CHAPTER - 1

THE PROBLEM AND DEFINITIONS OF BASIC CONCEPTS

1. INTRODUCTION.

2. THE STATEMENT OF THE PROBLEM.

3. HYPOTHESIS.

4. DEFINITION OF BASIC CONCEPTS.

5. THE PURPOSE OF THE STUDY.
CHAPTER - I
THE PROBLEM AND DEFINITIONS OF BASIC CONCEPTS

1. INTRODUCTION

Sex is a natural phenomenon and hence its importance should be accepted as realistically as possible. Can we afford to neglect its universality, Certainly not. Sex being one of the prime forces behind innumerable human actions and reactions irrespective of social, cultural and geographical barriers, the importance of sex is felt more deeply in modern society than the societies of yester years. How appropriately F.F. Sheen (1961, p.g. 208) puts it in the following words:

"Sex has become one of the most discussed subjects of modern times. The Victorians pretended it did not exist, moderns pretend that nothing else exists".

Sex is an indispensable biological need, and the Institution of Marriage provides all opportunities to meet that need. Within the framework of marriage partnership, every society provides for the natural growth and expression of various shades of sexual fulfilments. To have sex-satisfaction after marriage is stamped as "righteous"; it has also been sanctioned by all social and religious institutions.

Though the ways of sex-gratification are influenced by cultural, social or personal factors, the importance of sex gratification has been universally accepted, as the gratification of sex is the foundation for good mental health. Various authorities have defined sex in different ways. Such as
I. 'Sex' is defined in dictionary of Behavioral Sciences as -

1. Male or female gender.

2. Biological division of animal and human organism on the basis of their reproductive role. The male organism produces spermatazoa and possesses necessary fertilization organ; the female organism produces ova capable of becoming fertilized by the spermatoza and possesses the necessary organs for prenatal and post natal care of the offspring. (Dictionary of Behavioural Science 1973, pg. 346).

II. BIOLOGISTS DEFINE SEX AS -

1. "The sex urge is like hunger or thirst and not to satisfy it leads to mental tension and physical ailment even like blood pressure, heart trouble as medical people would endorse. (Uday Shankar and Lakshmi Shankar, 1978, pg.24).

2. In living creature sex-urge is the basic or fundamental as the urge for food or the urge to eliminate the waste. The three biological functions of assimilation, disimilation and sex stimulation (which is often associated with reproduction) are invariably accompanied by pleasurable sensations, as nature has contrived to make essential life processes pleasurably linked. (Uday Shankar and Lakshmi Shankar 1978, pg.120).

III. PSYCHOLOGISTS DEFINE SEX AS -

1. The psychologists find in the sexual impulse wellsprings of human conduct, deep reservoirs of motivations that impel men and women to action and furnish the driving force for many of their day to
day activities. (Ford Clellans Beach and Frank A. Beach, 1960 pg. 1)

2. "Vatsayayana - a great sexologist always preached that, "Sex is not only for procreation but also for pleasure. He observed that animals do it mechanically without any feeling, thought and foreplay. Sex in them is a compulsive drive for procreation. But man is different. He has a mind, he can think and therefore Vatsayayana advocated Kama, the science of erotic passion where both partners particularly the male, learns the art of giving pleasure to the other partner during sex. (Dr. R.H. Dastur, 1983, pg. 93).

3. "Sex is not only a means of reproduction but a source of intense human pleasure without which it is not only difficult but, in a way impossible to develop normal mental attitudes and emotional composure. To seek sexual pleasure is not immoral, although sex will lose its finer side by excessive indulgence and hence excessive reproduction. (Uday Shankar and Lakshmi Shankar, 1978, pg. 15)."

4. From ancient Indian angle the word 'Kama' stands for pleasure, arising from the stimulation of the various sense organs. It includes the pleasure arising from the senses of sight, hearing, touch, taste, smell in addition to the stimulation of the sex organ. 'Kama' signifies primarily the desire of the body or yearning of the flesh or sexual intimacies of the natural type as between men and women. But sex gratification does not consist only in coition. Sex gratification which is the sweetest relationship in life is to an extent also produced by the stimulations of the other senses, and the pleasure from them. Pleasure is a component of sex enjoyment. Sexual pleasure to be
complete demands that all the senses be gratified and each sense is to contribute its share. (Uday Shankar and Lakshmi Shankar, 1978, Rg. 37).

