

Sociological Analysis of Sexual Justice in Matrimonial Relationships

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Qualitative Study

Abstract

The concept of sexual justice is associated with the contentment of couples in their sexual life. In the present study, the obstacles of as well as the approaches to achieving sexual justice have been investigated. This study was carried out qualitatively through the thematic analysis of semi-structured in-depth interviews with sociologists, psychologists, and sexologists using ATLAS.ti software. The consequences of sexual injustice were determined at a macro level (reproduction of unequal relationships), meso level (disruption of relationships between individuals even at the family level), and micro level (lack of pleasure in sexual relationships, negative psychological background, sense of insecurity, development of stressful relationships, sense of aggression, and depression). Moreover, the obstacles to achieving sexual justice were classified and explained from the structural, institutional, individual, and action-reaction points of view.

Keywords: Sexual justice; Female sexual need; Matrimonial relationship; Thematic analysis

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Introduction

Sexual relationships have always been central to our understanding of the family. Sexual relationships are essential for reproduction, but sexuality today is far beyond simply a sexual behavior for reproduction. In the current age, sexuality is discussed within the contexts of culture, society, power, and status, and it is strongly believed that numerous factors such as family norms, education level, class status, religion, and media shape sexuality debates. Contrary to the past when sexuality was solely linked to reproduction, today, it is associated with satisfaction, personal choice, and pleasure more than ever. What makes sexual relationships within the family unilateral, putting men in a superior and women in an inferior position, is the lack of familiarity with the concept of sexual justice, an issue that is investigated in the present study.

Our theoretical literature lacks an academic concept for sexual justice and the results of interviews with experts in the field of psychology, sociology, and sex therapy regarding their consideration of this concept showed that experts mainly mentioned the consequences of sexual justice rather than give a precise definition for it. They defined 5 components of contentment including peace and de-escalation, appreciation of women's sexual needs, practicing romantic sexual relationships, mutual pleasure in sexual relationship, and development of sexual relationship in a balanced status and power context as the consequences of sexual justice (Sharbafchizadeh, 2020)

Sexual justice is important because the lack of equality in sexual relationships between couples results in them growing cold (Rahmani, Marghati Khoie, Sadeghi, & Allahgholi, 2011). Sexual justice includes the right to sexual enjoyment for both sides and opposes the superior-inferior positioning in sexual relationships, because sexual enjoyment is a mutual right, and therefore, an imbalanced power relationship in matrimonial life is in conflict with this concept. In other words, sexual justice involves the access of couples to a satisfactory sexual relationship, and therefore, involves power balance, common sense, mutual rights, and the right to enjoyment for couples. It is noteworthy that the term justice here describes a balanced relationship rather than an equal one. Considering the physical and mental characteristics of a man, it is obvious that equality in sexual relationships is not possible. Coleman believes that maximum personal enjoyment guarantees the balancing of the power of the actor and this creates balance within society (Ritzer, 2016:1749). The terms justice in this study refers to woman's right to demand and enjoy a sexual relationship.

According to the theory of exchange, couples must rely on each other to satisfy their own needs and meet the needs of the other party; according to this principle, the ultimate intention of human behavior is to achieve profit (Salari, 2015). Homans believes that the more the non-application of the rule of distributive justice is to the detriment of the individual, the more likely he is to engage in emotional behavior such as anger (Homans, 1961: 75, quoted by Ritzer, 2016). Systems theory, with a similar approach, states that the behavior of each member of a family affects that of other members (Mehdi, 1983: 94). Such a sense of duty also fulfills the mutual enjoyment of sex because the feeling of intimacy and mutual pleasure are considered as factors that strengthen the sexual instinct and reducing the feeling of love and intimacy will weaken this instinct (Mehrabizadeh Honarmand, Mansouri, & Javanmard, 2013).

It can only be said that there are sexually just conditions in marital life when both people feel relaxed and the sexual relations between them help to achieve this feeling. In addition to their physiological satisfaction, both people should experience emotional satisfaction and be in a state of emotional exchange. This means that each individual, in

return for the amount of feelings and emotions he/she spends on the other party, is reciprocally emotionally provided for. Negative emotion is defined as the dimension of mental distress and unpleasant interaction with the environment and includes various moods such as fear, anger, guilt, and helplessness. Therefore, it is strongly associated with stress and mental health problems and plays an important role in some disorders and in particular depression (Gill, Bos, Wit, 2017). Moreover, reduction in negative emotion is directly related to increase in calmness (Mirzaei & Shairi, 2017). In fact, sexual justice is one of the factors that, in addition to controlling the internal tensions and pressures of actors, also induce appropriate behavior. Davison, Bell, China, Holden, and Davis (2009) found that women who were sexually satisfied had higher health scores than women who were not. Healthy sex is one of the factors that can cause peace in cohabitation and the relationship between these two concepts has been proven in previous research (Hosseini and Khajouezadeh, 2016).

