

Jeremy Gillentine

COUC870

Discussion Assignment

Due: June 8, 2025

I am Jeremy Gillentine. I have a beautiful wife and we have four children together that range from ages 16-23. We live in Wetumpka, Alabama. I have a broad background in my work pursuits that include general construction, real estate broker, counseling, mediation, and moving into the mindset of being a counselor educator. We are Christians and try to live our lives in a manner that will bring glory and honor to our great God. It is through the lens of this worldview that my topic has come to my attention and has caused me to be very interested in researching the topic to fulfill the requirements of my dissertation project, but more broadly my desire is to hopefully find valuable nuggets of information that may help couples in the future. My research question is:

What are the experiences of Christian married couples who would describe their sexual intimacy as mutually satisfying?

The reason for specifying Christian married couples is the research does not have a lot to say about this specific population. Further, there are some teachings within some in the Christian faith (e.g., purity culture) that have caused some distress when it comes to being able to enjoy the blessing God has given for couples to experience together. One example of this is the extreme stance on teaching abstinence without making clear that the Bible says sexual intimacy

is inappropriate for people who are not married to one another, but it is absolutely demonstrated to be a beautiful and special gift given to married couples by God. This is demonstrated in books of the Old and New Testament (i.e., Psalms, Song of Solomon, Ecclesiastes, 1 Corinthians, etc.). Unfortunately, many when having received this teaching have unfortunately internalized that sex is dirty and bad and once their marriage occurs, they find it extremely difficult to flip this mindset (Gregoire et al., 2021). Dew et al., (2020) did work that points to true Bible teaching as being a promoter of sexual satisfaction and found that the couples they looked at who were religious both publicly and privately are more prone to experiencing sexual satisfaction. I hope my research may further highlight this connection and be able to broaden the understanding of the effects of Biblical teachings and more specifically the way it is presented. Mark et al., (2019), though not looking specifically at Christian couples, found that females were more likely to experienced higher levels of sexual arousal the day after their male partner had displayed higher levels of sexual arousal. It will be interesting to see if this comes out in my work with Christian couples and to consider the implications of this concept further. Laura & Kristen (2020) did a work that considered the roles of love, desire, relationship satisfaction and quality of sexual experiences. This will reasonably be anticipated thoughts to consider in my work as well. They go on to share that love and desire affect both men and women in their consideration of what constitutes the quality of their sexual experiences.

My desire is to do a qualitative study with the question, “What are the experiences of Christian married couples who would describe their sexual intimacy as mutually satisfying?” I plan to utilize the Husserl’s transcendental phenomenological method. This would be accomplished by doing interviews via Zoom to gather the data and then go through the thorough examination

processing of the data. However, I am torn at this juncture due to the amount of time needed to complete such a research project. My second thought would be to do a quantitative project with the question, “What are the effects of religiosity on the outcomes of sexual satisfaction of married couples?” from a Social Exchange Theory approach. This work would hope to see some associations regarding the effects levels of religiosity have on married couples’ sexual satisfaction in hopes of adding to the existing research regarding sexual satisfaction.

### References

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