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# An Interdisciplinary Postdoctoral Research Plan Concerning Perception on Heterosexuality in American Society

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### Abstract

The current research has been planned for a Postdoctoral Study to be conducted in United States. Various aspects which are crucial in understanding heterosexual identity in USA will be covered. American perception on heterosexual identities will be discussed in this study. A theoretical notion on heterosexuality has been precisely discussed. This is an action research plan. Indian psychotherapy will be implemented for resolving conflicts regarding heterosexual lives of citizens. A clear methodology has been followed by this study for practical understanding on the concepts discussed. A plan on analyzing health behavior in America has been extended in this research.

**Keywords:** Heterosexual identity, morality, communication, health behavior, Indian psychotherapy, perception

### Introduction

Relationship is a bonding between human beings on physical, social, and emotional dimensions. Mother daughter relationship, father son relationship, husband wife relation-all have psychological components. Source of any adult successful relationship is the initial relation among care giver and concerned person. It is just the reflection of past on present. A clear and well explicit communication between parents and children gives healthy relational quality to the bonds develop in adulthood. The physical intimacy, social prestige and emotional comfort in a relation are coming from early trusted bonds a person has given. A sense of morality is always the central aspect of a relationship. Excessive moral fears often disrupt the healthy heterosexual communication. Individuals in late adolescence and in early adulthood face numerous upsetting issues in initiating and maintaining healthy and satisfying heterosexual relations. Probably the reasons are.

- i). Lack of communication
- ii). Inadequate person perception
- iii). Believing Social categorization
- iv). Contextual biases
- v). Chronic health problems

Parental rearing and discipline patterns also influence the type of relation whether it is heterosexual, or LGBTQ. In collectivistic society the concept of heterosexuality is somewhat different from Individualistic society though globalization has taken place. In this synopsis, an attempt is taken to understand the roles of communication in conveying

heterosexual behavior by a person socially. Communication patterns are different across technological medium concerned. A person can communicate his or her orientation through telephone, online sites, or in person. It can be done by email posts, social media posts, photo posting, or face to face conversation. The parental age has lot to do with perception of sexual relation to be made between two individuals. An adolescent, for example, who doesn't have parents of opposite gender and falling in middle ages face confusions in understanding sexual relations further in life. The visual gestures, vocal quality, and bodily odors of parents serve as the primary model for an adolescent. If the parents reach the old age, they start losing their interest in watching the world in erotic eyes. Thus, the primary observational learning on the part of the adolescent is incomplete. Further, various barriers exist across societies. The nature of social restrictions whether it is high or low will create some attitudinal differences in a heterosexual person. Again it depends upon the societal structure. Imposed social restrictions on the person in late adolescence hinder the heterosexual identity achievement. High task performance on challenging tasks, uncontrollable stressors, behavior execution based on social customs can alter the externalized heterosexual behavior of a person in later part of life. Rigidity can come suddenly. There is always a chance of altering own sexual identity from heterosexual to non-heterosexual domain and vice versa.

Every society has rural urban division based on socio economic freedom. Heterosexuality cannot be achieved because of dull residential identity, lack of socialization due to residential hindrances, poor bodily self-image, tough work

schedule and shifting issues in another country. The COVID19 Pandemic has disrupted the concept heterosexuality to a larger extent indeed. People become jobless, homeless, deported and without basic identity. This situation can take away heterosexual identity from us as well. Any kind of sexuality depends hugely on achievement of pleasure. The pleasure can come from regular sexual practices as direct source or it can come from indirect source. People can find pleasure from possessed partners or from non-possessed individuals. Pleasure or happiness defines a heterosexual relation. Pleasure can come from visual cues or from auditory cues. Pleasure can from a married relation or from open relationship. Pleasure also can come from naming of a relationship. Sometimes spouse becomes secondary but friend or colleague gives more pleasure. Every moment a person in a developed country is mixing with a variety of individuals. Every moment they are in several form of relationship. We prioritize which relation is valid based on self-chosen criteria. A highly developed ego identity and superego determines whether to leave or stay in a relationship. Heterosexuality is connected with patriarchy concept and reproductive aspect also. It also denotes recreational or enjoyment concept. The degree of each concept is important in determining safety issues in a heterosexual relationship. A disease concept is always there in heterosexual relationships. A chronically sick person cannot come into it or involvement in it can lead to sexually transmitted disease or mental disorders. Moreover, satisfaction in a happy marriage is also vague now days. Individuals find a successful heterosexual marriage as less important but find unuttered intimate relations more comforting. Moreover, ordinal position in a family determines perception of self in the light of heterosexual identity. A youngest person in the family gets more freedom and thus reveals flexible heterosexual choices for partner selection. Individuals in modern era try to achieve heterosexual identity by virtual platform based interactions. It gives more enjoyment and happiness in building relationships. The nature of communication varies as per the cultural norms, type of society, family background etc. Instead a single partner, modern adults also get into infidelity and have more than one partner. Heterosexual and non-heterosexual relations suffer many crises and adjustment issues. Late marriages are often the result of confused heterosexual identity and it leads to maladjusted communication among partners. Deviant relations are quite different from confused heterosexual relations. The confused heterosexual relations have success rate at the lower end of the happiness ladder. Often chronic diseases cause suppressed heterosexual personality. Diabetes, PCOS, rare skin diseases are among them. Poor economic independence also raises the difficulty in portraying true self. Perception about heterosexuality also varies according to marital status. A single person, a married person or divorced person see heterosexuality from different perspective across cultures. Even in high income families, aging parents, their emotional apathy, their restricted or neglectful rearing suppress heterosexual personality in the children. However, early loss of a parent does impact on expressed heterosexual traits in personality of a child. Sometimes they achieve heterosexual identity but always search two men or two women representing parental image and partner's image. In these instances, approach avoidance conflict, lack of established mature defenses, and guilt feelings may be observed in the concern person. Senses of freedom need to be reflected in external behaviors of a person to reveal its heterosexual interest achievement. Lack of poetic expression

