

International Journal of Human Sciences Research

Acceptance date: 16/09/2024

BETWEEN SHEETS AND HEARTS: UNDERSTANDING HOW SEX INFLUENCES THE EMOTIONAL CONNECTION BETWEEN MARITAL PARTNERS

Emili Bartmann Neuenfeld

9th period psychology student at Ugv-
University Center in União da Vitória
- PR. Trainee at the Psychosocial Care
Center (CAPS) in Porto União - SC.
Currently studying the University
Extension Course certified by MEC:
Psychê Course - Sex Therapy in Practice
União da Vitória / PR / Brazil

Natalie de Castro Almeida

Psychologist (CRP-08/14288) and
neuropsychologist (CRPPR), Expert
in Traffic Psychology, Specialist in
Neuropsychology and Traffic Psychology,
Master in Education (UNICENTRO PR),
Lecturer in Higher Education (UGV)
Psychology Course and Clinical Psychologist
União da Vitória / PR / Brazil

All content in this magazine is
licensed under a Creative Com-
mons Attribution License. Attri-
bution-Non-Commercial-Non-
Derivatives 4.0 International (CC
BY-NC-ND 4.0).



Abstract: This research aims to understand how sexual experiences contribute to strengthening the emotional connection between marital partners, with the aim of improving the quality of relationships, promoting both intimate and emotional satisfaction. Based on the application of a questionnaire to eight couples, it was possible to collect data that corroborates the hypothesis that sexual intimacy strengthens emotional connection. The results obtained indicate that an active and satisfying sex life plays an important role in strengthening the emotional bond, allowing for greater closeness and consequently an increase in overall marital satisfaction.

Keywords: Emotional connection. Intimacy. Sex. Sexuality. Reichian theory.

INTRODUCTION

Sex, although commonly simplified to an act of intimacy by common sense, is directly linked to cultural and moral issues. Taking into account that all aspects of a society's functioning are evolving and developing, the perspective on what is acceptable or not in the sexual sphere also undergoes substantial transformations, considering the radical changes in everything that involves the concept of sexuality throughout history (Barros; Braz, 2019).

Over the years, sex has gained more and more ground as a source of pleasure. Once limited to its reproductive function, it has transcended biological limits to be recognized as a moment of intimacy and personal expression. From this perspective, the World Health Organization (2017) recognizes sexual health as an important component for enjoying quality of life, with physical, emotional, mental and social well-being being considered intrinsically linked to satisfaction and understanding of sexuality.

Rocha and Fensterseifer (2019) in their study point out that, in addition to physical pleasure, an active sex life is associated with a series of advantages of both a physical and emotional nature for human beings. Active sexual practice is related to lower levels of anxiety, aggression and depression, generating positive effects on general health and contributing to a sense of well-being. Rocha and Fensterseifer (2019) also state that couples who enjoy a sexually active and satisfying life have a direct influence on the promotion of marital satisfaction, strengthening the emotional connection.

Emotional connection can be referred to in different ways, such as emotional intimacy or affective bond. It can be conceptualized as a deep and meaningful bond that develops between two people, based on feelings, empathy, understanding and mutual affinity. In this research, the expression used to refer to this interpersonal bond between the couple will be emotional connection. This connection occurs when two people who share emotional experiences have the ability to communicate and relate in a healthy way, demonstrating mutual emotional support. This includes the ability to communicate openly, emotionally support the partner and share experiences and challenges, making it a vital component for the intimacy and durability of marital relationships (Schlösser; Camargo, 2019).

Having said this, the research in question sought to develop subsidies to understand the guiding problem: how sex influences the emotional connection between conjugal partners. To this end, a quantitative approach was adopted, involving analysis of the data collected from the research instrument. It should be noted that although the WHO (2017) refers to the term "sex" as biological characteristics that define humans as women and men, in this work it will be used to refer to sexual activities and individual and marital sexuality,

which encompass a variety of expressions of intimacy between partners, including penetration, touching, oral sex, mutual masturbation, among others. Sexual activities can vary from person to person and include different perspectives, depending on individual preferences and limits (Vieira; et al., 2016).

