

Development of an Inventory of Sexual Satisfaction

*Thesis submitted in partial fulfillment of the requirements for the Degree of M.Phil. in
Clinical Psychology awarded by the University of Dhaka*

Submitted by

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December, 2016

Approval of the Thesis

This is to certify that the study “**Development of an Inventory of Sexual Satisfaction**” submitted by **Tahmina Parvin** to fulfill the requirements for the degree of M. Phil in Clinical Psychology is an original study. The research was carried out by her under my guidance and supervision. I have read the thesis and believe this to be an important work in the field of clinical psychology.

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Abstract

The aim of the study was to develop a sexual satisfaction scale considering the culture and context of Bangladesh. Multi-phased process of scale development was followed which includes item construction, item selection and item analysis. Rigorous review of existing literature contributed in conceptualization of the concept of sexual satisfaction and theoretical perspective around this concept. Initial items were constructed through mind map, clinical experience, discussion with mental health professionals and review of available texts and literature. After pooling, the initial items were rephrased, rearranged, revised several times. These led to a reduced the number of items to 70, which were grouped under eight subscales and presented for judge evaluation. Clinical Psychologist and Psychiatrist performed as judge to evaluate suitability of the items for sexual satisfaction inventory. Based on their evaluation, 53 items met the criteria and went for the first draft of the scale. Two sub-scale were merged into one sub-scale (rewards subscale and cost subscale in to "rewards and costs" subscale). The seven sub-scales of the inventory were Overall relationship, perceived equality, rewards and costs, history of rewards and costs, communication, subjective evaluation, and others. The scale was administered to 83 clinical and 84 non-clinical participants using 6 point likert responses. During item analysis, 41 items met the criteria of discriminability between clinical non-clinical participants (value significant at $\alpha \leq 0.01$) and corrected item total correlation (r significant at $\alpha \leq 0.05$) and were finally selected. Psychometric properties such as validity, reliability, norms were assessed for the finalized scale. The scale demonstrated content, criterion related and construct validity. Criterion related validity ensured by significant correlation ($r=0.824$, $\alpha \leq 0.01$) between the present scale and the Sexual Satisfaction Scale (SSS). Construct validity of the scale was assessed through convergent (correlation

with SSS) and divergent (ability to discriminate between clinical and non clinical group with $F = 190.326$, $\alpha \leq 0.001$) method. Internal consistency reliability was assessed through split-half ($r = 0.918$, $\alpha \leq 0.01$) and Cronbach alpha (0.95) method. Both of the indicators indicated good internal consistency of the present scale. Screening norm using percentile method was devised based on the scores from non-clinical sample.

Acknowledgements

There are so many people without their contribution it wouldn't be possible to complete this hectic work. First and foremost, I would like to express my gratitude to Allah for giving me the strength and ability to accomplish the task. Next I need to mention the name of my supervisor, Kamruzzaman Mozumder, who helped me to believe in myself and to make the priority to grow as a clinician and as a researcher. I also wish to remember specially my former supervisor Prof. Dr. Roquia Begum, Department of Clinical Psychology. She is no more with us but she will always remain in our heart.

This was a long journey. Lots of people, friends, seniors, juniors of the department; colleagues helped me with guidance, encouragement. If I mention name, there would be a chance to miss someone. Instead of that I am expressing my gratitude to everyone who supported me by participating actively in this process such as my respective judges for giving their valuable time, teachers; data enumerators for taking the pressure and managing the sensitivity of the research topic while collecting data etc and to them also who supported by enhancing motivation, participating in discussions to make the concept clear or just believed in me that I will be able to complete.

I also acknowledge the contribution of my family from my bottom of the heart. My husband and my parents who believed me unconditionally, that I will be able to complete this task. I gave up several times but my mother never gave up on me and provided emotional support whenever I felt down. My father always supports my decision which helped to continue my effort to complete this task. My husband, a person with full of life and positivity, always said not to give up and had faith on me more than myself. My new born baby girl, I am very grateful to her for having a good temperament. I felt very guilty

to spend so much time on research and couldn't enjoy her company as much as I wanted.
For me she is the best daughter in the world!

Tahmina Parvin

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Chapter-1

INTRODUCTION

Sexual satisfaction is an important component of happiness and a key factor of a good relationship. Sexual satisfaction can enhance quality of life. As satisfaction in sexual life is important goal of individuals, people seek ways to achieve a satisfied sex life. Sometimes they get misled by quacks and go for unscientific and often harmful procedure and products in hope to enhance sexual satisfaction. These desires for sexual satisfaction clearly indicate its importance in human life and hence can be considered as an important aspect of research. Use of standardized tool is an essential requirement in conducting research. This study is aimed at developing a psychometrically sound tool for measuring sexual satisfaction.

The construct may seem easy to experience and comprehend subjectively but similar to other psychological concepts (e.g., love, intelligence), defining sexual satisfaction is not easy. One reason behind this difficulty in defining the construct 'sexual satisfaction' is the diversity of the aspect involved in it. Sexual satisfaction can be measured based on the frequency or quality of sexual intercourse and orgasm. The feeling or closeness arising from sex can also be used to measure satisfaction. Physiological as well as psychological aspects are to be considered along with quality vs. quantity, and this makes the topic very subjective and slippery.

Another important point is that, sometimes absence of sexual dysfunction is considered as satisfaction which may narrow the definition of sexual satisfaction. It is closely linked with sexual dysfunction but, people can be dissatisfied in their sex lives without having any dysfunction. However, most of the existing research on sexuality has been done on sexual dysfunction rather than the positive state such as sexual satisfaction (Hally, 1988). Sexual satisfaction depends on many factors including the relationships of partners, their

efforts and outcome towards being satisfied, and communication between them. All these factors are also linked with how we define the construct and with the theoretical perspective. It is hard to examine and analyze the concept without a comprehensive definition and theoretical framework.

There are very few theories which explain sexual satisfaction exclusively. Most of the theories are focused on satisfaction in general for example relationship satisfaction or satisfaction with any other aspect of the life; such as social based theories, reinforcement theory, equity and equality theory which explain satisfaction in a relationship or in sexual life. There is one model ‘Interpersonal Exchange Model of Sexual Satisfaction (IEMSS)’ based on social exchange framework that has been developed to conceptualize sexual satisfaction. Their endeavor to define and measure sexual satisfaction is the leading work in this arena which has been explained in detail in theoretical perspective section. The present study mostly followed the theoretical approach of IEMSS.

The definitions of sexual satisfaction have addressed different component form different point of view. In some definitions physiological aspects were focused while in some others the focus was on psychological aspects. The definitions became more complete and structured over time. The following section presents some definition of sexual satisfaction.

1.1 Definition of sexual satisfaction

Sexual satisfaction plays vital role in an individual’s life by being a strong indicator of satisfaction in relationship and by enhancing the quality of marriage and committed relationship (Yeh, Lorenz, Wickrama, Conger, & Elder, 2006). Though it has great impact over people’s life, the construct ‘sexual satisfaction’ was not studied adequately; even the endeavor to define sexual satisfaction is also very recent. Sometimes absence of

dysfunction was interchangeably used as sexual satisfaction but as Byers (1999) mentioned “Sexual Satisfaction is not equivalent to a lack of dissatisfaction, just as joy is not the lack of depression and health is not the lack of disease”. Sexual satisfaction was not defined adequately because it was assumed that everyone knows what is meant by sexual satisfaction, and hence very little work has been done on defining the construct (Schwartz & Young, 2009). When attempt to define sexual satisfaction had been started, definitions varied to each other focusing on different facet of sexual satisfaction. The focus of the definition was mainly sexual aspect but understanding of sexual satisfaction cannot be achieved by classifying the view of only sexual interaction, rather it should incorporate attention to the closely associated non sexual aspect of overall marital relationship (Young, Denny, Luquis, & Young, 1998). Such no-sexual and overall relationship aspects make it more complicated to define sexual satisfaction. That’s why the study of sexual satisfaction is still at the infancy stage and most of the research have been carried out taking into account individual theories of sexual satisfaction (McClelland, 2010).

At the beginning sexual satisfaction was conceptualize according to the degree of satisfaction, subjective evaluation of sexual life or degree of coherence between sexual activity and expectations of an individual (Hudson, Harrison, & Crosscup 1981; Pinney, Gerrard, & Denney, 1987; DeLamater, 1991). These definitions were very limited and insufficient to explain the multi-facet concept such as sexual satisfaction, as these definitions addressed one or two characteristics of the construct.

There is another dimension that adds complexity in the definition is the physiological vs. psychological aspect of sexual satisfaction. Physiological aspect can incorporate frequency

of intercourse or orgasm, while psychological aspect means the emotional and cognitive part of satisfaction.

Defining and measuring sexual satisfaction only by the physiological dimension makes the assessment incomplete, still some researchers gave emphasis on the physiological point of view of sexual satisfaction (Haavio-Mannila & Kontula,1997; Perlman & Abramson,1982), ignoring the emotional component of satisfaction. For example, the number of orgasm an individual experience during a certain period of time or the frequency with which a person engages in sexual activity was is used to define sexual satisfaction (Hurlbert, Apt, & Rabehl,1993). These two physiological and psychological aspects may often overlap with each other but cannot be considered representative of each other. In the beginning stage researchers often overlooked the psychological and affective component of sexual satisfaction. Frequency of sexual activity (Tao & Brody, 2011) and orgasm (Philippsohn & Hartmann, 2009) have found to have strong association with sexual satisfaction in several research. However, sexual satisfaction is not only about physical pleasure, emotional linkage to satisfaction and the evaluation of the sexual experiences makes the definition complete. 'Sexual satisfaction' is a multidimensional concept (Haavio-Mannila & Kontula, 1997) and incorporation of the psychological perspective of sexual satisfaction makes it much more completeness.

Lawrance & Byers (1995) provided a complete annotation of sexual satisfaction comprising physiological and psychological attributes. According to them sexual satisfaction is "an affective response arising from one's subjective evaluation of the positive and negative dimensions associated with one's sexual relationship", here they included sexual behavior, affective responses and evaluation regarding sexual life. Till now this definition is the most influential definition of sexual satisfaction.

1.2 Sexual Satisfaction of general population

Very few studies in the field of sexual behavior, problems and satisfaction have been done in general population. The focus of the research regarding sexuality has rested mainly on dysfunction of individual or couple while only minimal attention has been paid on sexual satisfaction in non clinical sample (Hally, 1988). The study of Pepe, Panella, Pepe, DAgosta, & Pepe (1989) have been carried out on a broader based sample in a different settings rather than sex clinics. According to their study 38% of women who have attended in a gynecology clinic in Italy were not sexually satisfied in their relationship. Similar study was conducted in a gynecology clinic of United States by Rosen, Taylor, Leiblum, & Bachmann (1993), where they found 25% of the women participants were dissatisfied. In a large, diverse, community based sample 34.9% of participants reported that they were dissatisfied with their sex life (Lutfey, Link, Rosen, Wiegel, & McKinlay, 2009). In a non-clinical settings, in a sample of 109 of British men participated in a study where 21% reported sexual dissatisfaction (Spector & Boyle, 1986).

Dunn, Croft, & Hackett (2015) recently have done a study on satisfaction of general population. They sent a questionnaire about satisfaction problems of sex life to 4000 adults registered with general practices in England. Among them 1,768 adults replied to this survey. A quarter of respondents reported dissatisfaction in their sex life, the percentage of dissatisfaction was higher among men compared to women. They concluded that addressing sex life of general population has a wider implication for both partners in a relationship.

1.3 Issues Related to Understanding of Sexual Satisfaction

Sexual satisfaction plays very important role in human life. Satisfied sex life contributes to enhance quality of life. Conversely, dissatisfaction leads to frustration to an individual, puts threat to the psychological health of an individual. It is also a strong predictor of relationship or marital satisfaction. Sexual satisfaction is closely related with several aspect of life, some of these are described in the following.

1.3.1 Sexual satisfaction and Quality of life

According to Freudian perspective libido is the main drive of human existence. The perspective was quite controversial but it is indisputable that the sexuality is one of the key elements of human nature. A large scale multi-national survey title ‘Global Study of Sexual Attitudes and Behaviors (GSSAB)’ was conducted to understand people’s sexual attitudes, behaviors and their impact in life (Laumann et al., 2006). From 29 countries, 27500 men and women of 40-80 had participated in the study. The result of the GSSAB supported relation of sexual satisfaction with physical health as well as with mental health.

Another interesting study found association between sexual satisfaction and overall happiness. In that econometric study of subjective happiness (Kahneman, Krueger, & Schwarz, 2004) women was asked to rate econometrically scaled ‘happiness value’ of several daily activities. The interesting part is that ‘Sex’ was rated the highest on an econometric scale of happiness among all the activities rated.

Based on the result of another large survey study, sexual satisfaction was found to be strongly correlated with happiness and quality of life (Rosen & Bachmann, 2008). The sense of quality of life includes four sphere of life: psychophysical, psychosocial, subjective and metaphysical sphere of life. Nomejko (2011) attempted to find out the

contribution of sexual satisfaction on the sense of quality of life. A strong correlation has been found in the study between sexual satisfaction and above mentioned areas of one's sense of quality of life. According to the study, the higher is the sexual satisfaction, the higher is the quality of life. Sexual satisfaction is also associated with life satisfaction (Stephenson & Meston, 2013).

1.3.2 Sexual satisfaction and psychological problems

The relation between sexual satisfaction and psychological problems has been inadequately studied. Mental health problems have been associated generally with low sexual satisfaction. The correlation between poor mental health and lack of sexual satisfaction have been reported in several studies (Laurent & Simons, 2009; Tan, Tong, & Ho, 2012).

In a study conducted on general population of Netherlands association between common mental health problems and sexual dissatisfaction was assessed (Vanwesenbeeck, Have, & de Graaf, 2014). A total of 6646 participants aged from 18-64 took part in this face to face survey. Twenty nine percent of the participants reported sexual dissatisfaction in the study. Sexual dissatisfaction was found to be associated with somatic disorder, childhood trauma, mood disorder, substance use disorder and anxiety disorder. The research concluded that people with mood, anxiety and substance abuse disorder shows low score on sexual satisfaction. Lowest sexual satisfaction was observed among individuals with drug dependence and bipolar disorders.

1.3.3 Sexual satisfaction and marital relationship

Sexual satisfaction is an important facet of married life. The relationship between sexual satisfaction and relationship satisfaction and stability has been examined most frequently. Satisfaction in marriage or primary relationship tends to be a crucial factor of an individual's overall happiness (Young et al., 1998). Studies indicated that sexual satisfaction significantly predict emotional intimacy in marital relation (Heiman et al., 2011; Yoo, Bartle-Haring, Day, & Gangamma, 2014). Among 335 married couples from the Flourishing Families Project, husband reported high level of relationship satisfaction when their wives reported greater sexual satisfaction. Mostly, husbands and wives usually report high level of overall satisfaction with their relationship when they are sexually satisfied in their marriage (Cupach & Comstock, 1990; Henderson-King & Veroff, 1994). This positive correlation between sexual satisfaction and relationship satisfaction has also been reported in studies conducted on unmarried couples (Byers, Demmons, & Lawrance, 1998; Davies, Katz, & Jackson, 1999).

Sexual satisfaction is not only associated relationship satisfaction it is also correlated with quality of marital life and predicted stability of married life (Yeh et al., 2006). Two eighty three married couples were participated in this longitudinal study where the researchers found that higher levels of sexual satisfaction resulted in an increase in marital quality, which reduce the chance of marital instability over time.

Sprecher & Cate (2004) in the 'Handbook of sexuality in close relationship' described very well the association between sexual satisfaction, relationship satisfaction, relationship quality and stability in the relationship. As sexual satisfaction contributes to overall relationship satisfaction, it is also equally possible relationship satisfaction leads to sexual satisfaction (Henderson-King & Veroff, 1994). In one study with heterosexual couples,

Sprecher (2002) examined the association between sexual satisfaction and stability of the relationship over time. The evidence of association between sexual satisfaction and relationship satisfaction was found in the study and the association was stronger in men than women.

1.3.4 Sexual satisfaction and psychosexual dysfunction

There is a close link between sexual satisfaction and sexual dysfunction. Chang, Klein, & Gorzalka (2012) have examined the relationship between sexual dysfunction and satisfaction. They have been found that the higher perceived prevalence of sexual dysfunction was associated with poorer sexual satisfaction and lower sexual functioning.

People who suffers from sexual dysfunction, respond negatively in emotions and thought during sexual activity (Nobre & Pinto-Gouveia, 2006). It has been found in the study that both men and women with sexual dysfunction had significantly less positive emotional reactions to automatic thoughts during sexual activity. Men with sexual dysfunction had significantly less pleasure and satisfaction and showed other negative emotions compared to men without sexual problems. Women with sexual dysfunction had significantly less pleasure and satisfaction, and more sadness, disillusion, guilt, and anger.

