Appendix - A

SOCIO DEMOGRAPHIC DATA SHEET

Name (Optional) : 

1. Age : 

2. Sex : Male / Female 

3. Religion : 

4. Education : 

5. Occupation : 

6. Monthly Income : 

7. Duration of Marriage : 

8. Type of Marriage : Arranged / Love Marriage 

9. Type of Family : Joint / Nuclear Family 

10. Type of Residence : Thatched / Tiled / Concrete 

12. Have you undergone premarital course : Yes/No
Appendix – B

SEXUAL PREFERENCE AND BEHAVIOUR SCALE

Instructions

The following statements refer to certain pattern of behaviours and beliefs as sex is concerned. Please read each items carefully. For each statements four alternatives are given; ranging from Absolutely Correct (4), Correct (3), Wrong (2), and Absolutely Wrong (1). You may please select one and encircle the respective number for that item out of the four alternatives, which describes very closely your behaviour or opinion.

1. Virginity is the most valuable asset one can give to his/her partner.
2. Sex should occur only between married partners.
3. Extra marital relationships should be avoided.
4. It is advisable to have sex at first night itself.
5. Thinking about a woman sexually is wrong.
6. Erotic touching is the beginning of sex.
7. Sexual intercourse is a kind of communication with the partner.
8. I get orgasm regularly.
9. I fail to satisfy my partner sexually.
10. Watching blue films is a sin.
11. Homosexuality is an illness.
12. Emission of semen in the night is a symptom of illness.
13. I don’t know how to satisfy my partner.
14. Masturbation is a sin.
15. One can easily understand his/her virginity.
16. Premarital sexual experience will negatively affect married life.
17. Extra marital relationship is a sign of unsatisfactory sexual life.
18. First night sex is an indicator of sexual efficiency.
19. I feel monotonous in my sex life.
20. Sexual imaginations are against God.
21. Foreplay is a way of caring partner.
22. Ladies get orgasm rarely.
23. Homosexuality is violation of social values.
24. Sexual problems can be successfully treated.
25. I cannot enjoy sex anymore.
26. Increased size of vagina is indicative of previous sex.
27. Extra marital relationship is an indication of unfaithfulness to partner.
28. First night sex should be avoided.
29. Circumcision reduces sexual satisfaction.
30. Women can get pregnant during their menstrual period.
31. Something is lacking in my sex life.
32. Erotic fantasies are good for healthy sexual life.
33. I stop sexual intercourse when I get orgasm.
34. Only a few get orgasmic experience.
35. Sexual satisfaction means mutual sexual satisfaction.
36. I peep to see opposite sex in nude.
37. Homosexuality is alright between two consenting adults.
38. Sexual difficulties originate from physical problems.
39. Men can have sexual relationships apart from marriage.
40. The size of the penis is related to his virility.
41. Erotic touching induces the partner.
42. Oral genital sex is unnatural.
43. Before intercourse I ensure that my partner is aroused.
44. I don’t mind whether my partner gets orgasm or not.
45. I am unable to control sexual impulses in public.
46. Reading erotic literature enhances sex.
47. I cannot control my sexual desires.
48. There is nothing wrong in masturbation.
49. Sexual satisfaction of women and size of penis is related.
50. I take care of the likes and dislikes of my partner while making sex.
51. Foreplay helps me to learn sexual interest of my partner.
52. Oral genital stimulation is wrong.
53. I like to see people making sex without being seen.
54. Masturbation relieves tension.
55. Larger the penis higher the sexual satisfaction.
56. I know well how to stimulate/arouse my partner sexually.
57. I adopt foreplay to arouse my partner.
58. I like to peep in while others are dressing.
59. Smaller opening of the vagina indicates virginity.
60. Loss of semen means loss of virility.
61. Bigger the breasts higher the Sexual satisfaction.
62. I tell my partner what pleases me during sex.
63. I like to watch while others masturbate.
64. If I take active role in sex my partner may misunderstand me.
65. Continuous masturbation reduces size of penis.
66. Circumcision reduces sexual satisfaction of ladies.
67. Clitoral stimulation leads to enhanced sexual arousal in females.
68. My partner never asks my interests while engaging in sex.
69. I like to touch body parts of same sex in crowded places.
70. To have full satisfaction in sex I need to masturbate.
71. Masturbation reduces physical strength.
72. Hymen is an indication of virginity.
73. It is better to experience sex before marriage.
74. I like to have sex with different partners.
75. Smaller sexual organ indicates sexual dysfunction.
76. Women become pregnant even if man withdraws penis before ejaculation.
77. Foreplay helps both partners to get sexual arousal.
78. My partner does not care for my orgasm.
79. I like to touch sexual areas of opposite sex in crowded places.
80. I don’t know how to sustain erection properly.
81. Regular masturbation results in impotency.
82. Pointed nipples are an indication of virginity of woman.
83. Fallen breasts are an indication of premarital sex.
84. I have different sex partners.
85. If one is successful in first night sex it will be reflected in the rest of life.
86. Sex begins when penis penetrated in to vagina.
87. Undergarments of the opposite sex arouse me.
88. I enjoy watching sex movies.
89. An individual fails to reach orgasm is due to hormonal deficiency.
90. I am worried about making a good sexual impression in my partner.
91. Masturbation has no harmful effects.
92. A girl without virginity cannot be a good partner in life.
93. Absence of hymen in unmarried girl is an indication of premarital sex.
94. We had sex in the first night itself.
95. I cannot enjoy sex because my sex organ is too small.
96. Vaginal lubrication is an indication of sexual arousal of women.
97. Thinking someone sexually other than your partner is wrong.
98. I need only less time for intercourse.
99. I develop a feeling of oneness with my partner during orgasmic experience.
100. I like to have sex with animals.
101. I lack sexual interest in my partner.
102. Masturbation is a form of safer sex.
103. If you marry, marry a virgin girl, if not you have to suffer.
104. Those who have sexual experience prior to marriage can perform well in married life.
105. Women do not prefer to have sex in the first night.
106. Looseness of the foreskin of penis is an indication of loss of virility.
107. Sexual satisfaction and size of buttocks are related.
108. Elder people cannot have sex.
109. I consciously try to keep sexual thoughts out of my mind.
110. I can have sex with a short notice.
111. Sucking genital parts of partner enhances sexual satisfaction.
112. I can very well guess whether my partner has achieved peak experience in sexual intercourse.
113. I enjoy love making after orgasm.
114. Sex is never been a satisfying experience to me.
115. I do sex with pet animals.
116. Erotic reading arouses me.
117. Homosexuality is a sin.
118. Conflict between partners decrease sexual desire.
119. I am unable to reach orgasm.
Appendix – C

