

Which Female Prefer Longer Penises?

Kim M. DRASA Jr.¹, Vaso Vasili²

Central Polyclinic, Tirana, Albania

Abstract: ***Introduction:** An orgasm in the human female is a transient peak sensation of intense pleasure creating an altered state of consciousness, usually with an initiation accompanied by involuntary, rhythmic contractions of the pelvic striated musculature, often with concomitant uterine and anal contractions and myotonia that resolves the sexually induced vasocongestion and usually with an induction of well-being and contentment. Women's orgasms can be induced by erotic stimulation of a variety of genital and non-genital sites. Women's orgasms are four kind: 1) Clitoridene, 2) G-spot, 3) Vaginal, 4) All three together. Lack of orgasm is the second most common female sexual problem, affecting more than 20% of woman. **Aim:** The aim of our study was to find if the vaginal orgasm provoke only when penis of her partner is longer than average penis. **Material and methods:** The study was an online survey and by in-person surveys. The present sample consist of 1275 coitally experienced women. The effect of penis size on the likelihood of having an orgasm from penile – vaginal intercourse (PVI), was assessed by the questions: "Are you more likely to have orgasm from penis-in-vagina intercourse with a man who has somewhat longer than average penis?". (Assume that average erect penis length is 149-155 m/m long). Possible answers were: a) More likely to have an orgasm with longer penis, b) No difference – I orgasm equally well with long or average penis lengths; c) Less likely to have an orgasm with a longer penis; d) I do not (or do not often) have an orgasm from intercourse; or e) I have not had enough penis-in-vagina intercourse partners to make a comparison. (The £20 note is 149 m/m long and U;S; dollar bills are 155 m/m long). Exclusion criteria were being coitally inexperienced and responses suggesting a high risk of misreporting, as indicated by scores the 86th percentile on the short version of the Marlowe – Crowne Social Desirability Scale (the 13-item short form). **Results:** Women's reports on how penis size influences the likelihood of reaching orgasm from PVI were: a) More likely to have an orgasm with a longer penis-35.7%; b) No-difference-equally likely of having an orgasm with a longer and average penis 56.5%; c) Less likely to have an orgasm with a longer penis 2.1%; d) Never had an orgasm from PVI-1.4%; e) Not enough PVI partners to make a comparison 4.3%. Women who reported that they were more likely to reach orgasm from PVI with a longer than average penis reported having more vaginal orgasms within a previous month compared with women for whom penis size is not important for PVI orgasm. The likelihood of attaining orgasm from PVI with a longer than average penis was independently predicted by greater importance attributed to PVI and lesser importance attributed to noncoital sex: OR (95%CI), p<0.05. **Conclusion:** Women who prefer deeper penile-vaginal stimulation are more likely to have vaginal orgasm, consistent with vaginal orgasm evolving as part of the female mate choice system favouring somewhat longer than average penis. Like many men's desire to have a longer than average penis and the desire of (especially vaginal orgasmic) women is to have a man with a longer than average penis. Penis size appears to be important for many women. Conclusion by in-personal survey seemed to be similar with my colleagues but, for me, with one addition: "Penis for both likelihood of orgasm (women / men) is best to be strong as a rock than to be large but not strong".*

Keywords: Penis, women, orgasm

1. Introduction

Through the years, different models have been proposed to explain sexual responding. The latter is nevertheless important because sex often takes place in the context of a relationship and is thus strongly influenced by partner responses and relational features (1-3).

The penis particularly in its erect state is a symbol of masculinity. In many cultures it has come to symbolize attributes such as strength, virility, possession and courage. The size of the penis is therefore an important aspect of life in the male from puberty to adulthood. Throughout history, there have been a variety of references to penile enhancement size. The Indian Sadhus and Peruvian Cholomecs used weights, similar to the Penile Tissue Expander to attain increased lengths of 12 to 18 inches. In the 16th century, the Topinama of Brazil would significantly enlarge their penis by encouraging poisonous snakes to bite their penis. At the end of six months the men had a monstrous-sized penis that delighted their woman.

In the Diagnostic and Statistical Manual of Mental Disorders, 5th Edition (DSM -5; F52.31), four diagnostic criteria must be met in order to classify as Female Orgasmic Disorder

(FOD),(4). According to the DSM – 5, FOD can be categorized into various subtypes including lifelong vs acquired and generalized vs situational FOD,(4).

