

# Cybersexual activity

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Magdalena Sulima<sup>1</sup>, Magdalena Lewicka<sup>1</sup>, Anna Skorek<sup>2</sup>,  
Seymour Roworth-Stokes<sup>3</sup>, Grzegorz Bakalczuk<sup>1</sup>

<sup>1</sup> Department of Obstetrics, Gynaecology and Obstetrical-  
-Gynaecological Nursing, Medical University, Lublin, Poland

<sup>2</sup> Student of the direction of Obstetrics, Faculty of Health  
Sciences, Medical University, Lublin, Poland

<sup>3</sup> University of Brighton, United Kingdom

## Corresponding address:

dr n. o zdr. Magdalena  
Sulima  
Department of  
Obstetrics, Gynaecology  
and Obstetrical-  
-Gynaecological Nursing,  
Medical University,  
Lublin, Poland  
Chodźki 7  
20-093 Lublin  
e-mail: msulima13@wp.pl

## Abstract

Sexuality affects all people at every stage of their lives and is a sphere, which is a matter of debate and controversy, particularly when carried out in another space than before, namely in the „virtual reality“. Any kind of sexual activity takes place in cyberspace, called cybersex. In a narrower sense cybersex is defined as the exchange of text describing sexual fantasies, which may be accompanied by masturbation, use of materials with sexual content with the intention of obtaining sexual excitement.

Cybersex addiction leads to serious consequences, which can include difficulty establishing contacts, disturbed emotional processes, objectification of partners, compulsive sexual disorders in children, conflicts. Moreover, addicts feel isolated and abandoned. There is therefore a need for rapid reaction on the part of parents, guardians, educators, health professionals to identify addicts and implementation of appropriate therapy.

## Key words:

sexuality, internet,  
cybersex

## Introduction

Sexuality is an integral attribute of man. At every stage of life, a person is able to take on new challenges in of sexuality, enjoy its new aspects and respect barriers resulting sexuality. Currently, one of the most important spheres of human life- sexual problems is widely used in the virtual world. The word „sex” is a leading phrases given in the search engines. Statistical data show that pornographic sites on the Internet visited every year by about 72 million people, about 25% of the tasks of search is related to pornography. It is estimated that about 2.5 billion of the sent daily e-mails contain pornography, 10% of adult Internet users consider themselves addicted to cybersex. The average age of first contact of pornography on the Internet is 11 years [1,17].

## Characteristics of sexuality

The term „sexuality“ appeared in dictionaries until the end of the twentieth century. But there is no universally accepted definition of this term. In the literature, sexuality is defined as „sexual activity, being sexual, all aspects of behaviour related to gender and sex, a key factor in motivating people to establish interpersonal relationships, overarching concept covering all processes of physical and mental health related to the sexual sphere in its individual dimension and social“ [13].

In the Declaration of Sexual Rights, which was published by the World Health Organization in 2002, sexuality is an integral part of the personality of every human being. Its full development depends on the satisfaction of basic human needs. It results from the correlation between the individual and the surrounding society [13].

But the most general definition of the term has been published in 2005, describing that „sexuality is an essential part of being human throughout life, including sex, gender identification and roles, sexual orientation, eroticism, desire, intimacy and reproduction. Sexuality is experienced and expressed in thoughts, fantasies, experiences, beliefs, values, behaviors, roles and relationships. Sexuality arises from

the interaction of biological, psychological, social, economic, political, cultural, ethical, legal, historical, religious and spiritual values“ [13].

Conditions that affect sexuality. These conditions can be divided into: family circumstances, cultural background, social, psychological conditions and biological conditions. Family circumstances are shaped in a man from the foetal period and this process continues until puberty. In Polish culture associated with the transmission of national traditions, in connection with which the family circle overlap both family circumstances, as well as cultural. Positive family circumstances appear, if there is a partnership of masculinity and femininity father, mother, and any disruption in these relationships and sexual roles, may affect the subsequent difficulties in the partnership sexual abuse of children [2,5,12].

