

CLASSIC

CONTEMPORARY

CROSS-CULTURAL

# 35 Sex in America: How Many Partners Do We Have?

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*Sex is a topic at once very familiar and little understood. This selection is part of a broad study of sexuality in the United States that produced some surprising findings. Despite the common belief that our society has become “free and easy” when it comes to sex, the typical individual has fewer sexual partners than most people think.*

Sometimes, the myths about sex contain a grain of truth. The common perception is that Americans today have more sexual partners than they did just a decade or two ago. That, it turns out, is correct. A third of Americans who are over age fifty have had five or more sexual partners in their lifetime. But half of all Americans aged thirty to fifty have had five or more partners even though being younger, they had fewer years to accumulate them.

Still, when we ask older or younger people how many partners they had in the past year, the usual reply is zero or one. Something must have changed to make younger people accumulate more partners over a lifetime, yet sustain a pattern of having no partners or only one in any one year. The explanation is linked to one of our most potent social institutions and how it has changed.

That institution is marriage, a social arrangement so powerful that nearly everyone participates.

About 90 percent of Americans have married by the time they are thirty, and a large majority spends much of their adulthood as part of a wedded couple. And marriage, we find, regulates sexual behavior with remarkable precision. No matter what they did before they wed, no matter how many partners they had, the sexual lives of married people are similar. Despite the popular myth that there is a great deal of adultery in marriage, our data and other reliable studies do not find it. Instead, a vast majority are faithful while the marriage is intact. . . .

So, yes, many young people probably are having sexual intercourse with a fair number of partners. But that stops with marriage. The reason that people now have more sexual partners over their lifetimes is that they are spending a longer period sexually active, but unmarried. The period has lengthened from both ends and in the middle. The average age at which people have their first sexual intercourse has crept down and the average age at which people marry for the first time has edged up. And people are more likely to divorce now, which means they have time between marriages when they search for new partners once again.

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To draw these conclusions, we looked at our respondents' replies to a variety of questions. First, we asked people when they first had heterosexual intercourse. Then, we asked what happens between the time when people first have intercourse and when they finally marry. How many partners do they have? Do they have more than one partner at any one time or do they have their partners in succession, practicing serial monogamy? We asked how many people divorced and how long they remained unmarried. Finally, we asked how many partners people had in their lifetimes.

In our analyses of the numbers of sex partners, we could not separately analyze patterns for gay men and lesbians. That is because homosexuals are such a small percentage of our sample that we do not have enough people in our survey to draw valid conclusions about this aspect of sexual behavior.

If we are going to look at heterosexual partners from the beginning, from the time that people first lose their virginity, we plunge headfirst into the maelstrom of teenage sex, always a turbulent subject, but especially so now, in the age of AIDS.

While society disputes whether to counsel abstinence from sexual intercourse or to pass out condoms in high schools, it also must grapple with a basic question: Has sexual behavior among teenagers changed? Are more having sexual intercourse and at younger ages, or is the overheated rhetoric a reaction to fears, without facts? The answer is both troubling and reassuring to the majority of adults who prefer teenagers to delay their sexual activity—troubling because most teenagers are having intercourse, but reassuring because sexual intercourse tends to be sporadic during the teen years.

We saw a steadily declining age at which teenagers first had sexual intercourse. Men and women born in the decade 1933–1942 had sex at an average age of about eighteen. Those born twenty to thirty years later have an average age at first intercourse that is about six months younger, as seen in Figure 1. The figure also indicates that the men report having sex at younger ages than

