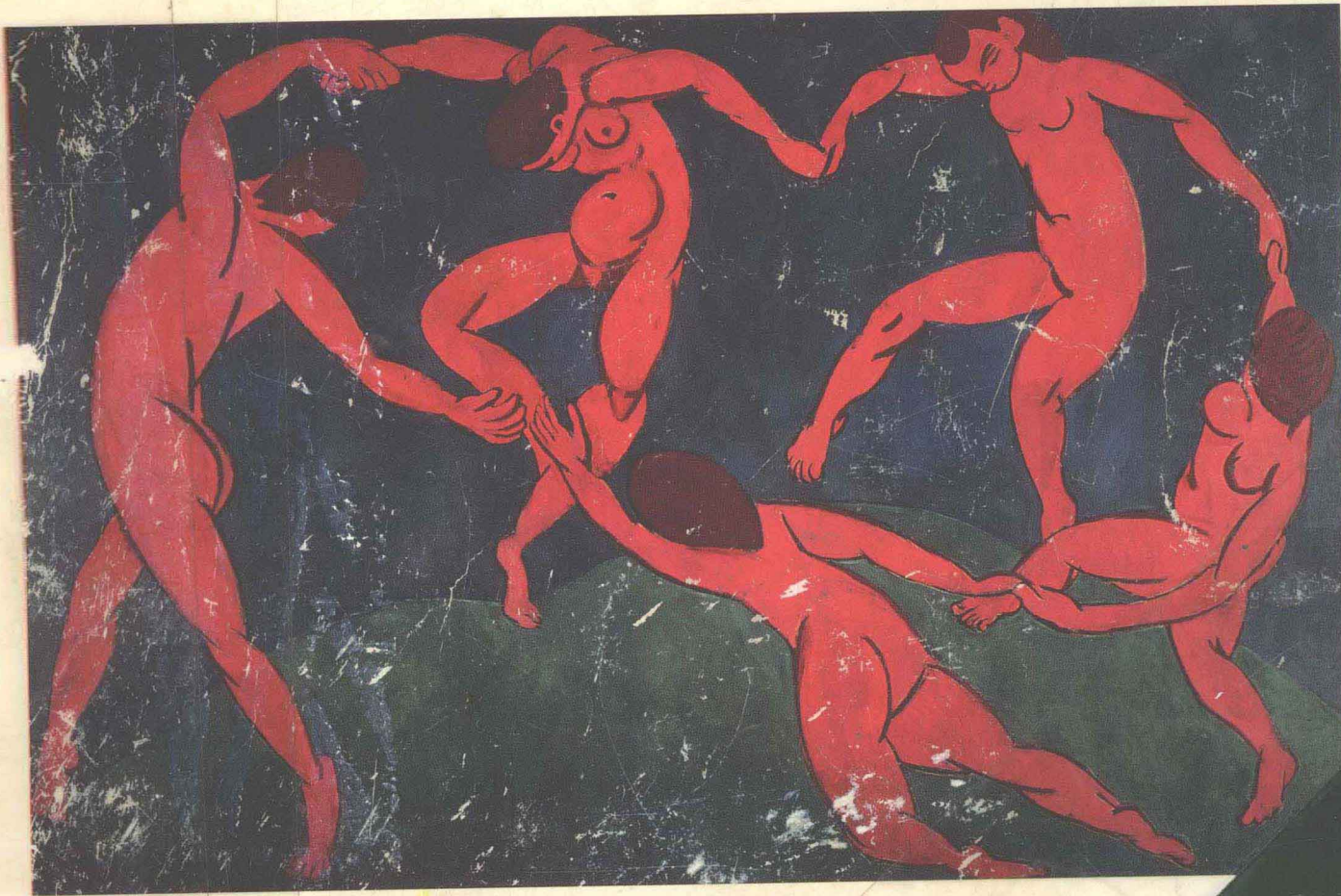


THIRD EDITION

QUALITY

ghts and Issues



Greenberg

—
Bruess

—
Mullen

THIRD EDITION

SEXUALITY

Insights and Issues

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10 9 8 7 6 5 4 3 2 1

We dedicate this book to those people around the world who have been diagnosed as HIV positive or who have AIDS. Their courage deserves admiration. We pray that a cure for AIDS and an immunization to protect against HIV are developed soon.



