

# Contents

<i>About the Author</i>	xi
<i>Foreplay</i>	xii
<i>Illustrations</i>	xiv
<i>Text Boxes</i>	xx
<i>Tables</i>	xxii
<b>1 Theoretical Perspectives on Human Sexuality</b>	<b>1</b>
Introduction	2
What Drives Us to Have Sex?	2
<i>Psychological Influences</i>	2
<i>Cultural and Societal Influences</i>	3
<i>Biological and Evolutionary Influences</i>	7
Major Theoretical Perspectives on Human Sexuality	8
<i>Psychoanalytic Theory</i>	8
<i>Cognitive-Behavioral and Learning Theories</i>	11
<i>Exchange Theories</i>	15
<i>Personality Theories</i>	16
<i>Evolutionary Theory</i>	19
The Perspective of This Text	21
Key Terms	23
Discussion Questions	23
References	23
<b>2 Sexology Research: History, Methods, and Ethics</b>	<b>27</b>
Introduction	28
A Brief History of Sexology	29
Sexology as a Science	31
Sample Selection	32
Nonexperimental Research	34
<i>Surveys</i>	34
<i>Direct Observation</i>	38

Case Reports	42
Experimental Research	42
<i>A Sample Sexperiment</i>	43
<i>Strengths and Limitations of the Experimental Method</i>	43
A Note on Statistics	44
<i>Means and Medians</i>	44
<i>Incidence and Prevalence</i>	44
<i>Correlation</i>	44
Ethics in Sexology Research	45
<i>Informed Consent</i>	48
<i>Debriefing</i>	50
<i>Confidentiality</i>	51
Evaluating Sex Research	51
Key Terms	52
Discussion Questions	52
References	52
<b>3 Human Sexual Anatomy</b>	<b>55</b>
Introduction	56
Male Sexual Anatomy	56
<i>A Historical and Cultural Overview of the Penis</i>	56
<i>External Anatomy</i>	58
<i>Internal Anatomy</i>	59
<i>Psychology of the Penis: Male Genital Concerns</i>	64
<i>Male Genital Health Issues</i>	66
Female Sexual Anatomy	67
<i>A Historical and Cultural Overview of the Vulva</i>	67
<i>External Anatomy</i>	68
<i>Internal Anatomy</i>	73
<i>Breasts</i>	75
<i>Psychology of the Breasts and Vulva: Female Bodily Concerns</i>	77
<i>Female Breast and Genital Health Issues</i>	79
Moving Forward	82
Key Terms	82
Discussion Questions	83
References	83
<b>4 Human Sexual Response: Understanding Arousal and Orgasm</b>	<b>87</b>
Introduction	88
Factors That Influence Sexual Arousal	88
<i>The Brain</i>	88
<i>The Senses</i>	90
<i>Hormones</i>	97
<i>Substances</i>	100
The Sexual Response Cycle	103
<i>The Masters and Johnson Model</i>	103
<i>Psychological Models of Sexual Response</i>	108
Key Terms	111

Discussion Questions	111
References	111
<b>5 Gender and Gender Identity</b>	<b>115</b>
Introduction	116
Biological Influences on Gender Identity and Sexuality	117
<i>Biological Sex Variations</i>	120
Psychosocial Influences on Gender Identity and Sexuality	126
<i>Social Interactions and Norms</i>	126
<i>Physical Environments</i>	128
<i>Media</i>	129
Variations in Gender Expression	130
<i>Transsexualism</i>	130
<i>Cross-Dressing</i>	135
<i>Other Identities</i>	136
Just How Different Are Men and Women?	137
<i>Sex Differences in Psychology</i>	137
<i>Sex Differences in Sexuality and Attitudes Toward Sex</i>	138
Key Terms	139
Discussion Questions	140
References	140
<b>6 Sexual Orientation</b>	<b>144</b>
Introduction	145
Sexual Orientation: Definitions and Types	145
Measurement and Prevalence	146
Theories of Sexual Orientation	149
<i>Early Psychological Theories</i>	149
<i>Biological and Hormonal Theories</i>	149
<i>Evolutionary Theories</i>	151
<i>Biopsychosocial Theories</i>	152
Sex Differences in the Expression of Sexual Orientation	155
Sexual Orientation Attitudes	158
<i>Prejudice Against Gay, Lesbian, and Bisexual Persons</i>	158
<i>Sexual Orientation in Psychological Perspective</i>	162
Sexual Orientation Myths	164
Key Terms	167
Discussion Questions	167
References	168
<b>7 The Laws of Attraction</b>	<b>171</b>
Introduction	172
What Attracts Us To Other People?	173
<i>Affective Influences</i>	173
<i>Propinquity</i>	177
<i>Similarity</i>	177
<i>Scarcity</i>	180
<i>Physiological Arousal</i>	180