MARITAL QUALITY SCALE - MALE

Instructions

Some of the statements below refer to the way you may be thinking and/or feelings about your wife, some others may refer to the way you may be interacting with your wife. Please read each statement carefully and decide as to how often the content of that particular statement holds true in your case.

If you feel that the statement is usually true for you, please encircle (U), If you feel that it is sometimes true for you, please encircle (S), If you feel that it is only rarely true for you, please encircle (R), If you feel that it is never true for you, please encircle (N).

1. My wife’s opinion carries as much weight as mine in money matters.
2. My wife’s tendency to dominate over me creates problems between us.
3. Whenever we have an argument, my wife thinks that she is right.
4. I look forward to being with my wife.
5. My wife does not allow things to be done the way I want.
6. My wife does not trust me.
7. My wife decides where we will go and what we will do, when we go out.
8. When my wife plans our vacation, I enjoy it.
9. My wife satisfies my needs.
10. My wife makes me feel secure.
11. My wife is rigid in her opinions.
12. My wife understands my sexual needs.
13. I feel satisfied with the way our vacations are spent.
15. My wife complaints that I do not understand her.
16. My wife participates in taking decisions for our home.
17. I discuss my problems with my wife, as she is capable of helping me.
18. My wife passes sarcastic comments about me.
19. My wife is not concerned about my parents.
20. My wife does not satisfy my sexual needs.
22. The thought of divorcing my wife crosses my mind.
23. My wife decides where we will live.
24. My wife does not bother about my feelings towards her.
25. I discuss my long term plans for our family with my wife.
26. I feel comfortable in sharing my mistakes with my wife.
27. My sex life is satisfactory.
28. My wife is happy with me.
29. My wife is capable of making timely independent decisions.
30. My wife tries to understand how I am feeling.
31. I appreciate the sacrifices made by my wife.
32. My wife does not like me.
33. My wife is indifferent to me.
34. My wife expects to do things as she desires.
35. My wife does not have much affection for me.
36. My wife pays timely attention to her responsibilities.
37. My wife shares her feelings with me.
38. My wife cooperates with me in maintaining relationship with my parents.
39. My wife believes me.
40. My wife criticises me more than appreciating me.
41. I regret being married to my wife.
42. My suggestions are well taken by my wife.
43. I feel that decisions taken after a discussion with my wife are good for us.
44. My wife argues with me in front of other people.
45. My wife is not able to make me happy.
46. I agree with my wife regarding the disciplining of the children.
47. My wife tries to comfort me when I am upset.
48. I share my feelings and thoughts with my wife.
49. My wife is capable of carrying out her responsibilities.
50. On financial matters, my wife consults me.
Appendix – D

MARITAL QUALITY SCALE – FEMALE

Instructions

Some of the statements below refer to the way you may be thinking and/or feelings about your husband, some others may refer to the way you may be interacting with your husband. Please read each statement carefully and decide as to how often the content of that particular statement holds true in your case.

