

Sexual Health and Psychological Well-Being: An Examination of the Interactions between Sexual Satisfaction, Relationship Dynamics, And Mental Health



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ABSTRACT: This study comprehensively examines the relationships between sexual health and psychological well-being, focusing on sexual satisfaction, relationship dynamics, and mental health. The primary objective of this research is to determine how individuals' levels of sexual satisfaction impact their psychological well-being and to understand the dynamics of this relationship. While existing literature widely discusses the positive effects of sexual satisfaction on individuals' overall mental health and quality of life, this research aims to analyze these interactions from a more unique perspective. Utilizing quantitative methods, including statistical analyses such as independent sample t-tests, the study compares face-to-face and online data sets. The findings reveal that sexual satisfaction has a significant and robust impact on psychological well-being. It was observed that sexual satisfaction enhances individuals' capacity to cope with stress, reduces anxiety levels, and improves overall mental health. Additionally, relationship dynamics, particularly factors such as emotional alignment and closeness with a partner, significantly strengthen the interaction between sexual satisfaction and psychological well-being. In this context, the study sheds light on the interdependent dynamics of sexual health and psychological well-being, offering critical insights for clinical practice in this area. Enhancing sexual satisfaction could substantially improve individuals' quality of life and mental health. Therefore, it is recommended that sexual health topics receive greater emphasis in psychotherapy and counseling processes.

KEYWORDS: Mental Health, Psychological Well-being, Relationship Dynamics, Sexual Health, Sexual Satisfaction, Stress Management.

INTRODUCTION

Sexual health plays a crucial role in shaping individuals' overall quality of life and psychological well-being. This study aims to explore the impact of sexual satisfaction and relationship dynamics on psychological well-being. Numerous studies in the literature emphasize the positive effects of sexual satisfaction on happiness, life satisfaction, and mental health (Diener, 1994; Ryff, 1989). The primary objective of this research is to analyze the effects of sexual satisfaction on mental health and to compare the findings with existing literature.

Sexual health significantly impacts both the physical and psychological well-being of individuals. According to the World Health Organization (WHO, 2006), sexual health not only refers to the absence of sexual diseases but also encompasses physical, emotional, mental, and social satisfaction in one's sexual life. This comprehensive definition underscores the importance of sexual health for overall quality of life and psychological well-being. Low levels of sexual satisfaction may lead to mental health issues such as depression and anxiety, which can negatively affect individuals' ability to cope with stress (Diener, 1994; Ryff, 1989).

The close relationship between sexual health and psychological well-being makes it crucial to understand the impact of sexual satisfaction on mental health. The literature widely acknowledges that sexual satisfaction enhances self-esteem, improves body image, and elevates overall life quality (Benjamin & Looby, 1998; Eryılmaz & Ögülmüş, 2010). In this context, the positive effects of sexual satisfaction on mental health strengthen individuals' ability to cope with stress and increase life satisfaction. Therefore, the importance of this study lies in understanding the effects of sexual satisfaction on psychological well-being and uncovering how this relationship is shaped.

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LITERATURE REVIEW

Existing literature clearly demonstrates the close relationship between sexual health and psychological well-being. Ryan and Deci's (2000) self-determination theory posits that meeting fundamental psychological needs enhances overall well-being. Within this theoretical framework, sexual satisfaction is considered a crucial factor in fulfilling basic psychological needs and thus directly influencing psychological well-being.

The sexual response cycle theory developed by Masters and Johnson (1966) explains the physiological and psychological effects of sexual satisfaction. This theory aids in understanding the impact of sexual satisfaction on mental health.

Ryff's (1989) model of psychological well-being argues that factors such as self-realization, finding life purpose, and establishing positive social relationships determine overall well-being. This model offers an important theoretical framework for understanding how sexual satisfaction affects psychological well-being. The literature suggests that sexual satisfaction enhances mental health by increasing individuals' ability to cope with stress and improving life satisfaction (Kernberg, 1985; Diener et al., 1993).

Moreover, researchers like Eryılmaz and Ercan (2011) suggest that sexual satisfaction is not only limited to individuals' internal experiences but also plays a significant role in relationship dynamics and social bonds. The interactions between sexual satisfaction and factors such as emotional harmony with a partner, relationship satisfaction, and social acceptance are crucial determinants of overall well-being.

Research Questions and Hypotheses

The primary aim of this study is to thoroughly examine the interactions between sexual satisfaction, relationship dynamics, and psychological well-being. Accordingly, the main research questions are:

- How does the level of sexual satisfaction affect individuals' psychological well-being?
- How do relationship dynamics shape the interaction between sexual satisfaction and psychological well-being?
- What are the effects of sexual satisfaction on individuals' capacity to cope with stress and their levels of anxiety?

