

PSYCHOANALYSIS AND PSYCHOANALYTICAL PSYCHOTHERAPY

MANIPULATING EXPERIMENTALLY WITH SEXUAL DESIRE – THE IMPACT OF INNER SEXUAL FANTASIES

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Abstract

Objective: Recent models of sexual response have challenged the traditional view of spontaneity of sexual desire and argue that desire is context specific and not so obviously spontaneous. However, the Inner responsive desire has been theorized mainly with regard to women's sexuality.

Design and method: For measurement of sexual desire, I distinguished state and trait levels of desire and applied Imagined Social Situation Exercise (ISSE) measures.

Results: The trait level of sex desire was significantly different for men and women and state sex desire before the experiment was equal. The sex manipulation changed sex desire level compared with the controls and it worked equally for both men and women.

Conclusions: Based on my results I can conclude that state and trait desire levels are similar for men and women and applying ISSE really increases state level of sexual desire. No sex differences were found and it seems that trait and state levels of sexual desire work relatively independently from each other.

Keywords: *Trait and state sexual desire, inner manipulation, fantasies.*

UNRAVELING THE ROLE OF SOCIO-EMOTIONAL COMPETENCIES BETWEEN FUTURE TIME PERSPECTIVE AND SUBJECTIVE WELLBEING ACROSS ADULTHOOD

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Abstract

Social and emotional learning is an integral part of human education and development and is the process through which everyone, children, and adults develop the skills, attitudes, and values necessary to acquire social and emotional competence (CASEL, 2020). Good emotional management, greater motivation, and awareness of oneself and the people around us, impact the quality of life, contribute to satisfaction and participation in the work context. But the challenges and the transition that adults face through their adult life are diverse: ranging from transition to adult identity to playing a constellation of roles from which derive many responsibilities as to the end of the working career.

The main objective of the study is to observe how the different stages of adult life are characterized by social and emotional skills. A second goal is to understand the relationships holding between SE skills, wellbeing experienced, and future time perspective.

A total of 212 participants living in North East of Italy were surveyed for their Socioemotional skills, future time perspective, and wellbeing. According to their age, three groups were identified: emerging, young and middle-aged adults.

The study confirms the specificity of Social and Emotional Competences (SECs) across adult development. Regression-based mediation models were estimated to test the direct and indirect effects between dimensions addressed. The analyses evidenced the mediation role of social and emotional skills in the relationship between future temporal perspective and psychological wellbeing. The model highlights the predictive effect of time perspective on CSEs, which have a predictive effect on psychological wellbeing.

The results highlight the critical role of socioemotional skills for understanding the complex relationship between FTP and subjective wellbeing. Additionally, Social and Emotional Learning must be considered an integral part of adult education and lifelong learning and guide prevention and support actions.

Keywords: *Socio-emotional skills, time perspective, wellbeing, adult development, education.*