1.4 Theoretical approaches to understand Sexual Satisfaction

At the beginning of nineteenth century, studies of sexuality got attention of the researcher with the focus of sexual dysfunction or deviation (Cryle & Downing, 2010). Poor conceptualization of the construct 'sexual satisfaction' is one of the major reasons according to Lawrance and Byers (1995) for lesser attention in the area of research. They mentioned that "sexual satisfaction is not explicitly defined, but is simply assumed to be equivalent to whatever the selected scale/items measure" (p.267). They also criticized that

many researchers even didn't define the term sexual satisfaction, just rephrased the theme. For example "Sexual satisfaction is conceptualized as the degree to which one is satisfied with his sex life" (Pinney et al., 1987).

There are very few theoretical models to understand the concept of sexual satisfaction. These theories falls under three categories namely, biological based theories, socialbased theories, and social exchange theories. These theoretical perspectives to conceptualize sexual satisfaction are discussed in the following.

1.4.1 Biological Theory

According to Sexual Strategies Theory, desire is the foundation of sexuality and human mating (Buss, 1998). The underlying motivation of sexuality is to maximize the transmission of one's genes to next generations, where men and women have different strategy to ensure this. This evolutionary theory suggests, females are more prone to attract men who can provide resource and protection for a child where as males focus more on passing their genes by mating with as many women as possible.

This theory explains that human beings need to develop quality to build long term relationship and sexual satisfaction in relationship to maintain the stability for continuation of mankind. As mate selection is one of the core characteristics of this process; men and women have different criteria for mate selection as well as feeling sexually satisfied (Buss, 1998). Going through this process, women usually become sexually satisfied when they get kind and loving behavior towards them, maintain fidelity in the relationship. For mate selection women usually prefer the partner who can meet their physical needs and needs of having their own children which will ultimately allow them become mature and reproduce. On the other hand men focus more on beauty for mate selection, they become more

sexually satisfied when the partner is sexually attractive and can allure the partner sexually. Men's sexual satisfaction related with women's beauty in the plain eye but the reason behind is to ensure that prominent high fertility or reproductive value for giving birth to healthy next generation. Women are successful when they can attract partner and able to engage in long term relationship where as men feel more successful in short term relationship where they can increase the chance of passing their genes by mating with as many women as possible.

In conclusion it can be said that in the biological theory the underlying motivation of sexual satisfaction is well explained rather than defining the construct sexual satisfaction.

1.4.2 Social based Theories

The major focus of social based theories are the interaction between individual and different contexts (Sprecher & Cate, 2004). The social exchange theories emphasizes different component within social exchange framework. Some of these theories are discussed below.

1.4.2.1 Symbolic Interaction Theory

This theory acknowledge the biological basis of sexuality but according to this theory giving focus only on biological issues will be misleading for human aspect, because the existence of human life becomes meaningful for the symbolic communication (Gecas & Libby, 1976). This theory suggests that our cognitive and emotive elements of communication that is, values, attitudes, beliefs, meanings and feelings are derived from symbolic communication. The interaction between partners and social context construct the social meaning of relationships rather than some definitive pre-established cause like transmitting genes to next generations. Symbolic interaction theory expresses that

relationship factors develop from the interpersonal relationship of partners and their shared meanings about such relationship derived from society, for example from society we always get the idea that marital life should be happy and sexually satisfying. Social roles and expectations are very important to understand concepts such as relationships and sexual satisfaction. According to this theory when both partners share similar understanding of social construction such as spouse role or the conception of sexual partner are more likely having a good relationship and sexual satisfaction. Symbolic Interaction theory also gives emphasis on the concept of self; when conception of self as sexual partners is positive, sexual satisfaction would be better (Aksan, Kisac, Aydin, & Demirbuken, 2009).

1.4.2.2 Script Theory

Script theory asserts that our social life and interactions are governed by the societal norms which are structured around situations and types of relationships that are accepted in the society or groups. This process of controlling individual behavior by social rules and norms is called script, like a script for a drama or play. A script specifies the range of the behavior that the person is permitted or expected to perform in specific situations (Simon & Gagnon, 1984). For example a situation could be a job interview; the social identity of the person would be job seeker or interviewer. For a job seeker role there is predefined societal image and expectation from the roles one is supposed to act and respond according to those expectations.

Script theory explains the initiation and formation of relationships. According to this theory there are scripted ways for every situation, for example a remark could be thrown about weather for starting a conversation. An identification display refers the potentiality where the individual find the other person potential candidate for a specific relationship

before throwing in this kind of starting sentence. If the other person got engaged in the conversation, shows access display which indicates future interaction is possible. Once the conversation initiated, scripts theory specify the next permissible step. Following this theory it can be said that there are also scripts to be sexually satisfied where the role of men and women are controlled by the social norms. This theory generally claims that men and women feel sexually satisfied following the social role and sequence of the sexual activity scripted by the society.

Simon & Gagnon (1986) attempted to apply the concept of script theory in to sexual interactions. According to them sexual behavior is not spontaneous; it is the result of our prior social learning which tell us how to behave sexually. In one study it has been found that men and women usually follow a particular script for dating (LaPlante, McCormick, & Brannigan, 1980). In the study some situations were given to the participants where some situations were proactive to have sex and some situations were trying to avoid in engaging sex. Participants of the study stereotyped all strategies for having sex used predominantly by men and all strategies for avoiding sex usually used by women. Most of the participants arranged the sequences in the same order. No gender difference found in the study. This study also indicates that adhering to the social scripts make people satisfied even in their sex life.

Script theory is a potential theory to explain sexual interactions but there is not enough research based on this perspective. Research relating to script theory is scarce mostly due to the lack of methodical clarity regarding the study of scripts and development of script in sexual relation.

1.4.3 Social exchange theories

According to this perspective relationships depend on the interpersonal behavior and the exchanges of the rewards between partners. The evolution of these theories followed very basic principle of exchanging rewards and costs, it suggests that sexual satisfaction increases when the person find the relation rewarding is pleasant. Some social exchange theories are described in the follwoing.

1.4.3.1 Reinforcement theory

The concept of reinforcement theory to explain sexual satisfaction is very basic and simple. According to this theory, satisfaction depends on the reward; the more rewards a person gets from a relationship, the happier the person is. This theory focuses more on outcomes than interpersonal contexts or expectations. Theory of reinforcement to explain sexual satisfaction has been supported by emperical studies (Michaels, Edwards, & Acock, 1984; Cate, Lloyd, & Henton, 1985).

1.4.3.2 Equity and Equality theory

Equity theory suggests fair distribution of rewards according to the inputs of each partner as the prime factor to be sexually satisfied (Utne, Hatfield, Traupmann, & Greenberger, 1984; Clark & Chrisman, 1994). According to this theory perception of inequitably distributed rewards will result in dissatisfaction, it could be in the form of guilt when one partner is over rewarded or could be in the form of anger when the partner is under rewarded (Huseman, Hatfield, & Miles, 1987).

Walster, Walster, & Traupmann (1978) have examined the pertinence of equity theory in intimate relationships. They assumed that inequity in a relationship would be associated

with distress regarding the relationship, which the partner would aim to minimize by attempting to control the level of sexual involvement. Some of the hypothesis of the study supported that inequitable relationships are distressful and less stable. Noteworthy that the main argument regarding sexual involvement that over benefitted men and women would have guilt concerning their relationship while under benefitted men would feel justified in both equitable and inequitable relationship was not supported. But in another study of Traupmann et al. (1983) on dating couples' sexual interaction, a strong association was found between equity and post-coital emotion.

With recently married couples, there is another study of Hatfield, Greenberger, Traupmann, & Lambert (2013) where they have examined the effects of equity on sexual satisfaction in deeply intimate, committed relationship. The result of this experiment was similar to the previous studies that inequity in relationship is stressful. Moreover, they have found the correlation between equity and sexual satisfaction in this study. Husbands and wives in equitable relationship were more sexually satisfied and were more close and felt loving to their partners after sex.

In conclusion, most of the researches had found positive association between equity and sexual satisfaction (e.g. Walster et al., 1978; Hatfield et al., 1982), though some researches had contrary findings as well. (e.g. Traupmann et al., 1983).

From the equality theory perspective, equal distribution of rewards will make the partners most satisfied rather than proportional inputs of each partner. Within this framework, both the partner receives equal reward whatever their individual contribution is. Equality rule is more likely to be applicable in closer relationships, for example children's friendship, where as equity theory could be effective even in case of less intimate relationship (Pataki, Shapiro, & Clark, 1994).

1.4.3.3 Interpersonal Exchange model of sexual satisfaction (IEMSS)

The previous social exchange theories were more in general, like the theories that would predict the same outline for sexual satisfaction as they have for relationship satisfaction. Among the exchange theories, Interpersonal model of sexual satisfaction has been specifically tailored for explaining sexual satisfaction. Lawrance & Byers (1995) proposed this model within the exchange model framework. It is well structured and highly developed in terms of its application to study sexual satisfaction. This model differs from earlier exchange models in two primary ways. First, taking into account non sexual aspects in a relation, and observing on how those exchanges turn out within sexual relationship, means the impact of nonsexual components on sexual satisfaction. The second difference is, this model is more comprehensive than the previous models where it includes the balance of rewards and costs, the comparison level of rewards and costs, and the equality of rewards and costs (Byers, Wang, Harvey, Wenzel, & Sprecher, 2004). According to this model sexual satisfaction is dependent on the levels of costs (CST) and rewards (REW). Sexual satisfaction is also associated with the comparison levels for rewards (CL_{REW}) and costs (CL_{CST}) of an individual and the equality of rewards and costs between partners (EQ_{REW} , EQ_{CST}). Rewards are defined as the pleasurable or gratifying exchanges where costs are those that cause anxiety, embarrassment or pain or that requires mental or physical effort. Individual's expectations of rewards and costs against the individual's experience of rewards and costs is the comparison level; the expectations of an individual from the relationship. According to this theory satisfaction is based on the level of rewards and costs to one's comparison level, it is not about just complete rewards in a relationship.

IEMSS stated that sexual satisfaction will be greatest in a relationship when the level of rewards is higher than the level of costs. It is possible when one's experience of rewards and costs goes beyond one's expectations of level of rewards and costs and when equality or interpersonal balance of rewards and costs exists in the relationship. According to this theory, in long term relationship 'time' is also very important. Satisfaction is a summation of couple's history and current state of exchange between partners. Similarly, if equality or rewards are provisionally not available in a previously available, balanced relationship, satisfaction will not positively decrease immediately; these all factors are summed over time. In this model sexual satisfaction is presented in an equation in the following way:

$$\text{Sexual satisfaction} = \sum_{\text{time}} (\text{REW}-\text{CST}) + (\text{CL}_{\text{REW}}-\text{CL}_{\text{CST}}) + (\text{EQ}_{\text{REW}}, \text{EQ}_{\text{CST}}).$$

The IEMSS proposed four hypotheses that may influence sexual satisfaction (Lawrance & Byers, 1995). First, sexual satisfaction will be greater to the extent that the relationship is greater. Second, sexual satisfaction is expected to be greater to the extent to the level of sexual rewards exceeds the level of sexual costs. Third, sexual satisfaction will be greater to the extent that the level of rewards and costs that one experiences compared favorably to the level of rewards and the level of costs one expects to experience. The fourth one is, greater sexual satisfaction is expected to be related to greater perceived equality between partners in the sexual relationship.

Researchers have conducted studies on long term heterosexual relationships to evaluate these assumptions. Lawrance & Byers (1995) mailed questionnaire to 1,656 individuals, including university alumni, university staff and volunteers who responded to advertisements. Among them 244 married or cohabitating individuals responded to the request. The age range of the participants was 20 to 66 and most of them were married. Participants also completed the same questionnaire in the follow up which was three

months after the original mailing. The researchers found strong support for the IEMSS. All the components of IEMSS were significantly related to sexual satisfaction and the components accounted for 79% of the variance in sexual satisfaction.

In another study conducted by (Renaud, Byers, & Pan, 1997), the same questionnaire, translated in to Chinese was mailed to a random sample of married Chinese individuals. Three sixty one individuals participated in the study with age ranged from 21 to 77. The researchers found contribution of all the components of IEMSS to predict sexual satisfaction. They found 58% of variance in sexual satisfaction.

Ninety nine students of Canadian University who were in a dating relationship of an average of 13 months participated in another study (Byers et al., 1998). The IEMSS factors accounted for 74% of the variance in sexual satisfaction in this study.

In all these studies relationship satisfaction was proven to be associated with sexual satisfaction. Researchers argued that relationship satisfaction may not be an independent construct. Sexual satisfaction is equal to the degree of relationship satisfaction and when the level of rewards exceeds the level of costs in the relationship. No gender differences was found in IEMSS.

All these theories explained sexual satisfaction from their own perspective. Among all these perspectives, 'Interpersonal Exchange Model of Sexual Satisfaction' of social exchange framework seemed to be most elaborate and comprehensive in understanding sexual satisfaction. Therefore, IEMSS was adopted as the theoretical perspective of the current study.

1.5 Conceptualization of sexual satisfaction in the present study

The purpose of the present study was developing a scale to assess sexual satisfaction according to the context of Bangladesh. To develop a scale on a construct such as sexual satisfaction demand very rigorous understanding of the topic. Reviewing the literature helped to understand the existing theories, concepts and models of sexual satisfaction. After going through the literature it has been understood that the social exchange framework explains better the concept of sexual satisfaction than other theories. Among the social exchange theories the IEMSS is the most well defined and well structured model for understanding sexual satisfaction. For the present study the concept of sexual satisfaction mostly followed the framework of IEMSS. To assess sexual satisfaction the components of sexual satisfaction were overall relationship, items of perceived equity and equality, rewards and costs, history of rewards and costs, communication, subjective evaluation and others. Conceptualization of the components has been described in detail below.

1.5.1 Overall relationship

The quality of relationship among couples has a great impact on their sexual lives. The quality of couple's relationship and the quality of their sexual life are closely linked together (Sprecher & Cate, 2004). It should be noted that the original IEMSS did not include non sexual relationship aspect as a component of the model at first. Later based on the finding that the unique contribution of relationship satisfaction to sexual satisfaction this component has been added (Lawrance & Byers, 1995). Not only in IEMSS, there is strong positive association consistently has been found between relationship satisfaction and sexual satisfaction (Haavio-Mannila & Kontula, 1997; Byers, 2005). Items for measuring relationship quality of couples were planned to be included for the intended

sexual satisfaction scale due to this strong association between sexual satisfaction and overall relationship.

There are many existing scales to assess relationship satisfaction or to measure the quality of the overall relationship. Some of these scales solely assess relationship and while the others assessed it as a component of sexual satisfaction. Some of the available tools are presented in Table1.1.

Table 1.1 Available tools to measure relationship

Name	Author	Sample Items
Relationship Assessment Scale	Hendrick (1988)	“In general, how satisfied are you with your relationship?” “How much do you love your partner?”
The Couple Satisfaction Index	Funk & Rogge (2007)	“Do you enjoy your partner’s company?” “I have a warm and comfortable relationship with my partner”
The Multi dimensional Relationship Questionnaire	Snell, W.E.; Jr., Schicke, M., & Arbeiter, T. (1996)	“I am very satisfied with my intimate relationship” “I think about intimate relationship more than anything else”

1.5.2 Perceived equity and equality

Equity refers to the individual’s perception of his/her inputs and outcomes compared to the partners’ inputs and outcomes. A relationship could be mentioned as equitable when both

partners perceived the inputs and outputs are same for them (Sprecher, 1998). Whereas equality is a different norm which focuses on the equal reward for both partner plays very important role in close relationship. A relationship could be mention as equal when both partners will receive the same level of outcome regardless the level of their inputs to the relationship (Sprecher, 1998). Partners in equal relationship usually report more positive feelings toward their partner compared to those in an equitable relationship (Steil & Makowski, 1989).

Sprecher (1998) mentioned that according to the principle of equity and equality individuals are motivated to exchange rewards and costs in the relationship to achieve equity or equality with the partner. Better equity and equality are associated with better relationship satisfaction where as inequity and inequality are associated with distress and dissatisfaction (Walster, Traupmann, & Walster, 1978). According to the inequity and in equality theory the feeling of distress and dissatisfaction in an inequitable or unequal relationship is supposed to be for both partner, but the under benefitted partner tends to be more distressed where as the over benefitted partner doesn't feel guilt generally. That means inequity and inequality in relationship is distressful for the underbenfitted situation mostly. The under benefitted partner experience greater depression, frustration, anger and resentment (Sprecher, 2001).

It was hypothesized in some study that under benefitted male would expect that their partner will fulfill their sexual demand fairly where as under benefitted women would expect their partner will wait until they are ready (Walster, Walster, et al., 1978). Men and women in inequitable relationship or under benefitted state often get engaged in the extra marital relationship more frequently than men and women in the equitable or over

benefitted state in an attempt to restore equity in the relationship (Walster, Traupmann, et al., 1978).

