

Biological Precedents that Provide Evidence of Female Sexual Response

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18 Abstract

19 **Background:** Biological precedents have been ignored in the context of understanding
20 sexuality, especially those relating to female sexual response.

21 **Aim:** To suggest how biological precedents help explain female sexual response.

22 **Method:** A new research approach describes the biological precedents relevant to sexual
23 response. This paper attempts to answer the following questions:

24 What can we learn from the relevant precedents in Nature?

25 How do the reproductive organs develop?

26 How does the phallus develop?

27 How does adolescent development differ between the sexes?

28 What is the significance of sexual responsiveness?

29 What is the role of emotional bonding?

30 **Strengths and Limitations:** This approach provides a description of sexuality that reflects the
31 reality. However, men's interest in female sexuality and women's corresponding lack of interest
32 means that significant work is required to update current beliefs about female sexual response.

33 **Conclusion:** Intercourse has evolved into an emotional bonding activity based on a lovemaking
34 act that satisfies men's need for vaginal penetration and women's need for affection.

35 **Keywords:** sexual response, biological precedents, sexual anatomy, emotional bonding.

36 **Table of contents**

37 **Introduction** **1**

38 The development of human sexual anatomy 2

39 Sexual development of each sex at adolescence 3

40 The male is the proactive agent in reproduction 4

41 Intercourse as a territorial act of male dominance 5

42 Men's needs are satisfied most readily by intercourse 6

43 The role of emotional bonding in reproduction 7

44 **Conclusion** **9**

45 **References** **10**

46

Introduction

It is helpful to define some of the terms used to describe sexuality. **Sex** refers to sexual activity engaged in with a lover, typically implying **penetrative sex**, such as vaginal or anal **intercourse**. **Sex** also denotes biological characteristics that differentiate male and female, including sex chromosomes and sexual anatomy. Intersex individuals have male and female anatomy but are a rare exception. **Gender** refers to cultural perceptions of the male and female.

Given humans share a **common heritage** with other mammals, biological and evolutionary **precedents** lend objectivity to our understanding of human sexuality. For example, male birds often assist the female to incubate the eggs and feed the young. But male mammals live solitary lives, defending territory against other males and interacting with females only to breed while the female stands guard over and cares for her offspring. In humans, most men prefer to focus on their personal pursuits while most women want to share their lives with those they love.

To explain male assertiveness and female timidity cultural factors are often cited. But similar differences between the sexes are observed in other mammals. No society has succeeded in suppressing male sex drive, yet women are thought to be repressed by culture or religion. For men, sex equates to risk-free pleasure or frivolous entertainment. For women, the consequences can be more serious so most women are not motivated by promiscuity as men are. In the past, due to their emotional and reproductive vulnerability, women were protected. Today we have high rates of single mothers and abortion. But rather than warn young women of the risks of a mating act, they are told to hope for the same erotic pleasure that men have always enjoyed.

Sexology presents intercourse in the context of a loving relationship, making it difficult to appreciate that consensual sex involves a woman allowing a man to engage in activity that

potentially impregnates her. Relationship sex cannot explain exploitative aspects of sexuality such as pornography, sex trafficking, prostitution, rape as well as domestic and child abuse.

The development of human sexual anatomy

Our sex is determined by the sex chromosomes we inherit from our parents: XX for 99.9% of women and XY for 99.9% of men. Much rarer combinations involve three chromosomes. The human embryo has a **genital tubercle**, which develops into a penis or a clitoris. By 14 weeks, the genital tubercle has become an external phallus in a male and an internal phallus in a female. Both the penis and the clitoris have internal structures that fill with blood causing **tumescence**. Every embryo also has two sets of rudimentary glands, only one of which develops into the appropriate reproductive anatomy. **Müllerian glands** waste away in the male but develop into the ovaries, womb and vagina in the female embryo. Conversely, in the male embryo **Wolffian glands**, which waste away in the female, develop into the testes as well as the male glands and tubes. Logically, as a basic response, orgasm must occur from stimulating **erectile anatomy** that the sexes have in common rather than from reproductive anatomy that is only present in the female. But no matter how many women say intercourse does not cause orgasm, the male view dominates: women should enjoy erotic pleasure from vaginal penetration as a man does. Sara Krasnow and Asa-Sophia Maglio (2021) note: “According to some scholars, the allegedly high prevalence of female sexual dysfunction has to do with the fact that the standard of ‘normality’ is based on the male sexual response.” (p. 319) Intercourse facilitates male orgasm, which triggers ejaculation of sperm. A woman is expected to remain in position until a man ejaculates (Hite, 1976). There is no reason for her to orgasm from intercourse. An egg is released each month from an ovary and fertilised by a sperm regardless of female orgasm.

