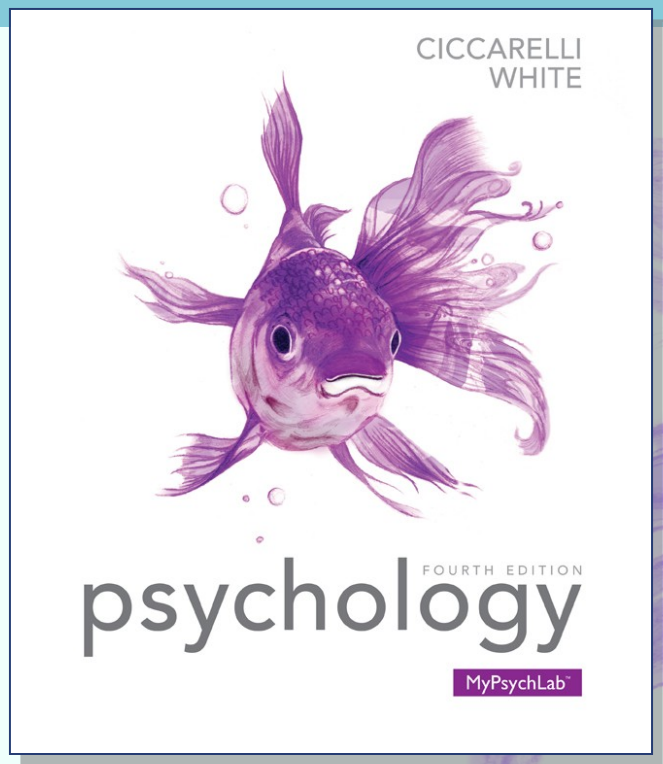
Chapter 10

sexuality and gender



psychology
fourth edition

PEARSON
Psychology, Fourth Edition
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Learning Objective Menu

