

Orgasm And The Benefits

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Introduction

Humans carry a variety of feelings that range from happiness to depression to feelings of arousal. It might be complicated to determine whether each experiences the same amount of emotions or not. However, over the years, research has been conducted to assess what stimuli influence an individual to respond to things in a particular manner. Orgasm is known as an intense feeling of arousal that occurs when an individual takes part in sexual activity (Herbenick and Fortenberry). The experience of pleasure varies both in men and in women depending on the source, which induces excitement in either gender (Bruess and Oswalt). Researchers have reported that a small number of women undergo ejaculation while the majority do not. Ejaculation is the phase in which an apparent fluid spurts out from the glands that are nearer the urethra (Bruess and Oswalt). Women are known to undergo orgasm numerous times, unlike men, who can only orgasm once a day (Bruess and Oswalt). For this paper, the feelings of arousal in both men and women are to be discussed to apprehend orgasm as well as to assess the benefits of orgasm.

Discussion

Research has highlighted that the process of sexual reproduction is crucial as it fulfils the mental as well as the bodily needs along with ensuring the survival of a variety of species (Reeve). While discussing the term orgasm, varying explanations by medical professionals, psychologists, and mental health professionals highlight that orgasm does not carry a single definition. The field of medicine explains orgasm as a physiological change in the body, while the latter two have asserted that orgasm occurs due to emotional and mental changes. Not only is orgasm considered to be pleasurable, but it is also a useful process regarding mental, emotional and bodily outcomes. Regarding the occurrence of orgasm, it has been reported to be a reflex carried out by the autonomic nervous system, which is primarily involved with non-controlled activities such as the process of digestion, the heart rate and also the feelings of arousal (Georgiadis). Moreover, the reflex occurs due to the trigger caused by the sex organs of both genders. Studies reveal that various hormones created by the endocrine system trigger sexual behaviour in humans.

Research conducted by Debby Herbenick and J. Denis Fortenberry focused on the orgasm that was induced by exercise and feelings of pleasure among women in general (Herbenick and Fortenberry). There is no single definition for orgasm experienced by women. However, Levin asserts that most definitions regard orgasm to be a result of sexual stimulation (Herbenick and Fortenberry). Levin et al. have given numerous terms to a woman's orgasm, such as a clitoral orgasm or a vaginal orgasm

(Herbenick and Fortenberry). Alzate mentions that besides the names attributed to orgasm, there are instances where orgasms get named after the body parts in which the orgasm occurs (Herbenick and Fortenberry). Brewer et al. claim that orgasm stands for several sexual actions, such as individual and partner masturbation, along with anal penetration as well as that of the vagina (Herbenick and Fortenberry).

The authors claimed that while orgasms refer to a sexual experience, there have been few instances where orgasms were noticed to have occurred during physical exercise (Herbenick and Fortenberry). The research conducted showed the cases where physical activity was capable of inducing orgasm in women while also documenting the sexual experiences (Herbenick and Fortenberry). Another reason for carrying out the research was to evaluate those women's experiences who had felt sexual pleasure during exercise while having never undergone exercise-induced orgasm (Herbenick and Fortenberry). For the study, an estimated 530 women participated as a sample, and they were given a survey to complete. The whole method was carried out anonymously as it was an internet-based survey (Herbenick and Fortenberry).

In addition to this, the number of women selected as a sample to study orgasm was restricted to 18-year-old females only. The result showed that the majority of women who had experienced exercise-induced orgasm were due to abdominal exercises along with climbing as well as tasks that involved heavy lifting (Herbenick and Fortenberry). On the other hand, those women who had experienced exercise-induced sexual pleasure had reported having done so when engaged in activities like biking along with the previously mentioned exercises (Herbenick and Fortenberry). The researchers were able to identify the differences in thought processes that occurred in both groups. Women who experienced orgasm through exercise were self-conscious and rarely had any sexual fantasies or sexual thoughts (Herbenick and Fortenberry).