<i>Neurochemical Factors</i>	182
<i>Physical Attractiveness</i>	182
Attraction Processes among Gay Men and Lesbians	185
Why Are Men and Women Attracted to Different Characteristics?	185
<i>Evolutionary Theory</i>	186
<i>Social Structural Perspectives</i>	188
Key Terms	192
Discussion Questions	192
References	192
<b>8 Intimate Relationships: Sex, Love, and Commitment</b>	<b>196</b>
Introduction	197
Singlehood and Casual Relationships	197
<i>Sexuality Among Singles</i>	199
<i>Hookups</i>	199
<i>Friends with Benefits</i>	200
<i>Singles' Sexual Outcomes</i>	202
Love and Committed Relationships	203
<i>The Nature of Love</i>	203
<i>The Nature of Commitment</i>	208
<i>Varieties of Loving and Committed Relationships</i>	211
Why Do Some Relationships Succeed While Others Fail?	216
<i>Characteristics of Good Relationships</i>	216
<i>The Dark Side of Relationships</i>	220
<i>Coping with Breakup</i>	224
Key Terms	224
Discussion Questions	225
References	225
<b>9 Sexual Behaviors</b>	<b>229</b>
Introduction	230
Solitary Sexual Behaviors	230
<i>Asexuality and Celibacy</i>	230
<i>Sexual Fantasy</i>	232
<i>Masturbation</i>	235
Partnered Sexual Behaviors	240
<i>Kissing</i>	241
<i>Touching</i>	242
<i>Oral Sex</i>	243
<i>Vaginal Intercourse</i>	243
<i>Anal Sex</i>	244
<i>Same-Sex Behaviors</i>	245
Frequency and Benefits of Sex and Orgasm	248
Sexual Behavior in Psychological Perspective	249
<i>Self-Regulation</i>	249
<i>Attachment Style</i>	251
<i>Mortality Salience</i>	251
Key Terms	252

Discussion Questions	252
References	252
<b>10 Sex Education, Contraception, and Pregnancy</b>	<b>255</b>
Introduction	256
Sex Education	256
Contraception	261
<i>History</i>	262
<i>Types of Contraceptives</i>	262
<i>Choosing the Right Contraceptive</i>	270
Pregnancy	272
<i>The Psychology of Trying to Have a Baby</i>	272
<i>Psychological Changes During Pregnancy and After Birth</i>	273
<i>Abortion</i>	274
Key Terms	275
Discussion Questions	275
References	276
<b>11 Sexually Transmitted Infections and Safer-Sex Practices</b>	<b>279</b>
Introduction	280
Sexually Transmitted Infections	280
<i>Bacterial Infections</i>	281
<i>Viral Infections</i>	284
<i>Other Infections</i>	289
Factors That Increase the Spread of STIs	290
<i>Biological</i>	290
<i>Psychological</i>	291
<i>Social and Environmental</i>	292
The Psychological Impact of STIs	293
<i>Implications for Romantic and Sexual Relationships</i>	295
Preventing Infection	296
Key Terms	299
Discussion Questions	299
References	299
<b>12 Sexual Dysfunction and Sex Therapy</b>	<b>302</b>
Introduction	303
Causes of Sex Difficulties	303
<i>Biological</i>	303
<i>Psychological</i>	304
<i>Social</i>	306
Types of Sexual Dysfunction	308
<i>Desire Problems</i>	308
<i>Arousal Problems</i>	311
<i>Orgasm Problems</i>	311
<i>Pain Disorders</i>	312
Sex Therapy	313
<i>Schools of Thought</i>	313

<i>Specific Treatments</i>	318
Tips For Avoiding Sexual Difficulties	324
Key Terms	324
Discussion Questions	325
References	325
<b>13 Variations in Sexual Behavior</b>	<b>328</b>
Introduction	329
What are Paraphilias?	329
Types of Paraphilias	331
<i>Fetishism</i>	331
<i>Transvestism</i>	335
<i>Sadomasochism</i>	336
<i>Voyeurism</i>	338
<i>Exhibitionism</i>	339
<i>Pedophilia</i>	341
<i>Other Paraphilias</i>	341
Treatment of Paraphilic Disorders	345
<i>Medical Therapies</i>	346
<i>Psychological Therapies</i>	346
<i>Social Skills Training</i>	347
<i>Effectiveness</i>	347
Key Terms	348
Discussion Questions	348
References	348
<b>14 Sex Laws, Sexual Victimization, and the Sexual Marketplace</b>	<b>351</b>
Introduction	352
A Brief History of Sex Laws	352
Sexual Coercion and Violence	354
<i>Sexual Assault</i>	354
<i>Child Sexual Abuse</i>	357
<i>Sexual Harassment</i>	358
The Sexual Marketplace	360
<i>Prostitution</i>	360
<i>Sex Trafficking</i>	364
<i>Pornography</i>	365
Key Terms	374
Discussion Questions	374
References	374
<i>Epilogue</i>	378
<i>Glossary</i>	379
<i>Index</i>	391