5. 'Kama' (sex act) refers to the emotional being of man. His feelings and desires. If a man is denied his emotional life, he becomes a prey to repressive introspection and lives under continual strain of moral torture. (S. Radhakrishna, 1961 XV)

IV PHYSIOLOGISTS DEFINES SEX AS -


2. "Sex is the most important ingredient in a marriage. Sex in a marriage is more than a matter of two bodies merging. It is rather, the expression of two whole people coming together in a search to leave separateness behind and to feel themselves. (Dorothy Walter Baruch and Hyman Miller, 1963, pg. 15).

3. 'Sex' is to be understood in a very wide sense of any physical pleasure, which is desired by the stimulation of any sense organ called KARMA INDRIYA like sight, hearing, taste, smell, defecation or elimination of waste and stimulation of sex organs proper and even the pleasure derived from marriage or making shooting sensation on the skin. Any physical pleasure arising from any erogenic zone can be called sex-gratification. (Uday Shankar and Lakshmi Shankar, 1978, pg. 112).
4. 'Sex' is nature's safe antibiotic against stress. "WILLIAM OSLER, the eminent Canadian Physician and writer says," The natural man has only two primal passions - to get and to beget. In other words there are two main instincts in man - the aggressive drive to be the monarch of his environment and the sexual drive through which he not only reproduces the species but also gets immense sexual gratification, primitive man exercised his instincts freely, without any inhibitions, whenever he wished. His emotions were primitive and he was not fethered by the conventions of modern civilization. (Dr. R.H. Dastur, 1983, pg. 20).

V  SEX AS SEEN BY SEXOLOGIST :
'Sex' is the most important thing in the life of any sexy organism. In fact some animals, such as spiders, are even willing to sacrifice their lives for it. Some human do that too, although it is something most people try to avoid. Sex is a means of survival of his genes. The body is mortal, but the genes can live forever, if they are passed on from the body to another body in the next generation. The genes are like a baton which is passed from a person to the next in a biological relay race which seems never ending. But sometime, it ends in a whimper, as the poet said, and sometimes it threatens to explode". (Eric Berne, 1970, pg. 48).

VI  SEX AS SEEN IN DIFFERENT RELIGION.
SEX ACCORDING TO BIBLE :
1. "Sex is said to be the most God like attribute of humanity and the power of reproduction, creation or procreation was attributed to man in the same way as God had the power of creating human beings."
We read in the book of 'Genesis', So God created man in his own image, in the image of God, created him, male and female created to them".


SEX ACCORDING TO INDIAN CONCEPT:

'Sex in ancient times, in India was considered the sublime thing and the root cause of the universe itself and of human existence, in particular. It was considered not only the means of reproduction or creation, but also the source of healthy recreation. It was thought of as the fountain-head of all creative activities - the science, art and letters. Sex was considered to be the secret of attraction not only among plants, animals or man but even in a way among planets form of gravitation which kept all the heavenly bodies together in mutual affinity". (Uday Shankar and Lakshmi Shankar, 1978, pg. 35).

After minute delibration of the various definitions of sex it has been found that all the different authorities have given their own respective views regarding sex. There are many common aspects among them while many variants too.

Among the logical meaning of sex various definitions given by various dictionaries, pointed towards one direction. All laid more stress on sex being the fundamental difference found among most species of animals and plants i.e. between those individuals producing ova and those producing sperms. These definitions put more stress as sex being the identification of the gender of a person, the division
of organism as male or female. Secondly these definitions put more emphasis on the reproductive role of the organisms to create a new organism. Thirdly, these definitions present women as the fair, gentle or weaker sex and men as the sterner or stronger sex. Almost all the definitions presented sex in similar ways. Hence out of many the most suitable definition given by dictionary of behavioral science is presented here.

The various definitions presented by biologists declares sex as essential for life as is food. Sex drives are attached with the basic need of man like food and the elimination of waste. According to them if food is not given to the body as well as if the elimination of waste doesn't take place, it gives rise to complications. In the same way the deprivation of all sexual desire may lead towards intricacies. It creates mental and physical tensions leading towards blood pressure and heart trouble etc. Biologists put sex as nature's gift of sleeping pills to organisms for the maintenance of healthy body and sound mind.