All these studies assert the importance of equity and equality between partners to assess sexual satisfaction. According to social exchange theory, values of rewards and costs are subjective and the perception of comparison of these values of rewards and costs vary among individuals (Kelley & Thibaut, 1978). The concepts of ‘Comparison level (CL)’ and ‘Comparison level of Alternatives’ are also very important to assess satisfaction from social exchange perspective.

The level of rewards and costs that one individual believe that s/he should receive from the relationship is the comparison level where as comparison level for alternatives refers to the expected outcome from alternative relationships. Comparison level of alternatives is a strong indicator of the relationship stability (Rusbult, 1983; Thibaut & Kelley, 1959).

All these components are very important to assess satisfaction of an individual’s sexual life. Therefore, items were incorporated representing these concepts to measure these areas in construction of the intended sexual satisfaction scale in present study. Measures of equity and equality in sexual relationships are available and some examples are presented in Table 1.2,

Table1.2 Tools to measure equity and equality

Name of Scale	Authors	Sample Items
The perceived equity and equality of sexual practices scale	Schoeb et al (2013)	

Name of Scale	Authors	Sample Items
Gender equitable men scale	Barkely et al (2006)	<p>“It is the man who decides what type of sex to have”</p> <p>“Men need more sex than women do”</p> <p>“A woman shouldn’t initiate sex”</p>
The Global Measure of Equity scale	Traupmann, Peterson, Utne & Hatfield (1981); Walster (1975)	<p>“Some people participate in the sexual aspect of a relationship, working to make it mutually satisfying and fulfilling”</p> <p>“Some people feel and express love for their partners”</p>

1.5.3 Rewards and Costs

Rewards and costs plays very important role in satisfaction. To feel sexually satisfied one need to experience a higher number of sexual rewards than sexual costs (Lawrance & Byers, 1995; Byers & Demmons, 1999). Rewards have been defined as positive, gratifying, or pleasurable exchanges to the individual and costs are those exchanges that causes pain, embarrassment or anxiety, or demand mental or physical effort (Kelley & Thibaut, 1978). Pleasurable sexual exchanges will be rewarding for an individual while exchanges that cause anxiety or embarrassment will be perceived as cost for an individual. Sexual activity is a process to reach satisfaction where many different behaviors are included. It is possible for the individual to be sexually satisfied if the number rewards are higher than costs. Following the definition of rewards and costs, items were included in construction of the projected sexual satisfaction scale to assess sexual satisfaction.

1.5.4 History of rewards and costs

Role of rewards and costs in satisfaction is mentioned in the earlier section; however, there is another essential condition that is history. According to IEMSS sexual satisfaction is influenced by the history of rewards and costs. Sexual satisfaction does not merely depend on the sexual exchange of a single incident or point of time, therefore unequal rewards or cost of a single incident of dissatisfied sex doesn't have any direct influence to decrease sexual satisfaction (Lawrance & Byers, 1995). The authors found that a recent history of three month period of sexual exchanges (rewards and costs) provide an excellent prediction of sexual satisfaction. Longer periods for example, six months provide an even better prediction. Byers & MacNeil's (2015) study provided further support for IEMSS theory by providing evidence of decreased sexual satisfaction with ongoing history of unfavorable or imbalanced level of rewards and costs.

For the development of the sexual satisfaction scale the items which represent the history of rewards and costs were included; and the time frame was three months. The participants were asked to evaluate satisfaction of their sexual life concerning about past three months.

1.5.5 Communication and sexual self disclosure

Communication plays a vital role in sexual satisfaction as well as in relationship satisfaction (Coffelt & Hess, 2014). Many researchers have provided evidence of strong influence of communication on the level of satisfaction. Effective sexual or non sexual communication in a romantic relationship is highly associated with satisfaction in sexual and general relationship (Byers & Demmons, 1999; Cupach & Comstock, 1990). Discussing about sexual likes and dislikes leads to greater sexual satisfaction and fewer sexual problems (Cupach, Metts, McKinney, & Sprecher, 1991). Lack of communication

or negative communication has been linked to distress, conflict or psychological distance among couples in a relationship.

As the role of communication and sexual self-disclosure is crucial in sexual satisfaction, many research have been conducted and tools have been developed to measures sexual self disclosure. Some examples of existing measure regarding communication and self-disclosure have been presented below (Table 1.3)

Table 1.3 Scales of communication and self disclosure

Name of Scale	Authors	Sample items
Sexual Communication Satisfaction Scale (SCSS)	Rehman, Rellini, & Fallis, 2011	“I am not afraid to show my partner what kind of sexual behavior I find satisfying.” “I tell my partner when I am sexually satisfied”
Sexual Self-Disclosure Scale	Byers & Demmons, 2010	“How much have you told your partner about the way(s) you like to be touched sexually?”
Sexual Communication for Preferences	Quina, Harlow, Morokoff, Burkholder, & Deiter, 2000	“I let my partner know what I do not like in sex.” “I tell my partner to stop if my partner touches me in a way I don’t like.”
Sexual Self-Disclosure Scale (SSDS)	Snell et al., 1989	“How unhappy I feel about the sexual aspects of my life.” “The sensations that are sexually exciting to me.”

Name of Scale	Authors	Sample items
Revised Sexual	Snell et al., 1989	“My “juicy” sexual thoughts.”
Self-Disclosure Scale (SSDS-R)		“The sexual activities that “feel good” to me.”

Depending on the context, communication and sexual self disclosure were assessed independently and sometimes as a component of the sexual satisfaction (Lawrance & Byers, 1998). Both sexual and non sexual communication and sexual self disclosure items were included in the conceptual framework of this current study to assess sexual satisfaction.

1.5.6 Subjective evaluation

The evaluation of an individual’s sexual satisfaction and experience of rewards and costs contribute to both partners’ sexual satisfaction. (Byers & MacNeil, 2015) found that one partner’s sexual satisfaction and evaluation of sexual exchanges is associated with the sexual satisfaction and sexual exchanges of other partner. Where individuals report a good balance of rewards to cost, their partners are also likely to report a favorable balance of rewards to cost.

Partner’s perception and evaluation about their own satisfaction and about their partner’s satisfaction is important. It has been found that the accuracy of males’ evaluation of their female partners’ sexual preferences was positively related to both male and female sexual satisfaction (Purnine & Carey, 1999; Byers & MacNeil, 2015). Males’ sexual satisfaction was related to the accuracy of female perception or evaluation of how rewarding their male partner perceive the sexual relationship (Byers & MacNeil, 2015). That means the

accuracy of subjective evaluation of the individual about him or herself and about their partner is very important to feel sexually satisfied. These studies indicate the importance and impact of subjective evaluation on sexual relationship. The discrepancy of partner's evaluation of sexual satisfaction may hamper the relationship.

The items of individual's perception about own satisfaction, partner's satisfaction, how they evaluate the partner as intimate partner were included in construction of the present scale of sexual satisfaction.

1.5.7 Others

Literature review suggests a few additional concepts such as frequency of sex, initiation of sex, and negative apprehension regarding poor sexual life as important in assessing sexual satisfaction. These aspects were grouped under a general category "Others" in drafting the intended tool for measuring sexual satisfaction.

All of the above mentioned concepts that were used in conceptualization of sexual satisfaction in the present study are planned for inclusion in the intended scale for sexual satisfaction. Items will be constructed and organized into sub themes to represent each of these concepts. These theme or categories will serve as sub-scales in measuring sexual satisfaction. A thorough evaluation of available measures of sexual satisfaction should be carried out before proceeding further in drafting of the items.

1.6 Available Measures of sexual satisfaction

Differences in conceptualization of sexual satisfaction have resulted in incorporation of diverse components to measure sexual satisfaction which is reflected in different tools available for measuring sexual satisfaction. For example, many researchers assessed

sexual satisfaction by rating the sexual relationship on a single item uni-polar or bi-polar scale (Utne, Hatfield, Traupmann, & Greenberger, 1984; Darling, Davidson, & Cox, 1991). However, for a complex construct such as sexual satisfaction single item scales may not be sufficient to understand the phenomena. A multi-item scale incorporating all the dimensions of sexual satisfaction can provide a better assessment of an individual's sexual satisfaction (Stulhofer, Busko, & Brouillard, 2010). A few of the scales for assessing sexual satisfaction are described below:

1.6.1 Sexual Satisfaction Scale (SSS)

The Sexual Satisfaction Scale is based on the Sexual History Form by Nowinsky and LoPiccolo (1979) mentioned in the 'Handbook of sexuality related measures' (Creti, 1998). The sexual History Form has excellent stability reliability. 'Sexual History Form' assesses many aspects of sexual life including sexual satisfaction. Later the items concerning with sexual satisfaction were separated to develop sexual satisfaction scale. These items assess the degree of satisfaction with physically expressing fondness, variety of sexual activities engaged in, sexual relationship in general, and perceived level of satisfaction experienced by the partner within the relationship. The SSS has good internal consistency (Chronbach alpha = 0.91). The basic nature of the items of the SSS gives it good face validity. This scale was designed to provide a very quick and brief assessment of sexual satisfaction within the context of a complete quality of life inventory.

1.6.2 The Index of Sexual Satisfaction (ISS)

Index of Sexual Satisfaction measure the degree of sexual satisfaction in a relationship or magnitude of the problem in the sexual component of a dyadic relationship (Hudson et al., 1981). It also monitors and assesses progress in treatment for sexual satisfaction. ISS is a

25- item measure with a 7 point Likert response where 1= 'None of the time' and 7= 'All the time'. Among 25 items, 12 items are positively worded and 13 items are negatively worded. Higher score of the scale are indicative of lower sexual satisfaction. The internal consistency of this scale has been found to be high in committed couple relationship (Cronbach's alpha = 0.93) as well as in short term relationship (Cronbach's alpha = 0.91). This scale also has construct and factorial validity. The test-retest reliability of this scale has been tested with $r = 0.93$ on a sample of 79 college students who were in a steady relationship during the time of assessment (Hudson et al., 1981).

1.6.3 Golombok Rust Inventory of Sexual Satisfaction (GRISS)

The Golombok-Rust Inventory of Sexual Satisfaction (GRISS) is a questionnaire of 28-item for assessing the existence and severity of sexual problems (Rust & Golombok, 1985). It consists of two questionnaires for male and female. Though the name of this scale suggests this as a measure of sexual satisfaction but actually it is a measure of sexual dysfunctions among heterosexual couples. The 12 subscales include impotence, premature ejaculation, anorgasmia, vaginismus, non-communication, infrequency, avoidance, non-sensuality, and dissatisfaction. The scale and its subscales have been demonstrated to have good reliability and validity. Male and female scales are shown to have high split-half reliabilities of ($r=0.94$) for women and ($r=0.87$) for men. In GRISS, validation of change scores on 30 clinical couples in pre and post therapy showed correlations with therapists' blind ratings for men ($r=0.54$, $p < 0.001$) and women ($r=0.43$, $p < 0.01$). Discriminatory validity of the scale between clinical ($n = 69$) and nonclinical ($n = 59$) groups was $r = 0.63$ for women and $r = 0.37$ for men (Rust & Golombok, 1986).

1.6.4 The Global Measure of Sexual Satisfaction (GMSEX)

The Global Measure of Sexual Satisfaction was produced to assess overall sexual satisfaction by Lawrance & Byers (1998) following the Interpersonal Exchange model of Sexual Satisfaction. The GMSEX is consist of five 7-point bi-polar scales with the bipolar dimensions of 'Good-Bad', 'Pleasant-Unpleasant', 'Positive-Negative', 'Satisfying-Dissatisfying', and 'Valuable-Worthless'. The scale included question such as, 'In general, how would you describe your sexual relationship with your partner?'. Higher scores of this scale are indicative higher sexual satisfaction. High internal consistency of this scale has been documented in individuals who are in long term relationships (Chronbach alpha=0.96), in a student sample (Chronbach alpha=0.90) and in a community sample (Chronbach alpha=0.96) (Byers, Demmons, & Lawrance, 1998; Lawrance & Byers, 1995) . Test –retest reliabilities have been shown to be at $r=0.84$ at two weeks follow up (Lawrance & Byers, 1995), $r=0.78$ at three month follow up (E Sandra Byers & Macneil, 2006) and $r=0.61$ at 18-month follow up (Byers & Macneil, 2006).

1.6.5 The New Sexual Satisfaction Scale (NSSS)

According to the New Sexual satisfaction Scale, Sexual Satisfaction was conceptualize using an individual, interpersonal and behavioral lens (Stulhofer et al., 2010). From these three perspective, five dimentions were initially identified in this scale which were, sexual sensations, sexual presence and awareness, sexual exchange, emotional closeness and sexual activity. Moreover, the NSSS factor structure derived two subscales. One is an ego focused subscale and another one is activity focused subscale. The NSSS is a 20- item composite measure of sexual satisfaction. Later a 12-item short version of the NSSS was developed (NSSS-S). The items are anchored from 1 (Not at all satisfied) to 5 (Extremely satisfied). Higher score are indicative of greater sexual satisfaction. Internal consistency

has been shown in both student sample and community sample from Croatia and the United States, and the short version internal consistency was satisfactory in both samples (Chronbach alpha=0.90 to 0.93). It was similar for the individuals who were in a relationship and those who were single (Chronbach alpha=0.87 to .96). The test-retest reliability over a one-month period was slightly stronger for women than men and (r ranged from 0.72 to 0.84). The NSSS-S was documented to be significantly positively associated with life satisfaction, relationship intimacy, and partner communication about sex which support convergent validity of the scale. Additionally the NSSS-S scores can distinguished between clinical and nonclinical sample, it has been show to correctly categorize 63% of clinical and 79.6% of nonclinical cases (Stulhofer et al., 2010).

1.7 Measures of Sexual Satisfaction in Bangladesh

The field of mental health is still in early years in Bangladesh. The number of psychometric tools developed or adapted in Bangladesh is still very few. Mostly mental health professionals depend on the subjective measures like interview, observation, subjective rating of the client etc. Mental health professionals working on sexual problems and sexuality are mostly using subjective measures such as interview, observation, subjective rating of the client. Standardized tool for assessing sexual satisfaction or even dysfunction in Bangladesh is non-existent. It is quite obvious that without any standardized scale it is difficult to get objective feedback about treatment effectiveness. The proposed scale will be the first of its kind to assess sexual satisfaction among Bangladeshi population.

1.8 Importance of culture specific psychometric tool for sexual satisfaction

Culture is the characteristics of a particular group including their language, religion, cuisine, social habits, music arts etc (Zimmermann, 2012). It is assumed that culture affect all aspect of life including sexuality (Hatfield & Rapson, 1993). Shoveller, Johnson, Langille, & Mitchell (2004) mentioned about the socio-cultural influence on sexual development. They have collected detail descriptions of youth perceptions about socio-cultural aspect that shaped their sexual behavior patterns. They reported that social norms and cultures are directed at negatively evaluation of sex and attribute restriction to talk about sex.

Culture does not only shape sexual behavior but also determine importance of sex in individuals' life. In the study of Laumann et al. (2006), participated countries were grouped in three clusters. In cluster-1 the countries were Western Europe, Canada, Australia. Participants from those countries reported that sex was extremely or very important for their life satisfaction. Egypt, Morocco, Italy, Korea and Malaysia were in cluster -2 and the participants from these countries reported moderate level of satisfaction and significantly lower level of emotional, physical and sexual function In the last and final cluster the countries were China, Indonesia, Japan and Thailand and participants from these countries attributed least importance to sex in their overall lives. This study is a great example why we need a culture specific psychometric tool to assess sexual satisfaction.

Even the concept of sexual satisfaction varies from culture to culture. Yekta, Raisi, Ebadi, & Shahvari (2015) have tried to explore the concept of sexual satisfaction of Iranian women. Iran is an Islamic country and naturally Islamic culture affects all aspect of the life. They have found in the study that most of the Iranian women considered sex as a part

of general married life and ‘a means to achieve marital satisfaction’. They expect that their husband will take care of this issue. This perspective is clearly different than western culture.

It has already been mentioned earlier that sexual self-disclosure plays an important role in sexual satisfaction. Tang et al. (2013) reviewed several studies and examine the influence of culture on sexual self-disclosure in intimate relationship. They have found that sexuality and sexual self- disclosure vary culture to culture.

As the sexual development, the concept of sexual satisfaction and several factors related sexual satisfaction are influenced by the socio-cultural aspect, cultural consideration should be taken into account in developing any measurement for sexual satisfaction. The measurement should be culture specific. The discussed presented above indicates the need for a culture specific measure to assess sexual satisfaction in Bangladesh. Therefore, the purpose of this present study is developing a culture specific measure for sexual satisfaction.

1.9 Problem statement

Large gap exists all over the world in studying sexual satisfaction. Bangladesh is not an exception in this regard. Measure sexual satisfaction regarding to the contextual, religious, socio-cultural factors is unavailable in Bangladesh.

