

CHAPTER 7 THE SEXUAL SELF

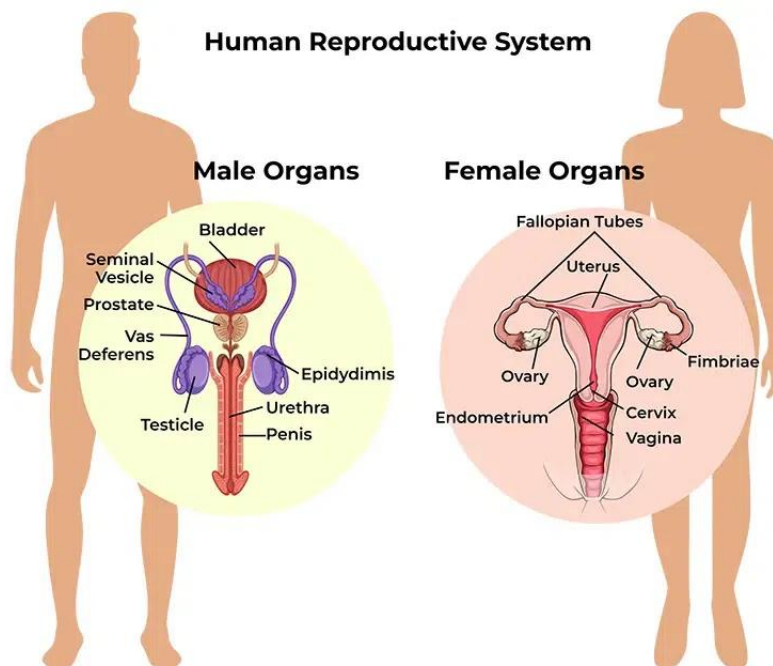
As we come to understand the beauty of physical self, it is also proper to learn to understand the sexual self. As psychoanalytical theory states that physical body is the core of human experience as form of construction of self and personality. Freud maintained that nature of the conflicts among id, ego and superego changes overtime as a person grows from child to adult. There are psychosexual stages that focus: oral, anal, phallic and genital. Thus, these stages are directly related to different physical center of pleasure.

To fully appreciate sexual self, it is necessary to understand human reproductive system, erogenous zone, and human sexual behavior.

Understanding Basic of Sexual Behavior

Human Sexual behavior is complex and complicated, thus, it is not at all different from other species (Feldman, 2010). To illustrate; men sexual behavior can occur at any time, by being aroused to certain stimuli. At puberty, the testes begin to secrete androgens (male sex hormones) which produce secondary sex characteristics like growth of bodily hair and change in tone of voice. Female sexual behavior starts at puberty where the two ovaries begin to produce estrogens and progesterone (female sex hormones). This stage of puberty for female occurs in cyclical manner where also brought changes. While for nonhuman, period of ovulation is only when the ovulation occurs to the female species is receptive to sex.

Human reproductive system is an organ system by which reproduces and bear live offspring. It requires the union between the male and female reproductive system to which carries out to produce another life form. Provided that all organs are present, human reproductive system works from the released of egg cell from female reproductive organ, to the fertilization of sperm cells, to the conception, up to the giving birth of the baby and eventually to the return of the female physical body to the original state. (Harrison, 2018)



Male Reproductive System

- Testis – is the most important part of male reproductive organ. It is the source of Spermatozoa (male germ cell)
- Scrotum – it is a sac of skin where the two testes are enveloped; directly below and outside of the abdomen.
- Prostate glands – it is a gland that carries out both urine and seminal fluid. It is connected by sperm ducts from sperm ducts joining into single tube called urethra. Urethra then leads to the outside of the body through penis.

- d. Penis – it is where the ejaculation occurs by sending sperm cell from testis and secrete out.
- e. Sperm – It is a male gametes, one that is necessary for the egg to develop and become a baby.

Female Reproductive System

- a. Ovary – It is a pair of small, oval organs which produces ova (ovum; female germ cells). Thousands of ova will mature and will be taken up to the fallopian tube through the uterus by the time of puberty.
- b. Fallopian Tube – are pair of thin tubes that leads from ovaries to the uterus.
- c. Uterus – (womb) it is a hollow pear-shaped elastic muscular structure where fertilized ovum (zygote) develops into a baby.
- d. Vagina – It is a tube leading to outside of the body through an opening called the vulva.