In the present study, an attempt has been made to find appropriate approaches to the appreciation of this concept by determining the obstacles to achieving sexual justice and the consequences of ignoring this concept through interviews with experts. The importance of legal and customary attention to the position of both men and women regarding sexual justice, and therefore, appreciation of the women's rights besides their responsibilities should also be considered.

Background

Research on sexual justice from the sociological and psychological points of view has revealed the effect of sexual health on the appropriate function of the family (Froutan and Akhvan Taghavi, 2011; Heidari, 2017), the positive function of sexual relationships in women's health (Liu, Waite, Shen, & Wang, 2016), the relationship between sexual satisfaction of women and reduction of conflict in couples (Movahed and Azizi, 2011), the imaginations and experiences of Iranian married women regarding their sexual rights, the contribution of husbands to the changes in women's attitudes towards sexual justice (Farnaz, Janghorbani, Merghati Khoei, & Raisi, 2014), and the role of religion in the sexual understanding of women (Merghati Khoei, Whelan, & Cohen, 2012).

Meston, Hamilton, and Harte (2009) mentioned the central role of pleasure, love, and commitment in a sexual relationship. Furthermore, Davison et al. (2009) proved the presence of an association between mental health and sexual satisfaction.

Therefore, previous research highlights the role of sexual relationships in the physical and mental health of women. Moreover, couple's relationships are considered in different areas, and, depending on different attitudes, the status of a woman and fulfilling her requirements will differ.

The methodology

Due to the novelty of the studied topic, the lack of required references, and the researcher's inadequate knowledge about the issue, the qualitative method was used in this study. Therefore, the researcher was faced with the semantic topics of participants instead of their personal constructions and this ensures the accuracy of the data.

For the analysis of the collected data, the thematic analysis was used that is one the most commonly applied analyses for qualitative data. This analysis method is based on induction in which the researcher reaches an analysis typology through the classification of data and input-output modeling. In fact, thematic analysis through coding and analyzing of the data gives us a translation of the content of the data (Mohammadpour 2013).

After the targeted selection of the participants, who were experts in sociology, psychology, and sex-therapy, interviews were performed with open questions. In addition, other questions were added during the interviews for disambiguation of the topic for the participants, if necessary.

To achieve the main objective of the research and to obtain in-depth answers, the researcher tried to maintain a gender balance among the interviewees. Thus, from among 6 interviewees who were faculty members of social sciences, 3 were men and 3 were women. Of the specialists in the field of psychology, 4 were female experts and faculty members and 2 were male experts. In addition, among the sex-therapy experts, 2 were male physicians and 4 were female physicians and all of them were faculty members. In total, 20 professors and specialist physicians of the mentioned fields were interviewed. After reaching theoretical and structural saturation, 2 extra interviews were performed to ensure that saturation was achieved.

After transcription, the interviews were sorted based on their objective and research questions. After conceptual and content analysis, initial and secondary coding was performed, and finally, the major categories were extracted. The level of concepts became more abstract and the central categories were obtained. For example, some of the questions asked of the experts are as follows:

- What do you think about sexual justice?
- In your opinion, as an expert, is there sexual justice in the relationship between couples in our society? If so, why? and how? Please provide some examples?
- If there is no sexual justice, what do you, as an expert, know about the problems? And why do these problems exist?
- What do you think should be done to establish sexual justice in marital relationships? What solutions do you suggest?
- Are these solutions practical?
- What areas does the implementation of these solutions require?

The approach used for reviewing the interviews and coding them was searching for a theory behind what interviewees said. Thus, there was no ready-made theory and the researcher presented a theory by using the speech and idea of experts to respond questions.

The evaluation method of Lincoln and Guba in qualitative research is equivalent to validity and reliability in quantitative research. According to their method, the 4 criteria of credibility, dependability, transferability, and confirmability were considered to evaluate the reliability of the research (Bryman, 2012). Credibility refers to the reality of the descriptions and findings of the research. Through the confirmation of the findings of the research by experts, the transferability of the research was verified. Dependability refers to the recording of details and note-taking in different stages of the research. In order to achieve confirmability, all interviews were transcribed, typed, and transferred to ATLAS.ti software (version 7.5.16; ATLAS.ti Scientific Software Development GmbH, Berlin, Germany). For data analysis, first, the main categories were extracted, and then, they were classified and analyzed under suitable classifications.

Results

The interviews with the experts of the related fields about the barriers and obstacles to achieving sexual justice and suitable approaches to achieving it, and considering the theoretical and empirical background of the experts about these topics was a great help in organizing this concept and explaining the problems of this field.