1.10 Rational for the present study

The first step of any sorts of psychological intervention is the assessment. A proper assessment of the problem serves as the guiding framework for treatment. It helps to design specific intervention plan according to the nature and severity of the problem(s) of

the individual. In Bangladesh, studies on sexual satisfaction is almost no-existent. A valid and standardized tool for assessment of sexual satisfaction may stir up research initiative to study this important aspect of life. The tool will also help clinicians in assessment and aid them accordingly in devising appropriate treatment plan. .

1.11 Objectives of the present study

The overall objective of this present study is to develop a new scale for assessing sexual satisfaction. However, to ensure usability, psychometric properties of the scale need to be established.

The specific objectives of this present study are:

1. Developing a scale for assessing sexual satisfaction
2. Establishing validity of the proposed scale
3. Establishing reliability of the proposed scale
4. Developing norms for the sexual satisfaction scale.

Chapter-2

METHOD

Scales are defined as collections of items in to a composite score and intended to reveal levels of theoretical variables as a measurement instrument (DeVellis, 2003). The purpose of the scale construction is to design a questionnaire that provides a quantitative measurement of an abstract variable or a construct (Decoster & Hall, 2005). Tool construction is rigorous step-by-step procedure. In this case of constructing a scale of sexual satisfaction, the steps suggested by Mozumder & Begum, (2005) was followed. The procedure has been presented in Figure 2.1 and detailed descriptions on each step have been presented in subsequent sections.

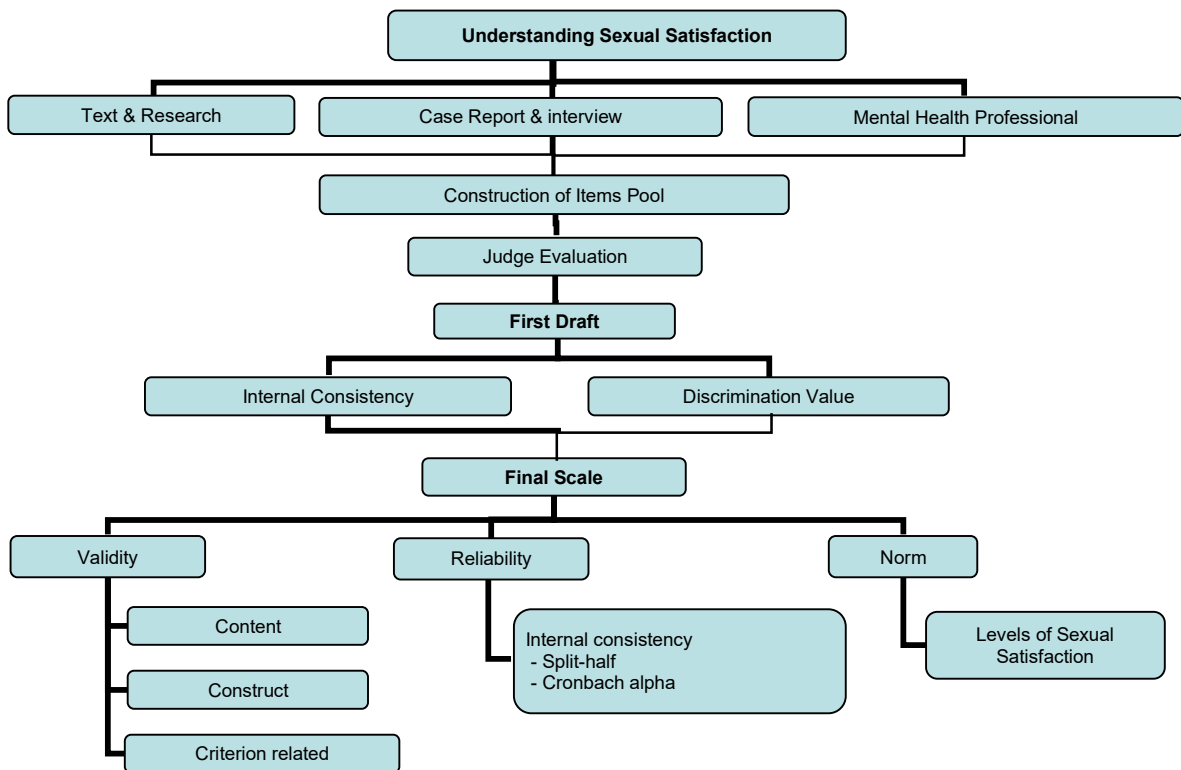


Figure2.1 Stages of scale Development

2.1 Item Construction

Construction of the items was the outcome of the in-depth brainstorming, literature review and case experience regarding sexual satisfaction. Clear understanding of the construct is required to develop items to measure. Reviewing literature played a very important role clarify concept of sexual satisfaction. Experience of working with cases with unhappy sexual life or sexual dysfunction contributed heavily in constructing the items. As mentioned earlier that sexual satisfaction is not just lack of dissatisfaction still the exploration of client's views and opinions about sexual satisfaction helped a lot to understand the concept of sexual satisfaction. Discussion with multiple mental health professionals including Psychiatrist and Clinical Psychologist was also done to conceptualize the concept of sexual satisfaction as well as construction of the items. Constructing of items was one of the most challenging parts in the process as is time consuming and tiring. During the process of construction of the items, many aspects were taken into account such as choosing suitable and acceptable Bengali words to express the expression of sexual satisfaction, presenting the sentences in such a difficulty level where most of the people easily can understand, and not to be leading or directive in the items. Inclusion of their experience based recommendations helped to ensure contextual validation of the content and construction of the items. It can be claimed that these procedure made the items appropriate for Bangladeshi culture, religion and social context.

Initial items were developed through brain storming and clinical experience. Additionally review of literature on IEMSS model, sexual satisfaction research and relevant available scales were also utilized in constructing the items.

2.2 Item Selection

A sum of 70 items was prepared for expert evaluation after several revisions. Eight mental health professionals were in the panel among them six were able to evaluate the items amid their busy schedule. Among the experts, three were Clinical Psychologist and the other three were Psychiatrist (see Appendix 2).

Experts were presented with operational definition of overall sexual satisfaction as well as of each component of sexual satisfaction. They were provided detailed instructions on how to evaluate the items (see Appendix 1). The items were presented with four points Likert format. The responses were ‘most appropriate’, ‘almost appropriate’, ‘a little bit appropriate’ and ‘not appropriate at all’. Fifty three items met the criteria (≥ 3.5) for the first draft of the scale.

As people are generally biased to response in the middle or neutral option like ‘Neither true nor false’, this option was carefully avoided which is commonly used in five point Likert scale to reduce ‘error of central tendency’. Though four point response scaling was used for judge evaluation, the six point response option was chosen for the actual scale to get more appropriate and accurate response for the scale items. The scores ranged from 6 to 1 where ‘6’ was for ‘Always’ and ‘1’ was for ‘Never’.

2.3. Appropriate response format for the scale

The aims of this scale were assessing sexual satisfaction and determine the level of sexual satisfaction. For a researcher it is very important to find an appropriate response format for the scale to achieve the aims and objectives of the scale. An appropriate response format helps to attain three interrelated objectives through the instrument, such as ensure the collected data is precise, increase the reliability and validity of the data and from the

statistical perspective ensure that the gathered data are useful (Pearse, 2011).

Check list form of dichotomous response ('Yes' and 'No') is often seen to be used in scales aimed at assessing construct at individual level, which is also the case of sexual satisfaction. However, the planned sexual satisfaction scale is targeted for clinical use where changes in degree are very useful and therefore more important to assess than the mere presence or absence. Multiple responses in a Likert scale format are popular choice in designing scale for assessing level or severity. However, There is controversy regarding the optimal number of responses in to be used in a scale (Pearse, 2011). From a statistical perspective, the more options are better, however, from a practical consideration fewer options are more convenient. Many researchers recommended 5-7 points response option as the optimal (Preston & Colman, 2000). They have mentioned the response format of 5-7 responses scale provide better statistical analysis of the study. Five point response format has been used in several scales developed in Bangladesh context (Mozumder & Begum, 2005; Deeba & Begum, 2004).

As sexual satisfaction is very sensitive and central tendency bias of responding is often seen in sensitive items, it was decided to avoid a central point of response commonly found in 5 or 7 point scale. Six-point response option was chosen for this scale. The six response categories were 'Always', 'Almost Always', 'most of the time', 'Almost most of the time', 'a little part of the time' and 'never'.

2.4 First Draft of the Scale

The first draft of the scale consisted of 53 items derived from the evaluation of the judges (see Table 3.1) The scale has been designed in six point responses categories 'always', 'almost always', 'most of the time', 'almost most of the time', 'a little part of the time'

and 'never'. Detailed general instruction along with demographic data sheet for the respondents accompanied with the first draft (see Appendix 3).

2.5. Sampling

Several samples of different size were recruited from clinical and non clinical population for this study at different stages of scale construction and validation. As the aim of the scale was to assess sexual satisfaction and the level of sexual satisfaction, the main sample was from non clinical population. Clinical cases were also taken as a sample for testing different psychometric properties of the scale such as validity.

Eligibility criteria to participate in the study were minimum 18 years of age, married (in a heterosexual relationship) and engagement in sexually relationship. Purposive method was used to select participants. Clinical samples were collected from the Psychiatric sex clinic of BSMMU, Monojogot (a psychiatric clinic) and from the national institute of mental health (NIMH). Non-clinical samples were collected from community.

2.6 Instruments

Several instruments were used in the different phases of the development of the scale such as 'the demographic questionnaire', 'first draft of the scale', 'final draft of the scale' and 'Sexual satisfaction scale'. The descriptions of these instruments are mentioned below:

Demographic questionnaire: To collect demographic information of the participant, a demographic questionnaire was included with the questionnaire at different stages of development of sexual satisfaction scale. It included information about age, gender, birth order, educational attainment, family size, family income, marital status, the length of the married life etc (see Appendix 3 & Appendix 7). The purpose of gathering these data is to

ensure the heterogeneity of the sample. After implementing the first draft of the scale, the demographic questionnaire was slightly modified for the final version of the scale based on the enhance understanding of the required demographic data gained from administration during the first draft.

First Draft of the Scale: The first draft of the scale was used to collect the essential data requisite for item analysis. It contained 53 items distributed into 7 domains.

Final Draft of the scale: The final draft of the scale was developed after item analysis of the first draft of the scale. It contained 41 items distributed into 7 subscales.

Sexual satisfaction Scale (Nowinsky and LoPiccolo, 1979): A translated version of SSS was included along with the final scale to be used as criterion measure. It is a 4 items measure suitable for having a quick assessment of sexual satisfaction. Back translation was done by the experts. The list of the experts who did back translation have attached (see Appendix-5)

Data Analysis: Sphinx software (Sphinx Survey Plus², V5) and Statistical Package for Social Sciences (SPSS, version 20) was used for analyzing data in different phases for different analysis.

Sphinx software was used to analyze the evaluation of judges. It was very basic analysis to calculate the mean of the responses (see Table 3.1). For advance analysis such as item analysis SPSS software has been used in the study.

2.7 Procedure

As the study topic was very sensitive according to the religious and cultural context of Bangladesh, the data collectors were provided day long training before they were

employed to collect data. All data collectors were the students of Psychology which helped them to grasp the content quickly of the training. They collected data from the participants who matched the inclusion criteria. Detailed explanation letter regarding the study was provided to the participants. Participation was anonymous, and verbal consent was taken instead of written consent. Due to the sensitive nature of data, the questionnaire was self administered by the participants. A response drop box was given to the participants where they dropped the filled up questionnaire. This gave the participants convenience and reduced any likely hesitations. The option to get assistance from the data enumerators was also available to clarify any queries required to fill up the questionnaire. Clinical cases were taken from the Psychiatric sex clinic of BSMMU, Monojogot (a psychiatric clinic) and from the national institute of mental health (NIMH). The researcher supervised the data enumerators and also collected data by herself.

Chapter-3

ANALYSIS AND RESULT

3.1 Result of Judge Evaluation

Seventy items were presented to the judges for evaluation. Among them 53 items met the selected criteria (≥ 3.50) (Table 3.1).

Table 3.1 Results of Judge evaluation

Item No.	Code of the item	Mean value
1.	Good relation	3.33
2.	Pleasurable relation	3.17
3.	Positive relation	3.00
4.	Satisfactory relation	3.67
5.	Valuable relation	3.83
6.	Respect	3.83
7.	Value opinion	3.50
8.	Talking comfortably	4.00
9.	Becoming normal	3.83
10.	Family decision	3.67
11.	Pleasurable sex	3.83
12.	Equal effort	4.00
13.	Giving importance	3.83
14.	Active participation	3.83
15.	Desire for sex	3.83
16.	Doesn't take care	3.67
17.	Taking care	4.00

Item No.	Code of the item	Mean value
18.	Indifferent	4.00
19.	Intimate time	3.33
20.	Orgasm	3.67
21.	Experiment in sex	3.60
22.	Variation	3.00
23.	Sexual request	3.80
24.	Enjoying intimacy	3.67
25.	Exciting	3.33
26.	Feeling uneasy	2.67
27.	Hiding feelings	3.67
28.	Embarrassment	3.50
29.	Discomfort for new behavior	3.83
30.	Reluctance	3.50
31.	No Excitement	3.67
32.	Unwilling participation	3.83
33.	Feeling tensed	4.00
34.	Partner's satisfaction	3.17
35.	Feeling tense 2	3.50
36.	Feeling pain	3.67
37.	Feeling shy	3.83
38.	Dissatisfaction	3.83
39.	High expectation	3.50
40.	Satisfied sex life	4.00
41.	Satisfied as expected	3.17

Item No.	Code of the item	Mean value
42.	Equal satisfaction	3.50
43.	Unhappy sex life	3.00
44.	Disappointment in sex life	3.17
45.	Both partner dissatisfied	3.83
46.	History of dissatisfaction	3.67
47.	Discussion on sex	3.83
48.	Good understanding	4.00
49.	Understanding sign	4.00
50.	Uneasiness	3.50
51.	Discussion on improvement	3.83
52.	Avoidance	3.83
53.	Emotional talk	2.83
54.	Difficulty in emotional talk	3.00
55.	Adding something more	3.83
56.	Lack of interest	3.33
57.	Boring	3.83
58.	Sex like chores	3.67
59.	Exciting partner	3.33
60.	Not exciting	2.83
61.	Wonderful	3.67
62.	Easily excited	3.67
63.	Dirty	3.83
64.	Quick response	2.83
65.	Frequency of sex	3.83

Item No.	Code of the item	Mean value
66.	Initiative for sex	3.83
67.	Anger	3.83
68.	Afraid	3.83
69.	Other relationship	3.83
70.	Complexity	3.67

Items selected for the first draft of the scale are indicated in bold faced font.

3.2 Item Analysis

Penfield (2013) mentioned an appropriate definition of item analysis in his book “Item analysis is a process by which the properties of items are evaluated with the goal of determining (a) which items are and which items are not making an acceptable contribution to the quality of the scores generated by the assessment and (b) which items should be revised or removed altogether from the assessment.” There are several methods to do item analysis such as inter-item analysis, corrected item-total correlation, cronbach alpha, discrimination value etc. Discrimination value and corrected item total correlation methods have been used to for item analysis in the present study.

3.2.1 Sample for Item analysis

One hundred and fifteen participants were taken for the item analysis phase where 60 were non- clinical and 55 were clinical. Details of the demographic variables of the participants are presented in the Table3.2.

Table 3.2 Demographic data of the participants

Variable	Non-clinical	Clinical
	N=60	N=55
<i>Respondent's Age n (%)</i>		
18 to 34	46 (76)	29 (52.72)
35 to 50	13 (21.66)	24 (43.63)
50 above	1 (1.6)	2 (3.63)
<i>Respondent's Sex n (%)</i>		
Male	30 (50)	42 (76.36)
Female	30 (50)	13 (23.63)
<i>Educational Attainment n(%)</i>		
Class 1-5	1 (1.6)	7 (12.72)
Class 6- SSC	4 (6.67)	14 (25.45)
HSC	8 (13.33)	7 (12.72)
Graduation Level	26 (43.33)	17 (30.90)
Masters or more	21 (35)	7 (12.72)
<i>Religion n (%)</i>		
Islam	53 (88.33)	49 (89.09)
Hindu	6 (10)	6 (10.91)
<i>Children n (%)</i>		
No Children	26 (43.33)	19 (34.55)
One to three	33 (55)	33 (60)
Four to Six	1 (1.67)	2 (3.63)

Variable	Non-clinical	Clinical
	N=60	N=55
<i>Monthly Income n (%)</i>		
Up to 10000	4 (6.67)	12 (21.82)
10001 to 30000	23 (38.33)	27 (49.09)
30001 to 50000	22 (36.67)	5 (9.09)
50000 above	11 (18.33)	7 (12.72)

3.2.2 Procedure for Item analysis

Item analysis was done in two parallel methods namely ‘discrimination value’, ‘corrected item-total correlation’.