While psychologically 'sex' has been seen in quite a different way, the definitions presented show sex as the psychological need of human being. It is the sum total of pleasure attained not only by sexual organs but through the whole body. They put more stress on emotional attachment, while saying that animals do it mechanically without foreplay. For them it is a compulsive act, while for human beings having thinking power, sensitivity and regards towards the partners as well as towards sex act it becomes a love-combat, not a compulsive act.
Further more they put more importance to the mental atmosphere of the people that makes them satisfied more psychologically than physically. All the senses such as hearing, sight, touch, taste and smell too are attached to the process of coitus. Hence it clearly presents that sex is not only a means of reproduction but a source of intense pleasure without which it is not only difficult but in a way impossible to develop normal mental attitudes and emotional compusure. Consequently mental attachments of partners is of vital importance than physical union of the bodies. In the absence of mental compatibility between the partners conflicts, misunderstandings and many adjustment problems tend to crop up.

Physiologists put more stress on the importance of healthy physical body during sexual encounters as physical machinery is the means to find the expression of deep rooted urges and sexual behaviour among the human beings. They put more stress on sex as nature's best tonic which prevents so many diseases. If the sexual relations are not physically satisfactory they may aggravate diseases. In short healthy physical body as well as appealing physical structure plays an important role in sex gratification according to them.

Many authorities consider sex as the main instrument of procreation while others consider sex important and indespensable for the survival of gensis.
Besides, the importance of sex has been accepted in one or the other way by different religious authorities too. Specially according to Indian ideology, sex has been accepted as one of the most important duties of human beings out of their 4 duties i.e. Dharma, Artha, Kama and Moksha. Indian mythology believes that sex is the fountainhead of all creative activities, the root causes of the universe itself and human existence in particular. Besides, Kamasutra by Vatsayana, written in India 1600 years ago, is full of scientific knowledge of certain aspects of sex and sexuality.

The various pleasure forms of sex which have been carved magnificently on the walls of the temples of Khajuraho in Madhya Pradesh, Konark in Karnataka and Sun Temple at Modhera in Gujarat portray sex in depth and in detail.

Inspite of the availability of such illustrative knowledge of sex in India, sex has been considered as a taboo. This has given rise to the innumerable misconceptions regarding sex, sexuality and sex performance. These misconceptions are further aggravated by our religious and social structures, which ultimately influence our entire mode of life, e.g. our men and women have hardly any chance of selecting their marriage partners. Their fate of married life is sealed and destined either by the parents of relatives. Naturally, the married couple meet sexually first and mentally afterwards. Psychological aspect is neglected in sexual matters and emotions are not appreciated. Moreover, man is considered dominant in sex performance. Society demands much more from a woman than a man. There are some misconceptions regarding women sexuality too e.g. women
are considered passive and desireless in matters of sex. They have to be submissive. They must be virgin before marriage and sex should and must take place on the very first night of the marriage. Men must be successful in performing the act of sex on the wedding night etc. Men's minds are full of misconceived ideas. They are not properly equipped with proper information regarding sex. Honeymoon to them is the maximum frequency of coitus, no matter whether the partner is willing or unwilling. Hence, in many cases, the experience of honeymoon becomes a painful one for the couple. The moral and religious teachings of family members and friends tell upon their sexual involvement. The most common advice given to the girls from parents and friends is that they must be submissive i.e. never say 'NO' to your husband. Such advice shapes their sex life. Woman's willingness and readiness is equally important in the love making activities and her sex satisfaction is very important to the extent that "Vatsyayana emphasises the full satisfaction of the women and also advocates the use of artificial phallus - the vibrators used today - for the sex satisfaction. It is unfortunate that majority of Indian males use their wives as sleeping pills" says Dr. Prakash Kothari (1985, p.g. 194) eminent sexologist of India. There is very less or perhaps no communication between the mates about sexual matters.

