

Masturbation essay

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Masturbation is defined as “ sexual stimulation of a person’s genitals, usually to the point of orgasm”(Is Masturbation Normal). The stimulation can be performed manually, by other types of bodily contact (short of sexual intercourse), by use of objects or tools, or by some combination of these methods. Self-masturbation is a common form of sexual stimulation.

Masturbation with a partner (called mutual masturbation), is also common. Men and women have techniques and characteristics in common, but also have specific preferences in the ways they like to masturbate or be masturbated.

Studies have found that “ masturbation is frequent in humans of both sexes and all ages, although there is variation”(Masturbation). Acts of masturbation have been celebrated in art worldwide since prehistory. “ While there was a period (ranging between the late 18th and early 20th centuries) when it was subject to medical disapproval and social traditionalism, it is considered a normal part of healthy life today”(Masturbation). There have been masturbation marathons and health service slogans such as “ an orgasm a day keeps the doctor away” (Is Masturbation Normal). It is ommonly mentioned in popular music as well as on television, in films and in literature.

Ways of masturbating common to members of both sexes include pressing or rubbing the genital area, either with the fingers or against an object; and stimulating the penis or vulva with electric vibrators. Members of both sexes may also enjoy touching, rubbing, or pinching the nipples or other erogenous zones while masturbating. Both sexes sometimes apply lubricating substances to intensify sensation. Gutierrez 2 Often people will call upon memories during masturbation. Masturbation activities are often ritualized.

Various charms can also play a part in the masturbation ritual. Some people get sexual pleasure by inserting objects, such as urethral sounds, into the urethra, a practice known as urethral play or “sounding”(Masturbation). Other objects such as ball point pens and thermometers are sometimes used, although this practice can lead to injury and/or infection.

Some people masturbate by using machines that simulate intercourse. Men and women “may masturbate until they are close to orgasm, stop for a while to reduce excitement, and then resume masturbating”(Female ; Male Masturbation) . They may repeat this cycle multiple times. This “stop and go” build-up can achieve even stronger orgasms.

Rarely, people quit stimulation just before orgasm to retain the heightened energy that normally comes down after orgasm. Doing this could lead to temporary discomfort due to pelvic congestion. Female masturbation techniques include “a woman stroking or rubbing her vulva, especially her clitoris, with her index and/or middle fingers”(Female ; Male Masturbation). Sometimes one or more fingers may be inserted into the vagina to repeatedly stroke its frontal wall where the g-spot is located. Masturbation aids such as a vibrator or dildo can also be used to stimulate the vagina and clitoris. Many women caress their breasts with the free hand.

Lubrication is sometimes used during masturbation, especially when penetration is involved, but this is not universal and many women find their natural lubrication sufficient. Women can sexually stimulate themselves by crossing their legs tightly and clenching the muscles in their legs, creating pressure on the genitals. Male masturbation techniques are influenced by a

number of factors and personal Gutierrez 3 preferences. Techniques may also differ between circumcised and uncircumcised males. Some techniques which may work for one individual can be difficult or uncomfortable for another.

The most common male masturbation technique is simply to “ hold the penis with a loose fist and then to move the hand up and down the shaft”(Female ; Male Masturbation). This type of stimulation is typically all that is required to achieve orgasm and ejaculation. The speed of the hand motion will vary from person to person, although it is not uncommon for the speed to increase as ejaculation nears and for it to decrease during the ejaculation itself. There are many other variations on male masturbation techniques. The topic of masturbation may be slightly uncomfortable to speak about but I have questions that would encourage participants to feel more comfortable to speak about masturbation.

Some of these questions are: how did they first learn about it, what they think about it, how the topic of masturbation comes up in their social circles, what impact this topic has on their lives and other people's lives, and what they associate with that topic. I think that asking these questions will get the participant to be more open and hopefully get enough information from them on what they think about masturbation.