If a scale claims to measure a unique construct, it should be able to discriminate between those have and those does not have that construct. In the case of sexual satisfaction scale, the items have to demonstrate that it exclusively measure the sexual satisfaction. The item should have the ability to discriminate between sexually satisfied and dissatisfied individuals. To assess the discrimination value of each item the first draft of the scale was administered to two groups of participants consisting of 115 subjects (60 from general population and 55 from the people who sought professional help from sex clinics). One way analysis of variance (ANOVA) was computed to see the difference in score of each item for the two groups (see Table 3.3). F-value significant at $p \leq 0.01$ was chosen as the criterion for retaining item. This criterion resulted in removal of 11 items for poor ability to discriminate.

Among the 53 items of the scale 11, 18, 21, 22, 28, 36, 39, 40, 44, 47, 52 number items failed to discriminate significantly between clinical and non-clinical participants. The

remaining 42 items of the scale were able to discriminate significantly with $p \leq 0.01$ and met the criteria for selecting those items for the final scale.

Table3. 3 Item analysis of the first draft on 53 items

Item number	Discrimination value, F	Corrected item-total correlation	Cronbach's alpha if item deleted
1	40.520***	.686	.949
2	19.332***	.452	.950
3	17.561***	.600	.949
4	16.567***	.600	.949
5	15.710***	.531	.950
6	6.782**	.438	.950
7	7.863**	.532	.950
8	39.832***	.748	.948
9	17.817***	.611	.949
10	54.516***	.740	.948
11	6.167*	.249	.951
12	12.353**	.425	.950
13	12.361**	.452	.950
14	12.355**	.708	.949
15	12.113**	.566	.949
16	17.910***	.537	.949
17	35.089***	.527	.950
18	5.388*	.194	.951
19	15.024***	.413	.950

Item number	Discrimination value, F	Corrected item-total correlation	Cronbach's alpha if item deleted
20	17.672***	.595	.949
21	5.064*	.339	.951
22	6.190*	.253	.951
23	18.451***	.443	.950
24	32.083***	.503	.950
25	9.315**	.471	.950
26	42.575***	.583	.949
27	22.384***	.526	.950
28	1.715	.424	.950
29	13.281***	.537	.950
30	34.639***	.499	.950
31	12.295**	.379	.950
32	69.868***	.727	.948
33	99.387***	.831	.948
34	78.694***	.697	.949
35	105.232***	.742	.948
36	4.014*	.392	.950
37	46.106***	.726	.948
38	19.534***	.551	.949
39	6.694*	.494	.950
40	5.936*	.300	.951
41	12.785**	.494	.950
42	11.576**	.477	.950

Item number	Discrimination value, F	Corrected item-total correlation	Cronbach's alpha if item deleted
43	10.594**	.565	.949
44	.216	-.166	.953
45	36.543***	.685	.949
46	20.496***	.663	.949
47	1.758	.432	.950
48	56.594***	.605	.949
49	12.037**	.277	.951
50	22.932***	.485	.950
51	14.310***	.379	.950
52	3.224	.236	.951
53	72.621***	.671	.949

* $p \leq 0.05$, ** $p \leq 0.01$, *** $p \leq 0.001$

To appraise internal consistency of the scale ‘corrected item-total correlation’ was performed. Corrected item total correlation indicates the relation of each items score with the total score of the remaining items of the scale. A higher correlation value indicates the harmony of the items in the total scale. A cut off value or $r = 0.3$ was used as an indicator of good corrected item-total correlation (Cohen, 1992). Six items failed this criterion which resulted in removal of one additional item (item 49) after removal 11 items for poor discriminatory ability.

3.2.3 Items for the final scale.

As both the discriminating ability and internal consistency are important, only those items that met the both criteria were selected for the final scale. 41 items were selected (1, 2, 3,

4, 5, 6, 7, 8, 9, 10, 12, 13, 14, 15, 16, 17, 19, 20, 23, 24, 25, 26, 27, 29, 30, 32, 33, 34, 35, 37, 38, 39, 41, 42, 43, 45, 46, 48, 50, 51, 53) for the final scale.

3.3 Experimental Tryout

Different psychometric properties such as validity and reliability of the developed scale were assessed in this stage. Norms were also developed in this phase. Details of the procedures followed for this purpose are presented in the following.

3.3.1 Validity of the Scale

Three types of validity were assessed for the present scale. They are content; criterion-related and constructs validity. The particulars of these validities are described below.

3.3.1.1 Content validity

Content validity of the scale was ensured by crafting items from clinical experience, relevant literature, and suggestions from experts in the field. A high criterion was used during judge evaluation provide additional support for content validity. Clinical Psychologist and Psychiatrist in practice were selected as judges. The criterion for selecting an item was fixed at average score > 3.50 (in a scale of 4; see Table 3.1). Careful revisions by the researcher and thorough evaluation by the judges ensured the content validity of the scale.

3.3.1.2 Criterion related validity

Criterion validity of the scale was assessed using concurrent method as predictive method is mostly suitable for aptitude and intelligence tests. Moreover, limited time and other constraints of this present study did not allow assessing the predictive validity.

Concurrent validity: The scores of the developed scale were correlated with the scores of the translated version of SSS to assess the concurrent validity. Sexual satisfaction scale (SSS) was used as external criterion in the present study. The developed scale and the translated version of SSS were administered concurrently to 28 individuals who sought help for sexual problems and 24 from general population. Correlation between scores of the two scales was calculated by Pearson product-moment coefficient. A high correlation $r = -0.824$ significant at $p \leq 0.01$ was found which is high but not too high to make the new scale redundant (Nunnally & Bernstein, 1994). The correlation of these two scales found negative because the highest score of the present scale indicates higher sexual satisfaction while highest score on SSS means lower sexual satisfaction.

3.3.1.3 Construct validity

Construct validity of the newly developed sexual satisfaction scale was assessed using divergent method. The ability to discriminate two distinct groups which are clinical and non-clinical determined the divergent or discriminative validation of the present scale. The scale all of its subscales were found to discriminate between the two groups of participants (Table 3.4).

Table 3.4 Discrimination value of the total a scale and sub-scales

	Sample	M	SD	F	df
Total Scale	Non Clinical	211.1429	26.39877	190.326***	1, 165
	Clinical	149.2615	31.37814		
Overall Relationship	Non Clinical	35.8929	5.56888	46.250***	1, 165
	Clinical	28.8193	7.71306		

	Sample	M	SD	F	df
Perceived Equality	Non Clinical	41.3929	6.69115	65.444***	1, 165
	Clinical	30.4819	10.36806		
Reward Cost	Non Clinical	51.9405	7.02208	116.355***	1, 165
	Clinical	37.7349	9.78686		
History of Reward and Cost	Non Clinical	20.8333	4.10358	277.469***	1, 165
	Clinical	9.1446	4.93156		
Communication	Non Clinical	20.6786	3.50958	49.741***	1, 165
	Clinical	15.9036	5.10288		
Evaluation	Non Clinical	20.0833	4.18030	59.506***	1, 165
	Clinical	14.3976	5.28675		
Other	Non Clinical	20.3214	2.90061	167.255***	1, 165
	Clinical	12.7831	4.47499		

*** $p \leq 0.001$

3.3.2 Reliability of the scale

Internal consistency has been used to assess reliability of the scale. Details procedure and result of the internal consistency reliability is presented in the following.

3.3.2.1 Internal consistency reliability

Split-half and Cronbach's alpha were used as indicators of internal consistency reliability. The computation was done on the data gathered from the clinical and non-clinical sample of 167 participants. SPSS statistical package was used for the analysis.

Split-half: Split-half correlation was computed using Spearman-Brown formula to measure internal consistency for the present scale. Split-half correlation coefficient using the equal length Spearman-Brown formula was found to be 0.918 which was highly significant ($p \leq 0.01$).

Coefficient alpha: Cronbach's alpha is the most widely used coefficient alpha. For the present scale Cronbach's alpha was 0.95 which is excellent level of internal consistency (Nunnally & Bernstein, 1994). Cronbach's alpha coefficient for the subscales were also at adequate level for newly developed scale (Table 3.5)

Table 3.5 Cronbach alpha of the Sub-scales

Sub scales	Cronbach's alpha
Overall Relationship	0.791
Perceived Equality	0.868
Rewards and Costs	0.824
History of rewards and costs	0.916
Communication	0.644
Subjective Evaluation	0.703
Others	0.647

In two subscales (Communication and Others), Cronbach's alpha was at the 0.6 range which can be considered good level of internal consistency for a newly developed scale (Nunnally & Bernstein, 1994).

3.3.3 Norms of the scale

Norms were developed for the present scale. Based on 83 clinical and 84 general populations the norms were developed. The particulars of the demographic variables of the sample are presented in Table 3.6.

Table 3.6 Personal information of the total participants

Variable	Non-clinical n (%)	Clinical n (%)
<i>Respondent's Age n (%)</i>		
18 to 34	69 (82.1)	45 (54.2)
35 to 50	14 (16.7)	35 (42.2)
50 above	1 (1.2)	3 (3.63)
<i>Respondent's Partner's Age n (%)</i>		
18-34	20 (83.3)	21 (75)
35-50	4 (16.7)	7 (25)
<i>Respondent's Sex n (%)</i>		
Male	50 (59.5)	67 (80.7)
Female	34 (40.5)	16 (19.3)
<i>Educational Attainment n(%)</i>		
Illiterate	2 (2.4)	3 (3.8)
Class 1-5	2 (2.4)	9 (11.3)
Class 6- SSC	7 (8.3)	28 (35)
HSC	12 (14.3)	10 (12.5)
Graduation Level	30 (35.7)	20 (25)
Masters or more	31 (36.9)	10 (12.5)

Variable	Non-clinical n (%)	Clinical n (%)
<i>Educational Attainment of Partners n (%)</i>		
Illiterate	2 (8.3)	4 (14.3)
Class 1-5	1 (4.2)	1 (3.6)
Class 6- SSC	7 (29.2)	13 (46.4)
HSC	0	6 (21.4)
Graduation Level	8 (33.3)	4 (14.3)
Masters or more	6 (25)	0
<i>Religion n (%)</i>		
Islam	76 (91.6)	76 (91.6)
Hindu	7 (8.4)	7 (8.4)
<i>Children n (%)</i>		
No Children	35 (42.2)	26 (31.3)
One to three	47 (33.33)	54 (40)
Four to Six	1 (1.19)	3 (3.61)
<i>Monthly Income n (%)</i>		
Up to 10000	(7.1)	17 (21.5)
10001 to 30000	31 (36.9)	43 (54.4)
30001 to 50000	31 (36.9)	10 (12.7)
50000 above	16 (19)	9 (11.4)

3.3.3.1 Levels of Sexual Satisfaction

Percentile norm was used to denote differential levels of satisfaction for the present sexual satisfaction scale. For the clinical sample of 83 cases was used for developing these levels. Raw scores of the participants of the clinical sample transformed in to three percentile points (25th, 50th and 75th). Which divided the scores in four levels such as 0 to 25th, 26 to 50th, 51 to 75th and 76 to 100th. These percentile levels were successively used to indicate four levels i. e. Slightly Satisfied, moderately satisfied, Satisfied and Very Satisfied. When the raw score of the scale was calculating for the percentile range, it was found that for the four levels of satisfaction, the raw score ranges were 41 to 127, 128 to 145, 146 to 171 and from 172 to 246 respectively.

Table 3.7 Percentile norm of sexual satisfaction for clinical sample

Levels	Percentile	Corresponding scale score
Slightly Satisfied	0-25	41 to 127
Moderately Satisfied	26-50	128 to 145
Satisfied	51-75	146 to 171
Very Satisfied	76-100	172 to 246

For the non clinical sample of 84 cases was used for developing these levels. Raw scores of the participants of the clinical sample transformed in to three percentile points (25th, 50th and 75th) as have done for the clinical samples. When the raw score of the scale was calculating for the percentile range, it was found that for the four levels of satisfaction, the raw score ranges were slightly satisfied is from 41 to 202, moderately satisfied is for 203 to 218, satisfied is for 219 to 228 and very satisfied from 229 to 246 respectively (Table 3.8).

Table 3.8 Percentile norm of sexual satisfaction for non clinical sample

Levels	Percentile	Corresponding scale score
Slightly Satisfied	0-25	41 to 202
Moderately Satisfied	26-50	203 to 218
Satisfied	51-75	219 to 228
Very Satisfied	76-100	229 to 246

The conversion table of raw score to percentile score based on the score found by the normative clinical and non-clinical sample of the presented scale.

Chapter- 4

DISCUSSION

The study was designed to develop a new scale for measuring sexual satisfaction according to the context and culture of Bangladesh. Sequential system approach of scale development was followed in the development process of the scale. Each phase of the development had some specific objectives to achieve. Among the three phases, the first phase concerned about the item construction and initial item selection. In the second phase the items were finalized for the final scale through item analysis. Corrected item total correlation and discrimination value were the measures used in item analysis. Psychometric properties i.e., validity, reliability and norm of the scale were assessed in the third phase.

Items construction is a crucial part of the scale development as items are the basic unit of any scale. Administration of the scale and psychometric properties depend on the selection of appropriate items for the scale. An in-depth understanding of the subject is required for constructing items. As sexual satisfaction is a very sensitive topic and history of research on sexual satisfaction comparatively very recent, it wasn't well defined. Different researcher focused on the different aspect of the theme and defined accordingly to their perspective. Reviewing the existing literature ensured comprehensible understanding of the topic. Additionally, review of case studies, clinical experience, and discussion with mental health professionals (psychiatrist and clinical psychologist) further contributed in understanding of the topic. During the construction of the items, cultural context and attitude towards sexual satisfaction were taken into account. This process of constructing items was time consuming as it required keen observation on the appropriate wording, suitable cultural expression, level of acceptance of people etc. The items were revised several times to ensure relevance of the content and culture. Several items were omitted

from the initial item pool as they seemed to overlap in the subscales. It was very difficult sometimes to discriminate items for subscales. After careful revisions 70 items were finalized for judge evaluation. Six expert mental health professionals performed as judge to evaluate the items. Among them three were Clinical Psychologist and three were Psychiatrist. They were requested to provide their feedback on items and rate each items on a 4 points likert scale from 'most Appropriate' to 'not appropriate at all'. Average of each item was calculated from the ratings of judges. An average score of ≥ 3.5 was set as the selection criteria. Thus from the 70 items 53 was finalized for first draft of the scale.

Six point Likert format was the selected response system for the present scale. As study says more responses in the scale provide better statistical analysis (Preston & Colman, 2000). The six responses categories were 'Always', 'Almost Always', 'most of the time', 'almost most of the time', 'a little part of the time' and 'never'.

First draft of the scale was administered to 115 participants (55 clinical and 60 non clinical). Two criteria of item analysis were assessed namely discrimination value (at $p \leq 0.01$) and corrected item-total correlation ($p \leq 0.01$). Forty one items met both the criterions of item analysis and were selected for the final scale.

Psychometric properties such as validity, reliability and norms are required for a standardized scale to serve the clinical purpose. To ensure the validity of the scale content validity, criterion related validity and construct validity were assessed. Content validity was ensured during the early stages of the construction and selection of items. Judge evaluation was also done as objective measure of content validity of the present scale.

By correlating the scores of the developed scale and the translated version of Sexual Satisfaction Scale criterion related validity of the present scale was assessed. Significant correlation was found between the scores of the two scale ($r = -0.824, \leq 0.01$).

Construct validity of the scale assessed through divergent method. Significant difference ($F = 190.326, p \leq 0.001$) between clinical and non clinical group proved the discriminating ability of the scale.

Split-half and Cronbach's alpha were the measures to assess internal consistency reliability of the scale. Split-half correlation coefficient ($r = 0.918$) using the equal length Spearman-Brown formula was highly significant at $p \leq 0.01$. Cronbach alpha for the total scale was 0.95 which ensured excellent level of internal consistency (Nunnally & Bernstein, 1994).

Percentile norm was established to assess the levels of satisfaction by the developed scale. The computation of percentile norm is simple and easy to understand. The ranges of the satisfaction are Slightly Satisfied, moderately satisfied, Satisfied and Very Satisfied. For the clinical sample the raw score of the scale was calculating for the percentile range, it was found that for the four levels of satisfaction, the raw score ranges were 41 to 127, 128 to 145, 146 to 171 and from 172 to 246. These norms were based on 83 clinical cases.

For the non-clinical sample the raw score of the scale was calculating for the percentile range, it was found that for the four levels of satisfaction, the raw score ranges were 41 to 202, 203 to 218, 219 to 228 and from 229 to 246. These norms were based on 84 non-clinical cases.

A representative, normative sample is usually required to develop norms. For the present study random sampling was not possible for the clinical sample. To reach the client with a

specific problem (psycho-sexual dysfunction), purposive sampling was used in the study. For non-clinical sample random sampling method has been used in the study.

