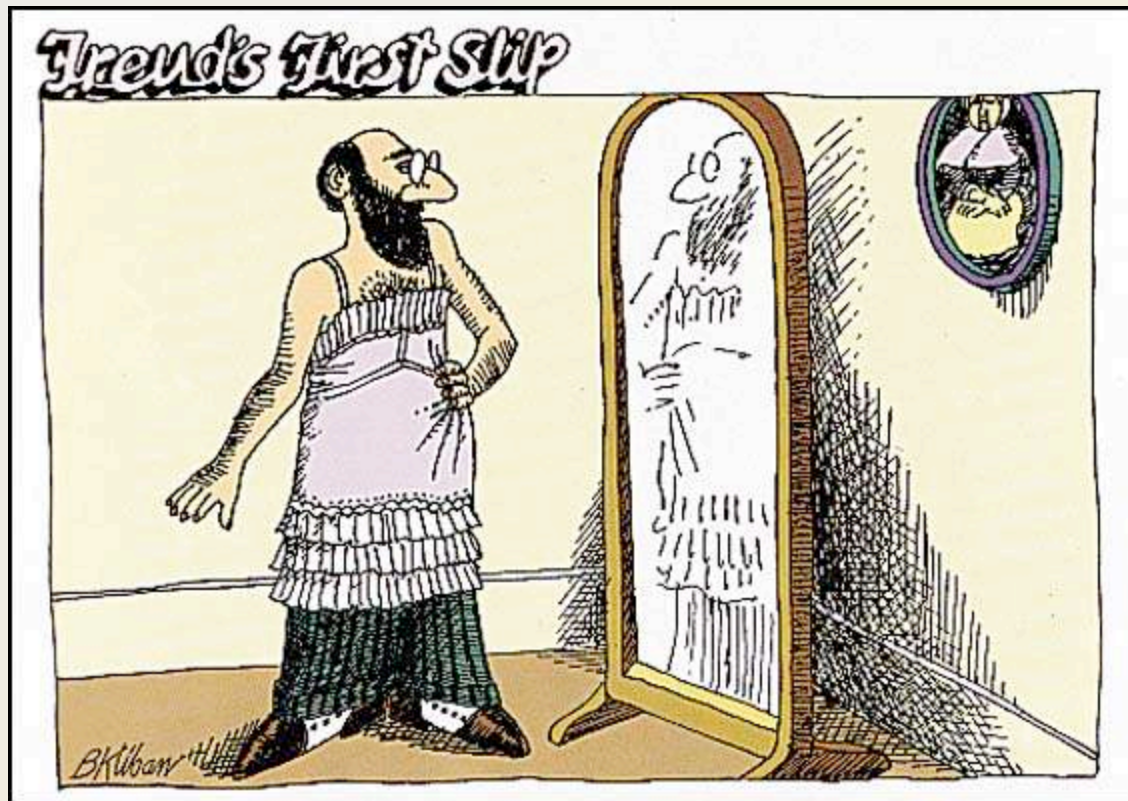


# Human Sexuality

## HPRO 4412

### Sexuality in Perspective



# Article

*Women's Ideal Bodies Then &  
Now*

# Questions for Review

- Will a global community change everyone's perception of bodies and attractiveness? Why/Not?
- Considering Fiji: Could your attraction be altered so quickly based on media? Why/Not?
- Are eating disorders a *natural* part of Western culture?
- Is there anything we can do to alter the way our attractions are mediated?

# Human Sexuality

- What is Sex?
- Sex as Leisure
  - Physical pleasure
  - Personality development
  - As part of one's identity

# Definitions

## **Sex:**

Our biological femaleness,  
maleness, intersexed or  
*transgenderedness*\*

## **Gender:**

Psychological and sociocultural  
characteristics associated with  
our sex

# Definitions

## **Sexuality:**

Physical, emotional, spiritual, psychological, and social manifestations of sexual desire, orientation, and experience.

## **Healthy Sexuality:**

Achievement and maintenance of a degree of sexual functioning that is pleasurable, non-coercive, and non-exploitive across all dimension of sexuality

# World Health Organization

**Sexual health is...the integration of the physical, emotional, intellectual and social aspects of sexual being, in ways that are positively enriching and that enhance personality, communication and love."**

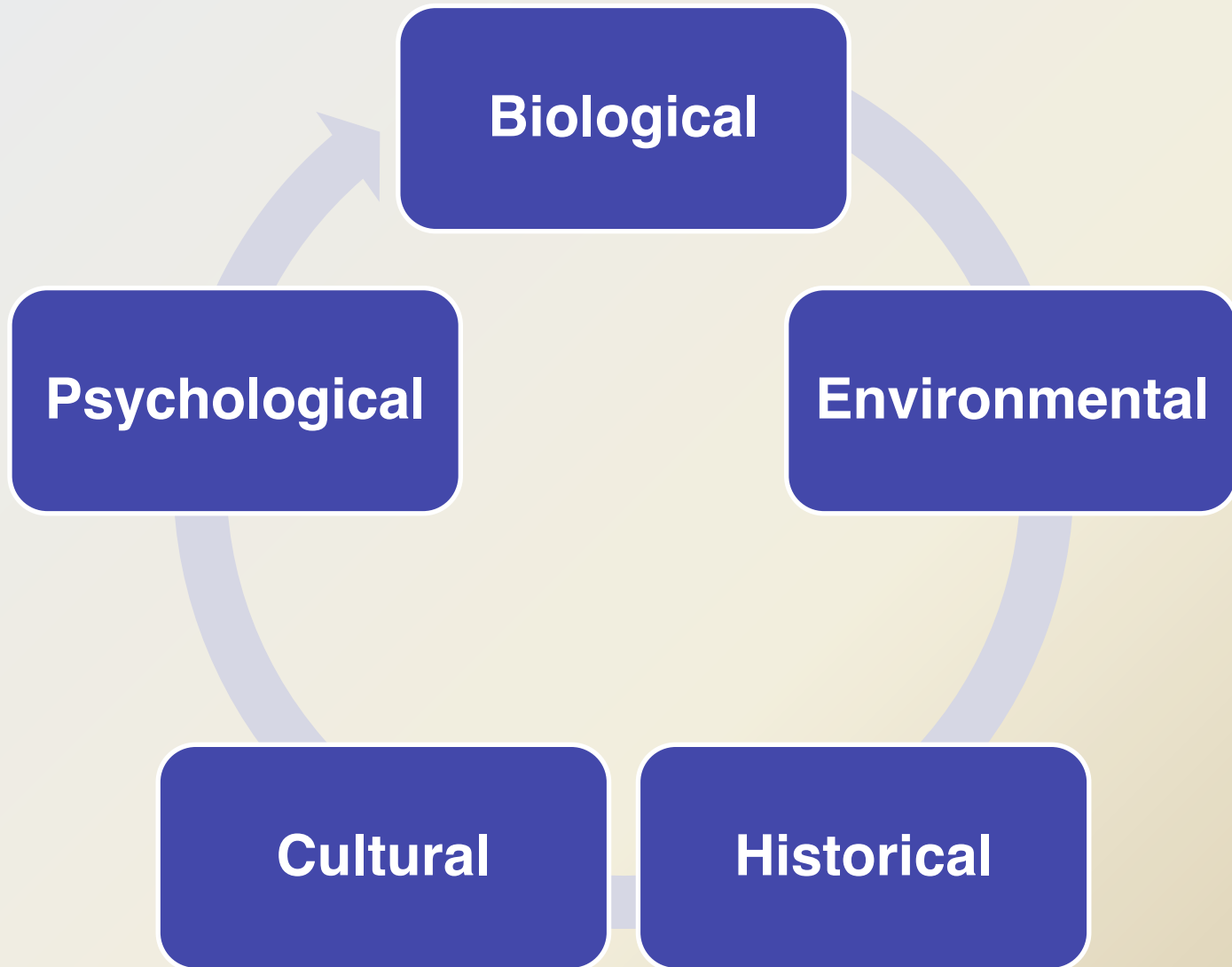
**"...a capacity to enjoy and control sexual and reproductive behaviour in accordance with a social and personal ethic."**

