

**Psychosexual impact of patriarchal beliefs in women**



Research Project: PSY 450

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### **Research Completion Certificate**

Certificate that the research work contained in this thesis titled “Psychosexual Impact of Patriarchal Beliefs in women” has been carried out and completed by **Ms. Sana Tahir, Student No: 13002141001**; Student of BS. Psychology, session 2013 – 2016, under my supervision. This study is an independent research work and carried out under given instruction and consideration.

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### Declaration

I, Ms. Sana Tahir, Student No: 13002141001, student of BS. in the subject of psychology, session of 2013 - 2016, hereby declare that the material printed in this thesis titled **“Psychosexual Impact of Patriarchal Beliefs in women”** is original work and has not been printed, published or submitted as research work, thesis or publication in any form in any university, research institution in Pakistan or abroad.

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### **Dedication**

This thesis is dedicated to my beloved parents Nadira and Tahir, my sisters Ghazal, Faryal, Warda and Safa, als omy supervisor Ms. Saira Munsaf Khan and former supervisor Ms. Haya Fatima. I am thankful for the care, love, support and encouragement they have given to me.

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## Abstract

In patriarchal system of society women's sexual experiences are suppressed where as men are entitled to pleasure themselves according to their desires and need (Rudman & Fetterolf, 2014). The purpose of this study is to explore how the internalization of patriarchy affects women's sexuality and to investigate the influence of attachment styles and self-objectification on sexual satisfaction along with its role between patriarchal beliefs and sexual satisfaction. The sample consisted of 150(age 20-40) married women, selected through a combination of convenient and snowball sampling. The results revealed that patriarchal beliefs is significantly positively associated with attachment styles (anxious and avoidant), and self-objectification. Similarly, there is a significant positive relation between attachment styles (anxious and avoidant) and self-objectification. Furthermore, there is a significant negative correlation between patriarchal beliefs, attachment styles (anxious and avoidant) and sexual satisfaction. In addition, self-objectification significantly negatively correlates with sexual satisfaction. Standardized estimates of direct and indirect effects of the paths revealed that patriarchal beliefs significantly positively predict anxious attachment, self-objectification and sexual satisfaction, while non-significantly predicted avoidant attachment. Self-objectification non-significantly predicted sexual satisfaction. Anxious and avoidant attachment was found to be significant negative predictor of sexual satisfaction. Anxious attachment was found to mediate patriarchal beliefs and sexual satisfaction. The research reveals that women have internalized patriarchal beliefs and it has a direct effect on their sexuality.

**Key words:** Patriarchal Beliefs, Attachment styles, Self-objectification, Sexual satisfaction

## **Chapter I**

### **Introduction**

Sexuality is a diverse and well-researched area in western culture. It has been established that sexuality has deep effect on how people express themselves (Cox, 1994). Sexuality is not limited to physical intercourse; it includes body image, sexual desires, thoughts, attractions, how gender is expressed, sexual behaviors and sexual relationships. It is expressed and experienced through fantasies, behaviors, thoughts and desires (WHO, 2006). Sexuality is an expression for the human need to touch, seek pleasure and share. This need is valid for men as well as women. Sexuality is a complex human behavior which is influenced by many factors including family, culture, religion, media, friends and experiences. It is important to know sexuality is one of the most important motivators in human life, significant part of our personality is governed some way or another by our sexual self (Molina & Franco, 1986).