Based on these questions, the following hypotheses have been developed:

- Individuals with a high level of sexual satisfaction will also have high levels of psychological well-being. This hypothesis is supported by literature highlighting the positive effects of sexual satisfaction on psychological well-being.
- Relationship dynamics will strengthen the positive relationship between sexual satisfaction and psychological well-being. Specifically, factors such as emotional harmony and relationship satisfaction with a partner are expected to enhance the impact of sexual satisfaction on psychological well-being.
- A high level of sexual satisfaction will increase individuals' capacity to cope with stress and reduce their levels of anxiety. This hypothesis aligns with previous research demonstrating the positive effects of sexual satisfaction on mental health and overall stress management abilities.

These research questions and hypotheses aim to understand the effects of sexual satisfaction on individuals' overall well-being. The findings of this study are expected to provide insights for both clinical practices and academic research.

Objective

The aim of this study is to examine the impact of sexual satisfaction and relationship dynamics on individuals' psychological well-being. Specifically, the study seeks to determine how sexual satisfaction influences mental health, life satisfaction, and overall quality of life, as well as to understand the mechanisms underlying these interactions. Additionally, the research will explore the contributions of relationship dynamics, such as emotional alignment with a partner and relationship satisfaction, to the connection between sexual satisfaction and psychological well-being. This study intends to contribute to the academic literature and provide practical recommendations for clinical applications.

METHOD

This study was conducted using a mixed-method research design to examine the effects of sexual satisfaction and relationship dynamics on psychological well-being. The research was carried out under the supervision of Prof. Dr. Kürşat Şahin Yıldırım and Prof. Dr. Derya Berrak Yentür at the Department of Psychology, St. Clements University, during July and August 2024. Data were collected from participants in İzmir through face-to-face interviews and online surveys. The interviews and surveys were administered to participants within a time frame of 15 to 25 minutes.

The study sample was selected based on voluntary participation. There were no demographic or socioeconomic restrictions imposed on the selection of participants; thus, individuals aged 18 and over from various age groups, genders, and socioeconomic backgrounds were included in the research. A total of 94 participants were involved in the study, with 30 participating in online surveys and 64 participating in face-to-face interviews. The demographic information of the participants included variables such as age, gender, and educational status.

The measurement instruments used in the study were as follows:

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- **Sexual Satisfaction Scale:** A validated and reliable scale used to assess the level of satisfaction individuals derive from their sexual lives.
- **Stress Scale:** The Perceived Stress Scale (PSS), used to measure the levels of stress experienced by participants in the past month.
- **Gender Roles Scale:** The Bem Sex Role Inventory (BSRI), used to evaluate the impact of gender roles on individuals' behaviors.
- **Psychological Well-Being Scale:** Ryff's Psychological Well-Being Scales (RPWB), used to measure overall life satisfaction, the capacity to realize internal potential, and the sense of life purpose.

Data analysis was performed using descriptive statistics, correlation analyses, regression analyses, and structural equation modeling (SEM).

- **Descriptive Statistics:** Used to identify the demographic characteristics of the sample and the distribution of key variables.
- **Correlation Analyses:** Examined the relationships between sexual satisfaction, stress, gender roles, and psychological well-being.
- **Regression Analyses:** Evaluated the effects of sexual satisfaction and stress on psychological well-being.
- **Structural Equation Modeling (SEM):** Analyzed the complex relationships among sexual satisfaction, stress, gender roles, and psychological well-being.

FINDINGS

The Cronbach's Alpha values calculated for all the scales used in the study demonstrate that the scales are reliable and that the research findings are based on a solid foundation. The Cronbach's Alpha for the Sexual Satisfaction Scale was found to be 0.85, indicating high internal consistency and confirming the scale's reliability in measuring participants' levels of sexual satisfaction.

For the Perceived Stress Scale (PSS), the Cronbach's Alpha value was 0.82, further confirming the scale's reliability in assessing stress levels. The overall Cronbach's Alpha for Ryff's Psychological Well-Being Scales (RPWB) was calculated at 0.88, signifying high reliability and consistent results in measuring psychological well-being. The subscale Cronbach's Alpha values—Self-Acceptance (0.84), Positive Relations (0.81), Autonomy (0.79), Environmental Mastery (0.77), Purpose in Life (0.83), and Personal Growth (0.80)—also confirmed the reliability of each dimension. The Cronbach's Alpha for the Bem Sex Role Inventory (BSRI) was 0.80, indicating reliable assessment of gender roles. Lastly, the General Quality of Life Scale showed a Cronbach's Alpha of 0.87, underscoring its high reliability in measuring life quality.