**"...freedom from fear, shame, guilt, false beliefs and other psychological factors inhibiting sexual response and impairing sexual relationships."**

**"...freedom from organic disorders, diseases and deficiencies that interfere with sexual and reproductive function."**

**Good sexual health means making sure you have the knowledge, skills and ability to make informed sexual choices and acting responsibly to protect your health and the health of others.**

# Determinants of Human Sexuality



# Cross-Cultural Sexuality

- Ethnocentrism influences our understanding of human sexual behaviour
- No society has seen fit to leave sexuality totally unregulated, but many different norms exist
- Various societies respond differently to kissing, inflicting pain, masturbation, premarital sex, extramarital sex, and sex with same-sex or same-gendered partners

# Incest Taboos

- Most common cultural taboo
- Historically to encourage exogamy

Exogamy: *Exogamy* is the custom of marrying outside a specified group of people to which a person belongs. In addition to blood relatives, marriage to members of a specific totem, clan(s) or other group(s) may be forbidden.

- Why?

# Is Incest Bad?

- Myth/Fact?
  - Incest (Inbreeding) causes birth defects
  - Inbreeding does not directly lead to congenital birth defects per se; it leads to an increase in the frequency of homozygotes.
  - Small populations good
  - Large populations bad

# Incest Taboo Cont'd

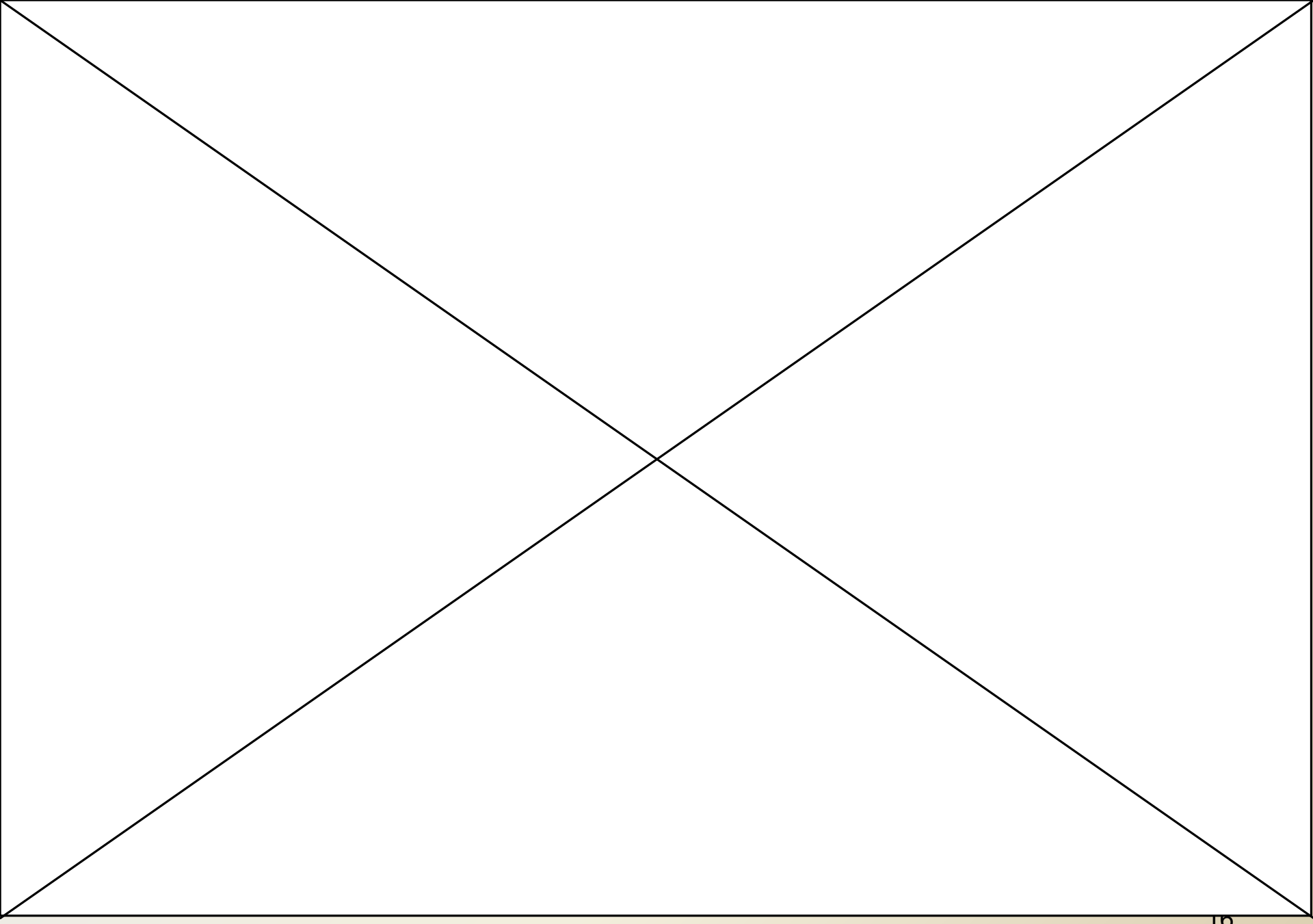
- Exceptions?