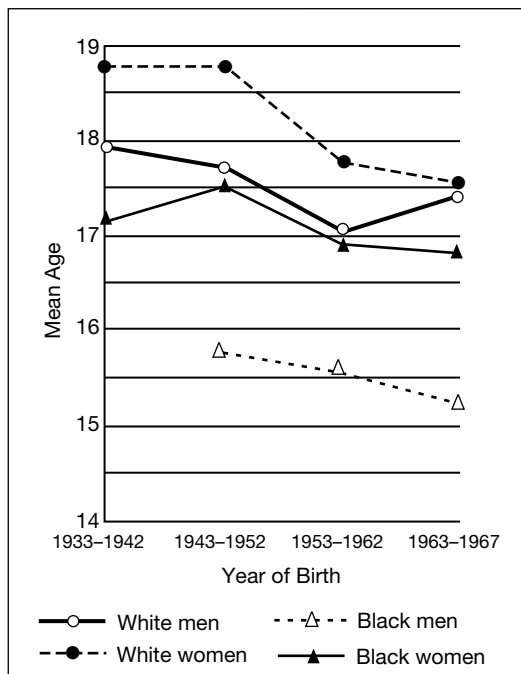


FIGURE 1 Mean Age at First Intercourse

*Note:* This includes respondents who had vaginal intercourse no later than age twenty-five and who have reached their twenty-fifth birthday by the date of the interview. Missing line segments indicate insufficient number of cases for a particular category (less than thirty). Whites computed from cross-section sample; blacks computed from cross-section and the over-sample.

the women. It also shows that blacks report a younger age at first intercourse than whites.

Another way to look at the age at first intercourse is illustrated in Figure 2. The figure shows the proportions of teenagers and young adults who experienced sexual intercourse at each age from twelve to twenty-five. To see at what age half the people had intercourse, for example, follow the horizontal line that corresponds to a cumulative frequency of 50 percent. It shows that half of all black men had intercourse by the time they were fifteen, half of all Hispanic men had intercourse by the time they were about sixteen and a half, half of all black women had intercourse by the time they were nearly seventeen,

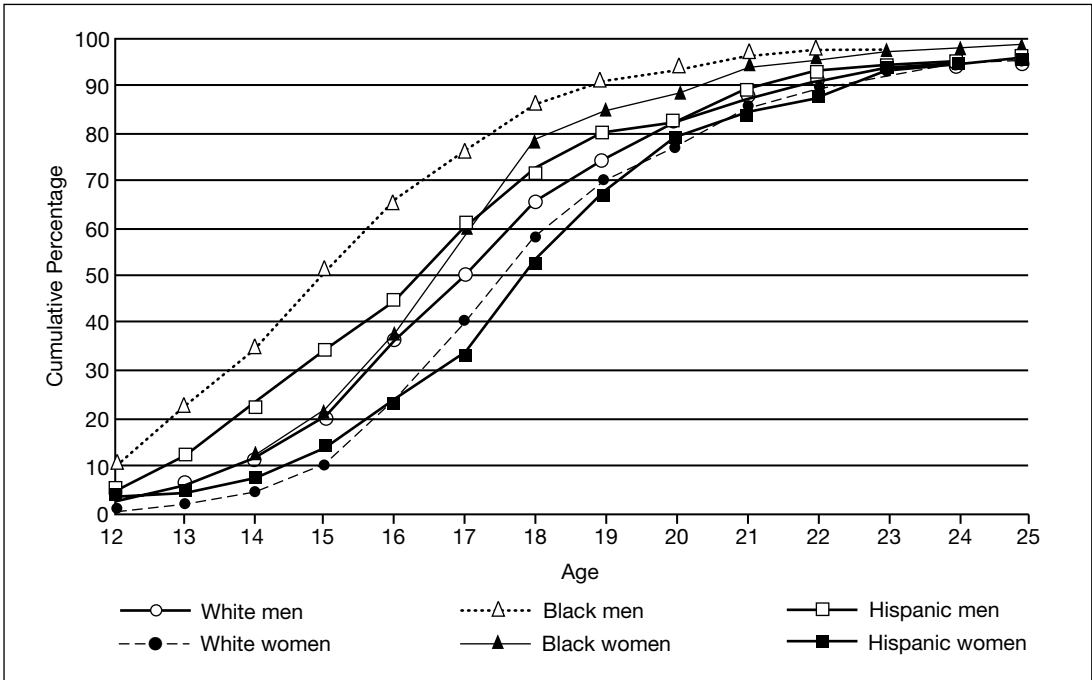


FIGURE 2 Cumulative Percentage Who Have Had Intercourse

Note: Cumulative percentage indicates the proportion of respondents of a given group at a given age. This figure only includes respondents who have reached their twenty-fifth birthday by the date of the interview.

and half the white women and half the Hispanic women had intercourse by the time they were nearly eighteen. By age twenty-two, about 90 percent of each group had intercourse.