The objectives of this research were designed to ensure the meticulous collection of data, which consisted of the development and application of a questionnaire that sought to identify how sex influences the emotional connection between marital partners, among an intentional sample of eight heterosexual couples. The questionnaire was implemented in person and individually with each participant, providing significant results for an area in constant evolution. This study enriches academic understanding of the complex intersection between sex, emotional connection and, ultimately, its relationship with Reichian theory.

SEX OVER THE CENTURIES

Sex has had various manifestations throughout history, being strongly linked to the values and moral norms that each local culture developed about sexual behavior.

In ancient civilizations, such as Greece, sex was seen as an expression of divinity, but also as a means of procreation and continuation of the lineage, where sexual relations between gods and between gods and men were considered possible. In contrast, in religious societies and civilizations, such as the Hebrews, sex was limited to the procreation of children, which was a task destined by God (Barros and Braz, 2019).

In the early Middle Ages, until around the 17th century AD, sexuality was approached more naturally, devoid of any malicious connotations. In this era, sexual activities were considered to be an aspect of human life devoid of the intention of satisfying

lustful desires, which resulted in open and uninhibited discussions on the subject. However, later on, the Catholic Church came to exert great influence on people's lives, giving sexuality an interpretation of a sinful, impure and immoral nature. Consequently, sexual activity came to be viewed with malice, being considered something impure by society (Barros and Braz, 2019).

With the sexual revolution of the 20th century, there was a significant change in the perception of sexuality, bringing to the fore themes such as sexual freedom, personal expression and pleasure. In addition, modern contraception and the emancipation of women also play an important role in redefining the sexual context, allowing sexual intimacy to be explored as a source of pleasure and not just as a reproductive source (Barros and Braz, 2019).

FUNCTIONS OF SEX IN LOVE RELATIONSHIPS

Sex is multifaceted within love relationships, going far beyond reproduction and playing an important role in creating and maintaining emotional bonds between partners, since sexual satisfaction encompasses two main aspects: physical pleasure and emotional satisfaction. Maintaining a loving relationship with a partner is directly related to satisfaction in sex life, since individuals who are satisfied with their marital relationship tend to be healthier physically and mentally (Souza et al., 2020).

In addition, it is important to note that sexual activity not only represents an intimate manifestation of connection between the couple, but also brings with it a series of physical benefits. Among these benefits is the ability of sex to significantly contribute to reducing stress levels, providing an effective means of relieving everyday tensions. In addition, the regular practice of sexual activities is

correlated with a reduction in of insomnia, promoting a considerable improvement in sleep patterns and quality (Teixeira, 2009).

It is also worth noting that maintaining an active sex life is intrinsically associated with significant psychological benefits. Individuals who enjoy a healthy sex life tend to have lower levels of anxiety, a lower propensity to aggression and a lower incidence of depression. In addition, it has benefits in relation to self-esteem in various ways, including the promotion of emotional intimacy, self-knowledge, a sense of desire and attractiveness, as well as the release of endorphins that provide pleasure and well-being (Teixeira, 2009; Nascimento et al., 2020).

Therefore, sexual activities not only strengthen the emotional bonds between partners, but also have a comprehensive positive impact on mental and emotional health. This interconnection between physical and psychological aspects underscores the complexity and importance of sex as an integral component of overall well-being (Teixeira, 2009).

THE EMOTIONAL CONNECTION

Emotional connection within marital relationships has a direct impact on marital satisfaction and the psychological well-being of the spouses. Attachment Theory, proposed by Bowlby (1969), emphasizes the human need to form secure emotional bonds and states that the quality of these bonds directly influences adult relationships. In marital relationships, a solid emotional connection creates a secure base that promotes trust, intimacy and the ability to face joint challenges.

In their research, Schlösser and Camargo (2019) show that terms involving emotional connection, such as companionship, communication, dialog, affection and the like, are essential for a lasting and healthy marital relationship. Relationships in which emotional

connection is neglected can experience a decline in satisfaction and intimacy, damaging the stability and durability of the relationship.