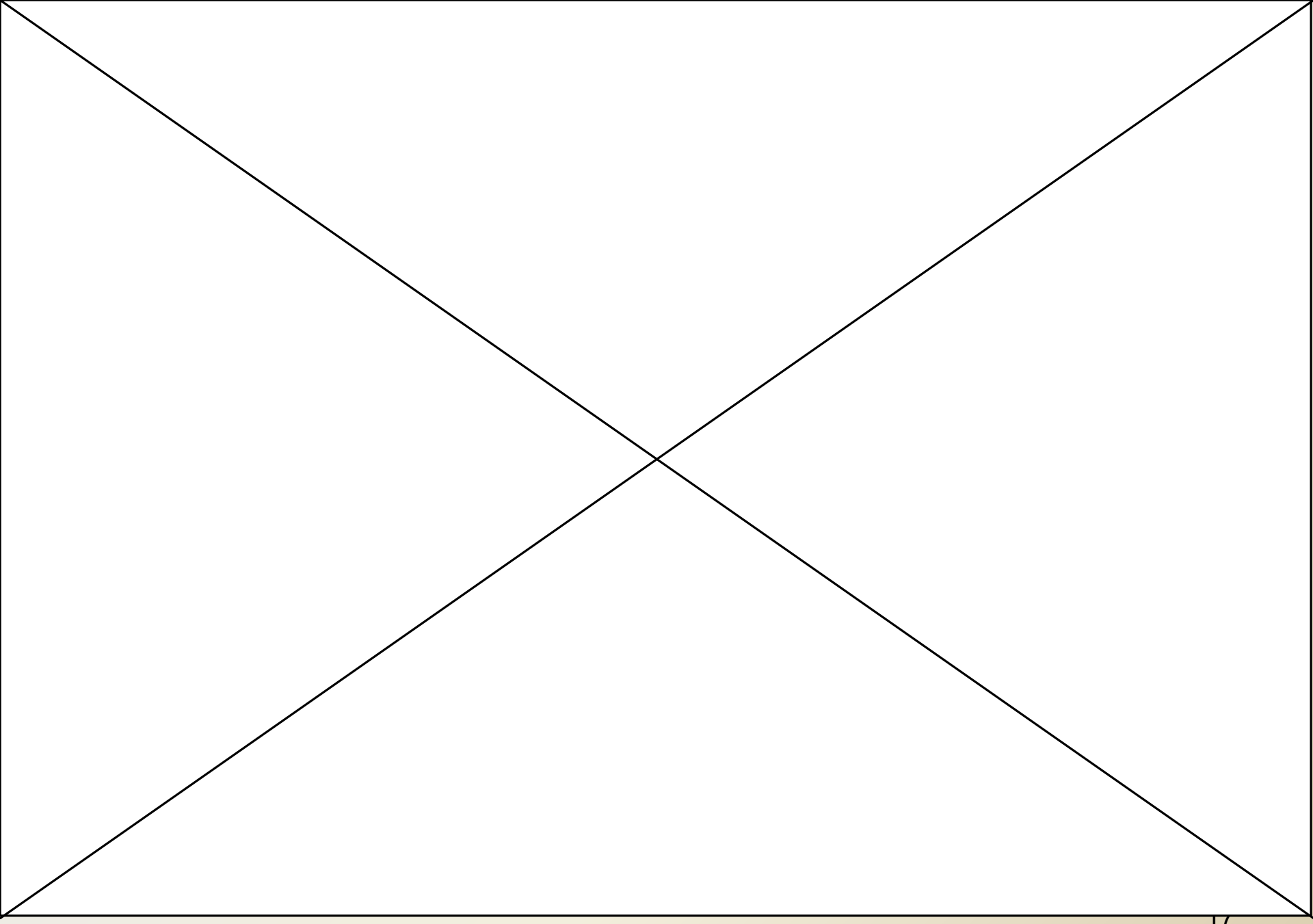
Ruling class in certain ancient states:

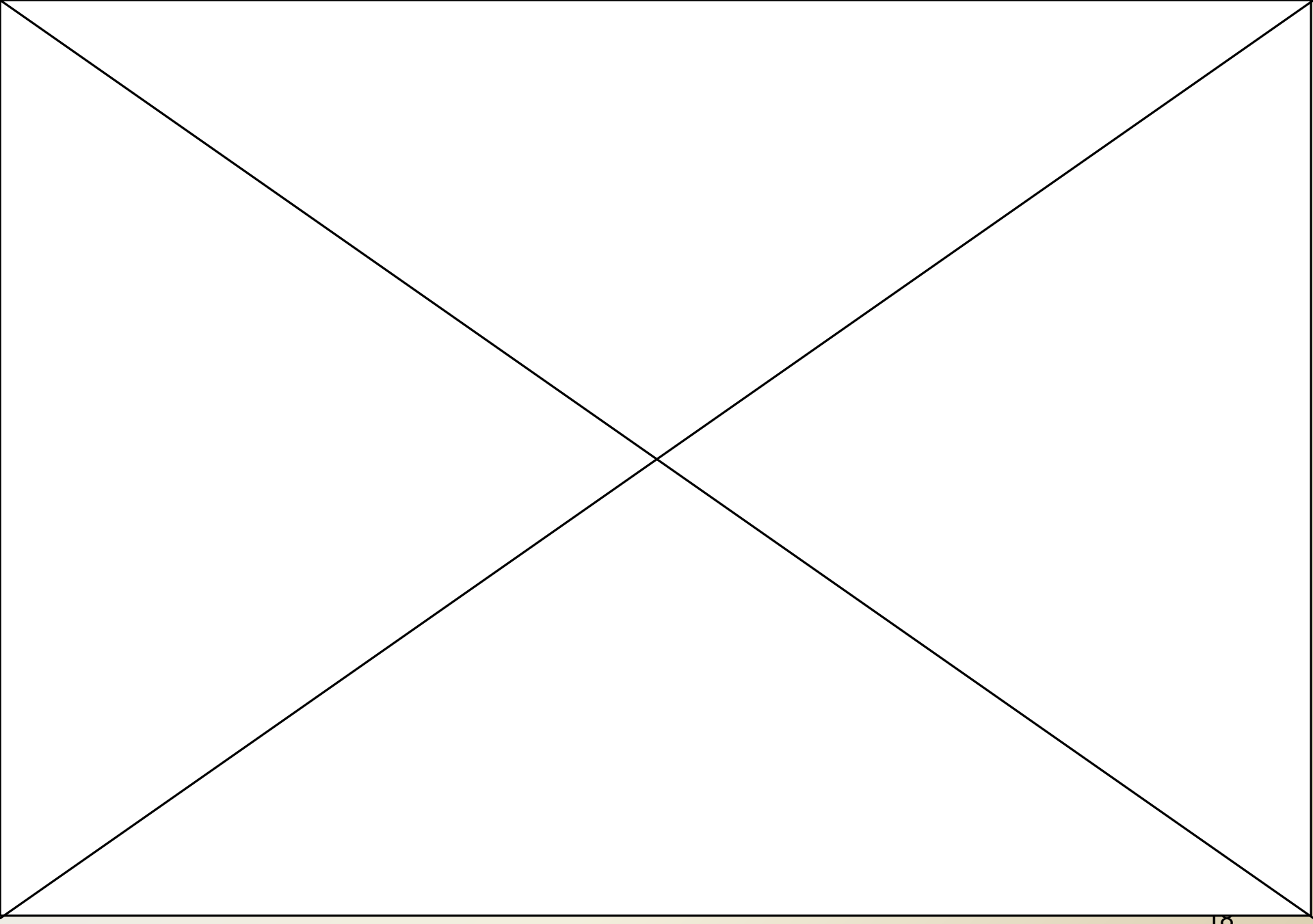
- Inca, Egypt, China, and Hawaii

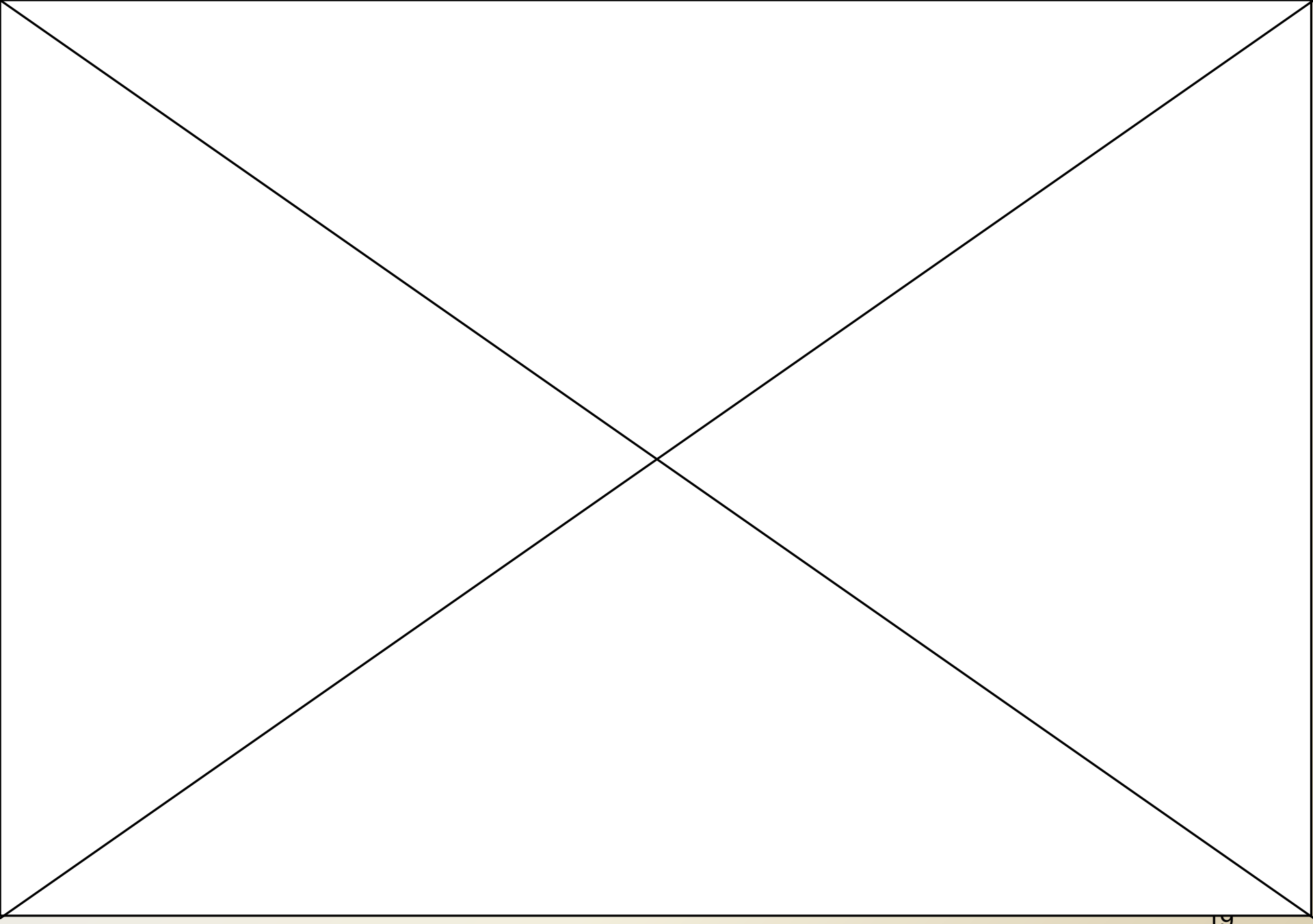
# Masturbation

- How does our society treat it?
- Are we alone in this practice?







