



## SELF-ESTEEM, INTIMACY AND EGO STRENGTH OF MALE COLLEGE STUDENTS WITH MULTIPLE SEX PARTNERS IN UNIVERSITY BELT-MANILA

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**ABSTRACT:** *Multiple sex partners means having more than one person that you engage in sexual activity with. There are many risks associated with having multiple sexual partners, such as an increased risk of pregnancy and transmitting a sexual disease. However, some people believe that it's natural to have multiple sex partners and that it can keep your sex life exciting if you're not just having sex with one person. It is your personal choice to have sex with multiple people, however you need to be careful particularly as it carries multiple risks. The study is about self-esteem, Intimacy, and Ego Strength of Male College Students in University Belt- Manila who Engage in Multiple Sex Partnership. The statement of the problem includes the 1. Personal profile of male college students engaged in Multiple Sex Partnership in terms of age; 2. The level of self-esteem of these Male College Students; 3. The level of intimacy of these Male College Students to their sexual partners; 4. The level of ego strength of these Male College Students engaged in multiple sex partnership and the; 5. Relationship of the Self- esteem, Intimacy, and Ego Strength of Male College Students who engages in Multiple Sex Partnership. The study was based from the Social Exchange Theory by the Sociologist George Homann. The data gathered by the researchers have been computed quantitatively and in order to identify the general picture of the study, the correlation design under the descriptive research has been used to distinguish the result. The statistical techniques and tools that are used in the study are Frequencies and Percentage to determine the level of Self-Esteem, Intimacy and Ego Strength which are the items number 2, 3, and 4 of the statement of the problem. The researchers used the Pearson R correlation analysis in order to answer the fifth statement of the problem. After the data has been gathered, the researcher concludes that the male college students in University belt- Manila that are engaged in multiple sex partnership have an average level of self-esteem, significantly below average level of intimacy and average level of ego strength. After undergoing to the statistical treatment, the researcher concludes that there is a significant relationship between the self-esteem, intimacy, and ego strength of male college students engaged in multiple sex partnership. After the results has been gathered the researcher recommends that for the families to encourage their children to be more involve in open communications, and to help them in solving adversities, future researchers may conduct a further study of other factors that can improve the correlation of the variables, and for the future researchers to have more respondents for the in depth interview.*

**KEYWORDS:** Self-Esteem, Intimacy, Ego, Male College Students, Sex Partner, University Belt-Manila



## INTRODUCTION

### Background of the Study

Multiple sex partners mean having more than one person that you engage in sexual activity with. There are many risks associated with having multiple sexual partners, such as an increased risk of pregnancy and transmitting a sexual disease. However, some people believe that it's natural to have multiple sex partners and that it can keep your sex life exciting if you're not just having sex with one person. It is your personal choice to have sex with multiple people, however you need to be careful particularly as it carries multiple risks.

Sex is a learned skill and the human sexual experience is vast; no matter how smart, creative, imaginative, and explanatory people are, there are folks doing things we'd enjoy but would never think of our own.

Multiple sex partnership is considered as a sexual risk taking which means that it is a pattern of sexual behavior that put individuals and their sexual partner at greater risk of sexually transmitted disease.

In 2014, a study published in Social Psychological and Personality Science found that after having a casual sex with multiple partners, socio sexually unrestricted students, those who were generally interested in and eager to have sex, typically reported improvements in psychological wellbeing afterward.

Another 2014 study published in the Journal of Sex Research looked at single, heterosexual college students aged 18 to 25. The research found that a greater proportion of men (18.6%) than women (7.4%) said they'd had casual sex in the past month.

Meston and Buss (2013) stated that men and women may differ in how they experience such relationships in so much as they vary in the reasons of having sex: women tend more often to engage emotionally in sexual relationships than men.

The subjects are more known with the layman's term as "fuckboys" as they are one of the trending topics in the Philippines nowadays. Typically, these men are known to present themselves as romantically as ever to their partners and would enjoy certain benefits, such as sexual intercourse, with them however they tend to keep an emotional distance to their partner. This would mean that they would not commit themselves into a serious relationship nor would tie themselves down with only one partner. Because of this, these types of men are being called to represent one of the worst trends not just here in the Philippines but also in the world since this is also a triggering issue in other countries.

According from an article posted by the American Psychological Association in 2013 regarding the emergent hook-up culture, the most recent data suggest that between 60 percent and 80 percent of North American college male students have had some sort of hook-up experience or being engaged in multiple sex partnership with more than one sexual partner annually. Although much of the current research has been done on college campuses, among younger adolescents, 70 percent of sexually active 12- to 21-year-olds reported having had uncommitted sex.

While in the Youth Adult Fertility and Sexuality Study conducted by De La Salle University in March 2016, it is shown that 1 in 3 Filipino youth aged 15 to 24 has engaged in premarital



sex. The result shows that the youth of today are now patronizing the hook-up culture; casual sexual activities and friends-with-benefits arrangements seem to be on the rise, with the youth having regular sex with friends they're not in a romantic relationship with.

Locally, Makati City is tagged as the most engaged in multiple sex partnership city in Asia with 77% men saying they have more than five sexual partners annually from a survey conducted by a dating website called SeekingArrangement.com which has been reported from the Philippine Daily Inquirer. The survey also showed that an average of 76% of men throughout Asia have four or more sexual partners a year.

This study focuses on three different variables – self-esteem, intimacy, and ego strength, with that is being used by these men in dealing with themselves and to others specifically their sexual partners.

### **Statement of the Problem**

This study aimed at determining the Self-esteem, Intimacy, and Ego Strength of Male College Students in University Belt-Manila who engage in Multiple Sex Partnership.

Specifically, it sought answers to the following sub-questions:

1. What is the profile of male college students engaged in multiple sex partnership in terms of:
  - 1.1 Age
2. What is the level of self-esteem of the male college students?
3. What is the level of intimacy of the male college students to their sexual partners?
4. What is the level of ego strength of the male college students engaged in multiple sex partnership?
5. Is there a significant relationship between the self-esteem, intimacy, and ego strength of male college students who engages in multiple sexual partnership?

### **Hypothesis**

The hypothesis was tested at 0.05 level of significance.

**Ho:** There is no significant relationship between the self-esteem, intimacy, and ego-strength of male college students engaged in multiple sex partnership.

### **Significance of the Study**

This study is about the self-esteem, intimacy, and ego strength of male college students in University Belt-Manila engaged in multiple sex partnership and is beneficial to the following people:

**Male College Students Engaged in Multiple Sex Partnership.** Through this study, they will have another way to understand themselves better. This study will also make them feel that they are being understood with the type of lifestyle that they have chosen and will also give them chances to reflect on how to deal with it.

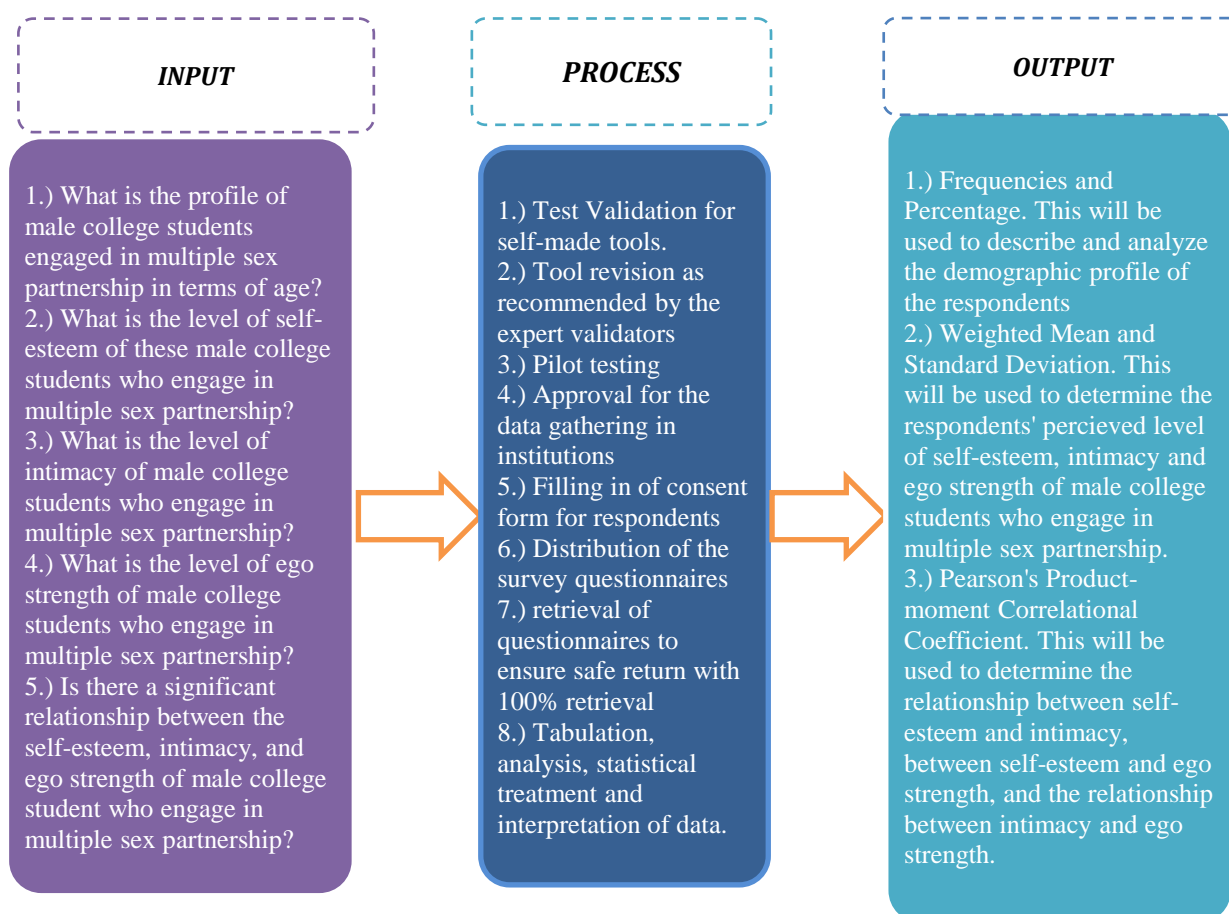
**The Sexual Partners.** Especially with those who got emotionally attached with these types of men given that they themselves have participated in this kind of partnership. This study will give them a better understanding of what type of men they are getting emotionally attached into. This study will also give them a hindsight of the guys they are dating in the future.

**Students.** Through this study, they will have knowledge on how do these male college students that are engaged in multiple sex partnership deal interpersonally and intra-personally by the lifestyle that they are into; they will evaluate if a specific kind of factor has an effect towards their overall behavior.

**Psychologists and Counselors.** They could use the result of this study as a measure to further improve their services not only to the students but also with their future clients.

