

# **Title : Human sexuality**

Number of Words: 1069 (including the outline)

Summary: This paper argues that sexual orientation is not primarily brought about by sociological and psychological factors. The essay believes that sexual orientation is a personal choice. The main argument is proven through a series of proofs of disqualifications of several theories about sexual orientation.

## **I. INTRODUCTION**

What is the difference between human sexuality (sexuality) and sexual orientation? How can one tell what his or her sexuality is and what his or her sexual orientation is?

What is human sexuality? There are several factors that are said to contribute to one's sexuality. Such factors include biological, genetic, social, and psychological. The last of such factors is that one's sexuality and sexual orientation is one's conscious choice.

There has not been any concrete proof as to the truth behind the effects of genetics and biology in defining one's sexuality. Psychological and social factors seem to have some obvious influence although they are not absolute.

This leads to the conclusion that one's sexuality is not dictated by any of the factors mentioned previously. It becomes simply a choice. Sexuality is not dictated unto people. It is the individual that dictates his or her own sexuality.

## **II. OUTLINE**

- a. Difference between human sexuality and sexual orientation
- b. Factors that affect sexuality
  - i. biological factors
  - ii. genetic factors
  - iii. psychological and social factors
  - iv. conscious choice

## C. Conclusion

### **III. ARGUMENTATIVE ESSAY**

What is the difference between human sexuality (sexuality) and sexual orientation? How can one tell what his sexuality is and what his sexual orientation is? Are they one and the same? Answers to these questions will lead one to understand and say whether one's sexuality is the consequence of one's choices or if it is simply innate and cannot be altered.

What is human sexuality? Sexuality is defined as the sum of the structural and functional differences by which male and female are distinguished. On the other hand, sexual orientation is said to take into consideration one's object choice, man or woman.

Having defined both terms, we can now analyze the difference and therefore assess which is a choice and which is not. If we take into consideration just the meaning of the term, it is quite obvious that sexual orientation seems to be a choice that one makes. You can choose to like someone from the same sex or from the opposite sex. There are those who may act like they are homosexuals but still conform to the norm and have the opposite sex as their object choice.

On the other hand, human sexuality is an intricate term, which covers aspects that need to be analyzed individually. There are several factors that are said to contribute to one's sexuality. Such factors include biological, genetic, social, and psychological.

The last of such factors is that one's sexuality and sexual orientation is one's conscious choice. I personally think the latter is the biggest and most influential factor of all.

Biological factors are said to be influential in a way based on studies and experiments on non-heterosexual individuals. According to Wikipedia,

“Research, and the experience of non-heterosexuals, suggests that sexual orientation is set in early childhood and perhaps in some individuals even earlier. Studies of homosexual identical twins suggest that when one twin is [homosexual](#) that there is a 40 to 60 percent chance that the other twin will also be homosexual. In fraternal twins the figure is 15 to 30 percent. For same sex non-twin siblings the figure is 5 to 10 percent, or roughly the background level”

Many believe that studies such as these prove that biological factors do play a role in one's sexual orientation.

There have likewise been reports of a “gay gene” being discovered by scientists. Although such has yet to be absolutely proven. Many see such discovery as a big possibility and that genetics do help determine a person's sexual orientation.

According to other researchers, the sociological and psychological factors are the biggest contributors in establishing one's sexuality. The environments and one's living conditions while growing up help dictate his or her sexuality. Some say that a girl who has 6 brothers and no sisters will have a big possibility of being a lesbian when she grows up. Some likewise say that when a boy has no fatherly figure while growing up, he has the chance of becoming a homosexual in his adult years.

In spite of all these suggested causes that are said to affect one's sexuality, I still believe that it is one's choice that leads him to live a life out of the norm. It is a man's choice to be a heterosexual or a homosexual.

The biological factors as well as the genetic factors do not give concrete evidence as to their effect on the development of one's sexuality. No study has yet to become absolute proof that sexuality is based on biology or the genetic make-up of an individual.

On the other hand, I agree that somehow the social environment of a person may, in one way or another, influence his or her sexuality. The cases mentioned above have somehow happened in reality but there are also times when such scenarios are present but the expected outcome is not. There are girls who grow up with numerous brothers and still emerge as feminine as a typical woman should be. There are also those girls who grow up with all sisters and yet turn out to be non-heterosexual when she grows up. This just proves that psychological and social factors are not the defining force in the development of one's sexuality.

As I mentioned earlier, the last and I believe is the most important factor and that sexual orientation is really a conscious choice. I believe one's mind is capable of determining one's sexuality in spite of the social and psychological factors that life may bring. I will no longer compare a conscious choice with the biological and genetic factor since the latter have not been proven.

Psychological factors are those, which the mind produces. Such factors can only affect a person if the person lets it affect him. Take for example the situations mentioned above, although people expect that a girl growing up with all brothers will turn out to be a lesbian, that girl can be firm and make a choice that she will grow up to be a fine lady. She does not have to let all the outside factors affect her decision and her sexuality.

Sexuality is not dictated unto people. It is something that is developed through time based on different factors. These factors may or may not affect the sexual orientation of an individual for it is the individual's choice that will control his or her sexual orientation.

