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Passion and Sexuality in Committed Relationships

Emilie Iliff

A thesis submitted to the faculty of
Brigham Young University
in partial fulfillment of the requirements for the degree of

Master of Science

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ABSTRACT

Passion and Sexuality in Committed Relationships

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Researchers have noted the important role which passion plays in people's lives. This study investigated an existing theoretical framework of passion and suggests an additional construct, inhibition, to this framework in regards to sexual passion. Additionally, this study investigated the constructs of passion and how they relate to sexual and relationship satisfaction. A sample of 1,429 men and women completed the Sexual Passion Scale, the Sexual Satisfaction Scale, and the Relationship Satisfaction Scale. Confirmatory factor analyses revealed that sexual passion may represent three distinct approaches (harmonious, obsessive, inhibited). In terms of sexual and relationship satisfaction, data analyses revealed that the harmonious passion scale is the best predictor. Overall, these findings may further the discussion in understanding the complex nature of sexual passion in committed, long-term relationships.

Keywords: sexual passion, relationship satisfaction, sexual satisfaction

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Introduction

General Theory of Passion

Over the last few centuries the concept of passion has evolved, transcending through the ages to mean a deeply rooted desire in mankind. In the 11th century, the French described passion as the intense physical suffering of Jesus Christ (online etymology dictionary; Vallerand et al., 2003). In time, passion shifted from godly *suffering* to a strong, intense *desire* within man.

In current research literature, a more contemporary view of passion has been defined. Taking a social psychology stance, and using concepts from Self-Determination Theory (Sheldon, 2002) as a backbone to their passion research, Vallerand and colleagues (2003) define passion as “a strong inclination toward an activity that people like, that they find important, in which they invest time and energy” (p.757). This concept of passion has been developed into a theoretical framework for conceptualizing passion into two distinct types—harmonious and obsessive. The Dualistic Model of Passion (DMP), defines harmonious and obsessive passion differently depending on how the passion is internalized by the person (Vallerand, 2015). It is the internalized self-identity that results from participating in one’s passion which differentiates it from other pleasures or interests. Harmonious passion utilizes autonomous internalization and allows the person to willingly choose to engage in their pursuit and therefore stays in harmony with other aspects of their life (Ratelle, Carbonneau, Vallerand, & Mageau, 2013; Vallerand et al., 2003). Alternatively to harmonious passion, obsessive passion utilizes controlled internalization which disregards a person’s choice to pursue an activity because it is driven by a need for inner acceptance and/or outside controlling influences (Vallerand et al., 2003).

Accordingly, Vallerand (2015) describes the internalization processes embedded in these two types of passions as the root of self-identity. A person with autonomous internalization has high self-esteem and participates in the passion voluntarily and enjoys positive outcomes

associated with their passion (Vallerand, 2015). Conversely, controlled internalization experienced with obsessive passion is derived within a person who is insecure and has low self-esteem, this results in uncontrollable urges to participate in their activity and consequently can lead to detrimental outcomes (Vallerand, 2015).

Perhaps the search for understanding and connecting oneself is the motivational force in pursuing a passion. Depending on environmental and social factors, a person's passion can fluctuate during the course of their life resulting in varying degrees and experiences with each type of passion (Vallerand, 2015). In turn, these two types of passion can be expressed in various aspects of a person's life including music, sports, and gaming (Bonneville-Roussy, Lavigne, Vallerand, 2011; Vallerand, Mageau, Elliot, Dumais, Demers, & Rousseau, 2008; Lafreniere, Vallerand, Donahue, & Lavigne, 2009). These activities and hobbies reveal how passion can be directed towards self-development or perfecting a skill or talent.

