TÜRKİYE ÖRNEKLEMİ: ERKEKLERİN AŞK YAŞAMI DOYUMLARININ CİNSEL KOMPÜLSİYONLARI İLE İLİŞKİSİ

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Öz

Bu çalışma, erkeklerinin aşk yaşamı doyumlarının cinsel kompülsiyonlarıyla ilişkisi belirlemek amacıyla yapılmıştır. Betimleyici ve kesitsel tipteki araştırma 272 birey ile yürütülmüştür. Veriler Sosyodemografik Veri Formu, Aşk Yaşamı Doyumu Ölçeği ve Cinsel Kompülsiyon Ölçeği ile toplanmıştır. Veriler değerlendirilmesinde ANOVA, Mann-Whitney U, Kruskal Wallis, korelasyon ve regresyon testleri kullanılmıştır. Araştırmanın yapılabilmesi için etik kurul izni ve katılımcıların online onamları alınmıştır. Erkeklerin Aşk Yaşamı Doyumu toplam puan ortalamaları 19.17±8.41; Cinsel Kompülsiyon Ölçeği toplam puan ortalamaları 19.31±7.85 olarak saptanmıştır. Aşk Yaşamı Doyumu Ölçeği ile Cinsel Kompülsiyon Ölçeği arasında negatif yönde ve zayıf şiddette korelasyon belirlenmiştir. Regresyon analizine göre mevcut birliktelik durumu hem aşk yaşamı doyumunda hem de cinsel kompülsiyonda en önemli bağımsız değişken olduğu bulunmuştur. Erkeklerin aşk yaşam doyumları arttıkça cinsel kompülsiyon düzeylerinde azalma olduğu saptanmıştır.

Anahtar Sözcükler: Erkek Cinsiyeti, Aşk Yaşamı Doyumu, Cinsel Kompülsiyon

TURKEY SAMPLE: THE RELATIONSHIP BETWEEN MEN'S SATISFACTION WITH LOVE LIFE AND SEXUAL COMPULSIVITY

Abstract

This study was conducted to determine the relationship between men's satisfaction with love life and sexual compulsivity. The descriptive and cross-sectional study was conducted with 272 individuals. Data were collected with the Personal Information Form, the Satisfaction with Love Life Scale, and the Sexual Compulsivity Scale. ANOVA, Mann-Whitney U, Kruskal Wallis, correlation, and regression tests were used to evaluate the data. The ethics committee permission was obtained to conduct the research. Men's Satisfaction with Love Life total mean score was calculated as 19.17±8.41, and the total mean score of the Sexual Compulsivity Scale was determined as 19.31±7.85. A negative and weak correlation was determined between the Satisfaction with Love Life Scale and the Sexual Compulsivity Scale. It was determined that as men's satisfaction with love life increased, their sexual compulsivity levels decreased.

Keywords: Male Gender, Satisfaction With Love Life, Sexual Compulsivity

1. INTRODUCTION

It is known that there is a concept of masculinity that is passed from generation to generation in Turkish society and that is fixed in women and men, although it is thought to have changed. Masculinity is defined by being physically strong, providing for the family, heterosexuality, not showing or not being able to show their emotions (1, 2). However, as Herb Goldberg (2010) stated in his book The Dangers of Being a Man, a man pays a heavy price to gain masculine privilege and power and has to sever his ties with his own body and emotions (3). Thus, men began to highlight their own identities not through their love relationships, but rather with their success at work, and they moved away from their feelings of love and affection with the appreciation of this strict

attitude that they showed to themselves (4). However, it should not be forgotten that love life has critical importance in the social and psychological life of individuals and is the determinant of mental health and well-being (5).

In our language, love does not just mean intense affection, it also includes the meanings of not having a conversation with someone else, not leaving them, being loyal (6). In some studies on love in the literature, it has been determined that love is as common as games among Turkish men (7, 8). Yoruk-Tepe & Var (2021) found that Turkish men have more altruistic love and love-like games than women, and this situation is explained by the fact that the men see love as a game due to the social roles imposed on men, and that his infidelity is considered more normal (9). It has been stated that Turkish men get more satisfaction from their relationships than women, but on the contrary, men are more prone to cheating than women (10). It is a well-known fact that an individual who is not satisfied with his sexual life in his relationship, does not feel sexual and emotional intimacy with his spouse, or cannot get satisfaction from his relationship, tries to find the solution through sexual experiences such as cheating and polygamy (5).

