

Why Do We Need “Sex”?

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Love boosts one's desire for sex by triggering sexual desire. People's erroneous control over sex and sexual relationships, unfortunately, causes enormous harm. Some people believe that “Platonic” love is the purest and most perfect form of love. In actuality, sex is a multifaceted topic with many dimensions. Sexuality should be approached with an open mind and an open heart, and sexuality should be enjoyed.

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SEX is not just for the sake of inheritance, but has a higher meaning. Love is destined to be related to sex. Men fall in love for sex, but women have sex for love. Sex itself has the most unknown aspect, and the part that cannot be easily shared and understood. Only the most considerate or 100% safe will be lucky enough to fall in love and explore the sweet world of sex (1).

In the relationship between the two genders, “sex” shows the different temperaments of people, and it is the union of partners in mind and body (2). The combination of sex and love is the most ideal way to fall in love.

Sex increases the intensity of love, and love ignites sexual desire. It is just that many people's inappropriate control of sex and love causes a lot of troubles (3). Therefore, some people propose “Platonic” love, thinking that only “Platonic” love is the most pure and flawless, and has nothing to do with sex. In their consciousness, sex is not beautiful but dirty, and it brings trouble and fear. But in psychology, everything has different sides, and since sex exists, it has its good side (4).

For example, sex can not only make the two more inti-

mate, but also it can make the relationship of spouses stronger. Meanwhile, the crystallization of love between husband and wife can be produced through sex, that is, how great the birth of offspring is (5). Of course, what's more important is people's experience, and how to view and face “sex”.

In fact, sex in reality is complicated and has many underlying reasons. In a 2007 psychology experiment Meston and Buss of the University of Texas at Austin studied 203 men and 241 women aged 17 to 52. The final research results showed that: 444 subjects who participated in the experiment gave a total of 715 reasons for needing “sex”. Ultimately, the researchers grouped these reasons into four factors, consisting of 13 reasons, in which men and women felt differently. Among them, four reasons are physiological factors, goal achievement factors, emotional factors and insecurity factors (6).

No matter from which point of view, sex is an indispensable part of everyone's intimate relationship. We must look at sex with a correct, objective, and scientific attitude, and feel sexuality in a state of enjoying pleasure. ■

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