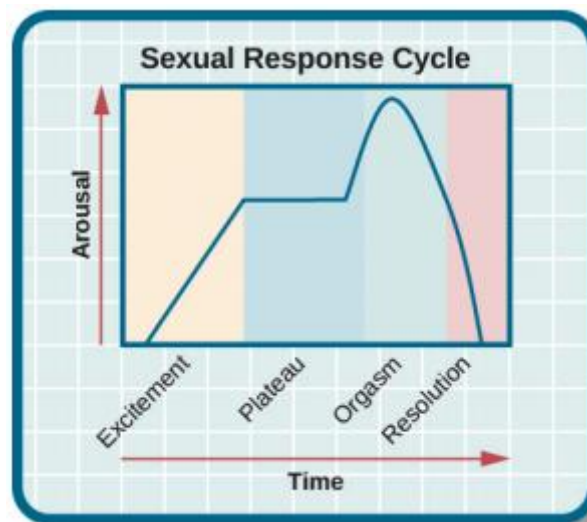
During the sexual intercourse, the semen from male is discharged in the vagina. The sperms will begin moving up to the uterus reaching the fallopian tube. During the travel most of the sperms will die while climbing up the fallopian tube, only one sperm will enter the ovum and can remain alive for only 12 hours. In this time, if it meets ovum which will lead to fertilization. This zygote (fertilized egg) will form in an embryo from which will enter gestation period. It is around 9 months in time for the woman to give birth.

Physiological Aspects of Sexual Excitement Erogenous Zone

These are part of the body that particularly sensitive to touch, pressure and vibration which contributes to sexual arousal. Identifying erogenous zone ("hot spots") gives different reaction and effect to a person. For one, these could bring sexual satisfaction, also, improves sexual health and stimulating different spots may produce different reaction to the body. Female and male erogenous zone are reproductive organ (vagina, penis, scrotum & clitoris), mouth (lips), neck, breast (nipples) and ears.

Phases of Sexual Response

Although, erogenous zone brings us to sexual arousal which is unique to each individual, people shares same basic aspects of sexual responsiveness. According to Johnson & Master (1966), sexual response follows a regular pattern consisting of four (4) phases: arousal, plateau, orgasm and resolution.



The **arousal phase** is a subjective sense of sexual pleasure. The physiological sign in males is penile tumescence (erection) and vasocongestion to female leads to vaginal lubrication and nipple erection.

The **plateau phase** is a brief period of time before the orgasm. It is the body's preparation for orgasm.

The **orgasm phase** is an intense, highly pleasurable experience. When this phase is reached, rhythmic muscular contractions occur in the genitals. In male, the contractions expel semen, a fluid containing sperm, a process called ejaculation. For women and men, breathing and heart rates reach maximum.

Last stage of sexual arousal, the **resolution stage** where the decrease of arousal (particularly in male) happens. Genitals resume their unaroused state and shape; blood pressure, breathing and heart rate return to normal.

Diversity of Sexual Behavior

Sexual behavior transcends in different forms. It may be influenced by not only the basic physiological aspect of sexuality but also by different expectations, attitudes, beliefs and state of medical and biological knowledge. It made sexual behavior take a more diverse forms such as heterosexuality, homosexuality, bisexuality and transsexuality.

- **Heterosexuality** - It is a sexual attraction and behavior directed to other sex. More than male-female intercourse, it involves kissing, petting, caressing, massaging and other form of sexual activities.
- **Homosexuality and Bisexuality** - Homosexuals is a romantic and/or sexual attraction between members of same sex. Bisexuals are person who can be romantically or sexually attracted to same sex and the other sex. Some male homosexuals prefer the term Gay and some female homosexual prefer the term Lesbian. Gays and Lesbian as preference for a terminology refer not only to their sexual preference but also as Gender preference. These by which refer to a broader array of attitudes and lifestyle of the individual than the sexuality itself.
- **Transsexuality** - These are people who believed they were born with the body of the other gender. Men transsexuals believe that they are men in a women's body and women transsexuals believe that they are women in a men's body. Transsexuals sometimes seek sex exchange operations, which undergo several steps such as intensive sexual counseling, hormone injections, living as member of desired sex for several years, surgery.
- **Transgenderism** - These are people who view themselves as a third gender, they are transvestites (who wears clothes of the other gender) or those who believed that traditional male-female classifications inadequately characterized them.