Love and sexuality are two concepts that encompass each other, and when one is the subject, it can bring the other one together with itself (11). However, some individuals are much more fond of sexuality than the general population (12). Weinstein et al. (2015) stated that men have a higher level of sexual compulsivity than women do (13). Sexual compulsivity can be described as having difficulty in controlling inappropriate or excessive sexual fantasies, impulses, or behaviors that cause subjective distress or impairment in important areas of daily functioning (14). In our culture, as a result of the beliefs that sexual life and sexual pleasure exist for men, they are assigned to have sex with everyone anytime, anywhere, and are seen as a sex machine that does not reveal their feelings; however, men's sexual lives are based on human aspects such as love, affection, warmth, and intimacy (15). Thus, in Turkish culture, the possibility arises for men to refuse to openly talk about their sexual desires in their relationships, as a result of gender, and to choose to live their sexual desires and pleasures inside themselves or with a different partner that they do not know. It is an additional problem that men experience intensely negative mental states such as stress, anger, anxiety, and loneliness after sexual compulsive behaviors, and they are negatively affected by those factors (16).

There is no study in the literature examining the relationship between men's satisfaction with love life and sexual compulsivity. In this context, it was thought that there is a need for studies in related fields and this study was planned to examine the relationship between men's satisfaction with love life and sexual compulsivity. In this context, answers to the following questions were sought.

1. Is there a difference between men's socio-demographic and relationship characteristics and their satisfaction with love life and sexual compulsivity?

2. What are men's satisfaction with love life and sexual compulsivity levels?

3. Is there a relationship between satisfaction with love life and sexual compulsivity?

2. METHOD

Research Type and Purpose

This study was conducted as a descriptive study to examine the relationship between men's satisfaction with love life and sexual compulsivity.

Research Design

Due to the pandemic process, we were in, research data was collected digitally. A digital

questionnaire (Google Forms) was created by the researchers. The created digital survey was shared on social platforms such as WhatsApp, Instagram, Twitter, and the respondents were asked to share it with other people. At the beginning of the questionnaire sent to the participants, there was information about the purpose and content of the study and that participation in the study was voluntaryily. The identity information of the participants was not recorded in the survey.

Research Population and Sample

The population of the descriptive and cross-sectional study consisted of 28.606.698 men living in Turkey in the census of 2019 (17). The sample size was determined as 271 with a 95% confidence interval and a 5% margin of error. The study was conducted with 272 men who agreed to participate in the study by using the snowball method, one of the non-probabilistic sampling methods.

The Collection of Research Data

The study was conducted with 272 men who agreed to participate in the study between the dates of 04.13.2021 and 01.05.2021 It took an average of 10 minutes to fill out the questionnaire.

Inclusion criteria;

— Being male,

— Being 18 years or older,

— Using at least one of the specified social networks.

Exclusion criteria;

— Having a psychiatric diagnosis,

— Using narcotic drugs,

— Attending any psychological support groups,

— Having a loss at least 6 months ago.

Data Collection Tools

As data collection tools, "The Personal Information Form", which was prepared by the researchers in line with the literature, "The Satisfaction with Love Life Scale" and "The Sexual Compulsivity Scale" were used.

The Personal Information Form: The personal information form was created by the researchers, as a result of the literature review, to determine the socio-demographic and cohabitation characteristics (5, 18). It consists of 9 questions that include socio-demographic and some characteristics related to cohabitation (age, educational level, occupation, income level, current cohabitation status, duration of cohabitation, way of meeting with spouse, family type, and number of children).

The Satisfaction with Love Life Scale (SLLS): The Love Life Satisfaction Scale was developed by Neto (2005) to evaluate satisfaction with love life, and its Turkish adaptation was conducted by Akin, Yildiz, & Akin (2015) (18, 19). The 7-point Likert type scale ("1" Strongly disagree to "7" Strongly agree) consists of 5 items and a single sub-dimension (love satisfaction). There is no reverse item on the scale. The high scores from the scale indicate high levels of satisfaction with a love life. The internal consistency reliability coefficient of the scale was found to be 0.91 for all items of the scale. In this study, Chronbach's alpha coefficient was calculated as 0.88.

