



GOOD IN BED SURVEYS

Report #1

Relationship Boredom

OBJECTIVE

The purpose of this survey was to further understand relationship boredom within the context of committed relationships. Additionally, this survey assessed how relationship boredom is related to sex and sexuality within those relationships.

BACKGROUND

There is research to support the idea that as relationship duration increases, boredom may set in and impact other areas of the relationship. A large body of research indicates that sexual and relationship satisfactions are incredibly intertwined. Therefore, experiencing boredom in a relationship is likely to impact the sexual aspects of the relationship.

METHODOLOGY

Data was collected through an online survey from 1418 men (42.4%) and 1923 women (57.6%) who were in a relationship at the time of data collection. Participants were given a code to redeem a free e-book as an incentive for participation.

DEMOGRAPHICS

- 1418 men (42.4%)
- 1923 women (57.6%)

- 90.8% heterosexual, 1.1% gay or lesbian, 4.7% bisexual, .5% queer, 1.6% uncertain or questioning

- 3.4% casually dating one or more person
- 27.3% seriously dating one person
- 6% engaged
- 52.6% married
- 9% common-law or living together

- .1% widowed
- 65.5% work full time
- 10.5% work part time
- 6.3% unemployed
- 6% take care of kids full-time
- .4% take care of kids part-time
- 6.8% have been in their relationship for 6 months or less
- 7.5% have been in their relationship one year or less
- 21.6% have been in their relationship between 1 and 3 years
- 20.5% have been in their relationship between 3 and 7 years
- 20.2% have been in their relationship between 7 and 15 years
- 23.5% have been in their relationship for more than 15 years
- 51.4% have children – of those, 12.2% have 1 child, 22.3% have 2 children, 12.3% have 3 children, 6.3% have 4 children, 4.6% have 5 or more children
- 47.6% don't have children

Table 1. Demographic variables by gender

	Men	Women	Total
Gender			
Male	1418	--	42.4%
Female	--	1923	57.6%
Sexual Orientation			
Heterosexual	1332 (93.9)	1702 (88.5)	90.8%
Gay or Lesbian	14 (1.0)	24 (1.2)	1.1%
Bisexual	42 (3.0)	114 (5.9)	4.7%
Queer	1 (.1)	15 (.8)	.5%
Uncertain/Questioning	17 (1.2)	35 (1.8)	1.6%
Relationship Status			
Casually dating 1+ person	41 (2.9)	74 (3.8)	3.4%
Seriously dating 1 person	205 (14.5)	706 (36.7)	27.3%
Engaged	61 (4.3)	141 (7.3)	6.0%
Married	1034 (72.9)	722 (37.5)	52.6%

Common-law	58 (4.1)	243 (12.6)	9.0%
Widowed	3 (.2)	1 (.1)	.1%
Employment			
Work full time	1158 (81.7)	1032 (53.7)	65.5%
Work part time	69 (4.9)	282 (14.7)	10.5%
Unemployed	58 (4.1)	151 (7.9)	6.3%
Kids full time	11 (.8)	191 (9.9)	6.0%
Kids part time	2 (.1)	10 (.5)	.4%
Relationship Length			
6 months or less	70 (4.9)	157 (8.2)	6.8%
1 year or less	70 (4.9)	179 (9.3)	7.5%
1 to 3 years	176 (12.4)	544 (28.3)	21.6%
3 to 7 years	211 (14.9)	474 (24.6)	20.5%
7 to 15 years	346 (24.4)	328 (17.1)	20.2%
15 years +	545 (38.4)	241 (12.5)	23.5%
Children			
No Children	351 (24.8)	1019 (53.0)	47.6%
1 Child	178 (12.6)	231 (12.0)	12.2%
2 Children	430 (30.3)	316 (16.4)	22.3%
3 Children	234 (16.5)	178 (9.3)	12.3%
4 Children	121 (8.5)	89 (4.6)	6.3%
5 Children +	89 (6.3)	65 (3.4)	4.6%

QUANTITATIVE RESULTS SUMMARY

Overall, 25% of the sample indicated they were bored in their current relationship. Women tended to report being more bored than men, despite being happier with the sexual aspects of their relationship. Although only 25% of the sample indicated they felt

bored in their relationship overall, when asked how often they felt bored, 37% indicated they felt bored at least once a week, with 16.8% indicating they felt bored almost every day or every day.

