



Predicting cheating among married individuals based on sexual satisfaction and personality traits: A review

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Open Access Research Journal of Biology and Pharmacy, 2024, 10(01), 023–025

Publication history: Received on 19 September 2023; revised on 28 January 2024; accepted on 31 January 2024

Article DOI: <https://doi.org/10.53022/oarjbp.2024.10.1.0035>

Abstract

This article discusses the prediction of cheating among married individuals based on two significant factors: sexual satisfaction and personality traits. Sexual satisfaction is an essential component of a healthy and fulfilling relationship, and individuals who experience a lack of fulfillment in their sexual lives may seek satisfaction outside their marriage. Personality traits play a crucial role in determining an individual's propensity for cheating, with several traits commonly associated with a higher likelihood of engaging in infidelity, including low levels of conscientiousness, high levels of impulsivity, narcissism, and a desire for novelty and excitement. While sexual satisfaction and personality traits each contribute to the prediction of cheating, their interaction can further enhance our understanding. Developing reliable predictive models for cheating based on sexual satisfaction and personality traits is a complex task, with researchers using various methods to discern patterns and make accurate predictions. Data analysis techniques, such as logistic regression and machine learning algorithms, have been applied to collected data on married individuals and their tendencies to cheat, achieving moderate success in predictive accuracy. However, it is essential to acknowledge the limitations of these predictions, such as individual circumstances, relationship dynamics, and other external variables that are not accounted for in these models. Privacy concerns and ethical considerations surrounding the monitoring of individuals' personal lives must also be taken into account. These predictive models should be used with caution and in conjunction with comprehensive counseling and support systems to maintain the integrity of relationships.

Keywords: Infidelity; Marriage; Sexual satisfaction

1. Introduction

Infidelity is a common issue in relationships, causing significant distress and damage to trust. Understanding the factors that contribute to cheating can help identify individuals who may be more prone to engage in such behavior (1). This article explores the prediction of cheating among married individuals based on two significant factors: sexual satisfaction and personality traits.

2. Discussion

2.1. Sexual Satisfaction and Cheating

Sexual satisfaction is an essential component of a healthy and fulfilling relationship. When individuals experience a lack of fulfillment in their sexual lives, they may seek satisfaction outside their marriage (2). Numerous studies have shown a strong link between sexual dissatisfaction and infidelity. Couples with low sexual satisfaction levels are more likely to experience marital dissatisfaction, leading to a higher risk of cheating (3). Furthermore, individuals who feel unfulfilled sexually may be more susceptible to temptation and may seek validation and excitement elsewhere.

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2.2. Personality Traits and Cheating

Personality traits play a crucial role in determining an individual's propensity for cheating. Several traits are commonly associated with a higher likelihood of engaging in infidelity (4). These traits include low levels of conscientiousness, high levels of impulsivity, narcissism, and a desire for novelty and excitement. Individuals with low conscientiousness may have a lower regard for commitment, while those high in impulsivity might be more inclined to act on their immediate desires without considering the consequences (5). Narcissistic individuals might seek attention and validation from multiple partners. Moreover, individuals who crave novelty and excitement may be more prone to seek new experiences, even at the cost of their committed relationships.

2.3. The Interaction of Sexual Satisfaction and Personality Traits

While sexual satisfaction and personality traits each contribute to the prediction of cheating, their interaction can further enhance our understanding. For example, individuals with high levels of impulsivity and low sexual satisfaction may be more prone to seek immediate gratification outside their marriage, seeking excitement and novelty in new encounters (6). On the other hand, individuals high in narcissism who are sexually satisfied may still seek validation from multiple partners, regardless of their sexual fulfillment within their marriage. Understanding these interactions can provide a more comprehensive prediction of infidelity (7).

2.4. Predictive Models

Developing reliable predictive models for cheating based on sexual satisfaction and personality traits is a complex task. Researchers have used various methods to discern patterns and make accurate predictions (8). Data analysis techniques, such as logistic regression and machine learning algorithms, have been applied to collected data on married individuals and their tendencies to cheat. By training these models on relevant variables, such as sexual satisfaction levels, personality trait assessments, and historical data on infidelity, researchers have achieved moderate success in predictive accuracy.

2.5. Limitations and Ethical Considerations

While the prediction of cheating based on sexual satisfaction and personality traits is an intriguing area of study, it is essential to acknowledge the limitations of these predictions. Factors such as individual circumstances, relationship dynamics, and other external variables are not accounted for in these models. Moreover, privacy concerns and ethical considerations surrounding the monitoring of individuals' personal lives must be taken into account. These predictive models should be used with caution and in conjunction with comprehensive counseling and support systems.

3. Conclusion

Predicting cheating among married individuals based on sexual satisfaction and personality traits offers valuable insights into understanding the likelihood of infidelity. While sexual satisfaction plays a significant role in predicting cheating, personality traits provide additional context and enhance the accuracy of predictions. Leveraging these factors through predictive models can aid in identifying individuals at higher risk and implementing proactive strategies to prevent infidelity. However, it is crucial to recognize the limitations and ethical considerations associated with these predictions, and they should be used in conjunction with supportive interventions to maintain the integrity of relationships.

Compliance with ethical standards

Disclosure of conflict of interest

No conflict of interest to be disclosed.

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