Sexual Intercourse of Adult as a Body Exercise for Improving Healthy Living among Couples in Ogun State.

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Abstract

This study investigated perception of sexual intercourse as a body exercise among adult of Abeokuta South Local Government Area, Ogun State, Nigeria. A total of 160 secondary school teachers across eight public schools in Abeokuta South Local Government Area, Ogun Statewere selected, using the stratified random sampling technique were the participants. The instruments used was Sexual Intercourse Activity Questionnaire (r=0.93). The data collected were analysed using t-test and chi-square statistical tools at 0.05 level of significance. The findings indicated a significant difference in the sexual intercourse activities of couples in Ogun state. It was recommended that, couples should create room for regular sexual activities; this will give room for mutual relationship and better healthy living.

Keywords: Perception, Sexual intercourse, exercise, healthy living, adults.

Introduction

Sexual intercourse is principally the insertion and thrusting of the penis, usually when erected into the vagina for sexual pleasure, reproduction or both. This refers to as vaginal intercourse or vaginal sex. Other forms of penetrative sexual intercourse according to Ada, Kahn and Fawcett (2008) include anal sex, which is the penetration through anus by the penis, oral sex is penetration of the mouth by the penis or oral penetration of the female genital, fingering is the penetration by the fingers and penetration by the use of a dildo, especially a strap-on dildo. These exercise of sexual practices involve physical energy or intimacy between two or more individuals and are most often used among human solely for physical or emotional pleasure and commonly contribute to humans strong relationship(Bushan and Somesh2014).

A variety of opinions pertaining to what constitutes sexual intercourse or other sexual activity which can also impact views or health. Although the term sexual intercourse, particularly the variant coitus, generally denotes penile-vaginal penetration and the possibility of creating offspring. It is also commonly according to Diamond (1991) who denoted that penetrative oral sex and penile-oral sex, particularly the formal. It is usually defined by sexual penetration, while non-penetrative sex acts such as non-penetrative forms of cunnilingus or mutual masturbation, have been termed outercourse(Dianne, 2008). Non penetrative sex acts however, may additionally be considered sexual intercourse.

The term sex according to Edward (2011) often term as sexual intercourse can also mean any form of sexual activity. During sexual intercourse, people can easily be at risk of contacting sexual transmitted diseases, most often times, transmission risk is significantly reduced during non-penetrative sex, safe sex practices are advised (Copulation, 2007). Different laws have been promulgated against certain sexual acts, such as incest sexual activity with minors, prostitution, rape and zoophilia as well as homosexuality, premarital and extra-marital sex. Religious beliefs according to Adediran, Adeniyi and Philip-Ogoh (2016) also plays a role in personal decision about sexual intercourse or other sexual activity, such as decision about virginity, or legal and public policy matters.

Sexual intercourse or other sexual activity can encompass various sexually stimulating factors (physiological stimulation or psychological stimulation) including different sex position or the use of sex toys, foreplays may precede particular sexual activities, often leading to sexual arousal of the partners and resulting in the erection of the penis or natural lubrication of the vagina (Christopher, and Susan, 2000). It is also common for people to be as sexually satisfied by being kissed, touched erotically or held as they are by sexual intercourse. Allan, Helene and Sandra (1996) submitted that during coitus, the partners orient their hips to allow the penis to move back and front in the vagina to cause friction typically without fully removing the penis. In this way they stimulate themselves and each other, often continuing until orgasm in either or both partners is achieved.

According to Thomas, Joyce and Mark(2003) females stimulation of the clitoris plays a tremendous role in sexual activity, 70-80% of women require direct clitoral stimulation to achieve orgasm, though indirect clitoral stimulation through vaginal intercourse which may also engage in the woman or top position or the coital alignment technique, a technique combining the 'riding high' variation of the missionary position with pressure counter pressure movement, performed by each partner in rhythm with sexual penetration to maximize clitoral stimulation.

Anal sex according to Corey (2002) involves stimulation of the anus and cavity, sphincter value or rectum, it most commonly means the insertion of a man's penis into another person's rectum, but may also mean pegging, the use of other sex toys or fingers to penetrate the anus or anilingus. Oral sex consists of all the sexual activities that involve the use of the mouth and throat to stimulate genitalia or anus. It is sometimes performed to the exclusion of all other forms of sexual activity and may include the ingestion or absorption of semen or vaginal fluids, fingering or digital penetration or digital intercourse involves the mammals manipulation of the clitoris, rest of the vulva, vagina or anus for the purpose of sexual arousal and sexual stimulation, it may constitute the entire sexual encounter or it may be part of mutual masturbation, foreplay or other sexual activities.

Sexual intercourse and sexual activity in general according to Scott and Kyle (1997) have been reported as having health benefit as varied as increased immunity by increasing the body's production of antibodies and subsequent lower blood pressure and decreased risk of prostate cancer. Sexual intimacy and orgasm increase levels of hormone oxytocin also known as the 'love hormone' which can help people bond and build trust. Oxytocin is believed to have a more significant impact on women than men who may be why women associate sexual attraction or sexual activity with romance and love more than men do. A study carried ot by

Neuropsychologist David Week in Sandra &Wendy (2012) discovered that three thousand, five hundred (3500) people between age 18 and 102 based on impartial ratings of the subjects, Photographs, sex on a regular basis helps people look significantly chronologically younger.

