

Guilty Pleasure: The Relation between Marianismo and Latina's Sexuality

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Abstract : Women's sexuality, despite it being a core part of human functioning, has historically been stigmatized, silenced, and regulated and silenced across many cultures. The regulation of women's bodies and desires has often been accomplished via gender ideologies and norms that ascribe power to men over women. Within Latino communities, gender ideologies like marianismo provide scripts by which women are expected to adhere submissiveness, purity, and putting others' needs before their own. Prior work on sexuality-related topics among Latinas has almost exclusively examined the roles of risky behavior, partner violence, and gender roles on psychological and health outcomes. It knows little about positive aspects of Latinas' sexuality, such as their perspectives on sexual excitation and inhibition. Moreover, we know little about Latina's sexuality in relation to marianismo. In this study, it asks the following questions (1) What are Latina's perspectives on sexual excitation/inhibition? Do they vary by demographic variables (e.g., education, religiosity); (2) Does endorsement of marianismo among Latina women predict their perspectives on sexual excitation/sexual inhibition? and (3) Does endorsement of double standard (mediator variable) mediate the relation between marianismo (Independent) and sexual excitation/sexual inhibition? The results of this study shed light on effects of culturally specific gender ideologies like marianismo on women's sexualities and have implications for culturally informed and gender-affirming policies seeking to better support Latinas' sexual health.

Keywords : cultural beliefs, latinias, marianismo, sexuality, sexual inhibition

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