

# KINSEY *Today*

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#### **The Photographs of Len Prince October 21-December 21, 2011**

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Plus... Visit Kinsey Confidential for blogs, sexual health news & information.

Keep up with The Kinsey Institute™ on Facebook, Twitter, and YouTube

The mission of The Kinsey Institute is to promote interdisciplinary research and scholarship in the fields of human sexuality, gender, and reproduction. The Institute was founded in 1947 by renowned sex researcher Alfred Kinsey. Today, the Institute has two components, an Indiana University research institute and a not-for-profit corporation, which owns and manages the Institute's research data and archives, collections, and databases.

## International Couples Study On Satisfaction and Happiness

### First Findings from International Couples Study Published

#### Couples report gender differences in relationship, sexual satisfaction over time

Cuddling and caressing are important ingredients for long-term relationship satisfaction, according to an international study that looks at relationship and sexual satisfaction throughout committed relationships. Contrary to stereotypes, though, tenderness was more important to the men than to the women.

The Kinsey Institute study involved more than 1,000 couples from five countries -- the U.S., Brazil, Germany, Spain and Japan.

Also contrary to expectations of the researchers, men were more likely to report being happy in their relationship, while women were more likely to report being satisfied with their sexual relationship. The couples, more than 1,000 from the United States, Brazil, Germany, Japan and Spain, were together an average 25 years.

The study from the Kinsey Institute at Indiana University, published in the *Archives of Sexual Behavior*, is the first to examine sexual and relationship parameters of middle-aged or older couples in committed, long-term relationships. Research efforts to understand the place of sexuality in human lives rarely involves intact couples in ongoing relationships.

"You hear repeated research and commentary about divorce; but it's important to note that though divorce rates are high in the U.S., couples tend to stay married -- more than 50 percent of U.S. couples remain in their first marriage, and that number goes up to 90 percent in Spain," said Julia Heiman, director of The Kinsey Institute for Research in Sex, Gender and Reproduction and lead author of the article. "We know from other research that being in a long-term relationship has some value to health. Perhaps we can learn more about what makes relationships both sustainable and happy."



Ian MacKenzie photo under creative commons license

Participants in the study were 40- to 70-year-old men and their female partners, either married or living together for a minimum of one year. The study included around 200 couples from each country. The men and women answered gender-specific questionnaires and were assured that their responses would not be shared with their partner.

"This study on heterosexual couples provides a basis for future research on sex and gender, such as how same-sex couples may or may not show similarities and differences in relationship and sexual satisfaction," Heiman said.

#### Relationship Satisfaction

For men, relationship happiness was more likely if the man reported being in good health and if it was important to him that his partner experienced orgasm. Surprisingly, frequent kissing or cuddling also predicted

happiness in the relationship for men, but not for women. Both men and women reported more happiness the longer they had been together, and if they themselves scored higher on several sexual functioning questionnaires.

Across all five nationalities, for both men and women, the Japanese were significantly happier with their relationships than Americans, and Brazilians and Spanish reported less relationship happiness than Americans.



Photo by Shawn Spence  
Julia Heiman

## Sexual Satisfaction

Men and women both were likely to report sexual satisfaction if they also reported frequent kissing and cuddling, sexual caressing by the partner, higher sexual functioning, and if they had sex more frequently. On the other hand, for men, having had more sex partners in their lifetime was a predictor of less sexual satisfaction.

Men did report more relationship happiness in later years, whereas for women, their sexual satisfaction increased over time. Women who had been with their partner for less than 15 years were less likely to report sexual satisfaction, but after 15 years, the percentage went up significantly.

"Possibly, women become more satisfied over time because their expectations change, or life changes with the children grown," Heiman said. "On the other hand, those who weren't so happy sexually might not be married so long."

Compared with the U.S. men, Japanese men reported significantly (2.61 times) more sexual satisfaction in their relationships. For women, Japanese and Brazilian women were more likely to report being satisfied sexually than Americans.

"We recognize that relationship satisfaction and sexual satisfaction may not be the same thing for all couples, and in all cultures," Heiman said. "Our next step is to understand how one person's health, physical affection and sexual experiences relate to the relationship happiness or sexual satisfaction of his or her partner. So, we hope for more couple-centered than individual-centered understanding on relationship functioning and satisfaction."

Co-authors of the study are J. Scott Long and Shawna N. Smith, Indiana University; William A. Fisher, University of Western Ontario, London, Canada; and Michael S. Sand and Raymond C. Rosen, New England Research Institutes, Mass.

The study is available at [http://www.kinseyinstitute.org/publications/PDF/Heiman\\_couples\\_midlife\\_and\\_older\\_5\\_countries.pdf](http://www.kinseyinstitute.org/publications/PDF/Heiman_couples_midlife_and_older_5_countries.pdf).

## International Couples Study On Satisfaction and Happiness, continued

The study was supported by an independent investigator-initiated grant from Bayer-Schering. The Kinsey Institute receives support from the Office of the Vice Provost for Research at IU Bloomington (OVPR). OVPR is dedicated to supporting ongoing faculty research and creative activity and developing new multidisciplinary initiatives to enhance opportunities for federal, state, and private research funding.

