affect the relationship of the couples in the joint life [3]. The main source and cause of family conflicts originate from marital relationships .Because sexual satisfaction can decrease tensions increasingly. Because all persons specially

women are sensitive to their face and organ, it reinforces by external stimuli, so it is an important factor in most of the daily interactions and mental health [2]. Today's, the cause of the failure in %50 of the marriages is sexual dissatisfaction, because there isn't any health relationship between couples, and it makes them dissatisfied from the joint life and it follows by disrapport in future and creates condition for disruption of family base and increase of divorce [7], as Iranian experts believe, %50 or %60 of the divorces are as a result of sexual difficulties and disorders [1].Mental image from body predicts an important part of women behaviors,

because there is a relation between health or unhealth behaviors with positive or negative mental image. So the type of person's mental image affects marital relations and behaviors and lack of satisfaction in body image creates problems such as sexual disorders, social anxiety and chronic illnesses [8]. Women's belief and feeling about their mental image from body and their femaleness state is the most important fact in marital adjustment [9].

Prevalence of western ideals in recent years by satellite and internet in Iran causes social and Psychological problems a lot such as increase of body image injuries which decreases sexual satisfaction of the couples; And on the other hand, the role of believes and attitudes in affected and behavioral responses are important according to situations. When people face to the life events directly, they don't response affectionally and behaviorally, but also they response by the evaluation and comment of the events that they experience; And most of the negative sever emotions and maladjustment behaviors are as a result of illogical believes that affect event comment and because researches are more done by cognitive- behavior therapy base about sexual satisfaction and aren't discussed about the body image a lot, so a researcher tries to answer to this question which do cognitive-behavior therapy affect sexual satisfaction and body image in dissatisfied women with body image?

## **2. Effective factors in sexual satisfaction**

A person's feeling about fulfillment, enjoyment and satisfaction felling about his/her sexual life relate to lots of different factors such as sexual behaviors, sexuality, sexual foreplay and reaching orgasm.

### **2.1. Sexual behaviors**

Sexual behaviors that are the number of intercourses, reaching orgasm and the sexual

situations and states relate to the sexual satisfaction. Metaanalysis of a longitudinal study showed men desire to repeat intercourse more than women and more repeated sexual relation and intercourse increase their sexual satisfaction. Men and women who intercourse more than three times in a week with each other, they show their satisfaction about the life (Kelman and Widom 2004).

### **2.2 .Sexualities**

Debra Tilver and Michel Sitsema found when women have a sexual activity and experience a kind of the sexuality, in the first decade, They think to it biologically less but when the sexual activity continue, most of them response to it positively [9].

If men understand these differences, they can accept this fact easier and they can accept that most of the time they should start the sexual relation. If we want to see from biological difference point of view, lack of starting any sexual relation won't be the reason of a weak relation but it just is an inherent difference in physical system of the man or the women [10].

### **2.3. Sexual foreplay**

Sexual foreplay is important in a sexual relation physiologically and psychologically. In the sexual action and reaction cycle, the sexual foreplay which creates sexual desire and stimulus increases slippery vagina and facilitate entry. Intercourse without sexual stimulus and foreplay is painful [6].

Also more longer foreplaying has a relation to reach more orgasm. According to evolution theories, we can use men's point of view about the sexual foreplaying in order to evaluate the sexual qualification[5].

## 2.4. Reaching orgasm

A person reaches to orgasm when there is sexual desire and sexual stimulus completes. The number of the time that the person experience orgasm and how to reach this orgasm, affect enjoyment and satisfaction of the sexual relation [5].

Penetration of genitals for men is the most sexual action enjoyment but for women, stimulating and stroking sensitive parts of their body specially clitoris and receiving emotional and lingual feeling is along with their orgasm and when their sexual organs are stroked, they enjoy more than the sexual activity itself [5].

## 3. Research Method

The data has been gathered from Larson's sexual satisfaction questionnaire and Littelton's body image concern questionnaire in this research. Larson's has 25 phrases and it's answers are 5 options and are according to the Likerty scale, 1 to 5. Littelton's questionnaire is designed for evaluating peoples' concern about their appears. It has 19 phrases and the answers are according to the Likerty scale, 1 to 5, between never and always.

Subjects were available and selected from 80 women dissatisfied with body image and sexual satisfaction who goes to municipality fitness club of the fourth region in Tehran. About 30 persons who selected by the sexual satisfaction and the body image concern, are evaluated by pretest and posttest. Period of the marriage, 2 to 8 years, has been designated as an entering condition of this research. So the samples are selected randomly in an experimental group and a controlling group. Then treatments were done about experimental group. Therapy sessions of the subjects are held once a week and then these questionnaires were evaluated at the end of the treatment therapy that

it's therapy-applied guide, the whole treatment trend is in the following:

A) Numbers and time of the sessions :

8 sessions about 60 minutes.