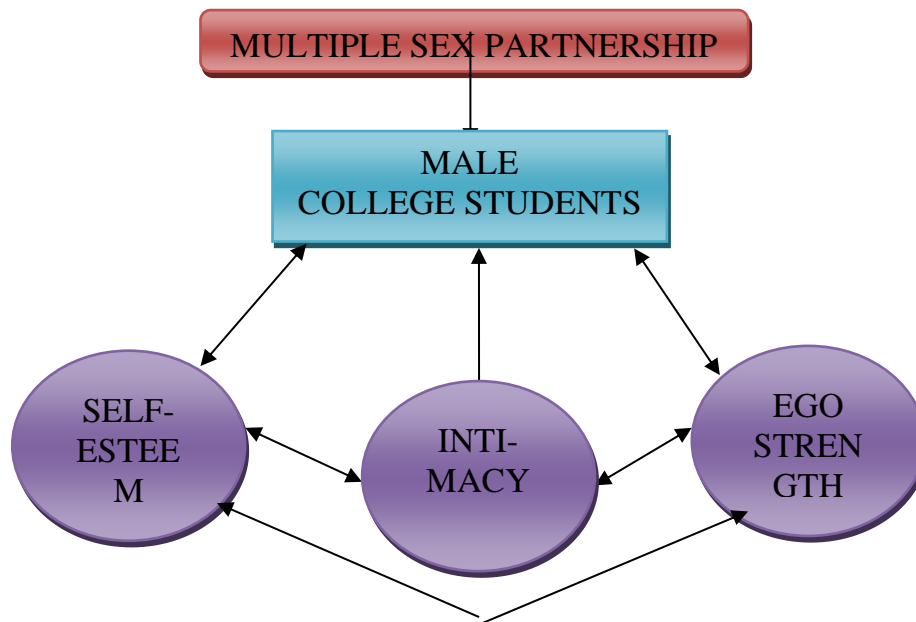
**Future Researchers.** They will be able to use this study as a helpful tool to understand these male college students that are engaged in multiple sex partnership better and that they can use it to their future clients. It will also help them as references for their future studies.

### Research Paradigm



**Figure 1: The figures above represent the process of how the study was systematically made. It demonstrates the flow of the research specifically the Statement of the Problem, Methodology or the Data Gathering Procedure, and the Statistical treatment.**

## Conceptual Framework



**Figure 2:** The figures above represent the relationship between the variables the researchers have for the study. It explains that the involvement of male college students to multiple sex partnership affects their level of self-esteem, intimacy, and ego strength.

The figure explains that the engagement of male college students to multiple sex partnership has an effect to their self-esteem and ego strength. The concept is that, the more sexual partners these male college students are engaged into then the higher their self-esteem, intimacy and ego strength is.

## Theoretical Framework

The theory that was used for this study is the Social Exchange theory. Sociologist George Homans published a work "Social Behavior as Exchange". He defined social exchange as the exchange of activity, tangible or intangible, and more or less rewarding or costly, between at least two persons. George Homans was an American Sociologist, founder of behavioral sociology. Homans is best known for his research in social behavior and his works including The Human Group, Social Behavior: Its Elementary Forms, his Exchange Theory and the many different propositions he enforced to better explain social behavior. People who are engaged in interaction are rationally seeking to maximize profits. Thus, Social Exchange theory is subjective and introspective. The theory explains the following:

- 1) People have access to information about social, economic, and psychological aspects of interaction that allows them to consider alternative, more profitable situations relative to their present condition;
- 2) People are rational and calculate the best possible means to compete in rewarding situations;



- 3) The same is true of punishment avoidance situations. Social Exchange theory is organismic mechanistic to the extent that the individual is not in control of the expectations for his/her behavior. Individual reactions are narrowly defined as acceptable.

According from Das, Esmail, and Eargle (2012 said that Social Exchange Theory tells us that sex is a resource for women when men want it, and thus men's having multiple partners for sex is a mere social exchange (Baumeister and Tice 2001). This perspective does not clearly convey, however, why the demand side of the exchange system has put some men in a more advantageous position than others; that is, to explore more sexual partners from the pool of women in society.

The researchers adapted the Social Exchange theory as the one to explain the framework of the study since multiple sex partnership involves an interaction from at least two individuals wherein the subject's level of self-esteem, intimacy and ego strength will be affected. The interaction between the male college students that are engaged in multiple sex partnership and their sexual partners is an important factor to consider in determining the psychological effects of such multiple sex partnership.

### **Scope and Delimitations**

The study is about the self-esteem, intimacy and ego strength of male college students in University Belt-Manila who are engaged with multiple sex partnership. The researchers have conducted the interview in different schools within University Belt-Manila wherein the researchers found a respondent. The study has been conducted within the school corridors, hallways, and student activity areas in order to accustom the respondents to the atmosphere making them feel at ease by not removing them from the comfort of their respective schools so that they would have the chance to collect their thoughts and emotions with the questions properly.

100 respondents have been chosen for this study with approval to have the questionnaire be answered by them to determine the self-esteem, intimacy, and ego strength regarding about their activities with being engaged in multiple sex partnership and this will be the focus of the study.

In this research, there are many factors that the researchers anticipated to affect the study itself. Therefore, there are limitations that have been set. First, how to qualify a male college student that he is indeed associated in multiple sex partnership activity or engaged in multiple sex partnership. For this, the researchers have prepared a self-made test that measured the self-esteem, intimacy and ego strength of a person and the test has been validated by 3 licensed Psychometricians. The test has only been conducted to those college male students who have admitted that they are engaged in such activity because in that way, they haven't been worried or uncomfortable in answering honestly since they have admitted about it beforehand. The purpose of this is to ensure that they are indeed engaged to multiple sex partnership. Second, is that the respondents did not have to share or give specific details on the sexual activities that they have been doing with their partners. This meant that they weren't asked to describe the sexual activity/ies that he and their partners are doing nor even tell how frequent the sexual activities were. Third, is that the study only focused on male-to-female sexual relationship meaning that the researchers will not consider male college





students who are engaged with multiple sex partnership of the same sex or gender. Fourth, is that the researchers only considered male college students who are actively engaged with multiple sex partnership which means that they haven't considered those who have already stopped this kind of activity which is being engaged in multiple sex partnership or have only done it once or twice so far and have never considered doing it again. Lastly, the researchers only relied on the information that the respondents have said to them.

### **Definition of Terms**

The study is about the self-esteem, intimacy, and ego strength of male college students in University Belt-Manila engaged in multiple sex partnership. Throughout this study there are terms that had been used and they are operationally defined, some of which are the following:

**Self-Esteem.** This refers to how people see the value or respect for themselves. It's the judgment of people to their own selves and to know their worth to the community. It is often seen as a personality trait, which means that it tends to be stable and enduring. It can also involve a variety of beliefs about the self, such as the appraisal of one's own appearance, beliefs, emotions, and behaviors (Manibo 2015).

**Intimacy.** It is a feeling of closeness that develops from personal disclosures between people (Reis and Shaver 1988).

**Ego Strength.** This refers the extent of effectiveness with which our ego works in regulating the impulses and adjusting to the environment. It seeks balance while delaying the gratification of needs (Singh and Anandh, 2015).

**Multiple Sex Partnership.** It is defined concurrent sexual partnerships as overlapping sexual partnerships in which sexual intercourse with one partner occurs between two acts of intercourse with another partner.

### **REVIEW OF RELATED LITERATURE**

This part of the research aims to cite researches, articles, journals that is commonly related and can be part of the foundation of the topic. This is to give strong impact to the readers that the research that will be conducted is somewhat has big effect to everyone's life.

#### **Multiple Sex Partnership**

According to Owamuanam and Bankole (2013), adolescents can be said to be being one with whom who engage in multiple sex partnership when they have two or more sex partners at the same time, and have sexual intercourse with all of them. This is related to the trending behavior that is being noticed by millenials as of now which is the emergence of so-called 'fuckboys' or male who sexually engages themselves to two or more partners at the same time. Though this kind sexual behavior, wherein males tend to have sexual hook-ups with different partners from time to time, has been existing for a long time already hence it is only now that it has been given much attention. This could because of the frequent emergence or rise of number of these male who are engaged in such activity and also because the use of social media platforms to broadcast them making it more easy to let other people be aware of



their activity especially now that people who use social media tend to buzz around trending topic that is being shared by fellow netizens more than that of topics shared by of authority.

In line with that, Fishel, Ortiz and Barrere (2012) also defined concurrent sexual partnerships as overlapping sexual partnerships in which sexual intercourse with one partner occurs between two acts of intercourse with another partner. With this definition, it is important that the respondents that will be chosen for this study should be actively engaged in two or more sexual partners wherein one of those partners had a sexual contact with them for more than once. Also, it was also discussed that those who are involved in multiple sex partnership are not prepared for any emotions brought with having multiple sex partners. This shall be a great significant in determining their intimacy level especially if that sexual partner has no idea that she is not the only partner that the man is engaging to and most especially if that sexual partner has gotten emotionally attached to the respondent.

Moreover, Wessi (1996) said that the words 'womanizer', 'wencher', 'playboy', 'wolf', 'Philanderer', 'stud', 'skirt chaser', 'tomcat' and others refer to a man who (depending on the individual's sexual orientation) has love affairs with women or men he either cannot or will not marry or commit himself to the love affairs. The acts are sexually motivated with slight European emotional connection and attachment and these men always fantasize of having sex with someone apart from their partners. They become eponyms for men who engaged in multiple sex partnership. (Owamuanam and Bankole2013). This statement would support the idea that 'fuckboys' has been already existing but with different term and also with different cultural acceptance or tolerance. There are a lot of different point-of-views or opinion of the society, especially from millenials, about them. These types of men have been already subjected to different criticism and the term 'fuckboy' has also already been a mean of degrading them. This has pushed the researchers to study the reasons of these college male student why they cannot emotionally attach themselves to their sexual partners even if they could still enjoy the same benefits to their romantic partner if ever, they tie themselves to only one. The research would also circle around the concept of what the pleasure does these men are getting from sexual being engaged in multiple sex partnership or in other terms, their driving force for them to engage in such act.

In addition to that, Rakesh (1992) has explained that what behaviour that being engaged in multiple sex partnership varies much among different cultures. In some cultural contexts, a woman who copulates with a man or men other than her husband is considered engaging in multiple sex partnership, while in another culture a married or unmarried man's extra and pre-marital sexual behaviour may not be considered engaging in multiple sex partnership. However, most cultures tolerate or are okay with men to have more than one sexual partner (Owamuanam and Bankole2013). Though in this study, the researchers have established a concrete explanation or concept of being engaged in multiple sex partnership that will guide them through their study. This will be that being engaging in multiple sex partnership relates to sexual contact wherein both sexual partners did not concede any type of relationship nor emotional attachment aside from the idea that they will only commit sexual act and nothing more.

In relation with the negative opinion of the majority to these types of men, Owamuanam and Bankole (2013) discussed that engaging in multiple sex partnership is a major problem to the individual, his or her partner and to the society. They also said that engaging in multiple sex partnership is a clear sign of infidelity; it does not involve expression of love for which sex is





designed and added that it puts the adolescent and his partners at serious risk of sexually transmitted diseases including HIV/AIDS. In this statement, it would highlight how these men are coping up to the type of lifestyle that they have chosen even though it is seen as negative. These men only join to short-lived relationships that make them more likely to engage in multiple sex partners. In this study, it will also discuss how these men perceive themselves as affected to their sexual activity.

