

THE EFFECTS OF TIME ON THE EXPERIENCE OF JEALOUSY AND SEXUAL GUILT IN COUPLES IN SOUTHEASTERN MEXICO

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ABSTRACT: Jealousy is an essential or natural emotion and at the same time, it is one of the feelings that can cause the most damage in interpersonal relationships. We can define jealousy as a dynamic emotion that appears in that state or situation where the individual feels threatened by the various circumstances that may be occurring in their

environment. Meanwhile, we can define sexual guilt as the tendency to feel guilty for violating norms about acceptable sexual behaviors in society. This research was developed under a quantitative approach, to identify the relationship that may exist between jealousy and sexual guilt. The Types of Jealousy Scale developed by Buunk et al. was used. (2012) and the revised Guilt Inventory (Mosher, 1998). The sample was non-probabilistic, made up of 48 women and 46 men. The different sociodemographic data were analyzed to have a more in-depth analysis of whether these can have an impact on the relationship between jealousy and sexual guilt. Finally, although a relationship between jealousy and sexual guilt was not found, it was identified that sociodemographic data such as age is related to the types of jealousy and the time of relationship with sexual guilt and its factors.

KEYWORDS: Jealousy, guilt, sexual, relationship time, couple

RESUMEN: Los celos son una emoción esencial o natural y al mismo tiempo, es uno de los sentimientos que pueden causar más daño en las relaciones interpersonales. Los celos los podemos definir como una

emoción dinámica, que aparece en aquel estado o situación donde el individuo se sienta amenazado por las diversas circunstancias que pueden estar ocurriendo en su entorno. Mientras tanto podemos definir a la culpabilidad sexual como la tendencia a sentirse culpable por la violación de las normas acerca de las conductas sexuales aceptables en la sociedad. Esta investigación se desarrolló bajo el enfoque cuantitativo, para identificar cual es la relación que puede existir entre los celos y la culpabilidad sexual. Se utilizó la Escala de tipos de celos elaborada por Buunk et al. (2012) y el Inventario de culpa (Mosher, 1998) revisado. La muestra fue no probabilística conformada por 48 mujeres y 46 hombres. Se analizaron los distintos datos sociodemográficos para tener un análisis más profundo de si estos pueden tener un impacto en la relación de los celos y la culpabilidad sexual. Finalmente, aunque no se encontró una relación entre celos y culpabilidad sexual, se identificó que los datos sociodemográficos como la edad se relaciona con los tipos de celos y el tiempo de relación con la culpabilidad sexual y sus factores.

PALABRAS CLAVE: Celos, culpabilidad, sexual, tiempo de relación, pareja.

INTRODUCTION

This research was proposed to study jealousy and sexual guilt expressed in ideas, thoughts and behaviors in men and women, in order to observe the behavior of each of these variables and allow research to be carried out between them that allows us to understand what relationship they have and shed light on this topic since we consider that jealousy as a feeling, depending on their intensity and mode of appearance they could become a problem.

These variables are valid in our social culture, and are one of the factors of conflict that usually occurs in interpersonal and social relationships, since, within the human being, jealousy is an essential or natural emotion and at the same time, it is one of the feelings that can cause the most damage in interpersonal relationships.

Oyanguren-Casas (2023) defines jealousy in terms of behaviors and emotions that a person may experience in situations that they perceive as threatening to lose the emotional bond they have with their partner, in this way it is also identified that jealousy occurs in different frequencies and intensities, in addition to being often related to issues such as emotional dependence and feelings of insecurity.

In this way, jealousy can be defined as a dynamic emotion, which appears in that state or situation where the individual feels threatened by the various circumstances that may be occurring in their environment.

It should also be noted that it is very common for people to present jealousy, differentiating themselves from pathological jealousy whose objective is to control the partner with intense emotional reactions that develop verifying behaviors that can be identified as compulsive rituals, as well as irrational and excessive reactions of suspicion towards the other, the request for control in a way that this negatively interferes in their relationship and in their daily life (Echeburúa and Fernández-Montalvo cited in Díaz and León 2021). Regarding the relevance of this problem in relation to jealousy, in the general population

relationships present various difficulties characterized by romantic jealousy, these being the most common through which inappropriate behaviors such as excessive control by the partner are usually justified (Ferrer-Pérez et al., 2020). On the other hand, a topic of interest in relationships is sexual guilt.