If you feel that the statement is usually true for you, please encircle (U), If you feel that it is sometimes true for you, please encircle (S), If you feel that it is only rarely true for you, please encircle (R), If you feel that it is never true for you, please encircle (N).

1. My husband’s opinion carries as much weight as mine in money matters.
2. My husband’s tendency to dominate over me creates problems between us.
3. Whenever we have an argument, my husband thinks that he is right.
4. I look forward to being with my husband.
5. My husband does not allow things to be done the way I want.
6. My husband does not trust me.
7. My husband decides where we will go and what we will do, when we go out.
8. When my husband plans our vacation, I enjoy it.
9. My husband satisfies my needs.
10. My husband makes me feel secure.
11. My husband is rigid in his opinions.
12. My husband understands my sexual needs.
13. I feel satisfied with the way our vacations are spent.
15. My husband complaints that I do not understand him.
16. My husband participates in taking decisions for our home.
17. I discuss my problems with my husband, as he is capable of helping me.
18. My husband passes sarcastic comments about me.
19. My husband is not concerned about my parents.
20. My husband does not satisfy my sexual needs.
22. The thought of divorcing my husband crosses my mind.
23. My husband decides where we will live.
24. My husband does not bother about my feelings towards him.
25. I discuss my long term plans for our family with my husband.
26. I feel comfortable in sharing my mistakes with my husband.
27. My sex life is satisfactory.
28. My husband is happy with me.
29. My husband is capable of making timely independent decisions.
30. My husband tries to understand how I am feeling.
31. I appreciate the sacrifices made by my husband.
32. My husband does not like me.
33. My husband is indifferent to me.
34. My husband expects to do things as he desires.
35. My husband does not have much affection for me.
36. My husband pays timely attention to his responsibilities.
37. My husband shares his feelings with me.
38. My husband cooperates with me in maintaining relationship with my parents.
39. My husband believes me.
40. My husband criticizes me more than appreciating me.
41. I regret being married to my husband.
42. My suggestions are well taken by my husband.
43. I feel that decisions taken after a discussion with my husband are good for us.
44. My husband argues with me in front of other people.
45. My husband is not able to make me happy.
46. I agree with my husband regarding the disciplining of the children.
47. My husband tries to comfort me when I am upset.
48. I share my feelings and thoughts with my husband.
49. My husband is capable of carrying out his responsibilities.
50. On financial matters, my husband consults me.
Appendix – E

EMOTIONAL INTELLIGENCE INVENTORY

Instructions

The participants are required to respond to the following questions regarding their understanding of emotional intelligence. Please reflect on each statement and indicate whether you agree or disagree with each statement. The statements are arranged from most to least agreeable. Please consider how you feel, how you think others perceive you, and how you would like others to see you. The following are the statements:

1. I try to understand the feelings of others.
2. I am able to deal with stress effectively.
3. I am able to manage my emotions effectively.
4. I can quickly recognize my emotions.
5. I am able to deal with conflicts effectively.
6. I am able to understand the emotions of others.

Please rate your agreement with each statement on a 5-point scale, with 1 being strongly disagree and 5 being strongly agree.
7. എന്നാണ്‌ ഗണങ്ങളാക്കാനുള്ള കഠിനത നിയന്ത്രണത്തിന്‌.

8. ലെന്നാരെക്കണ്ഠിക്കാനുള്ള നിയന്ത്രണം കൂട്ടാക്കാനുള്ള വലിപ്പമുണ്ട് നിയന്ത്രണത്തിന്‌.

9. കൊല്ലുകളിന് ഇല്ലാതാവും പ്രത്യേകിച്ച് അടിയിലാക്കാനുള്ള ക്ഷമിക്കാനുള്ള നിയന്ത്രണം കഠിനത നിയന്ത്രണത്തിന്‌.

10. തുലയും വെള്ളച്ചാട്ടത്തിനു സമക്ഷം അന്തരിച്ചു ആണെങ്കിൽ നിയന്ത്രണം പ്രമാണിക്കാനുള്ള നിയന്ത്രണത്തിന്‌.

11. അനുബന്ധിക്കിപ്പോലുള്ള ക്ഷേത്രം ഖാതിക്കാൻ അനുബന്ധിക്കാനുള്ള നിയന്ത്രണം നിയന്ത്രിക്കപ്പെട്ടുണ്ട്.

12. കൊല്ലുകളിന് വിവരത്തിൽ വെള്ളച്ചാട്ടത്തിനു പുനർനാശം വാതിലിലുള്ള അക്കാഡമിക് ശാസ്ത്രീയ ഉയരത്തിൽ അളക്കുകയുള്ള നിയന്ത്രണം നിയന്ത്രിക്കപ്പെട്ടുണ്ട്.