Relationship Passion

The passion research has also extended into interpersonal relationships. The different types of passion expressed in relationships range from people participating in the same interest and extends to the interplay between romantic partners (Vallerand, 2015). However, the research on romantic passion in relationships is rather sparse. Ratelle and colleagues (2013), studied passion in the context of adults in romantic relationships by adapting the Dualistic Model of Passion (DMP) to pertain to romantic relationships. In applying this model to relationships, their studies primarily focused on passion in regard to general relationship status in short-term relationships (e.g., average length approximately three years). Because these authors were interested primarily in romantic passion, which was defined more broadly than sexual passion, there has not been research to date addressing the nature of *sexual passion* in committed

relationships. Although other researchers such as Sternberg (1986) have addressed the concept of passion, our interest in sexual passion is in accordance with Vallerand et al.'s (2003) research. It is within this frame of research there has been no focus, specifically, on the nature of sexual passion between partners. We would like to explore how sexual passion manifests itself in committed, romantic relationships and how sexual passion effects overall sexual and relationship satisfaction.

Sexual Passion

In an effort to fill the gap in the passion literature by exploring sexual passion we are adapting the bi-dimensional definition of Vallerand's passion to the sexual area. We define *sexual passion* as, "a strong sexual inclination toward a partner that one loves, in a committed relationship, into which significant time and sexual energy is invested." Our definition suggests that sexual passion differs from sexual desire. In the literature on sexual desire, sexual desire is described in terms of a physiological response. Kaplan (1979), describes sexual desire as physical sensations, activated by the neural system, eliciting sexual action. Kaplan, along with other sexuality researchers, describe sexual desire as an element in the physiological process of sexual arousal (Kaplan, 1979; Levine 1987; Masters & Johnson, 1966). While sexual passion obviously includes sexual desire as one element, we are particularly interested in the broader construct of sexual passion and its existence in committed relationships. Our definition of sexual passion is more congruent with the existing definitions of general passion as it connotes an energy which leads to a significant investment of time and energy into something of importance in an enduring relationship. Markedly, we understand there are complexities of capturing the essence of sexual passion in a relationship. Unlike a hobby or personal interest, sexual

relationships involve two partners whose individual experiences and passion styles create unique circumstances.

Integrating Passion and Inhibition

As is evidenced from the description of passion from the preceding authors, sexuality and passion are connected in sometimes overlapping terms in romantic relationships. An important concept from decades of research in the sexuality area but one that has not been found of the in the passion literature is inhibition (Masters & Johnson, 1988; Toates, 2009; Bancroft, Graham, Janssen, Sanders, 2009; Birnbaum, Mikulincer, Szepeswol, Shaver, Mizrahi, 2014). Bancroft and colleagues (2009) research on inhibition, the Dual Control Model, is a conceptualization of the human nervous system where there are two competing regulatory processes, inhibitory and excitatory. Their conceptualization of inhibition and excitation was originally designed and measured for males with sexual dysfunction, but has progressed to measure the regulatory mechanisms within women (Janssen & Bancroft, 2006). While the Dual Control Model measures a person's physiological responses to sexual stimuli, which is vital to understanding sexual functioning, it disregards the role of inhibition in a relational context. In a similar fashion, Toates (2009) in his incentive model for sexual inhibition describes it as a function of the central nervous system. It is important to note that these two approaches look at inhibition through a neurophysiological lens, which is a different approach that we intend to understand the nature of inhibition in a psychological and relational context.

Our research team has considered inhibition in a relational context. Birnbaum and colleagues(2014) found in their model what they consider hyperactivation and deactivation states. While their work advances the concepts into a relational domain, they continue to be very physiologically specific in the nature of sexual desire and sexual functioning in a relationship,

rather than the general concept of sexual passion that we are referring to. Still, their concepts of hyperactivation and deactivation are close to the concepts of obsessive and inhibited passion.

Inhibition in Romantic Relationships

Ironically, despite its importance, inhibition is a neglected component in the passion theory by Vallerand et al. (2003). We hope to integrate this concept of inhibition, in conjunction with harmonious and obsessive, because of its integral role in understanding the dynamics of sexual passion in committed relationships. In existing research on passion and on sexuality there is currently no measure that integrates these three constructs and applies them to committed relationships. Consequently, we expect to be able to measure these three distinct factors or constructs of sexual passion that while correlated would be distinct from one another.

