

Men and Women's Sexual Behaviours that Reflect Responsiveness

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18 **Abstract**

19 **Background:** The evidence of men and women's different behaviours in sexual scenarios has
20 not been considered in the context of understanding sexual responsiveness.

21 **Aim:** To suggest that researchers seek evidence of behaviours in the population to support a
22 more accurate understanding of sexual response.

23 **Method:** A new research approach explains how sexual behaviours can be used to understand
24 sexuality. This paper attempts to answer the following questions:

25 What are sexual behaviours?

26 How do sexual behaviours reflect responsiveness?

27 What sexual roles do men and women assume with a lover?

28 What sexual behaviours are typical or usual for men?

29 What sexual behaviours are typical or usual for women?

30 What can we learn from men and women's sexual behaviours?

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

34 **Conclusion:** Men's sexual behaviours reflect their sexual high responsiveness while women's
35 behaviours reflect their low responsiveness.

36 **Keywords:** sexual response, sexual behaviours, intercourse, emotional rewards.

37 **Table of contents**

38 **Introduction** **1**

39 The male and female sexual roles in intercourse 2

40 Men's behaviours are consistent due to their sex drive 3

41 Women's behaviours vary depending on exposure to erotic fiction 4

42 Women's dislike of eroticism and sexual references 5

43 The inherent contract of heterosexual relationships 6

44 Men want regular intercourse; women want a loving relationship 7

45 **Conclusion** **9**

46 **References** **10**

47

48 Introduction

49 Sexuality has two key components: **instinctive responsiveness** and **conscious behaviours**. We
50 cannot change our sexual responsiveness but our sexual behaviours may be influenced by
51 factors such as personality, education, political motivation, appreciation of eroticism,
52 imaginative capacity and our sex. Despite claims that we live in a liberated society, sex remains
53 taboo and few couples ever communicate over sex. Women find men's talk of genitals and
54 penetration crude and impersonal. Men do not relate to women's talk of emotional responses.

55 Behaviours are determined by sex rather than by orientation. Women, regardless of their sexual
56 orientation, focus on the emotional rewards of a loving relationship. Men, regardless of
57 orientation, focus on the erotic rewards of turn-ons and penetration. However, the partner's sex
58 makes a difference. While a gay man may sexualise his appearance for a male partner, lesbians
59 are less likely to enhance their looks for a female partner. A lover's sex also changes the
60 anatomy that is penetrated. Heterosexual men penetrate the vagina, gay men the rectum.

61 Men display consistent and **proactive behaviours** due to their sex drive. They actively pursue
62 women, offer rewards in return for intercourse and are motivated to initiate penetrative sex.
63 The male mind responds to visual stimuli, such as nudity, that imply an opportunity for
64 intercourse. Men are attracted by their lover's genitals due to the pleasure of their own arousal.

65 Men's behaviours are consistent and reflect their responsiveness. However, women's sexuality
66 appears to vary due to the conscious behaviours women use to gain a political, financial or
67 emotional advantage. Women use **passive behaviours** such as displaying their bodies and
68 responding to male sex drive. Rosemary Basson (2000) notes: "women's sexual response more
69 commonly stems from intimacy needs rather than a need for physical sexual arousal" (p. 51).

The male and female sexual roles in intercourse

The **mating act, intercourse**, involves partners assuming **complementary roles**. Men have a proactive role as the **penetrator**, while women have a passive role as the **receiver** of male ejaculate. The penetrator is always male (born with a penis). The receiver can be either male or female. The two roles, penetrator and receiver, are symbiotic but the motivations are different. Men seek erotic pleasure; women seek a loving relationship or financial rewards.

Regardless of a man's attractiveness, most women would not have intercourse with a stranger even if they were paid. Female desire refers to emotional responses that may cause a woman to be amenable to sexual activity that might otherwise be objectionable to her. But women's emotional responses do not equate to the arousal men experience as a response to erotic stimuli.

"The idea has been widely accepted that the effectiveness of a sexual relationship must depend primarily upon the skill and the art of the male partner in physically stimulating the female."

(Kinsey et al, 1953, p. 384) Men assume that women orgasm from the stimulation that they provide. But Kinsey (1953) found intercourse frequencies correlate with male responsiveness.

Hite (1976) found women enjoy lovemaking even if they never have orgasms from intercourse.

Most women delay agreeing to intercourse for the first time because men assume that the arrangement is on-going. For a woman, sex is a consequence of her relationship with a man.

Dating allows her time to assess a man's willingness to commit to a supportive relationship.

When a woman finally accepts a man as her lover, he may interpret her acceptance as sex drive.

Despite being the initiator of sexual activity, he assumes that she experiences an equal pleasure.

Some women do not understand why they are not be admired for promiscuous behaviour as men are. A man tends to prefer a more discerning woman, willing to offer him regular

intercourse to the exclusion of other males. Most parents accept that daughters have much less reason to be promiscuous because they do not obtain the same erotic rewards their sons enjoy.