The problems that experts enumerated for the realization of sexual justice can be studied in 4 groups of factors. Structural factors, institutional factors, individual factors, and action-reaction factors are the 4 macro-categories in this field each of which is briefly explained below.

Structural factors are the barriers caused by the macro-structures of the society, including culture, male-dominant view, law, gender, and religion.

Institutional factors are the barriers caused by family, media, and education. Among the individual barriers are objective and subjective duality, lack of communication skills, diseases and stress, unfamiliarity with the gender role, lack of sexual maturity, and shame.

The misunderstanding between a couple, infidelity in the couples' relationship, and different conceptions of the sexual relationship were items in the action-reaction factors group.

In response to the consequences of not observing sexual justice, the abovementioned items were classified under micro, meso, and macro levels. At the micro level, negative mental background, lack of sexual pleasure, aggressiveness and depression, insecurity, and stressful relationships were the consequences stated by the experts. At the meso level, the disruption of the relationship and social communication between and among families, and at the macro level, regeneration of an unequal relationship were items obtained from the interviews. (Table 1)

Table 1. Table of categories obtained

The main categories	First level subcategories	Second level subcategories
Obstacles to realizing sexual justice	Structural factor	Culture
		Male Domination (patriarchal ideology)
		Law
	Institutional factor	Gender
		Religion
		Family
		Education
	Individual factor	Media
		Objective and subjective duality
		Lack of communication skills
Diseases and stress		
Unfamiliarity with sexual role		
Lack of sexual maturity		
Action-reaction factors	Shame	
	Disagreement of couples	
	Infidelity in relationships between couples	
	Different perception of sexual relationships	
	Negative mental grounds	
The consequences of not observing sexual justice	Consequence at the micro level	Lack of pleasure in the relationship
		Aggression and depression
		Lack of security
	Consequences at meso level	Developing stressful relationships
		Consequences at the macro level

Discussion

Obstacles to realizing sexual justice

The obstacle to realizing sexual justice was an item extracted from the interviews. These barriers can be studied at 4 levels.

Structural factor

The life and behavior of people are influenced in various ways by the society they live in.

Culture: The findings of anthropologists show very different attitudes towards sexual behavior throughout history and in different parts of the world. All social organizations try to identify and adjust 2 main biological capacities, i.e., socialization and sexual affairs (Stevens, 2014). A corresponding intra-cultural reality is that in social control of sexual issues, we observe sexual asymmetry. Regulation of male sexuality is not as strong as that of female sexuality. In other words, the sexual limitations imposed on women are stronger than those imposed on men (Ubillos, Paez, & Gozalez, 2000).

Expert number 1, sexologist and researcher in this field, said: "Sexual issues are the most social, political, and cultural issues of the society. Therefore, you can reach social issues through biographical research, because you see that this story is repeating for each person and it is the same for all (interview 1, sexologist, female).

Another sex-therapy expert argued that "Due to the complexity of the field of sex and the complexity of the sexual world, you cannot do anything; because this world is complex and large, you cannot change the laws or the customs. Changing the culture, especially in the field of sex, may seem simple in to other people, but it is very difficult (interview 2, sexologist, female).

Sexual relationships are always ambiguous in Iran and the shame in the Iranian culture accompanies the issues related to sexual relationships with embarrassment and shame (Bostani Khalesi, Simbar, & Azin, 2017).

Male Domination (patriarchal ideology): When in matrimonial relationships one party demands and the other party only provides, the sexual relationship is formed in an unequal power and dignity relationship. The woman cannot say no because not only does the law inhibit her and expect submission, but also religion and religious readings do not allow her to do so.

In this regard, expert number 11, sociologist and faculty member, believed: "Are the opportunities to satisfy a sexual desire equal for men and women? The answer is no. Men have the possibility of polygamy, temporary marriage, and other possibilities, but the possibilities for women are religiously and socially limited (interview 11, sociologist, male).

Previous research shows that in countries that observe sexual justice more than others, the sexual satisfaction of couples is high and matrimonial satisfaction depends on the sexual adaptability of the couple (Mehrabizadeh Honarmand et al., 2013).

Law: The law should support all citizens in obtaining their rights. In this regard, paragraph 14 of article 3 of the constitution states: "providing the rights of all people including men and woman, and fair legal security for all people and equity before the law." The provision of a right for one of the parties in a certain field and determination of no duty for the other party in an article of law signifies bias. In other words, the legal security mentioned in such an article disrupts.