As noted previously, inhibited sexual passion refers to an over-control of an individual's sexual desire. This over-control consequently restricts sexual expression potentially hurting intimate interactions, for example a partner in a relationship who rejects sexual overtures. In contrast, obsessive sexual passion would result in a person's under-control, therefore deviating from restrictiveness and resulting in excessive interest or pressure for involvement in a sexual relationship. This obsessiveness can create problems in a relationship due to the negative effects of sexual fixation or excessive sexual demands within an intimate relationship.

In different contexts, the concept of inhibition and obsession can vary in its display and severity. For instance, inhibited passion may be linked to clinical diagnosis related to a sexual disorder such as female sexual interest/arousal disorder and male hypoactive sexual desire disorder. However, the clinical distress and severity of these disorders is beyond the scope of typical inhibited passion. In regards to obsessive passion, there might be some connection in a small subset of individuals between the concepts of obsessive passion from the social

psychology literature and more pathological material from the diagnostic research in psychiatry and psychology about obsessive compulsive disorders (e.g. DSM-V diagnoses). In addition, obsessive passion may be connected to sexual compulsion or addiction, which addresses the severity of out of control sexual behavior which can cause clinically significant distress (Delmonico & Griffin, 2015). These extreme forms of inhibited and obsessive desire are likely different than the common “obsession” and “inhibition” some people have toward activities or relationships they are passionate about as referred to in Vallerand et al.’s (2003) research.

As previously mentioned, the role of passion in an individual’s life can have an influence on personal pursuits, self-identity, and quality of a committed sexual relationship. Yet, the study of inhibited passion has been neglected and is likely a vitally important construct of passion. To fully understand the role of passion in the context of a sexual relationship we are interested in testing the validity of the three constructs (harmonious, obsessive, inhibited) in relation to relationship and sexual satisfaction. If the addition of inhibition to the passion literature is valid, how does the application of harmonious, obsessive, and inhibited passion apply to sexual passion in long-term committed relationships?

As importantly, how might these different passion styles be associated with relationship satisfaction and with the sexual satisfaction in a relationship? While it might be possible to measure the three distinct passion styles, they may have little utilitarian purposes if they are not significantly associated with important relationship outcomes.

Research Questions

1. Does our new measure of sexual passion in a committed relationship capture the three constructs of harmonious, obsessive, and inhibited passion?

2. How do these types sexual passion relate to relationship satisfaction and sexual satisfaction?

Methods

Sample and Procedure

The sample we used was collected through Amazon Mechanical Turk (www.mturk.com), also known as MTurk. MTurk is a website that provides a worldwide online platform for the completion of Human Intelligence Tasks (HITs), such as opinion surveys. On this website, the HIT “requesters” provide projects, and the qualified HIT “workers” select and finish the job tasks to receive payment. For the purpose of our study, we required that the participants were English speaking and were at least 18 years old and have been in a committed relationship as defined by an exclusive dating, cohabiting, or married relationship lasting six months or more. The HIT task that was posted was a 15 to 20 minute survey asking about passion in relationships. Prior to the survey, the participants were asked to read and agree to a consent form. Those that agreed to the consent request then moved on to answering the survey. Upon completion of the survey, each participant was compensated with \$1.00, which is similar to comparable task payments on MTurk.

Our sample consisted of 1,429 participants. They ranged from 18 to 83 years old, with a mean age of 34.15. Forty-six percent were males and 54.5% were females. Regarding their relationship status, 43.9% were exclusively dating someone, 7.3% were engaged, and 48.7% were married. Regarding their educational status, .3% had less than a high school education, 4.1% had a high school degree or equivalent (GED), and 24.2% had a high school diploma. As far as their highest level of education, 58.1% had 4-year or 2-year degrees, and 13.2 had masters or doctoral degrees. Regarding their yearly gross income, 50.8% made \$40,000 or below, 41.4%

make \$100,000 or below, 6.5% make below \$160,000, and 1.2% make more than \$160,000. Finally, 100% of the participants were living in the United States.