The Sexual Compulsivity Scale (SCS): The scale was developed by Ballester et al. (2013), and the Turkish adaptation of the scale was conducted by Akin, Yildiz, & Akin (2015) (19, 20). The scale consists of 10 items, scored with 4 points (not suitable for me= 1, very suitable for me= 4), measuring sexual compulsion in two dimensions (concentration on sexual behavior and failing to control sexual impulses), and giving information about the individual himself (It is a measurement tool based on self-report). It includes the 1st, 2nd, 3rd, 4th and 10th items in the sub-dimension of concentration on sexual behaviors, and the 5th, 6th, 7th, 8th and 9th items in the sub-dimension of failing to control sexual impulses (20). There is no reverse-coded item on the scale. The Sexual Compulsivity score is obtained by summing the scores from all items of the scale, and the possible range of scores that can be obtained from the scale varies between 10 and 40. The high scores obtained from the scale indicate that sexual compulsivity levels are high (19). In this study, Chronbach's alpha coefficients were calculated as 0.91 for the Sexual Compulsivity Scale, 0.85 for the Concentration on Sexual Behavior sub-dimension, and 0.86 for the Failing to Control Sexual Impulses sub-dimension.

Data Analysis

SPSS 26.0 (Statistical Packet for Social Sciences for Windows) statistical program was used in the analysis of the data. In the statistical analysis, the compatibility of the data to the normal distribution was evaluated with the Shapiro-Wilk and Kolmogorov Smirnov tests. In addition to descriptive statistics (percentage, frequency, mean, standard deviation, minimum and maximum values), in the evaluation of the data collected for the study, ANOVA was used to compare the normally distributed independent variables, and Mann-Whitney U, Kruskal Wallis, correlation and regression tests were used to compare the non-normally distributed variables. To test the significance in advanced analysis, Benferroni correction was used for data with normal distribution, and Tamhane's T2 was used for the data that did not fit a normal distribution. Internal consistency Cronbach's alpha coefficient was also calculated.

Ethical Considerations of the Research

Ethics Committee (Ethics Committee Number: 04.12.2021/2021-03-04) approval was obtained to conduct the study. Before the data were collected, the purpose and content of the study were explained to the participants and their online consent was obtained. The study was carried out by the ethical rules stated in the Declaration of Helsinki Principles.

Limitations of the Research

The limitations of this research are that the research was conducted with only a certain number of men, the possibility of men in Turkish society acting shyly without answering the questions related to the existence of traditional male perceptions, and the absence of a male group with different cultural characteristics to which the data could be compared.

3. RESULTS

It was determined that 35.4% of the men were in the 35-44 age range, 73.2% of them were ≥university graduates, 49.3% of them had a medium level of income, 86.1% of them were still with their spouse, 38.6% of them had been together for 1-5 years, 39.6% of them started their relationship with their spouses via meeting themselves, 83.9% of them had nuclear families, and 49.3% of them had 1-2 child/children (Table 1).

Table 1: The Comparison of SLLS total mean scores according to men's some socio-demographic and cohabitation characteristics

			SLLS	
		n (%)	X̄±SD	Significance
Age	18-24 age range	34 (12.1)	18.52±10.46	KW=2.028 p=0.567
	25-34 age range	99 (35.4)	19.92±8.04	
	35-44 age range	81 (28.9)	18.30±8.02	
	≥ 45 ages	66 (23.6)	19.44±8.31	
Educational level	Primary school graduate	23 (8.2)	14.39±9.82	KW=13.553 **p=0.001**
	High school graduate	52 (18.6)	17.15±8.34	
	≥ University graduate	205 (73.2)	20.23±8.01	
Occupation	Academician	73 (26.1)	20.42±8.13	KW=5.224 p=0.703
	Worker	117 (41.8)	17.76±9.26	
	Civil servant	90 (32.1)	20.01±7.18	
Income level	High	123 (43.9)	20.75±8.15	F=6.651 **p=0.002**
	Medium	138 (49.3)	18.51±8.42	
	Low	19 (6.8)	13.84±7.50	
Current cohabitation status	Still together	241 (86.1)	20.26±8.01	Z=-5.372 **p=0.000**
	Divorced	39 (13.9)	12.23±7.57	
Duration of cohabitation	Between 1-5 year(s)	108 (38.6)	18.93±8.82	KW=0.603 p=0.740
	Between 6-10 years	62 (22.1)	18.87±8.57	
	≥ 11 years	110 (39.3)	19.58±7.95	
Way of meeting with spouse	Via family	100 (35.8)	16.37±7.96	KW=17.915 **p=0.000**
	Via friend	69 (24.6)	20.05±7.74	
	Via meeting themselves	111 (39.6)	21.12±8.60	
Family type	Nuclear family	235 (83.9)	19.53±8.18	Z=-1.704 p=0.088
	Extended family	45 (16.1)	17.25±9.43	
Number of children	No child	60 (21.4)	19.15±8.36	KW=2.243 p=0.134
	1-2 child/children	138 (49.3)	19.93±8.30	
	≥ 3 children	82 (29.3)	19.17±8.41	

SLLS= The Satisfaction with Love Life Scale, Z=Mann-Whitney U Testi, KW=Kruskal-Wallis Test, F=One-Way Anova Test.