Expert number 6, psychologist and consultant, admitted: "Do you know that there is no law to force men into obedience? There is no way to prove the disobedience of men. Our rules should be reviewed. Nowhere is such. Some

countries even have a prison sentence for infidelity, because they say: why would you betray when you can get a divorce. The law should be equal. If there is a dowry that I can waive to get a divorce, what is the use?" (Interview 6, psychologist, female).

Gender: Sexual cliché is another structural factor that makes the realization of sexual justice more difficult. Sexual clichés are natural reflections of applying sexual schemata. Sexual role schemata are a set of associations related to gender that show the main grounds for processing information based on gender (Khamsei, 2006).

In social communications, although shame and modesty regarding the body and sexual relationships are advised based on the Islamic teachings to both genders, But given gender stereotypes, these teachings about women extend to the family and private relationships.

Expert number 14, psychologist and consultant, believed: "Even the gender discussion, being male or female, is formed in families; you should do or not do some things because you are a girl. There are also some problems for men, such as you should not cry when you face problems because you are men, or places where their power is especially overshadowed by men, or where they can not manage their anger properly. All of these issues have effects that lead to sexual issues and question justice (interview 14, psychologist, female).

Religion: Undocumented readings of religious texts that are more consistent with custom than religion lead to misunderstanding and confusion. In fact, the excessive readings in which some have maximum rights and others have minimum rights is a barrier that makes the path to sexual justice difficult under the title of religion.

In this regard, expert number 4, psychologist and consultant, argued: "I want to say that there are 2 hungry people, but they do not complete the puzzle. They each betray the other. When we talk to men, they say that they are men and they can do it based on their religion. What about you? I want to say that even a man whose wife finds evidence of his infidelity can say my religion allows me to do it (interview 4, psychologist, female).

Institutional Factor

Initial or fundamental institutions of the society, including family, education organizations, government, and religion, meet the basic needs of the formation of society. The coordination between these institutions is necessary for the health of society and its members.

Since any change in social institutions will influence other institutions (Quen, 2011), coordinated policies in institutions like education, family, and media smooth the path of sexual justice in encountering sexual issues.

Family: Family is the first and main institution in which an individual grows, educates, and receives many concepts. Recognition of one's needs and the manner of meeting them is learned in families. Lack of attention to the sexual needs of children can endanger their marital life and future. Therefore, defected gender socialization is an issue which shows the negligence of families. Bandura and others proved the importance of observational learning of the behavioral model of children with the Bobo doll experiment. In fact, one of the most important learning for patterns in emotion behavior and speech is observational learning. In this method, behavior is learned through observation (Amirinia, 2014).

Expert 17, sociologist and researcher, argued that "The most important step to achieving sexual justice is culture and socialization of the next generation, and this will be effective when the legal regulations become amended and supported" (interview 17, sociologist, female).

Sexual education is another task of the family and inattention to it has harmful effects. For example, expert number 5, sociologist and faculty member, believed that

“Our cultural socialization is severely defective. We have no sexual education, formal or informal. There is no plan for the sexual education of children in families and the education system.” (interview 5, sociologist, male).

Education: The Education is the largest cultural institution in the country that covers a large population. Therefore, considering the very large population it dominates can plan students' school hours to teach them how to deal with potential harms. Transference of skills, correct and timely education, and coordination with other institutions are the duties of the Education Department that have a direct effect on the formation of students' personality and actions-reactions in marital life.

The necessity of education about marital life issues should be recognized by this organization so that it acts to plan and provide operational solutions to realize it. For example, expert number 15, psychologist and faculty member, argued that “A part of this education should start at the high school and university on how sexual needs are satisfied and how the sexual relationship can be” (interview 15, sexologist, male).

Media: Regarding the role and position of the media in different societies and the widespread scope covered by them, it is necessary to use them to realize educational objectives. Media, as one of the social institutions, is not exempted from coordination with other institutions and when the media highlights is not coordinated with the objectives of other institutions or it lacks the required emphasis, its effectiveness on the people will be reverse.

Expert number 7, Ph.D. in sociology and faculty member, believed that “A reason for this dissatisfaction is the role of media. Because media has the most power in making images, in treatment of self, others, and body, they make these treatments; therefore, in a non-technical definition, we are always in an illusory search for the other, the other that does not exist in reality” (interview 7, sociologist, male).

Individual Factor

Finally, the non-realization of sexual justice is in part the result of factors that are related to an individual, not to the family and society. Of these factors, we can refer to diseases like frigidity and stresses that disrupt the body and soul of one partner, and thus, affect the other. The treatment of couples with total sexual relationship is effective in developing problems and failures. When an individual has not received the required sexual education for matrimonial life and there are clear differences between his/her mentality and the reality of sexual relationships, he/she cannot provide the grounds for a normal life and sexual intercourse, and this will also trouble the other party in the relationship.

