

Understanding the Sexual Self-Confidence: Role of Perceived Self-Efficacy in Educated Married Women

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Abstract

The research here looks at how an individual's perception of their own ability directly correlates with their sexual self-confidence when in a marital relationship. By using the cross-sectional correlation research method in this study, 202 educated married women were drawn from a pool of potential participants through the purposive sampling method. The data were collected by administering the Perceived Self-Efficacy Scale (Smith & Betz, 2000) and the Sexual Self-Confidence Scale (Celik, 2015). A series of statistical analyses using descriptive statistics, correlation analysis and regression analysis were performed on the data using SPSS version 25. A significant moderate correlation was found between married women's perceived self-efficacy and sexual self-confidence. Regression analysis also shows statistically significant prediction ($F(1, 200) = 94.14, p < .001$), confirming that perceived self-efficacy was the predictor of sexual self-confidence. It illustrates how women perceive themselves in relation to their sexuality. The findings of this study indicate that strategies aimed at increasing perceived self-efficacy to promote sexual self-confidence so that the sexual satisfaction of married women can be enhanced.

Key Words

Perceived Self-Efficacy, Sexual Self-Confidence, Married Women, Intimate Relationships, Self-Belief

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Introduction

The connection between how a woman feels about herself sexually and her ability to perform depends highly on the connection between mental health and relationship satisfaction among women and how that connection affects their level of sexual assurance. A woman's self-efficacy about who she is in terms of her sexuality (the belief that she has a level of reassurance about herself sexually) considerably affects how comfortable she is with engaging sexually, as well as giving her autonomy over her romantic relationship (Batmaz & Çelik, 2022; Çelik, 2015). The current study focuses on married women and how perceived self-efficacy determines sexual self-confidence.

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Conceptualising Sexual Self-confidence

The idea of sexual self-confidence is typically defined by the idea of sexual self-efficacy, which is described as the knowledge of a woman in her ability to regulate sexual behaviour, specifically her needs, and maintain her sexual fitness. According to the research, sexual self-efficacy encompasses the religion in sexual functioning, emotional guidance, announcement, and conversation with association (Assarzadeh et al., 2021). This aspect is going deeper than threat-reduction behaviours and encompasses the capability to enjoy pleasure, sustain intimacy, and be able to overtly express sexual desires (Fang et al., 2023). Sexual self-confidence in married women suggests the level of confidence they possess in negotiating sexual relations, clarifying their wishes, and staying happy with the marital relationship. That is consistent with fine sexual fitness models that target empowerment and mental preparedness in sexual functioning (Assarzadeh et al., 2021).

Sexual self-confidence can be conceptualised as multiple dimensions (i.e., sexual self-disclosure, sexual courage, sexual awareness, positive sexual self-evaluation) that were developed through the use of psychometric scales in recent empirical studies (Çelik, 2015). Recent research has suggested that higher sexual self-confidence (i.e., including sexual self-esteem and sexual self-efficacy) has a positive correlation with sexual satisfaction, sexual functioning, and marital satisfaction across diverse cultural contexts (Chesli et al., 2024).

A study done in 2022 addressed an enormous gap in the research regarding how sexual self-efficacy can predict a woman's sexual self-confidence. This is extremely important in assessing sexual and marital wellness. Additionally, cultural, societal, and family roles are all significant influences on a woman's level of confidence in her ability to perform sexually as well as how she acts sexually (Batmaz & Çelik, 2022).

Much of the current literature focuses primarily on providing evidence regarding the link between general self-efficacy and resultant outcomes. According to Bandura (1977) and Williams & Rhodes (2016), a person's perception of his or her ability significantly influences many different phases of life, including motivation, perseverance, stress management, emotional reactions, etc. There are numerous connections between a woman's perception of her sexual self-efficacy, her perceived ability to reduce risk when engaging in sexual activity, her perceived ability to experience pleasure when engaging in sexual activity, and her overall reproductive health (Assarzadeh et al., 2021). The research by Atrian et al. (2019) added a number of new insights into this field, along with some connections to the work done by various other researchers. However, the work done so far in examining the relationship between sexual self-confidence and overall confidence has produced significant findings. This sexual self-confidence can be triggered by perceived self-efficacy.