A statistically significant difference was found between the SLLS mean scores of the men participating in the study according to their educational levels, income levels, current relationship status, and the way of meeting with their spouses (p <0.05). In the advanced analysis, for the SLLS total mean scores, there were statistically significant differences between those whose educational level was primary school graduate and university graduate (p=0.032), between those with high and low-income levels (p=0.002), between those who met their spouses via family and friends (p=0.009), between those who started their relationship via meeting themselves and their families (p=0.000).

A statistically significant difference was found between the SCS total mean scores of the men according to their educational levels, income levels, current cohabitation status, and family types (p<0.05). A statistically significant difference was determined between the mean scores of the sub-dimensions of Concentration on Sexual Behavior and Failing to Control Sexual Impulses according to the educational level, current relationship status, and family type of the men (p<0.05) (Table 2). In the advanced analysis, for the SCS total mean scores, significant differences were found between

those with a primary and high school level of education (p=0.080), those with a high school and ≥university degrees (p=0.000), those with a high-income level, and those with a low-income level (p=0.002). In the advanced analysis, a significant difference was determined for the mean scores of the Concentration on Sexual Behavior sub-dimension between those with high school level of education and ≥university degrees (p=0.000). In the advanced analysis, a significant difference was found between those with high school degrees and ≥university degrees (p=0.001) for the mean scores of the Failing to Control Sexual Impulses sub-dimension.

Table 2: The comparison of SCS total and sub-dimension mean scores of men according to their socio-demographic and some cohabitation characteristics

		Concentration on Sexual Behavior	Failing to Control Sexual Impulses	SCS Total
		$\bar{X}\pm SD$	$\bar{X}\pm SD$	$\bar{X}\pm SD$
Age	18-24 age range	10.76±5.30	10.47±5.09	21.23±10.11
	25-34 age range	9.41±3.83	9.70±4.37	19.12±7.84
	35-44 age range	9.85±3.88	9.14±3.73	19.00±7.18
	≥ 45 years	9.77±3.94	9.24±3.93	19.01±7.37
	Significance	KW=1.274 p=0.735	KW=1.010 p=0.799	KW=0.588 p=0.899
Educational level	Primary school graduate	9.91±3.99	9.39±3.90	19.30±7.23
	High school graduate	12.05±4.47	11.71±4.87	23.76±9.09
	≥ University graduate	9.20±3.78	8.99±3.87	18.19±7.19
	Significance	KW=16.898 **p=0.000**	KW=11.969 **p=0.003**	KW=15.599 **p=0.000**
Occupation	Academician	9.41±3.78	9.16±3.78	18.57±7.16
	Worker	10.25±4.40	10.00±4.46	20.25±8.49
	Civil Servant	9.48±3.83	9.21±4.14	18.70±7.47
	Significance	KW=1.430 p=0.489	KW=1.774 p=0.412	KW=1.862 p=0.393
Income Level	High	9.54±4.14	9.41±4.15	18.95±7.90
	Medium	9.75±3.86	9.46±4.13	19.21±7.53
	Low	11.63±4.86	10.73±4.87	22.36±9.45
	Significance	F=2.184 p=0.114	F=0.849 P=0.429	F=1.578 **p=0.208**
Current cohabitation status	Still together	9.29±3.81	9.07±4.05	18.36±7.42
	Divorced	12.82±4.36	12.35±3.99	25.17±8.01
	Significance	Z=-4.635 **p=0.000**	Z=-4.619 **p=0.000**	Z=-4.688 **p=0.000**
Duration of cohabitation	Between 1-5 year(s)	10.05±4.28	10.00±4.57	20.05±8.44
	Between 6-10 year(s)	9.35±3.76	9.16±4.09	18.51±7.50
	≥ 11 years	9.77±4.05	9.27±3.83	19.04±7.44
	Significance	KW=0.645 p=0.724	KW=1.470 p=0.480	KW=1.353 p=0.508
Way of meeting with spouse	Via family	10.36±4.17	9.81±4.28	20.17±8.07
	Via friend	9.28±3.53	8.94±3.79	18.23±6.89
	Via meeting themselves	9.58±4.27	9.63±4.34	19.22±8.19
	Significance	KW=2.975 p=0.226	KW=1.628 p=0.443	KW=2.197 p=0.333
Family type	Nuclear family	9.52±3.92	9.31±4.08	18.83±7.55