94 **Men's behaviours are consistent due to their sex drive**

95 It is men who cause sex to be transactional by being willing to pay, directly or indirectly, for
96 sex. They complain about women who do not offer intercourse after men have paid for a date.
97 They do not feel humiliated by their own behaviour of ingratiating themselves (by paying for
98 drinks or a meal) in the hope that a woman might feel obliged to offer intercourse in return.

99 Extra-marital affairs are the top reason why men refuse to share their sexual histories (Kinsey
100 et al, 1948). A man may be tempted by sexual opportunities regardless of a relationship. Men
101 often consider themselves to be sex experts. They boast of their knowledge of sexual techniques
102 and their ability to deliver their partner's sexual pleasure. Men talk of the pleasure they obtain
103 from intercourse and their enjoyment of erotic turn-ons. They feel entitled to instruct women
104 in sexual pleasure but they do not provide erotic turn-ons for a partner. A man does not boast
105 about his own orgasm. Male orgasm is reliable but ends a man's enjoyment of his arousal.

106 According to Kinsey, most men are satisfied by penetration and thrusting until ejaculation.
107 They focus on the pleasure they enjoy and have no interest in a lover's response. Other men
108 insist that sexual pleasure must be mutual. They expect the reassurance or the turn-on of a
109 proactive partner who provides positive erotic feedback. More sensitive and imaginative men
110 offer foreplay to extend the pleasure of their own arousal. By offering clitoral stimulation, they
111 convince themselves that sex is not a selfish male pleasure. This behaviour brings variety to
112 sexual activity but makes it more onerous for a woman by extending the time she must invest.

113 Women's desire for affection inadvertently provides the physical intimacy that initiates the
114 male sexual response cycle. A man responds sexually to a woman's need for affection because
115 of his arousal. Over time a woman may resent a man expecting intercourse every time she
116 wants affection so she stops being affectionate. Lovemaking becomes a mechanical act focused

117 on satisfying a man's sexual needs but lacking any female affectionate feedback. Neither
118 partner feels loved or appreciated. Emotional bonding fails and the sexual relationship suffers.

119 **Women's behaviours vary depending on exposure to erotic fiction**

120 A woman is almost obliged to appear to be pleased by sexual activity otherwise a man is
121 insulted. Some women learn, from erotic fiction, the techniques and female behaviours that
122 men enjoy. Such a woman may allow a man to stimulate her private parts according to her
123 sense of what is proper. She may feel obliged to act out the sexually proactive woman to meet
124 a man's expectations or emotional rewards may motivate her to please a lover. But because of
125 the conscious effort a woman needs to make (due to her lack of arousal) this 'porno sex' does
126 not typically continue beyond the early months of a relationship. Women may fake pleasure to
127 facilitate male orgasm and reduce the time they need to invest in sexual activity.

128 The erotic pleasures of intercourse are enjoyed by the penetrator because he experiences
129 arousal and sexual release. But from the female perspective, given she is always a receiver, the
130 emotional reward of pleasuring a lover may be significant to her as a sexual experience.

131 Due to the emotional intimacy she feels with a lover, a woman may enjoy:

132 (1) the sensual pleasure provided by physical intimacy with an admiring lover;

133 (2) the emotional reward of feeling sexually admired and needed;

134 (3) the sensual pleasures of upper body kissing and caressing; and

135 (4) the emotional reward of using conscious behaviours to please a lover.

136 A man always stimulates his penis directly. The mental arousal that causes his erection, focuses
137 his mind on penile stimulation. So male masturbation, fellatio and intercourse all involve the
138 penis. But while female masturbation and cunnilingus focus on the clitoris, intercourse involves

139 the vagina. Sex educators promote clitoral stimulation as if physical stimulation is the only
140 factor in achieving orgasm. Very few women ever masturbate to orgasm. They do not have
141 fantasies and so do not understand that orgasm depends on a mental response to erotic stimuli.

142 **Women's dislike of eroticism and sexual references**

143 Many people, even sexologists, do not differentiate between the popular orgasm claims of
144 young women, who make money out of male fantasies by promoting their sexuality, and the
145 more mature, experienced feedback of women who engage in regular intercourse over decades.

146 A woman's reluctance to touch her genitals is evidence of her lack of arousal. Consequently,
147 women are believed to orgasm from the stimulation that men provide. But a man stimulates the
148 female anatomy that arouses him, which may include her breasts but always her vagina. The
149 reproductive precedent makes intercourse an unavoidable aspect of heterosexual relationships.

150 Many women consider genitals, even their own, to be ugly and dirty. They refer to lovemaking,
151 which reflects their motivates in responding to male sex drive. They enjoy male admiration so
152 long as a man never refers to his sexual urges. Most women are offended by references to
153 clitoral stimulation and fantasies. Given men constantly eulogise about intercourse, women
154 tend to assume that men are satisfied by the stimulation of the act (of the penis thrusting into
155 the vagina until ejaculation). Most women do not understand the concept of male erotic turn-
156 ons and no one tells women that they need to make conscious effort to respond to intercourse.