Understanding Perceived Self-Efficacy

Self-efficacy is an important part of social cognitive theory. It is the belief in one's ability to perform at a certain level and influence their life events (Bandura, 1997). Self-efficacy is task-oriented. There are four sources of self-efficacy: mastery experience, vicarious experience (modelling), social persuasion, and physiological and emotional states. These sources help shape how individuals think about their ability to succeed in different areas of their lives by influencing how much effort they put in, how long they will persist when faced with challenges, and how resilient they will be when dealing with challenges. Research has indicated that self-efficacy impacts not only cognitive processes, but also motivational, emotional, and decision-making processes across multiple contexts (Williams & Rhodes, 2016). Thus, perceived self-efficacy is not merely a trait of optimism; it also serves to influence behaviour and emotional responses within specific contexts.

Perceived social self-efficacy is also an idea that can be based on a relationship. Here, humans accept as true that they are able to correctly take part in social interactions, have powerful communication, and deal with relational expectations (Hao & Fang, 2024). It includes the trust in initiating dialogue, imparting wishes, dealing

with interpersonal conflicts, and supportive relationships. There may be proof that social self-efficacy boosts the communicative capability of a woman in intimate situations and offers her extra abilities to establish a private area and speak about emotional or sexual demands (Brasileiro et al., 2021). In teens, social self-efficacy also becomes associated with an increased degree of sexual assertiveness and sexual communication, which can be pillars of sexual self-confidence (Brasileiro et al., 2021).

The Social Cognitive theory, by using Bandura, is the principal theoretical foundation of the perceived self-efficacy in sexual conduct. Bandura points out that people behave according to their convictions about their capability, not their ability. Sexually, it means that women who have more efficacy beliefs are more equipped while handling sexual members of the family, sexual demanding situations, and expressing their needs. Empirical research suggests that interventions aimed at boosting self-efficacy can result in enormous adjustments in sexual self-confidence and sexual satisfaction in women. Marital Context and Women's Sexual Self-confidence (Mastro et al., 2018).

In a number of studies, there's a relation between self-efficacy, both in popular and in sexual situations, and sexual consequences. Sexual self-efficacy is a narrower perception of the capability of taking part in sexual sports or safeguarding sexual fitness; it pre-determines sexual functioning and safety of sexual behaviours (Assarzadeh et al., 2021; Atrian et al., 2019). Specific studies of sexual self-confidence indicate that it's a mediator or moderator in the connections among sexual knowledge, assertiveness, and functioning (Batmaz & Çelik, 2022). Theoretically, while perceived self-efficacy motivates human beings to pursue new behaviour, persevere through problems, and cope with tension (Bandura, 1977), the identical inclinations must result in extra comfort, assertiveness and positive beliefs about sexual experience and, in other words, sexual self-confidence. Nonetheless, extra research has to involve trendy perceived self-efficacy as a predictor of sexual self-confidence in married women.

Marital relationships, together with pleasure inside the relationship and emotional closeness, as well as verbal communication with the associate, play a function in growing sexual self-confidence amongst married women. Studies suggest that happy women are more likely to show off higher sexual self-confidence and feel more comfortable speaking about sexual wishes (Assarzadeh et al., 2021). Moreover, the warmth of partners, emotional aid, and non-coercive communication have a strong effect on the sexual organisation and self-efficacy of women (Lemieux et al., 2013).

Research Gap

Despite the fact that there have been a number of studies on sexual self-confidence, sexuality, and sexual functioning, there are no direct quantitative measures of fashionable perceived self-efficacy as an unbiased variable predicting sexual self-confidence among married women. Numerous studies have tested sexual self-efficacy or sexual as predictors of sexual functioning, and less research has examined whether or not larger efficacy ideals, as measured by standard self-efficacy scales, are the sole predictors of sexual self-confidence, independent of demographic and dating variables. Additionally, the present-day sexual self-confidence scales have been created within a certain cultural setting. There are still restricted pass-validation of predictive fashions with married women in other sociocultural contexts and direct tests. The distance will be addressed through determining whether or not interventions carried out to increase the general perceived efficacy can assist sexual self-confidence amongst married women.

Rationale of the Study

It is vital to know what predicts sexual self-confidence in married women. Practically, to tell the couple and sexual health interventions to enhance sexual delight and quality of marriage, it is feasible to discover changeable elements

which include perceived self-efficacy. In theory, the look at of the applicability of preferred perceived self-efficacy to a social and culturally contextualised domain consisting of sexual life augments social cognitive fashions of efficacy belief switch among contexts. As the gender roles and sexual norms vary culturally, it's far beneficial to target married women to offer interventions in order to fit the scenario, while social pressures restrain sexual enterprise in a positive institution. Provided that perceived self-efficacy proves to be a powerful predictor, interventions may also raise awareness on elements that can contribute to efficacy, like mastery, modelling, persuasion, and emotional manipulation, to facilitate sexual self-confidence.

