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Option B: Aging & Sexual Arousal

When I have engaged in movies or media in general there have always been stereotypes about aging and sexual activity. For example, I've always believed men when they reach 40 and above are still very much interested in sex and that drive for sex never diminishes. Whereas, for women I believed as soon as you hit menopause you are dried out and no longer interested in sexual activity. What I learned through reading the text is both women and men undergo changes in drive, but sexual activity although changes, doesn't have to end.

As women age for most cases the response cycle will continue, but it will be less intense as it was in earlier ages. Sexual response is different amongst all women some think sex is much more intense now, others don't, and overall sex drive varies. During the excitement phase for women it may be difficult for the vagina to become lubricated, which can be very painful, but with a small trip to the drug store you can purchase a lubricant. More than half of women agree reaching orgasm during intercourse is the most important factor of having a successful sex encounter. Over half of women post menopause still continue to have orgasms and find them more intense before menopause. Concluding, sex drive varies among women, however sexual encounter don't have to disappear with age, with a few purchases like lubricant, you can still engage in sexual activity.

Whereas for men, unlike women where there is an easier fix such as putting oil in the machine, older men changes usually involve intensity and duration. During the excitement phase a man in his youth can become fully erect in a few seconds, for an older man it can take several minutes. To add on, once he becomes erect after several minutes his penis will be softer than it once was. An older man can still engage in sex as long as his partner understands the slower pace and engages in physical stimulation, which may be necessary to gain an erect penis. However, once he reaches an erect penis he will already be in the plateau phase, which is right before an orgasm. Another fix to this problem is for him to sustain himself in the phase for a longer period of time, which can cause the orgasm to be more enjoyable and intense. Overall, an older man experiencing sexual changes can still engage in sex as long as his partner understands and is patient.

In conclusion, men and women both experience changes in their sexual response cycles and both are still able to engage in sex. The intensity and duration of intercourse will be about the same for both men and women. Although, women's intensity varies, whereas men's is more likely to be less intense. Overall, the media in general gives women the persona of being sexually uninterested after menopause due to changes while men experience no trouble, which is not the case at all. Women and men both experience changes and both need patience from partners and possible purchase like lubricant or hormones to continue to engage in sex.

Work cited

Crooks, Robert, and Karla Baur. *Our Sexuality*. Redwood City, CA: Benjamin Cummings Pub., 1990. Print.