

Sexual Motivation

"Sexual Motivation is nature's clever way of making people procreate..."

In 1948, Alfred Kinsey published "Sexual Behavior on the Human Male." Kinsey interviewed (people)

In 1957, Masters and Johnson began their research in an effort to reach an objective understanding of the topic. They conducted direct laboratory observations and measurements of 700 men and women. They co-authored several works including the book "Human Sexual Response."

http://wn.com/American_Men_&_Women_of_Science

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Sex is a physiological motive like hunger, but it is more affected by learning and values.

The four stages of the sexual response described by Masters and Johnson are:

1. Excitement - genitals become engorged with blood
2. Plateau - breathing, pulse & blood pressure increase
3. Orgasm - muscle contractions (why?) and further increase in breathing, pulse & blood pressure
4. Resolution - body returns to unaroused state

There is a **Refractory Period** (rest period) after orgasm, during which a man cannot achieve another orgasm.

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Three factors affecting sexual motivation:

- 1) physiological readiness
- 2) external stimuli
- 3) imagined stimuli

Research notes:

- There has been some discussion as to whether hormone levels influence a person's sex drive. In most mammals sex coincides with fertility but in humans women's sexual desire is only slightly higher at the time of ovulation when estrogen levels are peaked.
- Large hormonal changes appear to make a substantial difference to one's desire. For instance sexual drive during puberty or male sex offenders who took Depo-provera (a drug that reduces testosterone levels) and lost their sexual urges.

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The Psychology of Sex

- External sexual stimuli such as erotic materials are known to stimulate both men and women but may degrade the other sex but it may also cause people to develop unrealistic expectations of their partner.
- A person's imagination also affects sexual arousal. Dreams and fantasies have huge erotic potential. Interesting to note is that even people who are physically unable to become genitally aroused can still feel sexual desire.

Sexual Disorders are problems that consistently impair sexual arousal or sexual function.

In men, there may be **premature ejaculation**, when one ejaculates before they or their partner wishes. Another disorder is **impotence**, the inability to have or maintain erection.

causes?

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Sexual Orientation is one's enduring sexual attraction toward members of a particular gender or both genders. Today's research indicates that sexual orientation has more to do with genetic influences than with nurturing and environment.

brain...genes(twins)

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Handout 12-7

Read a Gay Gene

Time 1995 June 12 p60-61

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