157 Women have difficulty interpreting their sexual experiences due to their lack of
158 responsiveness. Few women comment on sexuality, even their own. They view sexual activity
159 as a male obsession. The male desire for intercourse leads to the assumption that women should
160 also desire intercourse under all circumstances regardless of the relationship context:

161 "Severe relationship distress is also listed as a diagnostic exclusion
162 (i.e. a context in which low sexual desire would not be diagnosed),

163 yet it is unclear how severity is measured. Is it only extreme cases of
164 relationship violence that are considered to be a legitimate reason for
165 a woman not to desire sex?” (Thomas & Gurevich, 2021, p. 90)

166 A significant challenge in providing realistic adult sex information is the censorship of sexual
167 content even when it is educational in nature. Censorship protects women from crude images
168 and explicit vocabulary that arouse men but are distasteful to women. Pornography is a male
169 masturbation tool that portrays women responding in ways that arouse men. The industry is
170 worth billions. Some women assume they should be aroused by porn just because men are.

171 **The inherent contract of heterosexual relationships**

172 Long-term heterosexual relationships involve an unspoken give and take between the sexes. A
173 man hopes for regular intercourse. A woman hopes for the rewards of a loving relationship.
174 Kinsey (1948) found that at every age, married men have higher intercourse frequencies than
175 single men. He also noted that some men go to prostitutes to avoid the relationship overhead.

176 Men worry that if a woman says she doesn't orgasm, it might lead to less sex. Men
177 underestimate the benefits a woman gains from a loving relationship. A woman feels secure
178 with a man by her side and offers sex to keep him there. Consent relies on a conscious decision
179 by the receiver to accept intercourse. This has nothing to do with responsiveness, which arises
180 subconsciously. Consent relies on a woman having the maturity to appreciate the rewards men
181 typically offer for regular intercourse: admiration, affection and a subsidised lifestyle. Some
182 women view sex as a conquest because they have used sex to obtain other rewards from men.

183 “I can see no way sex is political, unless you mean the way that women have sex with their
184 husbands if they'll do this or that for them. I don't believe that's right, but I can't say I don't
185 do the same kind of thing with my husband sometimes.” (Hite, 1976, p. 438)

186 Ironically (given the reproductive risk) women accept intercourse as an upper-body
187 lovemaking act because of the lack of erotic and physical stimuli. They like to interpret male

188 sex drive in terms of the romantic passion and caring behaviours of romantic novels. Women
189 don't pay for sex because there is a surplus of demand from men wanting an amenable receiver.

190 **Men want regular intercourse; women want a loving relationship**

191 Sex has three core functions, **reproduction** being the most fundamental. To this end, a man is
192 motivated by his hormones and the **sexual pleasure** of engaging in activity that potentially
193 impregnates a woman. A woman is motivated by her hormones to cooperate with regular
194 intercourse to facilitate the **emotional bonding** that is crucial to long-term relationships.

195 We are often unaware of how the opposite sex responds emotionally and sexually because we
196 respond so differently. Women experience emotional love, conditional on caring behaviours
197 and loyalty, whereas men experience sexual love, conditional on a lover giving consent. A
198 woman has emotional needs, which men ignore. A man has sexual needs, which women ignore.
199 But even same sex relationships involve different personalities and levels of responsiveness.

200 The vagina is an inert reproductive tract so intercourse provides little psychological or physical
201 pleasure for the receiver. This is Nature's intent because if a woman was distracted by her own
202 arousal, the focus on male orgasm would be diminished and reproduction would suffer.

203 Missionary style intercourse (man on top facing woman) is a compromise between the upper
204 body lovemaking a woman enjoys and the erotic stimulus of penetration that a man enjoys.
205 However, unlike the more natural mammalian position (doggy style), the missionary position
206 does not provide a man with the erotic turn-on of observing penetration. A woman never sees
207 this male view of penetration (that is shown in porn) so she cannot evolve a response to it.

208 Sex education is vital to increasing respect for differences in responsiveness. Male behaviours
209 cannot be explained in terms of the romance that women enjoy. Girls need to know that men
210 have a drive to obtain intercourse regardless of any relationship. Women should acknowledge

211 the benefits they obtain from male support, invest in exploring sex play and make effort to
212 communicate over their sexual relationship. Female behaviours cannot be explained in terms
213 of the eroticism that men enjoy. Boys need to know that most women want to feel an emotional
214 connection before accepting intercourse. A man should respect a lover who offers penetrative
215 sex, bring variety to sex play and make effort to communicate over relationship issues.

216 **Conclusion**

217 (1) **Many sexual behaviours reflect an individual's level of responsiveness** and, therefore,
218 differentiate male and female sexuality.

219 (2) **Men are proactive lovers** due to their acute arousal. They actively pursue women and are
220 motivated to reward women who are amenable to offering regular intercourse.

221 (3) **Women are passive lovers** due to their lack of arousal. They focus on attracting male
222 attention and take time to assess a man's commitment to a relationship before offering sex.

223 (4) **To substitute for a lack of responsiveness, women may use behaviours** to facilitate male
224 orgasm and to reduce the time they need to invest in satisfying male sexual needs.

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