Measures

Sexual passion measure. In this study we used a set of items that were modified from the harmonious and obsessive passion measures in Vallerand's Romantic Passion Scale (Ratelle et al., 2013). We then created new measures for the inhibited measures. The 18 items captured three constructs of sexual passion (harmonious, obsessive, inhibited). We used a 5-point Likert scale, with 1 representing "strongly disagree" and 5 representing "strongly agree." For a detailed list of all 18 items, please refer to Appendix A.

Sexual relationship measure. For the sexual satisfaction measure we used the Sexual Satisfaction Scale from the RELATE instrument which contains 6 items originally from the (Rust & Golombok, 1986). We used a 5-point Likert scale with 1 representing "never" and 5 representing "very often."

Relationship satisfaction measure. For the relationship satisfaction measure we used the Funk & Rogge's (2007) shortened version of the CSI.

Analyses and Results

The first research question was, "Does our new measure of sexual passion in a committed relationship capture the three constructs of harmonious, obsessive, and inhibited passion? In order to answer this research question, we conducted a set of preliminary analyses (including means, SD, correlations), alpha reliability, exploratory and confirmatory factor analysis in software including SPSS and MPlus. For exploratory factor analysis, we used Principal Axis Factoring as an extraction method and Promax as a rotation method. Based on the results of exploratory factor analysis, we constructed a confirmatory factor analysis model. We will further discuss the details in the results section.

The second research question was, “How are these three constructs of sexual passion related to relationship satisfaction and sexual satisfaction?” In order to answer this question, we conducted two regression analyses, one having relationship satisfaction and the other having sexual satisfaction as dependent variables, with harmonious, obsessive, and inhibited passions as independent variables. We also used relationship length as a control variable. Both of the regression analyses were conducted in SPSS.

Preliminary Analyses

The mean range for our participants on the harmonious scale was 3.40-3.62, (SD=.98-1.07). In comparison, the mean range on the inhibited scale was (2.08-2.35 (SD= 1.02-1.18) and for the obsessive scales was 1.98-2.49 (SD=.94-1.17). The correlations showed that without controlling for relationship length, there was a mild, positive correlation between the harmonious and obsessive scale, $r=.14$, $p<.01$. There was an intermediate, positive correlation between obsessive and inhibited scales $r=.23$, $p<.01$. There was a moderate, negative correlation between the harmonious and inhibited scale $r=-.44$, $p<.01$. After controlling for relationship length, the correlations did not change dramatically. For detailed information of the correlations on study variables, refer to Table 1.

Reliability, Exploratory and Confirmatory Factor Analyses

When testing for internal reliability of each of these scales, Cronbach’s Alpha Analyses indicated that alpha = .83 for the harmonious scale, .87 for the obsessive scale, and .80 for the inhibited scale. We also conducted exploratory factor analyses of the 16 items, which supported as many as 3 factors based on the eigenvalue rule (>1.0) and the scree test. The eigenvalues were 4.81, 3.96, and 1.67. The EFA results also supported the three-factor structure. The suggested items on each factor were consistent with our intentional model design. All items had factor loadings of .52 and above, except for item 2 on the harmonious scale (“I appreciate and seek new

sexual experiences with my partner”), which cross-loaded on both the harmonious (.37) and the obsessive scales (.33).

