

## Simultaneous Penile–Vaginal Intercourse Orgasm is Associated with Satisfaction (Sexual, Life, Partnership, and Mental Health)

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### ABSTRACT

**Introduction.** Previous multivariate research found that satisfaction was associated positively with frequency of specifically penile–vaginal intercourse (PVI; as opposed to other sexual activities) as well as with vaginal orgasm. The contribution to satisfaction of simultaneous orgasm produced by PVI merited direct examination in a large representative sample.

**Aims.** To examine the associations of aspects of satisfaction (sexual, life, own mental health, partner relationship) with consistency of simultaneous orgasm produced by PVI (as well as with PVI frequency and vaginal orgasm consistency).

**Methods.** A representative sample of Czechs (N = 1,570) aged 35–65 years completed a survey on aspects of satisfaction, PVI frequency, vaginal orgasm consistency, and consistency of simultaneous orgasm produced by PVI (the latter being a specially timed version of vaginal orgasm for women).

**Main Outcome Measures.** Analysis of variance of satisfaction components (LiSat scale items) from age and the sexual behaviors.

**Results.** For both sexes, all aspects of satisfaction were associated with simultaneous PVI orgasm consistency and with PVI frequency (except female life satisfaction). All aspects of satisfaction were also associated with vaginal orgasm consistency. Multivariate analyses indicated that PVI frequency and simultaneous orgasm consistency make independent contributions to the aspects of satisfaction for both sexes.

**Conclusions.** For both sexes, PVI frequency and simultaneous orgasm produced by PVI (as well as vaginal orgasm for women) are associated with greater life, sexual, partnership, and mental health satisfaction. Greater support for these specific aspects of sexual activity is warranted. **Brody S and Weiss P. Simultaneous penile–vaginal intercourse orgasm is associated with satisfaction (sexual, life, partnership, and mental health). J Sex Med 2011;8:734–741.**

**Key Words.** Orgasm; Sexual Intercourse; Sexual Satisfaction; Life Satisfaction; Mental Health Satisfaction; Partnership Satisfaction

### Introduction

A growing body of evidence has indicated that specifically frequency of penile–vaginal intercourse (PVI; as distinct from all other sexual activities) is associated with indices of greater physical and psychological health [1], including greater sexual satisfaction and satisfaction with other aspects of life, including partnership and personal

mental health [2]. In addition to simple frequency measures of PVI, there is an issue of how PVI is conducted and experienced. Vaginal orgasm (orgasm triggered purely by the intrinsic stimulation afforded by PVI, without any extrinsic clitoral stimulation for the elicitation of orgasm) has been shown to be associated with greater satisfaction for women in various realms [3]. Of note, clitoral masturbation during PVI is not associated with better

psychological function, and has been found to be associated with various indices of poorer psychological function [4–7]. Greater duration of PVI has been shown to be associated with greater likelihood of the woman's orgasm [8,9], and women focusing mental attention on vaginal sensations during PVI has been shown to be associated with vaginal orgasm likelihood [8]. It seems likely that shortcomings in the capacity to maintain sufficient duration of PVI for vaginal orgasm is primarily a male issue, whereas mental attention and psychological issues [4,7,8,10], as well as possibly vaginal structural issues [11], are important for women's likelihood of vaginal orgasm.

Just as PVI is a prerequisite for vaginal orgasm, vaginal orgasm is a prerequisite for simultaneous PVI orgasm, in which the man and woman have an orgasm at a shared point in time, the orgasm produced by their PVI per se. In his influential 1926 international best-selling marriage manual "Ideal Marriage," the gynecologist Van de Velde opined "In normal and perfect coitus, mutual orgasm must be almost simultaneous" (p. 181) [12]. Van de Velde implied that simultaneous PVI orgasm would contribute to the attachment and well-being of the partnership. A recent survey of a large representative sample of the French population [13] revealed that during PVI, simultaneous orgasm was the most important "accomplishment" (p. 124).

Thus, in the present study, we examine the extent to which simultaneous PVI orgasm is associated with various aspects of satisfaction for both sexes. We also take the opportunity to replicate and extend the previous findings of vaginal orgasm being associated with satisfaction in Swedish women [3], as well as to replicate the previous studies of PVI frequency and satisfaction for Swedes and Chinese of both sexes [2,14].

### Aims

The primary aims of the present study are to examine the associations of aspects of satisfaction (sexual, life, own mental health, partnership) with consistency of simultaneous orgasm produced by PVI. As noted above, we also replicate associations of satisfaction with PVI frequency and vaginal orgasm consistency. In addition, we examine possible sex differences in the satisfaction associations with PVI frequency and simultaneous orgasm consistency, and the possible association of age with the satisfaction measures in various statistical models.

### Methods

The study was conducted in accordance with the principles of the Helsinki Declaration. It was approved by the 1st Faculty of Medicine, Charles University, Prague. A large representative sample of heterosexual Czechs aged 35–65 years (who have presumably had more time to develop and learn about their relationship than a younger sample might) was collected by a marketing agency (STEM/MARK) during the year 2010, under the supervision of the Institute of Sexology of the 1st Faculty of Medicine, Charles University. The representativeness of the actual respondents who provided responses corresponded to the national census with regard to age distribution, size of municipality, and region. Participants provided informed consent (including awareness of the confidentiality of the responses and ability to discontinue at any time), and then completed the survey forms in private.

### Main Outcome Measures

Participants completed our questionnaire, which included questions on demographics, as well as items including: PVI frequency (past month), consistency of vaginal orgasm (for women only; vaginal orgasm defined as orgasm produced by movements of penis in vagina without extrinsic stimulation for the orgasm such as fingers on the clitoris; consistency options: never, ever but <25% of PVI occasions, 25–50%, 50–75%, or 75–100%), consistency of simultaneous orgasm produced by PVI (i.e. without additional stimulation for the orgasm; consistency options: never, ever but rarely, sometimes, always, or almost always). In addition, satisfaction items from the Life Satisfaction (LiSat) scale [15] were included: their sex life, their life in general, their relationship with their partner, and their own mental health. The LiSat scale consists of participants rating their current satisfaction on 9-point Likert-type scales anchored with 1 = very unsatisfying and 9 = very satisfying. This measure has been used in several studies of sexual satisfaction [2,3,16]. Because greater PVI frequency is associated with mental health satisfaction [2], and greater vaginal orgasmic consistency is associated with greater mental health satisfaction [3] as well as less use of immature defense mechanisms [4], it was useful to include the LiSat mental health satisfaction scale in the present study. The LiSat mental health satisfaction scale scores, which correlate negatively with scores from longer scales such as the Multidimensional Pain Inventory affective distress and life control scales

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