Moreover, Simpson & Gangestad, (1991) explained that when casual sex was explicitly defined, it was operationalized in a variety of ways. They pinpointed that some researchers focused on the "one-night stand," wherein sexual intercourse occurred on one and only one occasion and sometimes the prior or later relationship between the two individuals was irrelevant (Paul, McManus, and Hayes, 2012). Casual sex seems to be of a lesser commitment and emotional responsibility than that of being in a serious relationship and those that are involved do not mind having multiple partners as long as their sexual desires are gratified. In the study, the respondents that are used will be men that are only interested in casual sex meaning that these males are not emotionally attached to their sexual partners.

In another point, Bogle (2008) explained that over the past 60 years, the prioritization of traditional forms of courting and pursuing romantic relationships has shifted to more casual "hookups" and also, it has been subjected that men are always preoccupied with sexual thoughts which are the reason why they tend to choose to being engaged in multiple sex partnership (Garcia, Massey, and Merriwether, 2013). But if there is already a cultural shift that is going on, then why is there a big backlash on the idea of a fuckboy? This is where the researchers have also somehow focused unto, those sexual partners who got emotionally attached to these men who engaged in multiple sex partnership. They are already sure that having multiple sex partners is already a part of their personality. They are the main people behind the rampant trend of 'fuckboys' in the social media. It is through their first hand experiences that puts the limelight to these men to hate or any negative view. And also the reason why multiple sex partnership can still be a triggering issue to discuss, or even just to merely acknowledge, is that the Philippine culture will be difficult to bend with especially those which are bounded by the rule of faith wherein one of them is purity or sexual abstinence until marriage in both sexes that should be observed.

Moreover, Hutson (2012) stated that there are few possible explanations for why men engage in sex than women do. One is that male typically initiates sex, so they need to sublimate their fears to a greater extent. He added that another is that women's more intimate involvement in reproduction, from menstruation to pregnancy to lactation, makes them particularly strong reminders of humanity's biological basis, so their bodies require greater cultural confinement. Apart from the sexual desire, men engage to sex because they get psychological gains from it. This could lead to the possibility why these male college students are engaged into such sexual activity however, there are still validations that is needed to be done in this research. However, Hutson (2012) also stated that the age of the participants who join different sexual activity get younger and younger. Yet, it is somehow true that they are the one who initiates sex but it is in indirect form. Usually, these boys will use social media to befriend prospected sexual partners in a way that they will appear as a potential suitor to these women. This is where the misleading begins to the part of the women. She may expect that she is getting romantically involved to these men but in reality, they are only considered as a sexual partner.



To give details why men who engage in multiple sex partnership or being engaged in multiple sex partnership is more prevalent in campuses, Strauss (2012) stated that schools support sexism, resulting in belief systems reflected in adages such as “boys will be boys” or “it is emerging adolescent sexuality” thus, men always try to have sex no matter what the situation is as these men also consider to engaging into it as an escape from the problems they face in their life.

### **Self-Esteem**

According to DeLamater & Myers, (2012) self-esteem is somehow based on our sense of efficacy---of competence and power to control events or how they feel about themselves is more important than their partners. It is important that an individual fully knows its strengths and weaknesses in order to fulfil satisfaction over a particular thing or situation. There are three sources of self-esteem and first on the list is performance feedback. It is the evaluation about the quality of our performances---our successes and failures---influences our self-esteem. In this study the researchers look upon the positive contribution of multiple sex partnership in college men in terms of self-esteem or self-worth. People who hold low-power positions have fewer opportunities to develop efficacy-based self-esteem because such positions limit their freedom of action. Even so, people seek ways to convert almost any kind of activity into a task against which to test their efficacy and prove their competence. In this way, they obtain performance feedback useful for building self-esteem therefore we may conclude that this source is either beneficial or destructive to the individual. People seek sex partners in an effort to “self-medicate;” in other words to reduce the emotional pain they are experiencing, by seeking sexual connections with others, even if fleeting. It is an accomplishment that few could achieve. They tend to like it when their sexual partners are emotionally attached to them. But they don’t like being in a situation wherein they’re being obliged to have emotional attachment with their sexual partner. This also implies that their active involvement to this type of arrangement adds up to their pride or sense of fulfilment given that men are expected to be dominant rather than girls. Our view of self is modified by the feedback we receive from others. This feedback is not an objective reality that we can grasp directly. Rather, we must interpret others’ responses in order to figure out how we appear to them though in the case of these men inside casual hook-ups, they don’t mind being branded as “fuckboy”, “womanizer” or any other negative terms that may seem too harsh to be associated with a person because they have this strong and stable view of themselves and it is also perceived that their self-esteem is indeed high.

Also, DeLamater & Myers, (2012) would like to add that people low in self-esteem tend to be socially anxious and ineffective. They view interpersonal relationship as threatening, feel less positive towards others, and are easily hurt by criticisms. Those who aren’t involved in a no-strings-attached partnership seem to possess a low self-esteem because they are the ones mostly neglected by the society or is unable to communicate well with others, withdraws from socializing with the people surrounding them or they weren’t even given the opportunity at all to be noticed because of their insecurity which is a strong manifestation of low self-worth or self-esteem. The changing images of self we acquire throughout our lives depend on the social relationships we develop and even these experiences that happen to us have a big impact to the self that we try to build or construct because whatever happens to us will always leave either an ugly scar or beautiful memory that would affect our identity. Same thing goes with the relationships that we had and will have because their personality and other life experiences may also influence us.



According to Burger, (2015) Looking at self-esteem in terms of contingencies of self-worth helps us understand why people with limitations and deficiencies can still feel good about who they are but where do contingencies of self-worth come from? That is, why does one person base her self-esteem on things such as competence and some on God's love. For starters, people tend to select contingency areas in which they typically excel. The man whose contingencies of self-worth includes his appearance will enjoy high self-esteem as long as he receives good feedback that he is good looking and desirable. Using contingencies of self-worth to determine self-esteem has advantages and disadvantages. We don't have to be competent at everything---or even very many things---to feel good about who we are. Thinking of self-esteem in terms of contingencies leaves us at the mercy of other people and unmanageable forces. It boosts their confidence when being involved in multiple sex partnership. We can't always control whether we will be accepted by others, retain good looks, or succeed in competition. Some of these male college students are afraid of being emotionally attached to their sexual partners. Perhaps this is the perception of those men who engage in multiple sex partnership. It boosts they're self-worth when engaging in multiple sex partnership. They need not to change themselves even if the society claims that they are the bad guys and the ones who takes everything for granted because no matter what they do there will always be feedbacks---good and bad noted that they somehow benefit on them. Moreover, self-esteem is the value people put on themselves or relatively stable feelings of overall self-worth according to Cone, (2016). After having a casual hook up with different partners (although not at the same time), there is always that one person who benefits and the other one suffers. Since the study's subject is college male, they are the ones who are seen to be these beneficiaries as long as self-esteem is concerned. It adds up to how they value their selves, and how they perceive themselves and gives them something to be proud of. This is because of the positive feedbacks that they receive from the people they had sex with or from those who aspire to have the same partnership as they do especially nowadays that casual hook-ups are being a trend not only in other countries but also here in the Philippines. In this way, multiple sex partnership provides a person respect for himself, their self-esteem is boosted and they tend to continue doing this because they feel proud of themselves when engage in multiple sex partnership and it gives them something relevant in terms of building their stable sense of self learning that they are doing good in this particular engagement though it is not actually the right way to gain but it is actually helpful for them.

According to McKay & Fanning, (2012) Self-esteem is essential for psychological survival. It is an emotional *sine qua non*---without some measure of self-worth, life can be enormously painful, with many basic needs going unmet. Sex is one of the basic needs of a human being. Therefore, engaging in multiple sex partnership may be considered as an instrument to a better view of self. It establishes self-esteem which is highly important because this is a feeling of satisfaction that someone has in himself or herself and his or her own abilities and later on it helps in decision making, coping mechanisms, attachment styles and etc. We are human beings therefore we have this thing called awareness of self: the ability to form an identity and then attach a value to it. Casual hook-up is a choice and is a form of decision making. Such sexual activity is often culturally encouraged and admired. What makes a man engage in multiple sex partnership? This is what the study will discuss later on. The author would also like to add that we have the capacity to define who you are and then decide if you like that identity or not. The problem of self-esteem is this human capacity for judgment. It's one thing to dislike certain colors, noises, shapes, or sensations. But when you reject parts of yourself, you greatly damage the psychological structures that literally keep you alive.



Judging and rejecting yourself causes enormous pain. And in the same way that you would favor and protect a physical wound, you find yourself avoiding anything that might aggravate the pain of self-rejection in any way and somehow, multiple sex partnership may be a way to conciliate fear of dismissal or elimination. These college male students are afraid of being rejected by their sexual partners, because if someone rejects them, they feel insulted, they sometimes lie when they feel that the truth will cause criticism or judgment. It might appear to be negative but the truth about this is that casual hook ups gives positive results to those who engage to it. If external circumstances determine self-esteem, then all you have to do to improve your self-esteem is to improve your circumstances.

According to Baumeister, Campbell, Krueger, & Vohs, (2003) as cited to Cone, (2016) Self-esteem refers to the value that people put on themselves that it is important for them to be liked by others and they don't care on whether what they look in front of their sexual partners or relatively stable feelings of overall self-worth and individuals with high self-esteem are less occupied with their own doubts and tension and therefore are more able to focus on the other and offer help as necessary. Most of these men are confident that their sexual partners liked them. The Self Psychology author present healthy self-esteem as one of the extremes of a continuum of self-representations, with other extreme being depleted depression, and the intermediate stages respectively adaptive and maladaptive narcissism. A healthy self-esteem is an integrated self. College males who are very outspoken about having multiple-sex partners have what it takes to socialize with other people so they easily get a partner, most likely to be narcissist which meant being proud of themselves because of the activities that he or she is doing. These, now are the other results rooted from high self-esteem. It is indeed a positive idea but it also has its negative outcomes most especially if it is not controlled. One example for this is narcissism, the excessive or erotic interest in oneself and one's physical appearance. People who like having casual sex find having casual sex rewarding, they love seeing themselves being engage to multiple sex partnership. This is because their sexual engagement to different partners at the same time boosts their confidence and adds it up to their self-esteem which makes them want to involve themselves in this kind of partnership since they receive positive feedbacks from it personally and socially though not all are stunned with the idea of having casual sex with different partners at the same time. Casual sex is good for self-esteem – but only if you're a physically strong, narcissistic male. They care a lot on how they present themselves to their sexual partners.

According to Onoyishi & Ogbodo, (2012) as cited to Jeon (2016), self-esteem is slightly different concept from self-efficacy, which signifies the ability to appropriately solve specific problems. It refers to an emotional evaluation of oneself that varies depending on the perception of how valuable one is to the society, Salehi, Tavakol, Shabani, & Ziaei (2015). Researchers have shown that receiving social support from many sources is helpful in forming an individuals' self-esteem, Goodwin & Hernandez (2001). An individual who received low levels of social support from surrounding people, frequently, complained of experiencing negative emotions, such as anxiety and depression. And eventually exhibited interruption if healthy self.