No doubt, due to the liberation movement of women and with the advance of western education and the advent of rapid industrialisation, definite changes are however taking place in our traditional social set up. Institutions such as family, marriage etc. are undergoing far-reaching changes and more emphasis is laid on sexual-satisfaction
in marriage life. Hence, various patterns of sex play are practised by the couples to gratify their sexual needs. There may be variety of patterns of women sexuality. Each individual woman has her own complex and unique sexual patterns in its broader perspective. Still there are certain patterns much more common and widely accepted. While the differences among the patterns to get sex satisfaction could be due to personal likes and dislikes or because of variety in individual, personal and social factors or socio-cultural patterns etc. Today, women are becoming more aware in understanding the importance of sex, their sexuality and sex satisfaction. They are quite active and responsive in sex matter if the environment is permissible. It is not only interesting but very important for social scientists and especially for sexologist and psychologists to study about the human sexuality, the patterns of female sexuality and the factors affecting them. Present study is a step towards such an important area of study. Female sexuality being neglected, seems more important for study.

Specially the study regarding patterns of female sexuality is very important today because female sexuality since years as a whole, has been seen in a very different way. Not only in India, but also in most countries it is commonly believed that in matters of sex women is the passive partner i.e. that women should satisfy her husband at any cost; that women has no desire for sex and finally, she gets no pleasure out of sex thus failing to reach orgasm. According to HAVELOCK ELLIS (52) a leading authority on sexual matters in England during the latter half of the last century condemned the idea that women have sexual feelings as a 'Vile aspersion'. Related to this denial of sexuality in women has been the long held notion
that sexual relations in marriage should be only for the purpose of procreation. Ellis also cites an Anglican Bishop who declared that

"Intercourse in marriage for any reason other than procreation was a 'degrading' act of mere self gratification".

In this country a physician in 1883, writing in a New Orleans medical journal said -

"he did not believe one bride in a hundred accepted matrimony from any desire for sexual gratification. He concemed, however, that some women from the 'lower elements of society might admit to desiring sexual gratification. The modest women, he believed, submitted to her husband only to please him and except for the desire of children, would otherwise prefer to leave sex out of life (Ruth & Edward Breader, 1966, pg. 128-129).

While Marie Robinson (138) pointed out that -

"Many authorities, up to World War I agreed that sexual feelings in young women in love was pathological and abnormal. MARY MELENDEY (120) - a Physician and P.H.O. whose book "The Perfect Woman" was published in 1903 as a complete medical guide for women - not only omitted any discussion of female sexual satisfaction, orgasm or frigidity but at the same time repeatedly cautioned, about the dire consequences of 'self abuse' that is, auto-erotic stimulation which the author asserted, "caused an undue amount of blood to flow to the (genital organs), thus depriving other parts of the body of its nourishment.... This produces a diseased condition.... and lays the foundation for consumption, paralysis and heart
diseases.... weaknesses, the memory.... makes many lose their minds and others when grown, commit suicide.

Further more, in Greece the girls were thought of merely as the wives of Greek aristocrats and for whom the sexual function meant breeding only. Nice young women were warned sternly to keep above suspicion. (Lena Levine 1970, pg. 197).

No doubt the era has been changed. Many more studies are undertaken throughout the world specially after the libration movement of women. But still majority of the study regarding female, female's sexuality have been undertaken or the books written on female sexuality too have been written by males. This clearly means that woman was studied with the yes and thinking of a male. There too main emphasis is laid on the satisfaction part of the male.

Very few studies of this kind have been undertaken in the most intimate and personal areas of human sex behaviour and given Indian cultural contexts. Questions partaining to this area of human sex behaviour are likely to evoke some kind of resistance. The resistance and hesitation is more when the research is conducted on female sexuality. Such studies have to be undertaken in order to overcome certain misconceptions with the help of scientific exploration on the empirical basis. This will be useful in the marriage and sex counselling as well as in sex education to develop healthy attitudes towards female sexuality.

THE STATEMENT OF THE PROBLEM
During sex relations, there are certain techniques that are practised.
In the academic parlance, these techniques are termed as patterns of human sex behaviour. Though certain patterns are generally accepted by all the couples, still the relative priority given to each of these patterns varies vastly. The problem of the present investigation is to study the patterns of female sexuality during sexual encounter (coitus) by educated, married women between the age of 25 and 40 years of Ahmedabad city. This is the first time that such a study has been undertaken among women in the said city. These patterns of female sexuality are studied in the context of certain socio-personal factors, viz. style of marriage, age group of women, educational status, occupational status and income status of women.

