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Micha T. Ballard

*University of Texas Permian Basin*

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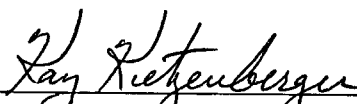
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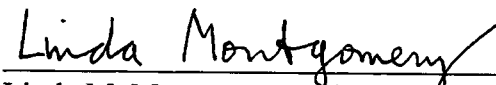
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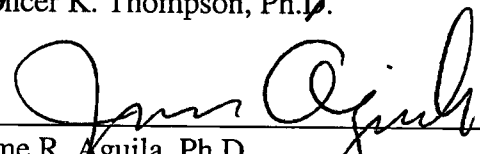
MASTURBATION AND SEXUAL SATISFACTION  
IN RELATIONALLY COMMITTED MEN

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MASTURBATION AND SEXUAL SATISFACTION  
IN RELATIONALLY COMMITTED MEN

by

MICHAEL T. BALLARD, B.A.

THESIS

Presented to the Graduate Faculty of Psychology

The University of Texas of the Permian Basin

in partial Fulfillment

of Requirements

for the Degree of

MASTER OF ARTS

THE UNIVERSITY OF TEXAS OF THE PERMIAN BASIN

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## Abstract

The purpose of this study was to investigate the relationships between masturbation frequency with and without the use of pornography, and sexual satisfaction in men in committed relationships. One hundred and twelve participants ranging from 23 to 70 years of age completed a sexuality survey and an Index of Sexual Satisfaction survey. Correlations revealed a significant negative relationship between masturbation frequency during the last month and sexual satisfaction. When clinical participants were factored out, correlation between masturbation frequency and sexual satisfaction dropped. This study found that using themes of incest or homosexuality, while masturbating, was significantly associated with higher ISS scores indicating less sexual satisfaction. This investigation discovered conflicts with existing research in finding a significant negative correlation between frequency of church attendance and frequency of masturbation. Thus, increased church attendance is correlated with a decrease in masturbation.