This term defines a disposition of the personality according to experiences, beliefs, and feelings before or after carrying them out, or even reasons for not participating in erotic sexual experiences (Leonhardt et al., 2020). Feelings of guilt towards sexuality are not only focused on the individual's sexual relations, they are also associated with acts such as masturbation, sexual arousal through erotic content, erotic fantasies or dreams that they may have and cause guilt.

Meanwhile, sexual guilt is a determining factor in sexual behavior in which less satisfactory experiences are involved since there is a negative attitude towards erotic sexual practices (Emmers-Sommer et al., 2018). There are several reasons why sexual guilt arises, it has been identified that the influence of religiosity on the individual is a key factor, as well as it has been predicted that the people with greater sexual guilt are those who have not had any sexual experience, in the same way negative experiences towards eroticism, social ideals and conservative family norms favor negativity to the right to exercise a healthy and active sexuality (Ávila-Toscano et al., 2023).

In this way, jealousy and excessive sexual guilt favor couple relationships to become less pleasant and positive, it can be said that the study of jealousy is already expressed in ideas and behaviors, in relation to sexual guilt in women and men between a range of 16 to 42 years of age in the municipality of Campeche will allow to clarify a problem of frequent psychological appearance, with the different dynamics and situations that can arise from a feeling that is usually conflictive in different interpersonal relationships.

Likewise, it defines sexual guilt as the tendency to feel guilty for the violation of norms about acceptable sexual behavior. The relevance of this construct lies in the fact that it is a determining factor of sexual behavior.

METHODOLOGY

Sample:

This research was carried out with a population of 93 people, where 48 people were women (51.6%) and 45 were men (48.4%). This population is distributed in the municipality of Campeche, where the minimum age was 16 years and the maximum age was 42 years.

The application of the instruments was carried out through the use of Google Forms.

First, research was carried out with a systematic review of articles, books and authors that talk about jealousy and its causes, sexual guilt and relationships.

Secondly, the instrument was transferred to a google form, where the best way was sought so that it was understandable and there were no errors when answering.

Thirdly, the form was administered collectively to each person through social networks (Facebook, Instagram and Twitter, messaging applications (WhatsApp, Telegram and Messenger) and with a QR code.

Research Focus

The research approach was quantitative, to collect and analyze data numerically, using the instruments: “Scale of Jealousy Types” and the “Revised Mosher Guilt Inventory”

a). Scale of types of jealousy developed by Abraham P. Buunk, Pieter D. Dijkstra, Dick P. H. Barends (2012).

The self-report items that participants respond to on a five-point Likert-like scale. The instrument had a Cronbach’s Alpha of .854, composed of three subscales. Reactive jealousy items are answered on a scale ranging from 1 (not at all annoying) to 5 (extremely annoying). The response scale for preventive jealousy ranges from 1 (not applicable) to 5 (very applicable) The response scale for anxious jealousy ranges from 1 (never) to 5 (very often). The reactive jealousy elements are 1 to 5, the preventive jealousy elements are 6 to 10, and the anxious jealousy elements are 11 to 15. Once the scores of each of the three subscales are obtained, the sum of these will be made in order to have a total jealousy score. Ranges were developed to range from high, medium and low, in order to determine at which levels the jealousy subscales are located.

b). Revised Mosher fault inventory (Mosher, 1998) with a reliability of 0.964.

This inventory consists of 114 items arranged in pairs of answers to the same sentence, in a 7-point Likert format. Subjects respond to items by rating their response on a 7-point score from 0 (totally false to me) to 6 (totally true to me).

It measures three aspects which are sexual guilt with 50 items, hostile guilt with 42 items and guilty conscience with 22 items. The items of these 3 aspects can be normal or with inverse scores, that is, some items will have normal scores ranging from 0 (totally false for me) to 6 (totally true for me) and items with inverse scores ranging from 0 (totally true for me) to 6 (totally false for me). The scores for each of the three factors can be obtained by adding the scores of the items in each factor. Once the scores for each of the three aspects are obtained, the sum of these will be made to obtain a total score of sexual guilt. Ranges were developed to range from high, medium and low, in order to determine the levels at which the different factors of sexual culpability are found.

