

Welcome students, my name is Durva Prabhu, Assistant professor of Psychology from Government College of Arts, Science and Commerce, Khandola. Today we are doing this paper named Psychology and life adjustments, which is for second year BA. In here will be studying about Men and women and their changing view which comes under Unit 2 that is sexuality and intimate relationships. In this module will be focusing on men and women and their changing view with respect to sexuality, sexual communication, love and sex and individual differences. At the end of this module, a student will be able to understand the changing view of men and women at the same time, he'll be able to describe changing views of men and women, so please start with it.

Men and women, the changing view

First we will look at his sexuality. Now when we say sexuality, it refers to a person's capacity for sexual feelings. It is about your thoughts, attractions and behaviours towards other people. Sexuality is part of you, which is expressed through your sexual activities and relationships. It is represented in your feelings, behaviours and your sexual identity. Now this expression of sexuality is largely based on the gender stereotypes, which are there in that particular society. Now, gender stereotypes are widespread generalities about characteristics and behaviour of men and women. For example, men being very aggressive women who are considered to be very shy, very tolerant. All these kinds of gender stereotypes, which are there over the years. This gender stereotypes tend to change once the individuals who are involved in that particular situation get more and more information that are contradictory to their existing views. As a result over the years, this expression of sexuality also changes. For example, if we consider our Indian culture today and say in 1950s, there is a huge difference the way sexuality is expressed you will find today we have more freedom in terms of expressing and exploring our sexuality as compared to past. Now men and women are considered as equal, both men and women have equal opportunity in terms of expressing their views in terms of exploring their sexuality. Where in the past women were subjected to more restrictions as compared to men in terms of exploring and expressing themselves sexually. Now the next aspect that we will look at is sexual communication. Now when you say communication, it is an important part of any relationship. So whenever communication is considered, it has to be very smooth, wherein both the parties are able to convey what they are feeling, what they're thinking, what their emotions are. So when we are talking about intimate relationship, sexual communication becomes at most important.

Most of the people irrespective of their age, are very reluctant to talk about sex with their partners. People don't have the slightest notion of their partner's sexual likes and dislikes. So as a result what happens is that their relationship doesn't run smoothly for a longer period of time. When we are considering sexual communication, the most important thing that we have to look at is the attitude that the couple, her or the members of in that particular relationship have towards each other specially, sense of trust and mutual empathy. The spirit and tone of the voice, whenever they are communicating is also equally important. Also, willingness to discuss any issue which is involved in their intimate relationship in good faith is also very, very important.

Now when we talk about giving and receiving criticism regarding any sexual behaviour in intimate relationship is very touchy but very important matter. Now Gottman and Carere they identified highly destructive patterns in terms of communication. They say that there are these four patterns which are highly observed in any communication wherein if you use this kind of patterns you tend to lose the person who is staying with you in that particular relation. First is criticism, wherein the individuals tend to attack their partners character for example, calling them selfish. Second is contempt where in insults are used to denigrate the partners sexuality, where they directly pointing out, directly maligning the partner sexuality. Defensiveness, wherein if there are any issues related to say intimate behaviours, people tend to use excuses or refuse to take responsibility of their behaviour. They are trying to find some way out. Some sort of self protective defence they're using rather than communicating or confronting. And the last one is withdrawal where in the person instead of sitting and clarifying the point tend to ignore the partner, So whenever we are looking at sexual communication in intimate relationship, it is very important that the people who are there in that particular relationship they have to be willing to listen to another person at the same time they should be able to express themselves.

The next aspect under changing view is Love and sex. Now when we say love, it is combination of emotions, cognitions and behaviours that play a crucial role in close and intimate relationships. Love is said to enrich sex especially in long term relationship such as marriage. Affection and commitment can enhance the overall pleasure in any intimate relationship. Now over the years people have developed different attitudes towards in love and sex. There are some people who value both the aspect that is love and sex as equally important in a particular relationship wherein you'll find some people who will value either one of it, either love or either sex depending what they are looking at in that relationship. Because over the years this attitude of people looking at this love. The concept of love and sex is changing. It is seen that guilt free people can function very well sexually without being in love. So when you're saying this, it is always seen that women tend to value love to be the most important aspect in any relationship rather than sex. Most of the time, it is seen that men tend to focus more on sexual aspect of the relationship with rather than the love aspect. Now when we're talking about all these things it is important to note that in reality the individual who is involved in that particular relationship. It will depend on his perceiving skills or his value system like how what he exactly once in a particular relationship. There is also an increasing attitude of young men and women that there is nothing inherently bad about sex without love, especially if both parties consent. While this is very controversial and debatable topic, but this is what the young people today are believing in.

The last aspect is individual differences. Individual differences when we're looking at this are more or less enduring psychological characteristics that will distinguish one person from another, and it will help us to define each person individually. Now when we're talking about changing views in terms of sexuality, sexual communication, we're talking about love we're talking about sex. Everything will depend on. Who the person is, who is involved? What are his thought processes? How he perceives the new changes which are happening. You might find that there are some people who are very rigid in terms of their thought. You will find some people who are very flexible. Incorporating this new trends which are coming in so

that it will largely depend on the individual who is involved. There are different patterns of perceiving these changes and also the value system of that individual who is involved is also important.

glossary.

References for this module.

Thank you.