

NOT TONIGHT, BABY: UNDERSTANDING WHEN A PARTNER IS NOT IN THE MOOD

We wanted to learn more about couples' motivation to be understanding about their partner's disinterest in having sex during the transition to parenthood

Understanding When a Partner Is Not in the Mood:
Sexual Communal Strength in Couples Transitioning to
Parenthood

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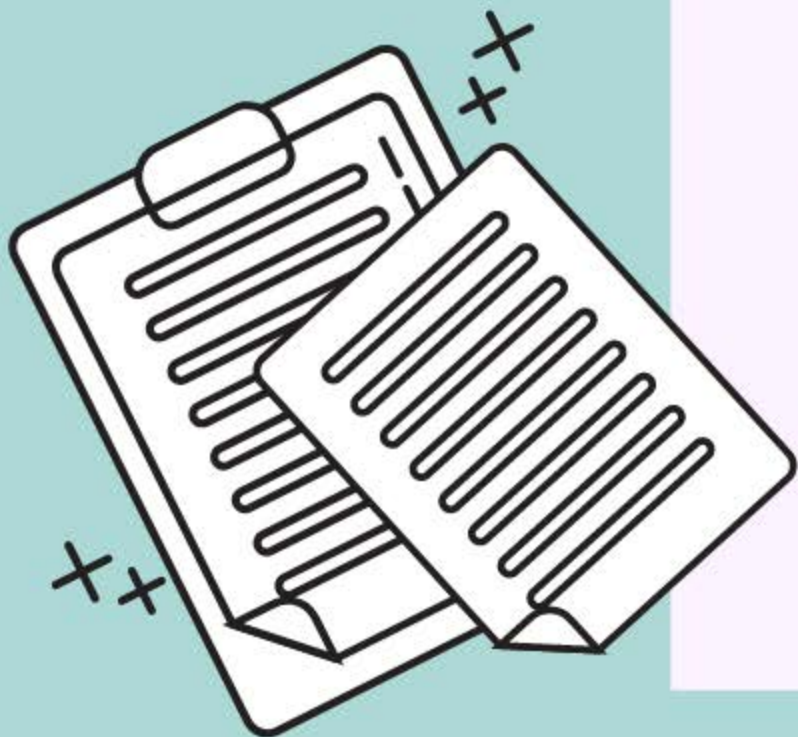
WE WANTED TO KNOW:



We conducted **2 studies** in attempts to explore and emphasize the importance of partners understanding each other's sexual needs during the transition to parenthood.

Study 1

We developed a **new measure** to evaluate the motivation to be understanding about a partner's need not to have sex



N = 185
individuals in
relationships

Study 2

We measured whether the motivation to meet a partner's need to have sex and the motivation to be understanding about a partner's need not to have sex were linked with sexual satisfaction and the quality of the relationship among couples transitioning to parenthood

N = 225 Mixed-Sex Couples

WE FOUND THAT...

If you are the partner who gave birth and are:

- Highly motivated to **meet** your partner's need to have sex, **your partner** may report higher relationship quality.
- Highly motivated to **understand** when your partner is not in the mood to have sex, **you** may report higher relationship quality.

If you are a new mother OR father and are:

- Highly motivated to meet your partner's need to have sex, you could feel more satisfied sexually and in your relationship.

WE FOUND THAT...

If you are the father and are:

- highly motivated to ***understand*** when your partner is not in the mood to have sex, you may feel ***more satisfied*** in your relationship. You may also have a partner that reports ***higher*** sexual satisfaction and relationship quality.
- highly motivated to ***understand*** when your partner is not in the mood to have sex, you could ***more easily*** accept your partner's decision to decline your sexual advances and feel ***more satisfied*** with your relationship.

So, what does all of this mean?

Knowing that being **highly motivated to understand** partner's sexual needs impacts the relationship's well being, clinicians could try to encourage couples to be mindful about them.



This is a summary of our published article:

Muise, A., Kim, J. J., Impett, E. A., & Rosen, N. O. (2017). Understanding when a partner is not in the mood: Sexual communal strength in couples transitioning to parenthood. *Archives of Sexual Behavior*, 46, 1993-2006.

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