Sexual intimacy is a crucial element in establishing and sustaining a lasting emotional bond between marital partnerships. This perspective highlights the importance of sexual activity not only in the initial phase, but also throughout the trajectory of the relationship, emphasizing that sex plays a significant role in forming, preserving and strengthening the emotional connection (Schlösser and Camargo, 2019).

EVERYDAY OBSTACLES

The quality of the emotional and sexual bond can be affected in a number of ways, and the obstacles that arise in a couple's daily routine can represent barriers to the experience of conjugal sexual activities. Stress, excessive workload, family responsibilities and complications in relationships have the power to negatively impact the sphere of sexual intimacy. However, assessing the quality of romantic relationships encompasses a wide variety of components, including individual, social and contextual factors, and even financial and domestic elements that affect the couple. These incessant demands of the modern world often consume part of the energy and emotional availability of partners, making it challenging to maintain a healthy and satisfying sex life (Souza et al., 2020).

It is crucial to recognize that the quality of a relationship is a complex construction, influenced by various factors, since the evaluation of the quality of marital relationships cannot be summarized only in the analysis of sex life, and that sex, although important, is only one part of this broader scenario.

DIFFERENT PERSPECTIVES ON SEX

The differences between men and women when it comes to sex are complex and encompass various elements of a biological, psychological and social nature. These differences are molded by cultural expectations, and are shaped by different experiences of how each segment of society approaches and experiences sexuality. Factors such as cultural constructions, social norms and individual experiences contribute to the complexity of this scenario, highlighting the need for a multifaceted approach to understanding how each audience approaches and experiences sex (Rocha and Fensterseifer, 2019).

In studies by Bozon (2003), it was concluded that male and female desire does not follow a symmetrical pattern within a relationship. Commonly, a woman can express a lack of desire without facing significant social pressure, especially after becoming a mother. However, a man's lack of desire can potentially threaten his identity within the relationship.

Furthermore, considering the findings of Rocha and Fensterseifer (2019), it can be inferred that sex plays different roles for men and women. For men, sex not only promotes closeness between the couple, but mainly provides physical satisfaction. In addition, for them, sex can be a way of relaxing and relieving stress. For women, on the other hand, sex seems to have a function more geared towards psychological rather than physiological, being related to an expression of affection, attention, affection and self-esteem.

Despite some differences, sex has positive consequences for the relationship as a whole, directly influencing the couple's quality of life and marital harmony. This highlights the importance of an open dialog, facilitating mutual understanding of each other's biological and emotional needs in the sexual context.

THE IMPORTANCE OF COMMUNICATION

Communication is an essential tool in human life, it is the exchange between listening and speaking, where opinions and ways of life are expressed, and it is characterized as a social function. The facet of communication is not unrelated to the sphere of marital relations. This dynamic process is necessary for a relationship to function healthily, both in everyday life to avoid unnecessary conflicts, and also in the couple's sexual relationship, taking into account that each individual knows their own map of pleasure, which is unique and personal (Bereza et al., 2005).

To achieve a healthy and satisfying sex life, partners need to understand what pleases and displeases each other. Without clear communication, one of the couple may think that everything is going well, insisting on methods that are ineffective for their partner. A significant problem then arises when the couple gives the other the responsibility of guessing what causes them pleasure, triggering frustrated sexual practices, as each performs according to what pleases them (Bereza et al., 2005; Costa and Mosmann, 2020).

Frank and open communication about sexual desires, as well as information about one's own desires and fantasies, is a pillar in the search for a full and satisfying sex life, bearing in mind that many of the dissatisfactions experienced in the sexual context can stem from a lack of alignment between sexual preferences and individual desires. It is also important to emphasize that it is up to the spouse to put the principle of communication into practice and pay due attention to their partner's wishes. Both should strive to find alternatives that promote mutual pleasure and joint fulfillment (Bereza et al., 2005, apud Reis, 2001).

