

# The Association Between Number of Sexual Partners and level of Happiness

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## Introduction

- Research shows that one half to two thirds of the population are sexually active after graduating high school.(Wesche, R., Kreager, D. A., Lefkowitz, E. S., & Siennick, S. E. (2017)).
- Women who are sexually active before the age of 16 are seen to have higher rates of depression (Wesche, R., Kreager, D. A., Lefkowitz, E. S., & Siennick, S. E. (2017)).
- However, One example of the phycological benefits of sexual relations was studied during and after the COVID-19 pandemic, emphasizing that those with higher numbers of sexual relationships heightened their reported level of happiness.(Mollaioli, D., Sansone, A., Ciocca, G., Limoncino, E., Colonnello, E., Di Lorenzo, G., & Jannini, E. A. (2021)).

## Research Questions

- Is the number of sexual partners one has associated to someone's level of happiness?
- Does the association between someone's level of happiness and number of sexual partners depending on their sex?

## Methods

### Sample

- Respondents (n=4,032) were drawn from the 2021 General Social Survey (GSS), a nationally representative sample of English-speaking, non-institutionalized adults in the U.S.

### Measures

- Sexual partner quantity was measured with the question "How many sexual partners had you had in the past 12 mounts?" responses ranged from 0 to 100+ partners
- Happiness was assessed from respondent's response to the question" are you happy? Measured by the answer of yes, no, or somewhat.

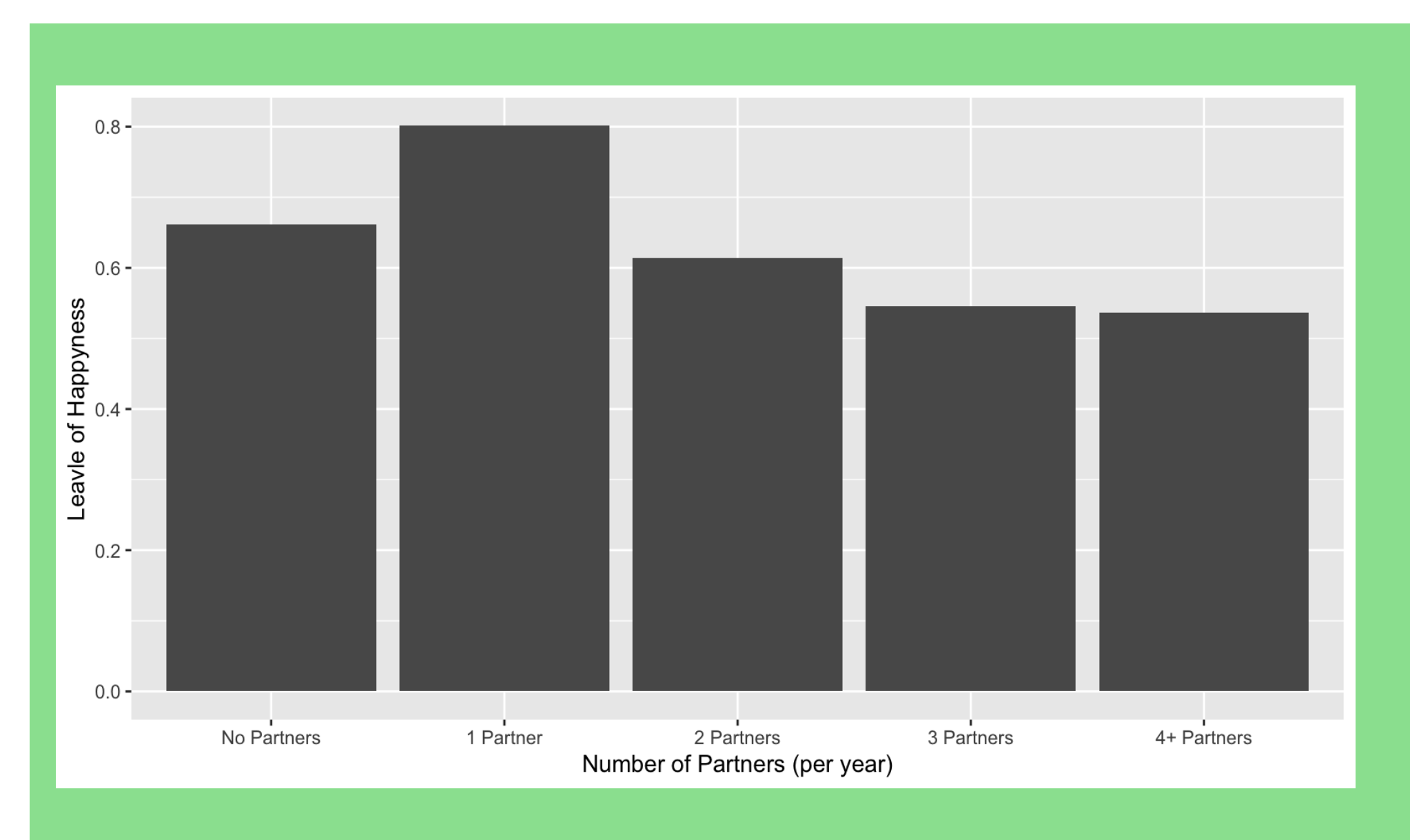
## Results

### Univariate

- Of the 4,014 answers that could be used, 3,091 (77%) reported that they were at least somewhat happy, 923 (23%) reported they were not happy.
- Out of the same number of people, the number of partners was measured in 5 categories. 599 (15%)reported to have no partners in the past year, 1504 (37.4%) reported to have 1 partner, 83 (2%) reported to have 2 partners, 44 (1%) reported 3 partners, and 83 (2%) reported to have 4-100+ partners.

