MEDICAL, PHILOSOPHICAL AND SOCIOLOGICAL ASPECTS OF USING MARITAL AIDS IN MARRIED COUPLES, FRESHLY BUILT RELATIONSHIPS AND SINGLE PERSONS

Summary. Nowadays the society is tended to be divided into two different groups, speaking about intimate life issue. Some people remain stigmatized towards postulates of necessary optimization of their sexual life using so-called marital aids, others though feel free to apply them in their private life, while keeping this information confidential. However, applying sex-toys was already highly popular 3000 years ago. For centuries, intimate tools appear to be an opportunity to reduce stress, treat sex-related diseases, as well as spice off the intimate life among partners. However, there is still lack of scientific data on philosophical and sociological matters of influence of the aforementioned tools by different societal groups in particular. Moreover, there is no data on whether there is a significant difference between consequences of applying sex-tools among married couple on one side, and single persons on the other one. The anonymous annual questionnaires among various groups of people claim that around 60% of people experience difficulties in their sexual life. At the same time, almost 80% of those people admit that sex-toys appear to be a successful remedy for the problem mentioned above. Despite positive sides though, there are numerous severe disadvantages that can cause serious mental changes in people, who remain single for a long period of time and claim an exaggerated use of sex-toys at the same time, while married couples will face a stable optimization of their sexual life using the same strategies. Therefore, the current article presents medical, philosophical and sociological advantages and disadvantages of applying marital aids among various groups of people by claiming a crucial necessity of raising awareness on issues that have not been presented in the science yet.

Relevance of the topic. Nowadays, the issue of using marital aids (or commonly known “sex-toys”) remains stigmatized, hidden, disgraceful and even sometimes becomes an object for multiple ridicules. However, at the same time, 80% of single persons or persons that do not stay in stable and/or long-lasting relationships admit that sex-toys actually do their sexual life better. At the same time, family people, therefore, married couple, using the anonymous respondent questionnaire, postulate that their life in up to 45% depends on using marital aids.

People are still shy and close-minded to talk about these matters freely tough, sometimes even with the loving half.

In the frame of the current article we are going to talk about medical, philosophical as well as sociological aspects of applying sex-toys in the intimate life of married couples, freshly built relationships and single persons. Additionally, we shall analyze the problematic of making this “specific information about the matter mentioned above” less stigmatized and disruption the halo of “staff for making ridicules on”.

In modern times we have a great necessity of admitting pros and cons of applying sexual toys in general, analyzing attitude of society towards this problematic, as well as of providing comparison between married couple, freshly built relationships and single persons in the sphere
of using marital aids. In addition, by the current article we would like to emphasize, how important is to educate people in the aforementioned area, how important is to raise awareness in the sphere of using toys to optimize the sexual life of individuals, as well to underline the current lack of valid and trustworthy information on the matter of specifics of applying the marital aids by married couple on one hand, and people who do not stay in long lasting relationship because of some reasons on the other one. Therefore, let us mention main medical pros and cons towards applying marital aids to optimize the quality of sexual life by individuals in general.

According to appropriate scientific data in the analyzing sphere, we emphasize that sex-toys are confirmed to optimize the health condition of individual in case of possessing necessity to improve cardiac-related condition, as well as helps in treating sex-related diseases, such as erectile dysfunction.

In 2017, the Journal of Sex & Marital Therapy [1] took a poll of 1,000 women aged 18-94, and gained the following results:

- As pros we could emphasize the following data: women have generally confirmed assumptions, which have been previously evaluated by gynecologists and sexual specialists, in particular, Dr Lauren Streicher, who has postulated that regular application of sex-toys improves sleep cycles (application of toys leads to decrease in the level of common stress, depression and anxiety, while sharpening cognitive skills as well). In addition, marital aids help women (and all people, in general, of course) to reach orgasms, and, therefore, to release oxytocin and endorphins which make organism feeling calmer and relaxed; 2) Sex-toys are claimed to manage sexual dysfunction and sex-related problems like performance anxiety, improving vagina lubrication and, what is more important, they teach men and women, how to experience orgasm even through using sex-toys; 3) Not to forget remain aspects of relieving body aches and lowering body pressure.

- Among cons, on the other hand, medical specialist remain more restrained in their postulates and claim, that while applying sex-toys we shall pay attention on material those toys are made of (to prevent allergic reactions), we shall also avoid using electronic marital aids, because they can cause severe damage in case of malfunction, as well as to prevent using the same toys with people suffering from STDs (sexually transmitted infections).

