

3. Orientasi seksual, identitas gender dan struktur otak

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3. Orientasi seksual, identitas gender dan struktur otak

- A. Pengaruh Biologis pada identitas gender dan seksualitas (variasi seksual biologis)
- B. Pengaruh Psikososial pada identitas gender dan seksualitas (norma dan interaksi sosial, lingkungan fisik dan media)
- C. Perbedaan jenis kelamin dalam ekspresi orientasi seksual
- D. Sikap orientasi seksual (sexual orientation attitudes)

A. Pengaruh Biologis pada identitas gender dan seksualitas (variasi seksual biologis)

- ✓ A sex difference in a brain structure does not translate into a sex difference in a brain function [tiap jenis kelamin memiliki struktur otak yang berbeda, namun fungsi otak tetap sama] (de Vries & Sodersten, 2009).
- ✓ Different area of the brain can be linked to gender identity. A study of male to female transsexuals on autopsy showed that one area of the brain-the hypothalamic uncinate nucleus-appeared more similar to that area of the brain in women than men.(Draganski dkk, 2004).
- ✓ Genetic made significant contributions to sex-typed behavior, but was stronger for girls than boys, [tipe jenis kelamin perempuan lebih kuat dipengaruhi secara genetik, dibandingkan laki-laki].

(Helgeson)

A. Pengaruh Biologis pada identitas gender dan seksualitas (variasi seksual biologis)

- The female sex hormone are estrogens, and the male sex hormones are androgens (e.g., testosterone), but women and men have both classes of hormones, in different amounts. Sex hormones affect the brain, the immune system, and overall health. Hormones also influence behavior.
- Girls with congenital adrenal hyperplasia (CAH), a genetic disorder resulting from a malfunction in the adrenal gland that results in prenatal exposure to high levels of male hormones and a lack of cortisol, may be mistaken for boys because their genitals are somewhat masculinized (e.g., enlarged clitoris); boys do not have adverse effects on their genitals but may suffer other ill effects from an excess of androgen.
- Androgens could affect areas of the brain that are linked to spatial skills, masculine social behavior, and sexual orientation.

B. Pengaruh Psikososial pada identitas gender dan seksualitas

- Gender stereotypes strongly reflect status differences in men's and women's traditional social roles.
- Social rewards and punishments provide incentives for people to act in line with expectations about members of their group, an individual may act in concert with gendered expectations even when this does not suit his or her personality. Ex: a woman might act in a nurturing way not because she wishes to but rather to avoid the sting of other's disapproval.

(Rudman & Glick)

The origin of sexual orientation - awal mula orientasi Seksual

- 1) Sexual orientation is determined before adolescence, even when youngsters have not been particularly sexually active. (numerous other studies have shown that most homosexual males become aware of their orientation during childhood or adolescence; Dank, 1971; Reiche & Dannecker, 1977; Whitam, 1977).
- 2) Homosexual behavior emerges from homosexual feelings-feelings that occur about three years, on average, before any overt homosexual experience.
- 3) Homosexual women and men tend to have a history of heterosexual experiences in childhood and adolescence but have found these experiences not to be satisfying.

The origin of sexual orientation - awal mula orientasi Seksual

- 4) Identification with either parent played no significant role in the development of sexual orientation.
- 5) There was no evidence that any particular type of mother produces homosexual children. A slightly higher proportion of homosexuals had poor relationships with their fathers, but it was impossible to determine if this was a causative factor.

(Franken, 2002)

C. Perbedaan jenis kelamin dalam ekspresi orientasi seksual

- ✓ **Men** seem to be more satisfied with their sexual **relationships** than women (Laumann dkk, 2006).
- ✓ **Men** may be more satisfied with sexual **activity** than women because men are more likely to initiate sexual activity or because men are more likely to disclose their sexual desires.
- ✓ **Males** were more likely than females to **discuss** sexual **activity**, including their sexual **desires**, while females were more likely than males to report that they had difficulty getting their partner to do what they wanted during sexual activity (Greene & Faulkner, 2005).