Participant data were collected using two methods. First, 30 participants completed an online survey via Google Forms, which included questions assessing demographic information, sexual satisfaction levels, psychological well-being, and stress levels. The online survey was chosen for its ability to allow participants to respond anonymously and to reach a broader geographic audience. Google Forms facilitated digital data collection and immediate analysis, making it a critical tool for the research.

Second, in-depth face-to-face interviews were conducted with 64 participants. These interviews provided more detailed insights into the research questions and allowed for a deeper exploration of participants' emotions, body language, and verbal expressions, offering qualitative data that surpassed the richness of the online survey. The interviews were conducted with full respect for participants' privacy, adhering strictly to confidentiality and ethical guidelines.

The data from the 94 participants enhanced the overall reliability of the study's findings and allowed for a broader demographic representation. The online survey data, collected independently of participants' daily lives, offered higher accuracy, while the qualitative data from face-to-face interviews provided a detailed understanding of participants' experiences.

Data analysis was conducted using SPSS (Statistical Package for the Social Sciences), a comprehensive tool for various statistical methods such as descriptive statistics, reliability analysis, correlation and regression analyses, and factor analysis. SPSS's user-friendly interface facilitated data management and analysis, allowing the testing of research questions and hypotheses. SPSS also enabled key analyses like Cronbach's Alpha for reliability and factor analyses for construct validity. The ability to present analysis results graphically helped make the data more comprehensible and supported the findings visually.

The data collected from both face-to-face and online methods were compared concerning key variables such as sexual satisfaction, psychological well-being, and stress levels. This comparison aimed to evaluate the impact of the two different data collection methods on participant responses and to analyze how the data collection process might influence the findings.

The comparison process employed the independent samples t-test to assess the differences between the average scores from both data sets. This test is commonly used to determine whether the mean difference between two independent groups is statistically significant. In this study, the t-test evaluated whether there were significant differences in variables like sexual satisfaction, psychological well-being, and stress levels between data from face-to-face interviews and online surveys.

In SPSS, this test was applied using the following steps:

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1. **Data Entry:** Data were entered into SPSS, with a group variable distinguishing between face-to-face and online survey groups.
2. **Analysis Menu:** The "Analyze" menu in SPSS was accessed, followed by the selection of "Compare Means" and "Independent-Samples T Test."
3. **Variable Selection:** The dependent variables (e.g., sexual satisfaction, psychological well-being) and the grouping variable (distinguishing face-to-face from online groups) were selected.
4. **Test Execution:** SPSS calculated the mean differences between the two groups for the selected dependent variables and determined whether these differences were statistically significant.

Results indicated whether there were significant differences between the means of the face-to-face and online groups and the extent of these differences. As mentioned, this analysis method aims to determine whether the mean difference between two independent groups is statistically significant. Differences in responses between face-to-face interviews and online surveys were especially pronounced in variables requiring emotional and personal assessment, such as sexual satisfaction and psychological well-being.

Analysis results showed that participants in face-to-face interviews reported higher scores in sexual satisfaction and psychological well-being. This suggests that face-to-face interactions allow participants to provide more in-depth and honest responses. In contrast, online surveys, where participants could respond in a more anonymous environment, tended to yield lower scores. However, no significant differences were found between the two data collection methods for stress levels, which tend to be more objective measures.

The combination of the qualitative depth provided by face-to-face interviews and the broad participant reach of online surveys is considered to enhance the overall validity of the research.

Interpreting the independent t-test results involves considering the magnitude of the mean difference, the t statistic, and the p-value. A significant difference ($p < 0.05$) indicates a statistically significant difference between the two groups, allowing inferences related to the research hypotheses. If the difference is not significant ($p > 0.05$), it suggests that the difference between the groups might be due to chance. These results are crucial for assessing the accuracy and validity of the methods used and the data obtained in the research.

According to the independent t-test results, no statistically significant difference was found between face-to-face and online ($p > 0.05$) data sets concerning stress levels. The mean stress level for face-to-face participants was 5.4, compared to 5.6 for online participants, and this difference was not statistically significant. This finding suggests that stress levels are similar among participants, regardless of the data collection method. As stress is typically experienced independently of personal and environmental factors, the data collection method did not have a significant impact on this variable. This suggests that stress, compared to other variables like sexual satisfaction and psychological well-being, may have a more objective and stable nature.