Table 2. Boredom variables of interest by gender.

<i>Over the past month, how often have you:</i>	Men n (%)	Women n (%)	Total
Felt bored with your work life			
More than once per day	78 (5.5)	131 (6.8)	6.3%
Every day	161 (11.4)	305 (15.9)	13.9%
3 times a week or more	192 (13.5)	287 (14.9)	14.3%
Once or twice a week	245 (17.3)	298 (15.5)	16.3%
3 or 4 times over the past month	110 (7.8)	156 (8.1)	8.0%
Once or twice over the past month	210 (14.8)	250 (13.0)	13.8%
Not at all	383 (27.0)	368 (19.1)	22.5%
Felt bored with your home life			
More than once per day	51 (3.6)	114 (5.9)	4.9%
Every day	113 (8.0)	233 (12.1)	10.4%
3 times a week or more	151 (10.6)	331 (17.2)	14.4%
Once or twice a week	244 (17.2)	362 (18.8)	18.1%
3 or 4 times over the past month	152 (10.7)	219 (11.4)	11.1%
Once or twice over the past month	302 (21.3)	379 (19.7)	20.4%
Not at all	386 (27.2)	268 (13.9)	19.6%
And your partner cuddled/hugged?			
3 times a week or more	692 (48.8)	1074 (55.9)	52.9%
Once or twice a week	236 (16.6)	290 (15.1)	15.7%
3 or 4 times over the past month	161 (11.4)	215 (11.2)	11.3%
Once or twice over the past month	191 (13.5)	193 (10.0)	11.5%
Not at all	114 (8.0)	131 (6.8)	7.3%

Kissed your partner?			
Every day	642 (45.3)	943 (49.0)	47.4%
Almost every day	303 (21.4)	385 (20.0)	20.6%
Occasionally	216 (15.2)	264 (13.7)	14.4%
Rarely	127 (9.0)	136 (7.1)	7.9%
Never	15 (1.1)	31 (1.6)	1.4%
Engage in outside interests together?			
All of the time	109 (7.7)	189 (9.8)	8.9%
Most of the time	353 (24.9)	418 (21.7)	23.1%
Some of the time	521 (36.7)	659 (34.3)	35.3%
Very little of the time	270 (19.0)	406 (21.1)	20.2%
None of the time	51 (3.6)	92 (4.8)	4.3%
Engaged in sexual activity?			
3 times a week or more	232 (16.4)	433 (22.5)	19.9
Once or twice a week	289 (20.4)	478 (24.9)	23.0
3 or 4 times over the past month	240 (16.9)	324 (16.8)	16.9
Once or twice over the past month	352 (24.8)	365 (19.0)	21.5
Not at all	179 (12.6)	150 (7.8)	9.8
Fantasized about sex?			
3 times a week or more	291 (20.5)	218 (11.3)	15.2
Once or twice a week	204 (14.4)	190 (9.9)	11.8
3 or 4 times over the past month	126 (8.9)	144 (7.5)	8.1
Once or twice over the past month	273 (19.3)	403 (21.0)	20.2
Not at all	395 (27.9)	803 (41.8)	35.9
Used pornography?			
3 times a week or more	235 (16.6)	45 (2.3)	8.4
Once or twice a week	261 (18.4)	109 (5.7)	11.1

3 or 4 times over the past month	127 (9.0)	127 (6.6)	7.6
Once or twice over the past month	260 (18.3)	342 (17.8)	18.0
Not at all	399 (28.1)	1125 (58.5)	45.6

Relationship quality of the survey participants:

- 40% of the respondents indicated they were “very happy”, “extremely happy”, or thought their relationship was “perfect”.
- 19.6% of the respondents indicated they were “happy” in their relationship.
- 32.2% of the respondents indicated they were “a little unhappy”, “fairly unhappy”, or “extremely unhappy” with their current relationship.
- Men and women did not significantly differ in their reported levels of relationship quality, $X^2(7) = 12.87, p = .08$

Sexual quality of the survey participants:

- 28% of the respondents indicated they were “very happy”, “extremely happy”, or thought their relationship was “perfect”.
- 17.9% of the respondents indicated they were “happy” in their relationship.
- 45.4% of the respondents indicated they were “a little unhappy”, “fairly unhappy”, or “extremely unhappy” with their current relationship.
- Men and women significantly differed in their reported levels of sexual quality, $X^2(7) = 38.67, p < .001$.
 - Women were significantly happier with the sexual quality of their relationship than men