B) Structure of the sessions that includes:

1. Consider the whole situation of the subjects.
2. Review home assignment and solve questions and problems.
3. Train the designated points and techniques for every session.
4. Give home assignment. This kind Of the research is treatmental (experimental) along with pre test – post test of the controlling group

E            T<sub>1</sub>    x    T<sub>2</sub>

C            T<sub>1</sub>            T<sub>2</sub>

## 4. Research results

Suitable methods of descriptive statistics like frequency, frequency percentage and central orientational indexes, dispersion and distribution of scores have used in two separate groups (controlling and experimental), according to the studying variables and the gathered data and in order to describe them. Covariance analysis method (COVAAN) is used in the inference statistics according to essence of the measurmental scale which is kind of interval scale and in order to analyze the gained data from the experimental projects.

**4.1. Descriptive statistics:** It consists of age and education of the statistical society.

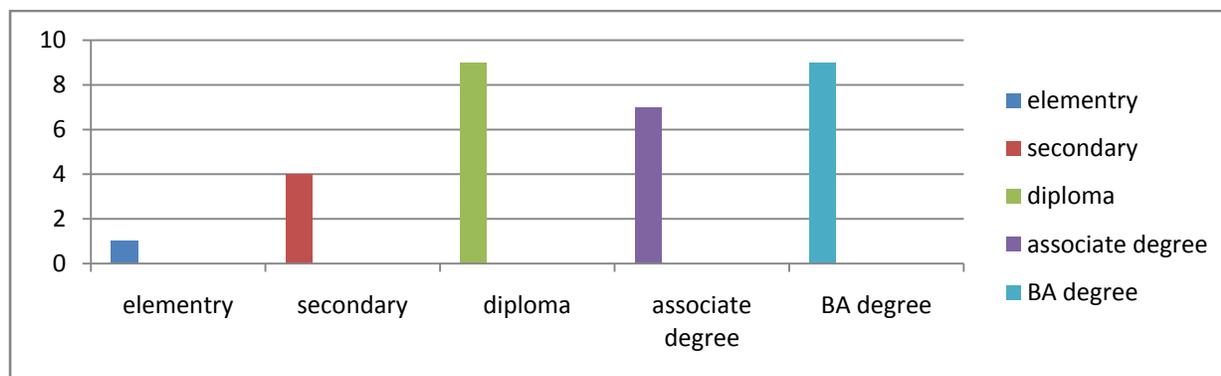
### 4.1.1. Education

Research findings show the percentage of the research samples that are %3/3 elementary education, %13/3 secondary education, % 30

diploma, %33/3 associate degree,% 30/0 BA degree (table1).

**Table1. Educational distribution**

Education	Frequency	Percentage	Credit percentage	Cumulative percentage
Elementary	1	3/3	3/3	3/3
Secondary	4	13/3	13/3	16/7
Diploma	9	30/0	30/0	46/7
associate degree	7	23/3	23/3	70/0
BA degree	9	30/0	30/0	100/0
Total	30	100/0	30/0	



**Chart1. Frequency distribution of the respondents according to education degree**

The data shows the number of the education degree of these 30 respondents are: elementary education: 1person, secondary: 4 persons, diploma:9 persons, associate degree:7 persons and BA degree: 9persons.

