

Paper-X Psychology of Sex and Married Life

Main Objectives :

- To Provide scientific Sex knowledge to students.
- To help the students to examine their sex roles and relationship with opposite sex.
- To acquaint students with reality of sex and married life and prepare them to build the successful marital adjustment.

The Scheme of question paper :

- The paper will consist of Five Units.
- There will be two chapters in each unit.
- Every chapter will be given equal weightage in Examination.
- To the marks :

70 External

30 Internal

- The Paper will consist of the following five units :

| Units | Topic of Unit | Marks of Unit |
|-------|---|---------------|
| 1 | Marriage and Human Sexuality | 14 |
| 2 | The Biology of Marriage Male and Female | 14 |
| 3 | Gender Identify and Role and Sexual Adjustment in Marriage | 14 |
| 4 | The Art of Marriage, Sexual Dysfunctions and Sexual Variations | 14 |
| 5 | Health and Happiness in Marriage, Family Planning and Sexual Myths and Misconceptions | 14 |
| | Total Marks | 70 |

Unit-I Marriage and Human Sexuality

Chapter-1 Marriage

- Definition of Marriage
- Purpose of Marriage
- Types of Fitness for Marriage
- Aspects of Maturity for Marriage
- Characteristics of Maturity for Marriage
- Characteristics of a person matured

Chapter-2 Human Sexuality

- Concept of Human Sexuality
- Perspectives of Human Sexuality
 - Historical Perspective
 - Biological Perspective
 - The Cross-cultural perspective
 - Psychological perspective
 - Sociological perspective
- What is Education in Human Sexuality?
- Present status of Education in Human Sexuality
- The Need for Education in Human Sexuality

Unit-II The Biology of Marriage - Male and Female

Chapter-3 Male Sexual Organs : Anatomy and Functions

- External Sexual Organs
- Internal Sexual Organs
- Male Sex Hormones
- Diseases of the Urogenital System
- Male Sexual Functions

Chapter-4 Female Sexual Organs : Anatomy and Functions

- External Sexual Organs
- Internal Sexual Organs
- The Breasts
- The Menstrual Cycle
- Menstrual Problems
- Female Sex Hormones

Unit-III Gender Identify and Gender Role and Sexual Adjustment in Marriage

Chapter-5 Gender Identify and Gender Role

- Changing Status of Women
- Nature and in Gender Identify
- Gender Differences
 - o Biological Differences
 - o Differences in Cognitive Ability
 - o Differences in Personality
 - o Differences in Aptitude and Achievement
- Development of Role Concept
- Attitudes of Young men and women for future role playing
- Flexibility of role concept

Chapter-6 Sexual Adjustment in Marriage

- The Sexual Relationship and Adjustment in other Areas of life
- Mutuality in Sexual Inter Source
- Causes of Poor Sexual Adjustment
- Time and Psychic Unity as Factors in Sexual Adjustment
- Cultural Conditioning of Sexual Response
- Differences in Sexual Response
- Strength of Sex Drive
- Difference in Timing and Orgasm Response
- Frequency of Coitus
- Other Factors
- Lack of Standardization in Learning and Attitude about Sex
- Outside Help for Problems

Unit-IV The Art of Marriage, Sexual Dysfunctions and Sexual Variations

Chapter-7 The Art of Marriage

- Sex and Success in Marriage
- Sex Instinct and the Art of Sexual Love
- Foreplay
- The Sexual Response Cycle

- The Defloration
- Orgasm
- Difference between Male and Female in Sexual Desire
- Coital Positions

Chapter-8 Sexual Dysfunctions and Sexual Variations :

- Sexual Dysfunctions and Sexual
 - o Dysfunction of Sexual Desire
 - o Dysfunctions of Sexual Arousal
 - o Dysfunctions of Orgasm
 - o Dysfunctions involving Sexual Pain
- Sexual Variations (In Brief)
 - o Paraphilias
 - o Fetishism
 - o Transvestism
 - o Voyeurism
 - o Exhibitionism
 - o Sadism
 - o Masochim
- Gender Identify Disorders
 - o Gender Identify Disorder during childhood
 - o Transsexualism
- Sex Abuse
 - o Pedophilia and Sexual
 - o Incest
 - o Rape
- Sexual Orientation
 - o Gay [Homosexual Male]
 - o Lesbian [Homosexual Female]
 - o Bisexual Person
- Prostitution
 - o Kinds of Prostitutes
 - o Male Prostitutes (Gigolo)
- Pornography :
 - o Magazines
 - o Films and Videos
 - o Telephone (mobile) sex
 - o Computer (Internet) Pronography

Unit-V Health and Happiness in Marriage Family Planning and Sexual Myths and Misconceptions :

Chapter-9 Health and Happiness in Marriage

- The Hygiene of Reproduction
 - o The Best Age for Marriage
 - o Planning the first Pregnancy
 - o Age and Conception
 - o The size of family
- The Hygiene of Sexual Relation :
 - o Frequency of Inter Course and Sexual Compatibility

- Sexual Relations During Menstruation
- Sexual Relations During Pregnancy and After Child Birth
- Sexual Impulse after Menopause
- Sexual Continence
- Pre-Marital Sexual Relations
- Sexuality Transmitted Disease
 - Chlamydia
 - Gonorrhoea
 - Herpes
 - Syphilis
 - AIDS
- Marital Conflict - Causes of Marital Conflict
- Divorce
- Suggestions for Marital Success by Dr. Stone and Stone

Chapter-10 Family Planning and Sexual Myths and Misconceptions

(1) Methods of Family Planning

- Nature Methods
 - Abstinence
 - Rhythm Method
 - Withdrawal Method
- Barrier Methods
 - Condom
 - Diaphragm
 - Cervical Cap
- Spermicides
- Hormone Methods
 - Oral Pill
 - Intrauterine Device (IUD)
- Permanent Methods
 - Vasectomy
 - Tubectomy

(2) Sexual Myths and Misconceptions :

- | | |
|---------------------------------|------------------------|
| - Sexual Intercourse and Orgasm | - Hymen |
| - Masturbation | - Breasts |
| - Homosexuality | - Menopause |
| - Rape | - Sexuality- |
| - Sex Abuse of Children | - Transmitted Diseases |
| - Sex Education | - AIDS |
| - Penis | - Sexual Cleanliness |
| - Semen | - Contraceptives |
| - Menstruation | - Surgery |

BOOKS

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5. Dhun Panthaki "Education in Human Sexuality" 1997, Family Planning Association of India, Mumbai
6. Bechtal S. and Stains L.R. "Sex - A Man's Guide" 1st Indian edition 1997, Rajendra Publishing House Pvt., Mumbai
7. Carson R.C., Butcher J.N. and Mineka S. "Abnormal Psychology and Morden Life" 13th edition, First Indian Reprint 2003 Pearson Education Pvt. Ltd., New Delhi
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