Initially there were eight subscales which were later reduced to seven in due course of construction of the scale. 'Items of rewards' and 'items of cost' were merged together into 'reward and cost' sub-scale. The final seven subscales were overall relationship (7 items), perceived equality (8 items), reward and costs (10 items), history of rewards and costs (4 items), communication (4 items), subjective evaluation (4 items), and others (4 items).

The scale has been prepared as a self-administered tool. However, it may require some support for participant especially for those from lower educational qualification and therefore presence of a therapist is essential. Self administration of the scale takes nearly 20 minutes.

As this was the first attempt to develop a tool in the area of sexuality, the experience was diverse. From the experience of the study, here are some recommendations for further improvement or studies.

1. The sample was taken only from Dhaka, it would be better if a representative sample could be collected from all the division of Bangladesh.
2. The norms were developed based on the 83 cases of psycho-sexual dysfunction and 84 of non-clinical sample. Increasing the number of sample will enhance the confidence of norms.
3. It would be better to conduct more studied with larger sample to seek the evidence of psychometric properties of the scale.

This scale would be the first objective measure to assess sexual satisfaction in Bangladesh. The scale is developed taken into account the context and culture of the country. This scale will serve the clinicians in screening and assessing the level of the satisfaction among their patients. It is expected that this tool will increase interest among researchers in Bangladesh to conduct studies on sexual satisfaction. This scale would be an essential tool for the mental health professional to deal with sexual and relationship problems. .

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APPENDICES

Instructions and items presented for the judge evaluation

বিচারকদের মূল্যায়ন

যৌন সন্তুষ্টি পরিমাপক (Developing an inventory of Sexual Satisfaction)

আমি তাহমিনা পারভীন, ঢাকা বিশ্ববিদ্যালয়ের চিকিৎসা মনোবিজ্ঞান বিভাগের এম ফিল গবেষক। আমার এম ফিল ডিগ্রির অংশবিশেষ হিসাবে বর্তমান গবেষণাটি করা হচ্ছে। বাংলাদেশী দম্পতিদের যৌন সন্তুষ্টি পরিমাপক গঠন করা এই গবেষণার বিষয়বস্তু। বাংলাদেশে এই বিষয়ক কোন গবেষণা না থাকায় এই বিষয়ক বিশ্বের বিভিন্ন দেশে যে গবেষণাগুলো হয়েছে তা পর্যালোচনা করে প্রশ্নমালাটি তৈরী করা হয়েছে। এ ক্ষেত্রে ‘Interpersonal Exchange Model of Sexual Satisfaction’ তাত্ত্বিক মতবাদকে অনুসরণ করা হয়েছে। এই মতবাদ অনুযায়ী যৌন সন্তুষ্টি হলো “ an affective response arising from one’s subjective evaluation of the positive and negative dimensions associated with one’s sexual relationship”। এই মতবাদে আবেগীয় প্রতিক্রিয়ার সাথে সাথে ব্যক্তিগত মূল্যায়নকেও গুরুত্ব দেয়া হয়েছে। উল্লেখিত বিবৃতিগুলো যৌন সন্তুষ্টি সঠিকভাবে পরিমাপ করতে প্রয়োজ্য কিনা সে বিষয়ে আপনার মতামত দেয়ার জন্য অনুরোধ করছি। যদি মনে করে বিবৃতিগুলো বর্তমান গবেষণার উদ্দেশ্য যথাযোগ্যভাবে পূরণ করতে সক্ষম তবে প্রয়োজ্য ঘরে টিক চিহ্ন আর না হলে প্রয়োজ্য নয় ঘরে টিক চিহ্ন দিন। অনেকগুলো বিবৃতি একইরকম বা কাছাকাছি মনে হতে পারে, যেহেতু বিষয়টি স্পর্শকাতর কিভাবে জানতে চাইলে তা ব্যক্তির কাছে সহজে গ্রহণযোগ্য হবে তা যাচাই করার জন্য রাখা হয়েছে। আর সবগুলো বিবৃতি মিলে একটি স্কেল গঠন করা হবে, যৌন সন্তুষ্টির উপাদানগুলোকে তুলে আনার জন্য তা ভিন্ন ভিন্ন ভাবে সাজানো হয়েছে। আপনি চাইলে যে কোন মন্তব্য বা নতুন কোন বিবৃতি ফাঁকা সারিগুলোতে যোগ করে দিতে পারেন।

আপনার সহযোগীতার জন্য বিশেষভাবে ধন্যবাদ।

- Overall Relationship বলতে দম্পতিদের মধ্যকার যৌন সম্পর্ক ছাড়াও সামগ্রিক সম্পর্ককে বোঝানো হয়েছে। যৌন জীবনের পাশাপাশি দাম্পত্য জীবনের সব দিক মিলিয়ে কিভাবে মূল্যায়ন করা হয় তা পরিমাপ করার জন্য নিম্নের উক্তিগুলো প্রয়োজ্য কিনা তা মূল্যায়ন করুন।

ক্রমিক নং	বিবৃতিসমূহ	পুরোপুরি প্রযোজ্য	অনেকখানি প্রযোজ্য	কিছুটা প্রযোজ্য	প্রযোজ্য নয়
১.১	আমার সাথে আমার সঙ্গীর সম্পর্ক ভালো				
১.২	আমার সাথে আমার সঙ্গীর সম্পর্ক আনন্দের				
১.৩	আমার সাথে আমার সঙ্গীর সম্পর্ক ইতিবাচক				
১.৪	আমার সাথে আমার সঙ্গীর সম্পর্ক সন্তোষজনক				
১.৫	আমার সঙ্গীর সাথে আমার সম্পর্কটা আমার কাছে মূল্যবান				
১.৬	আমরা একে অপরের মতামতের প্রতি সম্মান দেখাই				
১.৭	আমার সঙ্গী আমার মতামতের মূল্যায়ন করে(non sexual aspect)				
১.৮	যৌন বিষয় ছাড়াও আমি যেকোন বিষয় নিয়ে আমার সঙ্গীর সাথে কথা বলতে স্বাচ্ছন্দ্যবোধ করি(non sexual aspect)				
১.৯	কোন বিষয় নিয়ে মনোমালিন্য হলেও আবার সহজেই স্বাভাবিক সম্পর্কে ফিরে আসি				
১.১০	পারিবারিক যে কোন বিষয়ে সিদ্ধান্ত আমরা দুজনে মিলে নেই				

২. Items of Perceived equality পরিমাপ করার জন্য নিম্নের উক্তিগুলো প্রযোজ্য কিনা তা মূল্যায়ন করুন।
এই বিবৃতি গুলো দ্বারা ব্যক্তি যৌন সম্পর্কে নিজের ভূমিকা এবং তার সঙ্গীর ভূমিকাকে সমানভাবে দেখছে কিনা তা নির্ণয় করার চেষ্টা করা হয়েছে।

ক্রমিক নং	বিবৃতিসমূহ	পুরোপুরি প্রযোজ্য	অনেকখানি প্রযোজ্য	কিছুটা প্রযোজ্য	প্রযোজ্য নয়
২.১	আমার এবং আমার সঙ্গী দুজনের কাছেই যৌনমিলনটা আনন্দের (equality)				
২.২	যৌনজীবনকে উপভোগ্য করার জন্য আমি যেমন চেষ্টা করি আমার সঙ্গীও তেমন করে (equality)				
২.৩	যৌনজীবনে আমি আমারসঙ্গীর পছন্দ অপছন্দ যতটুকু গুরুত্ব দেই সেও আমারপছন্দু অপছন্দকে ততটুকু মূল্যায়নকরে (equality)				
২.৪	যৌন আনন্দলাভে আমি যতটুকু সক্রিয় ভূমিকা রাখি আমার সঙ্গী ততটুকু রাখেনা (inequality)				

ক্রমিক নং	বিবৃতিসমূহ	পুরোপুরি প্রযোজ্য	অনেকখানি প্রযোজ্য	কিছুটা প্রযোজ্য	প্রযোজ্য নয়
২.৫	আমি যখন যৌনমিলনে আগ্রহ প্রকাশ করি আমার সঙ্গী তখন চায়না (inequality)				
২.৬	যৌনতৃপ্তি লাভে তার চাহিদার দিকে আমি যতটা খেয়াল রাখি আমার সঙ্গী আমার দিকে ততটা রাখে না (inequality)				
২.৭	যৌন মিলনে আমরা একে অপরের সন্তুষ্টির দিকে খেয়াল রাখি (equality)				
২.৮	আমি কতটুকু তৃপ্তি পেলাম আমার সঙ্গী সেই বিষয়ে উদাসীন (inequality)				
২.৯	আমার মনে হয় আমি যতটা আগ্রহী আমার সঙ্গীর সাথে ঘনিষ্ঠ সময় কাটাতে, সে ততটা নয় (inequality)				

৩. Items of Reward: Rewards are conceptualized as resources that are pleasurable and gratifying পরিমাপ করার জন্য নিম্নের উক্তিগুলো প্রযোজ্য কিনা তা মূল্যায়ন করুন।

ক্রমিক নং	বিবৃতিসমূহ	পুরোপুরি প্রযোজ্য	অনেকখানি প্রযোজ্য	কিছুটা প্রযোজ্য	প্রযোজ্য নয়
৩.১	আমি যৌন কর্মে অধিকাংশ সময়েই চরমপুলক লাভ করি				
৩.২	যৌনক্ষেত্রে আমি নতুন নতুন আচরণ পরীক্ষা করে দেখতে পছন্দ করি বৈচিত্র আনতে পছন্দ করি				
*৩.৩	আমরা আমাদের যৌন জীবনকে বৈচিত্রময় করার চেষ্টা করি				
*৩.৪	যৌনবিষয়ে আমার সঙ্গীর আবদার রাখতে আমার ভালো লাগে				
৩.৫	আমরা একে অপরের সাথে ঘনিষ্ঠ মূহূর্তগুলো উপভোগ করি				
৩.৬	আমাদের যৌন জীবন খুবই ইতিবাচকভাবে উত্তেজনাপূর্ণ				

* আইটেমগুলোকে একই মনে হলেও একটিতে আমি ও আরেকটিতে আমরা ব্যবহার করা হয়েছে। এখানে বিচারকদের মূল্যায়ন অনুযায়ী ঠিক করা হবে দুটি আইটেম রাখারই প্রয়োজন আছে কিনা, বা একটি রাখলে কোন আইটেমটি উপযোগী হবে।

8. Items of Cost: Costs are those events that result in loss of a resource or punishment

পরিমাপ করার জন্য নিম্নের উক্তিগুলো প্রযোজ্য কিনা তা মূল্যায়ন করুন।

ক্রমিক নং	বিবৃতিসমূহ	পুরোপুরি প্রযোজ্য	অনেকখানি প্রযোজ্য	কিছুটা প্রযোজ্য	প্রযোজ্য নয়
8.১	যৌনজীবনে সঙ্গীর কোন কোন আবদার রক্ষা করতে গিয়ে অস্বস্তি বোধ করি				
8.২	যৌন পছন্দ অপছন্দ নিয়ে কথা বললে খারাপ মনে করতে পারে ভেবে তা মনেই চেপে রাখি				
8.৩	নতুন নতুন যৌন আচরণ পরীক্ষা আমার সঙ্গী বিব্রত বোধ করে				
8.৪	যৌন মিলনে নতুন নতুন পরীক্ষা নিরীক্ষাতে আমি অস্বস্তি বোধ করি				
8.৫	যৌনকর্মে আমার অনীহা কাজ করে				
8.৬	যৌন বিষয়ে আমি তেমন উত্তেজনা বোধ করিনা				
8.৭	অনেকসময় অনিচ্ছাসত্ত্বেও যৌন মিলনে অংশগ্রহণ করতে হয়				
8.৮	আমি সঙ্গী মিলনে সন্তুষ্ট হলো কি না তা নিয়ে মানসিক চাপে ভুগি				
8.৯	অনেক চেষ্টা করা স্বত্বেও সঙ্গীকে সন্তুষ্ট করতে পারলাম কিনা বুঝতে পারি না				
8.১০	আমার সঙ্গীকে সন্তুষ্ট করতে পারব কিনা তা নিয়ে আমি টেনশনে থাকি				
8.১১	যৌনমিলনে আমি ব্যাথা পাই				
8.১২	যৌন মিলনের ইচ্ছা প্রকাশে সংকোচ বোধ করি				
8.১৩	আমরা যখন যৌন মিলনে যাই তখন সময়টা খুব সংক্ষিপ্ত হওয়াতে অতৃপ্তি বোধ করি				
8.১৪	আমার মনে হয় আমার সঙ্গী যৌনমিলনে আমার কাছ থেকে অনেক বেশী প্রত্যাশা করে				

৫. History of rewards and costs: According to IEMSS, sexual satisfaction is influenced by the history of sexual exchanges rather than just by single exchanges at a single point of time. নিচের বিবৃতিগুলো বেশ কিছু সময় ধরে (অন্তত তিন মাস) যৌন জীবনের সন্তুষ্টি-অসন্তুষ্টি, মূল্যায়ন পরিমাপ করার জন্য নিম্নের উক্তিগুলো প্রযোজ্য কিনা তা মূল্যায়ন করুন।

ক্রমিক নং	বিবৃতিসমূহ	পুরোপুরি প্রযোজ্য	অনেকখানি প্রযোজ্য	কিছুটা প্রযোজ্য	প্রযোজ্য নয়
৫.১	গত তিন মাস ধরে যৌন জীবন চিন্তা করে দেখলে আমার মনে হয় আমি আমার যৌন জীবনে সন্তুষ্ট				
৫.২	গত তিন মাসের অভিজ্ঞতা বিচার করে যদি বলি আমি যেমন আশা করেছিলাম আমার যৌন জীবন নিয়ে আমি সেরকমই সন্তুষ্ট-				
৫.৩	আমি যেমন আমাদের যৌন জীবন নিয়ে সন্তুষ্ট, আমার সঙ্গীও ঠিক ততটাই সন্তুষ্ট				
৫.৪	গত তিন মাস ধরে আমি আমার যৌন জীবনে অসুখী				
৫.৫	আমার যৌন জীবন আমার আশানুরূপ হয়নি				
৫.৬	গত কয়েক মাসের অভিজ্ঞতায় আমার মনে হয় আমিও যেমন অসুখী, আমার সঙ্গীও তেমন আমাদের যৌন জীবনে অসুখী				
৫.৭	কয়েক মাস ধরেই যৌন জীবনে নিজেকে অতৃপ্ত মনে হয়				

৬. Items of Communication পরিমাপ করার জন্য নিম্নের উক্তিগুলো প্রযোজ্য কিনা তা মূল্যায়ন করুন।
গবেষণায় দেখা গিয়েছে সঙ্গীর সাথে অন্যান্য বিষয়ে আলোচনার মতো যৌন বিষয়ে আলোচনা করতে পারাটা যৌন সম্পর্ক উন্নয়নে গুরুত্বপূর্ণ ভূমিকা পালন করে।

ক্রমিক নং	বিবৃতিসমূহ	পুরোপুরি প্রযোজ্য	অনেকখানি প্রযোজ্য	কিছুটা প্রযোজ্য	প্রযোজ্য নয়
৬.১	আমি যৌন বিষয়ে আমার পছন্দ অপছন্দ নিয়ে সঙ্গীর সাথে কথা বলি				
৬.২	যৌনসম্পর্কে আমাদের বোঝাপড়াটা চমৎকার				
৬.৩	আমার সঙ্গী সহজেই আমার যৌন মিলনের আগ্রহ প্রকাশের ইঙ্গিত বুঝতে পারে				
৬.৪	যৌনবিষয় নিয়ে সঙ্গীর সাথে কথা বলতে অস্বস্তিবোধ করি				

ক্রমিক নং	বিবৃতিসমূহ	পুরোপুরি প্রযোজ্য	অনেকখানি প্রযোজ্য	কিছুটা প্রযোজ্য	প্রযোজ্য নয়
৬.৫	আমরা প্রায়ই আমাদের যৌনজীবন কেমন যাচ্ছে এবং কিভাবে তা আরও ভালো করা যায় তা নিয়ে কথা বলি				
৬.৬	যৌন বিষয়ে কথা বলতে গেলেই আমার সঙ্গী এড়িয়ে যেতে চায়				
৬.৭	আবেগময়/আবেগপূর্ণ কথা বলতে আমার অস্বস্তি লাগে না				
৬.৮	আমার সঙ্গী আবেগময়/আবেগপূর্ণ কথা সহজে বলতে পারে না যদিও আমি শুনতে চাই				

৭. Subjective Evaluation: যৌন জীবন, যৌন মিলন বা যৌন সঙ্গী সম্পর্কে ব্যক্তির নিজস্ব মূল্যায়ন পরিমাপ
করার জন্য নিম্নের উক্তিগুলো প্রযোজ্য কিনা তা মূল্যায়ন করুন।

