

## A Comparison of Sexual Desire and Self-esteem among Monolinguals and Bilinguals

**Arezoo Fathi**

Clinical Psychology Department, Islamic Azad University,  
Science and Research Branch, Arak  
ar1988\_fathi@yahoo.com

### **Abstract**

**Introduction and aim:** Most humans have sexual desire. Most people are nymphomaniac, have sexual desire and they are attracted by each other and want to have sex with self or others. Sexual desire can be pleasurable and cause happiness and companionship. Safe sexual relationship includes conscious expressing and positive sexual energy in order to increase self-esteem, physical health, emotional relationship and excellence of personality with mutual benefit. Self-esteem is the feeling of being valued. This sense arises from a set of thoughts, feelings, emotions and our experiences in life. Self-esteem is equal to real self-confidence. Since during the various researches, psychological activities of monolinguals are reported to be different from bilinguals, this study aims to compare sexual desire and self-esteem between bilinguals and monolinguals

**Methods:** 19 monolinguals and 22 bilinguals of female psychology students participated in this study. The data collection instruments were Hulbert's sexual desire questionnaire and Cooper Smite's self-esteem questionnaire. Data analysis was performed through SPSS software and statistical test of multivariate analysis of variance.

**Results:** Data analysis showed that there is a significant difference in self-esteem and sexual desire of monolinguals with bilinguals ( $P \leq 0/05$ ). According to data, the four subscales rate of public esteem, family self-esteem, social self-esteem, occupational-educational self esteem and also general self-esteem are more in bilinguals than monolinguals and sexual desire was seen in bilinguals more than monolinguals. Generally we can say that self-esteem and sexual desire are in bilinguals more than monolinguals.

**Conclusion:** Due to the existence of significant difference in sexual desire and self-esteem of monolinguals with bilinguals, it can be said that the high levels of self-esteem and sexual desire can be caused by a variety of factors such as cultural values, family customs, different parenting styles of parents, widespread social interaction. Since few studies have been conducted in this area, it requires further research in order to offer counseling sessions with more knowledge and mastery according to the differences between various social groups.

**Keywords:** Monolingual, Bilingual, Sexual desire, Self-esteem

### **Introduction**

Most of humans have sexual desire. Most people are nymphomaniac, have sexual desire and they are attracted by each other and want to have sex with self or others. Sexual desire can be pleasurable and cause happiness and companionship. Several factors can be proposed through sexual desire like sexual fantasies, sexual sleeps, having a good partner and her permanent presence, speaking and flirting with intended partner, observing and feeling each other's sex organs, environmental stimulating factors as audio or visual and inner need to be desirable. In sexual desire, three mental

factors are important including stimulus, motivation and desire. Regarding stimulus, sexual desire depends on the biological mechanisms. Parts of the hypothalamus and limbic system are able to create sexual stimulation. Stimulation means an increase in response to environmental lustful stimuli, sexual behavior planning, nocturnal orgasm, and an increase in mental lustful preoccupation. Without stimulus, one can also reach orgasm and sexual pleasure. Without the sexual stimulus, responding system works very slowly and needs more effort. Creation of necessary stimulus for both sexes requires hormone testosterone. Stimulus force is flawed due to the use of psychotropic drugs or excessive use of drugs, mental illness, and systemic diseases, depression and hopelessness.

Regarding motivation, it can be regarded as a psychological aspect of sexuality, which means the desire to perform sexual behavior in front of sexual partner. Sometimes motivation is reduced to the extent that wishes his sexual partner to be the initiator of sexual behavior. Also, motivation refers to an individual's understanding of the concept of sexual and non-sexual relationships. Sexuality-related problems often occur in people who have a strong stimuli force, but their psychological motivation to avoid his sexual partner is stronger. Namely, that person is healthy but does not intend to participate in sexual behavior. Required motivation for Sexual relationship comes from confidence, too. People who have high self-confidence know how to establish sexual relationship well and if biological factors can be involved to reduce sexual desire and motivation, individual can restore motivation for sexual relationship with his high self-confidence.

With respect to the third factor, wish refers to social aspect of sexuality. Wish is due to the cultural effect on our expectations and beliefs about our gender expression. Wishes are our understanding mirror of sexuality. Having sexual function or lack of participation in sexual operation constitute our wish. Self-esteem is also a prerequisite for human beings, because thinking is essential to a successful life. The decision-making power of each person depends on his self-esteem rate; therefore, the role of self-esteem is crucial in human life.

William James was one of those persons who, for first time, in his psychological principles book, has emphasized the necessity of self-esteem and its detrimental role in several forms of human behavior. Simultaneously, some sociologists such as Kolihas statements and described it as a vital need of human. However, researchers such as Goldshtain, May, Angelial and Bohler have done studies in this regard, but before the psychological- social approach, systematic and regular studies have not been done on self-esteem. In fact, with emergence of different psychological –social approaches, researchers such as Horney, Fromm and Sullivan have provided systematic studies about self-esteem and self-esteem was seen as a personality construct. Self-esteem is a feeling of being valuable. This sense arises from a set of thoughts, feelings, emotions and our experiences during the life. For example, we think that we are smart or stupid, we feel that we are good or bad person, love oneself or not. Thousands of impressions, assessment and the experience we have about ourselves lead to having a pleasant feeling of being valuable or, on the contrary, unpleasant incompetence (Klomz & Clark, as cited in Alipour, 1998).