Objectives of the Study

This is a quantitative study that seeks to address the perceived self-efficacy as a predictor of sexual self-confidence in married women. The specific targets are:

1. To determine the relationship between perceived self-efficacy and sexual self-confidence in married women.
2. To establish that perceived self-efficacy predicts sexual self-confidence in married women.

Method

Research Design

The cross-sectional correlational research design was used to look at whether perceived self-efficacy predicts sexual self-confidence in married women.

Setting of the Study

The data was collected from married women within the cities of Gujrat and Rawalpindi, Pakistan.

Inclusion/Exclusion Criteria

The examination included educated (at least B.A) married women who were adults aged 19 years and above. Married women who were unwilling to participate had extreme mental and physical health problems and were excluded from the investigation.

Sampling Method

The sample comprised married women from Gujrat and Rawalpindi, Pakistan, recruited through open (free) participation. The purposive sampling method was used to recruit 202 married women who met the inclusion criteria.

Tools

Instruments of the current study have been covered with four components, which were the consent form, demographic variables, Perceived Self-Efficacy Scale and Sexual Self-Confidence Scale.

Perceived Self-Efficacy Scale

The Perceived Self-Efficacy Scale was developed by Smith and Betz in 2000. It was a 25-item tool designed to evaluate a man or woman's self-efficacy. Each item is rated on a five-point Likert scale, ranging from 1 (no confidence at all) to 5 (complete confidence). High ratings suggest greater perceived self-efficacy. The scale gave a high internal consistency, with a Cronbach's alpha of 0.94.

Sexual Self-confidence Scale

The Sexual Self-confidence Scale was developed by Celik in 2015. It was a 13-item instrument designed to measure a person's confidence in their sexual behaviour and attitudes. Responses are recorded on a four-point Likert scale,

starting from 1 (never) to 4 (always), with higher rankings indicating greater sexual self-confidence. The scale showed an internal consistency with Cronbach's alpha of 0.88.

Procedure

Procedure

This current study examines the connection between perceived self-efficacy and sexual self-confidence among married women. A non-probability purposive sampling technique was used to recruit members who met the inclusion standards. The individuals were adult married women who were willing to provide data and understand the Google form. As data has been collected via a Google Form, permitting members to reply quite simply and privately. This placement ensured accessible participation and honest reporting on sensitive variables, together with perceived self-efficacy and sexual self-confidence.

Participants have been informed about the targets, nature, and reason for conducting research through a Google Form. Participants were additionally informed that their participation would be voluntary, their responses would remain exclusive and anonymous. Informed consent was taken earlier than it was received electronically by the respondents.

To facilitate accurate responses, clear commands on how to finish the online questionnaires have been provided, and participants were advised to contact the researcher through email or messaging in the event that they had any doubts. The members then finished the Perceived Self-Efficacy Scale (Smith & Betts, 2000), the Sexual Self-confidence Scale (Celik, 2015), and demographic information. The researcher monitored responses to ensure completeness and addressed any clarifications promptly.

Further, individuals submitted their responses and have been thanked for their time, cooperation, and contribution to the research. The online layout enabled individuals to reply at their convenience, ensuring confidentiality, privacy, and truthful reporting of personal records.

Statistical Analysis

The analysis has been done using SPSS (Statistical Package for Social Science) version 25. Correlation and regression were run to evaluate the relationship and prediction between perceived self-efficacy and sexual self-confidence.

Results

Facts have been accumulated using standardised self-report scales, and statistical analyses have been conducted to evaluate the path of the prediction in variables.

Table 1

Correlation between Perceived Self-Efficacy and Sexual Self-Confidence (N = 202)

Variable	1	2
1. Perceived Self-Efficacy (TOTALPSSE)	—	.566**
2. Sexual Self-Confidence (SSS)	.566**	—

Note: $p < .01$ (2-tailed).

A correlation analysis was conducted to examine the relationship between perceived self-efficacy and sexual self-confidence among married women. Results indicated a moderate, positive, and statistically significant correlation between them, $r(202) = .57$, $p < .001$. This suggests that higher levels of perceived self-efficacy were associated with higher levels of sexual self-confidence.