Based on reliability and EFA output we proceeded with a CFA. Even though item 2 on the harmonious scale cross-loaded in the EFA analysis it was not problematic in the CFA analysis. For our CFA model we constructed a 3-factor model with each factor (harmonious, obsessive, inhibited) correlated with one another. All items loaded on each factor according to the way we designed them to be. For this three-factor model, the CFI was 0.90, the TLI was 0.88, and the RSMEA was .08, suggesting the need to reconsider the model structure. Upon examining individual item factor loadings we decided to remove item 1 of the harmonious scale (“When I have sexual feelings for my partner I am able to keep them in balance.”), which had a factor loading of .32. However, item 2 of the harmonious scale which was flagged in EFA appeared to be appropriate in CFA, with a factor loading of .49.

Meanwhile, on the inhibited scale, even though all items loaded on the factor well (the factor loadings ranged from .63-.65), we noticed that one of the items was problematic. Item 4 (“My partner’s sexual expectations of me, subdue my own pursuits”) focused on the partner’s sexual passion rather than on the participant’s individual sexual passion, which was inconsistent with the other items on the scale. In order to improve content validity, we decided to remove this item.

Accordingly, we updated our EFA and CFA analyses, removing both items 1 on harmonious scale and item 4 on the inhibited scale. Updated EFA results still upheld three factors with all items loaded on individual scales appropriately (factor loadings ranged from .38-.83). Updated CFA results showed that the model fit was improved with CFI=.94, TLI=.93, RSMEA=.06. For detailed factor loadings on the final CFA model, refer to Figure 1.

Regression Analyses

Lastly, to understand the relationship between individual passion scales and the two dependent variables (namely relationship and sexual satisfaction), we ran two linear regression analyses entering each predictor in subsequent models. We predicted relationship satisfaction and sexual satisfaction from obsession, harmonious, and inhibited passion, controlling for relationship length. The control variable relationship length was not statistically significant.

For the model on relationship satisfaction, results showed that the harmonious scale was a much better predictor than the obsessive and inhibited scales. Altogether, after controlling for relationship length, these three predictors accounted for 31% of the variance of relationship satisfaction. The regression equation for predicting relationship satisfaction is

$$\text{Relationship satisfaction} = -.01 \text{ obsessive} + .52 \text{ harmonious} - .09 \text{ inhibited} + 2.52$$

For the model on sexual satisfaction, the results were similar to relationship satisfaction which showed that the harmonious scale was still a better predictor than the obsessive and inhibited scales. While we also controlled for relationship length, controlling for this variable did not make a statistically significant difference on the overall model. All three scales combined (harmonious, obsessive, inhibited), accounted for 55% of the variance of sexual satisfaction. The regression equation for predicting sexual satisfaction is

$$\text{Sexual satisfaction} = -.07 \text{ obsessive} + .69 \text{ harmonious} - .12 \text{ inhibited} + 1.94$$

For more information on both regression models refer to Tables 2 and 3.

Discussion

The present study had two major objectives. First, we explored the role of inhibited passion with the constructs of harmonious and obsessive passion to test our three factor structure. Second, we considered the relationship of our sexual passion construct to relationship and sexual satisfaction. The present findings primarily showed that sexual passion may represent three

distinct approaches (harmonious, obsessive, inhibited). Meanwhile, the harmonious scale was a better predictor of relationship and sexual satisfaction than obsessive and inhibited. These findings lead to a number of inferences.

A first inference is that there are three distinct approaches of sexual passion in committed relationships. It appears that the three distinct passions might represent healthy approaches to passion with harmonious passion representing the healthiest form of passion preceded by obsession and inhibition. These conclusions are in line with previous research (Bonneville-Roussy et al., 2011; Vallerand et al., 2008; Lafreniere et al., 2009), which found that having harmonious passion can positively influence personal development in perfecting a skill or talent. Markedly, the present findings suggest some differences with past research. Past research on passion, specifically in romantic relationships, has focused solely on harmonious and obsessive constructs as described in the Dualistic Model of Passion (Ratelle et al., 2013). This dual model suggests that there are only two ways in which passion is manifested in relationships, harmoniously and obsessively. Harmonious passion reflects a person's capacity to maintain balance with their passion and other aspects of their life, meanwhile obsessive passion is driven by external/internal pressures (Ratelle, Carbonneau, Vallerand, & Mageau, 2013; Vallerand et al., 2003). However, in the present research, we proposed that there is a construct of passion neglected in the Dualistic Model of Passion, inhibition. In previous research, inhibition has been defined in terms of physiological responses. For instance, Bancroft's Dual Control Model conceptualizes inhibition as an alternative response to excitation in the nervous system affecting sexual functioning (Bancroft et al., 2009). Alternatively, we propose that inhibition can also be a personal restraint experienced by individuals in long-term relationships. Our correlational findings show that inhibition is a crucial construct in understanding sexual passion in