10.1 What are the physical differences between females and males?

10.2 What is gender, and how can biology and learning influence gender-role development?

10.3 How do gender roles develop, and how can they be influenced by stereotypes or an emphasis on androgyny?

10.4 How do men and women differ in thinking, social behavior, and personality?

10.5 What happens in the bodies of women and men during sexual intercourse?

10.6 What did the early and most recent surveys of human sexual behavior reveal?

10.7 How do different sexual orientations develop?

10.8 How do physical and psychological sexual problems differ?

10.9 What are sexually transmitted infections, and what can be done to prevent the spread of these disorders?

Male and Female Physical Differences

LO 10.1 Physical Differences between Males and Females

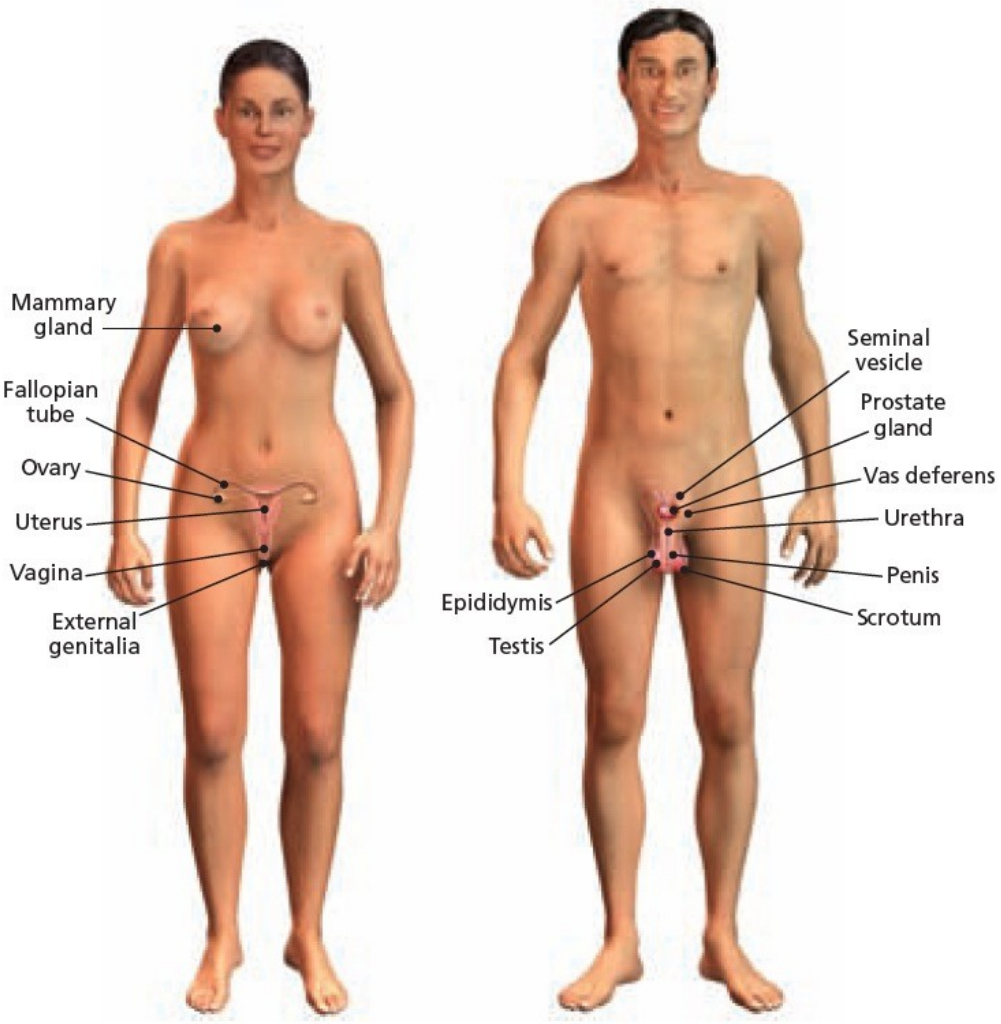
- Primary sex characteristics: structures that are present at birth
- Female primary sex characteristics
  - vagina: the tube that leads from the outside of a female's body to the opening of the womb
  - uterus: the womb in which the baby grows during pregnancy
  - ovaries: the female sexual glands

Male and Female Physical Differences

LO 10.1 Physical Differences between Males and Females

- Male primary sex characteristics
  - penis: male sex organ
  - testes (testicles): the male sex glands
  - scrotum: external sack that holds the testes
  - prostate gland: gland that secretes most of the fluid holding the male sex cells or sperm

Figure 10.1 Male and Female Sexual Organs
These figures show the sexual organs of men and women. With the exception of breast tissue development in the female, which occurs during puberty, all of these structures develop during the prenatal period.



Male and Female Physical Differences

LO 10.1 Physical Differences between Males and Females

- Secondary sex characteristics
  - sexual organs and traits that develop at puberty and are indirectly involved in human reproduction

Male and Female Physical Differences

LO 10.1 Physical Differences between Males and Females

- Female secondary sex characteristics
  - growth spurt
  - onset of the menarche cycle: monthly shedding of the blood and tissue that line the uterus in preparation for pregnancy when conception does not occur
  - breast development
    - mammary glands: glands within the breast tissue that produce milk when a woman gives birth to an infant

Male and Female Physical Differences

LO 10.1 Physical Differences between Males and Females

- Female secondary sex characteristics
  - widening hips
  - pubic hair
  - fat deposits
  - further growth and development of the uterus, vagina, and ovaries

Male and Female Physical Differences

LO 10.1 Physical differences between males and females

- Male secondary sex characteristics
  - enlarged larynx (Adam's apple)
  - deepening voice
  - facial and chest hair
  - pubic hair
  - coarser skin texture
  - large increase in height

Development of Sex Characteristics

LO 10.1 Physical differences between males and females

- Primary sex characteristics develop as the embryo grows
  - gonads develop at 5 weeks, but embryo could potentially become either male or female
  - chromosomes determine the release of male or female hormones
    - estrogens: female sex hormones
    - androgens: male sex hormones.