Objective and Subjective duality: The term “objectivity” has both metaphysical and epistemological meaning both of which are relate to objective-subjective duality (Baise, 2017). The sexual relationship is the individual experience of the person and it seems that the person lacks an objective view of it. The best possible outcome would be that we achieve a synthesis of our universal subjective experiences and others' experiences. The problem is that every secret mental assumption that people experience gives them insight into how to pursue it in reality, and if they cannot do this objectively, they are faced with problems and frustration.

Expert number 11, sociologist and researcher, said: “Our images of sexual relationships are so bizarre that when we arrive at the sexual relationship, we see that there is a huge gap between reality and our image of it. We experience the sexual relationship where we do not see it and we do not see it where we experience it. We do not see it; we expand it in our imaginations” (interview 11, sociologist, male).

Lack of communication skills: Kouli believes that communication is a mechanism

through which human relationship occurs and develops (Sayadi & Ataie, 2017). Learning correct interpersonal relationships is the prerequisite to achievement of mental health, growth of the personality, formation of identity, increasing of quality of life (QOL), increasing of adaptation, and self-actualization (Fayaz & Karimi, 2010). Couples who lack appropriate communication skills or have not learned them have problems in understanding each other. The lack of understanding will reduce matrimonial satisfaction.

Expert number 14, consultant and psychologists, stated: "Unfortunately, our couples have not had this training; even the men have no training on how to articulate their requests" (interview 14, psychologist, female).

The correct interpretation of communicative behaviors is one of the features of couples with higher matrimonial satisfaction (Mousavi, 2016).

Diseases and Stress: Diseases that disrupt mental health, like depression and anxiety, have a significant relationship with the malfunction of the family (Talaiezhadeh & Bakhtiarpour, 2016). Diseases such as mental diseases have a powerful effect on the lack of sexual satisfaction. Various researches have reported a relationship between sexual relationship and reduction of heart attacks in men, and migraine headache, premenstrual syndrome (PMS), and chronic arthritis in women (Rahmani et al., 2011).

For example, expert number 14, psychologist and consultant, argued that "There are some diseases as well as stresses and anxieties that affect sexual justice" (interview 14, psychologist, female).

Unfamiliarity with the sexual role: Erikson believes that one of the important steps of growth is the formation and evolution of the sexual role. This role is one of the most basic identity elements of the human (Erikson, 1950 quoted by Woodhill & Samuel, 2003). Lack of familiarity with this role means lack of recognition of the self and confusion in playing fulfilling roles, especially in matrimonial life.

Expert number 8, psychologist and sexologist, believed that "Our right in sex is related in some part to ourselves and in some part to the other party. We (women) are not aware of the part we ourselves play in these rights" (interview 8, Sexologist, female).

The sexual behavior of humans is not only the result of biological and physiological issues, but it is also the process caused by sexual socialization. Sexual socialization is the development of sexual identity and role, obtaining sexual skill and knowledge, and finally, the formation of the sexual role (Masoumi, Lamimian, Khaljabadi Farahani, & Montzaeri, 2013). Unfamiliarity with this role and lack of socialization makes the understanding of the sexual issue and coordination and adaptation difficult. This will lead to a disorder in the sexual function of couples.

Lack of sexual maturity: Sexual attitude and knowledge are some of the basic psychological components of sexual problems (Bakshizadeh, Samani, Kheir, & Sohrabi, 2018). Zabihi et al. defined the cognitive, emotional, and readiness factors for the sexual act or behavior. The cognitive component includes the beliefs and information of an individual about the related subject. The emotional component is important in terms of sexual attitude and knowledge. Readiness refers to the fact attitudes toward sexuality prepare a person for specific behaviors in dealing with the subject (Zabihi et al., 2011 Quoted by Bakshizadeh et al., 2018).

Expert number 1, sexologist and researcher, stated: "The problem is that they are not aware. This is the problem. People should learn this through formal education which is, unfortunately, non-existent" (interview 1, sexologist, female)/

Shame: The negative mental image of an individual of himself/herself has consequences like dissatisfaction with the body, feeling unattractive, and malfunction

(Ghasemi, 2017). Expert number 18, sociologist and faculty member, stated: "Even when you talk about this issue with women, it is disgusting for them. There is no desire. They look at this issue with shame and embarrassment, as it is a taboo (interview 18, sociologist, female).

Excessive shame and embarrassment are some of the issues that cause trouble in the relationship of couples and this shame is institutionalized with the inductions and treatment of the family from childhood. This is a continuous feeling that women have even after marriage, when middle aged, and even until the end of their life, and they speak about it with shame. In fact, they seldom speak about themselves. In a patriarchal society, defects are not attributed to men. Men are not ready to accept their defects, and thus, refer them to women.