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FOREWORD



We live in complicated times. We are bombarded with contradictory messages about sexuality which continue a proliferation of cultural and gender stereotypes, myths, and misinformation. Sexually transmitted diseases are epidemic in the United States, with more than 700,000 cases of gonorrhea and 134,000 cases of syphilis each year, and as of early 1992 there were more than 210,000 reported cases of AIDS in the U.S. alone. More than 1.1 million women under twenty years of age become pregnant each year, and of these, 83 percent are unmarried and 38 percent terminate their pregnancy by abortion. Each year, nearly 100,000 women report being raped and 200,000 to 500,000 girls under age thirteen are sexually violated.

These are just some of the many social-sexual crises facing us. It seems, however, that Americans are poorly equipped to deal with these challenges. Recent surveys have concluded that the average American is sexually illiterate, often not understanding basic anatomical differences between men and women. In addition, the public fascination with and media sensationalism of sexually related news events testifies to a widespread lack of sexual awareness.

College courses in human sexuality play an integral role in combatting numerous social-sexual problems. Having taught human sexuality since 1986, I have seen students not only gain knowledge about sexual matters, but also learn something of equal or greater importance: they frequently discover aspects of themselves. Students are then able to take their greater awareness to their friends, roommates, dating partners, and families. As a result, there is a proliferation of cultural awareness and gender sensitivity, dissemination of accurate information, and the obliteration of harmful myths. It seems that human sexuality is unique in its potential to improve relationships, prevent diseases, provide insight into very personal difficulties, and promote acceptance of self and others.

Students of human sexuality frequently bring their dating partners, fiances, and spouses to class with them. They sometimes even have them read sections of their textbook. For these reasons, this text will serve students well. In this edition of *Sexuality: Insights and Issues*, Greenberg, Bruess, and Mullen provide a comprehensive discussion of all essential topics in sexuality. The new edition builds on the strengths of the previous edition and strikes a delicate balance between biological

and psychosocial bases of human sexuality. The authors have also skillfully integrated current research into the text. In addition, they have succeeded in making complex concepts and difficult material accessible to students.

This edition brings a stronger integration of biological processes with psychological, sociological, and cultural aspects of sexuality. Each chapter has been strengthened in that regard. In addition, the second chapter on cultural-historical perspectives lays an important foundation for later discussions of social and cultural dimensions of sexuality. Also, the research methods chapter provides a strong base for understanding scientific studies of sexuality. And unlike most texts that treat ethics as an afterthought, *Sexuality: Insights and Issues* emphasizes ethics in the beginning, highlighting all of its implications for the remaining chapters. Additionally, students will find the Code of Ethics of the American Association of Sex Educators, Counselors, and Therapists in an appendix, again pointing to the authors' sensitivity to these issues.

This book stands apart from many texts in its personal approach that will likely engage the reader. Information is presented with relevance to the individual, forming a context that facilitates learning about sexuality. I have faith that students will learn from Greenberg, Bruess, and Mullen, and that the student of sexuality and others in their world will benefit from their knowledge.

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PREFACE



It was not long ago that human sexuality was absent from college course offerings. Now the course is so popular that students cannot enroll in it until their junior or senior years. Likewise, it was only about twenty years ago that textbooks for college-level human sexuality courses were few and far between. Now there are many texts from which to choose. More often than not, these books emphasize either the physiological-anatomical, the psychosocial, the behavioral, or the moral aspects of sexuality. We decided to write the first edition of *Sexuality: Insights and Issues* because it was our judgment that no one aspect of sexuality could be separated from the others, and no one aspect was most important. We wrote a text that presented all aspects of sexuality as interconnected and significant. It is this approach that differentiated the first edition of *Sexuality: Insights and Issues* from other sexuality texts, and we have maintained this approach in the third edition. Throughout this text you will find an emphasis on health and well-being based on the assumption that we are all sexual beings and that sexuality should be viewed in its totality—with biological, spiritual, psychological, and social/cultural dimensions.