and music love or poor interest in narratives is a barrier here. Heterosexual personality is often stimulated by engaging oneself in writing healthy social media posts, regular in person meeting with loved ones, friends or nature photography. Heterosexual life of a person is defined by heterosexual gestures and a definite heterosexual relationship. Like any type of relation it demands qualities such as happiness, satisfaction, self-respect and public recognition. Literature review on the chosen topic reveals crucial aspects. Differences do exist when comparing Indian scenario with USA scenario.

- i). Divorce of heterosexual marriages
- ii). Premarital unhealthy heterosexual sex
- iii). Domestic violence in heterosexual marriages
- iv). Heterosexual relations in Urban Rural areas
- v). A lot of studies are there across the globe focusing on.
- vi). Relationship satisfaction
- vii). Post marriage need fulfillment
- viii). Career Relation balance
- ix). Social recognition while on a relation
- x). Interpersonal maturity
- xi). Concept of partnership
- xii). Social exchanges in a comfortable relationship

A sense of superiority is always hidden in partner's behavior in the heterosexual communication. Patriarchal qualities adopted by male or female partner often reflect itself which has consequences of any sort. A great deal of current researches focuses on religious training to understand heterosexuality. Cultural norm driven heterosexual relationships and sexually deviant relationship are well studied. A person even can be without any external relationship. In the present study this contradiction will be studied in some selected contexts namely illness groups, practitioners group and non-clinical groups. Important study summaries are.

Frable (1997) <sup>[10]</sup> studied identity under various domains mainly gender, sexual and ethnic.

Becker (1998) <sup>[3]</sup> discussed about the concerns in heterosexual relationships in women with comparison to lesbian relationships. A further analysis of difficulties in lesbian marriages has been made by the author.

Clamp and others (1998) <sup>[5]</sup> in their work discussed various aspects of reproductive strategies, partner selection related behaviors, kinship and human social behavioral analysis.

Baumeister (1999) <sup>[2]</sup> studied sporting achievements, coping strategies, emotional intelligence abilities, hardiness and dispositional resources of self-evolution, internal locus of control, mental health continuum among university-level students and secondary college level students.

Andrews and others (2003) <sup>[1]</sup> focused upon web based surveys as convenient research tool.

Gallatin (2008) <sup>[11]</sup> researched on Indian tribes in USA and sexual communication among the individuals belong to tribal communities.

HIV patients living heterosexual life with odds (Persson *et al*, 2009) <sup>[15]</sup>

Dean (2011) <sup>[8]</sup> researched on heterosexual identities. The heterosexual identity correlates highly with ritual practices of marriages, weddings and high school proms in USA. In his study he discussed on lesbian and gay individuals in America. Heterosexual behavior leads to constructions of masculinity and homophobia in a maladaptive sense. This study has explored queer heterosexualities in American society as well.

Burnham (2012) [4] in his research work attempted to explore the post Freudian phase in USA regarding sexuality concepts discovered by Freud through psychoanalysis.

Russell and others (2013) [17] examined dating relationship, adult attachment, infidelity and marriage in American society. Uhrig (2013) [20] discussed the UK's context with regard to poverty and sexual orientation. This paper has cited UK based anti-poverty strategies to deal sexual orientation related issues.

Family is many times a responsible reason for premarital sexual behavior causing unhealthy experiences (Noroozi *et al*, 2014) [14].

Farvid (2015) [9] studied pervasive and normative aspects of heterosexuality in his study.

Spitzberg (2015) [18] studied relational transgressions. In this study, ways have been indicated by which partners take the infidelity aspects when disclosed and how they deal with it practically.