Gender

LO 10.2 Gender: Influence of Biology and Learning on Gender Development

- Gender: the psychological aspects of being male or female
- Gender roles: the culture's expectations for masculine or feminine behavior, including:
  - attitudes
  - actions
  - personality traits

Gender

LO 10.2 Gender: Influence of Biology and Learning on Gender Development

- Gender typing: the process of acquiring gender role characteristics
- Gender identity: the individual's sense of being male or female
  - transgendered: the sense of gender identity does not match their external experience or chromosomes

Biology and Learning Influences on Gender

LO 10.2 Gender: Influence of Biology and Learning on Gender Development

- Biological influences: hormones, chromosomes, and evolutionary selection
- Environmental influences:
  - parenting
  - culture: individualistic societies with high standards of living are more accepting of nontraditional gender roles, especially for women

Gender Role Development

LO 10.3 Theories on Gender Role, Gender Stereotyping ,and Androgyny

- Social learning theory: gender identity is formed through reinforcement of appropriate gender behavior as well as imitation of gender models

Gender Roles

LO 10.3 Theories on Gender Role, Gender Stereotyping ,and Androgyny

- Gender schema theory: a child develops a mental pattern, or schema, for being male or female and then organizes observed and learned behavior around that schema

Gender Stereotyping

LO 10.3 Theories on Gender Role, Gender Stereotyping ,and Androgyny

- Stereotype: a concept held about a person or group of people that is based on superficial, irrelevant characteristics
- Gender stereotype: a concept held about a person or group of people that is based on being male or female

Gender Stereotyping

LO 10.3 Theories on Gender Role, Gender Stereotyping ,and Androgyny

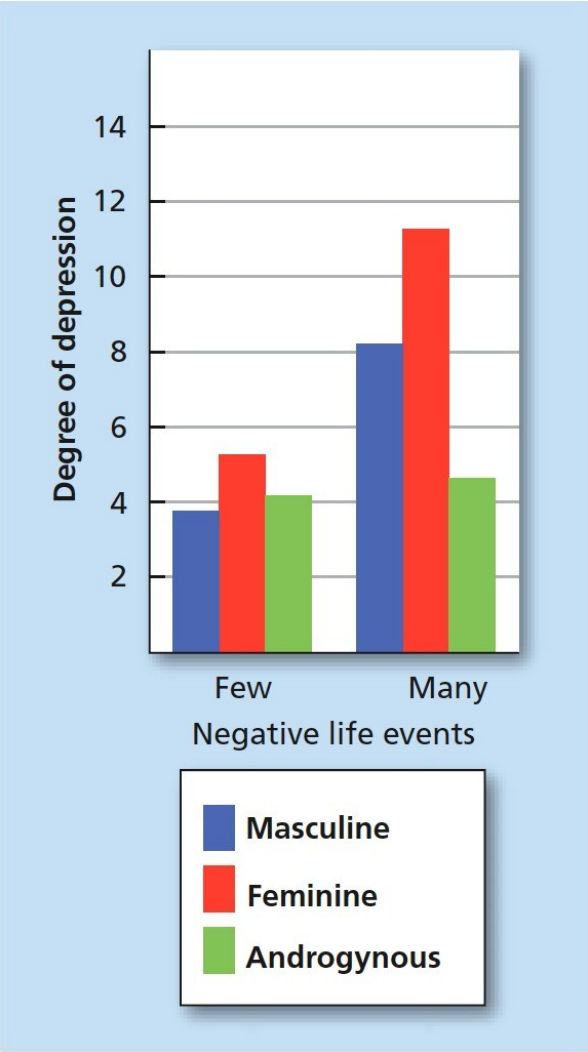
- Sexism: prejudice against males and/or females leading to unequal treatment
- Benevolent sexism: acceptance of positive stereotypes of males and females that leads to unequal treatment