13. കൊല്ലുകളിന് മികവുന്നതായി നിയന്ത്രിക്കാൻ പുരോഹിത ചക്രവർത്തിക്കും.

14. തുലയും പുരോഹിത മികവുന്നതായി അനുബന്ധിക്കാനുള്ള നിയന്ത്രിക്കാൻ അനുബന്ധിക്കാനുള്ള നിയന്ത്രിക്കപ്പെട്ടുണ്ട്.

15. പ്രസക്തിയും വിവരത്തിൽ വെള്ളച്ചാട്ടത്തിനു പുനർനാശം ബ്രാഹ്മണം പ്രത്യേകിച്ചു പിരിക്കുന്നു.

16. പ്രചാരക്കുള്ള മികവുന്നതായി അനുബന്ധിക്കാനുള്ള നിയന്ത്രിക്കപ്പെട്ടുണ്ട്.

17. പ്രസക്തിയും വിവരത്തിൽ കൊല്ലുകളിന്റെ അക്കാഡമിക് ശാസ്ത്രീയ ഉയരത്തിൽ നിയന്ത്രിക്കപ്പെട്ടുണ്ട്.

18. അനുബന്ധിക്കാനുള്ള നിയന്ത്രിക്ക ബ്രഹ്മാക്ഷേത്രം സംസ്ഥാനം പൊക്കുമാണെന്നു പ്രകാരം.
19. വിജ്ഞാനതത്തിനുള്ള മനുഷ്യരുടെ ആഗ്രഹങ്ങളും ഗവേഷണം എന്നെത്തിയ പ്രാധാന്യതയുള്ള ഗവേഷകർ പാട്ടിയും ഗവേഷകർ പാട്ടിയും.

20. ഗവേഷകർ പ്രാധാന്യം അടയാളപ്പെടുത്തുന്നതിന് ദൃശ്യാനുസരണതിൽ ഗവേഷണം കാണുന്നു.

21. ഗവേഷണതത്തിനനുള്ള ഗവേഷകർ കാര്യമായ പാട്ടിയും പാട്ടിയും കാര്യതയുമാണ്.

22. ഗവേഷണം പ്രാധാന്യം വസ്ത്രാവധികമാക്കാൻ പാട്ടിനുള്ള ഗവേഷണം പ്രാധാന്യം കാണുന്നു.

23. ഗവേഷണം പ്രാധാന്യം ആഘോഷിക്കാൻ പ്രാധാന്യം.

24. പിന്റെ ആഘോഷിക്കാൻ പ്രാധാന്യം പാട്ടിനുള്ള ഗവേഷണം ആഘോഷിക്കാൻ പ്രാധാന്യം.

25. പിന്റെ ആഘോഷിക്കാൻ പ്രാധാന്യം ആഘോഷിക്കാൻ പാട്ടിനുള്ള ഗവേഷണം പ്രാധാന്യം.

26. പിന്റെ ആഘോഷിക്കാൻ പ്രാധാന്യം ആഘോഷിക്കാൻ പാട്ടിനുള്ള ഗവേഷണം ആഘോഷിക്കാൻ പ്രാധാന്യം.

27. പിന്റെ ആഘോഷിക്കാൻ പ്രാധാന്യം ആഘോഷിക്കാൻ പാട്ടിനുള്ള ഗവേഷണം ആഘോഷിക്കാൻ പ്രാധാന്യം.

28. ഗവേഷണം പ്രാധാന്യം അടയാളപ്പെടുത്താൻ പാട്ടിനുള്ള ഗവേഷണം പ്രാധാന്യം.

29. പിന്റെ ആഘോഷിക്കാൻ പ്രാധാന്യം പ്രാധാന്യം പാട്ടിനുള്ള ഗവേഷണം പ്രാധാന്യം.
30. മുൻകബ്ലാക്ക് അരാക്കൊലക്ക് മുൻകബ്ലാക്ക് തമിഴ്നാട്ടിലാണ് കിഴങ്ങാട് നിലനിൽപ്പ് ചെയ്തതിന്
കരുതുന്നു.
31. എന്നാണ് പാടി മുൻകബ്ലാക്ക് മുൻകബ്ലാക്ക് എന്നാണ് തമിഴ്നാട്ടിലാണ്
കിഴങ്ങാട് നിലനിൽപ്പ് ചെയ്തതിന്
32. മനോരം പെരുമാറ്റ വോലനായിരുന്നു എന്നാണ് തമിഴ്നാട്ടിലാണ്
കിഴങ്ങാട് നിലനിൽപ്പ് ചെയ്തതിന്
33. തമിഴ് നാട്ടിലും ഒരു അരാക്കൊലക്ക് തമിഴ്നാട്ടിലാണ് തമിഴ് നിലനിൽ
മുളകനാട്ടിന്
34. തമിഴ് നാട്ടിലും ഒരു അരാക്കൊലക്ക് തമിഴ് നിലനിൽ
മുളകനാട്ടിന്
35. അവിശ്വാസത്തേത്ത എന്നു പറഞ്ഞ സാമഗ്രിയും മുൻകബ്ലാക്ക്
നിലനിൽപ്പ് ഉച്ചയിലാണ് തമിഴ് നിലനിൽ
36. തമിഴ് നാട്ടിലും ഒരു അരാക്കൊലക്ക് തമിഴ് നിലനിൽ
37. തമിഴ് നാട്ടിലും ഒരു അരാക്കൊലക്ക് തമിഴ് നിലനിൽ
38. തമിഴ് നാട്ടിലും ഒരു അരാക്കൊലക്ക് തമിഴ് നിലനിൽ
39. തമിഴ് നാട്ടിലും ഒരു അരാക്കൊലക്ക് തമിഴ് നിലനിൽ
40. തമിഴ് നാട്ടിലും ഒരു അരാക്കൊലക്ക് തമിഴ് നിലനിൽ
41. പെരുമാറ്റ എന്നാണ് തമിഴ് നിലനിൽ