Aside from the 18-year-old females, most women from 18 onwards had not experienced orgasm while undergoing sexual intercourse. The increased number of unaware women is one of the reasons why orgasm is the most researched topic. Exercise is one of the non-sexual behaviours which induce orgasm, as women have reported through the survey (Herbenick and Fortenberry). In the past, orgasms caused by exercise were not thrown light on as much as it is nowadays. Presently, orgasms achieved through exercising are a common aspect found in different magazines (Herbenick and Fortenberry). The survey showed that most women had undergone orgasms when taking part in a physical activity, which is proof that it does not only occur as a result of sexual activity (Herbenick and Fortenberry).

From the study, the researchers were able to deduce that orgasm is a naturally occurring process in females (Herbenick and Fortenberry). In addition to this, a crucial factor noticed was that the women who had orgasms induced by exercise claimed to have had no sexual fantasy or similar thoughts, while those women who had gained sexual pleasure from physical activity were considerably happy after the workout and overall about their experience (Herbenick and Fortenberry).

Studies reveal that the ability to involve oneself in feelings of pleasure, or other words, orgasm, changed to promote the high-frequency sex in species that had shown lower rates of reproduction (Gallup Jr et al.). In addition to the evolution in the process of orgasm, it has also been noticed that orgasms contain a range of different reproductive outcomes (Gallup Jr et al.). In line with this assertion made by the gathered data on orgasmic consequences, research also indicates that due to the difference between the frequency of orgasms and their intensity, there is clear proof present in human beings of orgasms promoting different reproductive outcomes (Gallup Jr et al.). Furthermore, researchers have claimed that orgasms experienced by females have evolved over the years, thereby encouraging women to make good choices when it comes to selecting a mate. The research has also indicated that the reason why women suffer from orgasmic dysfunction is due to the inability to keep or find high-value male companions (Gallup Jr et al.).

Research indicates that orgasm plays a vital role in increasing the circulation to different parts of the pelvic cavity, thereby providing nutrients, as well as helping in the growth of healthy tissues (Brody). Studies based on the menstruation cycle have revealed that those women who had sexual intercourse once a week were bound to have regular blood flow during the menstruation period, unlike the women who had abstained from sex or did not involve themselves in frequent sexual activity (Brody). While there has not been much research done on the difference between self-induced orgasm and one that has been caused by a partner, researchers still believe that orgasm caused by sexual intercourse is a promoter of fertility in women (Brody).

Maryam et al. researched to analyze the problems that women suffered from while trying to achieve orgasm (Nekoolaltak et al.). The sample for this study focused on Iranian women, and the interview method was used to attain results (Nekoolaltak et al.). The primary purpose of this research was to bring to light the different problems that women suffered from, and in such a case, there are not only biological problems but social problems as well (Nekoolaltak et al.). Some women experience particular disorders related to their sex organs, which hinder orgasms or feelings of pleasure. Moreover, there is also a lack of sexual knowledge when it comes to carrying out a sexual activity individually or with a partner (Nekoolaltak et al.). Women most often feel embarrassed about having sexual thoughts and, therefore, abstain from involving themselves in any activity that would induce pleasure. Studies reveal that there are a majority of couples who have numerous sexual relationships and a multiplicity of sexual doings that produces higher satisfaction (Nekoolaltak et al.). The study brought forward essential findings which highlighted that both physical, social and relational factors become an obstacle in attaining orgasm.

Diana S. Fleischman researched orgasm in light of the evolution that took place in orgasm (Fleischman). Reports highlight that both orgasm and sexual behaviour promote higher rates of fertility as well as increased pleasure, which enhances the bonding between different members (Fleischman). The researcher's primary view regarding orgasm was that it is a primary factor modelled by evolution, and it promotes reproduction. In addition to this, the researcher also highlighted that orgasm, as well as sexual behaviour, contribute to an individual's social functioning through the different processes of conditioning (Fleischman). Research indicates that society has

related sexual events with pleasure, which makes an individual take part in any such activity that induces feelings of happiness (Fleischman).