### **Intimacy**

According to Reis and Shaver (1988) as cited to Laurenceau et al (2012), intimacy results from a process that initiated when one person (the speaker) communicates (the listener). The speaker discloses factual information thoughts, or feelings and may further communicate



emotions through nonverbal behaviors. As the intimacy process continues, the listener must respond to the speaker by disclosing personally relevant information, expressing emotion, and emitting various behaviors. The model emphasizes two fundamental components of intimacy: self-disclosure and partner responsiveness. Many definitions suggest that intimacy is a feeling of closeness that develops from personal disclosures between people. Self-disclosure refers to the verbal communication of personally relevant information, thoughts, and feelings to another. Partner responsiveness is other key component in the development of intimacy, it is when their behaviors address the communications, needs, wishes, or actions of the person whom they are interacting, speakers are more likely to experience an interaction as intimate if they perceive in their partner's response as understanding, validating. In addition, there was some evidence that emotional disclosures were more important to relationship intimacy than were disclosures about facts. Self-disclosure and partner disclosure will contribute to feelings of intimacy on an interaction-by-interaction basis. Emotional disclosures will contribute more to intimacy in the interaction than would factual disclosures. In line with our study there is a presence of intimacy when there is an interaction between two individuals. It says here that intimacy has two fundamental components in our study, parent responsiveness is said to be the most connected in terms of fundamental components of intimacy because it is where their needs and actions of their partner is being shared.

According to Health (1999), as cited to Hinchliff et al (2013), sexual activity is fundamental to intimate relationships across the life-course, and during our later years there are particular advantages to engaging sex. Additionally, for women it is believed that orgasms help maintain muscle tone and thereby limit the chance of experiencing urinary incontinence. It was also found that the participants who were sexually active have better mental health ratings, as determined by a global evaluation, then those who are not. Indeed, the main advantages of continuing sex in the later years appear to be psychological, and it has been argued that sexual activity compensates for sources of "self-esteem support" that have been lost over the years. This can be illustrated by looking at gender and in particular, conceptions of masculinity and femininity in wider society. Sexual satisfaction was perceived by most participants to be given within intimate relationships, and this is related not only to gaining pleasure for oneself but also pleasuring the other, which was seen as a key benefit of sex. Naturally then, we found overwhelming agreement that engaging in sexual activity was 'good for the marriage'. Indeed, this was the most significant benefit of sexual activity described by participants, including those who were not engaging in penetrative sex, and thus the two who felt sex was not important to them. Selflessness was also evident in the descriptions given by participants who were still engaging in penetrative sex, but who experienced obstacles as a result of changes in their own, or their partner's health status. In connection to our study, intimacy is not only to gaining of pleasure to oneself but also pleasuring the other. Continuing sex in the later years are said to be that the participant has a better mental health than those who are not sexually active.

According to Peplau et al (2014), traditional sex roles prescribe that men and women play different roles in sexual interactions. Men are expected to initiate sex, while women are expected to set limits on the couple's sexual intimacy. The impact of these changes is unknown, however. One view suggests that intercourse is an effective means of building emotional intimacy. An opposing position argues that premarital sex, or at least "instant sex" early in a relationship, may short-circuit intimacy and hinder the development of greater closeness and commitment. Sexual intercourse has traditionally had different meanings for





the two sexes. Young women have traditionally been taught that love provides both the justification and meaning for sex. Women have been expected to postpone intercourse until marriage, or at least until a serious, committed relationship. Men, in contrast, have traditionally been permitted a greater variety of sexual meanings. In casual relationships, men could emphasize experimentation and “sex for fun”; in a committed relationship, sex was to be associated with love. To understand the relationship between sexual behavior and intimacy in dating couples, it is crucial to recognize the diversity of orientation represented in our sample.

Moreover, Peplau et al (2014), men may present themselves as more interested in sex than women and may typically intimate sexual activity, both partners have a primary concern with the emotional bonds of the relationship. Since it takes time for love to grow, “instant sex” is incompatible with this orientation. Moderate couples move gradually towards sexual intimacy but they do not view marriage as a prerequisite. In relation to our study it said here that those who are having instant sex may short-circuit intimacy. Meaning their intimacy to their sexual partner may come a short period of time or while having sexual intercourse only.

According to Purnell (2015), Dr. Henry Brandt in the Collegiate Challenge magazine, said that there is a syndrome, a pattern when couples come to him. They say “At first, sex was exciting. Then I started feeling funny about myself and then I started feeling funny about my partner. We argued and fought and finally we broke up. Now we are enemies.” This syndrome is what I call the morning after syndrome. We wake up and find that intimacy is not really there. The sexual relationship does not satisfy us anymore, and what we end up with is not what we really wanted in the first place. All you have is two self-centered people seeking self-satisfaction. The elements of genuine love and intimacy cannot be obtained “instantly” and you find yourself in an unbalanced state, searching for harmony.

Moreover, Purnell (2015), it is easier to be physically intimate with someone than to be intimate in any other for areas. You can become physically intimate with a person of the opposite sex in an hour, or half-hour it just depends upon the urge. But you soon discover that sex may only be a temporary relief for a superficial desire. There I much deeper need that is still unmet.

Additionally, Purnell (2015), today, the word intimacy has taken on sexual connotations. But it is much more than that. It includes all the different dimensions of our lives; intimacy really means total life sharing. In connection to our study, intimacy cannot be obtained instantly, you will find intimacy in two individuals who really know each other or have a bond between them, because if there is no bond between them it may end up to have short-circuit intimacy.

According to Branderburg et al (2012), being sexual was something they were really good at and that gave them and their partner particular enjoyment. Maybe it was also what they had of de-stressing and relaxing or even of working through difficult emotions and coping with difficult times. Human sexuality is about much more than the ability to have sexual intercourse. It helps people to fulfil many of their most fundamental needs as human beings and can help them cope better with life’s many challenges. Being intimate with a partner can boost self-esteem, the sense of being a man or a woman, and give people strength by making them feel wanted, accepted, loved and whole. Sexuality and intimacy are also the glue that strengthens our emotional bond without partner and are closely linked with happiness and overall satisfaction with the relationships. Single people frequently express a sense that they





don't feel like the same person, or than an important aspect of who they were has been taken away. They may not physically feel the same and may not respond to other people and situations in the same way. Some single people are also concerned about their future ability to attract a partner and lead a normal life if the sexual aspects of their lives have been lost. When planning to be intimate with our partner, things become even more complicated. Changes in relationship, such as changes roles, can also have an impact on how you feel in the bedroom. It is important to think about how both of you feel in the bedroom. It is important to think about how both of you feel about the topic of sexuality in this point. If there has been a period when you haven't been intimated together, it can be difficult to get started again. In relation to our study, it is said to be that it their way de-stressing themselves.

According to Perlman and Fehr (1987) intimacy is "the closeness and interdependence of partners, the extent of self-disclosure, and the warmth or affection experienced within the relationships" (Perlman and Fehr, 1987). While the literature provides no unanimous agreement about what constitutes intimacy, some common themes do exist. There are 8 prominent aspects of intimacy: Physical intimacy, non-verbal communication, self-disclosure, presence, cognitive intimacy, affective intimacy, commitment, and mutuality (Register & Henley, 1992; Moss & Schwebel, 1993). With regard to Prager's conceptualization of intimacy, 8 concepts are characteristics of intimate interaction (Prager, 1999). According to him, intimacy is a superordinate concept, which includes intimate interaction and intimate relationship.

The study participants were 550 students out of 700000 (that means 1 out of 1274) students of Tehran universities in 2011. This total sample was randomly selected form different universities, ages, and educational level by using a multistage random sampling method. The criteria of selection were as follows: (1) To be the student of one of Tehran universities; (2) To have a heterosexual relationship.

The validity was tested and compared two different structural models. In the first model, it was assumed that all items would load on 3 common and underlying factors of 'general intimacy', 'fear of rejection/loss of control in interpersonal intimacy', and 'sexual physical closeness' according to the scale developers. The confirmatory factor analysis confirmed that 50 items loaded on 3 underlying factors with a total explanation of 26% variance. In the second model, according to the Kaiser-Meyer Olkin (KMO) [0.82] criterion, the sample size was sufficient (KMO>0.90,  $\alpha$ 1. The results from an exploratory factor analysis.

The reliability test-retest reliability coefficient were significant  $P(0.01>)$  and calculated as 0.83 for total scale. Thus, the scale has acceptable test-retest reliability. The Cronbach  $\alpha$  of the scale was 0.84 and for all items it was between 0.831 and 0.839. It shows that the scale does not need any item omission or correction.

### **Ego Strength**

From Eriksonian theory (Erikson, 1968), ego strengths refer to the emergent values associated with resolution and progress in psychosocial development (Gfellner and Armstrong, 2012). This could mean that the development of ego relies on overcoming the crises that each psychosocial stage had to offer as per what Erikson has explained in his theory and with this it is said that men feel great whenever they have sex especially when they do it with more than one partner concurrently. And compared to other people's views,



these men believe that their views are the real truth and their conclusions are drawn in regards to being engaged in multiple sex partnership. This also focuses on the effect of social interaction or intra-personal capability of a person to deal with the development of a person specifically with its ego.

Similarly, Caspi (1998) discussed that ego strengths provide a backdrop to support ongoing changes. These components of psychosocial development evolve during periods of rapid cognitive growth and exposure to the challenges of widening social contexts thus those that are involved in engaging in multiple sex partnership activity enjoy dealing with new and unusual situations (Gfellner and Armstrong, 2012). This has made them realize that it is acceptable to do actions that are deemed negative by other people as long as they enjoy it. Especially now that the social context widens as the technology and liberalism in our country arises, this could open to more complex and deeper dimensions of the psychosocial stages that need to be tackled and social crises that need to be resolved.

Moreover, Sahoo, Mishra and Kumar (2012) stated that Psychodynamic School of thought conceptualizes magnitude of ego-strength as a major component of healthy personality and men feel that they can handle many things like engaging in multiple sex partnership. Men with high ego strength also feel confident after they have sex with their sexual partners. Key concepts of ego strength are effective dealing with reality, promotion of interpersonal relation with human beings, tolerance of internal conflicts and successful management of defense mechanism more in positive and healthy manner. Thus, those that are involved in multiple sex partnership feel confident after they engaged in multiple sex partnership. For the purpose it governs and utilizes psychological functioning – cognition, affect, emotion and behavior in an integrated manner.

Sahoo, Mishra, and Kumar (2012) also added that in normal person, by means of psychological efficacies, ego directs libido for resolution of inner conflicts, and it accommodates with reality effectively by means of cogent utilization of psychological apparatus, perception, emotion and cognition, and thus, it is left with only a much reduced fraction of libido for defenses or experience contents of unconscious. Because of this, there is a big possibility that those who engaged in multiple sex partnership think that the more sexual partners that they have, the more superior they see over themselves. People with well-developed ego strength tend to share a number of essential characteristics. They tend to be confident in their ability to deal with challenges, and they are good at coming up with solutions to life's problems. In fact, they view criticism of other people to them, whether positive or negative, as unfounded. They also tend to have high levels of emotional intelligence and are able to successfully regulate their emotions, even in tough situations.