Action-reaction factors

Disagreement of couples: The success or failure of couples in continuing their matrimonial life depends on matrimonial interactions and management of matrimonial conflicts between the couple (Mousavi, 2016). When there is no agreement between the couple, there is no desire for sexual intercourse.

As expert number 14, psychologist and faculty member, said: "The conflicts in families extend to the sexual relationships" (interview 14, psychologist, female).

The agreement of couples is the congruence of the expectations of partner and the behavior of the other partner (Spanier & Lewies, 1980). Experts believe that matrimonial adaptation is the externalization of the husband and wife in each period (Salimi, Mohsenzadeh, & nazari, 2014). If there is not such an adaptation and agreement, conflicts will affect the sexual relationship of couples and this will be the beginning of new problems.

Infidelity in relationships between the couples: Gesler states that one of the reasons for infidelity by married men and women is the re-experiencing personal and sexual intimacy (Habibi Asgarabad & Hajiheidari, 2015). One consequence of not observing sexual justice is lack of sexual satisfaction and interpersonal intimacy in a matrimonial relationship that can be a motivation for infidelity by these individuals.

In this regard, expert number 6 (psychologist, university professor, and consultant) said: "Most infidelities, especially by women, are due to their emotional, mental, and sexual needs not being met in the family. In fact, we marry to satisfy these needs and no one marries for other needs" (interview 6, psychologist, female).

Since satisfying sexual needs is one of the main functions of the marriage, inattention to these needs may push people toward infidelity. Infidelity leads to instability in the relationship and a high rate of divorce (Karami, Zakeie, Mohammadi, & Haghshenas, 2015).

Differences in the perception of sex: The difference between men and women in sexual behavior is determined mostly by their gender roles and the cultural variable affecting it (Khamsei, 2006). Even by psychologists like Freud who pay more attention to the individual and psychological factors, external factors are also emphasized. Even from the point of view of psychologists such as Freud, who are more concerned with individual and psychological factors, the reference to external factors is emphasized and in his view, the factors of sexual arousal include internal and external factors. Excessive thought, excessive attention to a sexual subject, including the internal factors of arousal of sexual desire and spatial-temporal and social conditions and circumstances are among the external factors of sexual desire (Mahdavi & Nasimi, 2009).

Expert number 3, sexologist and researcher, said: "Most often women say that they need the emotional discussion, that someone show affection to them, provides them

with security, it is enough for them to hold their husband's hand. This emotional arousal helps their sexual arousal (interview 3, sexologist, female).

In fact, when the conception of the relationship differs greatly between two people and neither of them understands the other's mentality, the sexual relationship is in an unequal position and power and the unequal relationship will not be voluntary. It is done to open the door and only a physical and formalistic commitment remains. There is no pleasure and desire.

An unequal relationship in power and dignity expands through structural factors. For example, since religious or religious readings speak about the obedience of women, women's demands are considered culturally ugly. According to gender clichés, it is normal for men to demand, but abnormal for women to do so. Therefore, it is expected that unequal relationships be repeated and recreated. Therefore, for the realization of sexual justice, it is necessary to require changes in individual factors, structural factors, and institutional factors.

The consequences of not observing sexual justice

Not observing justice and paying no attention to justice in the matrimonial relationship will undoubtedly have consequences. In this section, we will explain the components obtained in this regard.

Consequence at the micro-level

Negative mental grounds: There is a direct relationship between stress, anxiety, depression, and sexual malfunction dysfunction. Depression is the most important factor in sexual malfunction (Yazdanpanahi, Nikkholgh, & Akbarzadeh, & Pourahmad, 2018). The discomfort and anxiety caused by a lack of suitable and fair sexual relationship lead to other mental problems. The matrimonial relationship is a multidimensional relationship and and disruption of its function can impair other parts of the mind and soul of the person and impair efficiency. In this regard, expert number 18, sociologist and faculty member, stated: "Research shows that women whose sexual needs have been met are happier women, with brighter faces and positive features, but those women whose sexual needs are not satisfied generally show mental disorders and pressures (interview 18, sociologist, female).

Lack of pleasure in the affair: Young, Denny, Young, and Luquis (2000) defined sexual satisfaction as satisfaction with sexual relationships and the ability of an individual for mutual pleasure. Sexual satisfaction is one of the most important human pleasures and makes life bearable. Sexual function has a direct relationship with the sexual satisfaction of people and lack of attention to this need results in sexual dissatisfaction and mental and family problems (Tavakol, Mirmolaie, Momeni Movahed, & Mansouri, 2011).