The patterns are crystal clear. About half the teenagers of various racial and ethnic groups in the nation have begun having intercourse with a partner in the age range of fifteen to eighteen, and at least four out of five have had intercourse by the time their teenage years are over. Since the average age of marriage is now in the mid-twenties, few Americans wait until they marry to have sex.

Our data, in fact, show that the proportion of women who were either virgins when they turned twenty or had had sexual intercourse with only one person declined from 84 percent, among women born in 1933 to 1942, to about 50 percent for those born after 1953. . . .

The proportion of women who were virgins has traditionally been somewhat higher than the proportion of men who had had no sexual intercourse by age twenty, but that gender difference has disappeared. . . .

It's a change that built up for years, making it sometimes hard to appreciate just how profound it is. Stories of what sex among the unmarried was like decades ago can be startling. Even people who were no longer teenagers, and who were engaged, felt overwhelming social pressure to refrain from intercourse before marriage. . . .

In addition to having intercourse at younger ages, many people also are marrying later—a change that is the real legacy of the late 1960s and early 1970s. This period was not, we find, a sexual revolution, a time of frequent sex with many partners for all. Instead, it was the beginning of a

profound change in the sexual life course, providing the second reason why Americans have accumulated more partners now than in decades past.

Since the 1960s, the route to the altar is no longer so predictable as it used to be. In the first half of the twentieth century, almost everyone who married followed the same course: dating, love, a little sexual experimentation with one partner, sometimes including intercourse, then marriage and children. It also was a time when there was a clear and accepted double standard—men were much more likely to have had intercourse with several women before marrying than women were to have had intercourse with several men.

At the dawn of the millennium, we are left with a nation that still has this idealized heterosexual life course but whose actual course has fragmented in the crucial years before marriage. Some people still marry at eighteen, others at thirty, leading to very different numbers of sexual partners before marriage. Social class plays a role, with less-educated people marrying earlier than better-educated people. Blacks tend to marry much later than whites, and a large number of blacks do not marry at all.

But a new and increasingly common pattern has emerged: affection or love and sex with a number of partners, followed by affection, love, and cohabitation. This cycles back to the sexual marketplace, if the cohabitation breaks up, or to marriage. Pregnancy can occur at any of these points, but often occurs before either cohabitation or marriage. The result is that the path toward marriage, once so straight and narrow, has begun to meander and to have many side paths, one of which is being trodden into a well-traveled lane.

That path is the pattern of living together before marriage. Like other recent studies, ours shows a marked shift toward living together rather than marriage as the first union of couples. With an increase in cohabitation, the distinctions among having a steady sexual partner, a live-in sexual partner, and a marriage have gotten more fuzzy. This shift began at the same time as talk of a sexual revolution. Our study shows that people who came of age before 1970 almost invariably

got married without first living together, while the younger people seldom did. But, we find, the average age at which people first move in with a partner—either by marrying, or living together—has remained nearly constant, around age twenty-two for men and twenty for women. The difference is that now that first union is increasingly likely to be a cohabitation. . . .

With the increase in cohabitation, people are marrying later, on average. The longer they wait, however, the more likely they are to live with a sexual partner in the meantime. Since many couples who live together break up within a short time and seek a new partner, the result has been an increase in the average number of partners that people have before they marry. . . .

Finally, we can look at divorce rates, another key social change that began in the 1960s and that has led to increasing numbers of partners over a lifetime. Our data show this divorce pattern, as do many other data sets in the United States. For example, we can look at how likely it is that a couple will be divorced by the tenth anniversary of their marriage. For people born between 1933 and 1942, the chance was about one in five. For those born between 1943 and 1952, the chance was one in three. For those born between 1953 and 1962, the chance was closer to 38 percent. Divorced people as a group have more sexual partners than people who remain married and they are more likely, as a group, to have intercourse with a partner and live with a partner before they marry again.

These three social trends—earlier first intercourse, later marriage, and more frequent divorce—help explain why people now have more sexual partners over their lifetimes.