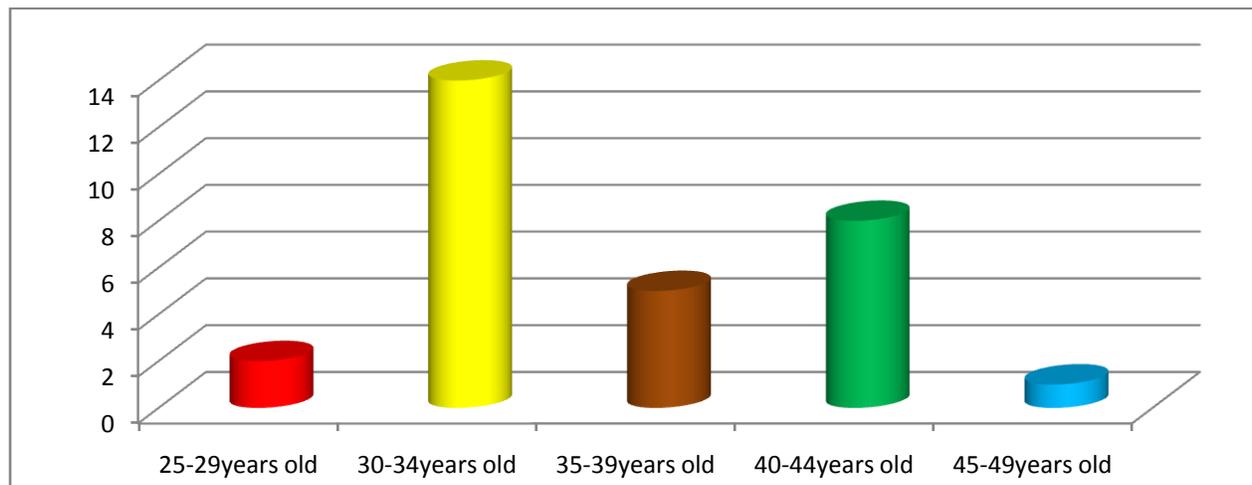
#### 4.1.2. Age

This data shows the age percentage of the samples:%6/7 is between 25-29 years old, %46/7is between 30-34 years old, %16/7 is between 35-39 years old, %26/7 is between 40-44 years old, %3/3 is between 45-49 years old(Table 2).

**Table 2. Age distribution**

age	frequency	percentage	Credit percentage	Cumulative percentage
25-29 years old	2	6/7	6/7	6/7
30-34 years old	14	46/7	46/7	53/3
35-39 years old	5	16/7	16/7	70/0
40-44 years old	8	26/7	26/7	96/7
45-49 years old	1	3/3	3/3	100/0
total	30	100/0	100/0	

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**Chart 2 . Frequency distribution of the respondents according to the age**

According to the above data, the age of all the 30 respondents include: 2 persons(25-29 years old), 14 persons

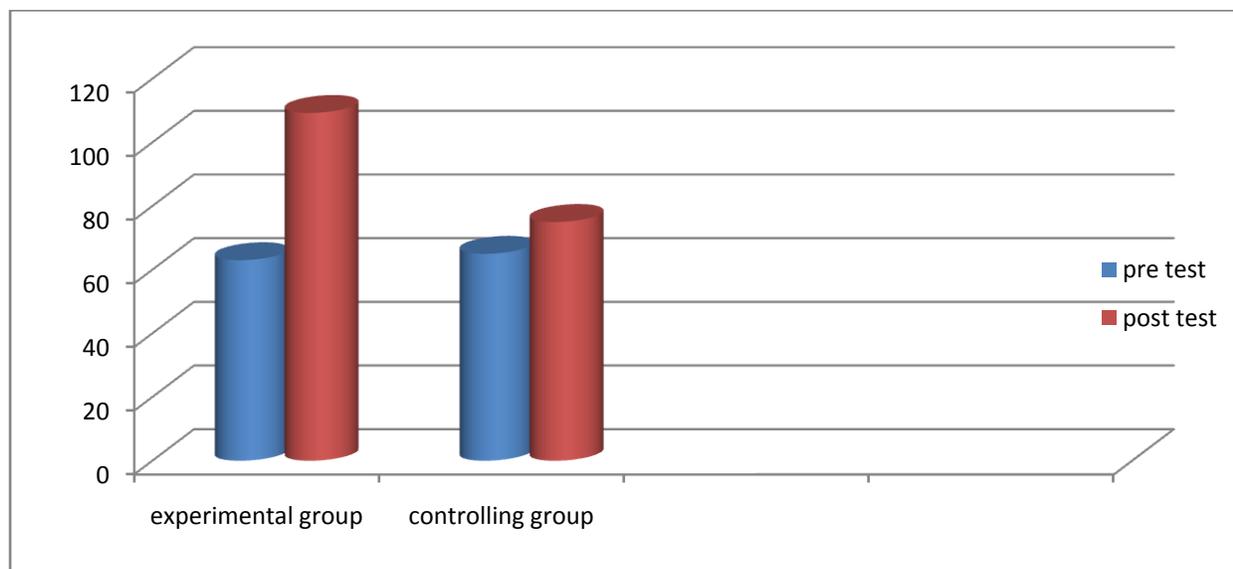
(30-34 years old) ,5 persons(35-39 years old), 8 persons(40-44 years old), 2 persons(45-49 years old).

Table 3 shows descriptive components of the subjects' scores in experimental and controlling groups about the sexual satisfaction in two separate forms, pretest and posttest (the total score).

**Table 3. Descriptive components of the subject's score in experimental and controlling groups about sexual satisfaction.**

groups	variables	numbers	mean	Standard deviation	minimum	Maximum
Pre test	experimental	15	63	9/82	46	75
	controlling	15	65	9/83	46	77
	total	30	128	19/65	92	152
Post test	experimental	15	109/26	7/68	28	95
	controlling	15	75	11/48	53	100
	total	30	184/26	19/16	81	195

As you see in the table3, The mean of the subjects' scores in experimental group is 63 which has changed to 109/26 in posttest. But this change has increased about 10 in the controlling group and their score mean has changed from 65 to 75. Table (3-4) has been tested by the homogeneity Loon test of the variances in order to compare this different statistically.