In our opinion, most of pros and cons of the medical aspect mentioned before are available for reading among people of all ages. The data on this matters is being often published and, despite keeping the analyzed problematic stigmatized in the society, privately people are tended to be aware of possible medical advantages and disadvantages of using sex-toys in their private life.

However, there is high range of philosophical and sociological aspects of applying sex-toys in intimate life of individuals which is neither object of societal discussions, not a one of appropriate scientific researches. The reality of stigmatization of the aforementioned issue in the society, blaming of openly social discussion on the matter of improving sexual life make some people suffering because of shyness and others because of not being aware of real hidden societal and philosophical dangers that exist alongside with a claimed pleasure.

The analyzing of advantages and disadvantages in the aforementioned sphere start with the admitting of crucial fact, namely, there is a great difference in both sociological and philosophical sphere of applying marital aids, between married couples on one hand and people who do not stay in somehow long lasting relationships, on the other one. Therefore, here we are emphasizing the division postulated before by analyzing the data for both groups separately.

Married couples and long lasting relationships. Sex as an intimate act involves both physical pleasures like moral ones. The biggest part of the claimed pleasure depends actually on the level of one’s attachments to another person. Therefore, people who remain in long lasting both “documented” and “non-document ed” relationship while claiming the problem of sexual sphere point out that they would like to find out an appropriate solution just in “this very relationship”. To avoid divorce or mental separation on the basis of physical one, individuals are
seeking for remedy in marital aids (that is why sex-toys were previously commonly known as "marital aids"). Thus, marital aids are directed into improvement of sexual life of the pair which is tightly bounded on the mental and psychological level. On one hand, most of respondents to anonymous questionnaire claim that the value or importance of sexual satisfaction reaches up to 20% among 100% of all other important things necessary for high quality relationship. On the hand though, among those ones who complain about sexual dissatisfaction (according to anonymous data it is about 43% of persons that stay in long lasting relationship) try to fix this issue. It is highly important note for our research, while it means, that sexual dissatisfaction does not belong to problems that can exist along with person’s private life without any negative consequences for relationship as it is. What is also important, 80% of respondents who were primarily dissatisfied about their sexual life with their partners have improved diametrically the situation due to application of sex-toys, what makes our analysis of the matter highly crucial. Thus, let us highlight the most relevant advantages of sex-toys in married and/or long lasting couple:

- Using the marital aids makes marriage and/or relationship generally stronger, the level of divorces decreases significantly, as well as the index of sexual satisfaction reaches 99% among respondents. There was a possibility to conquer such a positive level due to multiple psychological and sociological advantages connected with application of marital aids among partners: 1) in case of pair relationship type “good in everything except sex”, using this kind of toys could become a solution awaited by both of partners. Unfortunately, anonymous questionnaire had revealed also a fact that people who are not constantly satisfied or are dissatisfied in general in their sexual relationship try to find a solution in the third person in almost 100% of cases, therefore, in our situation, we can observe that applying marital aids leads to making relationship more passionate and desirable; 2) better sexual relationship improves the level of believe to each other among partners, due to the fact that now, even the most intimate problems become revealed and the solution is being found together. When the couple is able to find out a solution to a “sex problem” other problem seem to be more trivial and unimportant, because the intimate problems make people face their inner borders and share something that we are used to keep in secret; 3) by taking into account fact that mostly people who stay stably in long lasting relationship would love to have a high quality intimate relationship with their partner as well, to make this connection more profound and ideal for everyone of them, the anonymous respondents are used to claim that solving their “sex problems” thanks to application of sex-toys make their relationship reach the “ideal level”, which in real life lead to making those relationship not to be broken; 4) martial aids in the long lasting relationships let partners cross the inner limits that were hidden inside the individual’s personality. Sometimes, people can definitely claim the problem which exists in their sexual life. However, it is always easier to emphasize it, when this problem exists because of someone who has actually revealed it. In long lasting relationship though, it is painfully difficult to inform the partner that the actual clue of problems leads in his/her personality, that is why this “intimate issue” sometimes remains unrevealed for years and even decades of years. At the same time, an accurate way of approaching the problem, the playful method of actual improving the intimate live, spicing it off while using additional staff makes this reveal more natural and appreciated by both partners (due to the fact that the partners, who seems not to know about his/her problems in more than 60% of cases claims to know it definitely, but is afraid to start negotiations on this matter). This playful method though, appears to be the most wise way of improving the sexual life of partners with the support of self-confidence of both individuals at the same time; 5) quarrels and misunderstandings that people may have in the relationship grow mostly from lack of desire to share common dissatisfactions in usual actions that surround us: e.g. someone does not like windows that may be kept open throughout the night, someone does not like to maintain cleanliness and order at home, while the other does not pay attention to it recognizing it as insignificant details of a family life etc. This list may be actually endless. However, the more lasting relationship become, people are tended to keep those “details” in secret in the aim of not
“shaking” the bound by unnecessary quarrels. There are moment, maybe, when our emotions and reactions seem to be unimportant and, “What if they are exaggerated?”. However, in numerous cases those emotions prove not to be exaggerated, and we believe ourselves and our empathy towards surrounding reality more and more day after day, but, still we do not reveal this “truth” because of being afraid of hurting someone who is dear to us. At the same time, those “insignificant, but painful details” remain actually painful and continue hurting us. And there is namely a specific point, when every person can “explode”. The question is: was it really important, to wait until one explodes? If the pair has some things that remain unspoken, we shall claim that the solution also stays “in bed”. It means, that in their sexual relationship there are even more unspoken dissatisfactions that wait until they will be revealed. Sexual freedom though is tightly connected with mental one. While marital aids improve the intimate bond in pair, it makes partners more open-minded towards all possible negotiations that might take place in their ordinary lives.

