

SEXUAL DEVELOPMENT SURVEY

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ABSTRACT:

Sexual development - as a branch of personal development - is presently a niche & emerging domain. Presently, due to a cumulus of factors, sexual development is not a deep seated option in a person's individual evolution (i.e.: in the education process, in the maturation process or in the growth and personal evolution process).

Historically, the subject of sexuality has been associated with darker aspects of the human being and psyche. The sources of this perspective are of a religious nature - many Christian religions have labeled sexuality and the sexual act as the „original sin”. At a social level this topic was left behind when it comes to education and it has been stigmatised, due to hygiene risks, inability to offer access to protection or birth control methods. Another source of this placement of sexuality in the darker parts of the human being is represented by the psychological perspectives throughout time - the insufficient understanding of eros and the insufficient resources to increase the human capacity to manage unpleasant or difficult intimate experiences insuficientele (such as troublesome attractions, unreciprocated passions, sexual preferences modled by various traumatic events in the individual or perhaps the collective evolution, unfinished emotions as opposed to finished human experiences - death, separation, divorce or abandonment - and the traces these situations leave on the human psyche.

The survey explored the level at which sexual development is considered important in one's personal life and in one's intimate relationship, as well as the preoccupation for growing in this part of life; simultaneously, the survey explored the reasons for which no growth initiative was taken in this part of life.

METHODOLOGY:

The survey was done initially through the contribution of the, whose training included the social aspects of sexuality, the erotic, the perspectives perspective from which sexuality can be looked at as well as its development & understanding the elementary as well as the more complex aspects; the initial questions have been reviewed by a sociologist whose task was to check if the questions were objective and if through the phrasing of the questions they were not influencing the respondents in any direction. Also, the sociologist brought changes to the preset answers (lists of measuring the intensity to which the respondents resonated or not with the topic of the question - most had preset

answers, only 2 out of 30 questions were open) and have also included the demographic data fields in order to have a clear image about the respondents.

The study was afterward uploaded on Gmail platform - Google Forms and distributed on the authors' official website, bilingually (Romanian & English), then comunicated on social media platforms (Facebook, Instagram, YouTube) as well as in the author's newsletter data base.

For 1 year and 5 months it was left online; 410 Romanian speaking people and 36 international perople responded. By the author's choice, only the Romanian answers were processed; the second choice of the author was to redo this survey in the future, at an international level, once her reach in the international community will be higher.

From the total number of questions, 20 were illustrated in order to facillitate the results' distribution online. The intention of distributing results is that of raising awareness and informing the public interested in the topic (respondents, as well as other people that follow the topic of sexual development).

CONTENT:

In the following pages each survey question will be presented, with the answers of 410 respondents.

1 How important is sexual satisfaction to the harmony of the relationship?

Very important	57,07%
Important	35,12%
Moderately	7%
Less important	0,49%
Least impprtant	0,24%

2. How important is sexual satisfaction for the quality of a person's life?

Very important	47,60%
Important	42,20%
Moderate	9,30%
Less important	0,70%
Least important	0,20%

To what extent do you agree with the following

3. People have access to too much pornography and too little sexual education

I fully agree	39,50%
I agree	45,40%
So and so	12,00%
To a less extent	2,20%
I disagree	1,00%

4. Would you consider it OK for people to have access to sexual education services that allow them to reach a higher degree of fulfilment in their intimacy?

I fully agree	64,40%
I agree	28,00%
Moderately	5,40%
To a less extent	1,20%
I disagree	1,00%

5. What do you think of when it comes to sexual education? (please check all relevant options for you)

Understanding your own sexuality 20%
understanding the meaning and role of sexuality 18.9%
avoidance methods BTS 19,1%
contraceptive methods 18.4%
techniques of satisfying a person 12.6%
techniques to bring a person to orgasm 9.7%
individual responses 1.5%

(of the individual responses offered: self-knowledge, emotional education, consent-based relationships, treating sexuality as something natural, accepting the existence of homosexuality, the age at which one is emotionally prepared, psychological aspects of sexuality, sexual compatibility, intimate communication, how to get oneself to feel the satisfaction & orgasm, how to separate and leave behind what you have been told about sex, self-confidence & acceptance of sex as something natural, understanding the sexual energy and how one can use it harmoniously, self-love, body and respect for the body, methods of communication and reaching deeper layers of intimacy, the biology of the sexes, history & philosophy about sexuality, gender roles, emphasis on spiritual evolution, the way in which sexuality influences our lives)