Self-esteem is different from "self-concept". Self-concept is defined as the set of attributes that a person uses for self description. The fundamental determinant of self-esteem is something that one does and the actions that perform in his conscious choices. The will does not mean that we can do anything that we want in life, but will is a powerful force in our life that gives us the capability of dealing with the problems of life. Choosing realistic goals in life and focusing on them is the sign of a healthy self-esteem. Pursuing these goals until we achieve them is obtained by strong thought, strong will and sufficient self-esteem. All persons need self-esteem, regardless of age, gender, cultural background, and type and direction of the work that they do in life. Self-esteem actually affects on all walks of life. In fact, various psychological studies have suggested that if the need to self-

esteem does not satisfy, broader needs like need to create progress or understanding of potential talent remain limited. People who have good feeling about themselves, they typically have good feeling to live. They can face with the problems and responsibilities of life with confidence, and they can afford them (EslamiNasab, 1997). According to Maslow, the main aim of human refers to his upbringing and effort to achieve a higher level of human and indeed, self-actualization or self-realization. He has developed a hierarchy to access this ideal as hierarchy of needs that one of them is the sense of self-esteem and sense of worth. So, the basic requirement to achieve the self-actualization is satisfaction of four needs that are located in the lower levels of the hierarchy which including physical and psychological needs, safety needs, needs of love and a sense of belonging, the need to respect and self-esteem, finally self-actualization. Thus, after satisfying different needs, the need for respect and self-esteem can be important and are regarded as the motives of human behavior and performance which include the need to feel he is a valuable person, consideration of self and others, sense of accomplishment and responsibility. In other words, self-esteem needs including performance, achievement and demonstrating the efficiency at works and being accepted and recognized by others (Atkinson, 1999, p 556). As Maslow's hierarchy of basic human needs indicates, sexual desire is one of human's primary needs, which can lead to establishing a perfect sexual relationship by engaged individuals and result of this relationship is a satisfaction feeling about their performance and additionally the reproduction and survival of the race.

The purpose of this study refers to a comparison of the sexual desire and self-esteem of monolinguals with bilinguals. Given that many of the various psychological functions vary among monolinguals and bilinguals, this study aims to compare the self-esteem and sexuality of these two groups of people with each other.

### Methods

In this comparative study, 19 monolinguals and 22 bilinguals of female psychology students participated. The data collection instruments were sexual desire questionnaire designed by Hulbert and self-esteem questionnaire designed by Cooper Smite. Data analysis was performed through SPSS software and statistical test of multivariate analysis of variance.

### Findings

The following table indicates the result of data analysis.

**Table 1. Multivariate analysis of four kinds of self-esteem and sexual desire**

group	General self-esteem	Family self-esteem	Social self-esteem	Professional/scholastic self-esteem	Total self-esteem	Sexual Desire
monolingual mean	6/84	3/05	3/89	3/89	17/15	42/10
monolingual SD	1/53	0/848	0/737	1/32	3/14	9/26
bilingual mean	11/95	6/27	5/45	6/00	29/68	63/77
bilingual SD	2/80	1/42	1/47	1/34	3/69	19/37
P value	0/000	0/00	0/000	0/000	0/000	0/000
DF	1	1	1	1	1	1
F	50/08	74/53	17/51	25/25	134/03	19/79

As it is clear from table 1, there is a significant difference in self-esteem and sexual desire of monolinguals with bilinguals ( $P \leq 0/05$ ). According to data, the four subscales rate of public esteem, family self-esteem, social self-esteem, occupational– educational self-esteem and also general self-esteem in bilinguals are more than monolinguals and sexual desire was seen in bilinguals more than monolinguals. Generally we can say that self-esteem and sexual desire are in bilinguals more than monolinguals.

### Conclusion

Bilingualism is an international phenomenon that exists in most countries and refers to a state that a person is trained in a language other than his native language and as the result of this study indicates, there is a significant difference in self-esteem and sexuality of monolinguals with bilingual individuals. Self esteem refers to one's expression of verification or lack of verification toward oneself and shows that to what extent an individual knows himself capable, valuable and important. Therefore, recognition of one's perception or belief about oneself is important to better understand an individual's behavior. Self esteem is an important aspect in individual's operation or overall actions and has relationship with other areas like psycho - social health and his academic performance. Self esteem as a scapegoat can prevent many mild and severe problems, distortions. However, many young couples are faced with problems due to the lack of familiarity and in some cases lack of adequate knowledge about how to deal with sexual and emotional relationships between themselves and their partners. Unfortunately, these problems in some cases are being converted to the family crisis, which its effects can be seen in problems such as an increase of divorce in society, the diversity of sex, etc. The significant difference in sexual desire and self-esteem of monolinguals with bilinguals can be due to the different parenting styles of parents and family relationship and culture of society that they are living in.

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