The more sexually unchained becomes the individual, the more free in his/her want/does not want he/she also becomes. And it could not avoid positive influence on the couple in general as well. Therefore, by summarizing this section, we shall say that sex-toys in married couple or long lasting relationship can become a real “intimate miracle” which will be both “the last 20% to the ideal state” and the “basis of everything between two individuals”.

As long as we are discussing deeply issue about marital couples or long term relationships, most of people who remain singles or refuse long-term bond are used to assume that by them all specific features of functioning sex-toys look the same. It is not complete truth though. In our modern society we are tended to think, if we know about health advantages as well disadvantages for one we know literally everything. However, if we are considering marital aid we should emphasize that as long as medical issues do function by all people in the same way, the sociological as well as philosophical features of making an influence on singles or freshly built couples can impress. However, there is still almost complete lack of scientific data on this matter, what makes our research even more valuable. Therefore, among possible dangers that can be converted from features that were diametrically positive in case of married pairs we will name the following ones:

- singles or people in a freshly built relationships in contrary to married couples can possess different level of physical or mental “preparation” to applying sex-toys in their intimate relationship. Thus, one partner can literally scare the other one by level of his “special desires”. The less prepared partner will feel unconfident then, not open-minded enough, like living inside the box, and can even start blaming his-/herself for not being ready for these “games”. Moreover, when people who do not have a strong mental bond between each other yet, one will blame the other partner for this “new implementations as well”. What is more, on the early stage of the bond or, in “one-night stay” especially, these sexual “novations” can be not just be treated like exaggerations not suitable for a moment, but it will be absolutely difficult to measure a real ability of that person, who proposes using sex-toys, to deliver pleasure without using sexual tools. Therefore, in case, if this couple will decide to stay together for a longer period of time, some time the case may appear when the necessary “tools” will not be at one’s fingertips, it could lead to high level of disappointment, as when the married pair starts facing some sexual difficulties they know the main goal of applying marital aids: to improve sexual life and to remain a pair. However, when someone suddenly finds out the partner uses specific additional sexual tools because he/she is not able to do something, this creates a diametrically different situation. Thus, between various types of relationships we should distinguish also whether the application of sex-toys was a common decision made by the couple, or it was a unilateral one made by one of partners, who somehow decided to deceive the other. Partnerships and relationships built on lies do not survive for longer period of time, because “sexual lies” are usually only the first lies that exist in the bond. To add, the person, who starts freshly built sexual relationships with applying sex-toys most probably (avoiding health problems and sexual disorders, of course), do not possess the necessary
level of self-confidence in the sphere of intimate relationships. Therefore, using such “sexual supporters” appears to be a “wall” which is supposed to protect his/her weak sides of personality from disclosing. Low self-esteem, problems with accepting oneself have to be treated appropriately. People do not have to seek for sexual remedy, if they are in need of mental one. Mind should recover as the first priority, then the sexual side will be recovered by itself;

