

## Background

- The promotion of sexual health may be hindered by the consequences of viewing masturbation as taboo (Bockting, 2002).
- Masturbation has been linked to orgasmic capacity, healthy sexual functioning and sexual satisfaction in relationships (Coleman, 2002).
- Masturbation is associated with higher self-esteem, marital and sexual satisfaction, more orgasms, greater sexual desire and arousal (Hurlbert & Whittaker, 1991).
- Story (1979) found that subjects' attitudes toward masturbation became increasingly more positive 2 years following course instruction in human sexuality.

## Results

- Hypothesis 1: Positive lessons learned in school about masturbation **do not** predict current positive attitudes toward masturbation ( $F(19,331) = 1.16, p > .05$ ).
  - Alternative hypothesis: Negative lessons learned in school about masturbation **predict** current negative attitudes toward masturbation ( $F(10,327) = 2.88, p < .01$ ).
- Hypothesis 2: Positive lessons learned from parents about masturbation **do not** predict current positive attitudes toward masturbation ( $F(19,331) = 1.23, p > .05$ ).
  - Alternative hypothesis: Negative lessons learned from parents about masturbation **do not** predict current negative attitudes toward masturbation ( $F(10,327) = 1.19, p > .05$ ).
- Hypothesis 3: Students who received most of their sex/sexuality education from school during high school are **not** currently more likely to view masturbation in a positive manner ( $F(19,111) = 1.06, p > .05$ ). Students who received most of their sex/sexuality education from parents/guardians during high school **are** currently more likely to view masturbation in a positive manner ( $F(19,115) = 2.09, p = .01$ ).

## Discussion

- Mixed results demonstrate a weak link between positive lessons about masturbation and current masturbation attitudes.
- Alternative hypotheses tested demonstrate that negative lessons learned about masturbation predict current negative attitudes toward masturbation.
- It is recommended that parents and schools focus on avoiding the teaching of negative lessons about masturbation to help foster a more positive view toward masturbation in the future.
- For future studies, it is recommended that the participant pool is more diverse in terms of culture, ethnicity, and geographic location.

## Method

342 undergraduate participants recruited from a convenient sample completed two surveys:

- The Attitudes Towards Masturbation survey (Abramson & Mosher, 1975) is a 30-item (10 of which have reversed scoring), 5-point Likert-type scale anchored by *not at all true* and *extremely true*. It assesses the participants' comfort and beliefs about masturbation.
- The Sexual Education survey was created for this study in order to assess the type of sexual education (comprehensive versus abstinence) received at home and in school settings. Participants were instructed to endorse the content areas in sexuality they received during formal and informal education.

### Regression Model for Hypothesis One

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	639.389	19	33.652	1.158	.293
	Residual	9069.129	312	29.068		
	Total	9708.518	331			

Dependent Variable: PositiveMasturbation

### Regression Model for Hypothesis Two

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	678.585	19	35.715	1.234	.228
	Residual	9029.933	312	28.942		
	Total	9708.518	331			

Dependent Variable: PositiveMasturbation

### Regression Model for Hypothesis Three (Parents)

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	550.812	19	28.990	2.089	.010
	Residual	1332.179	96	13.877		
	Total	1882.991	115			

Dependent Variable: PositiveMasturbation

## References

- Bockting, W. O. (2002). Masturbation as a Means of Achieving Sexual Health. *Journal of Psychology & Human Sexuality*, 14 (2/3), 1-4.
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- Hurlbert, D. F., & Whittaker, K. E. (1991). The role of masturbation in marital and sexual satisfaction: A comparative study of female masturbators and nonmasturbators. *Journal of Sex Education & Therapy*, 17 (4), 272-282.