In addition, we have incorporated findings from learning specialists who tell us learning best occurs when students are actively involved. That explains the numerous illustrations, as well as the many Issues, Insights, Inventories, and Did You Know? sections in each chapter. In some instances we provide specific answers to questions posed, but most of the time you will find that pat answers do not exist and responses require a good deal of thought. Discussing and dealing with the various ways to view a particular issue can, in itself, be educational and helpful.

Fundamental to the approach of this book, then, is an emphasis on sexuality as an important part of well-being, on learner involvement, and on confronting controversial issues. We cannot and will not attempt to tell you what is right for you. Rather, we hope our approach to the study of human sexuality helps you investigate the topic rationally and with an open mind so you can make appropriate choices for yourself.

When preparing this third edition of *Sexuality: Insights and Issues*, we asked many of the first- and second-edition users what they found valuable and what we might revise. Based on this feedback, we have made numerous changes to improve the text. Among these changes are the following:

1. The text includes new part titles that reflect the reorganization of the chapters.
Part 1, "Sexual Groundings: Culture and Sexuality," now includes chapters on sexuality and you, cultural-historical aspects of sexuality, sex research, and sexual ethics, morality, and laws.
Part 2, "Sexuality and Our Bodies: Biology and Sexuality," now includes chapters on sexual anatomy, sexual response and arousal, sexual hormones, fertility control, and conception, pregnancy, and birth.
Part 3, "Sexuality and Behavior: Psychological and Behavioral Aspects of Sexuality," now includes chapters on sexual communication, techniques of sexual arousal, masculinity and femininity, sexuality through the life cycle, homosexuality, and family living.
Part 4, "Sexual Problems: Clinical and Social Sexual Problems," now includes chapters on sexual dysfunction and therapy, sexual diseases, forcible sexual behavior, and sexual consumerism.
Part 5 is the "Epilogue" and includes a chapter describing what the future may hold in terms of our sexuality. It is based on the sexual research currently being conducted and the sexual values and attitudes in our society.
2. Each chapter has been revised to include the most up-to-date research, governmental regulations and laws, and Supreme Court decisions. The text also covers current trends and the evolution of societal beliefs.
3. Each chapter now includes a new feature called "Did You Know?" Several of these boxed inserts appear in each chapter and present either controversial beliefs or late-breaking information. This material lends itself to involved student discussion.
4. Other boxed inserts entitled "Issue," "Inventory," and "Insight" have been updated to present current information.
5. References have been updated, and suggested reading lists have been made more current and more extensive.
6. Also new to this edition is the running glossary that defines key terms on the page on which they are first used. These terms are then also included in the end-of-book glossary.
7. The latest studies of significance to sexuality have been added to chapter 3, "Sex Research." Such research includes the findings of Reinisch and Beasley, Wyatt, DeBuono, Forrest and Singh, Sroka, Kegeles, Hingson, Mosher, Saluter, Flewelling and Bauman, Thornton, and Eisen. In addition, research methods and different types of studies have been described in greater detail.
8. Several timely issues are discussed in chapter 4, "Sexual Ethics, Morality, and the Law." These include the treatment of AIDS patients by insurance companies, the lay public, and health professionals. Also included are discussions of the use of fetal brain tissue for medical experimentation and treatment, the morality of RU 486 as a new method of abortion, and the practice of becoming pregnant in order to use a product of the newborn (such as bone marrow) to benefit others.
9. Detailed explanations of hormonal influences on prenatal development, the determination of sex, and the development of sex characteristics are new to chapter 7, "Sexual Hormones." Both normal and abnormal sexual differentiation

are addressed. Also discussed is the determination of a person's sex for the 1992 Olympic Games and the limitations of the test used by the games' organizers.