The resolution of the stages, or crisis, as Erikson (1968, p.63) termed it, is “a crucial time or an inescapable turning point for better or for worse.” This is a decisive stage at which the person will develop either the beneficial ego strength or the detrimental antipathy. Some degree of the antipathy is necessary to challenge the individual to grow in the development of personal strength (Aiken and Sandoz, 2013). An individual with solid ego-strength approaches challenges with a sense that he or she can overcome the problem and even grow as a result. By having strong ego-strength, the individual feels that he or she can cope with the problem and find new ways of dealing with struggles thus, those that are engaged in such a sexual activity will defend their point and stand their ground regarding my involvement in multiple sex partnership. These people can handle whatever life throws at them without



losing their sense of self. People with good ego strength tend to be very resilient in the face of life's difficulties. These people that are engaged in such activity do not feel guilty of having multiple sex partners at all. Rather than giving up in the face of an obstacle, these individuals view such events as tasks to be mastered and overcome. Even when very difficult events or tragedies occur, those who possess ego strength are able to pick themselves up, dust themselves off and move forward with a sense of optimism and in fact, if someone corrects them about their engagement in multiple sex partnership, they let those people that have a lot to say about them to realize that they don't have any right to decide for their life.

According from Seaton and Beaumont (2015), Fredrickson's (1998) broaden and built theory suggest that positive emotions broaden an individual's array of thoughts and actions, and thus, they expand attention, promote divergent thinking, and encourage growth by providing new experiences. Though they don't find it difficult to manage their urges to have multiple sex partners, they focus more on the psychological gain than anything else. Experiencing positive emotion can lead to a greater happiness because it results in building one's enduring personal resources over time which, in turn, allow for the possibility of experiencing more frequent episodes of positive emotions.

Danner et al (2001) also stated that studies have revealed that individuals who display more positive emotions are happier, have better social relationships, are more successful, and experience superior physical health and longevity. They can still maintain their identity and sense of self in the face of having multiple sex partners in the face of having multiple sex partners (Deaton and Beaumont, 2015). When it comes to mental well-being, ego strength is often used to describe an individual's ability to maintain their identity and sense of self in the face of pain, distress and conflict.

Erikson (1965), ego strengths are defined as certain qualities which begin to animate man pervasively during successive stages of his life. They refer to the ego virtues or emergent values associated with optimal adjustment at each stage of psychosocial development. According to developmental assumptions, positive resolution of psychosocial crises is associated with successful negotiation of subsequent crises. All ego strengths are present in some form throughout the life span with each having its time of ascendancy and in line with it, those that are engaged in multiple sex partnership are able to regulate their emotions especially when in tough situations concerning their sexual partners. When this occurs, any particular ego strength will provide new meaning to previous as well as subsequent ego strengths.

Moreover, Gfeller and Armstrong (2012), ego strengths related to appropriate psychosocial stage resolution, as well as various indices of psychosocial stage resolution, as well as various indices of psychosocial maturity and well-being. In addition, Erikson's theory, positive associations were predicted between ego strengths. Developmental differences were expected with age and more advanced ego strengths related to greater development. That is the reason why these men see having sex with more than one partners as a solution to their issues. Developmental and biological gender differences were predicted for ego strengths. Older adolescents were expected to score higher on fidelity; female students were expected to score higher overall and on love and care.

Also, Sahoo, Mishra and Kumar (2012) stated psychodynamic school of thought conceptualizes magnitude of ego-strength as a major component of healthy personality. They



included that key concepts of ego strengths are effective dealing with reality, promotion of interpersonal relation with human beings, tolerance of internal conflicts and successful management of defense mechanism more in positive and healthy manner. For the purpose, it governs and utilizes psychological functioning – cognition, affect, emotion and behavior in an integrated manner. They have also added that in normal person, by means of psychological efficacies, ego directs libido for resolution of inner conflicts, and it accommodates with reality effectively by means of cogent utilization of psychological apparatus, perception, emotion and cognition which means that those who have sex, especially when they do it with more than one partner feel great and thus, it is left with only a much reduced fraction of libido for defenses or experience contents of unconscious.

On other hand, Sigmund Freud (1975) theories that human development begins with conflict tripartite psyche, which include the id, ego, and superego. The id propels instinctual drive for sex and aggression because it is not always appropriate to gratify these impulses, the superego morally represses them (Danzer, 2014). Men who have more than one sexual partner do not feel guilty to their partners and do not feel bad if ever their partners will find out about it. Freud's analysis of the ego led to elaboration of the defense mechanisms by ego defenses that is why it is easy for them to suppress their guilt and feel okay with what they are involved in.

Moreover Erikson (1987) was an adherent to Freudian psychoanalysis and drew extensively on Freud's insistence that psychological growth occurred through a long conflict-ridden process (Feist & Feist, 2013). However, while Freud located the individuals' most significant developments in the first five to six years of development, Erikson emphasized the way in which development continued over the entire life-span (Hook, 2012a). It is also stated that those who engaged in multiple sex partnership do not find it overwhelming that they have more than one sexual partner. Moreover, while Freud focused primarily on conflicts involving the unconscious agencies of the mind, and the way in which the ego acts as a mediator between the demands of the id, superego and external world, he was criticized for not sufficiently explaining how the ego developed and with that being said, these men that have more than one sexual partners are not trying to avoid reality through wishful thinking, substance abuse and fantasies (Hook, 2012b). In contrast, Erikson emphasized the social and cultural elements of development, and focused predominantly on the ego and the development of ego strength (Feist & Feist, 2013). On the other hand, those with weak ego-strength view challenges as something to avoid. In many cases, reality can seem too overwhelming to deal with and these individuals that have sex see themselves more dominant than others especially if they have more than one sexual partner. These individuals struggle to cope in the face of problems, and may try to avoid reality through wishful thinking, substance use and fantasies. Low ego strength is often characterized by a lack of psychological resilience. In the face of life's challenges, those with low ego strength may simply give up or break down.

Moreover, Markstrom (1997) stated that if successfully negotiated, the conflicts will result in the attainment of particular ego strengths, which can be understood as prime adaptive qualities that lead to an increased sense of internal strength and coherence in healthy individuals. If a crisis is not successfully negotiated, the antipathy of that ego strength will occur, and will be counterproductive to development. These individuals, especially those that have more than one sexual partner, hate to be rejected by their partners and they don't usually listen to them specifically with their emotions in regards with the kind of relationship that



they have. These types of people will also think that they are always right and that their opinion will always matter. However, while a high level of the antipathy will create a lower degree of ego strength, some degree of antipathy is necessary for survival, as both positive and negative encounters together contribute to the total range of a person's adaptive capacities (Newman & Newman, 1997). For example, in order to fully appreciate and understand love, one must also experience some rejection (Markstrom et al., 1997).

## **Review of Related Studies**

### **Multiple Sex-Partnership**

According to Reyes ET. Al (2013), fuck buddy relationship is an emerging relationship style in the Philippines among young-adults who desire sexual pleasure without emotional commitment and because of it, they don't mind having more sexual partners.

According to Cooper (2013), casual sex is defined as having sexual intercourse with someone without the attachment of a romantic relationship; this is the most often a one-night stand with a stranger. Casual sex is generally considered to be risky to a person's physical health as there may not be any knowledge of their partner's sexual health status. From a social perspective, casual sex seems to becoming more and more acceptable behavior for young people with research showing that "the majority of sexually active teens have and some sexual experience outside of a romantic relationship.

Cooper (2015) also added that as teenagers grown and experiment with sex and relationships, they begin to see there can be complex emotions that can be associated with sex, emotions they may not be prepared for. An American study with college age students found males were more likely to engage in casual sex than females, but women were more likely to exhibit depressive symptoms afterward than men. Apart from this, college students see their sexual partners "trophies" especially if their partners are personalities in the campus or are physically appealing. It is also alright to this kind of men if their partners have also other sexual partners apart from them.

### **Self-Esteem**

According to Brandem, (1994) it is generally believed that there are many benefits to having a positive view of the self. Taylor & Brown, (1988) also cited that those who have high self-esteem are presumed to be psychologically happy and healthy whereas those with low self-esteem are believed to be psychologically distressed and perhaps even depressed Manibo, (2015). Baumeister, (1998) also added that having high self-esteem apparently provides benefits to those who possess it. They feel good about themselves; they are able to cope effectively with challenges and negative feedback and they live in a social world in which they believe that people value and respect them Manibo, (2015).

According to Manibo, (2015) it is generally believed that there are many benefits to having a positive view of the self. It is important to establish a concrete and positive perspective of the self because when people experience this, they become more able to do things effectively on their daily activities as well as other tasks that could help them grow more as an individual. Having engaged in multiple sex partnership can somehow make them happy. Those who have high self-esteem are presumed to be psychologically happy and healthy whereas those with low self-esteem are believed to be psychologically distressed and perhaps even depressed





because poor comprehension of the self often leads to insecurity or inferiority. They feel inferior when they don't engage in multiple sex partnership. Having a high self-esteem on the other hand provides benefits to those who possess it. For example, if a person with superior self-esteem encounters threatening people or situations such as unequal treatment or anything that could trigger their concept of self, they will not be easily caused to feel bad of themselves because they have already created an image of themselves which no one could interfere with. They always feel good about themselves though sometimes they have tendencies to be too proud or boastful though not all of them are like this. They are able to cope effectively with challenges and negative feedback and it is very beneficial especially nowadays because there are a lot of instances or people that would try to put you down in every way possible. This kind of people also live in a social world in which they believe that people value and respect them and this two are important because it helps build an individual's identity. These factors are considered as to why most men engage in casual hook-ups because it boosts their self-esteem and it instils positive effect on them. While people with low self-esteem have a higher chance to be conscious on how they look when meeting new people.

Moreover, Bermudez (2015) would like to add that self-esteem of an adolescent is positively influenced by the perceptions of parental support, participation, and communication. It is how one likes, accepts and respects oneself as a person. We may say that those who engage in multiple sex partnership have a high self-esteem but in reference to this statement, self-esteem is how you respect oneself. Do these men lack respect that they let anyone touch or have sex with them or the urge or need to be sexually satisfied is just too substantial than the respect that is stated here? There are two different views of self-esteem namely, (a) how a person perceives success with reference to the importance of success in that particular domain and (b) how a person perceives himself/herself which is origination from his/her own perceptions. These views are significant to individuals in order to know the deeper understanding of self. In addition to that, the author would like to add that self-esteem is the attitudinal, evaluative component of the self; the affective judgments placed on the self-concept consisting of feelings of worth and acceptance, which are developed and maintained as a consequence of awareness of competence, sense of achievement, and feedback from the external world. This thought implies that whatever is being introduced from the outside to the inside adds up to the entirety of the person displayed then through actions that the individual responds to such as behaviour to different phenomena it depends now to the person how to filter every input---what to keep and what to put into trash. Engaging in multiple sex partnership is partly a form of decision making. It is the art of embracing sensuality and letting go of dignity just to fulfil needs or a certain aspect of something. This kind of partnership requires a strong quality of self-esteem because it may be affected. Either it becomes damaged or it gets better.