ANALYSIS AND DISCUSSION

The instrument used to collect the data was a questionnaire, previously validated by the professors who were part of the research project's qualification evaluation board, which the researcher constructed herself, containing a sociodemographic survey question and 14 objective questions. The questionnaire was administered in person, and each participant answered it individually, taking into account that many couples don't have an open dialog about their sexual dynamics, which can be an obstacle to the reliability of the results.

To make it easier to identify the purpose behind each question, four axes were chosen: Axis one: quality and frequency, Axis two: influence of emotional connection, Axis three: communication and sexual experiences and Axis four: external factors.

According to the inclusion criteria, the intentional sample consisted of eight heterosexual, monogamous couples. The couples were selected based on the convenience of the researcher, who had to have been in a stable union or civil marriage for at least three years, with an active sex life and no diagnosis of sexual dysfunction. In addition, the questionnaire was only administered after they had signed the Informed Consent Form (ICF).

In total, 27 couples were invited to take part in the research, eight of whom agreed to be part of the sample. It is worth noting that the main factor behind the couples' refusal to take part in the research was the resistance of the male public, as the women were more willing to collaborate with the research. Initially it was planned to include ten couples, but due to availability issues, data collection was carried out with eight couples, totaling 16 participants, with the couple with the shortest period of union being three years old and the couple with the longest period of union being 22 years old. The participants' ages ranged from 22 to 55. The research was carried out

in person, between April 19 and May 19, 2024, depending on the availability of the participants and the researcher. Having said this, it is possible to discuss the results of this research and also to express the relationship between this problem and Reichian body theory.

The first axis looked at the quality of couples' intimate relationships and their frequency. The axis was made up of three questions, the first of which showed that 87.5% of couples engage in sex on a weekly basis, indicating a regular frequency of sexual activity

In the second question on axis one, the aim was to find out whether the participants are satisfied with the frequency of sexual relations in the relationship, where 75% of the individuals reported being satisfied and 18.75% very satisfied, which indicates a level of contentment with sexual frequency among the participants. The quality of sexual relations was also assessed in the third and final question on axis one, with 56.25% of participants saying they were very satisfied and 43.75% satisfied. This level of satisfaction suggests that, in addition to frequency, the quality of the sample's sexual relations is perceived as positive. According to Bozon (2001), after a few years of being in a relationship, the couple enters a stabilization phase, where together they learn to find a satisfactory sexual rhythm for both of them, so they begin to pay more attention to the quality of these sexual relations rather than the quantity of times they engage in sex. This is only possible if the two are aligned and have open communication, so that together they can find this relational and sexual balance.

The second axis is related to the influence of sex on emotional connection, made up of three questions. The first question asks whether the participant considers that sex is a way of connecting emotionally with their partner, where 81.25% of the participants answered

that they totally agree and 18.75% answered that they agree, indicating a common perception that sexual intimacy is an essential component in building and maintaining emotional connection. According to the authors Santos and Souza (2021) sex goes far beyond physical pleasure, it has a direct influence on increasing the bond and trust between the couple, which contributes to personal and marital fulfillment, where they explore and satisfy their needs.

In the second question on axis two, 68.75% of the participants reported having experienced periods of emotional detachment that affected their sex life. This data points to the complexity of marital relationships, where emotional factors can have a significant impact on sexual intimacy (Santos; Souza, 2021). In addition, a decrease in the frequency of sexual activity can have a negative impact on the couple's closeness and bond, which can affect the quality of the relationship. In addition, the last question on axis two aimed to find out how often couples participate in non-sexual activities (such as trips, outings, meetings) in order to strengthen the couple's emotional connection. 63% of spouses said that they frequently or very frequently participate in non-sexual activities to strengthen their emotional connection, thus demonstrating the importance of various forms of intimacy and interaction beyond sex.

The third axis is about communication and sexual experiences, made up of six questions. The first aims to collect information on whether the couple talks openly about individual preferences in relation to sexual and emotional life in the relationship, reported as occasional by 50% of the participants, while 43.75% said they talked openly.

Although there is a positive trend towards communication, there is still room for improvement. Santos and Souza (2021) show in their studies that a large part of the complaints

of sexual dissatisfaction are due to a lack of dialog regarding individual preferences and desires, and that more open communication has a direct impact on a healthier and more respectful relationship. The second question asked about the challenges of low libido, 75% of couples reported having faced this issue.