Table 2*Model Summary for the Regression Predicting Sexual Self-Confidence*

Model	R	R ²	Adjusted R ²	Std. Error of the Estimate
1	.566	.320	.317	5.65040

Note: Predictors: Perceived Self-Efficacy (TOTALPSSE).

The Model Summary table shows that perceived self-efficacy is a moderately strong predictor of sexual self-confidence. The regression model produced $R = .566$, indicating a moderate positive association between the variables. The model explained 32% of the variance in sexual self-confidence ($R^2 = .320$), with a similar adjusted R^2 (.317), suggesting good model stability. The standard error of the estimate (5.65) represents the average amount by which predicted values differ from observed values.

Table 3*ANOVA for the Regression Model Predicting Sexual Self-Confidence*

Model	Sum of Squares	Df	Mean Square	F	Sig.
Regression	3005.45	1	3005.45	94.14	.000
Residual	6385.40	200	31.93	—	—
Total	9390.85	201	—	—	—

Note: Dependent Variable: Sexual Self-Confidence. Predictor: Perceived Self-Efficacy.

The ANOVA results show that the regression model predicting sexual self-confidence from perceived self-efficacy was statistically significant, $F(1, 200) = 94.14$, $p < .001$. This indicates that the model reliably predicts sexual self-confidence and that perceived self-efficacy significantly contributes to explaining the variability in sexual self-confidence among married women.

Table 4*Regression Coefficients for Predicting Sexual Self-Confidence*

Model	Unstandardized B	Std. Error	Standardized Beta	t	Sig.
(Constant)	19.345	1.743	—	11.10	.000
Perceived Self-Efficacy	.203	.021	.566	9.70	.000

Note: Dependent Variable: Sexual Self-Confidence.

The coefficients table shows that perceived self-efficacy is a significant positive predictor of sexual self-confidence. The unstandardized coefficient indicates that for every one-unit increase in perceived self-efficacy, sexual self-confidence increases by 0.20 units, $B = 0.203$, $SE = 0.021$, holding other factors constant. The standardised coefficient ($\beta = .566$) reflects a strong positive effect size. This predictor was statistically significant, $t(200) = 9.70$, $p < .001$, demonstrating that higher perceived self-efficacy is associated with higher sexual self-confidence among married women.

Discussion

The present study investigates whether or not perceived self-efficacy predicts sexual self-confidence among married women. The findings confirmed a correlation between perceived self-efficacy and sexual self-confidence ($r(202) = .57$, $p < .001$). This suggests that higher levels of perceived self-efficacy were associated with higher levels of sexual self-confidence. Whereas regression analysis also confirmed prediction ($F(1, 200) = 94.14$, $p < .001$). The model explained 32% of the variance in sexual self-confidence ($R^2 = .320$), which was due to perceived self-efficacy. Further, the previous research also confirmed the results as perceived self-efficacy was a considerable predictor

of sexual self-confidence in our sample (Assarzadeh et al., [2021](#)). Other findings also established that self-efficacy affects the women's sexual fitness. For instance, better self-efficacy is linked to greater sexual assertiveness, awareness, and usual sexual (Hamzehgardeshi et al., [2025](#)). Interventions aimed toward enhancing sexual self-efficacy have validated high-quality consequences in various contexts, such as psychoeducational packages for newly married women or postpartum girls, which led to improvements in sexual self-confidence and self-efficacy (Musavi et al., [2024](#)). These findings support the practical relevance of our study, highlighting that enhancing preferred self-efficacy can also indirectly sell sexual self-confidence and pleasure.

The prevailing examination also aligns with theoretical perspectives suggesting that self-efficacy is a foundational mental resource influencing sexual behaviour and self-belief. Research has proven that sexual self-confidence contributes to sexual pleasure in life and usual sexual functioning, with better self-efficacy associated with multiplied agency, assertiveness, and pleasure (De Guzmán & Dello Stritto, [2023](#)). Thus, our results increase earlier work by demonstrating this courting in particular in married women, reinforcing the concept that self-efficacy has cross-domain implications, including intimate and sexual domains.

Despite those promising findings, several barriers need to be considered. First, the cross-sectional layout limits causal inferences; whilst perceived self-efficacy predicts sexual self-confidence in our analyses, it is possible that sexual self-confidence affects trendy self-efficacy or that both are below with other factors, which include marital delight, conversation, or stress (Hamzehgardeshi et al., [2025](#)).

Conclusion

The current study provides evidence demonstrating the considerable capacity of perceived self-efficacy to forecast married women's sexual self-confidence.

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