A study also carried out in Australia by Bruess and Schroeder (2013)discovered that regular sexual intercourse had 50% lower chance of dying for any medical reason than those who only had sex once in a month. They also discovered during their research activities that regular sexual intercourse prevent a heart attack, increase one's attractiveness to others, improve self-esteem, lower blood pressure, banish depression, cure headache to ease stress, strengthen bones, fight colds and flu, boost fertility, make one to look younger and feel better all day long. Good sex is a great workout for women's pelvic floor muscles, the muscles that control orgasm and also stem the flow of urine, reducing leakage and incontinence. These and many more benefits of regular sexual activity have prompted this study.

Hypotheses

1. There is no significant difference in the perception of adults towards social and psychological health motive for sexual intercourse.
2. There is no significant difference on the perception of adults towards social and psychological involvement in sexual intercourse.
3. There is no significant difference between social and psychological motive of adults toward sexual intercourse

Methodology

The study was carried out using the descriptive design of investigation. The population of the study comprises of adult teachers in Ogun state Secondary schools. A total of one hundred and sixty (160) secondary school teachers selected from eight schoolsin Abeokuta South and North local government were used. Eighty (80) teachers were used in each of the local government area as the sample. The instrument used for data collection was the 'sexual intercourse activity questionnaire (SIAQ) this was developed by the researchers and was face-validated by two specialist in physical and health education for content and construct validity. The reliability of the instrument was determined through a pilot study, using the test re-test method with two weeks interval between the first and second administration of the instrument on twenty teachers that were not included in the study, following the use of Pearson Moment correlation (PPMC).The reliability co-efficient value stood at 0.93, hence the instrument was adopted in the study. A total of one hundred and sixty copies of the questionnaire were administered on selected respondent by the researchers over three weeks, adopting on the spot administration which ensured hundred percent returns of the questionnaire. The data collected was analysed using the t-test and chi-square statistical tools at alpha 0.05.Tthe results are presented below.

Presentation and Analysis of Result

Table 1: Perception of adults towards social and psychological health motive for sexual intercourse.

S/N	Social Motives	Score	Rank	Psychological Motives	Score	Rank
1.	Love for sex	2480	1st	To release tension	1523	2nd
2.	Fun and enjoyment	2116	2nd	To ward off boredom	1664	4th
3.	Relaxation	1674	4th	To lead others	1573	5th
4.	Intimacy	1578	3rd	For procreation	1730	3rd
5.	Acceptance by others	1291	5th	To remove stress	1527	1st

Table 2: T-test result of difference in adults' perception towards social and psychological involvement of sex intercourse.

Sex Participation Motives	Mean	S.D	T.calc
Social	5.65	1.53	4.49
Psychological	5.01	1.23	1.79

Table 3: Difference between social and psychological sexual participation motives of adults.

Health related motives	High	Low	Total
Social	2203(2217.6)	1718(1713.4)	3921
Psychological	2125(2110.4)	1641(1645.6)	3766
Total	4328	3359	7687

DF=1 LS=0.05 X^2 Critical= 3.84 X^2 Calculated =26.54

Discussion of Findings

From the result presented above, it could be observed that calculated to t-value was significant for social motives and was not significant for the psychological motives. It was also revealed that a significant calculated chi-square value was obtained for the difference between social and psychological motives for adults sexual activities. The findings therefore revealed that the adults differ to a large extent in the sexual intercourse activities for participation. The desire for sexual intercourse was perceived by majority of the adults as the most potent exercise for healthy living. This was closely followed by fun and enjoyment, intimacy and relaxation in that order.They however perceived acceptance by others as the least influencing sexual activities. On the other hand, they believed that theirregular involvement in sexual activities from psychological point of view has done majorly to the need of removing stress. This was closely followed by the need to release tension, to ward off boredom respectively. To lead others was perceived as the least influencing motive for their regular involvement in sexual intercourse. In addition, the adults in Ogun state involved in sexual activities more for procreation reason than for psychological reason.

The above findings agreed with the findings of Bruess and Schroeder (2013) who discovered after studying, that regular sexual activities lower chance of dying for any medical reasons than those who only had sex once in a month. This implies that regular sexual intercourse enhances social, emotional benefits and health fitness benefits were the two outstanding motives of sexual activities of adults.

According to Scott and Kyle (1997) who reported in their studies that sexual intercourse increaseimmunity by increasing the body's production of antibodies and subsequent lower blood pressure and decrease risk of prostate cancer.

It is clear from the above discussion that adults'involvement in regular sexual intercourse increase attractiveness, improves self-esteem, eases stress and strengthens bones which are the implication for good healthy living.

Conclusion and Recommendations

The increase need for quality state of health and wellness among the Nigeria population calls for greater attention on adults especially couples who see sex as only for procreation purpose but it is more than that. Sexual intercourse has been regarded as health related benefit to couples. Researchers had found that people who had sex in the last 24 hours coped better with stressful scenarios such as public speaking than those who had not. It was also discovered that during sexual activity, both men and women release 'feel good' hormone just before orgasm and as it crosses through their system, it promotes relaxation and sleepiness.

Active sexual involvement by the couples stand out as a potent instrument for promoting sound health practices among them through proper planning for sexual intercourse. It is high time for the couples to begin to explore the multifaceted benefits of active sexual involvement towards sound health. Regular sexual intercourse must be designed in such a way that it will be appealing to the adults, thereby motivating them to willingly participate. In this regard, the participation motives of the adults in sexual activity remain a significant fulcrum for promoting sound health practices among the couples.

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