

Interpersonal

Week 7 notes - Sexuality

History & Attitudes of Sex

- Sex is essential for life → most consider it a natural part of life
- North American view of sex shaped by Puritan & Victorian influences

North America & Sex

- **1950s:** sex of any kind was banned from TV
- **1960s:** sexual revolution did little to change perception of sex in media
- **1990s to today:** media encourages artists to provide “clean” versions of songs that remove sex and vulgar terms

Sex Research Pioneer (**Alfred Kinsey**)

- 1940s
- Published The Kinsey Report (2 prominent books : sexual behaviour in the human male and then one on the human female)
- 50% of men had extramarital affairs
- Male motivation for sex much higher than that for women
- Men want higher frequency of sex, think about it more, more intense fantasies, masturbate more
- Women’s sexual influenced by situational, social and cultural factors

Laumann et al - 2006

→ Sex around the world

- Women have lower degree of sexual satisfaction than men
- 31% of women had low interest in sex
- 22% unable to orgasm
- 21% unable to enjoy sex
- 20% difficulty lubricating
- 14% painful intercourse

Why Do We Have Sex?

- 237 different reasons for why people have sex
- 1. Physical
- 2. Goal attachment
- 3. Insecurity
- 4. Emotional
- Research shows that lust, attachment, and love are all independent experiences

How to Initiate Sex?

→ **Christopher & Cates 1984**

- Men initiate sex more often
- Women more comfortable initiating in long term relationships
- 4 main groups
 1. Positive affection/communication
 2. Arousal
 3. obligation/pressure
 4. Circumstantial
- Ppl engage in sex focus on arousal related factors rather than affection related factors

Where to get sex?

1. Being in a relationship
2. Hookups: dating practice of casual sexual encounters (dating apps like tinder)
 - Women have enjoyed hookups less than men preferring intimacy and longevity to the relationship

Disengaging Intercourse

- Women are the ones that turn down sexual advances more than men
- Women more comfortable saying no
- **Avoiding proceptivity** : ignoring unwelcome advances
- **Incomplete rejection**: not right now, next time
- Rejection can be misinterpreted and lead to conflict

Sex & Marriage

- Married couples in their 20s have the most sex
- Sexual frequency related to satisfaction

Impediments to Sex

- Increases in external pressures and commitments correlate negatively w frequency of sex
- When these factors decrease, sex frequency increases

Extradyadic Sex

- High rate of extramarital intercourse
- 50% of men and 26% of women

→ **Blumstein and Shwartz 1983**

- 33% of straight men
- 30% of straight women
- 28% of lesbian women

- 82% of gay men
- Men more likely to affairs
- Women seek affairs around times of ovulation

Sexual Orientation

- 3 views on how it develops
- 1. **Social construct** → concept of sexual orientation designed to categorize people (ppl grouped into 2 categories ; (1) normal ppl (2) sexual inverts
- 2. **Biological** → emphasis on genetics, hormones, and neuroanatomy

A. Genetics

- Monozygotic and dizygotic twins
- 55% of mono vs 22% of dizygotic male twins gay
- 48% of mono vs 16% of dizygotic female twins were gay

B. Hormones

- Testosterone levels affect sexual orientation
- Differences in size of hypothalamus of gay & straight human males
- 3. **EBE theory** → Exotic Becomes Erotic hypothesis
- Argues genetics and hormones shape our temperaments
- **Gender conforming:** see opposite gender as different
- **Gender non-conforming:** see same gender as very different
- Gay & lasbians more likely to engage in gender non-conforming activities

Opponent Process Theory

- Hetero: feeling that girls are yucky replaced by attraction for girls
- Homo: feeling that other boys are yucky replaced by attraction for boys

Fraternal Birth Order Effect

- Probability of homosexuality in men increases when they have more older brothers (1/7 boys)
- Each older brother increases chance of being homosexual by 33%
- Having older brothers may have changed the mother's in utero environment
- Having older sisters or having girls does not affect probability

Knafo et al - 2005

→ Twin Study

- 6000 gender-atypical and moderately gender-atypical boy and girl twin pairs (3 and 4 years older children)
- Found a larger effect of shared environment on sexual orientation than genetics
- Male birth order study and twin study contradictory

Bio-behavioural Model of Sex & Love

- Accounts for cases of romantic love w/o sexual desire & cases of a straight individ. Loving another straight individ.
- Testosterone underlies lust
- Vasopressin and oxytocin underlies attachment

Homophobia

- History is violent
- Homophobia = anxiety based phenomenon & result in unresolved same-sex urges
- **1997:** 14% of all crimes motivated by sexual orientation
- **2004:** 16%
- Legal marriages introduced over 10 years ago in Canada

Ways to reduce bias of homophobia

- Reduced through personal contact or knowing a gay/lesbian person
- Health benefits to coming out → reduction of stress, cancer, etc

