Chapter 10

Sexuality and Gender
The Physical Side of Human Sexuality

• Primary Sex Characteristics

• **Female:**
  – *Vagina* – tube that leads from the outside of the body to the opening of womb
  – *Uterus* – the womb in which the baby grows during pregnancy
  – *Ovaries* – female sexual glands

• **Male**
  – *Penis* – organ for urination and delivers the male sex cells or sperm
  – *Testes* – male sex glands
  – *Scrotum* – external sac that hold the testes
  – *Prostate gland* – secretes the fluid holding the male sex cells or sperm
The Physical Side of Human Sexuality

• Secondary Sex Characteristics

• Female
  – *Menstrual cycle* – monthly shedding of uterus lining in prep for pregnancy when conception does not occur
  • *Menarche* – onset of menstrual cycle.
  – *Mammary glands* – breast are capable of producing milk for infant
  – *Pubic hair*

• Male
  – *Deepening of voice*
  – *Facial, chest and pubic hair*
Primary Sex characteristics develop as embryo grows in uterus

- At 5 weeks 2 organs (gonads) form
- 2 sets of ducts form next to the gonads
  - Wolffian – male
  - Mullerian – female

Undifferentiated until X (female) or Y (male) in 23\textsuperscript{rd} pair of chromosomes

- Female hormone – Estrogen
  - XX
- Male hormone – Androgen (testosterone)
  - XY
Gender and Genitalia

Differentiation of external genitalia in the human embryo and fetus

- Undifferentiated stage
- Female at 12 weeks
- Male at 12 weeks
- Female at 36 weeks
- Male at 36 weeks

- Glans area
- Epithelial tag
- Urogenital fold
- Urogenital groove
- Lateral buttress
- Anal pit
- Anal tubercle
- Tail (cut)
- Glans area
- Site of future origin of prepuce
- Urethral fold
- Urogenital groove
- Lateral buttress
- Labioscrotal swelling
- Urethral folds partly fused (urethral raphé)
- Anal tubercle
- Anus
- Clitoris
- Urethral opening
- Vaginal opening
- Labium minus
- Labium majus
- Anus
- Glans penis
- Shaft of penis
- Scrotum
- Raphé
- Anus

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Testosterone

- Testosterone
  - Most associated with males
  - Females also have
- Decrease in hormone = decrease in sexual desire
  - Low levels
    - Low libido
    - Fatigue
    - Lack of well-being
    - (same symptoms of depression and marital problems)

- Hormone and behavior a 2-way street
  - Testosterone contributes to sexual arousal
  - Sexual activity also produced higher levels of testosterone
The Physical Side of Human Sexuality

- Intersexed – 1 of 2,000 births; chromosomal or hormonal abnormalities cause a child to be born with ambiguous genitals or genitals that conflict with the infant's chromosomes. (hermaphroditism)
The Psychological Side of Human Sexuality

- **Gender** – The psychological aspects of being male or female

- **Gender Role** – Culture's expectations of masculine or feminine behavior; attitudes, actions, personality traits

- **Gender Identity** – fundamental sense of being male or female; it is independent of whether the person conforms to the social and cultural rules of gender

- **Gender typing** - process of acquiring gender-role characteristics

- **Transgendered** – do not fit into typical gender categories

- **Transsexual** – “male in female body” or vice versa
Transgendered & Transsexuals – found in almost all cultures & throughout history
The Psychological Side of Human Sexuality

• Study:

16 males born without penis (normal males with testicles)

• 2 were raised as boys (developed a male gender identity)
• 14 socialized as female and surgically assigned to the female sex
  – 8 declare themselves as male
  – 5 living as females
  – 1 unclear gender identity

So... Being “male” or “female” is very complex with many factors
3 Influences on Gender

1. Biology
2. Environmental
3. Culture
3 Influences on Gender Development

1. Biology
   - Hormones

• So what about girls called a “Tomboy”? 
  - Girls with androgens (testosterone) – prefer boy toys; activities – grow up as happy healthy females

• What about boys called a “Sissy”? 

3 Influences on Gender Development

2) **Environment** - full of subtle and not so subtle messages.
3 Influences on Gender Development

- Culture

“Jason, I’d like to let you play, but soccer is a girls’ game.”
Theories of Gender Role Development

- **Social Learning** – learning through observation and modeling

- **Gender Schema** – development of mental pattern or schema for being male or female
Gender Stereotyping

**Stereotype** – (+/- or neutral) concepts based on superficial characteristics

**Gender Stereotype** – concepts about males or females that assigns various characteristics to them on the basis of being M or F

**Sexism** – prejudice about males and females that leads to discrimination.

**Benevolent sexism** – accept positive stereotypes but still treated unfairly

**Androgyny** – possessing the most positive personality characteristics of M & F
"It's a guy thing."
The Erotic Animal: Motive for Sex

“What is there to discuss about the motivation for sex?”
“Isn’t it all intrinsic, inborn, inevitable and inherently pleasurable?”