**HYPOTHESES**

On the basis of literature survey and clinical notes of the patients managed by the clinical psychogolists following hypotheses were formulated. Instead of formulating null hypotheses alternative hypotheses are formulated as they are more relevant with this kind of research.

(1) (a) All women are potentially orgasmic.

(b) There may be difference in the sexual pattern of reaching orgasm.

(c) There may be difference in number of women using different patterns.

(2) Varieties of foreplay techniques are used in each pattern.
(3) There may be the difference in preference of position in each pattern.

(4) There may be the difference in preference of varieties of sexual play in each pattern.

(5) There may be individual differences in duration of orgasm experienced in each pattern.

(6) There may be difference in percentages of women reading pornography in relation to each pattern.

(7) (a) The distribution of frequency of reaching orgasm follows normal probability hypothesis.

(b) Educated women would differ in distribution of frequency of reaching orgasm from the population in general.

(c) The difference between V pattern group and general women population would be higher than C-pattern women regarding frequency of reaching orgasm.

(8) Educated women would differ in distribution of frequency of sexual intercourse from the population in general.

(9) The distribution of time taken in total sexual encounter follows normal probability hypothesis.

(10) Practice of masturbation may be terminated after marriage.
(11) There may be some sexual dissatisfaction that lead women for the practice of masturbation after marriage.

(12) Women may be using different places for the practice of masturbation.

(13) There may be difference in methods and objects used during masturbation.

(14) There may be difference in the preference of special situational stimulus preferred by women during sexual intercourse.

II. STUDY OF SEXUAL PATTERNS IN RELATION OF SOCIO-PERSONAL FACTORS

(15) There would be significant difference between V and C patterns.

(16) (a) The style of marriage would be influencing patterns.

(b) Love marriage would be influencing pattern more than the arranged marriage.

(17) (a) Age would be influencing the patterns.

(b) Younger age may be influencing patterns more than the older age.

(18) (a) Educational status would be influencing patterns.

(b) Post-graduate level of education may be influencing patterns more than the graduate level of education.
(19) (a) Occupational status would be influencing patterns.

(b) Working situation may be influencing patterns more than non-working situation.

(20) (a) Income status would be influencing patterns.

(b) Above 50,000 per year income group may be influencing patterns more than the under 50,000 per year income group.

III. STUDY OF SEXUAL PATTERNS IN RELATION TO FOREPLAY TECHNIQUES AND SOCIO PERSONAL FACTORS.

(21) The use of varities of foreplay techniques differ with patterns.

(22) The use of varities of foreplay techniques differ with style of marriage in relation to patterns.

(23) Style of marriage may influence the use of varities of foreplay techniques in relation to patterns.

(24) Patterns may influence the style of marriage in relation to varities of foreplay techniques.

(25) Patterns may influence the use of varities of foreplay technique in relation to style of marriage.
(26) Style of marriage may influence the preference of varieties of foreplay techniques in relation to patterns.

(27) The use of varieties of foreplay techniques differ with age of women in relation to patterns.

(28) Age of women may influence the use of varieties of foreplay techniques in relation to patterns.

(29) Patterns may influence the age of women, in relation to varieties of foreplay techniques.

(30) Patterns may influence the use of varieties of foreplay techniques in relation to age of women.

(31) Age of women may influence the use of varieties of foreplay techniques.

(32) The use of varieties of foreplay techniques differ with educational status in relation to patterns.

(33) Educational status may influence the use of varieties of foreplay techniques in relation to patterns.

(34) Patterns may influence the educational status in relation to varieties of foreplay techniques.

(35) Patterns may influence the use of varieties of foreplay techniques in relation to educational status.
(36) Educational status may influence the use of varieties of foreplay techniques.

(37) The use of foreplay techniques differ with occupational status in relation to patterns.

(38) Occupational status may influence the use of varieties of foreplay techniques in relation to patterns.

(39) Patterns may influence the occupational status in relation to varieties of foreplay techniques.

(40) Patterns may influence the use of varieties of foreplay techniques in relation to occupational status.

(41) Occupational status may influence the use of varieties of foreplay techniques.

(42) The use of varieties of foreplay techniques differ with income status in relation to patterns.

(43) Income status may influence the use of varieties of foreplay techniques in relation to patterns.

(44) Patterns may influence the income status in relation to varieties of foreplay techniques.

(45) Patterns may influence the use of varieties of foreplay techniques in relation to income status.