6. You learned most things about sex from:

certain intimate partners	23,48%
personal study	11,62%
(books, articles, magazines, podcasts, movies)	
direct experience	39,36%
medical physical	1,38%
parents	2,30%
friends	17,15%
school	3,34%
others	1,38%
(sexuality classes or workshops, psychologist or coach)	

7. Have you heard of the notion of „sexual development”?

NO	22,93%
YES, but I don't know what it means	42,93%
YES, I also know what it means	32,68%
other responses	1,46%

To what extent you find the following statements to be true?

8. I am preoccupied with my own sexual fulfilment:

It's completely true	46,80%
To a great extent	35,90%
Moderately	13,90%
To a small extent	2,90%
It's not true for me	0,50%

9. I feel fulfilled from a sexual point of view:

It's completely true	12,70%
To a great extent	30,00%
Moderately	32,70%
To a small extent	17,80%
To a small extent	6,80%

10. I am satisfied with my sex life:

It's completely true	11,20%
To a great extent	31,50%
Moderately	31,20%
To a small extent	18,00%
It's not true for me	8,00%

11. My partner is attentive to my sexual needs and desires

It's completely true	19,20%
To a great extent	30,49%
Moderately	36,10%
To a small extent	7,32%
It's not true for me	6,83%

12. I feel knowledgeable when it comes to sex

It's completely true	5,85%
to a great extent	34,15%
Moderately	43,66%
To a small extent	12,93%
It's not true for me	3,41%

13. I am embarrassed to talk to my partner about my sexual desires or needs

It's completely true	3,66%
To a great extent	10,00%
Moderately	27,80%
To a small extent	29,02%
It's not true for me	29,51%

14. FOR COUPLES: I am satisfied with my relationship intimacy

It's completely true	13,65%
To a great extent	37,14%
Moderately	32,38%
To a small extent	12,38%
It's not true for me	4,44%

15. FOR SINGLES: I am satisfied with my intimate life

It's completely true	10,64%
To a great extent	23,40%
Moderately	42,55%
To a small extent	12,06%
It's not true for me	11,35%

16. I have a good opinion about my sexual performance

It's completely true for me	7,56%
To a great extent	44,39%
Moderately	35,85%
To a small extent	8,29%
It's not true for me	3,90%

17. I have a good opinion about my body

It's completely true for me	8,54%
To a great extent	41,95%
Moderately	37,80%
To a small extent	8,29%
It's not true for me	3,41%

18. I thought of improving / developing in sexuality

YES	64,10%
NO	4,90%
Sometimes	31,00%

If you answered YES, how did you think to develop?

19. Read books / magazines / articles on the subject

YES	47,80%
Sometimes	33,20%
NO	8,00%
No answer	11,00%

20. Watch documentaries on the subject

YES	35,85%
Sometimes	36,34%
NO	19,27%
No answer	8,54%

21. Go to a relationship counselor / sex-therapist / sex coach

YES	6,80%
Sometimes	10,00%
NO	73,90%
No answer	9,30%

22. Go to classes / discussion / events on sexuality

YES	13,90%
Sometime.....	15,85%
NO	61,46%
No answer	8,78%

23. Discuss the topic with my partner

YES	44,88%
Sometimes	35,85%
NO	10,24%
No answer	9,02%

24. Seek council / advice from a friend

YES	11,95%
Sometime.....	34,15%
NO	43,41%
No answer	10,49%

25. What other alternatives would you consider?

open question / not mandatory; 318 respondents have not answered from the submitted answers:

- listen to the callings, apply the fantasies (instead of forgetting about them)
- understanding past lessons and understanding their own limiting beliefs
- discussion with a medical physician
- reading specialized books
- using online applications or FB groups
- courses / workshops / themed events (online or live)
- study eastern traditions (Tantra, Yoga, Taoism)
- go to a counselor / study to become a counselor
- Google / Internet searches
- experimentation / the sexual act itself / search for more experienced partners
- kinky practices / BDSM (bondage / shibari, impact kink, power dynamic - dominance & submission)
- "individual trainings" (a.k.a.: self practice)
- self-acceptance (their skill level, way of expression, appearance of own body)
- go to escorts or to sex workers
- discuss and apply with their intimate partners
- finding a partner to accept or understand them / go into another relationship
- not yet decided; did not think about solo alternatives, they only conceived to do that with a partner with whom to develop