relationships. This suggests that although there is a relationship among harmony and obsession, there appears to be significant and stronger relationship between inhibition with obsession and harmony. A negative correlation between inhibition and harmony suggests that individuals with inhibited sexual passion may have decreased harmonious sexual passion in their relationships. Conversely, individuals who have harmonious sexual passion will experience less inhibited sexual passion in their relationships. Noticeably, there appears to be a significant relationship between obsession and inhibition. The findings show that obsession tends to have a weaker correlation with harmony than inhibition, emphasizing the vital contribution of inhibition in understanding passion in sexual relationships. Thus, inhibition fits our three factor structure and represents the least healthy approach to sexual passion as illustrated by the negative correlations and the regression results. Future research is required to fully understand how these three different passion approaches affect sexual relationships with a longitudinal study.

Some limitations of the present research need to be addressed. First, the present study only looked at one partner's approach to sexual passion and did not obtain results from the other partner. We understand that sexual passion is different from previous passion research because it involves the complex interdependent nature of a relationship expressed between two partners. In order to fully understand sexual passion, future measures are required to address both partners' sexual passion style. The collection of both partners' responses of sexual passion experienced in a relationship will increase the scope of understanding regarding the interplay of similar and opposite passion styles and their influence on sexual relationships. Second, the sample was not representative and may have results unique to the characteristics of the participants. Third, the results are correlational and cannot show the direction of influence so it may be that relationship

satisfaction and sexual satisfaction influence passion instead of the way these variables have been modeled in this paper.

The second inference is that within the three constructs of passion (harmonious, obsessive, inhibited) it seems that harmonious passion is the strongest predictor of relationship and sexual satisfaction. Harmonious passion allows the person to willingly choose to engage in their passion and therefore stays in harmony with other aspects of their life (Ratelle, Carbonneau, Vallerand, & Mageau, 2013; Vallerand et al., 2003). With this in mind, the implication is that harmonious sexual passion is not only the capacity to keep sexual passion in balance, but is important for understanding the role of passion in healthy and satisfying relationships. In line with this hypothesis, results from previous research show that harmonious passion is associated with more positive relational outcomes (Ratelle et al., 2013).

The third inference is that inhibition, the controlled approach, seems to be important in understanding difficulties in relational outcomes. In regression analyses having sexual and relationship satisfaction as the dependent variables, it appears that inhibition explains more of the variability expressed in relationship and sexual satisfaction than obsession, which has little explanatory power in the analyses. Although our data does support the constructs of the Dualistic Model of Passion (Ratelle et al., 2013), more importantly it shows that inhibition is a valid and significant predictor in understanding problems in relationships. However, additional research is needed in order to discover if the three passion approaches affect relationship and sexual satisfaction for both partners. Furthermore, with the inclusion of the inhibited approach of passion we can better understand its role in difficulties in committed, long-term sexual relationships.