Androgyny

LO 10.3 Theories on Gender Role, Gender Stereotyping ,and Androgyny

- Androgyny: characteristic of possessing the most positive personality characteristics of males and females regardless of actual sex
  - research shows less depression among androgynous people than among traditional men and traditional women

Figure 10.2 Depression as Influenced by Negative Life Events
The bar graph shows that men who are masculine and women who are feminine in their gender roles experience a significant increase in depression when they are exposed to an increased number of life events. The same is not true for people with an androgynous gender role. How might being androgynous allow a person to be more adaptable?



Male and Female Gender Differences

LO 10.4 Gender Differences in Thinking, Social Behavior, and Personality

- Cognitive differences
  - male advantage in mathematical and spatial skills
  - female superiority in verbal skills
  - decreasing differences
- Emotional expression
  - males tend to talk with each other in a “report” style
  - females tend to talk to each other in a “relate” style

Stages of Human Sexual Response

LO 10.5 Bodies of Men and Women during Sexual Intercourse

- Excitement: beginning of sexual arousal
- Plateau: physical changes beginning in first stage continue

Stages of Human Sexual Response

LO 10.5 Bodies of Men and Women during Sexual Intercourse

- Orgasm: a series of rhythmic contractions of the muscles of the vaginal walls or the penis; also the third and shortest phase of sexual response
  - men: semen released from the penis at orgasm
  - women: this involves the muscles of the vaginal walls and can happen multiple times, lasting slightly longer than the orgasm experience of the male

Stages of Human Sexual Response

LO 10.5 Bodies of Men and Women during Sexual Intercourse

- Resolution: the final phase of the sexual response, in which the body is returned to a normal state
  - refractory period: time period in males just after orgasm in which the male cannot become aroused or achieve erection

Figure 10.3 The Male Sexual-Response Cycle
A male experiences sexual arousal (excitement), a plateau lasting a few seconds to a few minutes, orgasm, and then experiences a refractory period during which another erection is not yet possible. This refractory period can last for several minutes to several hours and tends to increase in length with age. Resolution, in which the body returns to its prearousal state, is last.

