

*When Sex
Turns Sour*

Dr. Tanya M. Robinson

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Few women have access
to sexual health
and this hinders them
from expressing their
sexuality!!!

**Who should
read this
book?**

****WOMEN****

**that think about sex
that are planning to have sex
who are having sex**

YIP, ALL OF YOU!!!!

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Chapter 1

General Introduction

What is happening in our society?



Stop, this is important information!

In South Africa women constitute almost **52 percent** of the population (South African Institute of Race Relations, 2001/2002:14).

Along with the increase in the percentage of young people who are sexually active, there is an increase in the number of youth pregnancies. Sexual dysfunction is also seen more often among young women in today's society. This is often caused by stress related issues.

Furthermore, young people's tendency not to use



contraceptives contributes to the epidemic proportions this social problem is assuming. **The World Health Organisation (WHO)** found that in African countries, **young people between the ages of 15 and 24 years make up 60 % of all new HIV infections, while HIV infection in young women outnumber the infection in young men by two to one.** Sexual practices can lead to sexual problems, as seen clearly in the above statistics.

For the purpose of this book sexual problems were organised into three main groups:

- 1. Sexual dysfunctions;** these include Dyspareunia, Vaginismus, Anorgasmia.
- 2. Unintended pregnancy;** these include abortion, adoption, early parenting.
- 3. Sexually transmitted infections and sexually related diseases;** these include HIV infection and AIDS Gonorrhoea, Syphilis, Herpes. Please note that the mentioned STI's can be replaced with any other sexually transmitted infection.



It is important to remember that every individual experiences their sexual problem differently. However it is postulated that there is a connection between the influences of the three main groups of sexual problems on the socio-emotional functioning

of young women. As a result, the focus of this book will be to give the reader insight into the socio-emotional influence of sexual problems on young women.

*It appears that people are **MUCH MORE OPEN** to discuss sex than in the past. However the problems of sexual practices and how these sexual practices affect people are still kept in the dark and is a "non-discussion".*

After working in a sexual and reproductive clinic for a number of years, I am of the opinion that it is a profound statement to make that various sexual problems which young women experience have a direct affect on their socio-emotional functioning and psychological state of mind.

I am aware of the diversity of the various sexual problems but it is postulated that there is a relationship between the three main groups of sexual problems and the influence that they have on the socio-emotional functioning of young women.

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It is my opinion that every young woman who is thinking about being sexually active, is sexually active or has been forced into a sexual activity should read this book. At present changed sexual attitudes and behaviour are evident in the greater candour and permissiveness regarding premarital and extramarital sex. This changed behaviour is visible in the rising statistics of sexual problems that are found amongst young women.

Statistics show that sexual dysfunction is often found after a woman has been raped. Research on 'violence against women' indicates that between one out of four and one out of six women are in abusive relationships. **Furthermore, between 1994 and 2000 rape increased by 24.6%. There is a rape every 35 seconds.** One in three girls under the age of 18 can expect to be raped. With these statistics it is a reality that young women are

most likely to be the victims of violent sexual acts in South Africa and as a result encounter sexual problems.

Work has been done with young people in the **Eastern Cape and Kwazulu-Natal**, which demonstrates how closely the culture of violence is linked to young women's experiences of sex and their own sexuality. The sign of manhood is the number of girlfriends you have (Women, Sexuality and the era of HIV, 2000:1). A young man experiences his sexuality through the number of young women he has under his control, consequently **"you are a man if you can control your women"**.

It is indicated that both young men and young women see physical violence as a sign of love.

It is also a sign of love and trust when you do not use a condom. **A woman's right**

to experience her sexuality is obviously threatened under these circumstances and can enhance the chances of unintended pregnancy, sexually transmitted infections and sexually related diseases.





*Why should you take the
time to read this book?*

The aim of this book is to inform the reader of the socio-emotional influence of sexual problems on young women.

**SO ... THE MAIN QUESTION TO KEEP
IN MIND THROUGHOUT THIS BOOK:
How do sexual problems influence the socio-
emotional functioning of young women?**

The objectives of this book

- To make the reader aware of various sexual practices and sexual problems in order to build a knowledge base for further exploration.
- To acknowledge the fact of the socio-emotional influence that sexual problems have on young women.
- To open options for young women through drawing conclusions and making recommendations to improve young women's socio-emotional functioning.

Definition of key concepts that are used in this book

It is of great importance that women are informed; therefore basic definitions will be explained. Remember knowledge is power!

Sexual problem

A sexual problem is something difficult to deal with or understand or something difficult that has to be accomplished, answered, or dealt with because of sexual intercourse or sexual acts.

A sexual problem is a result, outcome, effect or repercussion caused by specific sexual deeds or behaviours.

For the purpose of this book sexual problems were organised into three main groups:

- 1. Sexual dysfunctions;** these include Dyspareunia, Vaginismus, Anorgasmia.
- 2. Unintended pregnancy;** these include abortion, adoption, early parenting.

- 3. Sexually transmitted infections and sexually related diseases;** these include HIV infection and AIDS, Gonorrhea, Syphilis, Herpes.

Sexual practices

The participation by sexual partners in sexual acts is considered natural. In healthy relationships, male and female sexual response cycles occur as a result of normal erotic stimulation. Every human being has his or her own unique sexual value system. If a person does not act in accordance with his or her sexual value system, conflict, guilt and other such emotions will occur. These emotions usually result in sexual problems because of the sexual practice.

Sexual practices occur when people participate in sexual experiences. Safe or very low risk sexual practices are sexual fantasies of any kind, sex talk and masturbation. Sexual practices also include oral sex and penetrative sex within a relationship or out of a relationship context, for example when being raped or gang raped, sexually molested, partaking in prostitution and casual sex.

For the purpose of this book I construed the definition of sexual practice to be any sexual act from cybersex to penetrative sex.

Socio-emotional functioning

Social functioning is the individual's role performance in its entirety at all levels of existence in interaction with other individuals, families, groups, communities and situations. Emotional security is a feeling of a person that their deeper emotional needs, particularly the need for love, acceptance and security are met.

Socio-emotional functioning for the purpose of this book refers to a combination of social functioning and emotional security. Therefore, socio-emotional functioning is defined as the individual's role performance in its entirety at all levels of existence in interaction with other individuals, families, groups, communities and situations because the person's emotional needs, particularly the need for love, acceptance and security are met.



What are we going to look at?

Chapter 2 consists of the socio-cultural context, norms and values of sex; sexuality and women's rights; basic sexual rights; the politics of sex; young people's involvement in sexual practices and lastly focuses on sexual practices.

Chapter 3 focuses on special concerns for young women. It also seeks to investigate the three groups of sexual problems namely: Sexual dysfunctions; Unintended pregnancy; Sexually transmitted infections and sexually related diseases.

Chapter 4 focuses on the emotions with regards to these sexual problems. It answers the question of what is normal.

Chapter 5 focuses on the summary and what to do in future with regards to sexual practices.