Another factor affecting sexuality is the social environment (mainly peer groups). It is the social group is the most important source of sexual awareness. This is usually a reproduction of myths, stereotypes, sexual history or hearsay. Peer environment creates certain attitudes towards sex, fashion, value systems relating to both men and women through life in a peer environment, a variety of conformities formed complexes trends to compare themselves with others. Being among peers influenced the formation of and creating personality, attitudes, beliefs. This environment also allows the acquisition of patterns, opinions, views. It is worth mentioning that this is precisely where the peer to establish the first emotional relationships [2,12].

Man being born, is equipped with neurophysiological mechanisms necessary for sexual response, sexual awareness, sense of belonging to sex, and the direction of sexual needs, which are determined, inter alia, under the influence of environmental factors. Human sexuality influences, so all spheres: psyche, intellect, emotions, creating interpersonal relationships and socio-cultural relations. In addition, all areas of psychology and socio-cultural relations affect the manifestations of sexuality and ways of satisfying sexual needs. Therefore, it is an important factor in interpersonal relationships, which help build emotional relationships: love, partnership, friendship, as well as the lasting emotional and sexual relationships

– marriage, family, the desire to externalize feelings such as desire to have children [2,3,7].

Kirenko [9] in his paper presents proposed by Imieliński's scheme biological factors that determine the normal sexual response. In this scheme were included sensory stimuli, the cerebral cortex, diencephalon, the pituitary gland, spinal cord, with separate sections: lumbar, with localized in the center of ejaculation, and cross, with localized in the center of an erection, or a member of the clitoris, sex hormones, factor X, and the so-called well-being. These incentives are the mechanisms necessary in maintaining internal body ready for transformation to sexual stimuli in order to obtain sexual excitement, along with the direction of dependence and interdependence.

The correlation of sensory stimuli with stimulated imagination heighten sexual arousal state. At the time of sexual contact, the way „to“ are transmitted to the cerebral cortex tactile stimuli, and then are directed to the centers of sexual the diencephalon. Another direction of the diencephalon are „from“ sexual centers in the spinal cord, the parallel, collateral, and direct path to a member or clitoris. This causes them to the arrival of the blood, or erection. Along with the „love game“ and the relationship, there is a transition from stimulus to the resort center erection ejaculation, or orgasm and fatigue. Heightened the sexual tension – arm upward course of excitement – is controlled by the parasympathetic nervous system. On the other hand, sexual discharge – arm coming down the course – remains under control of the sympathetic nervous system. According to the data reported in the literature, men are more dependent on the arm ascend, while women from shoulder descending [2,7].

Sexual orientation is related to the choice of objects waking fantasies and sexual responses, its durability in a person's life, as well as acceptance. In psychology, a deep desire to meet emotional needs ie. The love, closeness, intimacy, security, trust and acceptance as well as physical needs, or through the creation sexual relationship with another person, is referred to as psychosexual orientation.

Depending on the orientation of the compounds may form:

- women with men – created when heterosexual orientation,
- women with women and men with men – homosexual orientation,
- women with people of both sexes and men with people of both sexes – bisexual orientation.

Today, distinguished three sexual orientations:

- heterosexual, which is most prevalent in the population. The term derives from the Greek word heteros- and other latin word sexus, meaning sex. Heterosexuality is sometimes called the traditional orientation, because it concerns many people. Orientation heterosexual is emotional involvement and sexual desire, which is revealed to the people of the opposite sex. Heterosexual orientation is accepted by most religions and legal systems;
- homosexual, or sexual orientation, which is manifested by permanent internal urge to persons of the same sex. For centuries, homosexuality was considered a deviation. Homosexual orientation is still in many countries legally prohibited, and compounds of the same sex are still waiting for legalization;
- bisexual, certainly less known for heterosexual and homosexual. It is a sexual orientation, which usually means maintaining sexual contact with both women and men. Orientation bisexual means that the partner who remains in a heterosexual relationship holds temporary contacts with a person of the opposite sex or the opposite – a unit which is in a stable heterosexual relationship establishes sexual contact with someone of the same sex. For some people contacts bisexual last only for a time, while others are continuing throughout adult life [13,14].