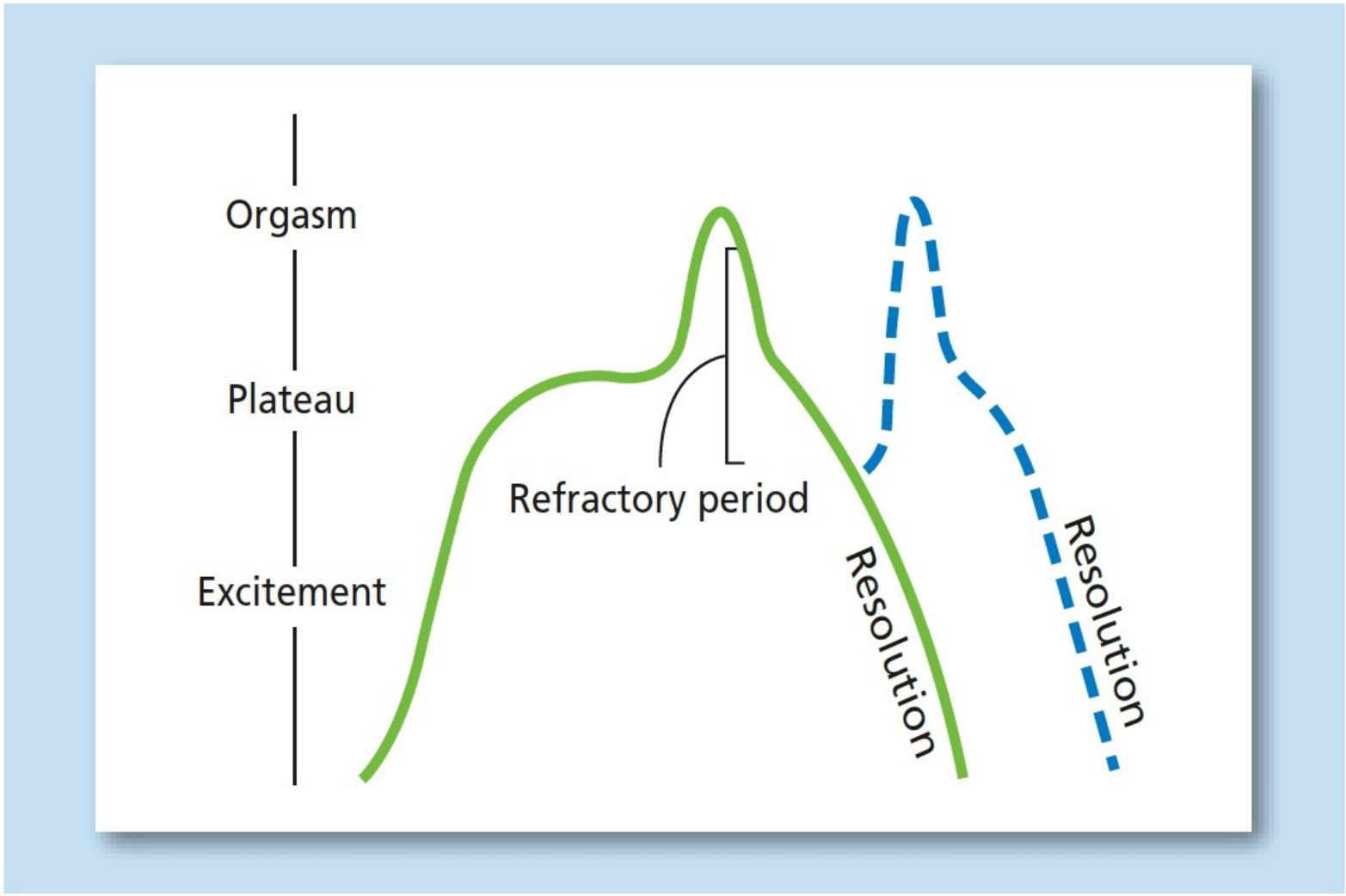
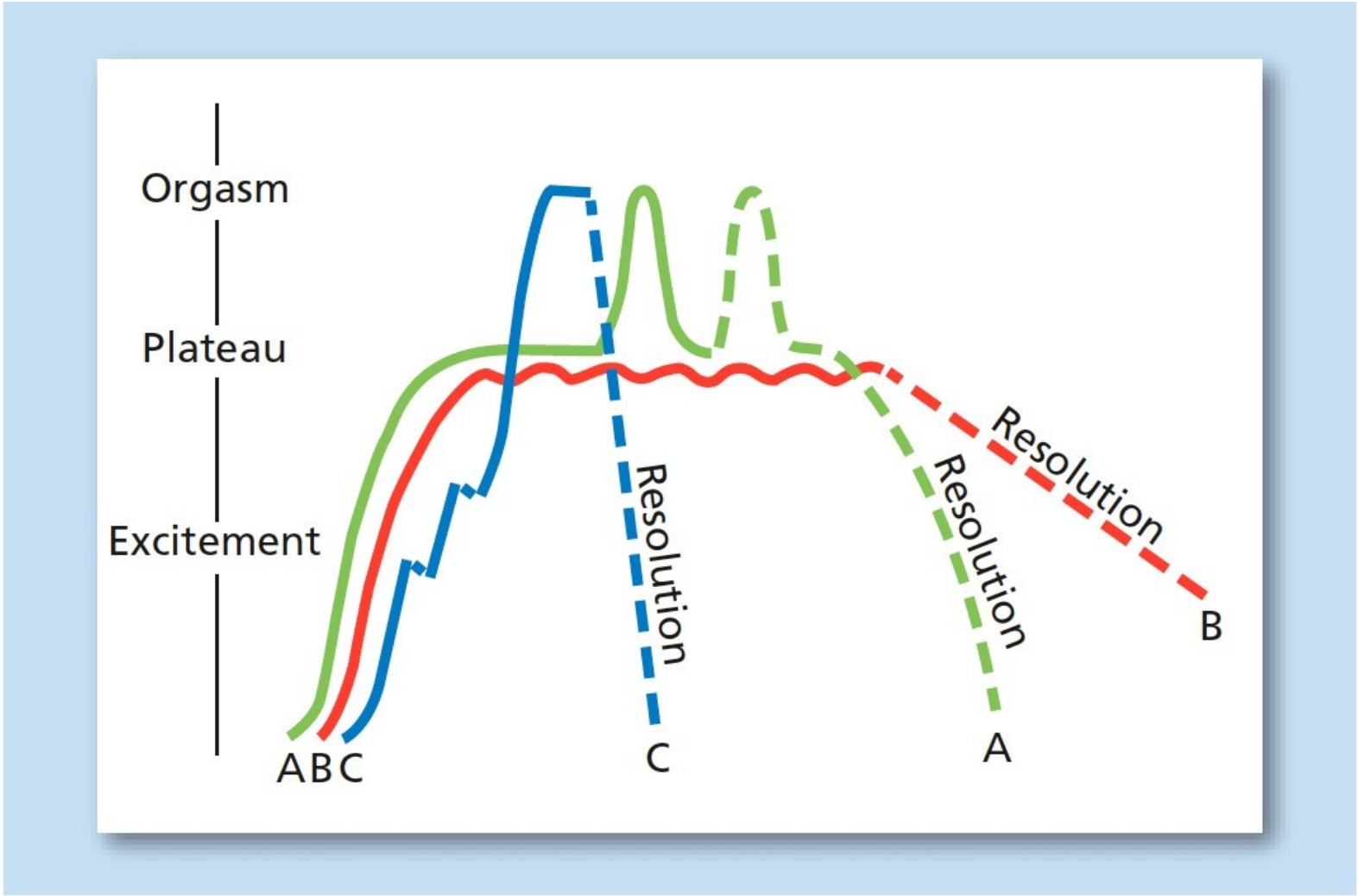