• For human being, sex is not always a natural act!
  1) Activities that one culture considers natural may not be in other cultures
  2) learn from experience & culture
     – what they are supposed to do with their sexual desires
     – how they are expected to behavior
  3) Motivations for sexual activity are not always for intrinsic pleasure
  4) Human Sexuality = A blend of biological, psychological and cultural factors
4 Phases of Sexual Response

• Phase 1: Excitement
  – Pulse increases
  – Clitoris begins to swell
  – Penis begins to become erect

• Phase 2: Plateau
  – Clitoris continues to swell
  – Penis stays erect

• Phase 3: Orgasm
  – Vaginal walls contracts
  – Penis releases semen

• Phase 4: Resolution
  – Return to pre-excitement phase
  – Refractory period – men cannot become aroused or achieve erection
Sexual Response

Figure 10.3 The Male Sexual-Response Cycle
A male experiences sexual arousal (excitement), a plateau lasting a few seconds to a few minutes, orgasm, and then experiences a refractory period during which another erection is not yet possible. This refractory period can last for several minutes to several hours and tends to increase in length with age. Resolution, in which the body returns to its prearousal state, is last.

Figure 10.4 The Female Sexual-Response Cycle
Women can experience several different patterns of sexual response. In Pattern A, a woman experiences excitement, a plateau, and orgasm in a manner similar to a man. Unlike a man, the woman does not have a refractory period and can experience several orgasms before entering resolution. In Pattern B, there is a longer plateau period but no orgasm, and in Pattern C, the woman goes from excitement to orgasm to a quick resolution without experiencing a plateau period.
Sexual Behavior

• Studies on sexual behavior
  – Masters and Johnson – 1966 – closer to accurate
  – Janus Report – 1993 - Is this one accurate?

• Once believed that:
  • “good” women did not have orgasms
  • Mature women should have the “right kind” of orgasm

  – Now know:
  • male and female are alike in basic anatomy and physiology
  • Penis and clitoris
    – Same embryonic tissue
    – Same intensity
    – Different size
Sexual Orientation

- Heterosexual – attracted to opposite or other sex
- Homosexual - attracted to the same sex
- Bisexual – attracted to both sexes
Sexual Dysfunction

• A problem in sexual functioning
  – Organic
  – Stress induced

• Paraphilia – atypical sexual behavior
Sexually Transmitted Infections (STDs)

- STDs – infections spread primarily through sexual contact
- AIDS – Acquired Immune Deficiency Syndrome
- HIV – (humano immunodeficiency virus) - virus that carries AIDS

- How is HIV spread?
  - Vaginal fluid
  - Sperm
  - Breast milk
  - Blood
  - Sharing needles
  - Giving birth

- How to avoid STDs
  - Abstinence
  - Save sex
    - Use of condoms
The Biology of Desire

C. Sex and the “Sex Drive”
   – Overall more alike than different

• Differences in Men and Women
  – Hard wiring
    • Men – sexuality and aggressions
    • Woman – sexuality and nurturance
  – Societal issues
    • Role expectations
    • Cultural norms
  – Other
    • Men - biologically based
    • Woman - sexual desire & responsiveness
      – circumstance
      – specific relations
      – cultural norms
The Psychology of Desire

• Many motives for sex – more in the brain than sex organ
  – Enhancement
    • Emotional satisfaction or physical pleasure of sex
  – Intimacy
    • Emotional closeness with your partner
  – Coping
    • Dealing with negative emotions and disappointments
    • Taken too far = sex addiction
  – Self – affirmation
    • Reassurance that you are attractive or desirable
  – Partner approval
    • The desire to please or appease you partner; avoid their anger or rejection
  – Peer approval
    • Wish to impress your friend, be part of group, conform to what others are doing
The Psychology of Desire

- College students made a diary of sexual behavior
  - Did they participate in unwanted sex?
    - 50% of women
    - 25% of men

- Why?

Men
- Peer pressure
- Inexperience
- Desire for popularity
- Fear of seeming homosexual or un-masculine

Women
- Not want to lose the relationship
- They feel obligated
- The partner has spent time and money on them
- Partner makes them feel guiltily
- Satisfy the partner
- Avoid conflict
The Biology of Love

• **Passionate (romantic) love** – whirlwind of intense emotions & sexual passion
  – Crushes
  – Infatuation
  – love at first sight
  – Early stage of love affairs
  – Burn out or turn into companionate love

• **Companionate love** – affection and trust

• **Heart overrule the head**
  – Feel obsessed
  – Not eat or sleep

• **Chemistry**
  – “He was nice, just no chemistry between us”
  – Endorphins – natural opiate
  – Oxytocin – attachment and care giving
Companionate love
The Psychology of Love*

• Two key predictors of attraction
  1. **Proximity**
  2. **Similarity** – looks, attitudes beliefs, values personality interests

• The Attachment Theory of Love
  – Adult’s attachment styles derived from how their parents cared for them
  – Children for internal “working models” of relationships

• Three types of attachment
  1. Secure – 64% - parents were warm and close relationship
  2. Avoidant – 25% - although flawed; more warm and close than anxious
  3. Anxious – 11% - almost entirely negative terms; rejecting and cold

• What are the key ingredients?
  – Passion
  – Intimacy
  – Commitment
Which Are You?*

**Secure:**
I find it relatively easy to get close to others and am comfortable depending on them and having them depend on me. I don’t often worry about being abandoned or about someone getting too close.