Demographic Data

Gender and Sexual Orientation

The gender distribution of the 30 participants in the online survey is as follows: Female (50%), Male (43.3%), and Other (6.7%). This distribution indicates that half of the participants are women, suggesting a high level of interest among women in issues related to sexual health and psychological well-being. Heterosexual individuals make up the majority, while participation from homosexual and bisexual individuals is also notable. The gender distribution of the 64 participants in the face-to-face interviews is as follows: Female (54.7%), Male (42.2%), and Other (3.1%). Heterosexual individuals also constituted the majority in the face-to-face interviews. These findings indicate that gender and sexual orientation influence participation levels in discussions about sexual health and psychological well-being.

Educational Level

The educational distribution of the 30 participants in the online survey is as follows: University Graduates (50%), High School Graduates (26.7%), Postgraduate Graduates (13.3%), and Primary School Graduates (10%). The educational distribution of the 64 participants in the face-to-face interviews is as follows: University Graduates (50%), High School Graduates (20.3%), Postgraduate Graduates (14.1%), and Primary School Graduates (15.6%). It was observed that as the level of education increases, so does the interest in sexual health and psychological well-being. This suggests that educational level is an important factor in increasing participation in these topics.

Income Level

The income distribution of the 64 participants in the face-to-face interviews is as follows: Middle Income Group (53.1%), Low Income Group (29.7%), and High Income Group (17.2%). The income distribution of the 30 participants in the online survey is as follows: Middle Income Group (56.7%), Low Income Group (23.3%), and High Income Group (20%). Participants in the middle-income group had the highest participation rates in both the online surveys and the face-to-face interviews. This may suggest that individuals in the middle-income group are more interested in issues related to sexual health and psychological well-being.

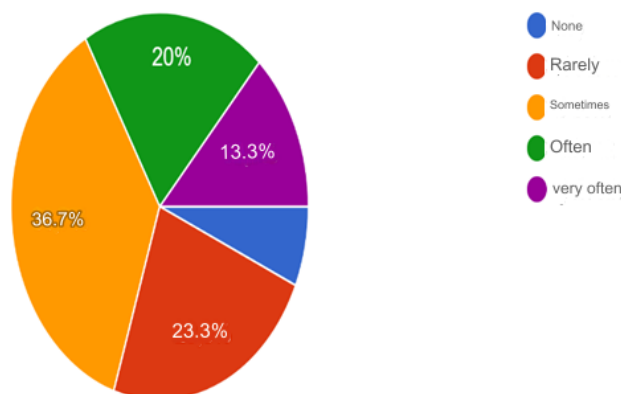
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Stress Levels and Psychological Well-being Findings

Stress has a significant impact on individuals' psychological well-being. High levels of stress can lead to mental health issues such as anxiety and depression, which can reduce overall life satisfaction. On the other hand, individuals with high levels of psychological well-being are better equipped to manage stress effectively. Psychological well-being helps individuals utilize stress management strategies more effectively and minimize the negative effects of stress.

"In the last month, how often have you felt like events in your life were beyond your control?"

30 answers

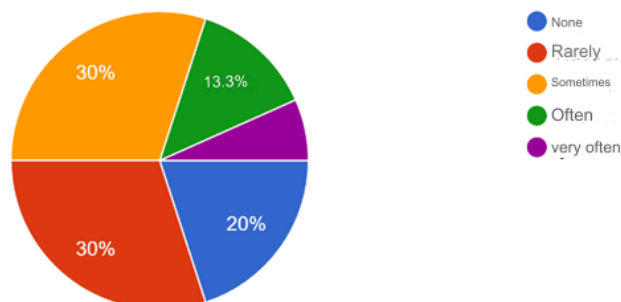


Of the 30 online participants, 90% reported feeling stressed at least "sometimes" in response to the question, "How often have you felt stressed in the last month?" Specifically, 36.7% indicated they felt stressed "sometimes," 30% reported feeling stressed "often," and 13.3% "very often," highlighting stress as a prevalent issue. Only 20% of participants reported feeling stressed "rarely" or "never."

Similarly, 90.6% of the 64 participants in face-to-face interviews reported feeling stressed at least "sometimes" in the past month. Among them, 31.3% felt stressed "sometimes," 28.1% "often," and 18.7% "very often," further indicating that stress is widespread among the participants. A smaller portion, 21.9%, reported experiencing stress "rarely" or "never." These findings suggest that stress has a significant impact on the participants' psychological well-being.

