

Research paper on social and cultural views of healthy and unhealthy human sexual...

[Sociology](#), [Women](#)



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Social and cultural views of healthy and unhealthy human sexuality

Healthy human sexuality involves the manner individuals behave in relationships and how they react to desires and sexual preferences. It also involves the overall sexual health, opinions, and expressions (Margarita, 2008). One's sexuality builds personality because it defines thoughts, body image, values and attitudes, sexual behaviors and relationships. Margarita (2008) argues that human sexuality is influenced by cultures, upbringing, religion, human biology, and sexual health.

Sexually healthy individuals have certain characteristics. These characteristics include being comfortable with their body, view sex positively, have access to sex information, have healthy relationships, and relate with all genders. Such individuals also embrace their sexuality and those of others, engage in sexual activities that are of benefit to them and, finally may have sexual attraction and not necessarily react towards them (Margarita, 2008). On the other hand, sexually unhealthy individuals may depict tendencies like engaging in sexual activities that may harm others, uncomfortable with other people's sexuality among others. The law and the society may label such people as pedophiles, rapist, and many more names.

The society may have certain expectations of healthy human individuals and their sexuality. As earlier noted, individuals are judged by their actions and sometimes the law bases sexuality when passing judgment. In the past, debates on certain issues have been held that have raised eyebrows like homosexuality and female sexuality being publicly displayed. These issues

differ in different societies. For instance, the acceptance of homosexuality as a healthy sexuality in the west and parts of the world like Africa totally differs. In Africa, it is viewed as taboo according to most cultures yet in the west, it is even accepted by the law in most countries. This proves that modernization has a very large role to play in the dynamics of sexuality.

In most cultures, women had no say about their sexuality and the men dominated and made decisions for a woman on their sexuality. Practices where women had little to say included early marriages, female genital mutilation, and polygamy. Women were and still are viewed as sexual objects. All over the world, crusades have been organized to empower women on their sexual human rights because some of these despicable actions still take place (Wight, 2007). Through education and empowerment, women are able to have a say in their marital life and are even able to have a positive outlook in sexual matters for they do not have to do as the cultures dictate.

Despite modernization, in the event of a rape, even after evidence has been established, the woman is mostly held at fault and may even be disciplined in some cultures. Most cultures do not penalize the men for unhealthy sexual behaviors because they have dominance over women and feel they are entitled to their sexuality, unlike women.

Ideologically, roles of men and women in the society at home, and at work differ and tend to favor men. In marriages, men tend to rely on women more than women who rely on men do. They are also expected to provide financial

benefits while women are the emotional support. Such expectations have been questioned in the past and there has been a rise of working housewives as well as stays-at-home husbands.

Wight (2007) asserts that companies give different roles according to the gender since men and women execute tasks differently. Employers at times take this opportunity to segregate sexually. This behavior has been installed by assumptions made in the past or by egoistic men who have refused to conform with change, as women are more educated and empowered.

Women however have started competing with men in areas that were traditionally dominated by men. Sexually, women have evolved and are now in most parts of the world in control of their bodies due to rise of diseases like HIV/AIDS and education. Offences as battery and rape have also decreased due to the seriousness most governments have put to protect women. These changes have led to a happier and more fulfilled society.

Margarita G. (2008). “ Innovations” on hold: sex education in the Greek primary schools. Health Education. 109 (1): 49 – 65

Wight, D. (2007). Theoretical bases for teacher- and peer-delivered sexual health

promotion. Health Education. 108 (1): 10 - 28