(46) Income status may influence the use of varieties of foreplay techniques.
IV. STUDY OF SEXUAL PATTERNS IN RELATION TO ORAL SEX AND SOCIO-PERSONAL FACTORS

(47) There can be preferential difference in practice of oral sex.

(48) The practice of oral sex may not be the willing participation on the part of women.

(49) There may be the difference in practice of oral sex in each pattern.

(50) The pattern may influence the practice of oral sex in relation to style of marriage.

(51) The practice or oral sex may be influenced by the age of women.

(52) The pattern may influence the practice of oral sex in relation to age.

(53) The practice of oral sex may be influenced by the educational status.

(54) The pattern may influence the practice of oral sex in relation to educational status.

(55) The practice of oral sex may be influenced by the occupational status.

(56) The pattern may influence the practice of oral sex in relation to occupational status.

(57) The practice of oral sex may be influenced by the income status.
(58) The pattern may influence the practice of oral sex in relation to income status.

V. STUDY OF SEXUAL PATTERNS IN RELATION TO FREQUENCY OF SEXUAL INTERCOURSE AND SOCIO-PERSONAL FACTORS

(59) Arranged married women would differ in distribution of frequency of sexual intercourse from the love married women.

(60) Higher age of women would differ in distribution of frequency of sexual intercourse from the younger age women.

(61) Post graduate women would differ in distribution of frequency of sexual intercourse from the graduate women.

(62) Non working women would differ in distribution of frequency of sexual intercourse from the working women.

(63) Above 50,000 per year income women would differ in distribution of frequency of sexual intercourse from the under 50,000 per year income women.

VI. STUDY OF SEXUAL PATTERNS IN RELATION TO TIME TAKEN IN SEXUAL ENCOUNTER AND TIME DURATION OF ORGASM

(64) There may be some correlation coefficient between pattern and the time of sexual encounter and time duration of orgasm experience.

(65) There may be some correlation between the frequency of orgasm and time
taken in sexual encounter and time duration of orgasm experience.

(66) There may be some correlation between the women who read or don't read pornography and time taken in total sexual encounter and time duration of orgasm experience.

VII. STUDY OF SEXUAL PATTERNS AND SOCI-PERSONAL FACTORS IN RELATION TO TOTAL TIME TAKEN IN SEXUAL ENCOUNTER AND TIME DURATION OF ORGASM

(67) There may be some correlation between total time taken in sexual encounter and time duration of orgasm in relation to style of marriage and patterns.

(68) There may be some correlation between total time taken in sexual encounter and time duration of orgasm in relation to age group and patterns.

(69) There may be some correlation between total time taken in sexual encounter and time duration of orgasm in relation to educational status and patterns.

(70) There may be some correlation between total time taken in sexual encounter and time duration of orgasm in relation to occupational status and patterns.

(71) There may be some correlation between total time taken in sexual encounter and time duration of orgasm in relation to income status and patterns.
DEFINITION OF BASIC CONCEPTS

In the present study, certain concepts require clarifications and they are operationally defined here:

(1) ORGAMS

Orgasm is the climax of sexual excitement and reaction which can be induced by any effective form of somato sexual or psycho sexual stimulation. It represents an abrupt involving discharge of psycho physical and neuro muscular tensions and is probably accompanied by reactions in all organs and organ systems of the body. The following reactions can be found in orgasm such as:

a) Peak intensity of sexual pleasure.

b) Involuntary muscular contractions in the genital and anal area, and many extra genital muscle groups.

c) Concentration of blood both in the genital areas (e.g. vagina and penis) and outside them (sex flush).

d) Culmination of the reactions of heart, circulation and respiration.

e) Partial or total loss of sensory capacities and at times, loss of consciousness for a matter of seconds or minutes.

Characteristics of orgasm are the contractions of the orgasmic platform in women and of ejaculation in man. In physical responses (apart from ejaculation), orgasm in women resembles that in men. A woman's subjective
feelings during orgasm usually lasts longer in those women who, unlike men, can feel additional orgasm immediately after the first.

