

DYSFUNCTIONAL COGNITIVE BELIEFS AS A SUSTAINING FACTOR OF INVOLUNTARY CELIBACY

Kateřina Bartošová, David Minarčík, Jana Schwarzová

Goals

To look at involuntary celibacy and sexual inexperience in adulthood in the context of Beck's dysfunctional beliefs theory

Methods

Personality Belief Questionnaire – Short Form (PBQ-SF) and Brief Sexual Attitudes Scale (BSAS)

Sample

106 respondents, aged 17 to 58 (average age - 27,31)

Results

Permissiveness

Item	Average	SD
I do not need to be committed to a person to have sex with him/her.	2.91	1.59
Casual sex is acceptable.	2.60	1.55
I would like to have sex with many partners.	3.07	1.51
One-night stands are sometimes very enjoyable.	2.76	1.37
It is okay to have ongoing sexual relationships with more than one person at a time.	3.58	1.52
Sex as a simple exchange of favors is okay if both people agree to it.	2.43	1.51
The best sex is with no strings attached.	3.81	1.18
Life would have fewer problems if people could have sex more freely.	3.04	1.56
It is possible to enjoy sex with a person and not like that person very much.	2.99	1.38
It is okay for sex to be just good physical release.	2.42	1.36

Instrumentality

Item	Average	SD
Sex is best when you let yourself go and focus on your own pleasure.	3.05	0.99
Sex is primarily the taking of pleasure from another person.	3.80	1.11
The main purpose of sex is to enjoy oneself.	3.07	1.32
Sex is primarily physical.	2.90	1.14
Sex is primarily a bodily function, like eating.	2.85	1.36

Communion

Item	Average	SD
Sex is the closest form of communication between two people.	2.69	1.40
A sexual encounter between two people deeply in love is the ultimate human interaction.	2.08	1.21
At its best, sex seems to be the merging of two souls.	2.48	1.25
Sex is a very important part of life.	1.75	0.94
Sex is usually an intensive, almost overwhelming experience.	2.31	0.93

Avoidant Beliefs

Item	Average	SD
Being exposed as inferior or inadequate will be intolerable.	2.23	1.27
I should avoid unpleasant situations at all cost.	2.16	1.33
I cannot tolerate unpleasant feelings.	1.66	1.27
Unpleasant feelings will escalate and get out of control.	1.95	1.34
I should avoid situations in which I attract attention, or be as inconspicuous as possible.	2.23	1.37
Any signs of tension in a relationship indicate the relationship has gone bad; therefore, I should cut it off.	0.83	1.23
If people get close to me, they will discover the "real" me and reject me.	2.15	1.43

Paranoid Beliefs

Item	Average	SD
If people act friendly, they may be trying to use or exploit me.	2.01	1.16
Others will try to use me or manipulate me if I don't watch out.	2.28	1.22
Other people have hidden motives.	2.48	1.10
Other people will deliberately try to demean me.	1.81	1.30
If other people find out things about me, they will use them against me.	2.47	1.21
People will take advantage of me if I give them the chance.	2.29	1.27
I have to be on guard at all times.	2.09	1.26

Discussion

Men who are involuntary celibates scored significantly higher on PBQ-SF in general and also on scales which are connected to avoidant and paranoid personality disorders. They are also more permissive in their sexual attitudes and at the same time are more focused

on instrumentality rather than communion. We hypothesize that dysfunctional beliefs might be one of the most important sustaining factors that prevent people from getting sexual experience and leaving involuntary celibacy.