--Tracy James, reprinted from Indiana University Home Pages, 2011.

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## Reporting on Infidelity Study Highlights Challenges of Turning Sex Research Into News

### Study on relationships arouses the media

Whether it's politicians having children outside of marriage or 'family values' spokesmen having affairs, journalists know that infidelity is a big draw. So when Erick Janssen and co-authors released a new study based on the sexual inhibition/sexual excitation model, it was important not to overstate the findings.



The study was the first to look at the influence of lovers' sexual personality traits on infidelity alongside more typically-examined factors like marital status, religious affiliation, and gender.

Some of their results were unexpected, and sparked media attention.

Photo (left) by Nic Snell. New study is first to consider the influence sexual personality characteristics can have on infidelity.

"The tendency of media is to generalize and sensationalize sex research, so it's always a challenge to present the results within the context of the study," said Erick Janssen.

In this study, people were more likely to say that they cheated on their spouse if they also experienced an "increased sensitivity for sexual performance problems and a decreased likelihood to lose their sexual arousal in the face of risk or danger." Not the easiest concepts to explain in a sound byte!

So how do researchers handle preserving the nuance and integrity of their study results in the face of journalistic pressure for the hot story?

"Being new to this, I was incredibly cautious with the information that I gave reporters. It was a lot more difficult than I anticipated," said Kristen Mark, doctoral student at Indiana University's Department of Applied Health Science.

"I had a piece of paper in front of me during every media interview that said across the top 'I cannot comment on that' - I had to bring the reporters back to our specific results, rather than generalizing and sensationalizing our findings."

And what study results drew most attention from the media?

"I think reporters were looking for sweeping generalizations with regard to gender differences," says co-author Dr. Robin Milhausen. "They really latched on to the finding about performance concerns in men predicting infidelity - but the exact same pattern of results was found for women and the relationship was almost identical in magnitude for both genders. I had to keep reminding them that this finding was true for women as well."

Kristen Mark adds, "I also think that once reporters got the idea in their head that infidelity was predicted by personality characteristics, they were hoping to spin the story in a way that the saying 'once a cheater, always a cheater' would be supported by science, which really wasn't the case."

And it's more than just an interest in scientific purity that keeps researchers struggling to leash in journalist enthusiasm when they report sex research news. When complex results are simplified and packaged to fit neatly into a catchy phrase or headline, more mundane but practical applications can be left out of the reporting.

Even with personality factors, it is possible to offer suggested interventions to avoid infidelity.

Says Dr. Milhausen:

"If you are easily aroused by a variety of sexual stimuli, suggest it to your partner rather than going outside the relationship. As well, if you have performance concerns which are interfering with your arousal, get help for these from a physician or therapist. You don't need to seek extra stimulation elsewhere, or a partner with whom you have a 'clean slate.'"

On a bright note, the study was widely reported in the media, and the researchers were featured in several radio interviews. You can read some of these articles, and listen to Erick Janssen and Kristen Mark discuss the findings on Youtube:

For more about the study, read the press release on [Insights into infidelity: Study examines influence of sexual personality characteristics](#), or go to the original research article:

Mark, K.P., Janssen, E., and Milhausen, R.R. (2011). [Infidelity in Heterosexual Couples: Demographic, Interpersonal, and Personality-Related Predictors of Extradyadic Sex](#). *Archives of Sexual Behavior*. DOI 10.1007/s10508-011-9771-z.

For more media coverage, see [kinseyinstitute.org/about/news\\_media.html](http://kinseyinstitute.org/about/news_media.html)

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## Juried Art Show Report

The Kinsey Institute's Juried Art Show began in 2006 to offer artists a unique venue to exhibit artwork addressing issues of sexuality, gender, and reproduction. The show has grown in size and stature each year. This year, the 6th Annual Juried Art Show drew 775 submissions from 354 artists in 36 states and nine countries. Jurors Betsy Stirratt, director of the SoFA Gallery, Garry Milius, Associate Curator at the Kinsey Institute Gallery, and Christopher Bedford, of Ohio State University, made a final selection of 130 pieces for exhibition.

This year, exhibited artworks displayed a variety of unconventional materials including cast urethane forms, china plates, and textiles, in addition to more traditional media, such as photographs, prints, sculpted wood and stone, and video.



This year, "Olympia (After Manet)" by Niki Gangruth and featuring model James Kinser was chosen **Best in Show** by jurors Betsy Stirratt, Garry Milius, and Christopher Bedford (shown above).

Opening night attendees were invited to cast their vote for **Gallery Visitors' Choice**, awarding it to "Obscenity" by Hashim Hathaway (shown at right).

The award winning artpieces were featured in an NPR news story about the Juried Art Show: "For the Pleasure of Looking" by Yaël Ksander, available on the NPR website.

The Juried Art Show was also featured in an Indianapolis news weekly, *Nuvo*, in their edition on sex in Indiana. The newsweekly decided to illustrate another article in that issue with one of the Juried Art Show pieces by photographer David Deaubry, *Mr. Nude North America* (a male nude), sparking local controversy and discussion, and bringing more statewide attention to the show.