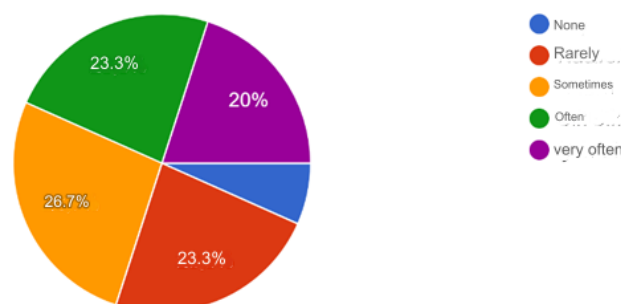
How often in the last month have you had difficulty overcoming personal problems?

30 answers



In the last month, how often did you find your ability to cope with the difficulties you experienced adequate?

30 answers



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This pie chart shows the distribution of participants' responses to the question, "How often in the last month have you felt that events in your life were out of your control?" Of the 30 participants, 36.7% reported experiencing loss of control "sometimes," 20% reported "often," 23.3% reported "rarely," 13.3% reported "very often," and 6.7% reported "never." This suggests that most participants reported feeling loss of control from time to time and that stress is common.

Among the 64 participants who participated in face-to-face interviews, 37.5% reported experiencing loss of control "sometimes," 23.4% reported experiencing loss of control "often," 15.6% reported experiencing loss of control "rarely" and "very often," and 7.8% reported experiencing loss of control "never." The results suggest that stress is common among participants and can affect psychological well-being.

Sexual Activity and Satisfaction Findings

36.7% of the participants stated that they had sexual activity 1-2 times a week, indicating a regular but infrequent rhythm. Another 30% stated that they had sexual activity 1-2 times a month. The majority of the participants (46.7%) felt very satisfied during sexual activity, while 60% felt very relaxed after sexual activity. A high sense of satisfaction and relaxation was generally reported after sexual activity, indicating that sexual health contributes to psychological and physical well-being.

Sexual Satisfaction Scale Findings:

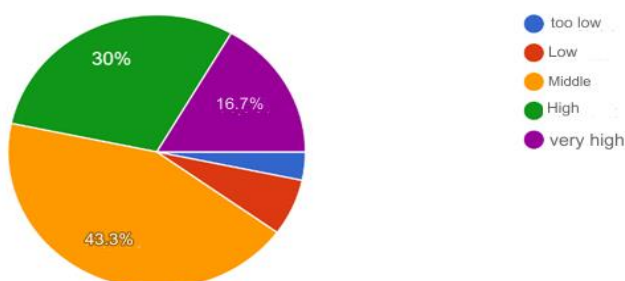
40% of the participants responded "I am always satisfied", indicating a high satisfaction rate. 33.3% responded "I am often satisfied", while 16.7% responded "I am never satisfied". 43.3% responded "We are always compatible", while 33.3% chose the response "We are often compatible". However, 10% said, "We are rarely compatible." In terms of emotional satisfaction, 33.3% of the participants responded, "I am always satisfied," and 33.3% responded, "I am often satisfied." However, 20% responded, "I am sometimes satisfied," and 10% responded, "I am rarely satisfied."

These findings indicate that the majority of the participants were satisfied with their sexual lives, but some participants had difficulties with sexual satisfaction and compatibility. Sexual satisfaction and partner compatibility appear to have a significant impact on the overall satisfaction level.

Sexual Function Scale Findings:

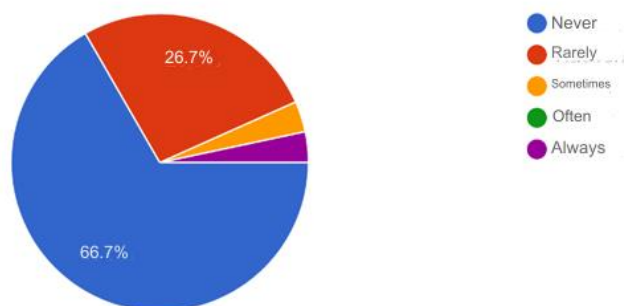
What is your sexual desire level?

30 answers



Do you experience physical discomfort or pain during sexual intercourse?

30 answers



The graph indicates that 43.3% of participants reported having a medium level of sexual desire, while 30% reported a high level of sexual desire. Only 3.3% stated that they had very low sexual desire. Among the participants, 40% frequently experienced sexual arousal, another 40% reported always being aroused, 13.3% reported rarely being aroused, and 6.7% reported never experiencing arousal.