### Bivariate

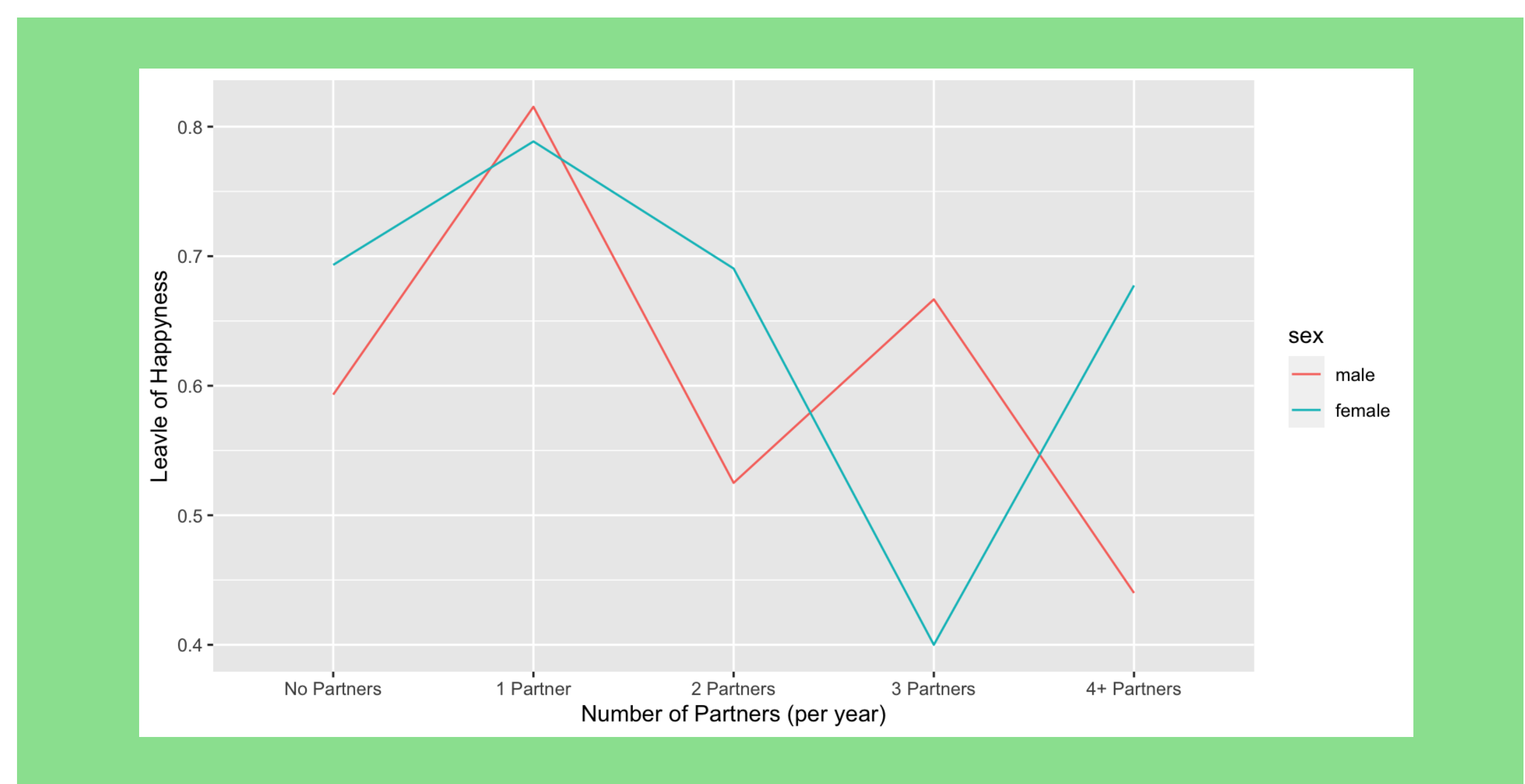
- When examining the association between happiness (categorical response) and number of partners (categorical explanatory), a hypothesis test (**chi-square**) revealed that people with 1 partner are likely to be the happiest (  $p = 1.168e-14$  )
- While there is an appeared decrease in happiness as the number of partners increase it is not statistically significant.



**Figure 1.** This graph shows the correlation between happiness and the amount of sexual partners over the course of a year. The Y-axis measures level of happiness and the X-axis categories the amount of partners and individual has

### Multivariate

- After controlling for sex, based on my results, there is a variation especially after exceeding 3 partners a year. (Figure 3.)
- However, the difference does not appear to be statistically significant following a logic regression that calculated the p-value as 1.3191763



**Figure2.** This graph shows how gender effects ones level of happiness based on amount of sexual partners.

## Discussion

- On average, someone who is sexually active with only 1 partner annually is statistically more likely to report a higher level of happiness.
- The higher your number of partners the more likely you are to experience a lower level of happiness.
- Gender produces a slight difference in the correlation between number of sexual partners and their level of happiness
- The relationship between the amount of sexual partners one has and their level of happiness and the factors that contribute is understood through this study