

# marriFindings

FAITH & FAMILY

## Dynamics of Sexual Satisfaction



"We're on year ten now... Our sexual relationship is remarkably different than it was in the beginning. It has become one of the most powerful expressions of our love for one another and trust in each other. And it's really fun too...There is nothing in the world that can compare with becoming one with the one person with whom you have built a strong foundation of trust, who unquestioningly loves the real you, and who has committed their entire life to you. I guarantee that kind of sex is worth the wait." -[Shannon](#)

### Biological Sex Differences



Biological sex is not fluid, sex differences are [deeply embedded](#) in brain function and gender-related behaviors. Distinct [sex hormones](#) influence neurological receptors responsible for mood, cognitive function, blood pressure regulation, and pain.

### Biological Bonding Mechanisms



Sex strengthen couples' relationships by releasing hormones (dopamine, oxytocin, and vasopressin) that activate [reward](#) networks, reinforce [mutual positive feelings](#), and increase [attachment](#).

### Partner Preferences During Peak Fertility



### Religious Beliefs Improve Sexual Quality



Belief in the [sanctification of marital sexuality](#) augments marital satisfaction, sexual satisfaction, and sexual intimacy. The positive effects of sanctification on [sexual frequency and sexual satisfaction](#) do not decrease over time.

### Contraception Decreases

### Casual vs. Committed Sex



Despite the bonding mechanisms of sex,

### Relationship Commitment is a Human Necessity



Humans desire strong and enduring [social attachments](#). Forming social attachment augments positive emotions and lack of belonging increases psychological and physical adverse effects. The weak attachment formed in [casual sex](#) only results in positive emotions when there is

## Sexual Quality



Among men, barrier contraceptive methods decrease sexual spontaneity, [sexual pleasure](#), and [physical and emotional sexual satisfaction](#). Among women, low dose oral contraceptives decrease [libido](#), [orgasms](#), [sexual satisfaction](#), and increase [pain](#) during intercourse and [sexual dissatisfaction](#).

hope that the relationship can become committed.

## FABMs Improve Sexual Quality



Couples who employ [FABMs](#) report greater [appreciation of sexuality](#), improved [sexual life](#) ([foreplay](#) and [sexual intercourse](#)), increased [communication](#) about their sexual relationship, and satisfaction with [frequency of sexual intercourse](#).



Explore more research about the [contributing factors of sexual quality](#) at Marripedia.

For the good of the child --- the future of America,

Pat Fagan, Ph.D.

Director of the MARRI Project

Catholic University of America