(2) FOREPLAY

Sex is a fundamental need for both men and women and the expression of this need is very spontaneous but may be due to physiological and socio-cultural differences in male sexuality and female sexuality the man is considerably hasty and women considered 'slow' in sexual performance. In order to eliminate the time difference as well as to enrich the pleasure of sexual performance foreplay techniques are used. Foreplay is a manipulative technique used before the actual intercourse as for the requirement of the particular mating couple.

Foreplay is the indispensable source, 'the root' of intercourse forms of precoital stimulation. Foreplay begins usually as the man fondles and mouths the women's breasts and nipples. The woman manipulates her partner's penis and scrotum. This may be interspersed with what is sometimes called the oceanic kiss, pressing the nose lightly to the face, the cheek or neck and quickly drawing in a breath. The man also masturbates his partner at first lightly around the labia, feeling the pubic hair and finally full insertion of one or more fingers. Neither partner conceals his mounting passion and hearing and feeling the other part and strain is considered a stimulating part of the sexual preliminaries. Foreplay usually occurs with both the man and woman lying on their side so that both the hands are free.

(3) PATTERNS OF FOREPLAY

It consists of techniques used by one or both the partners for stimulation
before heterosexual intercourse to induce readiness for penetration. Methods vary within cultural background, according to individual and socio-moral factors and mood. Kissing, tongue play, manual or oral stimulation of the male or female genitals, oral genitals stimulation, mutual manual genital stimulation, genital opposition without introduction of the penis into the vagina, intercourse, breast stimulation and many other techniques are involved in it.

Kissing:
The term kissing is used generally to connect a wide variety of physical stimulation by using lips, tongue and oral cavity. Kissing is the most preferred stimulating technique used in foreplay, including kissing lips to lips, tongue to tongue, kissing on breasts and other erotic zones of the body.

Embracing:
Embracing tightly around each other's body which may give sexual excitement.

Breast stimulation by hand:
Woman is stimulated by hands rubbing or pressing on the breasts or fondled softly.

Breast stimulation by mouth:
Women is stimulated by mouth stimulation on breasts, sucking nipples or kissing deeply on breasts.

Physical caressing, general body touching:
Caressing on the whole body for the purpose of excitement.
**Pinch or being pinched by hands:**

It is practised by female to male and male to female pinching or be pinched by hands on various parts of the body that excites.

**Bit or being bitten by teeth:**

It is practised by female to male and male to female as a part of foreplay techniques. This is also known as love biting. In love game, couple bites by teeth on various parts of the partner. It is soft, loveable, sweet pain biting for the purpose of excitement.

**Petting:**

Petting is a part of heterozsexual relation. Petting includes kissing and caressing the breasts, manual genital contact, oral genital contact, opposition of sex organs without penetration and coitus and mutual masturbation, usually to orgasm. It can be said that if the foreplay does not culminate in coitus, it is usually known as petting.

**Genital stimulation:**

This is mutual stimulation given on the genital parts of the partner.

**Stimulation on some special spots of body:**

Stimulation given on various parts of the women by hand or mouth such as stimulation at neck, ear or putting hands on bra before it is taken away from the body etc.

(4) **ORAL GENITAL CONTACTS:**

Contact of one partner's mouth with the genital organs of the other partner
- practiced on male genital is called fellatio and on female genital is called cunnilingus. One sided or reciprocal oral genital contacts serve for the sexual stimulation of the partners as a prelude to coitus or for full non-coital sexual satisfaction culminating, in some cases, inorgasm. When both male and female perform at the same time, the NICKNAME for the position adopted by the couple is '69' sometimes known as SOLXANTE NEUF.

**Felliato**

Oral contact with male genitals used as a method of stimulation. Female partner sucks the male genital organ inside her mouth.

**Cunnilingus**

Oral contact with female genital organs used as a method of stimulation. Male partner kisses or sucks the vagina with his tongue.

(5) **POSITIONS**

Sex relation is based mostly on mood and many other factors. Sometimes, couple will want to be close, kiss and murmur endearments. The man may want to protect and envelop the woman. On the other occasions he will wish to dominate, to be able to caress her freely, while sometimes, the women will take the intiative. Hence, the pose and style of sexual intercourses arranged in various positions. There are many positions in which the couple involves itself but out of all different positions, one or two are more favourable or liked by a particular couple. It varies from individual to individual moods according to their comforts.

1. **Male dominating position**

   Here male is on the top of the female while female is on her back.
   Here male is more active.
2. **Female dominating position**
   Here female is on the top of the male while male is underneath. Here female is more active.