Sexual development of each sex at adolescence

At adolescence, a boy's penis enlarges and there is an abrupt increase in his **responsiveness** (orgasm frequency). This surge in responsiveness causes boys to focus on their penis and erotic stimuli. Differences in the male and female brain become apparent at puberty. The adult male brain responds much more frequently than the female and to a wider variety of erotic stimuli. Men's interest in their own genitals and those of a partner is due to their mental ability to respond to real-world erotic triggers associated with opportunities for penetrative sex.

In contrast, female development at adolescence centres on reproductive capability, including ovulation, menstruation and breast development. A girl's developing breasts attract male attention, which she finds flattering as long as a man does not refer to his crude sexual urges. The emotional rewards that women cite as motivating them to engage in sex are not **erotic** (i.e., not **directly related to genitals or penetration**). Nor do such factors cause male arousal.

Some women say that they experience pleasant feelings from lovemaking. However, they do not experience erotic pleasure from genital stimulation with a lover that culminates in orgasm. This explains why women talk about orgasms and cunnilingus lasting for hours. These sensual and emotional pleasures are never resolved as a true sexual release, which men call orgasm.

If clitoral stimulation caused orgasm with a partner, couples would have discovered this long ago without the need for scientific research. The definition of couple's sex lives in terms of intercourse, is evidence that clitoral stimulation does not cause orgasm with a lover. The clitoris is only ever tumescent (never rigid), making it much less sensitive to stimulation than the penis. But the anatomical differences between males and females are minor compared to the psychological differences. Most men are acutely conscious of their arousal and sex drive.

It is a misconception that clitoral stimulation equates to stimulating the glans. The glans can be hypersensitive making direct stimulation uncomfortable rather than pleasurable. A woman discovers orgasm because her mental arousal motivates her to stimulate the clitoral organ.

The male is the proactive agent in reproduction

Most animals and many plants reproduce sexually. By inheriting genetic material from both parents, a species adapts faster to changing environments, enhancing its chances of survival. Even in plants the male part, being more active and mobile, fertilises the static female part.

Men's sex drive is a significant urge to engage in intercourse regardless of the risks. Women do not identify with this experience. Shere Hite (1976) stated: "even if a man has a strong physical desire for orgasm – an erection, for example – there is nothing in nature, nothing physical, that impels him to have that orgasm in a vagina". (p. 466) By focusing on orgasm, sexologists have ignored the precedent of male sex drive in human reproductive success.

The effect of oestrus in animals is that females allow another animal to mount them (Kinsey et al, 1953). The term 'sexual desire' has been coined for women who rarely identify with the concept of 'sex drive'. Women typically justify engaging in intercourse in terms of their family goals and responding to a man's sexual needs. For men, every act of intercourse may lead to impregnation (of different women). But there is no similar biological motivation for a woman to engage in intercourse. A woman cannot be impregnated more than once every nine months.

Intercourse is condoned by society as a mating act that provides men's optimal sexual release. Female passivity, due to lack of arousal, allows a man to define sexual activity, ensuring that his needs are met and reproduction, thereby, optimised. Missionary style intercourse provides a woman with upper body lovemaking and a man with the erotic pleasure of penetration. Despite the reproductive risk, intercourse is the easiest way for a woman to satisfy a man, involving the least explicit engagement and effort (compared with fellatio or masturbation).

137 A woman's contribution to reproduction includes pregnancy, childbirth, breast feeding and
138 nurturing a child. Her role in intercourse as the receiver of male ejaculate is relatively minor.
139 Penetrative sex is vital to most men. Women's needs relate to affection and caring behaviours.

140 **Intercourse as a territorial act of male dominance**

141 Most people want to know if a person is male or female not only to confirm attraction but also
142 to avoid unwanted sexual contact. Intercourse is a territorial act by which a man deposits his
143 semen in a woman's vagina, potentially obliging her to bear his progeny. The suggestion that
144 reliable contraception causes women to evolve a sex drive is fallacious. Few women engage in
145 casual sex. Women's reproductive priority is finding a supportive mate (rather than orgasm).

146 A man's legal right to obtain intercourse from his wife has been eroded over time. In the UK,
147 rape is illegal within marriage under the Sexual offences act 2003 following a House of Lords
148 ruling (1991): "Nowadays it cannot seriously be maintained that by marriage a wife submits
149 herself irrevocably to sexual intercourse in all circumstances." A woman may still feel obliged
150 to cooperate with her husband's desire for intercourse but she is no longer obligated by law.

151 "The legal definition of rape is when someone puts their penis in
152 another person's vagina, anus or mouth, without the person's
153 permission." (Metropolitan Police, 2025)

154 The **concept of consent** reflects the different rewards that men and women obtain from sexual
155 activity. Most women want to feel an emotional connection before offering regular intercourse.