According to James, (1983) construct is the sense of competence in relation to set standards in life domains that are deemed important (Domingo, 2014). Rosenberg, (1965) put forth an integrated view of self-esteem, which he conceptualized as the attitude toward the self that includes the affective and the cognitive-evaluative aspects of the self. It has even been regarded as synonymous or equivalent to well-being because a stable self-esteem is a good sign of being well mentally and somehow physically. A sense of self-worth is an important predictor of well-being, even among Filipinos. Self-esteem was found to be correlated with life satisfaction. Does high self-esteem mean good intrapersonal relationship? Is low self-





esteem equivalent to inferiority and regrets? There are a lot of questions regarding self-esteem and this study will answer some of those particularly on the issue of multiple sex partnership of men. In another study, self-esteem levels also showed a significant relationship with psychological well-being, suggesting that high self-esteem was correlated more with well-being than low self-esteem. According to Cheng & Furnham, (2004) high levels of self-esteem among young people in late teens and early 20's was found to be strongly associated with happiness (Domingo, 2014). Similarly, self-esteem displayed a significant association with happiness of young to middle-aged couples in terms of global, sexual, and emotional satisfaction. This implies that self-esteem is equivalent to happiness. Therefore, what seems to make someone happy is beneficial to its self-esteem. Since sex is a need, when it is met, we feel sense of satisfaction which then affects the self-esteem positively. We feel better about ourselves and we have this idea that we are good and if we are to receive this kind of feedbacks, then we would continue doing the act that results to desirable outcomes. Individuals with high self-esteem were significantly and substantially happier than those who possessed low self-esteem which contributes to the development of depression later in life. Kernis, (2003) asserts that self-esteem involves an evaluation of personal performances and is thus sustained by achievement of goals and threatened by failure. Male college students who are engaged in multiple sex partnership feel anxious when their sexual partners make bad comments about them. The problem arises when self-esteem is threatened and the individual feels the need to protect it at all costs in order to feel good about the self (Domingo, 2014). The issue lies not in self-esteem per se but in how individuals pursue self-esteem and their desire to sustain it at all costs. For instance, an individual enjoys casual hook ups not only because of the pleasure it satisfies but also the impact of it to their self-worth proving that they are good and that they are of high value because they can have sex with whoever they want to. Drive for self-esteem goals may likewise make a person dismiss negative feedback as unreliable and downplay or blame failures on external factors. It is believed that individuals with high self-esteem are not all the same. There are those who feel genuinely good about themselves, referred to as having secure or true high self-esteem, and those who are defensive and conceited, referred to as having fragile high self-esteem. Hence, even when individuals have high self-esteem but of the fragile kind, they would have uneven and unrealistic basis for their feelings of self-worth, would require constant validation, would feel the need to be better than others, and would adopt self-deception. Not all forms of high self-esteem, therefore, are adaptive.

## Synthesis

According to Owamuanam and Bankole (2013), adolescents can be said to be engaging in multiple sex partnership when they have two or more sex partners at the same time, and have sexual intercourse with all of them. For self-esteem, according to DeLamater & Myers, (2012) self-esteem is somehow based on our sense of efficacy---of competence and power to control events. Meanwhile, according to Reis and Shaver (1988) as cited to Laurenceau et al (2012), intimacy results from a process that initiated when one person (the speaker) communicates (the listener). From Eriksonian theory (Erikson, 1968), ego strengths refer to the emergent values associated with resolution and progress in psychosocial development (Gfellner and Armstrong, 2012).

Multiple sex partnership has not been explicitly defined in research literature. When casual sex was explicitly defined, it was operationalized in a variety of ways. Some researchers focused on the "one-night stand", wherein sexual intercourse occurred on one and only one



occasion. According to Paul, McManus and Hayes (2012) the common denominator in most studies of casual sex attitudes and behaviors is sexual intercourse in an uncommitted partnership. Whereas sexual intercourse is arguably riskier than many non-coital sexual behaviors in operationalizations of casual sex may more accurately reflect the variety of adolescents' and young adults' casual sex experience.

Additionally, Paul, McManus and Hayes stated that the relationship between self-esteem and casual sexual attitudes and behaviors is complex. For example, Walsh (1991) found that college men with high self-esteem had significantly more sex partners. It was also stated by MacDonald, Ebert and Mason (1987) that self-esteem is a necessary prophylactic for men against risk of rejection faced in sexual encounters. Moreover, Herold and Mewhinney (1993) stated that sexual behavior was socially rewarding for men.

## **METHODOLOGY**

### **Research Design**

The research study involved the self-esteem, intimacy, and ego-strength of male college students engaged in multiple in sex partnership through the use of survey questionnaires. Thus, the data gathered by the researchers have been computed quantitatively. In order to identify the general picture of the self-esteem, and intimacy and ego-strength of male college students engaged in multiple sex partnership, the correlation design under the descriptive research has been used to distinguish the result of the study.

According to Leedy and Omrod (2010), correlational research is concerned with establishing relationships between two or more variable in the same population or between the same variables in two populations. Moreover, Porter and Carter (2000) said that correlational design goes beyond simply describing what exists and are concerned with systematically investigating relationships between two or more variables of interest. Fritzgerald et al (2004) also added that understanding associations and relationships that exists among human phenomena is an abiding impetus for scientific inquiry in all of the social science disciplines and that impetus transcends even the most polarized paradigmatic-distinctions between various research methods.

Thus, in studying the level of self-esteem, intimacy and ego strength of male college students engaged in multiple sex partnership, it will only describe and will attempt to explain the nature of relationships that exist between engaging in multiple sex partnership and self-esteem, intimacy, ego strength of male college students.

### **Instrumentation**

#### **1. *The Personal Data Sheet***

The personal data sheet was used to gather all personal information of the participants that depicted an important role in research such as age, religion, course and name of school they belong to.



## **2. *The Multiple Sex Partnership Screening Test***

This self-constructed test was based from Owamuanam and Bankole (2013), who stated that adolescents can be said to be engaging in multiple sex partnership when they have two or more sex partners at the same time, and have sexual intercourse with all of them. The test was used to determine the credibility of the respondents if they are indeed involved in multiple sex partnership for that matter. It is a 15-item test where respondents were asked to answer “YES” or “NO” for each statement. This ensures that the gathered information came from legitimate and trusted respondents making the result of this study reliable and valid. This test had undergone reliability and validity test to serve its true and intended purpose.

## **3. *The Multiple Sex Partnership Esteem Scale***

The multiple sex partnership esteem scale is a self-made test by the researchers which purpose was to measure the self-esteem of college male students who engaged in multiple sex partnership. It is a 15-item scale-based, forced-choice questionnaire with a five (5)-point Likert Scale ranging from answers 1 to 5 with 1 being the Strongly Agree and 5 being the Strongly Disagree. Respondents that will score high in this test would imply a high level of self-esteem which means that the respondents regard themselves high in the following: Significance, Confidence, Self-worth.

**Table 1: Test Norms of Multiple Sex Partnership-Esteem Scale**

<b>High Level of Self-Esteem</b>	65-75
<b>Average Level of Self-Esteem</b>	26-64
<b>Low Self-Esteem</b>	15-25

## **4. *Intimacy Attitude Scale***

According to Reis and Shaver (1988) as cited to Laurenceau et al (2012), intimacy results from a process that initiated when one person (the speaker) communicates (the listener). The speaker discloses factual information thoughts, or feelings and may further communicate emotions through nonverbal behaviors. As the intimacy process continues, the listener must respond to the speaker by disclosing personally relevant information, expressing emotion, and emitting various behaviors. To measure the respondent's intimacy, the researchers looked for and were able to find a standardized intimacy test. To be able to use the test, the researchers requested the owner's approval through e-mail for the permission to use the test in the study and as soon as the owner replied positively to the researcher's request, the researchers were able to include it as part of the instrumentation. It is a 50-item scale-based, forced-choice questionnaire with a five (5)-point Likert Scale ranging from answers 1 to 5 with 1 being the Strongly Agree and 5 being the Strongly Disagree. The scoring mechanism is to reverse the scoring in numbers that are negative and retain the scoring in numbers that are positive: After reversing the following scores, continue to sum up all the answers.

**Table 2: Test Norms of Intimacy Attitude Scale**

<b>Significantly Above average</b>	184 and above
<b>Somewhat Above Average</b>	173-183
<b>Average</b>	162-172
<b>Somewhat Below Average</b>	161-161
<b>Significantly Below Average</b>	150 and below

### 5. *Ego Strength on Multiple Sex Partnership Scale*

From Eriksonian theory (Erikson, 1968), ego strengths refer to the emergent values associated with resolution and progress in psychosocial development (Gfellner and Armstrong, 2012). To measure the Ego strength or how the respondents deal with their decision making while engaging in multiple sex partnership, a self-made tool has been constructed by the researchers which is made up of a 15 item-Likert Scale survey test ranging from answers 1 to 5 with 1 being the Strongly Agree and 5 being the Strongly Disagree. This test had also undergone reliability and validity by 3 licensed Psychometricians. Respondents that will score high in this test would imply a high level of ego-strength which means that the respondents regard themselves high in the following: Decision making, Emotional Stability.

**Table 3: Test Norms of Multiple Sex Partnership on Ego Strength Scale**

<b>High Level of Ego Strength</b>	65-75
<b>Average Level of Ego Strength</b>	26-64
<b>Low Level of Ego Strength</b>	15-25

### **Research Locale**

The study about the self-esteem, intimacy and ego strength of male college students engaged in multiple sex partnership will be conducted among the 44 schools in the University Belt-Manila including Taft Avenue and Intramuros, Manila but only four selected university will be chosen, which are Lyceum of the Philippines, University of the East, Technological Institute of the Philippines, and National University.

The researcher has chosen University Belt-Manila as the research locale because it is convenient for the researchers as they are residing within the area. Since the researchers are still students, they do not have a lot of resources particularly time and money. In this case, the accessibility of the area is neither time consuming nor requires a lot of spending. Also, they could work on the study during their vacant hours.

**Table 4: Respondents of The Study**

	<b>Frequency</b>	<b>Percentage</b>
Lyceum of the Philippines University	25	25%
University of the East	25	25%
Technological Institute of the Philippines	25	25%
National University	25	25%
Overall Total	100	100%



Table 4 shows the respondents selected for this study. The four schools comprised of 25 or 25% of the total number of respondents therefore the number of respondents is 100 or 100 % which are all males.

### **Technological Institute of Philippines**

On February 8, 1962, a group of educators headed by Engineer Demetrio A. Quirino Jr. and Dr. Teresita U. Quirino established the Technological Institute of the Philippines as a private non-sectarian stock school. Technological Institute of the Philippines laid down its objectives based on the vision of its founders: 1) to maintain a high standard of instruction; 2) to bring within the reach of the masses the blessings of higher education; and 3) to cooperate with the government in the implementation of its economic and social amelioration programs. The School had an initial enrollment of 2,400 which steadily increased, prompting the School to lease other buildings. In 1967, it set up its main site at 888 G. Puyat St., Quiapo, Manila. Technological Institute of the Philippines then directed itself toward specialization in the field of technology. In 1977, it offered a two-year associate course in Marine Engineering. In 1980, the Liberal Arts, Education and high school programs were phased out to make way for the school's new thrust. In 1981, additional buildings were leased to accommodate the student population which already exceeded 23,000. Technological Institute of the Philippines opened its Quezon City campus in 1983 located at 20th Avenue, Cubao. Technological Institute of the Philippines QC through the years acquired adjacent properties including a frontage along Aurora Boulevard. The Quezon City campus has ten (10) main buildings spread out in the 3.3-hectare site.