Sample

The sample was composed of 93 people residing in the state of Campeche, Mexico, 48 (51.6%) subjects were women and 45 (48.4%) were men. Regarding their gender identity, 49 (52.7%) identified as women and 44 (47.3%) identified as men. According to sexual orientation, the majority consider themselves heterosexual with 63 (67.7%), followed

by bisexual with 20 (21.5%), homosexual with 7 (7.5%) and asexual with only 3 (3.2%), this being the orientation with the fewest subjects in the table.

The marital status of the people surveyed 81.7% were single at the time of application, only 8.6% are married, 8.6% are in a common-law union and only 1.1% are widowed. At the time of application, 59.1% are not in any relationship, while 30.1% are in a dating relationship and 10.8% are married. The relationship time of the subjects ranged from 0 months to 128 months and with a mean of 18.8 months. It was identified that 58.1% of the people surveyed profess the Catholic religion, 20.4% belong to the Christian religion, 18.3% do not belong to any religion while 3.2% profess some other religion that is not Christian or Catholic.

Regarding the workplace, 60.2% are currently working and 39.8% are not working.

Sexual taste or attraction to	Frequencies	% Total	% Accumulated
Women	31	33.3%	33.3%
Men	37	39.8%	73.1%
Both	22	23.7%	96.8%
Anyone regardless of gender	2	2.2%	98.9%
None	1	1.1%	100.0%

Tables 1. Frequencies of taste and sexual attraction to.

Table 1 shows the results of the people surveyed with respect to whether they have felt sexual liking or attraction to a person of a different gender. Of the 93 people surveyed, 31 (39.8%) responded that they have felt it with men, 31 (33.3%) with women, 22 (23.7%) with both, 2 (2.2%) with anyone regardless of gender and only 1 (1.1%) with no person.

I have felt emotional/romantic pleasure/ attraction	Frequencies	% Total	% Accumulated
Women	33	35.5%	35.5%
Men	41	44.1%	79.6%
Both	16	17.2%	96.8%
Anyone regardless of gender	2	2.2%	98.9%
None	1	1.1%	100.0%

Tables 2. Frequencies of Emotional/Romantic Liking/Attraction

Table 2 shows the results of the people surveyed with respect to whether they have felt emotional or romantic liking/attraction for any person. Of the 93 people surveyed, 41 (44.1%) responded that they have felt it with men, 33 (35.5%) with women, 16 (17.2%) with both, 2 (2.2%) with anyone regardless of gender and only 1 (1.1%) with no person.

In love	Frequencies	% Total	% Accumulated
Women	34	36.6%	36.6%
Men	41	44.1%	80.6%
Both	13	14.0%	94.6%
Anyone regardless of gender	2	2.2%	96.8%
None	3	3.2%	100.0%

Tables 3. Frequencies of I have fallen in love

En la tabla 3 se muestran los resultados de las personas encuestadas con respecto a si alguna vez se han enamorado. Tenemos que, de las 93 personas encuestadas, 41 (44.1 %) respondieron que se han enamorado de hombres, 34 (36.6%) de mujeres, 13 (14.0%) con ambos, 3 (3.2%) con ninguna persona y 2 (2.2%) con cualquier persona sin importar su género.

I have felt erotic or romantic fantasies or dreams	Frequencies	% Total	% Accumulated
Women	30	32.3%	32.3%
Men	33	35.5%	67.7%
Both	20	21.5%	89.2%
Anyone regardless of gender	5	5.4%	94.6%
None	5	5.4%	100.0%

Table 4. Frequencies of erotic or romantic fantasies or dreams

Table 4 shows the results of the people surveyed with respect to whether they have felt having any fantasy, erotic or romantic dreams with any other person. Of the 93 people surveyed, 33 (35.5%) responded that they have felt it with men, 30 (32.3%) with women, 20 (21.5%) with both, 5 (5.4%) with anyone regardless of gender and 5 (5.4%) with no person.