copy
42. നിലവിലെ പിന്ദെ നിലവിലെത്തിയ നിലവിലെത്തി നിലവിലെ ക്ഷേത്രം.

43. അന്തരിച്ച് നിലവിലെ പിന്ദെ അന്തരിക്കുക പിന്ദെ ക്ഷേത്രം.

44. പന്തിക്കും പിന്ദെ അന്തരിച്ച് പിന്ദെ നിലവിലെ ക്ഷേത്രം.

45. പിന്ദെ അന്തരിക്കും നിലവിലെ പിന്ദെ ക്ഷേത്രം ക്ഷേത്രം.

46. അന്തരിച്ച് പിന്ദെ അന്തരിക്കും പിന്ദെ അന്തരിക്കും പിന്ദെ ക്ഷേത്രം ക്ഷേത്രം.

47. നിലവിലെ പിന്ദെ അന്തരിക്കും പിന്ദെ അന്തരിക്കും അന്തരിച്ച് നിലവിലെ പിന്ദെ ക്ഷേത്രം ക്ഷേത്രം.

48. അന്തരിച്ച് പിന്ദെ ക്ഷേത്രം പിന്ദെ ക്ഷേത്രം ക്ഷേത്രം ക്ഷേത്രം ക്ഷേത്രം.

49. നിലവിലെ പിന്ദെ അന്തരിക്കും ക്ഷേത്രം ക്ഷേത്രം.

50. അന്തരിച്ച് നിലവിലെ പിന്ദെ ക്ഷേത്രം ക്ഷേത്രം ക്ഷേത്രം ക്ഷേത്രം ക്ഷേത്രം.
Appendix – F

GOLOMBOK RUST INVENTORY OF SEXUAL SATISFACTION – MALE

Instructions
Each question is followed by a series of possible answers: Never (N), Hardly ever (H), Occasionally (O), Usually (U) and Always (A). Read each question carefully and decide which answer best describes the way things have been for you recently, then circle the corresponding letter. Please answer every question, if you are not completely sure which answer is most accurate, circle the answer that you feel is most appropriate.

1. Do you have sexual intercourse more then twice a week?
2. Do you find it hard to tell your partner what you like and dislike about your sexual relationship?
3. Do you become easily sexually aroused?
4. Are you able to delay ejaculation during intercourse if you think you may be ‘coming’ too quickly?
5. Are you dissatisfied with the amount of variety in your sex life with your partner?
6. Do you dislike stroking and caressing your partner’s genitals?
7. Do you become tensed and anxious when your partner wants to have sex?
8. Do you enjoy having sexual intercourse with your partner?
9. Do you ask your partner what she likes or dislikes about your sexual relationships?
10. Do you fail to get an erection?
11. Do you feel there is a lack of love and affection in your sexual relationship with your partner?
12. Do you enjoy having your penis stroked and caressed by your partner?
13. Can you avoid ejaculation too quickly during intercourse?
14. Do you try to avoid having sex with your partner?
15. Do you find your sexual relationship with your partner satisfactory?
16. Do you get an erection during foreplay with your partner?
17. Are there weeks in which you don’t have sex at all?
18. Do you enjoy mutual masturbation with your partner?
19. If you want sex with your partner do you take the initiative?
20. Do you dislike being cuddled and caressed by your partner?
21. Do you have sexual intercourse as often as you would like?
22. Do you refuse to have sex with your partner?
23. Do you lose your erection during intercourse?
24. Do you ejaculate without wanting to almost as soon as your penis enters your partner’s vagina?
25. Do you enjoy cuddling and caressing your partner’s body?
26. Do you feel uninterested in sex?
27. Do you ejaculate by accident just before your penis is about to enter your partner’s vagina?
28. Do you have feelings of disgust about what you and your partner do during love making?
Appendix – G

GOLOMBOK RUST INVENTORY OF SEXUAL SATISFACTION - FEMALE

Instructions
Each question is followed by a series of possible answers: Never (N), Hardly ever (H), Occasionally (O), Usually (U) and Always (A). Read each question carefully and decide which answer best describes the way things have been for you recently, then circle the corresponding letter. Please answer every question, if you are not completely sure which answer is most accurate, circle the answer that you feel is most appropriate.