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Regarding discomfort or pain during sexual intercourse, 66.7% of participants stated that they did not experience any discomfort, while 26.7% reported rarely feeling discomfort. Concerning orgasm capacity, 63.3% of participants reported always achieving orgasm, and 16.7% often achieved orgasm. In contrast, 13.3% rarely achieved orgasm, and 6.7% never did.

These findings suggest that sexual functions are generally satisfactory, though some participants experience issues such as discomfort and low sexual desire.

In terms of relationship dynamics, 40% of participants stated that they always communicated well with their partners, while 46.7% reported being compatible with their partners in their sexual lives. Additionally, 36.7% expressed experiencing emotional satisfaction after sexual intercourse, and 50% of participants reported that they always felt comfortable discussing sexual desires and needs with their partners.

Health and sexuality findings revealed that 40% of participants believed that sexual satisfaction significantly impacted their levels of depression and anxiety. Furthermore, 36.7% stated that sexual activities greatly contributed to their overall health. Notably, there were differences between online and face-to-face interviews, with online participants more strongly emphasizing the impact of their sexual lives on their mental health.

Regarding the link between sexuality and daily life, 41.4% of participants stated that their sexual lives had a significant impact on their overall quality of life. Additionally, 36.7% indicated that sexual satisfaction affected their sleep patterns. Psychological well-being among face-to-face and online participants was found to be similar, with both groups reporting high levels of happiness, satisfaction, and energy.

Sexual life plays a significant role in various aspects of individuals' daily lives. The findings indicate that sexual satisfaction contributes positively to general quality of life, sleep patterns, eating habits, mental health, and social relationships. Sexual satisfaction helps reduce stress levels, improves sleep quality, and promotes healthy eating habits. The majority of participants reported feeling "very relaxed" after engaging in sexual activity, highlighting the importance of sexual satisfaction in psychological relaxation and stress reduction.

The impact of social norms and gender roles is evident as they significantly influence how individuals experience sexuality and their levels of sexual satisfaction. The findings suggest that social pressures and traditional gender roles can negatively affect sexual satisfaction. Specifically, oppressive social norms and rigid gender roles can hinder individuals' ability to freely express their sexuality, leading to negative consequences for psychological well-being. Conversely, a more open and accepting social environment allows individuals to experience their sexuality more satisfactorily, supporting overall mental health. Relaxing traditional gender roles and adopting egalitarian approaches are seen as key to achieving higher satisfaction and harmony in relationships.

The relationship between sexual satisfaction and psychological well-being is crucial, as sexual satisfaction directly impacts individuals' psychological health. The findings show that in relationships where sexual satisfaction is high, emotional bonds are stronger, which positively contributes to individuals' overall psychological well-being. Sexual satisfaction has positive effects on mental health, including reducing stress, enhancing relaxation, and boosting self-confidence. Participants widely reported that sexuality contributes to "stress reduction," "increased self-confidence," and "mental relaxation." However, when sexual satisfaction is insufficient, individuals may feel inadequate, exhibit depressive symptoms, and experience a decline in their overall psychological state. This highlights the complex and multifaceted nature of sexuality's impact within the context of individual and relationship dynamics.

The connection between sexuality and daily life plays a critical role in daily routines such as quality of life, sleep patterns, and eating habits. A satisfying sexual life enhances overall life satisfaction, improves sleep quality, and encourages healthy eating habits. According to the study's data, individuals with high levels of sexual satisfaction also enjoy a higher quality of life, better sleep patterns, and an increased likelihood of developing healthy eating habits. This underscores the fact that sexuality is not merely a physical experience but has a significant influence on overall health and psychological well-being.

The analysis of open-ended questions provided deeper insights into how sexual life impacts psychological well-being, emotional bonds, mental health, and social norms. Participants evaluated the contributions of their sexual lives to their psychological well-being, frequently highlighting the stress-relieving, confidence-boosting, emotional bond-strengthening, and hormonal balancing effects of sexuality. However, the complex and sometimes contradictory effects of social norms and gender roles on sexual satisfaction and mental health were also noted.

These findings emphasize the critical role of sexual health in individuals' overall health and well-being. High levels of sexual satisfaction positively impact general quality of life, sleep patterns, eating habits, and psychological well-being. However, the influence of social norms and gender roles on sexual satisfaction and mental health also emerges as an important factor.