	Extended family	11.17±4.61	10.66±4.60	21.84±8.96
	Significance	Z=-2.220 **p=0.028**	Z=-1.773 **p=0.076**	Z=-2.013 **p=0.044**
Number of children	No child	9.55±3.89	9.63±4.41	19.18±7.81
	1-2 child/children	9.93±4.27	9.61±4.32	19.55±8.27
	≥ 3 children	9.71±3.90	9.30±3.83	19.02±7.21
	Significance	KW=0.039 p=0.843	KW=0.035 p=0.851	KW=0.007 p=0.933

SCS= The Sexual Compulsivity Scale, Z=Mann-Whitney U Test, KW=Kruskal-Wallis Test, F=One-Way Anova Test.

The SLLS total mean score of men was 19.17±8.41, the SCS total mean score was 19.31±7.85, the mean of Concentration on Sexual Behavior sub-dimension was 9.78±4.07, and the mean of Failing to Control Sexual Impulses was 9.52±4.19 (Table 3).

Table 3. Mean, maximum-minimum values of men's SLLS and SCS total and sub-dimension scores

	$\overline{X}$	SD	Min.-Max. Values
SLLS	19.17	8.41	5-35
SCS Total	19.31	7.85	10-40
Concentration on Sexual Behavior	9.78	4.07	5-20
Failing to Control Sexual Impulses	9.52	4.19	5-20

SLLS= The Satisfaction with Love Life Scale, SCS= The Sexual Compulsivity Scale.

Negative and weak correlations were determined between the Satisfaction with Love Life Scale and the Sexual Compulsivity Scale (r =-0.229, p=0.000); between Concentration on Sexual Behavior sub-dimension (r=-0.254, p=0.000) and Failing to Control Sexual Impulses sub-dimension (r=-0.177, p=0.003) (Table 4).

Table 4. The correlation distribution of SLLS and SCS total and sub-dimensions

		1	2	3
1 SLLS				
2 SCS Total	r	-0.229		
	p	**0.000**		
3 Concentration on Sexual Behavior	r	-0.254	0.941	
	p	**0.000**	**0.000**	
4 Failing to Control Sexual Impulses	r	-0.177	0.758	0.927
	p	**0.003**	**0.000**	**0.000**

*Spearman Correlation test, p<0.01. SLLS= The Satisfaction with Love Life Scale, SCS= The Sexual Compulsivity Scale.

In Table 5, the results of multiple regression analysis performed to investigate the effects of men's satisfaction with love life (F= 8.030, p=0.000) and sexual compulsivity (F= 5.144, p=0.000) on

socio-demographic characteristics were statistically significant. Men's satisfaction with love life accounted for 18.5% of the effect on socio-demographic characteristics, and their sexual compulsivity explained 11.8% of the effect on socio-demographic characteristics. When beta coefficients were examined, it was seen that not all independent variables explained the level of satisfaction with love life and sexual compulsivity. It can be said that the current state of cohabitation, which has the highest beta value in both satisfaction with love life and sexual compulsivity, is the most important independent variable (Table 5).

Table 5. The effect of SLLS and SCS total scores on socio-demographic characteristics according to multiple regression analysis

	SLLS		SCS	
	B	**p***	**B**	**p***
Age	-0.945	0.243	1.099	0.157
Educational level	1.464	0.087	-2.086	**0.012**
Occupation	0.191	0.754	-0.336	0.754
Income level	-2.280	**0.006**	0.382	0.634
Current cohabitation status	-7.951	**0.000**	6.573	**0.000**
Duration of cohabitation	0.980	0.107	-1.430	**0.015**
Way of meeting with spouse	1.768	**0.002**	0.095	0.866
Family type	-0.128	0.922	1.904	0.133
Number of children	0.047	0.957	-0.224	0.792
	R=0.460 R^2=0.212		R=0.383 R^2=0.146	
	Adjusted R^2=0.185		Adjusted R^2=0.118	
	F = 8.030, p<0.001.		**F = 5.144, p<0.001**.	