1. Do you feel uninterested in sex?
2. Do you ask your partner what he likes and dislikes about your sexual relationship?
3. Are there weeks in which you don’t have sex at all?
4. Do you become easily sexually aroused?
5. Are you satisfied with the amount of time and your partner spend on foreplay?
6. Do you find that your vagina is so tight that your partner’s penis cannot enter it?
7. Do you try to avoid having sex with your partner?
8. Are you able to experience an orgasm with your partner?
9. Do you enjoy cuddling and caressing your partner’s body?
10. Do you find your sexual relationship with your partner satisfactory?
11. Is it possible to insert your finger into your vagina without discomfort?
12. Do you dislike stroking and caressing your partner’s penis?
13. Do you become tensed and anxious when your partner wants to have sex?
14. Do you find it impossible to have an orgasm?
15. Do you have sexual intercourse more than twice a week?
16. Do you find it hard to tell your partner what you like and dislike about your sexual relationship?
17. Is it possible to for your partner’s penis to enter your vagina without discomfort?
18. Do you feel there is a lack of love and affection in your sexual relationship with your partner?
19. Do you enjoy having your genitals stroked and caressed by your partner?
20. Do you refuse to have sex with your partner?
21. Can you reach orgasm when your partner stimulates your clitoris during foreplay?
22. Do you dissatisfied with the amount of time your partner spends on intercourse itself?
23. Do you have feelings of disgust about what you do during love making?
24. Do you find that your vagina is rather tight so that your partner’s penis can’t penetrate very far?
25. Do you dislike being cuddled and caressed by your partner?
26. Does your vagina become moist during lovemaking?
27. Do you enjoy having sexual intercourse with your partner?
28. Do you fail to reach orgasm during intercourse?
Appendix - H
SEX EDUCATION HANDOUT MATERIAL

(I) The anatomy and physiology of sex
Women and men have both external and internal genital organs.

(a) External female genitals
The external female genitals are the mons pubis, the clitoris, the labia majora, and the labia minora. Together, along with the opening of the vagina, they are known as vulva.

The mons pubis is a pad of fatty tissue over the pubic bone. This structure, which becomes covered with hair during puberty, protects the internal sexual and reproductive organs.

The clitoris is an erectile, hooded organ at the upper joining of the labia contains a high concentration of nerve endings and is very sensitive to stimulation. The clitoris is the only anatomical organ whose sole function is providing sexual pleasure.

The labia majora are two spongy folds of skin – one on either side of the vaginal opening – that cover and protect the genital structures. The labia minora are the two erectile folds of skin between the labia majora that extend from the clitoris on both sides of the urethral and vaginal openings (The area covered by the labia minora that includes the vaginal, urethral, Bartholin’s, and Skene's gland openings is called the vestibule).

The perineum is a network of muscles located between and surrounding the vagina and anus that support the pelvic cavity and help to keep pelvic organs in place.
(b) Internal female genitals

The internal female genitals are the vagina, the cervix, the uterus, the fallopian tubes, and the ovaries.

The **vagina** is a muscular, highly expandable, tubular cavity leading from the vestibule to the uterus. The vagina is the structure penetrated during vaginal intercourse, and it serves as an exit channel for menstrual flow. During vaginal intercourse, contact with this structure provides sexual pleasure in some women. The anterior vaginal wall is more densely innervated and more highly sensitive to stimulation than the posterior vaginal wall.

**Bartholin’s glands** are two small, round structure, one on either side of the vaginal opening. These glands secrete mucus like fluid during sexual arousal, providing vaginal lubrication.

The **Grafenberg spot, or G-spot**, is a small area (about 1-2cm) on the front wall of the vagina (closest to the bladder and urethra), about halfway between the pelvic bone and the cervix, that is especially sensitive to sensual stimulation in some women and may be the source of a small amount of fluid ejaculated at orgasm. If stimulated, this area becomes engorged. The G-spot has no known function for women except as a source of sexual stimulation. After stimulation of the G-spot, some women report temporary difficulty in urinating; this may be due to the swelling, which creates pressure on the urethra.