The next question on axis three was only for the individuals who answered "yes" to the previous question, which aimed to identify whether during this period of low libido there was emotional distancing between the couple. In this question, almost all the couples differed in their answers, with only one couple answering in a similar way, where one voted "agree" and the other "totally agree". The next question, which dealt with the importance of sex for maintaining a healthy relationship, was recognized by all the participants, with 56.25% considering it extremely important and 43.75% important. This data reinforces the idea that sex is an essential component for marital relationships to remain healthy and satisfying, going far beyond just physical contact. According to Alves (2008), sex brings closeness to the couple, strengthening emotional intimacy and the connection between partners. It serves as an intimate expression of affection, love and desire, promoting both personal satisfaction and mutual pleasure.

Still on axis three, the next question sought to understand how often couples engaged in non-sexual intimate moments, such as hugging, kissing, caressing and the like. The results showed that 56.25% of the participants indicated that it was very frequent, while 43.75% indicated that it was frequent. This finding is relevant because, according to studies by Silva, Borges and Debrot (2022), physical contact is important for maintaining close relationships and is a way of expressing care and affection. The authors propose that individuals who touch their partners frequently tend to feel more security, satisfaction and intima-

cy than partners who don't touch each other often. The last question on axis three aimed to identify whether individuals felt that they had different views on the role of sex within a relationship. 37.5% of the participants answered that they totally disagree, 18.75% disagree, 31.25% neither agree nor disagree, and 12.5% agree.

The last axis dealt with the influence of external factors such as work, children and domestic activities on sexual relations. The results showed a varied distribution, with 25% of the participants answering that this happens very often, 12.5% often, 25% eventually, 25% rarely and 12.5% never. External factors can overload

The extent of this impact varies from person to person and may or may not be detrimental to the relationship. Once again, it is important for the couple to have an open dialog so that together they can find a healthy and satisfactory way of relating.

The last question was aimed at couples who have children, and only three couples fit this description. Of these six participants, 66.67% totally agreed that children affect sexual relations, while 33.33% disagreed. According to Santos and Souza (2021), the presence of children can represent an additional challenge to maintaining sexual intimacy in the face of the couple's emotional and the woman's biological changes, especially during pregnancy, childbirth and breastfeeding.

Numerous data points can be discussed in light of these results, but in general, it can be said that open and frequent communication about sexual preferences and challenges emerges as an essential element for a healthy relationship, although there is still room for improvement in this aspect. In addition, couples' ability to balance external factors with their emotional and sexual needs also proved crucial to maintaining a good marital relationship. The diversity of responses

highlights the importance of considering the individuality of each couple when analyzing sexual and relational dynamics, since each individual has their own way of relating according to their personal limits and the limits of the couple.

Based on the above data, the research results support the hypothesis that sex is a form of physical intimacy that can strengthen the bond between partners. When the lack of sex persists, emotional connection and intimacy can be affected, which can result in emotional detachment and marital dissatisfaction.

FINALLY: THE RELATIONSHIP BETWEEN REICHIAN THEORY, SEX AND EMOTIONAL CONNECTION

Reichian therapy, developed by Wilhelm Reich, is an approach that stands out for its integrated understanding of body and mind, emphasizing the importance of vital energy and sexual expression in the emotional and physical health of individuals (Politano; Silveira e Santos, [n.d.]).

Reich argued that society imposes restrictions on sexuality that result in an accumulation of tensions in the body, which he called "armor". These tensions are seen as energy blockages that damage physical and mental health. Reichian therapy seeks to release these blockages through body and breathing techniques, allowing vital energy to flow freely (Politano; Silveira e Santos, [n.d.]), which is in line with the notion of that a satisfactory sex life contributes to emotional and physical health, since sexual expression is a way of relieving these tensions and that mental health is related to the individual's ability to indulge in sexual activities (Reich, 1975 apud Alencar, Volpi and Volpi, 2017).