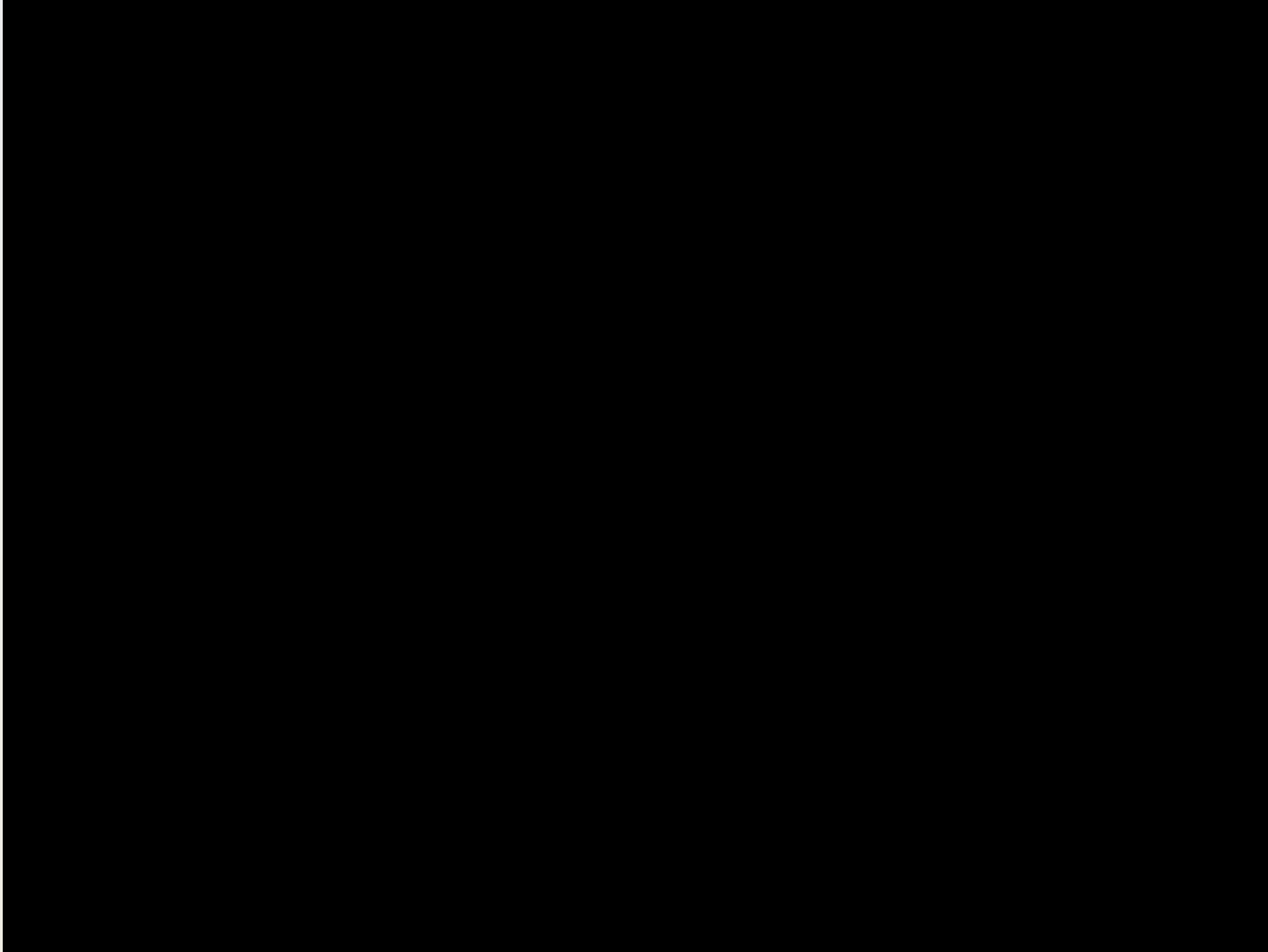


- Female porcupines have been observed using sticks as vibrators
- Prehistoric rock painting around the world depict males
- 4<sup>th</sup> Millennium BC a temple site on the island of Malta depicts woman masturbating

# Masturbation

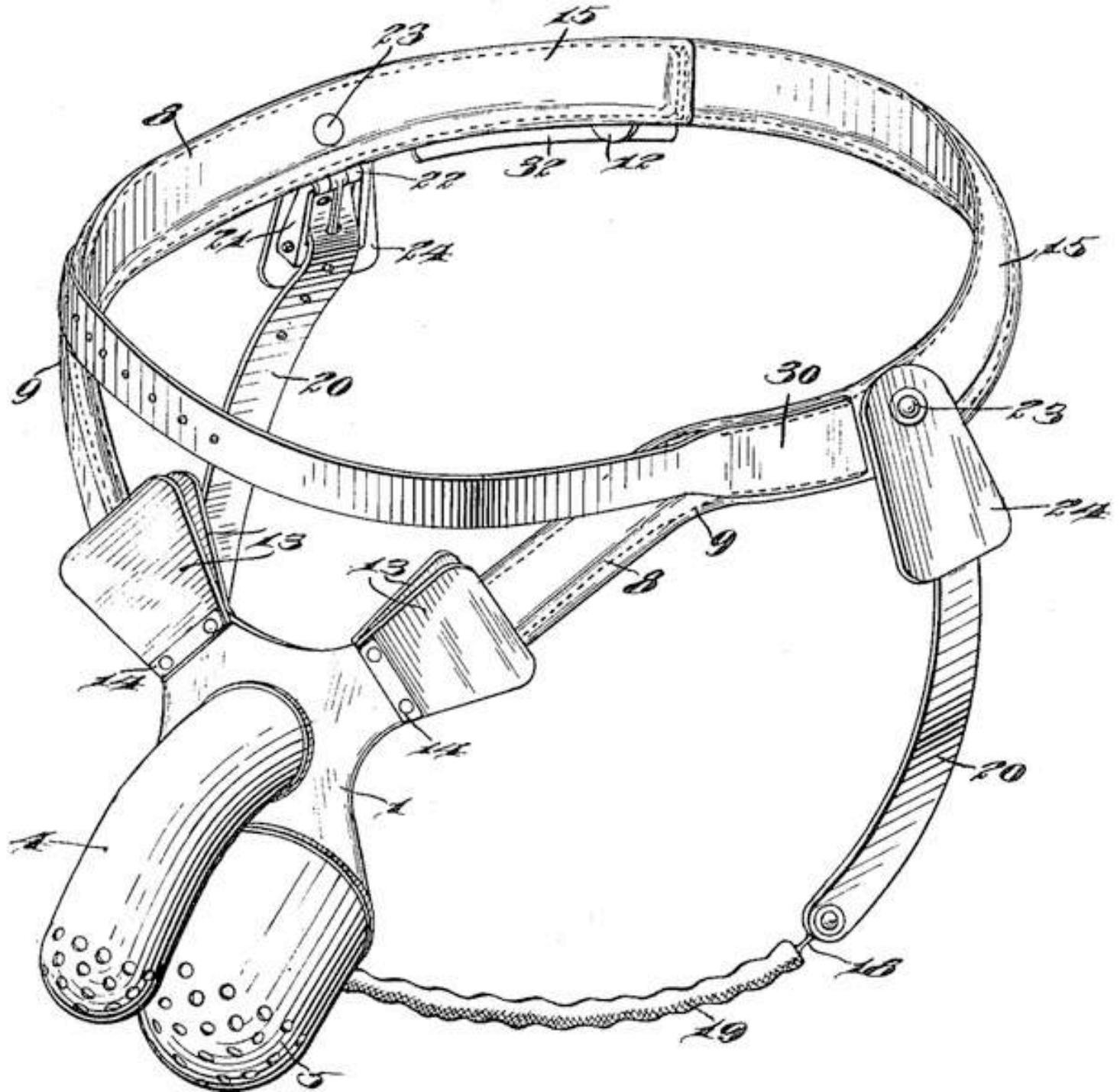
- In a 1640s law code for the Puritan colony of New Haven, Connecticut in the 17th century "blasphemers, homosexuals and masturbators" were eligible for the death penalty
- Is Masturbation still an issue?
- 1994: Jocelyn Elders (US Surgeon General) mentioned as an aside that it should be mentioned in school curricula that masturbation was safe and healthy, she was forced to resign