10. Also in chapter 7, the discussion of premenstrual syndrome (PMS) is significantly expanded to include varying views regarding its existence, nature, prevalence, and available treatment alternatives. Chapter 7 also addresses the social implications and controversies surrounding PMS.
11. In chapter 8, "Fertility Control," the infertility section now includes new methods of detecting infertility. Other new or expanded topics include landmarks in reproductive technology, transcervical balloon tuboplasty (TBT) to treat infertility, oral contraceptives and their relationship to various illnesses and diseases, the relationship between contraceptive methods and different types of cancer, the contraceptive hormonal implant, the recently approved female condom, and the controversy surrounding the use of RU 486.
12. In chapter 9, "Conception, Pregnancy, and Birth," a section describing the reasons for the increase in ectopic pregnancies is new, and discussions of the relationship among nutrition, exercise, and the use of drugs and medications was expanded. Several tables are new, as well as an "Issue" box that discusses whether cesarean (C-) sections are used too often.
13. Chapter 10, "Sexual Communication," contains an expanded discussion of how to give and receive criticism related to sexuality. In addition, the communication techniques presented are made relevant to college students.
14. In chapter 14, "Homosexuality," theories regarding the development of sexuality (homosexuality, heterosexuality, and bisexuality) have been expanded and organized into biological theories (genetic and hormonal theories), psychological theories, learned behavior theories, and integrated theories. Thus, the development of homosexuality is considered along with the development of heterosexuality.
15. The chapter on homosexuality also includes recent landmark studies that shed light on the causes of sexual orientation. Examples are Simon LeVay's research identifying a part of the brain that varies between heterosexual and homosexual men, and the work of J. Michael Bailey and Richard Pillard, who found that the more genetically similar brothers were, the more likely both would be homosexual. In addition, this chapter includes an expanded discussion of homosexuality and AIDS.
16. Chapter 15, "Family Living," includes an expanded discussion of the federal government's response to the needs of families and offers a more detailed presentation of the proposed Family and Medical Leave Act.
17. Chapter 16, "Sexual Dysfunction and Therapy," now includes the behavior therapy model, as well as a discussion of the techniques of systematic desensitization and shaping. Another addition to that chapter is a discussion of the self-care model of sexual therapy.
18. The latest statistics, treatments, medications, and societal responses to AIDS have been incorporated into chapter 17, "Sexual Diseases." In that chapter, readers can learn skills to communicate with sexual partners about safer sex practices. In addition, given the prevalence of genital warts among college-age adults, the discussion of this sexually transmitted disease is now more detailed.
19. In chapter 18 on "Forcible Sexual Behavior," the discussion of rape has been expanded, with new emphasis on date rape and acquaintance rape. Sexual harassment is more fully presented, and numerous sources of help for sexual harassment are cited.

In addition to these revisions, we maintained the features from the second edition of *Sexuality: Insights and Issues* that users valued. These include the following:

1. **Parts.** The book is divided into five parts: “Sexual Groundings: Culture and Sexuality,” “Sexuality and Our Bodies: Biology and Sexuality,” “Sexuality and Behavior: Psychological and Behavioral Aspects of Sexuality,” “Sexual Problems: Clinical and Social Sexual Problems,” and the “Epilogue.” These parts allow instructors to better organize their sexuality courses by focusing, if they choose, on either the cultural, biological, psychological, clinical, or sociological aspects of human sexuality.
2. **Issue Boxes.** Instructors and students who previously used this text reported that the issues presented are thought provoking, allow topics to be explored in more depth, and can enliven classroom discussions.
3. **Insight Boxes.** Readers appreciated the succinct grouping of various topics or the presentation of further information in the Insight boxes. Professors report that this element helps them to better organize for instruction.
4. **Inventory Boxes.** By completing the inventory questionnaires, students can assess their position on various topics and learn more about their attitudes.
5. **Did You Know? Boxes.** These sections provide detailed information on select topics to help the readers gain further insight.
6. **Reader-Centered Activities.** Students learn best when they are actively involved in the learning process. We have maintained the many inventories, questionnaires, scales, and other activities that help the reader better relate to the content and enhance the effectiveness of the instruction they receive.
7. **Personal Writing Style.** We have written to the reader as an individual rather than as a group. In addition, information is presented in a manner that is interesting and fun to read.
8. **Nonjudgmental.** We consider the philosophical, sociological, historical, and moral perspectives of each topic and present the material in a nonjudgmental manner. We recognize the importance of values, family background, religious upbringing, ethnicity, social class, and culture in deciding sexual issues.
9. **Glossary.** At the end of this text is an extensive glossary of words used within the chapters. These words are boldfaced and defined in the chapters where they first appear. Thus, a reader who comes across an unfamiliar word can consult either the running glossary throughout the text or the end-of-book glossary.