### **University of the East**

The roots of the University of the East can be traced back to two rented rooms on Dasmarinas Street, Manila, where 110 students enrolled in Certified Public Accountant (CPA) review classes in September 1946, barely two months after the Philippines acquired its independence. Led by Dr. Francisco T. Dalupan Sr., the group of business educators that initiated the classes made it their objective to help the country, then still reeling from the effects of war. Out of the 110 students, four made it to top places in the CPA board examinations in 1947. Encouraged by this initial success, Dr. Dalupan and his colleagues opened the Philippine College of Commerce and Business Administration (PCCBA) along R. Papa St. in Sampaloc, Manila, to 350 students in the summer of 1947. The following year, as more students enrolled and more academic units were organized, the PCCBA moved to what is now the main campus on Claro M. Recto Avenue. The graduates of PCCBA immediately dominated the government examinations of professional practice in accountancy. With this record, the PCCBA was granted permission by the government to establish other colleges. In rapid succession, the institution opened the Colleges of Liberal Arts (now the College of Arts and Sciences), Business Administration (CBA), Dentistry and the Graduate School of Business Administration.

### **Lyceum of the Philippines University**

Lyceum of the Philippines University prides itself with its long and rich tradition of Academic excellence through the legacy of its founder, Dr. Jose P. Laurel. The only Philippine President to have served in all three branches of the Government, Dr. Laurel was a successful lawyer, legislator, constitutionalist, jurist, writer, scholar, statesman, philosopher,





and above all things, an educator. Dr. Laurel's concern for education was his most abiding passion. A graduate of top educational institutions such as University of the Philippines College of Law, Escuela de Derecho, University of Santo Tomas and Yale University, his credentials as an educator were unassailable. He wrote extensively on education and managed to teach in several educational institutions in Manila, despite his numerous commitments. During the Second World War, as the leader of the nation during its darkest period in its history, he introduced educational policies that emphasized and upheld national morale and character.

### **National University**

National University is a non-sectarian coeducational institution in Sampaloc, Manila, Philippines. The founder of the University, Don Mariano Fortunato Jhocson established the institution in August 1, 1900 as Colegio Filipino in Quiapo, Manila. It is considered as the first private nonsectarian and coeducational institution in the Philippines and also, the first university to use English as its medium of instruction, replacing Spanish language. Since its foundation in 1900 it has produced two Philippine Presidents, one National Artist of the Philippines, legislators, politicians, business tycoons, engineers, architects, health professionals, educators, TV personalities, and athletes. Approved by the Department of Public Instruction in June 17, 1921, the University received its university status, changing the name from National Academy to National University. Senator Camilo Osias, a two-time Senate President of the Philippines, served as the first president of the University. In 1915, with the collaboration with Lacson brothers, Don Mariano established the Philippine Law School in Intramuros, Manila. It served as the college of law of the University. It produced Philippine President, Carlos P. Garcia. Another Philippine President, Diosdado Macapagal studied in the institution. NU is also one of the pioneers of National Collegiate Athletic Association- Philippines (NCAA) and the University Athletic Association of the Philippines (UAAP). It is a pioneer member of the Philippine Association of Colleges and Universities. (PACU) Its international affiliations and memberships include the Association of Southeast Asian Institutions of Higher Learning (ASAHL) and the International Association of Universities (IAU). Despite its name, National University is not the national university of the Philippines. That distinction belongs to the University of the Philippines. 23-year-old Don Mariano Fortunato Jhocson, founded Colegio Filipino in August 1, 1900, in Quiapo, Manila.

### **Sampling Technique**

From the total population of the students in university belt wherein there are 44 schools, a total of fifty (100) male college students who are engaged in multiple sex partnership from the four selected schools were chosen to participate for this study. The sampling technique that was used is purposive sampling in selecting the participants. Judgement or purposive sampling is also referred as non-random or non-probability sampling technique. It plays a major role in the particular item of selecting the participants or making decisions in cases of incomplete responses or observations. This is usually based on a certain criterion laid down by the researchers (Altares, et al. 2012). Henceforth, the criteria set for the selection of participants for the male college students engaged in multiple sex partnership are:

1. Male college students who have passed the prepared test by the researchers to prove that they are indeed engaged in multiple sex partnership.





2. The participants must be currently enrolled at a university or collegiate level and are of legal age (18 years old and above).

### Data Gathering Procedure

The data gathering procedure is a simple process, which includes the covered step by step procedures that was done by the researchers from the beginning to the end of the study. The following procedures were followed to serve as a guide in obtaining the objective of the research:

1. The researchers have asked three experts to further study the researcher's self-made questionnaire which are the Multiple Sex Partnership Esteem Scale, Ego Strength on Multiple Sex Partnership scale and the Multiple Sex Partnership Esteem Scale, into more evident and well-structured one in technical aspect.
2. The researchers considered the suggestions and recommendations in finalizing the set of questionnaires.
3. The dry run of the instrument has been undertaken to a group of respondents in Arellano University Legarda in clear tabulation in order to find out the possible irregularity and make the actual tabulation in more concrete and concise results serve as a very satisfactory fulfilment of the research.
4. The researchers sought for the approval of the Bachelor of Science in Psychology Department upon conducting the research data gathering procedure.
5. The researchers have also asked for the approval of the participants and the College or University they are enrolled at, probably the adviser or the dean of their department, to conduct the research procedure through consent form. This also includes the explanation of the consent and objectives of the study.
6. Upon approval, the researchers have personally distributed the copies of the questionnaire to the respondents in a more coherent manner as to courtesy and respect.
7. The questionnaires have been retrieved personally by the researchers to ensure its safe return with 100 percent retrieval.
8. Tabulation, analysis, statistical treatment, and interpretation of data will be done by the researchers and the results will be consulted with the help of a statistician.

### Statistical Treatment

After the data gathering, the researchers have encoded the data. Then it was processed, evaluated and analyzed using a Statistical Analytic Software such as the Statistical Package for Social Sciences (SPSS) and the Microsoft Excel. The analysis of the data has been done through the help of a qualified statistician. The statistical techniques and tools that are used in the study include the following:

1. **Frequencies and Percentage.** This will be used to describe and analyze the demographic profile of the respondents.

The formula is  $P = \frac{f}{n} \times 100$

where: P = percentage of distribution

f = frequency of an item of response

n = total number of students

2. **Weighted Mean and Standard Deviation.** This will be used to determine the respondents' perceived level of self-esteem, intimacy and ego strength of male college students engaged in multiple sex partnership.

Formula:

$$WM = \frac{(f_5 \times 5) + (f_4 \times 4) + (f_3 \times 3) + (f_2 \times 2) + (f_1 \times 1)}{N}$$

3. **Pearson's Product-moment Correlational Coefficient.** This will be used to determine the relationship between self-esteem and intimacy, the relationship between self-esteem and ego strength, and the relationship between intimacy and ego strength.

$$r = \frac{n(\sum xy) - (\sum x)(\sum y)}{\sqrt{[n\sum x^2 - (\sum x)^2][n\sum y^2 - (\sum y)^2]}}$$

N = number of pairs of scores

$\sum xy$  = sum of the product of paired scores

$\sum x$  = sum of x score

$\sum y$  = sum of y scores

$\sum x^2$  = sum of squared x scores

$\sum y^2$  = sum of squared y scores

### Ethical Considerations

The following ethical guidelines were put into place for the research period:

1. Full consent has been obtained from the participants and the adviser or the dean of the students.
2. The protection of confidentiality of research participants are ensured.
3. To ensure that research participants will not be subjected to harm in any ways. Pilot testing was conducted to disregard offensive, discriminatory unacceptable questions in using semi-structured guide questions.

## PRESENTATION, ANALYSIS AND INTERPRETATION OF DATA

This study aims to determine the self-esteem, intimacy and ego-strength of male college students in 4 specific schools in university belt-Manila namely Lyceum of the Philippines University, Technological Institute of the Philippines, University of the East, and National University who engage in multiple sex partnership.

This study has specifically addressed the following questions:

### 1. What is the profile of male college students engaged in multiple sex partnership in terms of :

#### 1.1 Age;

**Table 5: Frequency and Percentage Distribution of the Groups of Respondents Demographic Profile According to Age**

Age	Frequency	Percentage
19 and below years old	35	35%
20 years old	27	27%
21 years old	11	11%
22 years old	14	14%
23 years old	7	7%
24 years old	2	2%
25 and above years old	4	4%
<b>TOTAL</b>	<b>100</b>	<b>100%</b>

Table 5 show the frequency and percentage distribution of the respondents' demographic profile according to age. Most of the respondents are aged 19 years old and below or equivalent to 35 or 35%. Meanwhile, 27 or 27% of the respondents are aged 20 years old. 11 or 11% belongs to 21 years old and 14 or 14% of the respondents are under 22 years old. 7 or 7% of them are aged 23 years old. While 2% of the respondents are aged 24 years and lastly, 4 or 4% of the respondents are aged 25 and above. Therefore, majority or most of the 100 male college student who are engaged in multiple sex partnership are aged 19 years old and below.

With the results, it shows that majority of male college students engaged in multiple sex partnership belong to aged 19 years old and below. In line with that, Hutson (2012) stated that the age of the participants who join different sexual activity get younger and younger. Since the age of those who are engaged in such activity suggests that in coming generations, it shall be expected that in the coming years, male highschool and senior highschool students should also be considered to be studied or given attention to for they might be already engaged in multiple sex partnership at that time.

## 2. What is the level of self-esteem of male college students who are engaged in multiple sexual partnership?

**Table 6: Self-Esteem Scores by the Respondents**

	<b>Frequencies</b>	<b>Percentage</b>
<b>High Level of Self- Esteem</b>	18	19%
<b>Average Level of Self-Esteem</b>	78	78%
<b>Low Level of Self-Esteem</b>	4	4%
<b>Total</b>	<b>100</b>	<b>100%</b>

\*L= 15-25, A= 26-64, H= 65-75

Table 6 shows the self- esteem scores of the male college students. Majority or 78 of the respondents is scored with average level of self-esteem. Meanwhile, 18 of the respondents or 18% has a high level of self-esteem and lastly, 4 or 4 % of the respondents have low self-esteem.

Therefore, majority or 78% of the respondents have an average level of self-esteem. According to McKay & Fanning (2012), self-esteem is essential for psychological survival. It is an emotional *sine qua non*---without some measure of self-worth, life can be enormously painful, with many basic needs going unmet. Sex is one of the basic needs of a human being. Therefore, engaging in multiple sex partnership may be considered as an instrument to a better view of self. It establishes self-esteem which is highly important because this is a feeling of satisfaction that someone has in himself or herself and his or her own abilities and later on it helps in decision making, coping mechanisms, attachment styles and etc.