**Avoidant:**
I am somewhat uncomfortable being close; I find it difficult to trust others completely and difficult to allow myself to depend on them, I am nervous when anyone gets close, and often love partners want me to be more intimate than I feel comfortable being.

**Anxious:**
I find that others are reluctant to get as close as I would like. I often worry that my partner doesn't really love me or won’t stay with me. I want to merge completely with them, and this desire sometimes scares people away.
• Genders alike in:
  – love at first sight
  – passionate love
  – companionate love over the long haul

• Gender differs in **Expression** of love
  – Women with words
  – Men with action

• Economics
  – Some counties – women’s only chance at economic security is marriage
  – Western societies
    • Women marry for extrinsic reasons in 1960’s
      – 2/3 college men would not marry someone they did not love
      – ¼ college women would not marry someone they did not love
  
    – Now two income families the norm.......few would marry if not in love
Economics of Love

Economic and social changes are transforming gender roles in all developed nations. But marriage for financial security is still the only option for many women from impoverished nations—like this bride, whose husband chose her from a mail-order catalogue.
Quick Quiz

1) How are adult passionate love and infant-mother love biologically similar?

2) The two major predictors of whom we love are ______ and ______.

3) Tiffany is wildly in love with Timothy, and he with her, but she can’t stop worrying about his fidelity and doubting his love. She wants to be with him constantly, but when she feels jealous she pushes him away and finds it hard to forgive him. According to the attachment theory of love which style of attachment does Tiffany have?

4) True or False: Until recently, men in Western societies were more likely than women to marry for love.
Sexual Coercion and Rape*

Act of power and control **NOT** sex

- 3,000 Americans aged 18-59
  - Forced into sexual activity?
    - 25% women
    - 3% men

- What causes some men to rape?
Sexual Coercion and Rape

What causes some men to rape?

1) Peer approval
   - Prove masculinity by scoring

2) Anger, revenge or desire to humiliate or dominate victim
   - Soldiers who rape captive women during war
   - Systematic rape of female cadets in Air Force Academy
   - Men rape other men –
     • gangs or prison to conquer or degrade

3) Narcissism and hostility toward women
   - Unable to empathize with women
   - Feel entitled
   - Misperceive women’s behavior as provoking

4) Contempt for the victim and a sadistic pleasure inflicting pain
   - Few who are motivated to injure or murder victims
The sexiest thing you can say to a woman is, "Is this okay with you?"

RESPECT IS WHAT'S SEXY
The Culture of Desire

- Sexual scripts
  - Set of implicit rules
  - specify proper sexual behavior for a person in a given situation varying with:
    - gender
    - age
    - religion
    - social status
    - peer group
  - Rules for straight and gay relationships

- African American women = 58% of AIDS cases ..... Why ?
  - 2004 study - 14 black women aged 22-39
    - Men control relationships
    - Women sustain relationships
    - Male infidelity is normal
    - Men control sexual activity
    - Women want to use condoms
Gender, Culture and Sex

• Gender role and sexual scripts reflect a culture’s
  – economic
  – demographic
  – social arrangement

• 530 studies with 270,000 individuals
  – Sexual behavior and attitudes changed between 1943-1999
  – Biggest change in girls and young women

  • Approval to premarital sex by women from 12% to 73%
  • Approval to premarital sex by men from 40% to 79%
  • Feelings of sexual guilt decreased for both sexes
  • Average age of first intercourse dropped from 19 to 15
• Uneven ratios

  – Men are scarce –
    • Men have power
    • Likely to have multiple sexual partners
    • Divorce rates and single-parent families increase
    • Women become more independent

  – Women are scarce –
    • Men vie for wives
    • Divorce rated drop
    • Both sexes have fewer sexual partner
    • Women become less independent
Gender, Culture and Sex*

• Women and economic status

  – Low
    • Sex as a bargaining chip
    • Asset to be rationed rather than an activity to be enjoyed for its own sake
    • Can not afford to casually seek sexual pleasure; they risk:
      – Unwanted pregnancy
      – Security of marriage
      – Reputation in society
      – Physical safety
      – In some cultures; her life

  – Self supporting
    – Sex for pleasure
Gender, Culture and Sex
Quick Quiz

1. Biological research finds that
   A) male and female sexual responses are physiologically very different
   B) all women an have multiple orgasms
   C) testosterone promotes sexual desire in both sexes

2. Research on the motives of rapists find that rape is usually a result of:
   a) Thwarted sexual desire
   b) Hostility or need for peer approval
   c) Crossed signals
   d) Female provocation

3. When men are scarce, how does the sexual behavior of both sexes change?

4. Under what circumstances are women likely to use sex as a “bargaining chip”?
   A) when they are employed and thus have their own money to bargain with
   B) when they don’t know how to play poker
   C) when they are using birth control
   D) when they are financially dependent