# Sex and Sickness

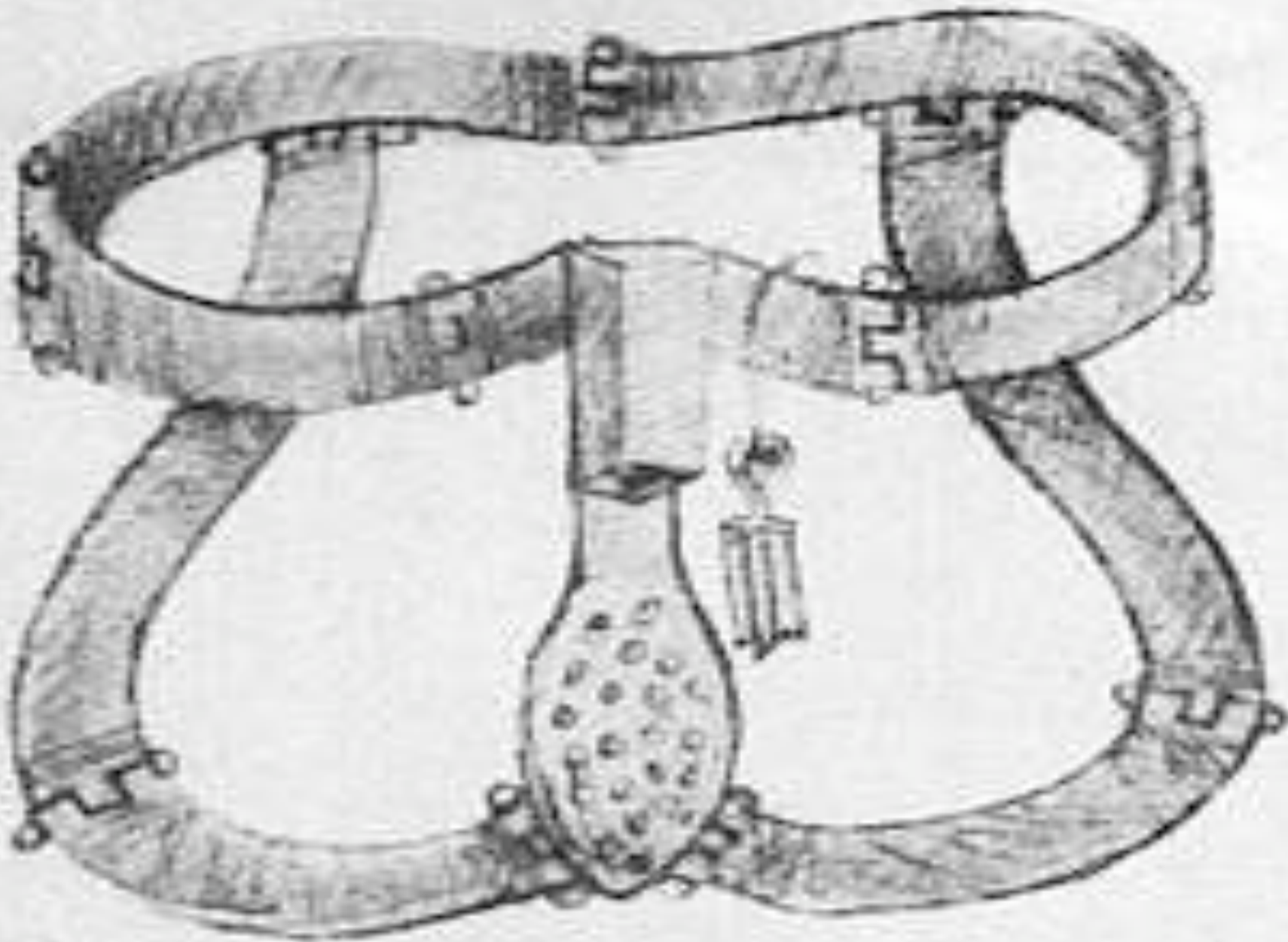


# Masturbation in Victorian Era

- The medical literature of the times describes procedures for electric shock treatment, infibulation, restraining devices like chastity belts and straitjackets, cauterization or – as a last resort – wholesale surgical excision of the genitals
- Women forbidden from riding bicycles or riding horses









# Same-Sex Behaviour

- Behaviour in:
  - All history
  - All cultures
  - All places
- Terms heterosexual and homosexual did not appear until 1892
- Identity is relatively new
  - Formed out of resistance to persecution

# **Cross-species Sexual Behaviour –**

*what comes naturally!*

- Sexual signaling - found in other species
- Sexual behaviour is more instinctively controlled among lower species & more controlled by the brain in higher species:  
Human sexual behaviour is thus relatively more “brain” controlled than instinctively controlled
- Animals sometimes use sexual behaviour for non-sexual purposes

# Theoretical Perspectives on Human Sexuality



"Are you the opposite sex, or am I?"

# Thomas Aquinas

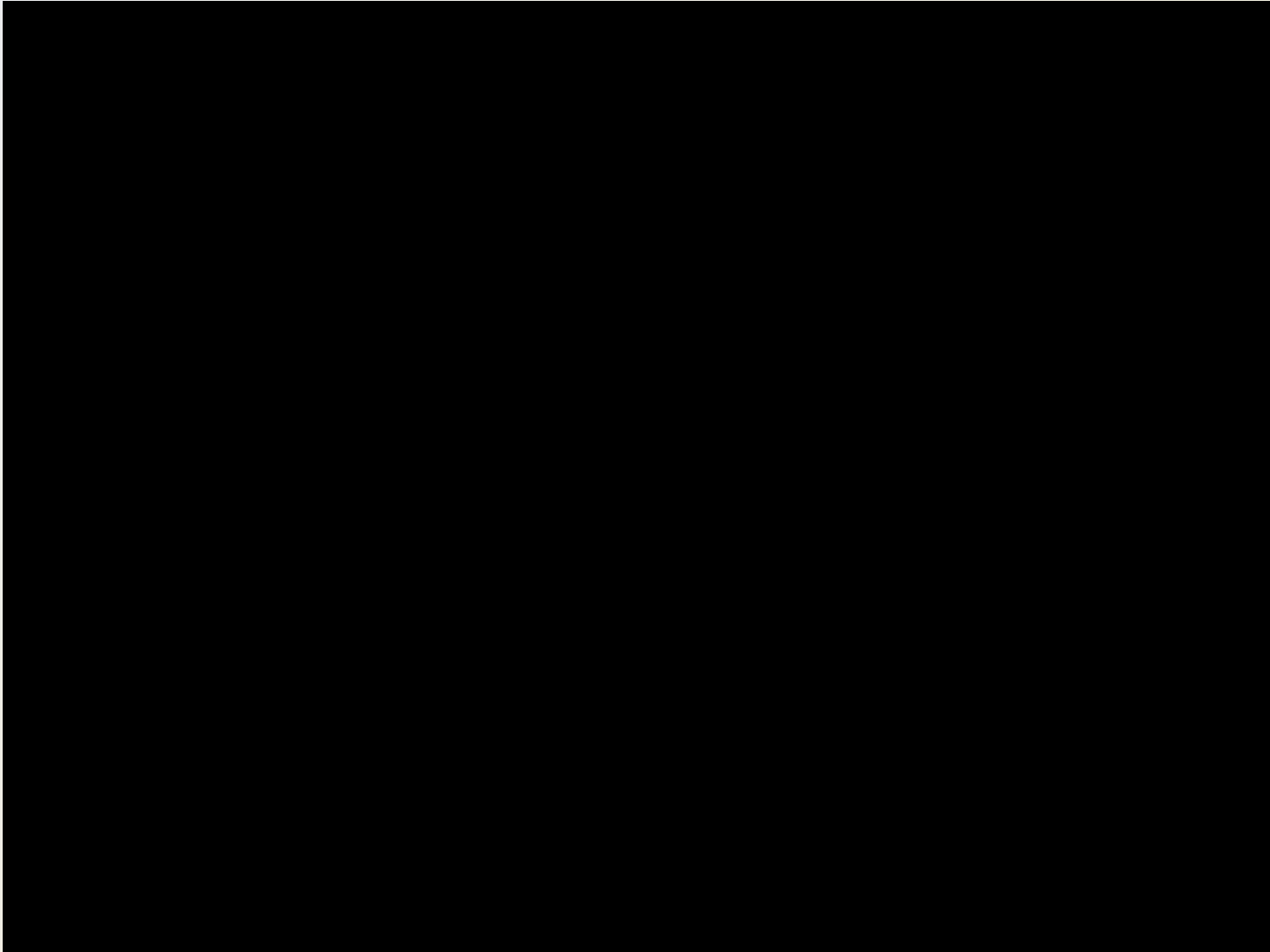
- Catholic philosopher, theologian and priest
- Considered to be the model teacher for those studying for the priesthood.