Very often in literature, orgasm problems are referred to as either "primary" or "secondary".

The definition of orgasm itself remains vague, which makes it difficult for clinicians to determine a diagnosis. Because the exact mechanism of the cerebral neuronal discharge is so poorly understood, most definition of orgasm, in 2003 an International Consultation, in collaboration, assembled a large group of experts who agreed on the following definition:

“ A variable, transient peak sensation of intense pleasure creating an altered state of consciousness, usually accompanied by involuntary, rhythmic contractions of the pelvic striated circum vaginal musculature, often with concomitant uterine and anal contractions and myotonia that resolves the sexually induced vasocongestion (sometimes only partially), usually with an induction of well-being and contentment”.

When woman have sex with men, their sexual pleasure is influenced by the male partner's sexual performance, as well as by his physical and psychological characteristics. Research

also shows that male traits such as penis size and copulatory vigor are more relevant for woman's attainment of orgasm from penile-vaginal intercourse (PVI) than from other sexual activities. The likelihood of a woman attaining an orgasm through penile stimulation of the vagina without concurrent clitoral masturbation (hence forth vaginal orgasm) is related to men's erectile function (5) and to duration of PVI, but not to duration of foreplay (in multivariate analyses controlling for both PVI and foreplay duration),(6).

Our theory, linking greater likelihood of vaginal orgasm to having a man with a longer penis, is a special case of the evolutionary view that female orgasm evolved as a mate choice system(7) and is consistent with the view that vaginal orgasm can be a signal of greater fitness of both partners.(8). Increasing evidence shows that penis size is important for sexual pleasure of many women and is arguably more relevant during PVI than during other sexual activities. There is evidence that the entire length of the vagina (and cervix) is well innervated and that (in addition to an overlapping general region) the cervix projects to a different region of the somatosensory cortex than the distal vagina, which in turn projects to a different region than the clitoris,(9,10).

In addition, substantial evidence shows that most women care about penis size to some degree and typically prefer a somewhat thicker and longer penis than average.

Finally, if preference for a longer penis is driven by greater vaginal-cervical sensitivity, then one might infer that women who reach orgasm from PVI more easily with longer penises value PVI relatively more and value noncoital sex relatively less.

2. Aim

The aim of our study was to find if the vaginal orgasm provoke only when penis of her partner is longer than average penis.

3. Method

The study was an online survey. The quality of sexuality data collected by online survey appears to be similar and by in-personal survey. The present sample consist on 1275 coitally experienced women. The effect of penis size on the likelihood of having an orgasm from PVI was assessed by the question:

“All things being equal, are you more likely to have an orgasm from penis –in –vagina intercourse with a man who has a somewhat larger than average penis length?

(Assume that average erect penis length is the length of a L20 note or any U.S dollar bill)”.

Possible answers were: (a) more likely to have an orgasm with a longer penis, (b) no difference - I orgasm equally well with a long or average penis length, (c) less likely to have an orgasm with a longer penis, (d) I do not (or do not often) have an orgasm from intercourse, or(e) I have not had

enough penis- in- vagina intercourse partners to make a comparison (the L 20 note is 149 m/m long and U.S. dollar bills are 155 m/m long)

Exclusion criteria were being coitally inexperienced and responses suggesting a high risk of misreporting, as indicated by scores the 86th percentile on the short version of the Marlowe –Crowne Social Desirability Scale,(11).

Participants reported how many days they engaged in the following sexual behaviors and how many days they had orgasms from each of them in a recent representative month: PVI without additional simultaneous clitoral stimulation, clitorally focused masturbation (except vibrator), vaginally focused masturbation (except vibrator), masturbation with vibrator (alone or with a partner), clitorally focused manual stimulation by a partner, receiving oral sex and anal sex. Clitorally focused masturbation, vaginally focused masturbation, oral sex, and anal sex were differentiated as occurring with or without PVI in the same day,(12,13,14,15).

4. Statistical Analysis

Were used univariate analyses of covariance to compare women who reported that they were more likely to attain orgasm from PVI with a longer than average penis to women for whom penis size was not important, with respect to frequencies of various sexual behaviors including orgasms from each behavior. All statistical analyses were performed with SPSS, version 17 (SPSS Inc., Chicago, IL, USA).