ক্রমিক নং	বিবৃতিসমূহ	পুরোপুরি প্রযোজ্য	অনেকখানি প্রযোজ্য	কিছুটা প্রযোজ্য	প্রযোজ্য নয়
৭.১	আমার কাছে মনে হয় আমাদের যৌন সম্পর্ক আমাদের সম্পর্কের ঘনিষ্ঠতায় ভিন্ন মাত্রা যোগ করেছে				
৭.২	আমার কাছে মনে হয় আমার সঙ্গী আমার সাথে যৌন মিলনে আগ্রহ দেখায় না				
৭.৩	আমার কাছে যৌন জীবনটাকে একঘেয়ে মনে হয়				
৭.৪	সংসার জীবনের অন্যান্য দায়িত্বের মতো যৌনমিলনে অংশগ্রহণের দায়িত্বও পালন করে যাই				
৭.৫	আমার সঙ্গী খুবই যৌন উত্তেজক				
৭.৬	আমি অনুভব করি আমার যৌন জীবন ততটা উত্তেজনাপূর্ণ নয়				
৭.৭	যৌন মিলনে আমার সঙ্গী খুবই চমৎকার				
৭.৮	আমি আমার সঙ্গীর দ্বারা সহজেই যৌন উত্তেজনা অনুভব করি				
৭.৯	আমার মনে হয় যৌন মিলনটা নোংরা এবং বিরক্তিকর				

৮. অন্যান্য

ক্রমিক নং	বিবৃতিসমূহ	পুরোপুরি প্রযোজ্য	অনেকখানি প্রযোজ্য	কিছুটা প্রযোজ্য	প্রযোজ্য নয়
৮.১	আমার সঙ্গী যৌন মিলনের ক্ষেত্রে তাৎক্ষণিক সাড়া দেয়				
৮.২	সপ্তাহে কমপক্ষে দুই থেকে তিনবার আমরা একান্ত সম্পর্কে মিলিত হই (frequency)				
৮.৩	যৌন মিলনে আমাকেই সবসময় উদ্যোগ নিতে হয়				
৮.৪	<u>যৌনমিলনে অসন্তুষ্টি আমার ভেতরে রাগ ও ক্ষোভ তৈরী করে</u>				
৮.৫	<u>আমার ভয় হয় আমি যদি আমার সঙ্গীকে সন্তুষ্টি করতে না পারি তাহলে বিবাহ বহির্ভূত সম্পর্কে জড়িয়ে পড়বে</u>				
৮.৬	<u>আমার ভয় হয় বিবাহিত জীবনে সুখ না পেলে আমি অন্য সম্পর্কে ঝুঁকে পড়তে পারি</u>				
৮.৭	<u>যৌন জীবনে জটিলতায় আমি মানসিক অশান্তিতে ভুগি</u>				

স্বাক্ষর, তারিখ

বিশেষ দ্রষ্টব্যঃ ১। Bold করা আইটেম গুলো IEMSS স্কেল থেকে অনুবাদ করা

২। ইতালিক এবং আন্ডার লাইন করা আইটেমগুলো “The sexual Satisfaction Scale for women (SSS-W)” থেকে নেয়া।

List of Judges

SL.	Name	Designation
1	Mohammad Mahmudur Rahman	Professor Department of Clinical Psychology University of Dhaka, Dhaka, Bangladesh.
2	Mohammad Abdul Awal Miah	Clinical Psychologist
3	Tanzir Ahmed Tushar	Assistant Professor (Clinical Psychologist) Department of Psychology University of Rajshahi Rajshahi, Bangladesh
4	Dr. Shamsul Ahsan Maksud	Assistant Professor Department of Psychiatry Bangabandhu Sheikh Mujib Medical University Dhaka, Bangladesh
5	Dr. Salahuddin Qaisar Biplob	Associate Professor Department of Psychiatry Bangabandhu Sheikh Mujib Medical University Dhaka, Bangladesh
6	Dr. Atik	Department of Psychiatry Bangabandhu Sheikh Mujib Medical University Dhaka, Bangladesh

First Draft of the scale with demographic questionnaire

(এই প্রশ্নপত্রমালার প্রত্যেকটি অংশ শুধুমাত্র একাডেমিক উদ্দেশ্যে ব্যবহার করা হবে এবং তথ্যের গোপনীয়তা সংরক্ষণ করা হবে। আপনার সহযোগিতা আন্তরিকভাবে কাম্য।)

প্রিয় স্যার/ ম্যাডাম,

আমি তাহমিনা পারভীন, ক্লিনিক্যাল সাইকোলজি বিভাগে এম ফিল দ্বিতীয় বর্ষে অধ্যয়নরত। আমার এম ফিল ডিগ্রীর অংশবিশেষ হিসাবে বর্তমান গবেষণাটি পরিচালনা করা হচ্ছে। আমার গবেষণার বিষয় হলো বাংলাদেশী দম্পতিদের “যৌন সন্তুষ্টি পরিমাপক গঠন করা”। বর্তমান গবেষণার উপাত্ত সংগ্রহের উদ্দেশ্যে, আমি আপনার কাছ থেকে তথ্য সংগ্রহ করতে চাই। যৌন বিষয় নিয়ে কথা বলা আমাদের সমাজে খুবই স্পর্শকাতর। অনেকেই হয়তো এই বিষয় নিয়ে কথা বলতে বিব্রত বোধ করতে পারেন। কিন্তু এই বিষয়ক কোন বিজ্ঞান ভিত্তিক গবেষণা না থাকায় চিকিৎসা ক্ষেত্রে সমস্যা বোঝার জন্য অসুবিধায় পড়তে হয়। তাই আপনি যদি বাংলাদেশী, বিবাহিত নারী বা পুরুষ হন তাহলে আপনার সহযোগিতা একান্ত কাম্য। আপনার কাছে এমন কিছু প্রশ্ন জানতে চাইব যার মাধ্যমে যৌন সন্তুষ্টি পরিমাপ করার চেষ্টা করা হচ্ছে, এতে ২০-২৫ মিনিট সময় প্রয়োজন হতে পারে। আপনি অংশগ্রহণ করার সম্মতি প্রদান করার পরও যদি পরবর্তী সময়ে গবেষণায় আপনার অংশগ্রহণ চালিয়ে যেতে না চান তাহলে যে কোন সময়ই তা জানাতে পারেন। আপনার মতামত সাপেক্ষেই এই সাক্ষাৎকার গ্রহণ করা হবে। সংগৃহীত তথ্যের গোপনীয়তা বজায় রাখা হবে এবং তা শুধু গবেষণার স্বার্থেই ব্যবহার করা হবে।

গবেষণায় আপনার নাম কোথাও ব্যবহার করা হবে না। প্রশ্নমালাটি পূরণ করা হয়ে গেলে আপনি নিজ হাতে বক্সে ফেলে দেবেন যা কিনা আপনার তথ্যের গোপনীয়তা নিশ্চিত করবে। গবেষণা বিষয়ক আরো বিস্তারিত জানতে চাইলে নিম্নে প্রদত্ত ই-মেইলে গবেষকের সঙ্গে যোগাযোগ করতে পারেন।

ধন্যবাদ সাপেক্ষে

তাহমিনা পারভীন

এম ফিল গবেষক

ক্লিনিক্যাল সাইকোলজি বিভাগ

ঢাকা বিশ্ববিদ্যালয়

ই-মেইলঃ tahminaparvin13@gmail.com

ব্যক্তিগত তথ্যাবলী

- ১। বয়স -----২। লিঙ্গ -----
- ৩। আর্থ-সামাজিক অবস্থা----- ক। নিম্নবিত্ত খ। মধ্যবিত্ত গ। উচ্চবিত্ত
- ৪। শিক্ষাগত যোগ্যতা -----
- ৫। জন্মক্রম -----৬। ধর্ম.....
- ৭। বিবাহের তারিখ -----
- ৮। কত দিন যাবত একসাথে সংসার করছেন?-----
- ৯। বিয়ের প্রথম বছরে সপ্তাহে আনুমানিক যৌন মিলনের সংখ্যা কমপক্ষে -
ক। ২-৩ বার খ। ৪-৫ বার গ। বা তার চেয়ে বেশী
- ১০। ছেলেমেয়ের সংখ্যা কতজন? -----
- ১১। পারিবারিক মাসিক আয়-----
- ১২। পরিবারের দায়িত্ব পালনে প্রধান ভূমিকা পালন করে কে?-----
- ১৩। পরিবারের ধরন-----
- ১৪। পরিবারে কেউ ধূমপান করে কি না?-----
- ১৫। স্বামী বা স্ত্রী কেউ শারীরিক বা মানসিকভাবে অসুস্থ কি না?-----
(অসুস্থ থাকলে কত দিন যাবত)-----
- ১৬। আপনার কি মনে হয় নিচের স্কেল অনুযায়ী আপনি যৌন জীবনে কতখানি সন্তুষ্ট?
১০ ২০ ৩০ ৪০ ৫০ ৬০ ৭০ ৮০ ৯০ ১০০
- ১৭। আপনার কি মনে হয় নিচের স্কেল অনুযায়ী যৌন জীবনে আপনার সঙ্গী কতখানি সন্তুষ্ট?
১০ ২০ ৩০ ৪০ ৫০ ৬০ ৭০ ৮০ ৯০ ১০০

যৌন সন্তুষ্টি পরিমাপক (An inventory of Sexual Satisfaction)

নিচের বিবৃতিগুলো আপনার ক্ষেত্রে কতখানি প্রযোজ্য নির্ণয়ের মাধ্যমে যৌন সন্তুষ্টি পরিমাপ করাই স্কেলটির উদ্দেশ্য। প্রতিটি বিবৃতির ডান পাশে, “সবসময়ই সত্য” থেকে “একদমই সত্য নয়” এই ক্রমানুসারে ৬টি সম্ভাব্য উত্তর দেয়া আছে। আপনি যত্নসহকারে প্রতিটি বিবৃতি পড়ে সিদ্ধান্ত নিন যে, এই বিবৃতিগুলো আপনার ক্ষেত্রে কতটা প্রযোজ্য। অতঃপর সম্ভাব্য উত্তরের যেটি প্রযোজ্য (যে কোন একটি), সেই ঘরে টিক (✓) তা চিহ্ন দিয়ে প্রকাশ করুন। অনুগ্রহ করে লক্ষ্য করুন সবগুলো বিবৃতির উত্তর দিয়েছেন কিনা। আপনি গত তিন মাসের সম্পর্ককে বিবেচনা করে আপনি বিবৃতিগুলো উত্তর দিতে পারেন।

ক্রমিক নং	বিবৃতিসমূহ	সবসময়ই	প্রায় সব সময়ই	বেশীরভাগ সময়ই	প্রায় বেশীরভাগ সময়ই	খুব কম সময়ই	কখনোই না
১	আমার সাথে আমার সঙ্গীর সম্পর্ক সন্তোষজনক						
২	আমার সঙ্গীর সাথে আমার সম্পর্কটা আমার কাছে মূল্যবান						
৩	আমরা একে অপরের মতামতের প্রতি সম্মান দেখাই						
৪	আমার সঙ্গী আমার মতামতের মূল্যায়ন করে						
৫	যৌন বিষয় ছাড়াও আমি যেকোন বিষয় নিয়ে আমার সঙ্গীর সাথে কথা বলতে স্বাচ্ছন্দ্যবোধ করি						
৬	কোন বিষয় নিয়ে মনোমালিন্য হলেও আবার সহজেই স্বাভাবিক সম্পর্কে ফিরে আসি						
৭	পারিবারিক যে কোন বিষয়ে সিদ্ধান্ত আমরা দুজনে মিলে নেই						
৮	আমার এবং আমার সঙ্গী যৌনমিলনের আনন্দ দুজনেই ভাগ করে নেই						
৯	যৌনজীবনকে উপভোগ্য করার জন্য আমি যেমন চেষ্টা করি আমার সঙ্গীও তেমন করে						
১০	যৌনজীবনে আমি আমারসঙ্গীর পছন্দ অপছন্দ যতটুকু গুরুত্ব দেই সেও আমার পছন্দ অপছন্দকে ততটুকু মূল্যায়নকরে						
১১	আমি যতটুকু সক্রিয় ভূমিকা রাখি যৌন আনন্দলাভে আমার সঙ্গী ততটুকু রাখেনা						

ক্রমিক নং	বিবৃতিসমূহ	সবসময়ই	প্রায় সব সময়ই	বেশীরভাগ সময়ই	প্রায় বেশীরভাগ সময়ই	খুব কম সময়ই	কখনোই না
১২	আমি যখন যৌনমিলনে আত্মহ প্রকাশ করি আমার সঙ্গী তখন চায়না						
১৩	যৌনতৃপ্তি লাভে তার চাহিদার দিকে আমি যতটা খেয়াল রাখি আমার সঙ্গী আমার দিকে ততটা রাখে না						
১৪	যৌন মিলনে আমরা একে অপরের সন্তুষ্টির দিকে খেয়াল রাখি						
১৫	আমি কতটুকু তৃপ্তি পেলাম আমার সঙ্গী সেই বিষয়ে উদাসীন						
১৬	আমার মনে হয় আমি যতটা আত্মহী আমার সঙ্গীর সাথে ঘনিষ্ঠ সময় কাটাতে, সে ততটা নয়						
১৭	আমি যৌন কর্মে অধিকাংশ সময়েই চরমপুলক লাভ করি						
১৮	যৌনক্ষেত্রে আমি নতুন নতুন আচরণ পরীক্ষা করে দেখতে পছন্দ করি বৈচিত্র আনতে পছন্দ করি						
১৯	যৌনবিষয়ে আমার সঙ্গীর আবদার রাখতে আমার ভালো লাগে						
২০	যৌন পছন্দ অপছন্দ নিয়ে কথা বললে খারাপ মনে করতে পারে ভেবে তা মনেই চেপে রাখি						
২১	নতুন নতুন যৌন আচরণ পরীক্ষা আমার সঙ্গী বিব্রত বোধ করে						
২২	যৌন মিলনে নতুন নতুন পরীক্ষা নিরীক্ষাতে আমি অস্বস্তি বোধ করি						
২৩	যৌনকর্মে আমার অনীহা কাজ করে						
২৪	যৌন বিষয়ে আমি তেমন উত্তেজনা বোধ করিনা						
২৫	অনেকসময় অনিচ্ছাসত্ত্বেও যৌন মিলনে অংশগ্রহণ করতে হয়						
২৬	আমি সঙ্গী মিলনে সন্তুষ্ট হলো কি না তা নিয়ে মানসিক চাপে ভুগি						

ক্রমিক নং	বিবৃতিসমূহ	সবসময়ই	প্রায় সব সময়ই	বেশীরভাগ সময়ই	প্রায় বেশীরভাগ সময়ই	খুব কম সময়ই	কখনোই না
২৭	আমার সঙ্গীকে সন্তুষ্ট করতে পারব কিনা তা নিয়ে আমি টেনশনে থাকি						
২৮	যৌনমিলনে আমি ব্যাথা পাই						
২৯	যৌন মিলনের ইচ্ছা প্রকাশে সংকোচ বোধ করি						
৩০	আমরা যখন যৌন মিলনে যাই তখন সময়টা খুব সংক্ষিপ্ত হওয়াতে অতৃপ্তি বোধ করি						
৩১	আমার মনে হয় আমার সঙ্গী যৌনমিলনে আমার কাছ থেকে অনেক বেশী প্রত্যাশা করে						
৩২	গত তিন মাস ধরে যৌন জীবন চিন্তা করে দেখলে আমার মনে হয় আমি আমার যৌন জীবনে সন্তুষ্ট						
৩৩	আমি যেমন আমাদের যৌন জীবন নিয়ে সন্তুষ্ট, আমার সঙ্গীও ঠিক ততটাই সন্তুষ্ট						
৩৪	গত কয়েক মাসের অভিজ্ঞতায় আমার মনে হয় আমিও যেমন অসুখী, আমার সঙ্গীও তেমন আমাদের যৌন জীবনে অসুখী						
৩৫	কয়েক মাস ধরেই যৌন জীবনে নিজেকে অতৃপ্ত মনে হয়						
৩৬	আমি যৌন বিষয়ে আমার পছন্দ অপছন্দ নিয়ে সঙ্গীর সাথে কথা বলি						
৩৭	যৌনসম্পর্কে আমাদের বোঝাপড়াটা চমৎকার						
৩৮	আমার সঙ্গী সহজেই আমার যৌন মিলনের আগ্রহ প্রকাশের ইঙ্গিত বুঝতে পারে						
৩৯	যৌনবিষয় নিয়ে সঙ্গীর সাথে কথা বলতে অস্বস্তিবোধ করি						
৪০	আমরা প্রায়ই আমাদের যৌনজীবন কেমন যাচ্ছে এবং কিভাবে তা আরও ভালো করা যায় তা নিয়ে কথা বলি						
৪১	যৌন বিষয়ে কথা বলতে গেলেই আমার সঙ্গী এড়িয়ে যেতে চায়						