# Truths of Thomas Aquinas

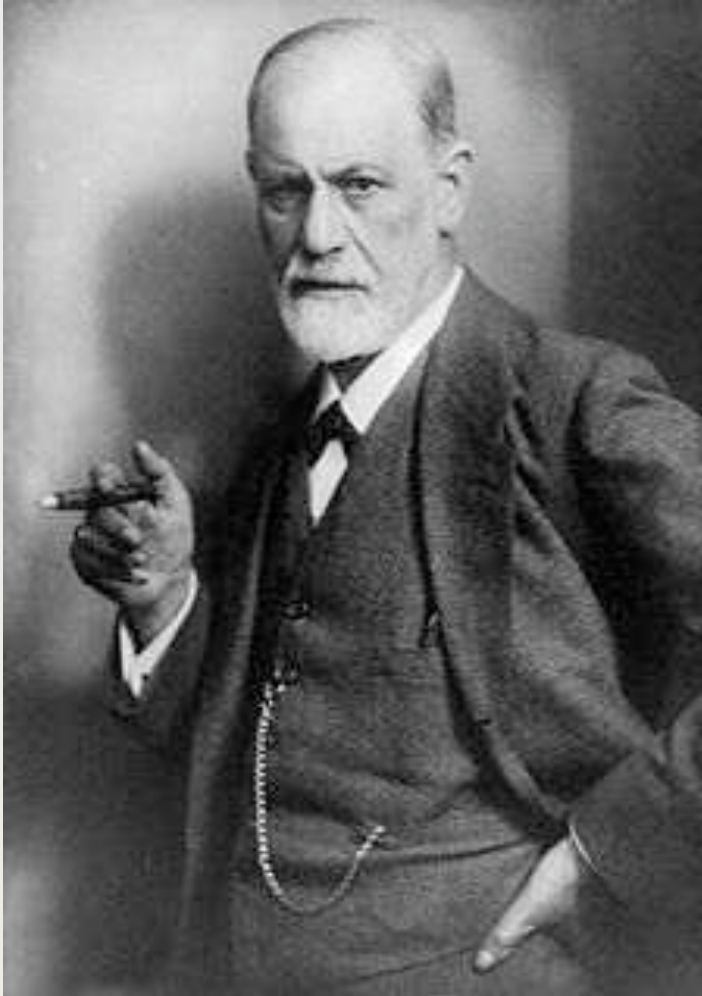
- Seminal discharge is the essence of sexual interactions
- Contraception is immoral – procreation is the only function of sex
- There is a natural end to procreation (who is affected?)
- Parental responsibility is the outcome of sexuality
- Women are inferior to men
- Men govern women in marriage
- Divorce is improper

# St Paul's View on Sex



# **Psychological Theories**

# Sigmund Freud (1856-1939)



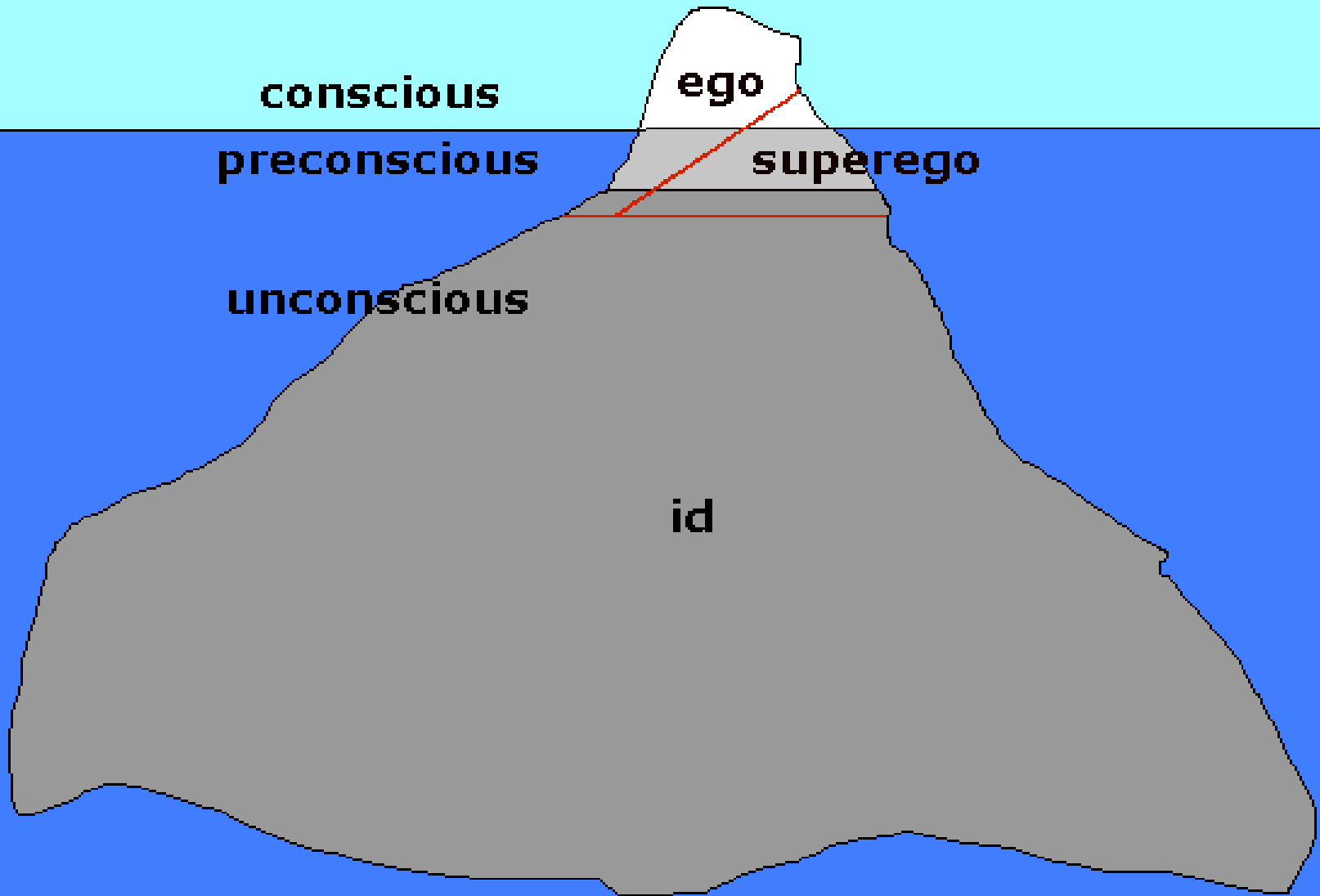
- Father of Psychoanalysis
- Trained in Vienna, Austria
- *All People Have Inner Conflicts*