- People using marital aids while not staying in stable and long-term relationship, usually try to assert themselves through intimate relationships for one-night stay or couple of ones. It is also directly connected with lack of an appropriate level of self-esteem, however, this behavior can hide multiple dangers for a his/her possible partner: individuals, who remain single for a longer period of time, despite reasons to do so, apply sex-toys for relieving sexual tension quite often. However, practicing the use of marital aids in couple and while being single may differ completely: sex-toys serve without objections. They do not have “NOs” for their owner and the main result of their application seems to be achieving “the brightest result” among possible. It makes usual human intimate relations too uninteresting, pale, moreover, in comparison to human sexual bond, sex-toys in singles do not bring “severe consequences” after having intimate relations with them. Moreover, as we have been emphasized before, in human relationship the mental bond matters even more than sexual ones, what makes the result as such not so valuable. However, people remaining single for a long time, as we have already postulated, make the “proper result” their victory, while the process is not important, as there are no bonds and responsibilities towards sex-toys;

- The postulate of “responsibility” for quality intimate relationships make sex-toys and single life an ideal version of life of some people. Individuals, because of low self-esteem or because of lack of desire to take responsibility for the partner, or because of “numerous restrictions in bed” that seem to exist among human partners and not exist with toys, lead those people to single status for long period of time, if this time will not last forever, of course. Nowadays, by living in modern society which additionally stigmatizes using sex-toys, individuals who remain single and apply them no matter what, start treating themselves “dirty”, “no meriting normal human relationships”, “vulnerable towards a possible partner”, “not good enough without toys”. Applying toys in singles for a longer period of time makes this person indeed relived (due to relieving sexual tension), but it makes him/her also feel “like an animal”, who desires pleasure and nothing more;

- In a longer perspective, those, who desire only “animal pleasures” and “do not tolerate NO in bed” do not even try to build normal human relationships, being afraid that their “interests” will not be comprehensible enough. The most severe consequence of application of sex-toys by singles for a longer period of time is that they make person non willing relationships any more and being blamed by his behavior behind the closed doors;

- Those ones, who some time decide to built relationships either do not disclose their alter ego to the partner in the aim of not being vulnerable and not to let anyone make ridicules of him/her, or disclose them, what also brings unexpected result: “animal desire” which was developed during a long period of experiencing feelings and sensations with sex-toys is barely controllable. Thus, on some stage the person is simply not able to take the intimate contact under control and move the focus from “desirable result” onto the process itself. In the aim of reaching that desirable result with a real partner, namely the one which was possible with the sex-toy, the partner often crosses the limit of partner’s personal freedom and may commit act of sexual violence. There is high probability of these consequences, therefore, it serves more time and precise attention to the problematics of using sex-toys for a longer period of time among singles and people, who do not stay in stable and long-term relationships.

**Conclusions.** The postulate of applying marital aids or sex-toys by different groups of people appear to be more relevant and crucial, that it seems to be at first glance. There are diametrically different consequences that can people face while being either married couples or
singles.

- According to scientific data, which appears to be completely confirmed by practice (according to anonymous questionnaires on appropriate issues), the medical advantages and disadvantages of applying sex-toys prove to be actual.

- We have distinguish specific features and analyze all positive and negative matters connected with applying sex-toys by married couples on one hand, and single persons on the other one, under the prism of sociology and philosophy.

- As long as married couple or people staying in long lasting relationships may spice their intimate life off, go off the limits, understands each other better due to applying marital aids, singles and people, who do not stay in stable relationships appear to show diametrically different tendency in applying one.

- Single persons, people who do not have stable relationships, or even an appropriate experience in having long-term relationship, may face lowered self-esteem, blaming themselves for “inappropriate desires and thoughts”, “animal aspiration to reach the highest level of pleasure (to reach a desirable result) and unlearn, how to build and enjoy mental bond and love the process of intimate relationships. In addition, sex-toys in case of long-lasting singles may develop violent tendencies in their personalities.

- Nowadays, there is an acute necessity to raise awareness among different group of people about advantages and disadvantages of applying marital aids by married couple and single persons to make sure, that everybody, especially singles, do understand all negative consequences in the sphere of exaggerative use of aforementioned intimate tools.

References: