

**Ch. 11: Adult Sexual Behaviors and Attitudes**

- What is normal?
  - o What determines normality depends on historical time and the cultural or social context in which a person lives
  - o When people use the term normal they are generally referring to what is common behavior.
  - o Just because someone does something that is not common does not make it less normal or weird
  - o It is important not to be ethnocentric
  - o What is considered normal in one culture may not be considered normal in another culture

**How Many Different Things Do People Do During Sex?**

Number of Behaviors	Percentage of Women	Percentage of Men
One behavior only (partnered masturbation, vaginal intercourse, oral-genital, anal)	46%	43%
Two behaviors only (e.g., masturbation + oral, oral + vaginal intercourse)	24%	22%
Three or more behaviors (e.g., masturbation + oral + vaginal intercourse)	26%	33%

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- o If a behavior is *Statistically Normal* it means that a large number of people engage in it (so it's a relatively common behavior)
  - Just because it is statistically normal does not mean that everyone engages in the behavior or even approves of it

**Masturbation**

- Attitudes About Masturbation
  - o There is a wide range of attitudes and emotions towards masturbation
  - o Masturbation- self stimulation of the genitals
  - o Some thought that it could cause blindness, deafness, or insanity
  - o Most all messages say that masturbation was not quite appropriate either as a topic of discussion or as a personal activity
  - o Greek physician Hippocrates
    - Believed that masturbation was harmful to men's physical health, causing spinal weakness and eventually death
  - o Ancient Chinese Culture

- Condemned male masturbation as a waste of yang (male essence)
- o Hebrews
  - Considered it spilling seed and punishable by death
- o Early Roman Catholic Church
  - Procreation was the only purpose of sex
  - Masturbation and other sexual behaviors were seen immoral
  - Thomas Aquinas included masturbation as 1 of 4 unnatural acts
- o The word masturbation
  - Latin
  - Manus- hand
  - Sturpore- to defile
  - Tubare- to disturb
- o Swiss Physician S. Tissot
  - Book Onania- A Treatise upon the disorders produced by masturbation
    - Agreed with Hippocrates
    - Claimed that the unnatural loss of semen and overexertion of the nervous system led to mental disease.
- o North American Joseph Howe
  - 1889
  - masturbation is a universal vice in civilized countries
  - documented the maladies that would bedevil masturbating men
    - mishappen genitals
    - Spinal cord tumors, brain hemorrhage, cerebral anemia (softening of the brain)
    - Emaciation, poor posture, dragging feet
    - Skin conditions
    - Gastrointestinal issues
    - Heart palpitations
    - Vertigo, headaches, memory problems
    - Epilepsy and seizures
  - Thought that masturbators would become sterile
  - Best cure was a healthy lifestyle that included nutritious food, daily exercise, adequate sleep, proper hygiene, good companionship, and abstinence along with medication
- o Kellog and Graham invented mild, easily digestible food (cornflakes and crackers) they thought that the food would help curb sexual appetite
- o Kellog

- Thought bandaging children's genitals and tying the hands and circumcision would help prevent masturbation.
- For adults he recommended inserting steel sutures through the penis to prevent erection and applying carbolic acid to the clitoris
- Electric shock was common, acupuncture and even castration
- Negative attitudes are still found surrounding masturbation today
- Today in the Catholic church they state that masturbation is a intrinsically and seriously disturbed act
- Jewish religion today sees masturbation as serious of an offense as murder and that a man who touched himself should have his hand chopped off
- Incidence of Masturbation
  - The large majority of people masturbate
  - 92% of men masturbate by the age of 20
  - Masturbation is generally the first sexual experience to orgasm for boys
  - Women tend to start masturbating after they have started having sex
  - More men than women generally masturbate (60% v 40%)
  - Masturbation increases for teens -30s and tarts to decrease during the 40s
  - Age difference and gender differences exist on the incidence of masturbation
  - Masturbation does not cause any problems
- Methods of Masturbation
  - People differ in their methods but men tend to display less variation
  - many men fantasize or look at pictures while masturbating
  - bi and gay men also tend to use a vibrator on themselves when masturbating
  - women who masturbate stimulate the clitoris, labia minora, and/or the entire vulva
- Functions of masturbation
  - People do it because it feels good
  - Masturbation does not stop when someone has found a partner
  - Masturbation remains high among those with partners
  - The more sex a person has the more likely he or she is to masturbate
- Cross-Cultural Perspective: Ethnic Differences in Sexual Behavior
  - Normal behaviors don't take age, ethnicity, education level, or other group differences into account
  - White and Latino men are more likely to masturbate than Asian or black men
  - Ethnic differences have been found for oral-genital sex as well
    - African American women are less likely to engage in it