Natural and Artificial Method of Contraception

As overpopulation and countless cases of Sexually Transmitted Disease (STD) such as gonorrhea, syphilis etc., along with the threat of Acquired Immuno Deficiency Syndrome (AIDS), the government educates people the importance of Contraception. There are two kinds of contraception; the Natural Contraception and the Artificial Contraception.

- **Natural Contraception** are type of birth control that depend with observations on woman's body through monitoring and recording different fertility signals during her menstrual cycle. Through there different methods one may predict when it is safe or when a woman will more likely to get pregnant. These may be in a form of abstinence, calendar method, basal body temperature method, cervical mucus method, symtothermal method, ovulation detection, lactation amenorrhea method and coitus interruptus.
- **Artificial Method** is diverse method of contraception using to prevent conception of a woman. There are different types of artificial contraception but not all types are appropriate for all situation. Using artificial contraception depends on the individual's health status, age, sexual activity and/or number of partners. These are oral

contraception, transdermal patch, vaginal ring, subdermal implants, hormonal injection, Intrauterine device (IUD), chemical barriers, diaphragm, cervical cap, male and female condoms, surgical methods (vasectomy and tubal ligation).

NATURAL METHOD OF CONTRACEPTION		
Method	Rate of Failure	Description
Abstinence	0%	Most effective way of birth control. Done thru abstaining from sexual intercourse. It is also the most effective way to avoid STIs.
Calendar Method	25%	Also called as the Rhythm Method. It involves avoiding coitus during the days that the woman is fertile.
Basal Body Temperature	9 to 25%	BBT is the woman's body temperature at rest. Done by monitoring the changes in the woman's temperature every morning before any activity. A slight increase and decrease in her temperature will be her sign of ovulation (fertile). This period the woman
Cervical Mucus Method	25%	Here the basis is the changes in the cervical mucus during the ovulation. According to this method a woman is fertile when the cervical mucus is profuse and watery. During this time she must avoid coitus during this days.
Symptothermal Method	2%	It is a combination of Basal Body Temperature (BBT) and Cervical Mucus Method.
Ovulation Detection	2%	It is an over-the-counter kit that requires a urine specimen to detect the Luteinizing Hormone (LH) to predict ovulation.
Lactation Amenorrhea Method	2%	This is exclusive for breastfeeding woman. Thus, it should be noted that the woman is advise to choose other method after period of three months or if the mother is not exclusively breastfeeding or is using formula drink for the baby.

ARTIFICIAL METHOD OF CONTRACEPTION	
Method	Description
Oral Contraception	It is known as the "Pill". Contains synthetic estrogen and progesterone. It is recommended to take the pill on the first Sunday after the beginning of the menstrual flow.
Transdermal Patch	It is a patch applied in the following areas; upper outer arm, upper torso, abdomen or buttocks for three weeks
Vaginal Ring	Releases a combination of estrogen and progesterone and surrounds the cervix. It remains in there for 3 weeks. It was removed on the fourth week as menstrual period flows. The woman becomes fertile as soon as the ring is removed.
Subdermal Implants	It is a two rod-like implants under the skin of the woman during her menstruation or on the 7th day of her menstruation to make sure that she will not get pregnant. It contains etonogestrel, desogestrel and progestin. Have a 1% failure
Hormonal Injections	This injection prevents ovulation and cause change in the cervical mucus. It has an almost 100% effectiveness. And one of the most popular choice for birth control.
Intrauterine Device (IUD)	It is a small T-shaped object inserted in uterus thru vagina to prevent fertilization. It is done only by a physician right after the woman's menstruation to be sure that she is not pregnant.
Chemical Barriers	These are used to cause death of the sperm before it can enter

	the cervix of the woman. These are spermicides, vaginal gels and creams, and glycerin films.
Diaphragm	Inhibits the entrance of into the vagina. It should not be left in place for more than 24hours to avoid irritation. It has a failure rate of 16%.
Condoms	<p>Male Condom is a synthetic rubber sheath that is placed in the erect penis before penetration to avoid the sperm to enter the vagina during the ejaculation</p> <p>Female Condom is also a synthetic rubber placed against the vaginal opening to prevent the sperm to enter the vaginal during the ejaculation.</p>
Surgical Methods	<p>Vasectomy is a procedure done to male through small incision made on each side of the scrotum to block the passage of sperms.</p> <p>Tubal Ligation is a procedure done to female through cutting, cauterizing, or blocking the fallopian tube to inhibit the passage of both sperm and the ova.</p>