Excitement of sex life:

- 31.2% of respondents find their sex lives exciting all of the time or most of the time
 - 28.6% of men; 33.1% of women
- 29.2% of respondents find their sex lives exciting some of the time
 - 28.4% of men; 29.8% of women
- 27.7% of respondents rarely or never find their sex lives exciting
 - 31.7% of men; 24.7% of women

Overall **state of current relationship** in terms of boredom:

- 41.7% of the respondents indicated they were fairly or extremely excited with their current relationship
- 25.1% of the respondents indicated they were fairly or extremely bored with their current relationship
- 24.1% of the respondents indicated they were equally excited and bored with their current relationship

- Men and women significantly differed in the extent to which they felt bored $X^2(5) = 20.98, p < .01$.
 - Women were significantly more bored in their relationship than men

Perception of partner boredom:

- 42.5% of the respondents indicated they thought their partner was fairly or extremely excited with their current relationship
- 16.2% of the respondents indicated they thought their partner was fairly or extremely bored with their current relationship
- 32.0% of the respondents thought their partner was neither bored nor excited with their relationship

Frequency of feeling bored in current relationship:

- 37% felt bored at least once a week
 - 35.5% men; 38.2% women
- 25.6% do not feel bored in their current relationship
 - 29.2% men; 22.9% women
- 20.0% have felt bored once or twice over the past month
 - 19.0% men; 20.7% women

Point in relationship where boredom occurred:

- Within the first year of the relationship – 8.4%
 - 5% men; 10.9% women
- Between year 1 and year 3 – 17.0%
 - 10.7% men; 21.7% women
- Between year 3 and year 5 – 12.6%
 - 11.2% men; 13.7% women
- Between year 5 and year 7 – 9.6%
 - 11.3% men; 8.3% women
- After 7 years – 12.3%
 - 16.9% men; 8.9% women
- When pets came into the relationship - .8%
 - 1.1% men; .6% women
- When children came into the relationship – 10.7%
 - 15% men; 7.5% women

Areas impacted by boredom:

- Sexual desire for partner – 26.5%
 - 21.9% men; 30.0% women
- Frequency of sex with partner – 43.7%
 - 47.1% men; 41.2% women
- Satisfaction of sex with partner – 29.8%
 - 30.7% men; 29.0% women
- Communication with partner – 39.1%
 - 33.0% men; 43.6% women
- Relationship happiness – 34.6%

- 28.1% men; 39.4% women
- Vulnerability to infidelity – 18.2%
 - 14.1% men; 21.2% women
- Vulnerability to breakup/divorce – 16.0%
 - 11.3% men; 19.6% women
- Attraction to partner – 16.5%
 - 13.5% men; 18.7% women

Milestones most likely to lead to relationship boredom:

- Moving in together – 15.6%
 - 7.4% men; 21.7% women
- Marriage – 13.8%
 - 12.1% men; 15% women
- Getting pregnant – 8.0%
 - 7.3% men; 8.4% women
- Having kids – 32.2%
 - 37.2% men; 28.6% women
- Getting older – 38.5%
 - 40.1% men; 37.3% women

Financial limitations impact excitement:

- All of the time – 5.8%
 - 3.7% men
 - 7.4% women
- Most of the time – 12.7%
 - 10.9% men
 - 14.0% women
- Some of the time – 28.7%
 - 28.4% men
 - 29.0% women
- Rarely – 21.2%
 - 23.0% men
 - 19.9% women
- None of the time – 20.1%
 - 23.2% men
 - 17.8% women

The **ways** in which **financial limitations** impact excitement:

- Going on dates impacted 40.2% of the respondents' excitement
- Going on vacations impacted 53.8% of the respondents' excitement
- Getting a babysitter impacted 12.2% of the respondents' excitement
- Stress caused by finances impacted 45.1% of the respondents' excitement