The **cervix** (the lower part of the uterus that protrudes in to the vaginal canal) has an orifice that allows passage of menstrual flow from the uterus and passage of sperm in to the uterus. During vaginal intercourse, contact with this structure may provide sexual pleasure in some women.
The **uterus** is a hollow, thick-walled, pear-shaped, muscular organ located the bladder and rectum. It is the site of implantation of the fertilized ovum (egg), the location where the fetus develops during pregnancy, and the structure that sheds its lining monthly during menstruation. The upper portion of the uterus contracts during orgasm.

The **fallopian tubes** (the oviducts) are a pair of tubes that extend from the upper uterus out toward the ovaries (but not touching them), through which ova (eggs) travel from the ovaries toward the uterus and in which fertilization of the ovum takes place. The fallopian tubes contract during orgasm.

The **ovaries** are two organs, located at the end of each fallopian tube, that produce ova (releasing one per month from puberty to menopause). The ovaries produce estrogen and progesterone, the hormones responsible for development of sex characteristics. These hormones are also responsible for elasticity of the genitalia, integrity of the vaginal lining, and lubrication of the genitalia. Testosterone is also produced in the ovaries – although in smaller amounts than produced in men – and is responsible for sexual desire.

**(c) External male genitals**

The external male genitals consist of the penis and the scrotum.

The **penis** is a cylindrical structure with the capacity to be flaccid or erect. It is very sensitive to stimulation, and it is the organ that penetrates the vagina or anus during penetrative sex. The head of the penis, the glans (glans penis) includes the most highly innervated part of the penis and is covered by the foreskin in men who are not circumcised. The penis provides passage for both urine and semen.
The scrotum is a pouch of skin hanging directly under the penis that contains the testes. The scrotum protects the testes and maintains the temperature necessary for the production of sperm by the testes.

(d) Internal male genitals

The internal genitals are the testes, the epididymides, the vasa deferentia, the seminal vesicles, the prostate gland, and the Cowper’s glands.

The testes, the paired, oval shaped organs that produce sperm and male sex hormones, are located in the scrotum. They are highly innervated and sensitive to touch and pressure. The testes produce testosterone, which is responsible for the development of male sexual characteristics and sexual drive (libido).

The epididymides are the two highly coiled tubes against the posterior side of the testes where sperm mature and are stored until they are released during ejaculation.

The vasa deferentia (singular, vas deferens) are the paired tubes that carry the mature sperm from the epididymides to the urethra.

The seminal vesicles are a pair of glandular sacs that secrete about 60% of the fluid that makes up the semen in which sperm are transported. Seminal fluid provides nourishment for sperm.

The prostate gland is a walnut-sized glandular structure that secretes about 30% of the fluid that makes up semen. The alkaline quality of the fluid neutralizes the acidic environment of the male and female reproductive tracts. A muscle at the bottom of the prostate gland keeps the sperm out of the urethra until ejaculation begins. The prostate gland is very sensitive to stimulation and can be a source of sexual pleasure for some men.
Cowper’s glands are two pea-sized glands at the base of the penis under the prostate that secrete a clear alkaline fluid into the urethra during sexual arousal and before orgasm and ejaculation. These glands produce mucoid, pre-ejaculatory fluid in the urethra that acts as a lubricant for the sperm and coats the urethra as semen flows out of the penis.

(II) The stages of sexuality

There are five main stages in the human response circle; they are desire, excitement, plateau, orgasm and resolution. But in the Diagnostic Statistical Manual of Mental Disorders these five stages are grouped into four stages, such as desire stage, excitement stage, orgasm stage and resolution stage. Here the detailed five stages are described for more clarity.

Stage one: - Desire phase

Our minds and bodies can respond sexually to a variety of stimuli – including sight, sound, smell, touch, taste, movement, fantasy, and memory. These stimuli can create sexual desire – a strong wanting for sexual stimulation (either by oneself or with another person) or sexual intimacy that may cause one to seek sexual satisfaction. Societal and cultural values influence the range of stimuli that provoke sexual desire, and ideals about the stimuli considered “sexual” or “attractive” can very greatly between cultures and among subsets of a single culture. In addition, each individual reacts to sets of stimuli that are idiosyncratic – based on her own thoughts, feelings, and experiences.

Indications of Desire: Desire is prelude to sexual excitement and sexual activity – it occurs in the mind rather than the body and may not progress to sexual excitement without further physical or mental stimulation. Desire may be communicated between potential sexual partners either verbally or
through body language and behavior (for example, through “flirting”). This communication, which is shaped by sociocultural factors, may be subtle and easily misread. In different cultures, behaviors meant to communicate desire may vary greatly along gender lines; for example, in some cultures, women are expected not to express overt, verbal communication of their sexual desire, whereas such communication from men is expected.