SAI	Frequencies	% Total	% Accumulated
Women	33	35.5%	35.5%
Men	42	45.2%	80.6%
Both	15	16.1%	96.8%
Anyone regardless of gender	1	1.1%	97.8%
None	2	2.2%	100.0%

Table 5. Frequencies of sexual activity/intercourse (fajes, ceasing or intercourse)

Table 5 shows the results of the people surveyed with respect to whether they have had sexual activity or relations. Of the 93 people surveyed, 42 (45.2%) responded that they have had some sexual activity with men, 33 (35.5%) with women, 15 (16.1%) with both, 2 (2.2%) with no person and 1 (1.1%) with any person regardless of gender.

	E	PR	RG	TR	CR	CP	CA	CS	CH	CC	TC
E	—										
PR	0.313**	—									
RG	0.321**	0.211	—								
TR	0.387***	0.117	0.079	—							
CR	0.230*	0.183	0.128	0.124	—						
CP	0.235*	0.165	0.083	0.111	0.367***	—					
CA	0.145	-0.105	0.094	-0.058	0.394***	0.421***	—				
CS	-0.171	-0.049	-0.035	-0.309**	-0.053	-0.142	0.086	—			
CH	-0.208*	-0.039	-0.069	-0.252*	-0.019	-0.013	0.177	0.762***	—		
CC	-0.117	-0.011	-0.046	-0.234*	-0.040	-0.100	0.089	0.819***	0.854***	—	
TC	0.259*	0.096	0.135	0.073	0.817***	0.692***	0.790***	-0.032	0.066	-0.011	—
TCS	-0.188	-0.040	-0.055	-0.290**	-0.039	-0.086	0.133	0.927***	0.941***	0.931***	0.013

Nota. * p < .05, ** p < .01, *** p < .001

E: Age

PR: Age at which I had my first sexual intercourse

RG: Religion

TR: Relationship Time

CR: Reactive jealousy

CP: Preventive jealousy

CA: Anxious Celos

CS: Sexual guilt

CH: Culpa hostil

CC: Guilty conscience

TC: Total celos

TCS: Total Sexual Culpability

Table 6. Correlation matrix between variables and sample.

Table 6 shows how sociodemographic data are related to jealousy and sexual guilt variables. This indicates that there is no relationship between the variables jealousy and sexual guilt, but there is a marked relationship between age and time of relationship with the factors of the aforementioned variables.

Age correlates with religiosity and time of relationship, therefore, it can be said that the older people are, the higher the level of religiosity and the longer the time of relationship.

The older people are, the greater the feeling of jealousy. Taking into account that preventive jealousy has a greater correlation with age, therefore, the older you get, the greater the preventive jealousy can be reflected in people. In the same way, reactive jealousy is present in people, the older they are, the more reactive jealousy is present.

Age is not related to total sexual guilt. But they do have a negative correlation with hostile guilt, so the older you are, the less hostile guilt is present. The younger the age, the greater the hostile guilt.

Relationship time has a correlation with sexual guilt since the longer the relationship the less sexual guilt, the shorter the relationship time the greater sexual guilt, this can

indicate that there may be different factors that may be the cause that sexual guilt decreases the longer the couples have in the relationship. There is also a correlation in other types of guilt, such as hostile guilt where we have that the longer the relationship the less hostile guilt, and a guilty conscience where in the same way the longer the relationship the less guilty conscience.

Predictor	Estimator	EE	T	p
Constant	268.098	11.136	24.07	<.001
TR	-0.717	0.248	-2.89	0.005

Table 7. Model Coefficients – Total Sexual Culpability

Table 7 indicates that the time of intercourse is the variable that most predicts sexual guilt, it is the time of intercourse, and it is predicted by up to 70%, this means that 7 out of 10 people, the longer the time of intercourse they have with their partner, the lower the sexual guilt.

Predictor	Estimador	EE	t	p
Constante	23.879	3.805	6.28	<.001
AGE	0.390	0.152	2.56	0.012

Table 8. Model Coefficients – Total Jealousy

Table 8 indicates that age is the variable that most predicts jealousy and is predicted by up to 40%, this means that 4 out of 10 people, the older the people, the less jealousy they will feel.