✓ (Helgeson)

C. Perbedaan jenis kelamin dalam ekspresi orientasi seksual

- ✓ For both women and men, sexual desire-but not sexual activity- is associated with passionate love (Regan, 2000).
- ✓ Neurochemicals, such as oxytocin, that mediate bonding also mediate sexual behavior. Much as oxytocin might be associated with caregiving, it also released in greater amounts in women than in men during sexual activity. Oxytocin is also associated with orgasmic intensity (Diamond,2004).

(Strong dkk)

D. Sikap orientasi seksual (sexual orientation attitudes)

Orientasi seksual mrpk sesuatu yg bersifat kontinum dr relasi yg eksklusif antara pria-wanita hingga relasi yg eksklusif di antara sesama jenis.

Setiap individu, terlepas dari orientasi seksualnya, memiliki *respons fisiologis yang sama ketika terangsang secara seksual* dan agaknya hal ini terkait dengan stimulasi taktil. Tdk ada perbedaan sikap, perilaku, dan penyesuaian diri antara lesbian, gay, dan biseksual dan heteroseksual.

Periode pranatal yg paling awal diduga mempengaruhi orientasi seksual seseorang.

Orientasi seksual individu – yang berjenis kelamin sama, heteroseksual, atau biseksual- adalah yang paling dipengaruhi oleh *kombinasi antara faktor genetik, hormonal, kognitif, dan lingkungan*. Meskipun gen kemungkinan besar berperan dalam menentukan orientasi seksual, namun tdk begitu kuat sebagaimana menjelaskan karakteristik kecerdasan.

(Santrock)

Attitudes toward sexual behavior - sikap terhadap perilaku seksual

- ▶ Sexual attitudes and behaviors have become more permissive over the years.
- ▶ There are some differences between women's and men's attitudes about sexual behavior; (1) women have more negative attitudes toward sex compared to men; (2) men have more permissive standards compared to women, meaning men find sex to be more acceptable in general. However, sex differences in attitudes toward sex depend on the degree of commitment in the relationship.
- ▶ Men place greater emphasis on sex compared to women in both homosexual and heterosexual relationships (Peplau & Fingerhut, 2007).

Faktor-faktor yang mempengaruhi pemahaman seksual seseorang

1. Pengaruh orang tua
2. Pengaruh saudara kandung
3. Pengaruh teman sebaya
4. Pengaruh media

(Strong dkk, 2011, p. 176-181)

Pengaruh orang tua

- ▶ Children learn a great deal about sexuality from their parents. They learn both because their parents set out to teach them and because they are avid observers of their parents' behavior.
- ▶ Parents, especially mothers, are important sources of information and advice about sexuality. Although both sons and daughters speak more to mothers than to fathers about sexual issues, most parent-child sexual communication is really between mothers and daughters.
- ▶ Parents who acknowledge sexuality rather than ignoring or condemning it help children develop positive body images, comfort with sexual matters, and higher self esteem (Miracle et al. 2003).

Pengaruh saudara kandung

Siblings, specifically older siblings, are influential sources of sexual socialization and by their own behavior may become role models for their younger siblings sexual attitudes and behaviors (Kowal and Blinn-Pike 2004); because siblings are assumed to be less judgmental, less embarrassed, and less punitive than parents.

Pengaruh teman sebaya

- ▶ Adolescents garner a wealth of information, as well as much misinformation, from one another about sex. They often put pressure on one another to carry out traditional gender roles. Boys encourage other boys to become and be sexually active. Those who are pressured must camouflage their inexperience with bravado, which increases misinformation; they cannot reveal sexual ignorance.
- ▶ For many young people, virginity may be experienced as a stigma, whereas virginity loss is seen either as a way to shed the stigma (more true for males) or merely as part of growing up (Carpenter 2002).

Pengaruh Media

- ▶ Certain media—most notably television and popular music—have been shown to have an effect on attitudes about sex and on sexual behavior. For example, research undertaken by social psychologist Rebecca Collins and colleagues (Collins et al. 2004) found that ***both teenagers' sexual beliefs and their behavior are affected by their exposure to sexual content on television.*** Sexual content is common in prime-time programming. After reviewing a sample of almost 1,000 programs, 7 out of 10 were found to have sexual content and convey messages about sex. Talking about sex was more common than was portraying sexual activity (Kunkel et al. 2005).
- ▶ Along with the electronic media, magazines, newspapers, and print advertising can also affect what young people learn about and learn to expect from sexuality.