However, men and women report treating sexual activities differently, as seen from the reports that highlight that men indulge in sexual intercourse more than women (Fleischman). Men do not suffer from the affliction of getting any diseases in case of sexual intercourse, while women do, which keeps the latter gender from sexual activities unless she finds a suitable partner (Fleischman). Therefore, women mostly consider having foreplay with their partners, which increases the chances of orgasm in women. The research also highlighted various benefits of orgasm and sexual pleasure, one such being the social benefits. Sexual pleasure ensures that a male partner will provide protection as well as financial support to the woman, which increases the bonding between the two (Fleischman). In addition to this, sexual pleasure is seen as a beneficial factor when one seeks partners with status and different resources (Fleischman).

Aside from the benefits of orgasm, research on sexual pleasure also highlights that men most often fake orgasmic feelings, especially during vaginal intercourse (Séguin and Milhausen). The reason for such an act lies in the fact that an individual attains sexual satisfaction even if one feels no attraction for the other person (Séguin and Milhausen). Seguin and Milhausen researched to understand the reasons behind men pretending to achieve sexual pleasure, for which a sample of 230 male participants was selected (Séguin and Milhausen). The study claimed that the reason why men pretended to gain sexual pleasure from carrying out sexual intercourse with their partners was mainly because of the latter's emotional well-being. It also claimed that faking sexual pleasures and orgasms increased not only sexual satisfaction but also improved one's relationship with one partner (Séguin and Milhausen). The study revealed that men do not communicate their sexual desires to their partners, which is also one of the reasons why orgasms are faked but lower the sexual relationship between the couple (Séguin and Milhausen).

Similar research was carried out to apprehend the reasons behind women pretending to achieve orgasm and pleasure (Fahs). The primary purpose of this research was to examine both the worst and best orgasmic moments in a woman's life, as little to no research was available on such a subject (Fahs). While there is a massive amount of research available on what orgasm means, little is available on how orgasm is looked at in relationships when different factors are present, such as a person's status, gender and financial standing (Fahs). The study reveals that a majority of women pretend to experience orgasm, and one of the main reasons for this act is that the male partner has wealth and status (Fahs). Such partners are beneficial for women regarding social and financial aspects and ensure a better future, which is why women seek to fake the attainment of sexual pleasure (Fahs). The research is crucial as it highlights that not only men but women also take part in sexual activities despite not being attracted to their partner.

Conclusion

From the discussion carried out above, various researchers have presented different views regarding orgasm experienced by both men and women, as well as highlighting the outcomes of undergoing orgasm. Some researchers asserted that men are less prone to sexually transmitted diseases. Therefore, they tend to participate often in sexual activities, unlike women, who can quickly become a target of any illness through intercourse. For this reason, women either abstain from being a part of any sexual activity or involve themselves with high-quality mates only. In addition to this, research carried out on orgasm induced by exercise showed significant results when it comes to finding an answer for orgasms being an act linked to sexual activity or being a naturally occurring process. The report showed that orgasm takes place while performing different physical activities such as biking, lifting heavy weights, abdominal exercises, etc.

The occurrence of orgasm in such a non-sexual activity stood to prove that orgasm is not only associated with sex and does not occur only when an individual or two take part in sexual intercourse. Instead, it can happen in any situation that involves triggering arousal sensations in the body, which leads to orgasm. Various reports came forth that showed that orgasmic obstacles arise due to factors such as feelings of boredom between a couple, infection in the genital area, as well as feeling embarrassed for having feelings of arousal or not having sufficient knowledge regarding sex and pleasure. Besides the mentioned points, orgasm and sexual desire have carried numerous benefits that involve not only satisfaction and feelings of happiness but also ensure strong bonds between partners.

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