**Stage two: - Excitement (arousal) phase**

Excitement is the body’s physical response to desire. (A person who manifests the physical indications of excitement is termed to be “aroused” or “excited”.) The progression from desire to excitement depends on a wide variety of factors – it may be brought on by sensory stimulation, thoughts, fantasy, or even the suggestion that desire may be reciprocated. For some persons (particularly for some adolescents), the excitement stage may be achieved with very little physical stimulation, or fantasy may be required. It generally takes longer for women to achieve full arousal than for men to do so. Excitement may lead to intimacy and sexual activity, but this is not inevitable: for both sexes, initial physical excitement may be lost and regained many times without progression to the next stage.

**Indications of Excitement:** Excitement can be communicated between partners verbally, through body language, through behavior, or through any of the following body changes

**For both sexes:** Heart rate and blood pressure increase, body muscles tense, sexual flush occurs, nipples become erect, genital and pelvic blood vessels become engorged, and involuntary muscles contract.

**For women:** The vagina lengthens and widens, the clitoris swells and enlarges, breasts increase in size, the labia swell and separate, the vagina
becomes lubricated, and the uterus rises slightly. Vaginal lubrication is the key indicator of sexual excitement.

**For men:** The penis becomes erect, the scrotum thickens, and the testes rise closer to the body. Erection of the penis is the key indicator of sexual excitement.

**Stage three: - Plateau phase**

If physical or mental stimulation (especially stroking and rubbing of erogenous zones or sexual intercourse) continues during full arousal, the plateau stage may be achieved. This stage, the highest moment of sexual excitement

**Indications of the Plateau Stage:** The plateau stage can be communicated between partners verbally, through body language, through behavior, or through any of the following physiological changes.

**For both sexes:** Breathing rate, heart rate, and blood pressure further increase, sexual flush deepens, and muscle tension increases. There is a sense of impending orgasm.

**For women:** The clitoris withdraws, the Bartholin’s glands lubricate, the areolae around the nipples become larger, the labia continue to swell, the uterus tips to stand high in the abdomen, and the “orgasmic platform” develops (that is, the lower vagina swells, narrows, and tightens).

**For men:** The ridge of the glans penis becomes more prominent, the Cowper’s glands secrete pre-ejaculatory fluid, and the tests rise closer to the body.
**Stage four: Orgasm phase**

Orgasm occurs at the peak of the plateau phase. At the moment of orgasm, the sexual tension that has been building throughout the body is released, and the body releases chemicals called endorphins, which cause a sense of well-being. Orgasm can be achieved through mental stimulation and fantasy alone, but more commonly is a result of direct physical stimulation or sexual intercourse (although many women report difficulty in achieving orgasm through vaginal intercourse alone). Women are capable of multiple orgasms (moving immediately from orgasm back into the plateau stage and to orgasm again), whereas men must pass through the resolution stage before another orgasm can be achieved.

**Indication of Orgasm:** The intensity of orgasm can vary among individuals and can vary for an individual from one sexual experience to another. Orgasm may involve intense spasm and loss of awareness, or it may be signaled by as little as a sigh or subtle relaxation. Orgasm can be communicated between partners verbally, through body language, through behavior, or through any of the following physiological changes:

- **For both sexes:** heart rate, breathing, and blood pressure reach their highest peak, sexual flush spreads over the body, and there is a loss of muscle control (spasms).

- **For women:** The uterus, vagina, anus, and muscles of the pelvic floor contract five to 12 times at 0.8-second intervals.

- **For men:** Ejaculation (contractions of the ejaculatory duct in the prostate gland cause semen to be ejected through the urethra and penis) occurs, and the urethra, anus, and muscles of the pelvic floor contract three to six times at 8-second intervals.
**Stage five: - Resolution phase**

Resolution is the period following orgasm, during which muscles relax and the body begins to return to its pre-excitement state. Immediately following orgasm, men experience a refractory period, during which erection cannot be achieved (the duration of this period varies among individuals and increases with age). Women experience no refractory period—they can either enter the resolution stage or return to the excitement or plateau stage immediately following orgasm.

**Indications of Resolution:** Resolution can be communicated between partners verbally, through body language, through behaviour, or through any of the following body changes:

**For both sexes:** Heart rate and blood pressure dip below normal, returning to normal soon afterward; the whole body (including the palms of hands and soles of feet) sweats; there is a loss of muscle tension, increased relaxation, and drowsiness.

**For women:** Blood vessels dilate to drain the pelvic tissues and decrease engorgement; the breasts and areolae decrease in size; nipples lose their erection; the clitoris resumes its pre-arousal position and shrinks slightly; the labia return to normal size and position; the vagina relaxes; the cervix opens to help semen travel up into the uterus (closing 20-30 minutes after orgasm); an the uterus lowers into the upper vagina (location of semen after male orgasm during penile – vaginal intercourse).

**For men:** Nipples lose their erection; the penis lightens in color and becomes softer and smaller; the scrotum relaxes, and the testes drop farther away from the body. Depending on a number of factors (including age), the refractory period in men may last anywhere from five minutes to 24 hours or more.