Although further work is required to fully understand how these three approaches (harmonious, obsessive, inhibited) of sexual passion are manifested in long-term, committed relationships due to the complex nature of understanding both partners, this work provides a general theoretical framework to study sexual passion. Over all, the present findings indicate that there are three distinct sexual passion approaches, revealing harmonious passion as the healthiest approach. The present study proposes that inhibited sexual passion represents one of the psychological foundations of problems that may occur in relationships, while harmonious sexual passion represents a beneficial approach conducive to positive relational outcomes. Finally, there is evidence that inhibited passion may produce negative effects in relationship and sexual satisfaction depending on the prevalent levels of harmonious and obsessive sexual passion.

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Figure 1

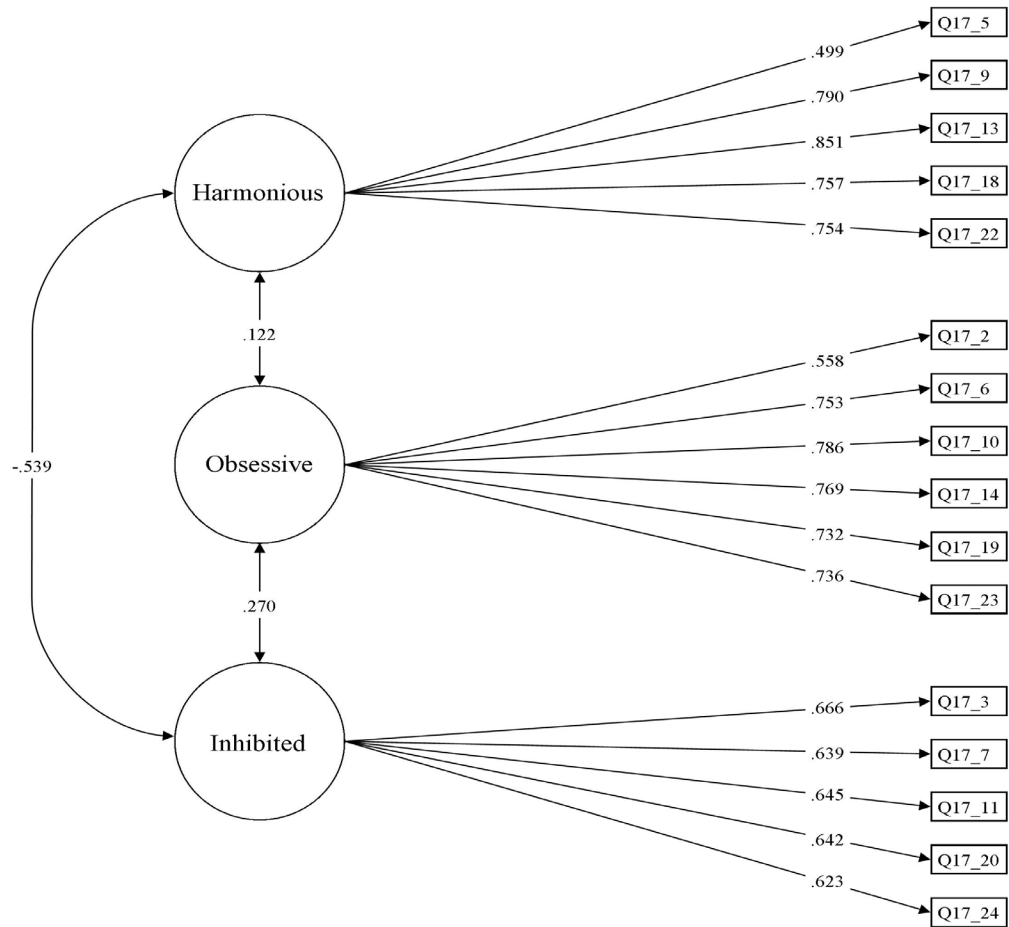


Table 1:
Descriptive Statistics and Correlations among Study Variables

	<i>M(SD)</i>	1	2	3	4	5
Zero-Order Correlations						
1. Harmonious	3.55 (.81)					
2. Obsessive	2.24 (.82)	.14**				
3. Inhibited	2.26 (.80)	-.44**	.23**			
4. Relationship Satisfaction	4.83 (1.11)	.55**	.04	-.32**		
5. Sexual Satisfaction	3.47 (.61)	.73**	-.01	-.44**	.63**	
6. Relationship Length	82.14 (91.15)	-.15**	-.19**	.02	-.03	-.07**
Partial Correlations (Controlling for Relationship Length)						
Obsessive		.11**				
Inhibited		-.45**	.23**			
Relationship Satisfaction		.55**	.03	-.32**		
Sexual Satisfaction		.72**	-.02	-.44**	.63**	

