

The Predictive Role of Different Types of Sexual Stimulation on Female Orgasm Occurrence

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Background

- Women's orgasms can be induced by erotic stimulation of various genital and non-genital sites. Despite the diversity of erogenous zones, the clitoris is the most sensitive erogenous zone and the main anatomical structure accountable for obtaining sexual pleasure in women, which is justified by the presence of over eight thousand sensory nerve endings only at the surface of its external portion, the glans clitoris (Levin, 2011, 2012; Meston et al., 2004; O'Connell, Sanjeevan, & Hutson, 2005; Puppo, 2013; Salonia, Giraldi, Chivers, Georgidis, Levine, Maravilla, & McCarthy, 2007).
- Various authors have proposed that female orgasm can differ depending on the site of stimulation, with vaginal orgasms being considered superior to clitoral orgasms (e.g., Brody & Costa, 2009). However, this distinction assumes that it is possible for women to localize differences in the source of their orgasmic feelings, which is highly questionable (Laan & Rellini, 2011; Levin, 2012) and ignores the fact that the clitoris is largely an internal structure in relation to its external visibility (Levin, 2002; O'Connell, 2005).
- The internal or not visible portion of the clitoris, also known as the clitoral complex, becomes at least ten times bigger than the actual glans clitoris *per se* when aroused, due to vasocongestion. Therefore, women's orgasm seems to be a single psychophysiological response, regardless of the type of stimulation that originates it. As such, concepts such as vaginal/clitoral/G-Spot orgasms seem to be incorrect terms; as "male orgasm" is the correct term, "female orgasm" also seems to be the appropriate term (Puppo & Puppo, 2015).
- This study aims to investigate the differential contribution of different types of sexual stimulation to the occurrence of female orgasm.

Methods

Participants and Procedures: A total of 1002 sexually active heterosexual Portuguese women, aged 18-72 years (M = 26.27, SD = 8.74), completed an online survey.

Measures: Participants answered questions about frequency of sexual activities and frequency of orgasm occurrence (adapted from Anthony & Laan, 2012; Brody & Costa, 2008; Weiss & Brody, 2010), and also the Socially Desirable Response Set (SDRS-5; Hays et al., 1989).

Data analysis: Principal Component Analysis and Multiple Regression Analysis.

Results

Diverse partnered sexual behavior (Cronbach's $\alpha=.72$)

Partner manually stimulating you (focus on the clitoris)
Partner manually stimulating you (focus on the vagina)
Penis-in-vagina intercourse (with additional clitoris stimulation for the orgasm itself)
Receiving oral sex

Anal sexual behavior (Cronbach's $\alpha=.77$)

Partner inserting a finger in your anus
Partner orally stimulating your anus
Penis-in-anus intercourse

Masturbatory sexual behavior (Cronbach's $\alpha=.62$)

Masturbation (focus on penetration of the vagina)
Masturbation (focus on the clitoris)

PVI without additional clitoral stimulation

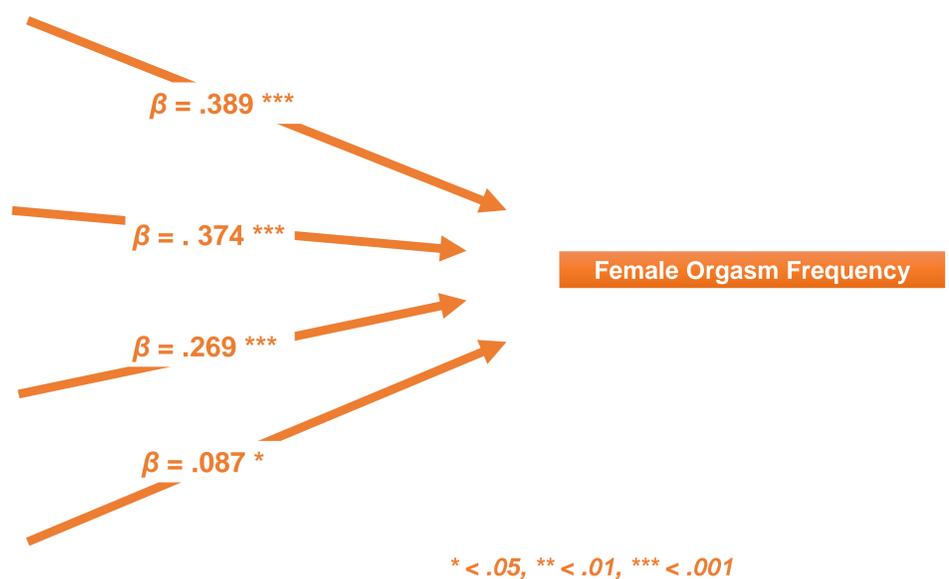


Figure 1

Four factors based on Principal Component Analysis (which explained 67.85% of the total variance) and standardized regression coefficients for the sexual behavior components as orgasm frequency predictors.

Conclusions

Findings showed that women's orgasm is more frequently experienced through sexual activities that involve clitoral stimulation compared to coital activity alone. These results do not support theories that postulate the supremacy of the coitus in determining female orgasm. Also, these findings reinforce the idea that it is a difficult task to distinguish orgasms as clearly initiated in the vagina or in the clitoris. Thus, the results are in agreement with the idea that any type of sexual activity will implicate the stimulation of not only a single anatomical structure, but also of some other adjacent anatomical structures (Levin, 2003) and, as such, it seems to be hard to imagine any sexual activity that does not involve clitoral stimulation.

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