



Investigating the relationship between sexual attitude and knowledge with temperament (Mizaj) and physical activity level of young married subjects living in Mashhad

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Abstract:

Background and Purpose: Sexual attitude and knowledge, as important factors in marital relations, are subject to several factors. One of these factors is the lifestyle, which is dependent on temperament (Mizaj), and temperament itself is subject to mental and emotional states. In addition, physical activity can affect lifestyle habits. The purpose of this research is to investigate the relationship between sexual attitude and knowledge, and temperament and physical activity level.

Materials and Methods: This research used a descriptive-comparative method that examined the relationship between sexual attitude and knowledge and type temperament (warm, cold, wet, and dry) and the level of physical activity in married young non-athletes. The sample size was 285 individuals, which were divided into two groups: warm/cold and wet/dry. Temperament classification of the subjects was performed through a temperament diagnosis questionnaire. The sexual attitude and knowledge of participants was evaluated via the SKAS questionnaire, and the level of physical activity was assessed via the Beck questionnaire. Considering the normality of the data distribution, the correlation of the variables was investigated by the Pearson test.

Results: Based on the obtained results, there was a significant positive correlation between warmth and coldness of temperament and sexual attitude ($p=0.0001$) and sexual knowledge ($p=0.00001$), as well as dryness and wetness of temperament and sexual attitude ($p=0.0001$). Moreover, the level of physical activity and sexual attitude ($p=0.005$) were significantly related, while no significant correlation was observed between sexual knowledge and wetness/dryness of temperament ($p<0.05$). Also, no significant correlation ($p>0.05$) was observed between the level of physical activity and sexual knowledge.

Conclusion: Temperament and level of physical activity can be effective factors in increasing attitude and knowledge of sex. Accordingly, higher temperament scores in terms of warmth and dryness and the amount of physical activity of a person, will help to enhance sexual attitude and knowledge.

Keywords: Temperament, Individuality, Persian Medicine

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