5. Results

Women's reports on how penis size influences the likelihood of reaching orgasm from penile-vaginal-intercourse (PVI) are as below:

- More likely to have orgasm with a longer penis were = 35.7%
- No -difference –equally likely of having an orgasm with a longer penis were =56.5 %
- Less likely to have an orgasm with a longer penis = 2%
- Never had an orgasm from PVI = 1.4%
- Not enough PVI partners to make a comparison = 4.3 %

Women who reported that they were more likely to reach orgasm from PVI with a longer than average penis reported having more vaginal orgasms within a previous month compared with women for whom penis size is not important for PVI orgasm. Notably, the groups do not differ in the frequencies of clitoral orgasm, orgasm induced by vaginal masturbation, or any other sexual behaviors.

The likelihood of attaining orgasm from PVI with a longer than average penis and so were independently predicated by greater importance attributed to PVI and lesser importance attributed to noncoital sex: OR (95%CI)

6. Discussion

This study replicated and extends earlier findings(6) by showing that the importance women give to penis size for

reaching orgasm from PVI is associated with higher frequency of orgasm from vaginal masturbation, frequency of clitoral orgasm, or frequency of any other sexual activities. Higher vaginal cervical responsiveness among women who can more easily attain vaginal orgasm might be related, at least in part, to greater thickness and/or length of the urethra vaginal space (16,17), better vagus nerve function (15,18), more awareness of vaginal erotic responses (19,20), more attention to vaginal sensations during PVI (6), better pelvic region muscle function (21), better psychological functioning in at least some respects (5,12,14,22,23,24,25), better intimate relationship quality (5,22,25,26), and higher sexual desire (25,31)

One might argue that more generally erotophilic or less inhibited women rate larger penises as more important and also have higher rates of all sexual activities and all kinds of orgasm.

However, our differential results argue against that interpretation because the preference for a longer penis is associated only with vaginal orgasm frequency, not with frequency of other forms of orgasm or other sexual activities. Our results might slightly underestimate women's true size preferences because their preferences for an "average" penis length (the £20 note at 149 mm long and the U.S. dollar bill at 155 mm long) are slightly longer than the approximately 148 mm mean erect penis length found when averaging results across several studies.

Vaginal orgasm (or orgasm during PVI) is more likely to occur when women and/or their partners show specific indicators of mate value such as:

- Better physical or psychological health (5,8,12,14,15,22,23,25,27).
- When their male partners have other indices of mate value, such as higher physical attractiveness (28,29), masculinity (28), body symmetry (30) and copulatory courtship ability (indicated by greater erectile potency and longer PVI duration (5,6) and
- When couples find themselves in more reproductively propitious relationships, as cued by higher sexual desire, higher sexual satisfaction, and higher relationship satisfaction (5,8,22,25,26,31).

Consistent with vaginal orgasm having evolved to promote desire for PVI in favorable circumstances.

We think that vaginal orgasm and PVI frequency are associated with greater sexual desire and passion (25,26,31), sexual satisfaction (5,25,32,33,34), and less risk of sexual dysfunctions (31,35,36), whereas other sexual activities are not as clearly related to better sexual function; indeed, they are often unrelated or correlated with impaired sexual function (2,31,32,33,34,35)

Our plausible explanation for the relationship between female PVI orgasm and male attributes is the so-called "cryptic female mate choice" that is, female preferences expressed during copulation that affect likelihood of fertilization and/or of remating with the same male. Cryptic female choice has

shaped the evolution of male intromittent genitalia and copulatory behavior across many species (36).

These correlational findings can be a useful guide for informing future controlled clinical research studies.

7. Conclusion

Women's frequency of vaginal orgasm is associated with preference for deeper penile-vaginal stimulation, as indicated by greater importance given to longer than average penises. In contrast to the assertions common in sexology, penis size appears important to many women, and this is consistent with evolutionary hypotheses concerning the mate choice functions of vaginal orgasm and with the biological literature showing cryptic female choice for male genital morphology across many species. Like many men's desire to have a longer than average penis, the desire of (especially vaginally orgasmic) women to have a man with a longer than average penis may reflect lessons learned from real sexual experiences rather than internalization of arbitrary stereotypes.

Conclusion by in-personal survey seemed to be similar with my colleagues but, for me, with one addition: **"Penis for both likelihood of orgasm (women / men) is best to be strong as a rock than to be large but not strong"**.

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