To discern the patterns of sexual partnering, we asked respondents how many sexual partners they had. We could imagine several scenarios. People could find one partner and marry. Or they could have sex with several before marrying. Or they could live with their partners first and then marry. Or they could simply have lots of casual sex, never marrying at all or marrying but also having extramarital sex.

Since our respondents varied in age from eighteen to fifty-nine, the older people in the study, who married by their early twenties, would have been married by the time the turbulent 1960s and 1970s came around. Their premarital behavior would be a relic from the past, telling us how much intercourse people had in the days before sex became so public an issue. The younger people in our study can show us whether there is a contrast between the earlier days and the decades after a sexual revolution was proclaimed. We can ask if they have more partners, if they have more than one sexual partner at a time, and if their sexual behavior is markedly different from that of the older generations that preceded them.

Most young people today show no signs of having very large numbers of partners. More than half the men and women in America who were eighteen to twenty-four in 1992 had just one sex partner in the past year and another 11 percent had none in the last year. In addition, studies in Europe show that people in the United Kingdom, France, and Finland have sexual life courses that are virtually the same as the American life course. The picture that emerges is strikingly different from the popular image of sexuality running out of control in our time.

In fact, we find, nearly all Americans have a very modest number of partners, whether we ask them to enumerate their partners over their adult lifetime or in the past year. The number of partners varies little with education, race, or religion. Instead, it is determined by marital status or by whether a couple is living together. Once married, people tend to have one and only one partner, and those who are unmarried and living together are almost as likely to be faithful.

Our data for the United States are displayed in Table 1.

The right-hand portion of Table 1 tells how many sexual partners people had since they turned eighteen. Very few, just 3 percent, had no partners, and few, just 9 percent, had a total of more than twenty partners.

The oldest people in our study, those aged fifty-five to fifty-nine, were most likely to have had just one sexual partner in their lifetimes—40 percent said they had had only one. This reflects the earlier age of marriage in previous generations and the low rate of divorce among these older couples. Many of the men were married by age twenty-two and the women by age twenty.

The left-hand portion of Table 1 shows the number of sexual partners that people had in the past twelve months. These are the data that show how likely people are to remain faithful to their sexual partner, whether or not they are married. Among married people, 94 percent had one partner in the past year. Couples who were living together were almost as faithful. Seventy-five percent of people who had never married but were living together had one partner in the past year. Eighty percent of people who were previously married and were cohabiting when we questioned them had one partner in the past year. Two-thirds of the single people who were not living with a partner had no partners or only one in the past year. Only a few percent of the population had as many as five partners for sexual intercourse in the past year, and many of these were people who were never married and were not living with anyone. They were mostly young and mostly male. . . .

One way to imagine the patterns of sexual partners is to think of a graph, with the vertical axis showing numbers of partners and the horizontal axis showing a person's age. The graph will be a series of blips, as the person finds partners, interspersed with flat regions where the person has no partners or when the person has just one steady partner. When the person marries, the line flattens out at a height of one, indicating that the individual has only one partner. If the marriage breaks up, the graph shows a few more blips until the person remarries, and then it flattens out again.

For an individual, the graph is mostly flat, punctuated by a few areas of blips. But if we superimposed everyone's graph on top of each other, we would have a sort of supergraph that looked like it