In this regard, expert number 7, sociologist and faculty member, argued that "Most divorces occur due to lack of sexual satisfaction" (interview 7, sociologist, male).

Another sociologist and faculty member said: "If we consider sexual dissatisfaction as sexual injustice, women are not currently in good conditions in most of families in our country" (interview number 11, sociologist, male).

The quality of a relationship is one of its most important elements and it will easily reduce and change if one of the couples is not satisfaction. Since the sexual response is linear in men and nonlinear in women, this helps the couples to provide the conditions for mutual pleasure.

Aggression and Depression: Sometimes the reason for Seemingly physical illnesses like depression and aggressiveness is hidden sexual problems that are not expressed and treated (Mahdavi & Nasimi, 2009). When men receive no response to their demands, they have a feeling of suppression and aggressiveness; women experience

stress and depression under these circumstances. They feel that they are not charming enough. This suppression causes the couple to express their feelings through other ways, like aggressiveness, as expert number 12, psychologists and consultant, said: "The men satisfied unnaturally become angry and women who are not satisfied also become angry (interview 12, psychologist, male).

This is while expert number 19, who is a sociologist and faculty member, believed that "Its result is the same mentally. The woman is mentally annoyed because she is not liked and the man is hurt because his physical needs are not met as much as he wants, but the result is the same" (interview 19, sociologist, woman).

Lack of observance of sexual justice results in depression and anxiety. Researches have shown that lower matrimonial function in couples is associated with depression, lack of social and interpersonal capability, and matrimonial dissatisfaction (Hamid, Aghajani Afjadi, & Saeidi, 2014).

Lack of security: The lack of safety caused by sexual frustration has serious mental consequences for the family (Talaieizadeh & Bakhtiarpour, 2016). The absence of intimacy between couples, even when it is not visible, can affect their behavioral factors such as jealousy and insecurity (Yoo, 2013).

According to Maslow's hierarchy of needs, mental security is the state in which an individual is sure that the atmosphere is secure and free from any damage and threat (Afolabi, & Balogun, 2017). Mental insecurity and interpersonal trust are conflicting concepts. A reduction in the feeling of security causes a reduction in interpersonal trust. This is while mental security is an important variable in the psychological health of an individual and it has a direct relationship with the practical human life of a human (Taormina & Sun, 2015). Expert number 18, sociologist and faculty member, argued that "The husband and wife should at peace with each other. The thought of the husband coming to her at night should not give the wife tension and anxiety. It should not be so" (interview 18, sociologist, female).

The lack of sexual justice and imbalance of power in the relationship induce a sense of insecurity. In such cases, the person is not able to anticipate the request to which she must respond. If the framework and scope of issues, especially in sexual relationships, are not clear in life, the human will always experience a sense of insecurity. Since men only think about the body, they may desire a sexual relationship at every moment. Cultural affirmations and inadequate understanding of religions sometimes cause men to assume that as a man they have the right to demand sexual intercourse at any time and place or under any conditions. Moreover, women think about their feelings and emotions and their stimulation differs from men. Therefore, they feel insecure under these conditions because they are not sure that they can meet the needs of a man emotionally. The sense of insecurity is a feeling that no one can pretend to.

Developing Stressful relationships: The theories of happiness have suggested that by reducing tension (satisfaction of biological and mental needs), happiness and wellbeing will occur (Darvizeh & Kahki, 2008). Dissatisfaction with matrimonial life and the undesired feeling of tension that people experience in these conditions can extend to other parts of the matrimonial life. Sometimes a couple is not aware of the origin of their problem and confusion in their affairs. Awareness of the needs of the spouse and understanding his/her abilities and inabilities leads to higher matrimonial adaptation (Besharat & Rafizedah, 2016).

Expert number 11, Ph.D. in sociology and a faculty member, believed that "One of the problems of women in marriage is the gap between men and women, that men have unequal sexual impotence, but women are still active. These needs will lead to quarrel,

male dominance over women in the family, or anger" (interview number 11, sociologist, male).

Diner et al. argued that people with high levels of tension in their life evaluate their life occurrences as undesirable and have more experiences of feeling negative emotions like anxiety, depression, and anger (Darvizeh & Kahki, 2008).

Consequences at Meso level

Conflict and matrimonial dissatisfaction after marriage not only have adverse effects on the mental actions of the husband and wife, but also influence the growth and development of their children and adolescents (Rahmani et al., 2011). Children of couples with continuous matrimonial dissatisfaction have more behavioral problems in school, create more problems for society, and violate more norms (Elyasi & Montazeralmahdi, 2016). The dissatisfaction of a couple will influence their behavior toward their families; in other words, dissatisfaction will not remain within the couple, but will extend to other social sites. The range of these dissatisfactions will extend to their work and they will lose concentration on their jobs.