## 3. What is the level of intimacy of male college students who are engaged in multiple sex partnership?

**Table 7: Intimacy Scores by The Respondents**

<i>N=100</i>		
	<b>Frequency</b>	<b>Percentage</b>
<b>Significantly Above average</b>	0	0%
<b>Somewhat Above Average</b>	0	0%
<b>Average</b>	0	0%
<b>Somewhat Below Average</b>	16	16%
<b>Significantly Below Average</b>	84	84%
<b>Total</b>	<b>100</b>	<b>100%</b>

**Legend:**

Significantly below average = 150 and below  
Somewhat below average= 151- 161  
Average= 162- 172  
Somewhat above average= 173- 183  
Significantly above average= 184 and above



Table 4 shows the Intimacy scores of the respondents. Majority or 84 of the 100 respondents have a significantly below average while 16 or 16% of the respondents have somewhat below average level of intimacy.

According to Peplau et al (2014), stated that premarital sex, or at least “instant sex” early in a relationship, may short-circuit intimacy and hinder the development of greater closeness and commitment. In casual relationships, men could emphasize experimentation and “sex for fun”; in a committed relationship, sex was to be associated with love. Moreover, Peplau et al (2014), also added that men may present themselves as more interested in sex than women and may typically initiate sexual activity, both partners have a primary concern with the emotional bonds of the relationship. Since it takes time for love to grow, “instant sex” is incompatible with this orientation meaning their intimacy to their sexual partner may come a short period of time or while having sexual intercourse only.

#### **4. What is the level of ego strength of male college students engaged in multiple sex partnership?**

**Table 8: Level of Ego Strength Scores**

	<b>Frequency</b>	<b>Percentage</b>
<b>High Level of Ego Strength</b>	19	19%
<b>Average Level of Ego Strength</b>	81	81%
<b>Low Level of Ego Strength</b>	0	0%
<b>Total</b>	100	100%

\***L**=15-25, **A**=26-64, **H**= 65-75

Table 8 shows the level of ego strength scores of the respondents. Majority or most of the respondents belong to the average level of ego strength with 81 of them or 81% of the respondents. While the rest of the respondents or 19 of them have a high level of ego strength.

Markstrom (2013) explained ego strength as prime adaptive quality that lead to an increased sense of internal strength and coherence in individuals that engage in multiple sex partnership. If a crisis or situation is not successfully negotiated, the antipathy of that ego strength will occur therefore the individual will find a way to accept that the situation he or she is in is acceptable or morally good.

**5. Is there a significant relationship between the self-esteem, intimacy, and ego-strength of male college students who engages in multiple sexual partnership?**

**Table 9: Significant Relationship in the Assessment of the Male College Students Engaged in Multiple Sex Partnership with Regards to Self-Esteem, Intimacy, AND Ego Strength**

	Mean	DF	Pearson Correlation	Description	P-value	Decision	Interpretation
Self- Esteem and Intimacy	3.373	99	-0.214	Weak Downhill Correlation	0.03252	Reject H0	Significant
Intimacy and Ego Strength	3.421		-0.280	Weak Downhill Correlation	0.00478	Reject H0	Significant
Ego Strength and Self Esteem	3.657		0.577	Moderate Uphill Correlation	0.00001	Reject H0	Significant
Level of Significance is at 5%							

\*Legend for determining the description of correlation:

Degree of Correlation	Range
Perfect Uphill	1
Strong Uphill	0.51- 0.70
Moderate Uphill	0.31 – 0.50
Weak Uphill	0.1-0.30
No Correlation	0
Weak Downhill	-0.1- -0.30
Moderate Downhill	-0.31- -0.50
Strong Downhill	-0.51- -0.70
Perfect Downhill	-1

Table 10 shows the significant relationship in the assessment of the male college students engaged in multiple sex partnership with regards to self-esteem, intimacy, and ego strength. The three variables are paired with each other to determine if there is a significant relationship that exists between them. In self- esteem and intimacy, the computed Pearson correlation is -0.214 which has weak negative correlation and the P-value is 0.03253 which is lower than 0.05 level of significance therefore, there is a significant relationship between self-esteem and intimacy. Meanwhile in intimacy and ego strength, the computed Pearson correlation is -0.280 which is a weak negative correlation and the P-value is 0.00478 which is lower than the level of significance then it means that there is a significant relationship between intimacy and ego strength. Lastly, the computed Pearson correlation between Ego Strength and Self-esteem is 0.577 which is a high correlation and the p-value is 0.00001 which is lower than 0.05 therefore, there is a relationship between ego strength and self-esteem. Based from these data, there is a significant relationship between self-esteem, intimacy and ego strength of male college students who are engaged in multiple sex partnership.





In terms with the relationship between self-esteem and ego strength, Sahoo, Mishra and Kumar (2012) stated that men with high ego strength also feel confident after they have sex with their sexual partners. The relationship between self-esteem and ego strength has a strong positive correlation. This could mean that if a male college student engaged in multiple sex partnership has a high level of self-esteem then his level of ego strength will also increase. This could be because of the reason that their level of self-esteem will boost up since the male college students believe that what they are doing is right and good for them. Meanwhile, regarding to the relationship between self-esteem and intimacy, it has a weak negative correlation which could mean that if a male college student engaged in multiple sex partnership has a high-level self-esteem then his level of intimacy would decrease. Men who are engaged in multiple sex partnership tend to only focus themselves rather than also giving attention to their sexual partners and because of this, these males are only prioritizing what they would get from this kind of sexual partnership, which is self-esteem, that would result to having low intimacy level. Lastly the relationship between intimacy and ego strength, it also has a weak negative correlation meaning that if a male college student engaged in multiple sex partnership has a high level of ego strength then his level of intimacy lowers. Mishra and Kumar (2012) explained that men view criticism of other people to them, whether positive or negative, as unfounded while listening to the opinion of your partner is a way to build intimacy that is why it has a negative correlation.

## **SUMMARY, CONCLUSIONS AND RECOMMENDATIONS**

### **Summary**

The study is about self-esteem, Intimacy, and Ego Strength of Male college Students in University Belt- Manila who Engage in Multiple Sex Partnership. The statement of the students engaged problem includes the; 1. Personal profile of male college students engaged in Multiple Sex Partnership in terms of age; 2. The level of self-esteem of these Male College Students; 3. The level of intimacy of these Male College Students to their sexual partners; 4. The level of ego strength of these Male College Students engaged in multiple sex partnership and the; 5. Relationship of the Self- esteem, Intimacy, and Ego Strength of Male College Students who engages in Multiple Sex Partnership. The study was based from the Social Exchange Theory by the Sociologist George Homanns.

The data gathered by the researchers have been computed quantitatively and in order to identify the general picture of the study, the correlation design under the descriptive research has been used to distinguish the result. The research study was conducted through the use of the following survey questionnaires; 1. The Personal Data Sheet; 2. The Multiple Sex Partnership Screening Test; 3. The Multiple Sex Partnership Esteem Scale; 4. Intimacy Attitude Scale; 5. Ego Strength on Multiple Sex Partnership Scale. For the population the study was conducted among the 44 schools in the University Belt- Manila specifically in Technological Institute of the Philippines; University of the East; Lyceum of the Philippines University; National University. The sampling technique that was used is purposive sampling. The statistical techniques and tools that are used in the study are Frequencies and Percentage; Pearson's Product- Moment Correlational Coefficient.



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## Summary of Findings

The respondents of this study came from Lyceum of the Philippines University, University of the East, Technological Institute of the Philippines and National University with 25 students (25%) each comprising a total of 100 respondents.

The majority or 35% of the respondents are aged 19 years old and below followed by 27% or 27 respondents belong to 20 years old bracket while 14% or 14 respondents came in third that are aged 22.

In terms of the level of self-esteem of male college students engaged in multiple sex partnership, the majority or 78% of the respondents have an average level of self-esteem while 19% of the respondent have high level of self-esteem and 4% of the respondents have low self-esteem.

In terms of the level intimacy of male college students engaged in multiple sex partner, 84% of the respondents got significantly below average of level of intimacy and 16% of the respondents have somewhat below average level of intimacy.

Meanwhile in the level of ego strength of male college students engaged in multiple sex partnership, the majority or 81% of the respondents have an average level of ego strength and 19% of them have a high average of ego strength.

In determining the significant relationship between self-esteem, intimacy and ego strength, shows the significant relationship in the assessment of the male college students engaged in multiple sex partnership with regards to self-esteem, intimacy, and ego strength. In self-esteem and intimacy, the computed Pearson correlation is -0.214 which has weak negative correlation and the P-value is 0.03253 which is lower than 0.05 level of significance therefore, there is a significant relationship between self-esteem and intimacy. Meanwhile in intimacy and ego strength, the computed Pearson correlation is -0.280 which is a weak negative correlation and the P-value is 0.00478 which is lower than the level of significance then it means that there is a significant relationship between intimacy and ego strength. Lastly, the computed Pearson correlation between Ego Strength and Self-esteem is 0.577 which is a high correlation and the p-value is 0.00001 which is lower than 0.05 therefore, there is a relationship between ego strength and self-esteem. Based from these data, there is a significant relationship between self-esteem, intimacy and ego strength of male college students who are engaged in multiple sex partnership.

## Conclusions

Based on the findings of this study and after careful analysis of the data presented, the researcher had drawn the following conclusions

1. The majority of male college students that are engaged in multiple sex partnership are aged 19 and below.
2. Based on the data and assessment of the group of respondents' self-esteems through Multiple Sex Partnership- Self- Esteem Scale, majority of the male college students in University Belt- Manila that engages in multiple sex partnership have an average level of self-esteem.



3. Based on the data and assessment of the group of respondents' intimacies through Intimacy Attitude Scale, majority of the male college students in University Belt-Manila engaged in multiple sex partnership have a significantly low level of intimacy.
4. Based on the data and assessment of the group of respondents' ego strength through Ego Strength on Multiple Sex Partnership Scale, majority of male college students in University Belt-Manila engaged in multiple sex partnership have an average level of ego strength.
5. Based on the result of the statistical treatment of data using pearson correlation, the self-esteem, intimacy, and ego strength of male college students have been found out to have significant relationship with each other when they are engaged in multiple sex partnership.

### **Recommendations**

Based on the conclusions that were drawn, the following are recommended:

1. It is recommended that Male College students engaged in Multiple Sex Partnership be informed about its positive and negative effects both physically and psychologically.
2. Guidance Counselors are encouraged to orient incoming freshmen students about the existence of multiple sex partnership and how to prevent it from becoming a major issue in the campus.
3. It is also recommended that the parents be made aware of this multiple sex partnership so that the guidance and intervention that are being implemented in the school will be continued in the students' home.
4. Future researchers are recommended to make further study and make improvements and consider replication regarding this topic.
5. Despite the stigma with multiple sex partnership, people are encouraged to reconsider multiple sex partnership as a way of increasing self-esteem and ego-strength.
6. Safe sex is encouraged to avoid its physical health risks.

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