TABLE 1 Number of Sex Partners in Past Twelve Months and since Age Eighteen

	<i>Sex Partners Past Twelve Months</i>				<i>Sex Partners Since Age Eighteen</i>					
	<i>0</i>	<i>1</i>	<i>2 to 4</i>	<i>5+</i>	<i>0</i>	<i>1</i>	<i>2 to 4</i>	<i>5 to 10</i>	<i>11 to 20</i>	<i>21+</i>
<b>Total</b>	12%	71%	14%	3%	3%	26%	30%	22%	11%	9%
<b>Gender</b>										
Men	10	67	18	5	3	20	21	23	16	17
Women	14	75	10	2	3	31	36	20	6	3
<b>Age</b>										
18–24	11	57	24	9	8	32	34	15	8	3
25–29	6	72	17	6	2	25	31	22	10	9
30–34	9	73	16	2	3	21	29	25	11	10
35–39	10	77	11	2	2	19	30	25	14	11
40–44	11	75	13	1	1	22	28	24	14	12
45–49	15	75	9	1	2	26	24	25	10	14
50–54	15	79	5	0	2	34	28	18	9	9
55–59	32	65	4	0	1	40	28	15	8	7
<b>Marital status</b>										
Never married, noncohabiting	25	38	28	9	12	15	29	21	12	12
Never married, cohabiting	1	75	20	5	0	25	37	16	10	13
Married	2	94	4	1	0	37	28	19	9	7
Divorced, separated, widowed, noncohabiting	31	41	26	3	0	11	33	29	15	12
Divorced, separated, widowed, cohabiting	1	80	15	3	0	0	32	44	12	12
<b>Education</b>										
Less than high school	16	67	15	3	4	27	36	19	9	6
High school graduate or equivalent	11	74	13	3	3	30	29	20	10	7
Some college, vocational	11	71	14	4	2	24	29	23	12	9
Finished college	12	69	15	4	2	24	26	24	11	13
Master's/advanced degree	13	74	10	3	4	25	26	23	10	13
<b>Current Religion</b>										
None	11	68	13	7	3	16	29	20	16	16
Mainline Protestant	11	73	13	2	2	23	31	23	12	8
Conservative Protestant	13	70	14	3	3	30	30	20	10	7
Catholic	12	71	13	3	4	27	29	23	8	9
Jewish	3	75	18	3	0	24	13	30	17	17
Other religion	15	70	12	3	3	42	20	16	8	13
<b>Race/Ethnicity</b>										
White	12	73	12	3	3	26	29	22	11	9
Black	13	60	21	6	2	18	34	24	11	11
Hispanic	11	69	17	2	4	35	27	17	8	9
Asian	15	77	8	0	6	46	25	14	6	3
Native American	12	76	10	2	5	28	35	23	5	5

*Note:* Row percentages total 100 percent.

was all blips. That, in essence, is what has led to the widespread impression that everyone is having lots of partners. We see the total picture—lots of sex in the population—without realizing that each individual spends most of his or her life with only one partner.

These findings give no support to the idea of a promiscuous society or of a dramatic sexual revolution reflected in huge numbers of people with multiple casual sex partners. The finding on which our data give strong and quite amazing evidence is not that most people do, in fact, form a partnership, or that most people do, in fact, ultimately get married. That fact also was well documented in many previous studies. Nor is it news that more recent marriages are much less stable than marriages that began thirty years ago. That fact, too, was reported by others before us. But we add a new fact, one that is not only important but that is striking.

Our study clearly shows that no matter how sexually active people are before and between marriages, no matter whether they lived with their sexual partners before marriage or whether they were virgins on their wedding day, marriage is such a powerful social institution that, essentially, married people are nearly all alike—they are faithful to their partners as long as the marriage is intact. It does not matter if the couple were high-school sweethearts who married after graduation day or whether they are in their thirties, marrying after each had lived with several others. Once married, the vast majority have no other sexual partner; their past is essentially erased. Marriage remains the great leveler.

We see this, for example, when we ask about fidelity in marriage. More than 80 percent of women and 65 to 85 percent of men of every age report that they had no partners other than their spouse while they were married. . . .

The marriage effect is so dramatic that it swamps all other aspects of our data. When we report that more than 80 percent of adult Americans age eighteen to fifty-nine had zero or one sexual partner in the past year, the figure might sound ludicrous to some young people who know that they and their friends have more than one partner in a year. But the figure really reflects the fact that most Americans in that broad age range are married and are faithful. And many of the others are cohabiting, and they too are faithful. Or they are without partners altogether, a situation that is especially likely for older women. . . . We find only 3 percent of adults had five or more partners in the past year. Half of all adult Americans had three or fewer partners over their lifetimes.

### CRITICAL-THINKING QUESTIONS

1. What single factor seems to do more than any other to limit the typical person's number of sexual partners?
2. Were you surprised that half of U.S. adults have had three or fewer sexual partners over their lifetimes? Why do we tend to think of our society as much more sexually active?
3. What has changed with regard to sexuality in the United States over the course of the last fifty years? What has stayed pretty much the same?