SLLS= The Satisfaction with Love Life Scale, SCS= The Sexual Compulsivity Scale.
*Regression test.

4. DISCUSSION

The patriarchal structure affects determining the roles of men in Turkish society (21). Men have responsibilities such as managing and directing, acting rationally, not showing their emotions, and being maverick, as well as ensuring the continuity of the lineage and meeting the needs of the family (22, 23). In this context, men's love lives and sexual compulsivity aroused curiosity. Therefore, this research was conducted to determine the relationship between men's satisfaction with love life and sexual compulsivity.

It was determined that among the men who participated in the study, those who were ≥university graduates had significantly higher SLLS mean scores than the other educational levels (Table 1). Neto & Pinto (2015) stated in their research that the gender and educational level differences of individuals do not affect their satisfaction with love life (24). However, Yavuz (2018) stated in his research that the increase in the level of education affected the behavior of romantic partners with each other and the relationship satisfaction of these couples increased (25). In addition, Kacar & Parlar (2019) stated that regarding the criteria for choosing a spouse, individuals began to attach more importance to beauty as their educational levels increased, and men did not care about the educational level of their partners (26). The increase in men's satisfaction with love life along with the increase in the educational level of men can be explained by their satisfaction of preferring beautiful women, the differentiation of educated men's traditional women's perceptions, the condition of their enhanced love life as a result of the reflection of the positive change in their behaviors towards their partner.

It was found that the SLLS mean scores of men with a good income level were significantly higher (Table 1). Sungur et al. (2016) found that as the income level increased, life satisfaction also

increased (27). In addition, Dahiya & Rangnekar (2020) stated that working men have higher life satisfaction than working women (28). It is also known that low income of men and even unemployment trigger violence against women and negatively affect the partner relationship (29, 30). The emotions that reinforce traditional sexist feelings, such as the economic power expected from men in Turkey, and the sense of competence that this feeling creates on men, the feeling of holding power and the feeling that they are superior to their partners and that their partner needs them, maybe effective in men's more satisfaction from their love life. On a different scale, the fact that the relationship between men and women does not get difficult due to economic difficulties may also be effective in men's satisfaction with their love lives.

While the SLLS mean scores of men who met their spouses via meeting themselves were significantly higher, those who met their spouses via their families had lower mean scores of SLLS (Table 1). In today's conditions, the general judgment in Turkey has started to change gradually, and the idea that the marriage of individuals, in which they choose the spouses they are interested in, creates more harmonious unions has become widespread (31). However, arranged partnerships through virtual matchmaking have gained momentum (32). As a result, although it seems to have changed, it can be said that arranged partnerships continue in different ways. Yildiz & Buyuksahin-Cevik (2016) stated that people who made love based marriages had a higher level of marital and life satisfaction (33). In addition, it is known that the marital adjustment of the partners who married as lovers is better (34). The high level of satisfaction with the love life of men in love can be explained by the fact that the man maintains a happy relationship with the approaches such as bonding with his partner and seeing her as a part of him, empathizing with her, accepting her as she is, and getting not only physical or economic but also spiritual and emotional satisfaction from the relationship.

The SCS mean scores of men with high school education were significantly higher than men with other educational statuses (Table 2). In addition, it was determined that the concentration of sexual behavior and deterioration in sexual impulse control of men with high school education were significantly higher than those with ≥university levels of education (Table 2). Gunes et al. (2016) and Tandogan, Kaydirak. & Oskay (2019) stated that the low level of education increased the belief in sexual myths (35, 36). However, as Oruklu, Dagci, & Cakmak (2021) stated, in patriarchal societies such as Turkey, men are expected to be more authoritarian in sexuality, while women are expected to be passive and obedient, and this attitude triggers sexual myths in men (37). These beliefs, which see men as a sexual machine, deprived of expressing their feelings, are responsible for having sexual relations with everyone everywhere, anytime, lead men away from human values such as intimacy, warmth, and love (38). Men's inability to have a new view by getting rid of their patriarchal upbringing, their use of sexuality to create power and authority, the approaches of the society that associate men's power with sexuality, and the function of sexual organs may be among the reasons for the increase in men's sexual compulsivity levels.

