Sexless Marriages

The number of “sexless” marriages are on the rise in the United States, according to a recent survey.

The Relationships in America survey, conducted by the Austin Institute for the Study of Family and Culture, included 15,738 adults between the ages of 18 and 60. The data were collected in January and February 2014.

Overall, 12% of married Americans had not had sex for at least three months before the survey.

Almost 5% of the men and 6.5% of the women had not had sex with their spouse in over a year.

The Austin Institute reports that these numbers are up from previous surveys conducted by other institutions.

The researchers noted that couples who have been married for a long time are more likely to be sexually inactive.

However, these couples also tend to be older and age-related problems, such as illness or lower sex drive, may be factors in decreased sexual activity.

Most couples have more sex in the years following marriage, the report said. However, frequency tends to reach a plateau eventually.

After taking age into account, sexual inactivity decreases as length of marriage increases, the authors said.

The fact that couples in sexless marriages are more likely to divorce is another factor in sexual inactivity rates.

“Either way, with the exception of the first few years, the longer a couple is married, the more likely they are to be sexually active, whether because sexless marriages end, or because couples settle into an established pattern of sex, or both,” the report explained.
Resources

The Austin Institute for the Study of Family and Culture

“Appendix A: Survey Methodology”

(2014)

http://relationshipsinamerica.com/appendix-a-survey-methodology

“How common are sexually ‘inactive’ marriages?”

http://relationshipsinamerica.com/relationships-and-sex/how-common-are-sexually-inactive-marriages