26. With whom do you talk to about sexual intimacy issues?

certain colleagues	6,25%
coach / mentor / specialist	10,09%
family members	4,83%
intimate partner	48,72%
friends	30,11%

27. If you DO NOT discuss about sexual intimacy, why not?

open question / not mandatory; 169 respondents have not answered
from the submitted answers:

- shyness, embarrassment, shame, the fear of ridicule, the fear of being judged
- very particular situations - difficult to understand from an outsider, inappropriate persons with whom to talk
- highly introverted people who find it difficult to talk about sex with others
- not everyone is able to carry such discussions, inappropriate level of experience / understanding, few people are truly ready to learn certain truths
- discussions can easily turn into arguments / offenses & insults / personal attacks (either with their partners or with other close people)
- discussions with other people are either irrelevant or superficial (people "sell tips" instead of truly converse)
- lack of communication with their partners or the partners closed to such discussions
- do not know / have not asked the question so far
- are usually self-taught
- due to abuses suffered in the past
- speak only with formed persons (therapists)

28. If you were to go to a specialist in sexuality, how would you prefer to communicate? (check all options relevant for you)

phone	4,06%
group meetings (moderated)	20,75%
individual meetings / couple	47,89%
online (forum, e-mail)	27,03%

29. If you were to participate at a group event on sexuality (a personal sexual development group) how would you like it to be?

unisex	22,81%
mixed	66,95%
only couples	10,23%

30. What topics would you need a sex specialist to approach on an online platform?

foundations / information missing from the mass culture regarding sex	0,55%
answers to questions from the public	15,27%
explain / give correct information regarding myths, preconceptions or judgements aboutsex	20,07%
to present sources of information (books, classes, documentaries etc.)	18,84%
to inform about sexuality events (their own or those of other professionals)	12,53%
study cases on sexuality	19,04%
to speak about their own learning process as a sexuality specialist	13,70%

DEMOGRAPHIC DATA

I AM:

heterosexual man 23,17%
heterosexual woman 73,66%
member of LGBT 3,17%

CHILDREN:

yes 36,58%
no 63,41%
NA 0,48%

AGE:

18 - 70 years
average: 34,73 years

STUDIES

highschool 8,78%
college 50,00%
masters / doctorate 41,22%
NA 0,48%

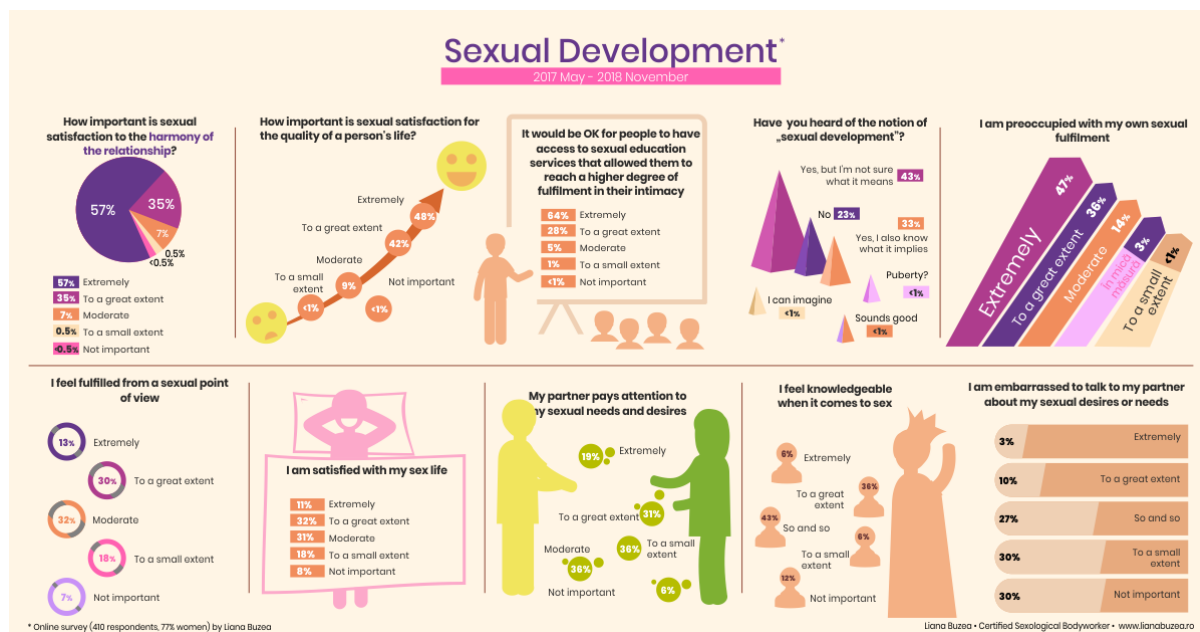
RELATIONSHIP STATUS:

married 34,49%
long term relationship 33,90%
long term multiple partners 4,39%
celibate 27,31%

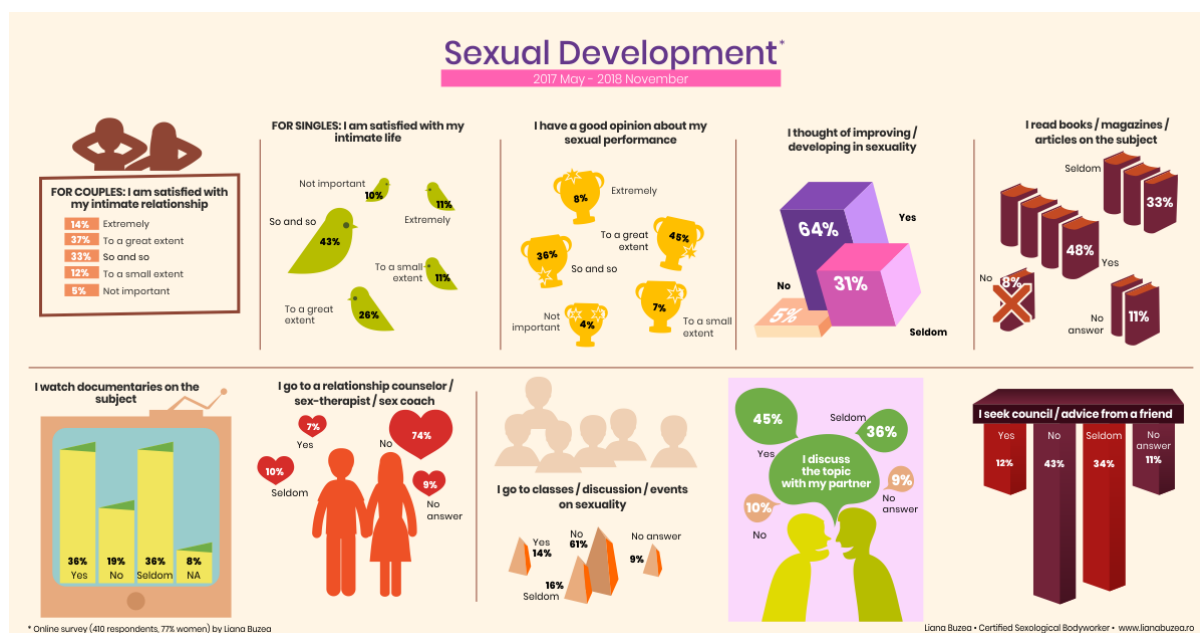
ILLUSTRATIONS:

In order to distribute the results of the study on social platforms (where it was initially announced) as a method of presenting results, public awareness both among the respondents and the general public, 20 questions from this study (with their answers) were chosen to be illustrated in infographics.

graphic 1



graphic 2



CONCLUSIONS:

The topic of sexual development - as part of the personal development field - is increasingly of interest in the personal development endeavours.

Currently, sexual development is considered an individual effort by the majority of respondents; in many cases they prefer the self-teaching option. Or, if external influences are to be considered, they are mainly preferred in the form of life partners or intermediate forms of knowledge transfer such as: books, magazines, articles or documentaries.

Most respondents consider the topic too delicate to be discussed with someone outside the couple, even if that would be a trained, certified, objective & ethical professional.

A considerable part of the respondents answered to the question regarding the reluctance to address the topic of sex and sexual growth or development.

At present, there is no defined or widespread tendency to allocate time, effort, resources etc. to sexual development in a sustained and focused way.