The opening night reception was well-attended, with many of the show artists in attendance. You can hear some of them discuss their works in our Opening Night Video available on The Kinsey Institute's Youtube channel at [www.YouTube.com/KinseyInstitute](http://www.YouTube.com/KinseyInstitute).

Comparing the tone of this year's Juried Art Show to previous years, juror Garry Milius remarked that "I think [this year's show] is a little more light-hearted than last year. I think there are a lot of pieces that are more fun, and a bit more comical."

Each year, two artworks are selected for awards, given out on opening night.



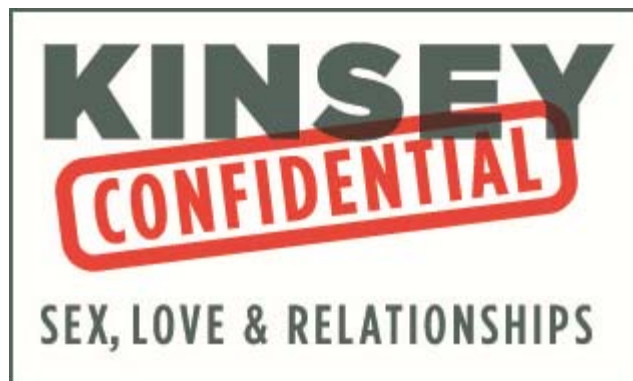
## Kinsey Confidential Helps New College Students, And Just About Everyone Else

KinseyConfidential.org is the Kinsey Institute's online sexuality information service designed to meet the sexual health information needs of young adults. New and returning students gathering this week at Indiana University bring their own issues and concerns, and help to shape the content of Kinsey Confidential.

"As new students enter college this fall, we want to be sure that the message of consent and safety is out front, along with helpful facts on birth control, safer sex, body image, relationship issues, and yes, even pleasure," says Kinsey Institute Communications Director Jennifer Bass.

With a team of volunteer bloggers and regular podcasts from sex educator and researcher Dr. Debby Herbenick, Kinsey Confidential is a research-based source for news and trends and sexual health resources.

Each week, [Dr. Herbenick](#), who is widely regarded as a women's health and sexuality expert, posts answers to questions from the email inbox. These "Q&As" on personal sex questions are available as podcasts on the site and through iTunes, in conjunction with WFIU public radio.



Among the bloggers: sociology grad student Eric Grollman brings insights on gender, race and sexual identity to challenge stereotypes and media; Kristen Jozkowski, a recent Ph.D. graduate in Public Health, explains and illuminates issues of consent and sexual assault; and Kristen Mark, in Applied Health Science/Public Health, discusses research and clarifies topics from sexual communication and pleasure to brain research.

Adam Fischer, Jennifer Bass, Natalie Ingraham, Bradley Blankenship, Sarah Burnett, Marie Metelnick, and Jodie Sackley also contribute to the site.

This fall we welcome Kasey Snyder, an IU graduate student in Library Sciences who will be sharing highlights from the Kinsey Institute Library collections.

Subscribe to the podcasts on KinseyConfidential.org or through iTunes, follow us on Twitter at [www.Twitter.com/Kincon](http://www.Twitter.com/Kincon), or just bookmark the site - Kinsey Confidential isn't just for students...[KinseyConfidential.Org](http://KinseyConfidential.Org)

## The Photographs of Len Prince: October 21-December 21, 2011

Len Prince is a New York-based photographer who has produced an impressive range of work in a career that spans more than four decades. He excels at portraiture and is especially known for his work with celebrities such as Debbie Harry, Eddie Izzard, and Drew Barrymore. His striking photographs of the nude figure display his skill with composition and lighting.

Prince has recently completed a major body of work titled *Self Possessed*, for which he collaborated with Jessie Mann, the daughter and model of noted photographer Sally Mann. The Kinsey Institute is fortunate to have received a major gift of more than 225 Len Prince photographs from his long-time patron William Zewadski. This exhibition features a representative selection of prints from this donation.

This June, Len Prince spoke at length with Kinsey Institute Curator Catherine Johnson-Roehr about his artistic development, balancing the demands of commercial photography and art, and the special demands of photographing the nude figure.

You can read the full interview on the Kinsey Institute website from the online newsletter.



Join us for the opening reception: Friday, October 21, 6:30-8:30 pm, The Kinsey Institute Gallery, Morrison Hall (second floor). This event is free and open to the public. Refreshments will be provided.

There will be an artist's talk by Len Prince on Friday, October 21, at 5:30-6:30 pm, in Jordan Hall room 124. Please check the gallery page for updated information this fall at [www.KinseyInstitute.org/Services/Gallery.html](http://www.KinseyInstitute.org/Services/Gallery.html).

You can learn more about Len Prince at [LenPrince.com](http://LenPrince.com).



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## THE KINSEY INSTITUTE

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***Advancing sexual health and knowledge worldwide.***

Indiana University | Morrison Hall 313 | 1165 East Third Street | Bloomington, IN 47405 USA  
812.855.7686 | FAX 812.855.8277 | [www.kinseyinstitute.org](http://www.kinseyinstitute.org)

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