

Relational and sexual satisfaction during military deployment: a comparative study

Higino Esteves¹, Ana Beato², Renato Santos³

¹ Lusófona University,

² HEI-Lab, Lusófona University

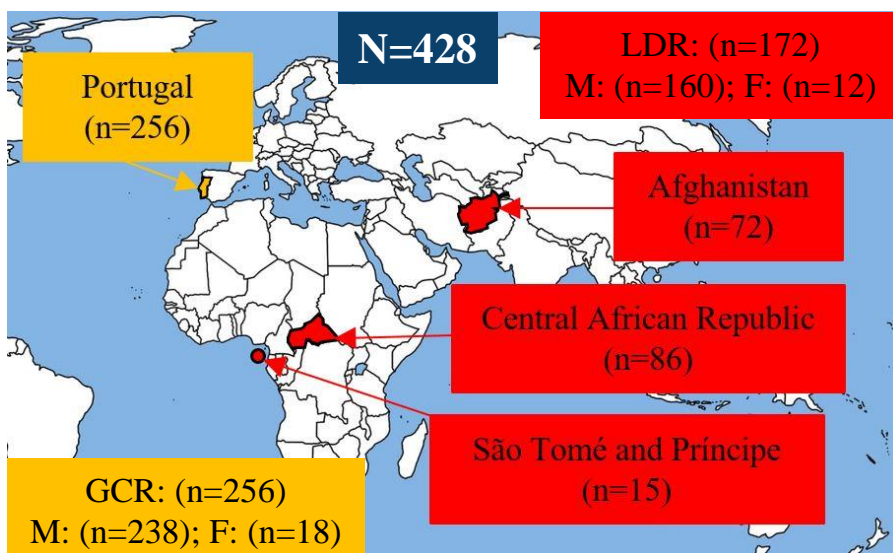
³ Military Academy
Lisbon, Portugal



Introduction

Military deployments in International Military Missions are a frequent reality for the Portuguese (PRT) military members. Despite the increasing number of researches on post deployment adjustment of military couples, gaps remain on studies focused on the periods of the deployment, namely during the period of physical/geographical separation. In particular, the impact of these missions in couple's adjustment on communication and on both romantic and sexual satisfaction have been poorly studied with this population (Barbudo, Francisco & Santos, 2014). The purpose of this cross-sectional study was to compare the investment on relationship and the satisfaction with communication, with sexuality and with relationship between a group of Portuguese Military service members during their long-term deployment in International Military Missions and a group of similar soldiers that work in their hometowns.

Methodology



Sociodemographic characteristics of the Participants (N = 428)

Age	LDR (n = 172)		GCR (n = 256)	
	n	%	n	%
18-29	122	70.9	98	38.3
30-44	39	22.7	86	33.6
45-57	11	6.4	72	28.1

Main instruments

New Sexual Satisfaction Scale (Portuguese validation of NSSS, Pechorro, P. et al, 2015)
Communication behaviours (developed by the authors)

Investment Model Scale (IMS), original scale, Rusbult, C. et al, 1998; The Investment Model Scale: Further Studies on Construct Validation and Development of a Shorter Version, Rodrigues & Lopes, 2013)

Results

Sample results of several t tests table

	LDR		GCR		t	p
	M	SD	M	SD		
Investment	19.796	.540	21.023	.457	1.722	.084
Communication Satisfaction	2.360	.632	1.640	.070	7.131	.000
Communication Frequency	42.116	.633	39.007	.539	3.710	.000
Relational Satisfaction	30.174	.354	27.738	.352	4.691	.000
Sexual Satisfaction	81.691	1.261	77.371	.951	2.779	.006

Discussion / Conclusion

The findings suggest that the soldiers in LDR were significantly more satisfied with their communication, with their relationship and with their sexuality than soldiers in GCR. No differences were found in the degree of relational investment. Overall, the results are in line with previous research that evidenced an increased overall satisfaction with various relational factors when they are departed from their partners.

References

- Barbudo, M., Francisco, R., & Santos, R. P. (2014). Vivências de militares em missões internacionais: O impacto nas relações conjugais. *Revista de Psicologia Militar*, 23, 9-35.
- Pechorro, P.S, Almeida, A.I. Figueiredo, C.S., Pascoal, P.M., Vieira, R.X. & Jesus, S.N. (2015). Validação portuguesa da Nova Escala de Satisfação Sexual, *Revista Internacional de Andrologia*, 13(2), 47-53. doi.org/10.1016/j.androl.2014.10.003
- Rusbult, C., Martz, J., & Agnew, C. (1998). The Investment Model Scale: Measuring commitment level, satisfaction level, quality of alternatives, and investment size. *Personal Relationships*, 5, 357-391. doi:10.1111/j.1475-6811.1998.tb00177.x
- Rodrigues, Lopes e Oliveira, The Investment Model Scale (IMS): Further studies on construct validation and development of a shorter version (IMS-S). *Journal of General Psychology*, 140, 16-28. doi:10.1080/00221309.2012.710276