**Chart 3. The Subjects' scores in the experimental and controlling groups about sexual satisfaction in pretest and posttest separately**

The covariance analysis method was used to compare the subjects' Scores, of course after determining them first these scores have been tested by Loon Test in order to consider the homogeneity of the variances which is one of the main assumptions of the covariance analysis

**Table 4. The Results of the variance homogeneity test**

F	Df <sup>1</sup>	Df <sup>2</sup>	Sig.
0/047	1	28	0/831

As you see in table 4, Loon Test isn't meaningful ( $p= 0/831$ ) and so considering the equality assumption of the variances by Loon method shows that the data doesn't inquire the equality assumption of the covariance error. So the necessary assumptions are accepted in order to do covariance analysis. The covariance analysis results have been given in table 5.

**Table 5- the Covariance analysis summation of the subjects' scores of the sexual satisfaction in posttest: Dependent Variable**

resources	Statistical resources index	Df( degree of freedom)	Ms( mean squares)	F(frequency)	meaningful level
corrected model	10005/959	12	833/830	14/158	0/000
ordinate	47127/580	1	47127/580	800/176	0/000
pre test	1672/626	11	152/057	2/582	0/039
group	6640/640	1	6640/640	112/751	0/000
error	1001/241	17	58/897		
total	268250/000	30			
corrected total	11007/200	29			

As you see in table 5, supportive random variable (sexual satisfaction pre test) relates with dependent variable meaningfully ( $p = 0/039$ ). The group line represents the main effect in group and as we see, this kind of the effect is a meaningful effect ( $p = 0/000$ ). Because the experimental group has taken part in 8 training sessions after doing pretest, so the subjects' score in this group is higher in posttest and it means that their sexual satisfaction has increased and because we don't see any noticeable change in the posttest scores of the controlling group, so we can conclude that cognitive- behavioral therapy has affected the sexual satisfaction and has caused to increase the sexual satisfaction and as a result, the research assumption is accepted.

## 5. Discussion and conclusion

The couples sexual satisfaction is the main important determining factor in the marital life. Today's, sexual dissatisfaction is the cause for %50 of the divorces because there isn't any health relationship between the couples.

They make them unsatisfied and this dissatisfaction along with other conditions like disrapport that will disrupt family base and increase the divorce. So sexual difficulties and conflicts are as the first divorce factors and marital conflicts in Iran. The results show that people who have more sexual satisfaction, they usually live longer and become less depressed. A lot of researches demonstrate that it is necessary to consider the couples' sexual difficulties and also it is necessary to put sexual relations in persons' medication instruction, Kad and coworkers (2012).

According to the importance of the sexual satisfaction in the marital life quality, we tried to consider the training effectiveness of cognitive- behavioral therapy on sexual satisfaction in women dissatisfied with body image in this study. In order to consider the research assumption, we selected 30 women dissatisfied with body image who goes to the municipality fitness club of the fourth region in Tehran and put them randomly into two groups of experimental and controlling. The experimental group was trained by cognitive-behavioral

therapy in relation with body image and sexual satisfaction and the controlling group was held about 8 cognitive- behavioral training sessions which included: emphasize the session rules, cognitive reconstructing and increase people awareness about illogical thoughts and believes, train the behavioral techniques (relaxation, assertiveness training, imaging), train the skill of problem solving, train positive self speaking and it's role in control of the maladjustment emotions and behaviors and train a technique for stopping think by stopping think key, once a week and every session was about 60 minutes. These two groups were tested by Larson' sexual satisfaction questionnaire and Littelton' s body image concern questionnaire before starting the therapy trend and after finishing these 8 sessions which has treatment for the experimental group, again these two groups were evaluated by the mentioned questionnaires and the data was analyzed by the covariance analysis method and these results show that training cognitive- behavioral therapy affects sexual satisfaction in women dissatisfied with the body image.

These cognitive- behavioral methods cause to create acceptance or self confidence sense against the effect of others' reactions and can be an encountering situation against the others' reactions and their comments by preventing and escaping from social situations by cognitive-behavioral techniques that have positive consequences and they also cause the person to dominate his or her mental images and

signs in unpleasant conditions. Also the cognitive-behavioral therapy replaces logical beliefs with the illogical thoughts and beliefs and mental images which cause anxiety of course this trend is done when persons' awareness has increased and persons learn to relate with others by training social skills and selfcontrolling and describe the accident without anxious or aggressive emotions. As a result, cognitive and therapeutic methods cause to dominate negative effects of the bad body image in social interactions of the person dissatisfied with the body image and also cause a person to predict others' reaction effectively and manage it, that its result is receiving positive feedback and increasing self assurance.

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