It was found that the SCS mean scores of men with a low-income level were significantly higher than those with a high and medium-income level (Table 2). Getting satisfaction from life increases with the increase in income level (39). In the study of Bal, Faraji & Erdinc (2018), it was determined that individuals with high-income levels have both high life satisfaction and relationship adjustment (40). The low-income level of men is considered as an inadequacy in Turkish society, and it is appropriate for the man to always earn a good-income, especially if he earns much better than his partner. The Turkish man who cannot meet this social expectation may experience stress and emotional confusion. Stressful situations, perceived social support and emotional disturbances trigger sexual compulsive behaviors and create a vicious circle (41, 42). McPherson et al. (2013) stated in their research that individuals use sex as a means of coping with their depression and anxiety (43). The increase in the sexual compulsivity of men with low-income levels can be explained by the increase in the interest of the man, who thinks that he cannot meet the expectations

of the society in terms of income and that he is inadequate, in the sexual field, where he finds himself strong and sufficient.

It was determined that the mean scores of the men's SCS total, Concentration on Sexual Behavior and Failing to Control Sexual Impulses sub-dimension were moderate (Table 3). Similar to our research, Liao et al. (2014) and Vaillancourt-Morel et al. (2015) found that men's sexual compulsivity levels were moderate (44, 45). In addition, Petrican, Burris, & Moscovitch (2015) stated in their research that men's socio-sexual behaviors were high as well as their sexual compulsive behaviors (46). Men's socio-sexuality affects their sexually desires and sexual behaviors (47). Therefore, it is an expected result that Turkish men with high sexual compulsive behaviors prefer to have impulsive and unprotected intercourse only because of the sexual pleasures, instead of having serious relationships and living their relationships romantically, and to behave in this way.

As men's satisfaction with love life increases, their sexual compulsivity, their concentration on sexual behaviors, and failing to control sexual impulses decrease (Table 4). In romantic love and relationships, partners trust each other, have a more moderate and secure relationship, and can communicate effectively to solve problems, when they encounter a situation (48). Communication is also extremely important for sexual intercourse, and communication about sex, in general, is associated with higher overall relationship satisfaction rates (49). Also, Smith et al. (2019) stated that even in older adults, sexual activity is associated with enjoying life more (50). The fact that men have a happy and emotional relationship in their love life, that they have a quality sexual life that provides spiritual and physical satisfaction, and that they have regular sexual intercourse and the feeling of love and commitment to their partners can explain their low sexual compulsivity levels.

The most important independent variables related to the satisfaction with love life were income levels, current relationship status, and the way of meeting with the spouse, while the most important independent variables for sexual compulsivity were educational levels, current relationship status, and duration of cohabitation (Table 5). Yildiz & Buyuksahin-Cevik (2016) stated in their research that people who made love-based marriages and possess high-income levels have high marital and life satisfaction. However, it is noteworthy that sexually compulsivity is high in men who are separated from their partners and are alone (33). It has been reported that the individuals experiencing increased feelings of loneliness also have increased sexual compulsivity (51). In addition, separation from the spouse contributes to the increase in hypersexual behaviors in men (52). In this context, it can be said that Turkish men who are in love, have high-income levels, have high educational levels, and are still with their spouses have high satisfaction with love life and low sexual compulsivity.

5. CONCLUSION

In the current study, it was determined that the men who had a university or higher level of education, had a good income level, and married with their spouses via meeting themselves had a high level of satisfaction with love life. In addition, the sexual compulsivity levels of men with high school education and low-income levels were also high. Men have moderate impairments in sexual compulsivity, concentration on sexual behavior, and sexual impulse control. As men's satisfaction with love life increases, their sexual compulsions, their concentration on sexual behavior, and the level of failing to control sexual impulses decrease.

In Turkish society, men are brought up by imposing that suppressing their feelings and not showing their love is a sign of masculinity. In this context, the Turkish man should always be mysterious and do not include emotionality in his relationship. In addition, in Turkish society, which is a patriarchal society, the fact that men ensure the continuation of the lineage or that they are sexually sufficient and strong shows the power of men. Although men's love life and sexual myths have begun to change with the pro-female functioning of the concept of gender, it should not be forgotten that this

issue has a long way to go. However, it should not be ignored that men are negatively affected by the sexual and social roles imposed on them.

In this context, it is recommended to conduct researches that examine more cultural and sociodemographic data that covers different geographical regions of Turkey, has higher sample numbers, and includes the qualitative answers of men in the researches.

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