

Stress Free Sexual Relationships for Effectual Health

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Abstract

In the medical research, it is found that sex is one of the effectual exercises which aide in the stress relieving and maintaining the blood pressure which is advantageous for overall human health. In addition, the probabilities of heart attacks are also reduced with the regular integration of stress free sexual relationships. To establish the effectual sexual relationships with higher degree of emotions and resultant based, the stress free integration is always employed. It is very common problem in the youth that the issues of impotency and non conceivability are arising and due to these facts, the overall contentment level is declining. In a survey by HindustanTimes from 800 participants, it is found that atleast 15% couples are having sexual dysfunction because of stress and higher work load and due to which the interest and psychological setback is there. This research manuscript underlines the diversified points and factors with the data analytics which are quite prevalent and must be reduced related to stress originated dysfunction.

Keywords: Psychological Issues, Sexual Dysfunction, Sex, Stress

Introduction

Sex is one of the paramount segments in human life as a boon to assist to the overall health including stress prevention and avoidance of psychological disorders. In many literatures, sex is considered as an exercise which is equivalent to any other physical excursion to have the overall body healthy as well as free from any type of anxiety based issues. Sex is not only a process for the pleasure of human bodies rather it is quite effectual in the curing of stress and other related disorders.

Sex is a great stress reliever. That's because touching, hugging, sexual intimacy, and emotional attachment stimulate the release of "feel good" substances that promote bonding and calmness. Sexual arousal also releases substances that stimulate the reward and pleasure system in the brain. Fostering intimacy and closeness can help relieve anxiety and boost overall health.

A recent study says that men who have sex more than twice a week, have a lesser risk of getting a heart attack, than men who had sex less than once a month. Regular lovemaking increases the level of the immune-boosting antibody immunoglobulin A (IgA), which in turn makes your body stronger against illnesses like the common cold and fever. Stressed out with work or family problems? Don't let it affect your performance in the bedroom. Not only will having sex improve your mood, but a study has also proven that folks, who indulge in regular bedroom activities can handle stress better and are happier people.

If you're using a headache as an excuse to not make love, stop doing that. Have sex instead, because, when you're about to have an orgasm, the level of the hormone oxytocin increases by five times. This endorphin actually reduces aches and pains. When one has an orgasm, a hormone called dehydroepiandrosterone is released. This improves immunity, repairs tissue and keeps the skin healthy. Men, who have at least two orgasms a week, live longer than men who have sex just once every few weeks. Because your heart rate increases when you have

sex, fresh blood is supplied to your organs and cells. While used blood is removed, the body also expels toxins and other materials that cause you to feel tired.

The sleep that you get just after you've made love will be much more relaxed. Getting a good night's sleep will make you feel alert and overall healthy. If you find going to the gym mundane or working out at home a task, here's another way to help you lose the flab and keep in shape. Regular sex will do wonders for your waistline. Half an hour of lovemaking burns more than 80 calories. In men, the hormone testosterone is what makes them more passionate in the sack. Not only will it make you feel way better in bed, but it also improves your muscles and bones, keeps your heart healthy and keeps a check on your cholesterol. In women, on the other hand, the hormone oestrogen protects them against heart disease and also determines a woman's body scent. People who have sex have higher levels of what defends your body against germs, viruses, and other intruders. Researchers at Wilkes University in Pennsylvania found that college students who had sex once or twice a week had higher levels of the a certain antibody compared to students who had sex less often.

A strong pelvic floor is important for avoiding incontinence, something that will affect about 30% of women at some point in their lives. Good sex is like a workout for your pelvic floor muscles. When you have an orgasm, it causes contractions in those muscles, which strengthens them. The benefits of sex range from slashing stress levels to lowering your risk of cancer and heart attacks. Sex facilitates bonding and feelings of intimacy with your partner. This kind of connectedness does more than make you feel warm and fuzzy, it actually reduces anxiety and boosts your overall health.

There are male-specific health benefits of sex, too. One study showed that men who had frequent ejaculations (defined as 21 times a month or more) were less likely to develop prostate cancer than those who had fewer ejaculations. It did not matter if the ejaculations occurred through intercourse, masturbation, or nocturnal emissions. Of course,

there's more to prostate cancer risk than frequency of ejaculations, but this was one interesting finding. Sex can help you sleep better. That's because orgasm simulates the release of a hormone called prolactin, a natural sleep aide. Prolactin promotes feelings of relaxation and sleepiness. This is just one of the reasons you may notice that you have an easier time falling asleep after having sex.

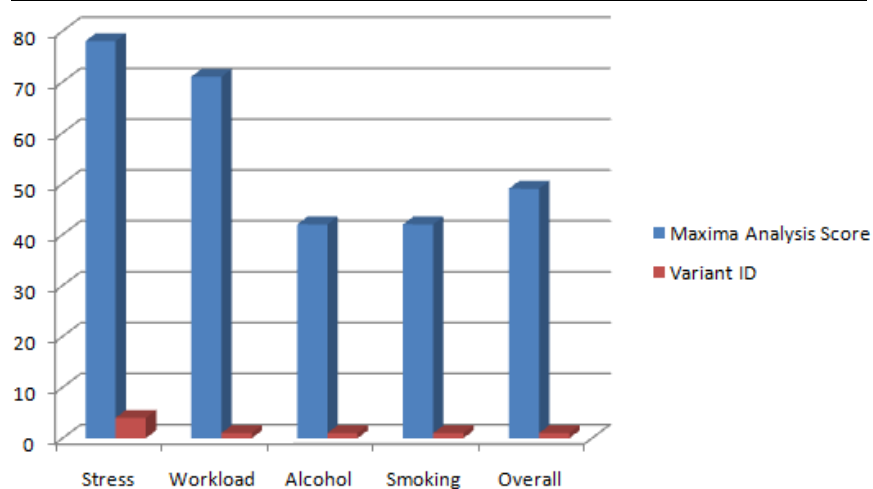
Another study shows that sexual activity can provide full or partial relief from migraines and cluster headaches. In a research, following are the analytics from people who were sexually active during their attacks:

- 60 percent reported an improvement during a migraine
- 70 percent reported moderate to complete relief during a migraine
- 37 percent reported improvement of symptoms in cluster headaches
- 91 percent reported moderate to complete relief in cluster headaches

Data Interpretation and Results

The data interpretation is done from a sample of 200 participants in the independent aspects and emotions of man and female. The key focus on the data evaluation is related to the association of sexual activities with the overall health of the person. For the evaluation of results, the research takes a sample from men as well as women regarding their acceptance towards the fact that whether there are some factors associated with the stress which affect their sexual life drastically. A number of variants associated with the core stress and its variants are taken and found that the stress is quite prevalent which adversely affect the sexual life and overall health in the general participants.

Parameter	Maxima Analysis Score	Variant ID	Issue Variant
Stress	78	4	S
Workload	71	1	W
Alcohol	42	1	A
Smoking	42	1	S
Overall	49	1	O



The results from abovementioned table and graph depicts that most of the participants in the research survey are suffered from stress based disorder. The statistical and related graphical results depict that stress is most common and widely accepted parameter in the routine life and it is found from the assorted research that sex is one of the key exercise which can relieve the stress very effectually for overall health.

*(according to the t sig/probability table with $df = 14$, t must be at least 2.145 to reach $p < .05$, so this difference is evidently and statistically significant)

Interpretation: The hypothesis is confirmed. There is huge and significant different between the multiple variants of Stress Related Parameters.

<i>Data Summary</i>			
	A	B	Total
n	50	50	100
ΣX	407	373	780
ΣX^2	3333	2823	6156
SS	20.02	40.42	72
mean	8.14	7.46	7.8

Results

Mean _a —Mean _b	t	df	p	one-tailed	<.0001
0.68	+5.4	49		two-tailed	<.0001

For independent samples, these results pertain to the "usual" t-test, which assumes that the two samples have equal variances.

	Observed	Confidence Intervals	
		0.95	0.99
Mean _a	8.14	± 0.1817	± 0.2423
Mean _b	7.46	± 0.2582	± 0.3442
Mean _a —Mean _b [Assuming equal sample variances.]	0.68	± 0.2532	± 0.3376
Mean _a —Mean _b [Assuming unequal sample variances.]	---	± ---	± ---
Correlated Samples			

For purposes of significance tests and calculation of confidence intervals, values of df associated with the unequal-variance condition are rounded to the nearest integer.

IMPACT OF 360 DEGREE FEEDBACK**DESCRIPTION OF THE NULL AND ALTERNATE HYPOTHESIS**

H_0 (Null Hypothesis): "There is no effect of stress on the sexual relationships and overall health based perspectives"

H_0 (Alternate Hypothesis): "There is major effect of stress on the sexual relationships and overall health based perspectives"

To analyze the results of the null as well as alternate hypothesis, the following statistical analysis has been performed.

Descriptives

	Mean	Std. Deviation	Std. Error	95% Confidence Interval for Mean		Minimum	Maximum
				Lower Bound	Upper Bound		
Strongly Agree	1.3750	.50000	.12500	1.1086	1.6414	1.00	2.00
Strongly Disagree	2.0000	.00000	.00000	2.0000	2.0000	2.00	2.00
Total	1.5000	.51299	.11471	1.2599	1.7401	1.00	2.00

Test of Homogeneity of Variances

Gender

Levene Statistic	df1	df2	Sig.
54.000	1	18	.000

ANOVA

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	1.250	1	1.250	6.000	.025
Within Groups	3.750	18	.208		
Total	5.000	19			

INTERPRETATION AND EXPLANATION

The Null Hypothesis is hereby REJECTED because :

The Significance Level of 0.025 is less than the threshold value of 0.05 indicating that the null hypothesis can be REJECTED. In conclusion, it is apparent that there is major effect of stress on the sexual relationships and overall health based perspectives

	Value	Df	Asymp. Sig. (2-Sided)	Exact Sig. (2-Sided)	Exact Sig. (1-Sided)
Pearson Chi-Square	.031 ^a	1	.859		
Continuity Correction ^b	.001	1	.969		
Likelihood Ratio	.029	1	.859		
Fisher's Exact Test				0.889	.487
Linear-by-Linear Association	.029	1	.859		
N of Valid Cases	200				

0 SPSS evaluation cells (.0%) are having the count in expected dimensions less than 5.

Computed only for a 2 x 2 table

The Pearson's χ^2 result here is $X^{(2)} = 0.31$, $p=0.859$. The results obtained from data investigation illustrates that there is weak impact of alcohol and the stress removal. As compared to alcohol consumption, sex is considered as most adopted practice for relief and overall escalation of the health

Conclusion

A health sexual life and overall health parameters are directly associated with the cumulative health parameters which should be free from stress. In this research manuscript, the health parameters are associated and related with the stress and other variants and found that to escalate and improve the overall health, it is mandatory to have focus on the healthy stress free sexual relationships.

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