Figure 10.4 The Female Sexual-Response Cycle
Women can experience several different patterns of sexual response. In Pattern A, a woman experiences excitement, a plateau, and orgasm in a manner similar to a man. Unlike a man, the woman does not have a refractory period and can experience several orgasms before entering resolution. In Pattern B, there is a longer plateau period but no orgasm, and in Pattern C, the woman goes from excitement to orgasm to a quick resolution without experiencing a plateau period.



Masters and Johnson Study

LO 10.6 Early and Recent Studies on Sexual Behavior

- Masters and Johnson observed and measured physiological responses during all phases of sexual intercourse
  - used volunteers, some of whom were prostitutes

Kinsey Studies

LO 10.6 Early and Recent Studies on Sexual Behavior

- Series of sexual behavior surveys in the late 1940s and early 1950s
- Revealed some highly controversial findings about the kinds of sexual behavior common among people in the United States, including:
  - homosexuality
  - premarital sex
  - extramarital sex

Janus Report

LO 10.6 Early and Recent Studies on Sexual Behavior

- Large-scale survey of sexual behavior in the United States in 1990s
- Did not differ widely from Kinsey studies, but looked at many more types of sexual behavior and factors related to sexual behavior, including:
  - sexual deviance: behavior that is unacceptable according to societal norms and expectations

Sexual Orientation

LO 10.7 Sexual Orientations and How They Develop

- Sexual orientation: a person's sexual attraction preference for members of a particular sex
  - heterosexual: attracted to the opposite sex
  - homosexual: attracted to the same sex
  - bisexual: attracted to both men and women