The evolution of the perception of sex, from ancient civilizations to the sexual revolution of the 20th century, reflects a change in

the acceptance of Reich's ideas about the importance of sexual freedom for health. The research details how sex is multifaceted within loving relationships, not only as a means of reproduction, but as a fundamental component for emotional satisfaction and the maintenance of marital bonds, affirming Reich's ideas about the interconnection between sexual expression and emotional health.

In addition, the daily obstacles that affect couples' sex lives, such as stress and family responsibilities, aspects that Reichian theory considers important in the formation of energetic tensions and blockages, Reich, (1975) argued that the release of these tensions through healthy sexuality and bodywork is essential to overcome these obstacles (Lowen, 1988). The research also highlights the importance of open communication about sexual preferences and challenges, an important aspect for

healthy relationships. Failing to communicate what you feel can lead to frustration and dissatisfaction which, according to Reich, contributes to the formation of armor.

In short, Wilhelm Reich's Reichian therapy offers a lens for understanding the interactions between sexuality, emotional and physical health, highlighting the importance of free and satisfying sexual expression for overall well-being. The research explored reinforces these ideas by showing how sexual satisfaction and emotional connection are interdependent, significantly influencing the health and quality of marital relationships. The Reichian practices of releasing tensions and blockages through sexuality and bodywork prove to be pertinent in promoting a healthy sex life and improving emotional well-being, reinforcing the need for a holistic view of health that integrates body and mind.

REFERENCES

ALENCAR, Cristian. Estruturas de caráter e sexualidade. In: VOLPI, José Henrique; VOLPI, Sandra Mara (Org.) CONGRESSO BRASILEIRO PSICOTERAPIAS CORPORAIS, XXII, 2017. Anais. Curitiba: Centro Reichiano, 2017. [ISBN – 978-85-69218-02-9]. Disponível em: <www.centroreichiano.com.br/artigos_anais_congressos.htm>

ALVES, Andréa Moraes. GÊNERO, AMOR E SEXO. **Gênero, Niterói**, v. v.9, p. 271-291, 24 jul. 2008. Acesso em: 21 jun. 2024.

BARROS, Jean Carlos Miranda; BRAZ, Márcia Graminho Fonseca. Sexualidade: perspectiva histórica e significação cultural. **Acta Biomedica Brasiliensia**, [S. l.], 2019. Disponível em <https://actabiomedica.com.br/index.php/acta/article/view/363/0>.

BEREZA, E.A.; MARTINS, J.P.; MORESCO, L.; ZANONI, S.H.M.S. A influência da comunicação no relacionamento conjugal. Arq. Ciênc. **Saúde Unipar**, Umuarama, jan./abr., 2005. Disponível em: <https://ojs.revistasunipar.com.br/index.php/saude/article/view/216>.

BOWLBY, John. Apego e Perda. **Basic Books**, Nova York, Vol. 1, 1969.

BOZON, M. Sexualidade e conjugalidade: A redefinição das relações de gênero na França contemporânea. **Cadernos Pagu**, Paris, 2003. Disponível em: <https://www.scielo.br/j/cpa/a/TGMxcsTRw96XHV9SN8jJLz/abstract/?lang=pt#>.

COSTA, Crístofer Batista da; MOSMANN, Clarisse Pereira,. Comunicação conjugal negativa e aberta: modelo interdependente de efeito ator/parceiro no ajustamento conjugal. **Cienc. Psicol.**, Montevideo, v. 14, 2020. Disponível em:<http://www.scielo.edu.uy/scielo.php?script=sci_arttext&pid=S1688422120200000220212&lng=es&nrm=iso>.

LOWEN, A. Amor e orgasmo: guia revolucionário para plena realização sexual. São Paulo: **Summus Editorial**, 1988.

NASCIMENTO, Beatriz Caroline Conceição do et al. Sexo, Sexualidade, Autoestima. **Conedu**, Maceió-AL, 2020. Disponível em: <https://editorarealize.com.br/editora/anais/conedu/2020/TRABALHO_EV140_MD1_SA7_ID7866_0110202021521.pdf>.

