

Sexual Actualization Among Midlifers

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ABSTRACT

The study on Sexual Actualization was pioneered by Gagnon et al (2002) and was defined as an integrated process of a person's sexual capacities appropriate with his or her self-concept and with his or her self-experience and environment. A questionnaire was conceptualized by Gagnon and his colleagues and this was now adapted by the researchers of this study. In this study, purposive sampling was performed to get the 60 participants, 30 males and 30 females, whose ages range from 40 to 59 years old. It was found out that there was a significant difference in the t-test results according to age in terms of their sexual affect with an effect size of 5.77% of the variance. However, according to gender, there was no significant difference in each of the sexual dimensions of the participants.

TABLE OF CONTENTS

Title	Page
Abstract	i
Approval Sheet	ii
Adviser's Acceptance Form	iii
Certification of Editing	iv
Acknowledgement	v
Chapter I: The Problem and its Background	
• Introduction	1
• Conceptual Framework	2
• Statement of the Problem	6
• Scope and Limitations	7
• Significance of the Study	7
• Definition of Terms	8
Chapter II: Review of Related Literature and Studies	
• Sexual Actualization	11
• Sexuality	12

- Dimensions of Human Sexuality 16
- Actualization 19
- Midlife 20
- Sexuality in Midlife 22
- Sexual Dysfunctions 25
- Phases in Midlife 27

Chapter III: Methodology

- Research Design 30
- Research Participants 30
- Instrumentation 31
- Research Procedure 32
- Statistical Treatment of Data 33

Chapter IV: Presentation, Interpretation and Analysis of Data

- Overview 35
- Level of Sexual Actualization by Age 35
- Level of Sexual Actualization by Gender 39
- Are there Significant Differences in
Sexual Actualization according to Age 41

- Are there Significant Differences in Sexual Actualization according to Gender 46

Chapter V: Summary, Findings, Conclusions and Recommendations

- Summary 51
- Findings 52
- Conclusions 54
- Recommendations 55
 - Midlifers 56
 - Future Researchers 56

Bibliography 58

Appendices

- Appendix A: Program 64
- Appendix B: Request Letter and Approval 65
- Appendix C: Sexual Actualization Measuring Instrument 67
- Appendix D: Certification of Translation 86
- Appendix E: Tables 88