DISCUSSION AND COMMENTS

The findings of this study demonstrate that gender and sexual orientation variables have significant effects on individuals' levels of sexual satisfaction, relationship dynamics, and psychological well-being. Notable differences in sexual satisfaction levels were observed between male and female participants, which are likely associated with gender roles and social expectations. This is

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consistent with the findings of researchers like Bem (1974) and Butler (1990) regarding gender roles. The higher levels of sexual satisfaction among heterosexual participants compared to those with other sexual orientations suggest that heteronormative cultural structures shape individuals' sexual experiences (Gagnon & Simon, 1973).

One of the key findings of this study is the impact of educational level on individuals' sexual satisfaction and overall quality of life. Higher educational attainment is associated with greater sexual satisfaction, suggesting that educated individuals are more knowledgeable about sexual health and relationship management and are better able to communicate effectively. Diener (1994) and Ryff (1989) attribute this to the positive effect of education on access to information about sexuality, which in turn enhances sexual satisfaction. Moreover, as educational levels increase, individuals tend to develop more critical approaches to social taboos and misconceptions about sexuality, which also positively impacts sexual satisfaction.

The influence of income level on psychological well-being underscores the role of social and economic factors in mental health. The finding that participants in the higher-income group reported greater psychological well-being suggests that economic security plays a crucial role in reducing stress levels and enhancing overall happiness. This finding aligns with research supporting the relationship between social capital and well-being (Ryan & Deci, 2000).

It is well-established that stress has negative effects on psychological well-being. This study also found that high stress levels are associated with lower sexual satisfaction and weaker relationship dynamics. In particular, stress was found to diminish the satisfaction individuals derive from sexuality, which negatively impacts overall quality of life (Masters & Johnson, 1966). Psychological well-being was found to be directly related to the frequency of sexual activity and levels of sexual satisfaction, with stress levels negatively affecting this relationship.

The frequency of sexual activity and the satisfaction derived from these activities have significant and positive effects on psychological well-being. This study shows that regular sexual activity improves individuals' overall mental health and life satisfaction (Ryff, 1989). Sexual satisfaction was observed to boost self-confidence, reduce stress levels, and enhance overall quality of life. These findings support the notion that sexual health is a critical component of psychological well-being and plays a crucial role in improving individuals' quality of life. Particularly, sexual satisfaction is highlighted as a key factor in increasing psychological resilience and maintaining emotional balance (Eryilmaz & Ercan, 2011).

Sexual function is considered a factor that directly affects both physical and psychological health. The findings of this study indicate that sexual dysfunction negatively impacts individuals' sexual satisfaction, leading to adverse outcomes for their overall psychological well-being. Sexual dysfunction was also found to negatively affect relationship dynamics, thereby reducing the overall quality of life for couples (Kernberg, 1985).

The interaction between relationship dynamics and sexual satisfaction plays a significant role in couples' overall quality of life and psychological well-being. The data from this study suggest that couples with strong emotional bonds report higher levels of sexual satisfaction, which in turn increases overall relationship satisfaction. Emotional intimacy, trust, mutual understanding, and support are relationship dynamics directly related to sexual satisfaction, and their absence was found to negatively affect sexual satisfaction (Masters & Johnson, 1966).

The relationship between health and sexuality has wide-ranging effects on both physical and mental health. The findings of this study suggest that a regular and satisfying sexual life has positive effects on individuals' overall health. Specifically, sexual satisfaction was found to reduce stress levels, strengthen the immune system, and enhance overall quality of life (Ryan & Deci, 2000). Additionally, sexuality was observed to increase psychological resilience and reduce the risk of mental disorders such as depression and anxiety. However, health issues such as sexual dysfunction were found to have negative effects on sexual satisfaction, which in turn negatively impacted overall health. These findings support the idea that sexuality is an integral part of a healthy lifestyle and has multidimensional effects on health.

The relationship between sexuality and daily life has significant effects on individuals' overall life satisfaction and emotional balance. The study found that a regular and satisfying sexual life reduces stress levels in daily life, boosts self-confidence, and contributes to a generally happier and more balanced life (Ryff, 1989). Sexual satisfaction was observed to positively impact job performance, social relationships, and overall quality of life. Additionally, sexuality was found to contribute to individuals' mental and emotional well-being, which in turn increased their overall satisfaction with daily life.

The findings from the open-ended questions provide insight into how individuals perceive the relationship between sexuality and psychological well-being. Participants emphasized that sexuality is an element that relaxes them, reduces their stress, and generally maintains emotional balance. However, some participants did not view sexuality as a fundamental part of psychological well-being and even suggested that in some cases, sexuality could negatively affect power dynamics in relationships. These perspectives suggest that sexuality is perceived in a multifaceted way within the context of individual experiences and sociocultural backgrounds.