Expert number 14 who works in the field of psychology and is a consultant, said: "The couples do not have sufficient sexual information and this causes many problems for them in the family. Many problems! They extend this into their daily life. They react even to their children. This has an effect on all aspects of their life (expert 14, psychologist, female).

Therefore, an issue that is personal and related to the couple can impose widespread damages to their family members and acquaintances in case of incorrect operation.

Consequences at the macro level

Randall Collins believes that when the tools and power are in the hands of one sex, he/she can use this power for domination of the sexual relationship and generate an unequal sexual system (Ritzer, 2016). The theories about sexual inequalities indicate that sexual inequality is caused by structural factors that can be economic, political, normative, or all of them. These factors are effective on the production and reproduction of inequality (Zanjanizadeh, 2007). Expert number 5, sociologist and faculty member, believed that "The social position of women is a more inferior position than men. And when we speak about the social position, we mean all its dimensions, even in the family, education contexts, law, and rights. These are all representations of the inequality that I referred to. This illustrates the inferiority of women to men, the inferiority of women's social position to men...well. It is normal that the situation may repeat itself, and as a result, changing the law and regulations will become more difficult" (interview 5, sociologist, male).

Thus, this cycle is frequently repeated and we observe the fixation of the structures. As if there is no way out. This is while we are observing the increasing agency of women in sexual relationships and, contrary to popular and social and cultural constructs, women no longer want to be seen passively in a relationship. For them, passivity is different from the manner of sexual relationships used by men. Paying attention to the expansion of women's agency along with the point that there is a negative correlation between the sexual dissatisfaction of women and couples' adaptation (Mehrabizadeh Honarmand et al., 2013), increases the importance of sexual justice compared to the past.

Conclusion

Divorces that occur due to sexual problems and the conflicts caused by them make the necessity of research about the realization of sexual justice clear. The obstacles of

and approaches to sexual justice were considered in this study. Sexual justice is the creation of conditions in which the husband and wife are aware of the requirements of having sexual relationships, they are satisfied with their own sexual function and that of their partner, and they are in a balanced position. In these conditions, women's right to having sexual needs is recognized, and satisfying their needs become a priority. It is noteworthy that the term "justice" here means balanced relationships not necessarily equal relationships. The physical and mental conditions of men show that we cannot create equality in the sexual relationships between men and women. The researcher sought to study the consequences of not observing sexual justice and the obstacles to its realization in matrimonial relationships. The concepts presented here by experts showed what measures should be taken to realize sexual justice and where the start and end points are.

There were some limitations in performing this research. Since talking about sex in our culture is a kind of taboo, talking professionally with professors, especially male professors, was difficult and a kind of violation of privacy. Thus, not all professors were willing to talk about this issue.

The results showed that despite the initial perception of the sexual relationship that reduces to an individual level due to its instinctive nature, the realization of social justice and satisfying sexual relationships, even in the case of mutual love and lack of any problems in this regard, can be problematic while these relationships occur in an undetermined and imbalanced structure. In other words, sexual justice cannot be reduced to the individual level. Instead, the realization of sexual justice needs changes in structures, cultural images, and social relationships. Thus, this research showed that sexuality forms in the context of the society and to resolve the problems caused by it and to reduce matrimonial problems, it is not enough to consider only individuals and ignore the social context. Macro-structures and inter-institutions are as involved as individuals..

The interviews with the experts indicated that sexual justice cannot be reduced to the individual level. Factors such as law, religion, gender clichés, social relationships, and even social policy-making are important and impact this issue. This was in line with the research by Froutan and Akhvan Taghavi (2011); but was not in accordance with the research by Movahed and Azizi (2011) who considered sexual satisfaction to be focused on personal relationship. Farnaz et al. (2014) also proved that women's silence in times of dissatisfaction with sexual relations is due to social coercion.

This finding is contrary to the current conventional understanding. The conventional understanding sees sexual justice in the sexual instinct and related to the individual, while this study proved that sexual justice should be considered in the political, cultural, social, and economic contexts. The reduction of the concept of sexual justice to the individual level means the acceptance of the conventional understanding and its production and reproduction, and approval of the study of sexual justice with a reductionist point of view. The result of this reduction is the production and reproduction of an unequal relationship.

Creating a purposeful education network to adopt an educational and training strategy and transfer it to people according to their age in order to educate adults and make them aware of their sexual status and that of the opposite sex, and train them to face their own sexual needs and that of their partner is essential.

It is also suggested that the relevant organizations make the necessary efforts to change the wrong customs and inappropriate religious and cultural readings of how

to meet the sexual needs of men and women.

Conflict of Interests

Authors have no conflict of interests.

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