ক্রমিক নং	বিবৃতিসমূহ	সবসময়ই	প্রায় সব সময়ই	বেশীরভাগ সময়ই	প্রায় বেশীরভাগ সময়ই	খুব কম সময়ই	কখনোই না
৪২	আমার কাছে মনে হয় আমাদের যৌন সম্পর্ক আমাদের সম্পর্কের ঘনিষ্ঠতায় ভিন্ন মাত্রা যোগ করেছে						
৪৩	আমার কাছে যৌন জীবনটাকে একঘেয়ে মনে হয়						
৪৪	সংসার জীবনের অন্যান্য দায়িত্বের মতো যৌনমিলনে অংশগ্রহণের দায়িত্বও পালন করে যাই						
৪৫	যৌন মিলনে আমার সঙ্গী খুবই চমৎকার						
৪৬	আমি আমার সঙ্গীর দ্বারা সহজেই যৌন উত্তেজনা অনুভব করি						
৪৭	আমার মনে হয় যৌন মিলনটা নোংরা এবং বিরক্তিকর						
৪৮	সপ্তাহে কমপক্ষে দুই থেকে তিনবার আমরা একান্ত সম্পর্কে মিলিত হই (frequency)						
৪৯	যৌন মিলনে আমাকেই সবসময় উদ্যোগ নিতে হয়						
৫০	যৌনমিলনে অসন্তুষ্টি আমার ভেতরে রাগ ও ক্ষোভ তৈরী করে						
৫১	আমার ভয় হয় আমি যদি আমার সঙ্গীকে সন্তুষ্ট করতে না পারি তাহলে বিবাহ বহির্ভূত সম্পর্কে জড়িয়ে পড়বে						
৫২	আমার ভয় হয় বিবাহিত জীবনে সুখ না পেলে আমি অন্য সম্পর্কে ঝুঁকে পড়তে পারি						
৫৩	যৌন জীবনে জটিলতায় আমি মানসিক অশান্তিতে ভুগি						

Translated version of sexual satisfaction scale (SSS)

যৌন সন্তুষ্টি পরিমাপক (Sexual Satisfaction Scale)

জীবনে আপনার যৌন সন্তুষ্টি নিয়ে। প্রশ্নগুলো খুবই ব্যক্তিগত কিন্তু গুরুত্বপূর্ণ। আপনার মতামত অনুযায়ী সবচেয়ে কাছের উত্তরটিকে বৃত্তাকারে দাগ দিন। যদি কোন প্রশ্ন বুঝতে অসুবিধা হয় তাহলে আপনি তথ্য সংগ্রহকারীকে জিজ্ঞেস করে জেনে নিতে পারেন।

১। গত চার সপ্তাহে আপনাদের সম্পর্কের ভেতরকার ভালবাসার যেটুকু শারিরিক বহিঃপ্রকাশ হয়েছে তা

নিয়ে আপনি কতটা সন্তুষ্ট ছিলেন?

অনেক বেশী সন্তুষ্ট - মোটামুটি সন্তুষ্ট - কিছুটা সন্তুষ্ট - কিছুটা অসন্তুষ্ট - মোটামুটি অসন্তুষ্ট - অনেক বেশী অসন্তুষ্ট

১ ২ ৩ ৪ ৫ ৬

২। গত চার সপ্তাহে আপনি ও আপনার সঙ্গী দুজনে মিলে যা যা যৌন আচরন করেছেন তা নিয়ে আপনি কতটা সন্তুষ্ট ছিলেন?

অনেক বেশী সন্তুষ্ট - মোটামুটি সন্তুষ্ট - কিছুটা সন্তুষ্ট - কিছুটা অসন্তুষ্ট - মোটামুটি অসন্তুষ্ট - অনেক বেশী অসন্তুষ্ট

১ ২ ৩ ৪ ৫ ৬

৩। গত চার সপ্তাহে, আপনি আপনার যৌন সম্পর্ক নিয়ে সামগ্রিকভাবে কতটা সন্তুষ্ট ছিলেন?

অনেক বেশী সন্তুষ্ট - মোটামুটি সন্তুষ্ট - কিছুটা সন্তুষ্ট - কিছুটা অসন্তুষ্ট - মোটামুটি অসন্তুষ্ট - অনেক বেশী অসন্তুষ্ট

১ ২ ৩ ৪ ৫ ৬

৪। গত চার সপ্তাহে, আপনার সঙ্গী আপনাদের যৌন সম্পর্ক নিয়ে সামগ্রিকভাবে কতটা সন্তুষ্ট ছিলেন?

অনেক বেশী সন্তুষ্ট - মোটামুটি সন্তুষ্ট - কিছুটা সন্তুষ্ট - কিছুটা অসন্তুষ্ট - মোটামুটি অসন্তুষ্ট - অনেক বেশী অসন্তুষ্ট

১ ২ ৩ ৪ ৫ ৬

List of Back Translators of the translated sexual satisfaction scale

SL	Name	Designation
1	Syed Monjurul Islam	Professor, Department of English, University of Dhaka
2	Dr. Fukhrul Alam	Professor, Department of English, University of Dhaka
3	Bidhan Kumar Dutto	Lecturer, Department of English, Board Hat College, Dinajpur.

APPENDIX- 6

List of hospitals and clinics

List of hospitals and clinics from where clinical sample were collected

SL	Name
1	Psychiatric Sex Clinic, Bangabandhu Sheikh Mujib Medical University, Shahbag, Dhaka
2	National Institute of Mental Health, Sher-e Bangla Nagar, Shyamoli, Dhaka
3	Manojogot, Kashba Centre, Mirpur Road, Dhaka

মানসিক অসুস্থতা আছে কিনা ক) স্বামীর খ) স্ত্রীর (থাকলে কত দিন ধরে)

১৮। যৌন সন্তুষ্টি বৃদ্ধির জন্য কোন সাহায্য নিয়ছেন কিনাঃ

ক)কবিরাজ বা বৈদ্যের কাছ থেকে খ) হার্বাল ওষুধ ব্যবহার করে গ)

ফার্মেসী থেকে ডাক্তারের পরামর্শ ছাড়া ওষুধ ক্রয় করে ঘ) ডাক্তার দেখিয়ে

১৯। আপনার সঙ্গীর দৈহিক সৌন্দর্য নিয়ে আপনি কতখানি সন্তুষ্ট ?

১০ ২০ ৩০ ৪০ ৫০ ৬০ ৭০ ৮০ ৯০ ১০০

২০। নিচের স্কেল অনুযায়ী আপনি যৌন জীবনে কতখানি সন্তুষ্ট?

১০ ২০ ৩০ ৪০ ৫০ ৬০ ৭০ ৮০ ৯০ ১০০

২১। নিচের স্কেল অনুযায়ী আপনার মতে যৌন জীবনে আপনার সঙ্গী কতখানি সন্তুষ্ট?

১০ ২০ ৩০ ৪০ ৫০ ৬০ ৭০ ৮০ ৯০ ১০০

যৌন সন্তুষ্টি পরিমাপক (An inventory of Sexual Satisfaction)

নিচের বিবৃতিগুলো আপনার ক্ষেত্রে কতখানি প্রযোজ্য নির্ণয়ের মাধ্যমে যৌন সন্তুষ্টি পরিমাপ করাই স্কেলটির উদ্দেশ্য। প্রতিটি বিবৃতির ডান পাশে, “সবসময়ই সত্য” থেকে “একদমই সত্য নয়” এই ক্রমানুয়ে ৬টি সম্ভাব্য উত্তর দেয়া আছে। আপনি যত্নসহকারে প্রতিটি বিবৃতি পড়ে সিদ্ধান্ত নিন যে, এই বিবৃতিগুলো আপনার ক্ষেত্রে কতটা প্রযোজ্য। অতঃপর সম্ভাব্য উত্তরের যেটি প্রযোজ্য (যে কোন একটি), সেই ঘরে টিক (✓) তা চিহ্ন দিয়ে প্রকাশ করুন। অনুগ্রহ করে লক্ষ্য করুন সবগুলো বিবৃতির উত্তর দিয়েছেন কিনা। আপনি গত তিন মাসের সম্পর্ককে বিবেচনা করে আপনি বিবৃতিগুলো উত্তর দিতে পারেন।

ক্রমিক নং	বিবৃতিসমূহ	সবসময়ই	প্রায় সব সময়ই	বেশীরভাগ সময়ই	প্রায় বেশীরভাগ সময়ই	খুব কম সময়ই	কখনোই না
১.	আমার সাথে আমার সঙ্গীর সম্পর্ক সন্তোষজনক						
২.	আমার সঙ্গীর সাথে আমার সম্পর্কটা আমার কাছে মূল্যবান						
৩.	আমরা একে অপরের মতামতের প্রতি সম্মান দেখাই						
৪.	আমার সঙ্গী আমার মতামতের মূল্যায়ন করে						
৫.	যৌন বিষয় ছাড়াও আমি যেকোন বিষয় নিয়ে আমার সঙ্গীর সাথে কথা বলতে স্বাচ্ছন্দ্যবোধ করি						
৬.	কোন বিষয় নিয়ে মনোমালিন্য হলেও আবার সহজেই স্বাভাবিক সম্পর্কে ফিরে আসি						
৭.	পারিবারিক যে কোন বিষয়ে সিদ্ধান্ত আমরা দুজনে মিলে নেই						
৮.	আমার এবং আমার সঙ্গী যৌনমিলনের আনন্দ দুজনেই ভাগ করে নেই						
৯.	যৌনজীবনকে উপভোগ্য করার জন্য আমি যেমন চেষ্টা করি আমার সঙ্গীও তেমন করে						
১০.	যৌনজীবনে আমি আমারসঙ্গীর পছন্দ অপছন্দ যতটুকু গুরুত্ব দেই সেও আমারপছন্দ অপছন্দকে ততটুকু মূল্যায়নকরে						
১১.	আমি যখন যৌনমিলনে আগ্রহ প্রকাশ করি আমার সঙ্গী তখন চায়না						

ক্রমিক নং	বিবৃতিসমূহ	সবসময়ই	প্রায় সব সময়ই	বেশীরভাগ সময়ই	প্রায় বেশীরভাগ সময়ই	খুব কম সময়ই	কখনোই না
১২.	যৌনতৃপ্তি লাভে তার চাহিদার দিকে আমি যতটা খেয়াল রাখি আমার সঙ্গী আমার দিকে ততটা রাখে না						
১৩.	যৌন মিলনে আমরা একে অপরের সন্তুষ্টির দিকে খেয়াল রাখি						
১৪.	আমি কতটুকু তৃপ্তি পেলাম আমার সঙ্গী সেই বিষয়ে উদাসীন						
১৫.	আমার মনে হয় আমি যতটা আগ্রহী আমার সঙ্গীর সাথে ঘনিষ্ঠ সময় কাটাতে, সে ততটা নয়						
১৬.	আমি যৌন কর্মে অধিকাংশ সময়েই চরমপুলক লাভ করি						
১৭.	যৌনবিষয়ে আমার সঙ্গীর আবদার রাখতে আমার ভালো লাগে						
১৮.	যৌন পছন্দ অপছন্দ নিয়ে কথা বললে খারাপ মনে করতে পারে ভেবে তা মনেই চেপে রাখি						
১৯.	যৌনকর্মে আমার অনীহা কাজ করে						
২০.	যৌন বিষয়ে আমি তেমন উত্তেজনা বোধ করিনা						
২১.	অনেকসময় অনিচ্ছাসত্ত্বেও যৌন মিলনে অংশগ্রহণ করতে হয়						
২২.	আমি সঙ্গী মিলনে সন্তুষ্ট হলো কি না তা নিয়ে মানসিক চাপে ভুগি						
২৩.	আমার সঙ্গীকে সন্তুষ্ট করতে পারব কিনা তা নিয়ে আমি টেনশনে থাকি						
২৪.	যৌন মিলনের ইচ্ছা প্রকাশে সংকোচ বোধ করি						
২৫.	আমরা যখন যৌন মিলনে যাই তখন সময়টা খুব সংক্ষিপ্ত হওয়াতে অতৃপ্তি বোধ করি						
২৬.	গত তিন মাস ধরে যৌন জীবন চিন্তা করে দেখলে আমার মনে হয় আমি আমার যৌন জীবনে সন্তুষ্ট						

ক্রমিক নং	বিবৃতিসমূহ	সবসময়ই	প্রায় সব সময়ই	বেশীরভাগ সময়ই	প্রায় বেশীরভাগ সময়ই	খুব কম সময়ই	কখনোই না
২৭.	আমি যেমন আমাদের যৌন জীবন নিয়ে সন্তুষ্ট, আমার সঙ্গীও ঠিক ততটাই সন্তুষ্ট						
২৮.	গত কয়েক মাসের অভিজ্ঞতায় আমার মনে হয় আমিও যেমন অসুখী, আমার সঙ্গীও তেমন আমাদের যৌন জীবনে অসুখী						
২৯.	কয়েক মাস ধরেই যৌন জীবনে নিজেকে অতৃপ্ত মনে হয়						
৩০.	যৌনসম্পর্কে আমাদের বোঝাপড়াটা চমৎকার						
৩১.	আমার সঙ্গী সহজেই আমার যৌন মিলনের আগ্রহ প্রকাশের ইঙ্গিত বুঝতে পারে						
৩২.	যৌনবিষয় নিয়ে সঙ্গীর সাথে কথা বলতে অস্বস্তিবোধ করি						
৩৩.	যৌন বিষয়ে কথা বলতে গেলেই আমার সঙ্গী এড়িয়ে যেতে চায়						
৩৪.	আমার কাছে মনে হয় আমাদের যৌন সম্পর্ক আমাদের সম্পর্কের ঘনিষ্ঠতায় ভিন্ন মাত্রা যোগ করেছে						
৩৫.	আমার কাছে যৌন জীবনটাকে একঘেয়ে মনে হয়						
৩৬.	যৌন মিলনে আমার সঙ্গী খুবই চমৎকার						
৩৭.	আমি আমার সঙ্গীর দ্বারা সহজেই যৌন উত্তেজনা অনুভব করি						
৩৮.	সপ্তাহে কমপক্ষে দুই থেকে তিনবার আমরা একান্ত সম্পর্কে মিলিত হই						
৩৯.	যৌনমিলনে অসন্তুষ্টি আমার ভেতরে রাগ ও ক্ষোভ তৈরী করে						
৪০.	আমার ভয় হয় আমি যদি আমার সঙ্গীকে সন্তুষ্ট করতে না পারি তাহলে বিবাহ বহির্ভূত সম্পর্কে জড়িয়ে পড়বে						

ক্রমিক নং	বিবৃতিসমূহ	সবসময়ই	প্রায় সব সময়ই	বেশীরভাগ সময়ই	প্রায় বেশীরভাগ সময়ই	খুব কম সময়ই	কখনোই না
৪১.	যৌন জীবনে জটিলতায় আমি মানসিক অশান্তি তে ভুগি						

APPENDIX-8

List of data enumerators

SL	Name and Department	Contact No
1	Nasir Uddin 3 rd year, Department of Psychology.	01515203539
2	Abdullah Ziad 3 rd year, Department of Psychology	01684340534
3	Amirul Islam 3 rd year, Department of Psychology	01931130437
4	Nayma Islam 3 rd year, Department of Psychology	01727265130
5	Kaniz Fatema 3 rd year, Department of Psychology	01521216295
6	Rahman 3 rd year, Department of Psychology	01515248624
7	Rawshan Zannat Kajol Masters in Clinical Psychology	01923021372
8	Abida Sulatana Akhi Masters in Clinical Psychology	01722977934

APPENDIX-9

Letter of Ethical Approval

চিকিৎসা মনোবিজ্ঞান বিভাগ
ঢাকা বিশ্ববিদ্যালয়
কলা ভবন (৫ম তলা)
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Certificate of Ethical Approval

Project Number : **MP160301**

Project Title : **Development of an Inventory of Sexual Satisfaction**

Investigators : **Tahmina Parvin and Muhammad Kamruzzaman Mozumder**

Approval Period : **1 February 2016 to 31 January 2018**

Terms of Approval

1. Any changes made to the details submitted for ethical approval should be notified and sought approval by the investigator(s) to the Department of Clinical Psychology Ethics Committee before incorporating the change.
2. The investigator(s) should inform the committee immediately in case of occurrence of any adverse unexpected events that hampers wellbeing of the participants or affect the ethical acceptability of the research.
3. The research project is subject to monitoring or audit by the Department of Clinical Psychology Ethics Committee.
4. The committee can cancel approval if ethical conduction of the research is found to be compromised.
5. If the research cannot be completed within the approved period, the investigator must submit application for an extension.
6. The investigator must submit a research completion report.

Chairperson
Ethics Committee
Department of Clinical Psychology
University of Dhaka