Organização Mundial de Saúde. **Relatório Mundial de Violência e Saúde**. Genebra: OMS, 2017. ONU - Organização das Nações Unidas.

ROCHA, Fabricio de Andrade; FENSTERSEIFER, Liza. A função do relacionamento sexual para casais em diferentes etapas do ciclo de vida familiar. **Contextos Clínicos**, São Leopoldo, v. 12, n. 2, p. 560-583, ago. 2019. Disponível em: http://pepsic.bvsalud.org/scielo.php?script=sci_arttext&pid=S1983-34822019000200009&lng=pt&nrm=iso.

SANTOS, Muriele Alves Dos; SOUZA, Nicolli Bellotti De. INSATISFAÇÃO SEXUAL NA VIDA CONJUGAL: fatores psicológicos envolvidos. **Uniatenas**, 2021. Disponível em: http://www.atenas.edu.br/uniatenas/assets/files/magazines/INSATISFACAO_SEXUAL_NA_VIDA_CONJUGAL_fatores_psicologicos_envolvidos.pdf.

SCHLOSSER, Adriano; CAMARGO, Brígido Vizeu. Elementos caracterizadores de representações sociais sobre relacionamentos amorosos. **Pensando fam.**, Porto Alegre, v. 23, n. 2, p. 105-118, dez. 2019. Disponível em: http://pepsic.bvsalud.org/scielo.php?script=sci_arttext&pid=S1679-494X2019000200009&lng=pt&nrm=iso.

SILVA, Clara Teixeira e; BORGES, Vicente Cassepp-; DEBROT, Anik. Toque e Sua Relação com Bem-Estar e Satisfação com a Vida. **SciELO**, [S. l.], p. 179-188, 20 jul. 2022. Disponível em: <http://pepsic.bvsalud.org/pdf/penf/v26n1/v26n1a13.pdf>. Acesso em: 22 jun. 2024.

SOUZA, Grazielle Cássia Alves de et al. Relações entre satisfação sexual e qualidade do relacionamento conjugal em universitárias. **Psicol. Am. Lat.**, México, n. 34, p. 133-141, dez. 2020. Disponível em: http://pepsic.bvsalud.org/scielo.php?script=sci_arttext&pid=S1870-350X2020000200005&lng=pt&nrm=iso.

TEIXEIRA, RICARDO A. Alguém ainda tem dúvida que sexo faz bem à saúde? **Conhecendo melhor o seu cérebro**, [S. l.], p. 2-5, 3 fev. 2009. Disponível em: <https://icbneuro.com.br/paginas/pdf/artigos/sexo.pdf>. Acesso em: 12 out. 2023.

VIEIRA, K. F. L. et al.. Representação Social das Relações Sexuais: um Estudo Transgeracional entre Mulheres. **Psicologia: Ciência e Profissão**, v. 36, n. 2, p. 329- 340, abr. 2016.

DECLARATION OF NON-INFRINGEMENT OF THIRD PARTY COPYRIGHT

I, EMILI BARTMANN NEUENFELD, CPF No. 099.420.279-20, submit this work declaring that it is my own, and that all quotations, thoughts or ideas of other authors contained therein are duly identified and referenced, according to the standards of the Brazilian Association of Technical Standards (ABNT), and do not violate the copyrights of third parties, whether individuals or companies. I am aware of my legal responsibility for the inappropriate use of unidentified and/or referenced ideas, thoughts and/or quotations, for which I may be held civilly and criminally liable in the event of a violation of the relevant laws, and therefore CENTRO REICHIANO - VOLPI EDITORA E TREINAMENTO PROFESSIONAL E GERENCIAL LTDA., exempt from any responsibility, insofar as I have been advised by the same in this regard. Furthermore, I authorize any changes to the text that may be necessary in order to correct Portuguese and/or typing errors, as well as changes to words, as long as they do not compromise the structure of the article or the thoughts expressed herein. I also grant the copyright for the publication of this article on the Reichian Center website, which will be made available digitally, publicly and free of charge.

União da Vitória, June 27, 2024.