# Identity

- Id: I want (childlike)
- Ego: I am (moderator)
- Superego: I should be (responsible)

## Freud's theory of the personality





**conscious**

**ego**

**preconscious**

**superego**

**unconscious**

**id**

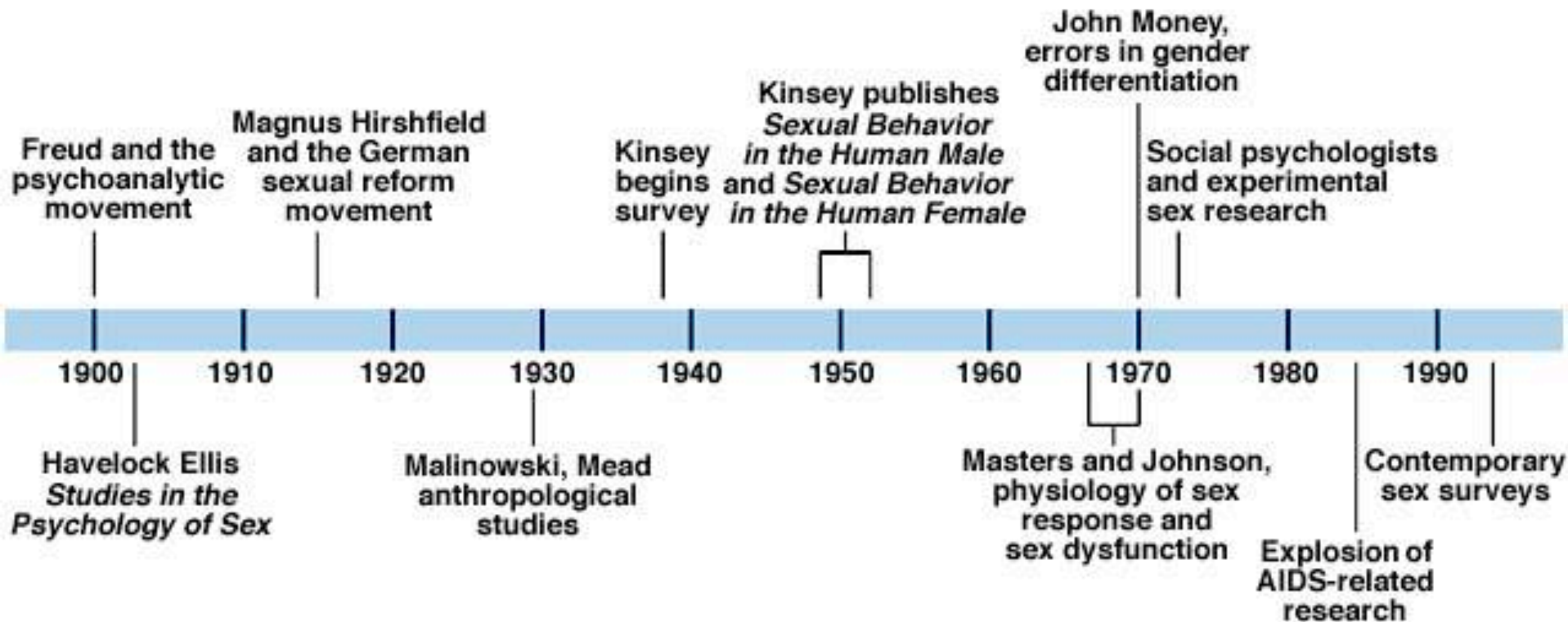
## Freud's Libido Theory – Psychosexual

- ***Libido*** – “that force by which the sexual instinct is represented in the mind”
- Sexual drive is outside the realm of consciousness and is generated within the body and propels itself toward discharge. It stimulates conscious wishes.
- Sexual fulfillment = reduced tension = increased pleasure

# Stages of Development (5 Years)

1. Oral, 0-1.5 yrs
2. Anal, 1.5-2.5 years
3. Phallic, 3-6
4. Latency, interim until puberty
5. Genital, puberty

# History of Scientific Research on Sex



# *Critics of Freud*

- Male bias – as norm
- Is libido really an innate drive or instinct?
  - ❖ Implies behaviour to be instinctual
- Sexual drive might be instinctual but the route to satisfy it is learned
- Libido is an unproven construct based on 19<sup>th</sup> century models

# Learning Theory cont.

**Social Learning** – imitation, identification, self-efficacy

# Social Exchange Theory

- People are theorized to choose actions that maximize rewards and minimize costs
- There are perceived comparison levels of outcomes, equity, and sexual rewards and costs
- These perceived comparison levels influence satisfaction, stability, and changes in relationships

# Evolutionary Perspectives

## Sociobiology

- Applies evolutionary biology to social behaviour
- Evolution occurs via natural selection
- Sexual selection results from differences in traits

## Evolutionary Psychology

- Sexual strategies are informed by adaptive problems
- Males compete for many females
- Females prefer certain males and mate more with them

# Evolutionary Psychology Video

# Sociological Perspectives

- ***Levels of Analysis:***
  - ❖ Macro – society
  - ❖ Cultural
  - ❖ Inter-personal
  - ❖ Individual
  
- ***Social Institutions:***
  - ❖ Religion – shapes norms
  - ❖ Economics – effects patterns
  - ❖ Family – socializes children
  - ❖ Medicine – define sexual and reproductive health
  - ❖ Laws – determine norms and use social control

## ***Sexual Scripts:***

- ❖ Define the appropriate sequence and conventionality of sexual behaviour

## ***Reiss Sociological Theory of Sexuality***

- ❖ Cross-cultural universal of the importance of sexuality:
  - ❖ Sexuality is associated with pleasure
  - ❖ Sexual interactions are associated with personal self-disclosure of body, thoughts, and feelings
  - ❖ Sexuality is linked to structures of kinship, power and social ideology



# Video Links

- <http://www.youtube.com/watch?v=oi68hPMinAI>
- <http://www.youtube.com/watch?v=Jm77h70UDtI&NR=1>
- <http://www.youtube.com/v/ciLIISSAcF-8>
- <http://www.youtube.com/v/Jm77h70UDtI>
- <http://www.youtube.com/v/DoKrMW8giGg>