This edition of *Sexuality: Insights and Issues* again offers a complete ancillary package to supplement the text and provide everything you need for this course.

The Instructor’s Manual to accompany *Sexuality: Insights and Issues*, 3/e is written by Susan J. Laing and includes learning objectives, chapter overviews, chapter outlines, discussion questions/essay items, teaching strategies, and audiovisual resources for each chapter, as well as a listing of resources related to sexuality.

Also available is a printed Test Item File containing approximately 1,000 multiple choice, true/false, and matching questions. We also offer these test items on our computerized testing and grading system, TestPak 3.0, which is available in IBM compatible, Apple, and Mac versions and is provided free to adopters of the text. The *Sexuality: Insights and Issues* 3/e Transparency Set, prepared by Seth Kalichman, includes 30 original two- and five-color acetates with an accompanying guide for classroom use.

The Brown & Benchmark Video Library offers several videotapes that can be extremely helpful in teaching your sexuality course. Also available to you is *The AIDS Booklet*, 2/e, by Frank Cox, a 64-page book which is updated and revised semi-annually. Please contact your local sales representative with further questions regarding these and any other supplements for this course.

Traditionally there has been a great deal of ignorance about sexuality. To make matters worse, many of us have been too embarrassed to admit that we didn't know something or that we wanted further information and/or help concerning certain sexual topics. Lack of sexual knowledge and a hesitancy to openly and honestly communicate about the subject have led to a great deal of misunderstanding, pain, and sorrow. We hope that our comprehensive coverage of human sexuality, with an emphasis on scientific accuracy, will help eliminate this problem. In our view, a better understanding of human sexuality—its major components and its relationship to the many facets of human existence—will help people live happier and more satisfying lives. We feel fortunate to have a chance to once again help with that task, even more effectively than before, in this third edition of *Sexuality: Insights and Issues*.

Acknowledgments

Producing a textbook as comprehensive as *Sexuality: Insights and Issues* requires a great deal of cooperation and encouragement. We had plenty of both. Our Brown and Benchmark family includes our editor, Chris Rogers, and our developmental editor, Susie McCormick. Chris spurred us on to do our best writing and was available to run interference between us and the volumes of paperwork a text of this nature requires. Susie suggested ways to better organize our presentation and possible additions and deletions. We acknowledge and appreciate their help.

Numerous reviewers, all experts in human sexuality, provided us with other ways of looking at issues, suggested areas we should emphasize either more or less, and verified the accuracy of our content. Invariably their advice resulted in more work, more research, as well as a significant amount of frustration, but it is because of these reviewers' comments that the third edition of *Sexuality: Insights and Issues* is as scientifically accurate, as well organized, and as well written as it is. We thank them for their assistance: Ann Engin, *University of South Carolina*; Karen Lee Fontaine, *Purdue University-Calumet Campus*; Patrick Butler, *San Jose City College*; Peter Maneno, *Normandale Community College*; Verna Buchanan, *Wichita State University*; Lois Shofer, *Essex Community College*; Gary Hodge, *Collins Community College*; Susanne Wick McKenzie, *Dawson College*; Ann Auleb, *San Francisco State*; Seth C. Kalichman, *Medical College of Wisconsin*; Robert Pollack, *University of Georgia*.

We also thank the many instructors and students who used the previous editions of *Sexuality: Insights and Issues* for their feedback. They helped to make this text even more appropriate to college students of human sexuality than it might otherwise have been. We hope the revisions make their courses, and the courses of those who will follow them, that much better.

Finally, we thank our families and friends for understanding our unavailability during the "writing season," our dispositions during the times we wrestled with perplexing issues, and our concentration upon sexuality when everyone else was paying attention to the World Series or the Superbowl. We recognize these inconveniences and quirks and our families' and friends' tolerances of them. We thank them for that. This text reflects their sacrifice as well as ours.



Renoir, *The Luncheon of the Boating Party*. Washington, D.C. Phillips Collection (9795)/Bridgeman/Art Resource, New York.

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