Tewksbury (2015) [19] evaluated sexual deviance through studying various aspects of it.

Copen and others (2016) [6] noted that sexual attraction and sexual orientation have interdependence very closely. Further, sexual behavior, sexual attraction, and sexual orientation get influenced by factors such as age, marital or cohabiting status, education, and race and Hispanic origin in America.

Davis-Dolano and others (2016) [7] studied social factors that could influence heterosexual identity process and management. In the mentioned study using focused groups, three social domains have been studied. These are cultural assumptions, sexual orientation, and hetero sexism. Heterosexual behaviors get influenced by heteronormativity and heterosexism.

Diabetic patients face sexual dysfunction and thus their heterosexual outlook suffers (Piatkiewicz *et al*, 2017) [16].

Webb (2017) [21] has mentioned important online methods for researches namely online interviews, participant observations, case study, content analysis, thematic analysis, discourse analysis.

Ibarra and others (2020) [12] ascertained the presence of potential risks for starting a new relationship and coming into a non-monogamous sexual relation in COVID19 Pandemic globally.

Khan (2020) [13] in his work focused upon Muslim women of India. His perspective includes cisgender, heterosexual women.

**Proposed Psychotherapeutic Guidelines:** Individuals with poorly acquired heterosexual identity and expressed behavior can't identify social cues during communication making. They fail to convey heterosexual interests to partner within stipulated time duration. This time duration is important for opposite partner to start masturbatory bodily actions. Therapeutic strategies therefore focus on train the person on appropriate response initiations. If the person is with any illness, this training can go in parallel. The person is advised to nurture aesthetic needs. In the present study also this therapeutic step will be covered ethically. Moral training on values, commitment and life goals can sort the problem. A balanced possession of self-control and cultural values is included in the therapy. Session wise changes will be recorded. Factors such as late blooming, hormonal under secretion, certain medication or socio economic deprivation will be considered while delivering culture specific psychological counseling services.

## Method

### Statement of Problem

- i). Estimation of Health Behavior in USA during Post Pandemic Phase of COVID 19 considering specific Chronic and Terminal Diseases/COVID 19.
- ii). Perception of Heterosexuality among Young Adults and Adolescents in USA during Post Pandemic Phase of COVID 19 considering specific Chronic and Terminal Diseases, COVID19, Sexual Disorders, LGBTQ mindset and Healthy way of life in individuals.
- iii). How heterosexuality is given acknowledgment by people in USA amidst other form of sexuality. To estimate various forms of heterosexual behavior among young generation in USA.
- iv). Public perspective on Health Behavior during the post outbreak of COVID 19 in USA: An empirical study among Public Health students, Clinicians and rural population of

USA using Health questionnaire, Projective testing, the semi structured interviews, and

Indian Psychotherapy as remedial elements.

Focus will be given on

- i). USA government system and its impact on health understanding
- USA Reservation policies in education and employment areas
- ii). USA Economy structure and its impact on health behavior
- iii). Young adulthood and their viewpoints
- iv). Specific USA climatic changes and its impact on health

### Objective

- i). In the present study the Researcher wants to understand health attitudes of individuals undergoing chronic or terminal health crisis. Their family members will also be included.
- ii). The Researcher will also understand health behavior of Clinicians giving treatment them
- iii). The Researcher will estimate health behavior of Public Health students and general population
- iv). The maladaptive health related behaviors will be altered based upon Indian

Psychotherapy. In this regard, post treatment health behavioral changes will be recorded.

### Sampling Plan

Plan Samples will consist of Non Clinical and Clinical individuals. Two separate studies on two samples along a comparative study will be conducted as per opportunities gained. 2 years of Post-doctorate Research span will cover USA based sample analysis regarding heterosexual behavior.

**Core Group:** Disease Group (Chronic Diseases and COVID19) ∅ Divisions: Americans and Indians residing in USA ∅ Male and Female, Married or Single.

**Age Group:** Late adolescents and Young Adults ∅ **Comparative Group:** Healthy samples from High School and Colleges, Health care Professionals, Family members of Patients.

As an Ex Post Facto Design the present research will include Non Probability sampling based samples.

In the present study adult samples (18 to 45 yrs) under three categories are

- Patient Category: 200

- Chronic Illness: 100
- COVID19 Illness:100
- Family Members of Patients: 100
- Practitioner Category: 100
- Public Health Student: 100
- Others: 200
- Total sample size: 700

Tools A probable List of tools has been thought of. It may be altered depending upon situation. Quantitative along qualitative approach has decided by the researcher.