Note: $N=1421$, * $p < .05$, ** $p < .01$

Table 2:
Regression for Relationship Satisfaction

	R^2	R^2 change	b (SE)	β
Relationship Length	.000	.001	.001 (.000)*	.056
Obsessive	.000	.001	-.006 (.032)	-.005
Harmonious	.305	.305**	.715 (.035)**	.521
Inhibited	.310	.005**	-.119 (.036)**	-.085
Constant			2.521 (.178)**	

$N = 1421$, * $p < .05$, ** $p < .01$

Table 3:
Regression for Sexual Satisfaction

	R^2	R^2 change	b (SE)	β
Relationship Length	.004	.005**	.000 (.000)	.024
Obsessive	.004	.000	-.050 (.014)**	-.067
Harmonious	.536	.531**	.519 (.016)**	.686
Inhibited	.546	.010**	-.090 (.016)**	-.117
Constant			1.938 (.080)**	

$N = 1421$, * $p < .05$, ** $p < .01$

Appendix A

Sexual Passion Measures

Harmonious Measures

1. When I have sexual feelings for my partner I am able to keep them in balance.
2. I appreciate and seek new sexual experience with my partner.
3. The way I live my life allows me to have the variety of sexual experiences, which I desire, with my partner.
4. My strong sexual interests are well integrated into my relationship with my partner.
5. The sexual activities that I am excited about, in my relationship with my partner, are in harmony with other things that are a part of me.
6. When I am excited about sexual things with my partner, I able to keep them in range.

Obsessive Measures

1. Generally, I have difficulties controlling any sexual impulses with my partner.
2. I get completely involved in my sexual interests with my partner, that they consume all my time and energy.
3. I am completely consumed by my sexual interests, involving my partner.
4. My intense emotions about sexual things, in my relationship with my partner, take complete control over me.
5. I am easily controlled by my strong sexual interests with my partner.
6. I can easily get obsessed about sexual things in my relationship with my partner.

Inhibited

1. I often feel reluctant to act on sexual urges that I have for my partner.
2. I am hesitant to participate in various sexual opportunities presented to me in my relationship with my partner.

3. Sometimes I have so many worries that I feel constrained from doing sexual activities I enjoy with my partner.
4. My partner's sexual expectations of me, subdue my own pursuits.
5. Unless things are "just right" in my sexual relationship with my partner, I am reluctant to participate in sexual deeds.
6. Generally, I feel inhibited in doing sexual acts with my partner that I am interested in.

Appendix B

Sexual Satisfaction Measures

1. Are you dissatisfied with the amount of variety in your sex life with your partner?
2. Do you find the sexual relationships with your partner satisfactory?
3. Do you feel there is a lack of love and affection in your sexual relationship?
4. Are you satisfied with the amount of time you and your partner spend on foreplay?
5. Do you have sexual intercourse as often as you would like?
6. Do you feel dissatisfied with the amount of time your partner spends on intercourse itself?

1=Never 2=Rarely 3=Sometimes 4=Often 5=Very Often

Appendix C

Relationship Satisfaction Measures

Group Consensus/Found by Lambert PARTNER

Funk & Rogge, 2007

1. In general, how satisfied are you with your relationship?
2. How rewarding is your relationships with your partner?

I have a warm and comfortable relationship with my partner.

Please select the answer which best describes the degree of happiness, all things considered, of your relationship.