Sexual Orientation

LO 10.7 Sexual Orientations and How They Develop

- Development of sexual orientation
  - coming to terms with identities
  - upbringing and environmental experiences, can be assumed to be a behavior that can be changed
  - biological differences in the brains of heterosexual and homosexual males
  - birth order

Sexual Orientation

LO 10.7 Sexual Orientations and How They Develop

- Development of sexual orientation
  - neuroimaging studies
    - heterosexual men and homosexual women seemed neurologically similar
    - homosexual men and heterosexual women were neurologically similar
  - genetic influences on sexual orientation
  - homosexuals are consistently “feminine” as children
  - kin selection hypothesis

Sexual Dysfunction

LO 10.8 How Do Physical and Psychological Problems Differ?

- Sexual dysfunction: problem with sexual functioning, or with physical workings of the sex act in one of three areas
  - sexual interest
  - arousal
  - response
- Organic or stress-induced dysfunction: sexual problem caused by physical disorder or psychological stress

Sexual Dysfunction

LO 10.8 How Do Physical and Psychological Problems Differ?

- Causes and Influences
  - organic factors
  - sociocultural factors
  - psychological factors

Sexual Dysfunction

LO 10.8 How Do Physical and Psychological Problems Differ?

- *Diagnostic and Statistical Manual of Mental Disorders*, *DSM-5*
  - sexual desire or arousal disorders
  - disorders related to the physical act of intercourse
  - disorders related to the timing or inability to reach orgasm

Sexual Dysfunction

LO 10.8 How Do Physical and Psychological Problems Differ?

- Prevalence
  - worldwide about 40 to 45 percent of women and 20 to 30 percent of men have at least one sexual dysfunction, and the rate increases as we age
  - for all of the sexual dysfunctions, treatment can include medication, psychotherapy, hormone therapy, stress reduction, sex therapy, and behavioral training

Sexually Transmitted Infections

LO 10.9 Sexually Transmitted Infections and Their Prevention

- Sexually transmitted infections (STI) can affect the sexual organs and the ability to reproduce
  - may result in pain, disfigurement, and even death
- Common bacterial STIs are chlamydia, syphilis, and gonorrhea
  - treatable with antibiotics

Sexually Transmitted Infections

LO 10.9 Sexually Transmitted Infections and Their Prevention

- Viral STIs include genital herpes (caused by the herpes simplex virus that also causes cold sores) and genital warts (caused by the human papillomavirus)
  - cannot be cured
  - can lead to complications, such as increased risk of cancer

Sexually Transmitted Infections

LO 10.9 Sexually Transmitted Infections and Their Prevention

- AIDS, (acquired immune deficiency syndrome): sexually transmitted viral disorder that causes deterioration of the immune system and eventually results in death due to complicating infections that the body can no longer fight
  - caused by human immunodeficiency virus (HIV)
  - drug treatments are available, but there is no cure

Table 10.1

Common Sexually Transmitted Infections

STI	CAUSE	SYMPTOMS
Chlamydia	Bacterial infection that grows within the body's cells	Swollen testicles, discharge, burning during urination; women may experience no symptoms
Syphilis	Bacterial infection	Sores that appear on or in the genital area and can spread to other body parts and the brain
Gonorrhea	Bacterial infection that grows rapidly in warm, moist areas of the body (mouth, anus, throat, genitalia)	In men, a foul-smelling, cloudy discharge from the penis, burning upon urination; in women, inflamed cervix, light vaginal discharge
Genital Herpes	Herpes simplex virus	Sores on the genital area; itching, burning, throbbing, "pins-and-needles" sensations where sores are about to appear
Genital Warts	Human papillomavirus (HPV)	Warty growths on the genitalia
AIDS	Human immunodeficiency virus (HIV)	Severe malfunction and eventual breakdown of the immune system

How to Stop the Spread of STIs

LO 10.9 Sexually Transmitted Infections and Their Prevention

- Using condoms
- Having only one partner
- Abstaining from sex
- Avoiding IV drug use
- Knowing the symptoms of the various diseases
- Getting regular physicals