- Health questionnaire: General Health Questionnaire 28 item
- Self-Report Jealousy Scale by Bringle *et al* 1979
- The Resilience Questionnaire by a&dc
- Intrinsic Motivation Inventory by Ryan 1982
- Self made Questionnaire on Relationships, preferences, and boundaries
- Projective tests □ TAT (4 cards)
- Male 4,13MF,10,12M
- Female 6GF, 9GF,13GF,11
- Rorschach Ink Blot Test (5 cards)
- Semi structured interviews (online through video chat and texting tools)
- Case Studies
- Indian Psychotherapy (Mindfulness based therapies and Music Therapy) based tasks as remedial measure
- Online interaction will be carried out in case in person data collection isn't possible in COVID19 infected zones.
- Self-made Questionnaire or Interview Form In person or Virtual) will be focusing on:
  - nature of social relationship outside family boundaries
  - Usual way for keeping communication with loved ones
  - Aesthetic interests and how they get resolved
  - Any sort of personal inability
  - Significant life incident
  - What qualities you look for in making gendered communication
  - The qualities you searched in your partner have they satisfied
  - What is a deviant relationship according to you! Can you write on infidelity, live in, marriage relationship
  - What are your general hobbies
  - Do you prefer online chats over in person communication or vice versa
  - How have you death COVID19 situation in 2020 and now (current time)
  - please narrate your dating experience
  - Do you prefer music listening or poetic reading! Are the authors heterosexual or LGBTQ in their appearance!
  - Do you want a committed relationship or want flexibility while on relationship
  - Do you have a satisfied family relationship. Please narrate your relation with your parents

### Operational Definition

**Chronic Illness:** In this study DSM5 categorized Sexual disorders, PCOS, Diabetes, Irritable Bowel Syndrome alike disorders comprise this category.

### Pandemic Disease COVID19

**Health Behavior:** Positive life enhancing experiences in terms of general and healthy heterosexual behaviors

**Interpersonal Adjustment:** Heterosexual relations relies on adjustment or functional coping procedure

Either in person one to one or in group set up the data collection part will be carried. In either case the person will be allowed 30 minutes on each day. Depending upon the severity of problems, the tools will be given. Permission from Hospitals, Educational Institutions and other respective organizations needs to be obtained. Online sources of information will be utilized. Online media namely twitter and Facebook will be considered. Video chats will be the part of study protocol. As per the situation, the data collection will be scheduled. Apart from organized study tools, the qualitative data collection (through simple observation) will be focusing upon significance of various types of heterosexual relations a person can have. How those relations impact in positive and negative sense will be given importance.

### Statistical Analysis

Nonparametric Application will be followed based on nature of data gathered.

### Discussion Significance

The present study has its own importance. How cultural contexts have implemented in understanding heterosexuality is crucial in the era of New Normal. The study hence will enable to know how heterosexuality through its various conceptual dimensions has developed in a person's mind. Individuals under chronic health barriers, COVID19 diagnosis, health professionals, adolescents, young adults, high school goers or person in graduate level will be interviewed. Married, Single and in no heterosexual relation are the categories under investigation. How USA culture has played roles in perceiving heterosexuality will be key aim of the researcher. The extraordinary situations such as disease condition, career goals, or relationship involvement will be analyzed to understand the heterosexual identity of a person as healthy or deviant from cultural norm. Hence, away from collectivistic society, the concept will be understood in the individualistic society of USA. How modern socialization has redefined concept heterosexuality will be observed, interviewed and reported on inventories as far situation allows. Special concern will be given on Indians residing in USA apart native Americans.

### Justification

The present study is unique to the researcher as well. The persons undergoing chronic health crisis and COVID19 condition are the primary sample for this study. Young adults and Adolescents will be considered. Indians and Americans living in USA will be focused. A similar context is contributing to build changed mindset for reflecting heterosexuality. It is due to perceptual variation. USA context is also giving rise to unprotected sexual behavior among heterosexual individuals. It leads to sexually transmitted diseases, mental problems and uninvolved family concept. In the COVID19 scenario, social distancing may aggravate the problem by raising incidents of online sex behaviors. Virtual sex often causes sympathetic arousal which further causes chronic diseases. The present study will help formulate adequate strategies to deal the negative consequences of heterosexual relations after setting wholistic views. Appropriate measures in India can be developed in this way. Individuals under severe health issues need support and positive care. But they may fall under wrong intentions. Good

sexuality as reproductive needs to be addressed instead bad sexuality for fun making. Sexual behavior needs to be associated with social duties instead momentary enjoyment. The study will enable in understanding how sudden shift in a different society can alter idea of sexuality. Whether the new society alters the learned values and principles for relationship in a new perspective will be evaluated. Further, if the person returns to the original society how he or she will adjust with modernized sexual identity. The study will also emphasize on orthodox or social norm followed sexuality in comparison with unorthodox or deviant sexuality in heterosexual individuals.

### Conclusion

As a working paper, the given understanding needs to be supported by field work. Sexuality in American socio cultural backdrop is highly researchable area. The current study is useful to understand heterosexuality by this cross cultural study.

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