3. **Side by side position**
   Here both the partners lying on their sides. It's a kind of intermediate position.

4. **sex in standing position**
   Sometimes a couple want to have intercourse quickly. Some partners enjoy the novelty of making love standing up or with the women leaning against a wall, when they are both highly aroused. For a change, in the routine, sexual procedure, some practice sex in such positions.

5. **Sex in sitting position**
   Here either male is sitting on a chair or bed and female is sitting on his laps or vice-verse.

6. **Anal sex**
   Anal stimulation can have a strongly erotic effect and occasionally induce orgasm. Penetration in the anal part of female is practiced in heterosexual intercourse as additional stimulation during normal vaginal intercourse. It is practiced for a change or during pregnancy when the vaginal intercourse is not comfortable or during menstruation period.

7. **Frequency of sex**
   Number of time the sex relations take place in a week or less than a week time.
(8) **Time of orgasm experience**

Time duration of orgasm experience under different patterns.

(9) **Masturbation**

Manipulation of penis or clitoris also generates orgasm. The term is often used for other autoerotic techniques, such as fondling of the breasts or rhythmic body movements. It is a deliberate self stimulation which effects sexual arousal. It is a substitute to get relaxation in the absence of the partner. It leads toward sexual climax. It is needed to relieve sexual tension because of temporary breaks in relationships through illness, pregnancy or long-term absence of the partner. Hence, it is used as a substitute. Sometimes, clitoral masturbation is done by finger rubbing or full hand rubbing while some other time, there is vaginal penetration of finger, hand or other objects too.

II. **FACTORS EFFECTING PATTERNS OF FEMALE SEX BEHAVIOR** :

(1) **Style of marriage:**

The woman who have love marriage and the women who have arranged marriage.

(2) **Age of women:**

Women between the age of 25 to 30 years and 31 to 40 years and their age effects on patterns of female sex behaviour.
(3) **Educational status:**
Women who are educated at least upto bachelor's degree are considered graduate women while women who have studied more than graduation are considered as post-graduate women.

(4) **Occupational status:**
Women who don't do any job and lead a house wife's life sit at home are considered as non-working women, while women doing jobs outside their homes are considered working women.

(5) **Income status of women:**
The women having income of under 50,000 per year and the women who are in above 50,000 per year income group.

**THE PURPOSE OF PRESENT STUDY**
The present study is aimed to study the patterns of female sexuality and the socio-personal factors influencing the patterns of female sexuality in educated married women between the age group 25 to 40 years in Ahmedabad city.

The above mentioned two fold objectives of the present study are analysed with reference to the following socio-personal factors:

1. **Style of marriage** - love marriage v/s. arranged marriage
2. **Age group** - 25 to 30 years age v/s. 31 to 40 years age
3. **Educational status** - graduate v/s. post graduate women
The present study focuses on the pattern of female sexuality of educated, married women of Ahmedabad city. The study was conducted among the educated, married women between the age range of 25 to 40 years in different areas of the city. In India, even though college education still remains the privilege of a small minority of women, their number is on the increase and since they constitute the 'educated class', their views on and their patterns of sex behaviour will reflect the aspirations of the emerging generation on this topic. The majority of women in India get married in their early 20s or as soon as they complete their graduation. Much before this, they hear about marriage and direct or indirect conversations regarding sex. Even the psychological changes generate attraction towards the opposite sex, this too makes her curious to know about sex. But in India sex being a taboo, it is difficult to get any knowledge of sex freely.

Furthermore, women are expected not to say 'no' to their partners even if they don't desire sex. They are taught by their family members, relatives or friends that she should not say 'No' to her husband even on the very first night after their marriage. But the knowledge regarding what would happen on the first night is not given to her. Hence, majority of the women are ignorant about sex relations and they come to know about sex through sexual relations only after marriage. This affects her sexual-relations. Moreover, women are considered as the passive partners of the love game and many other misconceptions prevail due to the cultural barriers, even though women are likely to
give serious thought to the questions of sex, that is what inspired the investigator to conduct the present study among the educated married women "to develop at least healty attitude towards female sexuality and to wash out the myths regarding women sex behaviour".

The present study is important for clinical practice, marital counselling, community modifications and sex education.