156 A woman feels little from consensual intercourse. But she responds actively to sexual assault,
157 which is an inevitable consequence of male sex drive. Consequently, the behaviours of a
158 resisting partner may arouse men. Some men display their penis to enjoy women's screams as
159 they run away. Some women learn that by faking pleasure, they can reduce the effort they
160 invest in sex. Other women use vocal feedback or proactive behaviours, such as thrusting their

hips or riding on top, to arouse a man. This sexual cooperation (or sex play), based on conscious female behaviours and male responsiveness, is part of the game men and women play.

Men's needs are satisfied most readily by intercourse

The reproductive process relies on a man depositing his sperm in a woman's vagina. Therefore, intercourse prioritises male orgasm (which must be reliable) over female orgasm (not required). This explains male proactiveness in obtaining intercourse. Male sexual response, including erection and ejaculation, is vital to human reproduction. Female sexual response is irrelevant.

The motivation for intercourse arises in the male mind. It is entirely dependent on male arousal (an erection) and comes to an end with male orgasm (ejaculation). Intercourse facilitates male orgasm because of the psychological turn-on of penetration and because the vagina facilitates penile thrusting by providing a warm and lubricated tract. Ejaculation is triggered by orgasm even when it occurs without a man feeling any erotic pleasure (Kinsey et al, 1948).

Men's more dominant and women's more accommodating behaviours are well-documented. Heterosexual men ensure their own perspective on sexual pleasure dominates society. They show little interest in lesbian lovemaking or female masturbation, both of which focus on stimulation of the vulva rather than vaginal penetration. Male sexual response is most readily satisfied through intercourse. If a woman hopes for male sexual fidelity, she needs to cooperate with a man's need for regular intercourse that arises from his arousal in the presence of women.

"In most mammals the behavior of the female in a heterosexual performance usually involves the acceptance of the male which is trying to make intromission." (Kinsey et al, 1948, p. 613)

This female passive acquiescence contrasts with the proactive male drive. In humans, women make a conscious decision to offer intercourse, allowing them to use sex to incentivise men to commit to a long-term loving relationship. Male and female sexualities complement each other. Only an insistence on equality makes them seem mismatched. Women may never acknowledge

their lack of responsiveness to meet male expectations for a responsive lover, while men may keep private their response to erotic stimuli to meet women's expectations for platonic love.

The role of emotional bonding in reproduction

Sexuality is often defined in terms of intercourse due to its central role in men's reproductive function but women have a much broader reproductive capacity. Human sexuality has evolved from a purely reproductive activity into an on-going cooperation between the sexes that forges the bonds of long-term relationships that support family life. Emotional bonding is vital for the overall success of human reproduction due to the time required for children to reach maturity.

Emotional bonding succeeds for the following reasons:

- (1) Most men enjoy regular sexual contact but may be tempted by promiscuity;
- (2) Women compete with each other over the rewards men offer;
- (3) Most men accept their responsibility for providing financial support; and
- (4) Most women accept their responsibility for providing regular intercourse.

Until very recent history, women would not have survived without the protection of a mate (due to the threat from other men). Consequently, women are incentivised to offer regular intercourse. This behaviour is due to a survival instinct rather than to sexual motivation. If women were promiscuous (before the availability of reliable contraception), a man would not know which children were his and she would not obtain the support needed to raise a family.

A woman's desire for male fidelity is not only due to the humiliation of sexual rejection but also to the fact that women are not tempted as men are by promiscuity (Kinsey et al, 1953). A woman does not want to lose her partner to a more amenable woman. So a man's sexual dependence on his spouse is not entirely his fault. Women's desire for companionship and male support is equally responsible. The commitment of marriage restricts men's sexual freedom

208 and makes them dependent on a spouse for their sexual release. Some men resent this control
209 women assert over their sexual freedom, while others disregard women's wishes altogether.

210 Marriage is ideally assumed to include sexual fidelity and caring behaviours. Men's obligation
211 to support a family and a woman's obligation to offer regular intercourse are implicit. Romantic
212 factors may motivate a woman to please a man initially but men have sexual needs throughout
213 their lives. As human lifespans increase and women gain more financial independence,
214 maintaining a rewarding long-term relationship becomes more challenging. Sexual behaviours
215 and responsiveness have evolved to optimise reproduction, rather than personal happiness.

216 **Conclusion**

217 (1) Throughout nature, **the male is typically the proactive agent** in sexual reproduction as
218 evidenced, in humans, by men's proactive sexual behaviours and women's passive behaviours.

219 (2) **Men are more sexually responsive** than women because the penis is external (the clitoris
220 is internal) and because their brains respond to many more erotic stimuli than women's do.

221 (3) Intercourse is an act that has evolved from an act of male dominance into an **on-going**
222 **emotional bonding mechanism** that keeps men tied into the relationships that benefit women.

223 (4) Emotional bonding is vital to the success of human reproduction and includes a **sexual**
224 **cooperation between the sexes** that creates a stable support environment for raising a family.

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