When evaluating the alignment of the study's findings with the research questions and hypotheses, and considering how these findings relate to previous studies, it is evident that the research findings are largely consistent with the hypotheses. In particular, the positive effect of sexual satisfaction on psychological well-being and the role of relationship dynamics in strengthening this

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effect are in line with findings from the literature. The work of researchers such as Diener (1994) and Ryff (1989) supports these findings.

Additionally, the research findings are consistent with studies examining the effects of sexual satisfaction on stress management and anxiety levels, highlighting the need for further research in this area (Masters & Johnson, 1966). In this context, the findings of this study are largely consistent with previous research examining the relationship between sexuality and psychological well-being, supporting the conclusion that sexual satisfaction is an important factor in enhancing individuals' psychological well-being, stress management capacities, and overall life satisfaction. Relationship dynamics emerge as factors that directly influence sexual satisfaction and, consequently, psychological well-being. These findings suggest that strengthening emotional bonds, enhancing communication, and fostering mutual understanding in relationships contribute to increased sexual satisfaction and overall psychological well-being (Eryilmaz & Ercan, 2011; Kernberg, 1985).

Moreover, the findings of this study reveal how sexuality is shaped by social norms and gender roles. It was found that social pressures and gendered norms negatively affect individuals' sexual satisfaction and overall mental state. This aligns with the theories of social gender put forth by researchers such as Bem (1974) and Butler (1990). The impact of gender roles and social norms on individuals' sexual lives is an important issue that should be addressed in terms of their negative effects on sexual satisfaction and psychological well-being.

On the other hand, the findings of this study underscore the critical role of sexual health in overall health and well-being. High sexual satisfaction positively influences individuals' overall quality of life, physical and mental health, and plays an important role in preventing negative mental states such as stress and anxiety (Ryan & Deci, 2000). It was found that sexual dysfunction and challenges related to sexuality could negatively affect individuals' overall health, potentially leading to serious psychological and physical issues in the long term.

The study results suggest that more research is needed to better understand the effects of sexual satisfaction on life quality, psychological well-being, and overall health. Additionally, it is clear that sexuality should be examined in the context of social norms and gender roles, and more detailed research is needed on how these factors influence individuals' sexual health and satisfaction levels. In this context, future research would benefit from examining the relationship between sexuality and psychological well-being across broader and more diverse samples, as well as exploring the influence of social norms and gender roles on this relationship in greater detail.

CONCLUSION AND RECOMMENDATIONS

This research presents significant findings by examining the interactions between sexual satisfaction, relationship dynamics, and psychological well-being from sociological and psychological perspectives. Psychologically, sexual satisfaction plays a crucial role in reducing individuals' stress levels, boosting self-confidence, and enhancing overall life satisfaction. Particularly, individuals with high levels of sexual satisfaction demonstrate stronger psychological resilience and greater success in maintaining emotional balance. These findings underscore the positive effects of sexuality on individuals' overall mental health, affirming that sexual satisfaction is an integral part of psychological well-being.

From a sociological perspective, the study explores how gender roles and societal norms shape individuals' sexual experiences and the psychological outcomes of these experiences. Differences observed between male and female participants reveal the impact of gender roles and heteronormative cultural structures on sexual satisfaction and relationship dynamics. Socioeconomic factors such as education and income levels have also been identified as significant determinants of sexual satisfaction and psychological well-being. Individuals with higher levels of education tend to be more informed about sexual health and relationship management, which positively influences their sexual satisfaction.

In light of these findings, several recommendations for clinical practice can be made. To enhance the positive effects of sexual satisfaction on psychological well-being, it is important to expand access to sexual therapy services. Additionally, the development of holistic therapeutic approaches that address sexuality, relationship dynamics, and stress management collectively is recommended. Psychoeducation programs should emphasize the importance of sexual health on overall mental health, helping individuals better understand the relationship between sexuality and psychological well-being.

From a social policy perspective, it is necessary to widely implement comprehensive sexual education programs, develop policies aimed at increasing gender equality, and integrate sexual health services into public health systems. These measures would not only improve individual well-being but also contribute to broader societal health and equity.

LIMITATIONS

The limitations of this research include sample size and representativeness issues. The generalizability of the findings is restricted due to the limited number of participants. Additionally, methodological differences between face-to-face interviews and online surveys may affect the comparability of the data obtained. The use of self-report data collection methods could have introduced

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potential biases in participants' responses. Future research should be conducted with larger and more diverse samples, and longitudinal studies should be undertaken to examine the long-term effects of sexual satisfaction and relationship dynamics.

DECLARATIONS

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