The publications on the subject of sexuality, more and more often to be found, that the criteria for recognition orientation are unclear. It happens that the orientation changes during the course of life, is subjectively understood and is a product of language, simplified categorization of social phenomena. Perhaps in the future we will be extracted two more sexual orientations. Lew-Starowicz suggested the following breakdown:

- asexual orientation – covers about 1.3% of the population. It is a lack of feeling sexual attraction to a partner, regardless of gender. This may occur more frequently in females, but the causes are not known. Increasingly, it is postulated that asexuality considered a fourth sexual orientation. As potential reasons for the lack of interest in sexual contact is considered: sexual harassment in the past, suppression of his (homo) sexuality, shameful memories the past of past sexual, hormonal problems, depression and stress, forcing a partner to sexual contact
- orientation autoerotic – is to achieve satisfaction and orgasm masturbatory behavior, the dominant or exclusive sexual life of a person. It is more common in men, while remaining in a relationship with another person does not eliminate this type of behavior. It is known cause, which are encoded masturbatory behaviour from the period of his youth, often linked. Sex in the Internet network [13,14,15].

## Characteristics of cybersex

Internet was established in 1968 in the United States. Today it is used for discussion, information, thoughts, it enables observation and creation of the world. Internet users create a virtual community that knows everything about everyone and everything. Members share a common language they understand [11].

Unfortunately, apart from many advantages, there are some disadvantages to this invention. Internet interferes with people's privacy, it contributes to changes in interpersonal and influences on human sexuality. The online contacts are virtual and often cause a loss of contact with reality disorders are interpersonal reactions and senses Internet, because the Internet does not feel, do not touch, do not hear and do not see as in the real world [17].

While making knowledge of web man less use of so-called sixth sense, less important intercultural differences and international. Developing cybersex used improperly by unauthorized persons can cause a lot of problems in the future. According to research conducted in 2005 and 2007. It shows that

about 21% of Poles every day or almost every day are using the Internet. Users use e-mail, verify the information, news, communicate with other users, participate in discussion forums, upload their photos, reviews, songs, write blogs, etc. [8].

Many people using internet dating, introduces network person which can then make an appointment to "the real world". Very thriving virtual social life, including sexual life led to a cybersex [8].

Looking for sex in your search phrases in your web browser, people meet in this way the cognitive and emotional needs. During sexual intercourse in the network created a different approach to intimacy and sexuality. These contacts do not cause reproductive consequences, you can create the perfect look so different fantasies are fulfilled. People in the virtual world are more open, not to hamper, limit their time nor the place. They can incorporate a variety of roles, change the personality, sexual orientation, gender, age or sexual preference. Anyone can be the best and most beautiful. Sexuality is experienced by both partners, but in a modified webcam, mouse, keyboard, distance [11,17].

Cybersex can be an alternative to the real contact partners, which share a large distance. Internet through experimentation enables the transformation of sexuality. As a result, no legal consequences and can perform moral actions considered in the real world as immoral and perverse [11,16].

Sex online refers to erotica, the role of gender, sexual preferences, reproduction, intimacy and pleasure in the virtual world. In the virtual world, people often present their second "I". Cybersex is very attractive because it easily and quickly establish contacts, there are no time constraints and differences in status [10,11].

Cybersex is viewing pornography, collecting pictures and videos erotic, chatting and networking, both dating sites and sex portals, talks are being held, as well as caller masturbate, there exhibitionism and voyeurism through webcams [10,16].