Table 3. Partner and relationship characteristics by gender

	Men	Women	Total

	n (%)	n (%)	
I get tired of having sex with my partner in the 'same old ways'			
All of the time	95 (6.7)	121 (6.3)	6.5%
Most of the time	227 (16.0)	238 (12.4)	13.9%
Some of the time	444 (31.3)	550 (28.6)	29.8%
Rarely	241 (17.0)	399 (20.7)	19.2%
None of the time	246 (17.3)	363 (18.9)	18.2%
Boredom makes me impatient with my partner			4.8%
All of the time	43 (3.0)	117 (6.1)	11.6%
Most of the time	123 (8.7)	265 (13.8)	32.0%
Some of the time	458 (32.3)	611 (31.8)	21.0%
Rarely	321 (22.6)	381 (19.8)	18.9%
None of the time	311 (21.9)	321 (16.7)	
I consider myself the type of person who gets bored easily			
Very true	57 (4.0)	176 (9.2)	7.0%
Mostly true	131 (9.2)	242 (12.6)	11.2%
Slightly true	314 (22.1)	483 (25.1)	23.9%
Slightly untrue	148 (10.4)	185 (9.6)	10.0%
Mostly untrue	317 (22.4)	373 (19.4)	20.7%
Very untrue	296 (20.9)	237 (12.3)	16.0%
This is the first relationship I've felt bored in			
Very true	86 (6.1)	98 (5.1)	5.5%
Mostly true	127 (9.0)	133 (6.9)	7.8%
Slightly true	140 (9.9)	156 (8.1)	8.9%

Slightly untrue	111 (7.8)	119 (6.2)	6.9%
Mostly untrue	176 (12.4)	220 (11.4)	11.9%
Very untrue	463 (32.7)	790 (41.1)	27.5%
I blame relationship boredom on myself			
Very true	42 (3.0)	89 (4.6)	3.9%
Mostly true	183 (12.9)	219 (11.4)	12.0%
Slightly true	423 (29.8)	625 (32.5)	31.4%
Slightly untrue	145 (10.2)	213 (11.1)	10.7%
Mostly untrue	156 (11.0)	176 (9.2)	9.9%
Very untrue	234 (16.5)	289 (15.0)	15.7%
I blame relationship boredom on my partner			
Very true	62 (4.4)	86 (4.5)	4.4%
Mostly true	202 (14.2)	233 (12.1)	13.0%
Slightly true	419 (29.5)	639 (33.2)	31.7%
Slightly untrue	108 (7.6)	155 (8.1)	7.9%
Mostly untrue	140 (9.9)	187 (9.7)	9.8%
Very untrue	255 (18.0)	319 (16.6)	17.2%

- Approximately equal numbers of respondents agreed and disagreed with the statement that it was “only normal” to get bored in a long-term relationship
 - 31.1% of the respondents believed it was “only normal” to get bored in a long-term relationship. 32.4% of the respondents disagreed with that statement
- In this sample, boredom is less of a threat than all of the following:
 - Financial stress
 - Arguments about children
 - Unfair division of chores
 - Arguments about in-laws
 - Arguments about sex
- In this sample, the majority of respondents (64.1%) have never been unfaithful as a result of being bored. However, 20.9% of respondents had been unfaithful at least once as a result of being bored

Do you want to decrease boredom in your relationship?

- 61.4% of respondents want to decrease boredom in their relationship
- 20% of respondents had never thought about decreasing boredom in their relationship
- Only 3.2% do not want to decrease boredom in their relationship

What steps would respondents consider taking to decrease boredom?

- 70.9% - going on dates more frequently
 - 68.4% of men
 - 72.7% of women
- 47.6% - incorporating lubricating aids into sex
 - 52.0% of men
 - 44.3% of women
- 60.3% - spending more time together
 - 60.6% of men
 - 60.0% of women
- 17.8% - spending less time together
 - 13.5% of men
 - 21.0% of women
- 46.8% - incorporating arousal creams/gels into sex
 - 52.8% of men
 - 42.4% of women
- 54.8% - incorporating sex toys into sex
 - 59.9% of men
 - 51.0% of women
- Open ended questions included things such as:
 - Communication
 - Anything (this was repeated multiple times)
 - Engaging in activities together
 - Erotica
 - More adventurous
 - Include other people (threesomes, swinging)
 - More romance

If your partner suggested something new in the bedroom, how interested would you be?

- The majority of the respondents (57.9%) were entirely interested in trying something new in the bedroom that their partner suggested.
 - 69.2% of men
 - 49.6% of women
- 25.7% were mostly or somewhat interested in trying something new in the bedroom if their partner suggested.
 - 16.6% of men
 - 32.4% of women

- Only 2.4% of the respondents wouldn't be interested in trying something new.
 - 1.3% of men
 - 3.3% of women