

Religion and masturbation essay



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There are many views on the subject of masturbation. Some believe that masturbation is a sin and that it will cause one to go blind, grow hairy palms, or even transform one into a pervert. Others believe though that masturbation is quite healthy and should be a part of everyday living.

Research conducted with young women in 1991 by Hurlbert and Whittaker proved that women who masturbate have a higher self-esteem than women who do not. Their research concluded that women's self-esteem is directly related with masturbation because they have a more positive body image about themselves and have less sexual anxiety.

In 1991, Hurlbert and Whittaker also conducted another study with young married women as their test subjects. Their findings proved that young married women who masturbate have greater marital satisfaction. Research proves things right or wrong, but religion proves beliefs. Religious views of masturbation differ from religion to religion. Some religions view masturbation as acceptable while others completely disagree.

Judaism does not prohibit masturbation, but it is not discouraged. Rabbi's believe that masturbation is tolerable with young adults because it stimulates knowledge of sex that can be used later in life. Rabbi's also believe that masturbation prevents adultery among married adults. The Islam religion also believes that masturbation is acceptable when preventing one from committing adultery. Buddhism though has a different light on the subject of masturbation. The religion of Buddhism believes that masturbation should never be acceptable because one should never be attached nor crave sexual pleasure.

Hinduism also views masturbation as a negative form of activity as it is impure and distracts one from prayer and the pursuit of their vocations. Religious beliefs sometimes are facts, but myths are not. Behind every subject lies its myths, and masturbation is no different. One common myth is that if one masturbates, they will grow hair on their palms. Another myth is that if one masturbates, their eye sight will weaken. Another myth is that if one masturbates, one will have acne.

Another myth is that if one masturbates, one will run out of semen and become sterile. Like all myths, these myths are false. Although masturbation doesn't lie straight to its myths, masturbation might protect against males from prostate cancer. The Cancer Council Victoria discovered that there is a direct relationship between prostate cancer and ejaculation in men under the age of 70.

The Cancer Council Victoria made the conclusion that masturbation for males between the ages of 20 and 50 is a great way to prevent the development of prostate cancer. Masturbation has also been proved to lower blood pressure. Stuart Brody from the University of Paisley conducted a study and discovered that males and females who recently masturbated had lower blood pressure in a stressful situation. Depending on the way you look at it, masturbation is either good or bad. From a scientific point of view, masturbation lowers the risk of males developing prostate cancer and lowers blood pressure in stress situations for males and females. Masturbation also helps women's self-esteem and marital satisfaction.

All of the myths that surround the subject of masturbation are false. People commonly use the myths to discourage others from masturbating. Religion does play a role though with masturbation for some people. Two religions that support masturbation are Judaism and Islam. Buddhism is a religion though that does not approve of masturbation.

I personally believe that masturbation is a great thing. I am of the Jewish faith and it is good to know that masturbation is not a sin. I find it interesting how something so easy and pleasurable can prevent prostate cancer and lower my blood pressure in stressful situations. I can vouch for a matter of fact that masturbating does relieve stress. I also find the myths about masturbation quite funny. I think the myth I find the funniest is that if you masturbate too much, you will become sterile.

I think if that was the case, most young males would not become fathers later in life. I understand why there are so many different views on the subject of masturbation though. Religion, myths, and scientific facts do persuade people's opinions on subjects, and masturbation is no exception. I wish that masturbation was taken more seriously and accepted more in religions. People need to realize that masturbation is a healthy thing to do, and that they should not let religion stand in the way of someone living a potential healthier life.

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