Cybersex is activity on the network at least two people at the same time talk on sexual topics and exchange their erotic fantasies, to achieve sexual arousal and satisfaction. Maybe, but not necessarily, accompanied by masturbation ago participant

or participants. Men in the virtual sexual activity benefit from pornographic sites and chat rooms. Gentlemen, while contacts in the network can hide the problems faced in the real world, eg. Sexual problems (premature ejaculation, impaired erection), as well as their complexes as well as the feeling of a small physical attractiveness. Most women prefer to talk on the network in search of emotional ties, not sexual stimuli. In addition, women in the contacts in the network can hide their physical imperfections, are protected from violence, unwanted pregnancy, they can “safely” to flirt and enjoy it. [10,11,17].

Research shows that participation in sex online often take homosexuals than heterosexuals. Uncertainty about sexual orientation and fear of admitting to homosexuality are a strong incentive to the online sexual activity. Persons sexually active in the real world often engage well in cybersex [10,11,17].

Cybersexual activity enables the erotic fantasies, meet abnormal sexual preferences, satisfaction of curiosity, the treatment of sexual dysfunction, networking with sexual minorities, establishing new relationships or deepen existing ones. Contacts can be made regardless of appearance, attractiveness, constantly, you can change the orientation, preferences, age. Your needs can meet the person physically handicapped who have the barrier of fear and shyness in front of the contacts in the real world. You may also be just an observer, there is no need to participate in sexual contact. Thanks to the cyber sexual activity gets a lot of information about sexuality, stimulation, sex education can also learn new techniques diversifying sex life. Unfortunately, despite the many advantages of cybersex also it has drawbacks. It causes the strengthening of deviant behaviour, as deviants can easily make contacts and meet their needs.

People to achieve sexual satisfaction need super stimuli because previous (weaker) are already insufficient. The requirements are increasing, and finally begin to develop deviant behaviour. Those who are not sexually active in the real world, but they are active on the network, they have later problems with making contacts and sex life in real conditions. Pseudo-legal spreading pornography

of minors, they fall victims of crime cybersex. Access to information about users allows sex offenders seek victims, tracking, and even the use in the real world. Often cybersex ends in sexual contact in the real world without collateral, thereby increasing the risk of sexually transmitted diseases [6,17].

Many people are increasingly using the Internet for satisfying their sexual needs is severely exposed to addiction to cybersex. Sadly lacking recognized criteria by which you can recognize pathology, and there are no specialists who conduct therapy for drug addicts. Griffiths says that for a person addicted cybersex is the most important activity, gives a catharsis to achieve satisfaction must devote more time to the activity on the network and also when you can not use cybersex appear unpleasant feelings like symptoms Withdrawal [6,17].

On the other hand Carnes sets out criteria for the recognition of abnormal behaviour in the virtual world, which include: excessive preoccupation – cybersex concept permeates both the conscious life, and, subconscious; frequent participation in sexual activities on the Internet; the use of cybersex more than 15 hours per week is an important indicator of difficulty; multiple, unsuccessful efforts to take control, limit or halt the activities associated with sex online; restlessness or irritability when attempting to reduce or stop this activity; the use of internet sex as a way of escaping from problems; daily return to the online sex as a source of intense and more risky experiments; lying next, therapists or others to conceal the extent of involvement in an Internet sex; perform online illegal sexual activities; the destruction of an important real relationship, their educational opportunities, vocational result of engaging in online sexual activity and the financial burden of involvement in cybersex [4].

Addiction has a negative influence on the inner life of the individual and personal life. On sex addiction in the network most people are exposed undervalued, young children, patients with mental disorders, used in the past and dependent on psychoactive substances. Addiction is like any other, it leads to serious consequences, including makes it difficult to establish contacts, man becomes self-centered, are disturbed emotions, sensations, the

woman is treated more objectively, children exhibit compulsive sexual disorders, there are conflicts between children and parents. Moreover, addicts feel isolated and abandoned. Currently, there is still no treatment for this addiction, the most recommended therapy is cognitive-behavioral [6,17].

## Conclusion

Cybersex is today becoming an extremely serious social problem. At the risk of addiction are especially vulnerable young people, for whom the Internet is an integral part of everyday activities, social life and entertainment. There is a need rapid response from parents, guardians, educators, health professionals to identify addicts and undergo appropriate treatment.

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