	Group	N	Media	ED	T	Sig.
CR	Woman	48	16.56	4.19	.157	.878
	Man	45	16.42	4.61		
CP	Woman	48	7.33	2.90	1.042	.300
	Man	45	6.78	2.16		
CA	Woman	48	9.08	3.21	-1.934	.056
	Man	45	10.58	4.20		
CS	Woman	48	104.42	42.99	-1.579	.118
	Man	45	118.13	40.63		
CH	Woman	48	89.58	41.45	-1.136	.259
	Man	45	100.13	48.01		
CC	Woman	48	44.54	18.38	-2.040	.044
	Man	45	53.49	23.73		
TC	Woman	48	32.98	8.04	-.460	.647
	Man	45	33.78	8.71		

TCS	Woman	48	238.54	96.27	-1.593	.115
	Man	45	271.76	104.78		

Table 9. t-test for independent samples in the factors types of jealousy and sexual guilt.

According to Table 9, it was identified that in the factor: guilty conscience (CC) there is a statistically significant difference in which men have a higher mean compared to women. In the same way, there is a statistically significant difference in the factor of anxious jealousy (CA) in which men also present a higher average than women, with men having more anxious jealousy than women.

However, in the total jealousy score and the total sexual guilt score, no statistically significant differences were found in relation to the gender of the sample.

DISCUSSION

Martínez (2005) defines jealousy as a dynamic emotion, which moves from a state where the individual feels completely threatened, by various circumstances, which may be causing a conflict, to the point of reaching a state where the problem or the event that causes it already dominates. According to this author, jealousy is the threatening circumstances that a subject may present, these can be represented in different types, such as anxious, preventive and reactive jealousy, which cause subjects to react in different ways, it has also been found that jealousy evokes emotions which generate anxiety before the imminent loss of an attachment figure, as a sentimental partner can do (Bernal, 2020). With regard to sexual guilt and jealousy, they are not two variables that are related to each other in the municipality of Campeche, it is not necessary for there to be the presence of jealousy for people to feel sexual guilt or vice versa.

Although these variables are caused by sociodemographic factors, such as age, since depending on the age range of the subjects, there is a greater or lesser feeling of jealousy, specifically in reactive, preventive and anxious jealousy, while according to the age range of the individual, he or she presents more or less hostile guilt with respect to the evaluation of sexual guilt, it is not related to age. On the other hand, relationship time correlates with sexual guilt, hostile guilt, and guilty conscience. These sociodemographic factors become subject to characteristics that can be developed in couples, these can be empathy, commitment, trust and communication that they have between them, thus achieving a healthy coexistence.

With regard to sexual guilt, men have a greater guilty conscience than women and, in the case of jealousy, men have greater anxious jealousy than women, therefore, these tend to occur in the probability that their partners will be sexually or emotionally involved with another person (Molina, 2019). However, in other studies it has been found that according to sex differences, women have been the ones who react more intensely than men when they

have had a suspicion caused by this type of jealousy (Retana & Sánchez, 2008).

CONCLUSIONS

The present research on the types of jealousy and the relationship it may have with sexual guilt,

It allows us to see that although it can be believed that these are two variables that are usually presented together, it is quite the opposite, since, with the data obtained from the people surveyed, it was possible to identify that there is no significant relationship between them. However, when we delve into the subject, we observe that there are other factors such as sociodemographic factors that allow there to be a trigger for the variables jealousy and sexual guilt.

The inventories used allowed us to identify that the types of jealousy are the ones that have the greatest impact on people, since the older people they are, the more reactive jealousy they tend to feel, which causes them to tend to react to specific situations, while preventive jealousy will generate hostile attitudes due to situations that they believe may be occurring without having evidence. Meanwhile, sexual guilt has a negative correlation with age, since the older people are, the less hostile guilt they will feel.

The time of relationship is a factor that has an impact on the variables, therefore, this allows us to identify how it influences people, where we observe that the longer they have the relationship of sexual guilt decreases in the same way in sexual guilt, hostile and guilty conscience, in addition to the factor of time in relationship, factors in the couple such as trust must be taken into account, affection, loyalty, and having good communication between them. Finally, there is no relationship between jealousy and sexual guilt, however, sociodemographic data such as age are related to the types of jealousy and the time of relationship with sexual guilt and its factors.

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