

SEXOLOGY - THE SCIENTIFIC STUDIES OF SEXUALITY

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1. Introduction

The word “sexology” is a combination of two words – “sex” and “logy”

1.1. Sex

- 1.1.1. The word “sex” in “sexology” is a short way of saying “sexuality”. Example: We’ll rather use the short word “cell” instead of cellular phone.
- 1.1.2. The public use the word “sex” mostly to describe intercourse / penetration.
- 1.1.3. It is also a wide-spread custom to use the word “sex” to describe “gender”.
- 1.1.4. “Gender” or “intercourse” as in “having sex” is NOT the meaning of the word “sex” in “sexology. (Lemmer, 2005a, pp.11-12).
- 1.1.5. “Sex” in “sexology” should refer to the whole spectrum of “sexuality”.

1.2. Logy

- 1.2.1. “Logy” originates from the Greek word “logos” which means “word”.
“Sexology is a composition of two words sex and -ology. Logos literally means word. (Lemmer, 2005a, p.7).
- 1.2.2. In “sexology” and in all other sciences “ology” means “science”.
“The -ology in Sexology simply means that we study the science of sex. Just as sociology is the science of society and psychology the science of the psyche, Sexology is the science of sex. That means that we have a scientific approach towards the study of sex” (read: sexuality). (Lemmer, 2005a, p.7). “Sexology: A generic term encompassing the scientific study of all aspects of sexuality.” WAS 2007, Sydney.

1.3. Conclusion of the meaning of the word “sexology”

- 1.4.1 The word “sex” in “sexology” refers to the broad concept of “sexuality” (including love-relationships).
- 1.4.2 The word “-ology” in “sexology” refers to “scientific studies.
- 1.4.3 Sexology is the scientific studies of sexuality.

2. Formal Definitions of Sexuality and Sexology (most important)

2.1. The World Health Organisation (2000) on Sexuality

“Sexuality is a central aspect of being human throughout life and encompasses sex, gender identities and roles, sexual orientation, eroticism, pleasure, intimacy and reproduction. Sexuality is experienced and expressed in thoughts, fantasies, desires, beliefs, attitudes, values, behaviours, practices, roles and relationships. Sexuality is influenced by the interaction of biological, psychological, social, economic, political, cultural, ethical, legal, historical and religious and spiritual factors” (WHO, 2000).

2.2. The World Health Organisation (2000) on Sexology

“As an interdisciplinary science, sexology is uniquely placed to bring together the knowledge and expertise of specialists, the diverse agendas of various advocacy groups, the health concerns of communities, and the methodologies and interests of diverse disciplines. For this reason, **it is critical that sexology is promoted as a discipline/profession**. It is **not sufficient** for specialists from other disciplines to apply their fields of expertise to the study of Sexual Health”. WHO 2000 p.28.

2.3. Definition of Sexology

(with a solid Epistemological Scientific grounding)

“Sexology is the scientific study of the individual & collective sexual being & behaviour (procreation, relation and recreation) with a unique w-holistic, universal integralistic (bio-psycho-socio-cultural), inter-transdisciplinary (inter-transactional) theory. Sexology has its own methodology, and unique field of study, aimed at between & beyond the poles praxis theories as outcomes”. Lemmer 2005a, 2011a, 2011b.

3. More detail on sexuality

3.1. The definition of “sexuality” as in 2.1. above:

3.1.1. *“Sexuality is a central aspect of being human throughout life and encompasses sex, gender identities and roles, sexual orientation, eroticism, pleasure, intimacy and reproduction. Sexuality is experienced and expressed in thoughts, fantasies, desires, beliefs, attitudes, values, behaviours, practices, roles and relationships. While sexuality can include all of these dimensions, not all of them are always experienced or expressed. Sexuality is influenced by the interaction of biological, psychological, social, economic, political, cultural, ethical, legal, historical and religious and spiritual factors”* (WHO, 2000 and reiterated at WAS, 2007).

3.2. Lemmer wrote in 2005a that “Sexuality encompasses our whole human being.”

3.2.1. *Sexuality is the total expression of who we are as human beings. It encompasses our whole physical, psycho-intentional, cultural, social and spiritual being, development and functioning. Sexuality is the way in which we relate to ourselves in being a man or a woman. Sexuality is also the way in which we relate to other people and it includes ways of behaving which enrich our personalities and increase the love between people. Sexuality determines our whole human being, our origin and our past. It plays a major role in our present.*

3.2.2. *Sexuality is the beginning of life. For all practical reasons, life begins with sexual intercourse. Sexuality is the life-giving phenomenon. I exist because of the interaction between the strong, powerful sperm of my father and the lovely compassionate ovum of my mother. Sex is the origin of all human life. It is the very core of our own personal existence.”* (p.13).

3.3. Sexuality as a source of intense personal and relational self-actualisation but also of deep emotional pain and scars.

Dr Barnaby Barratt once wrote: *“Sexuality is the source of all creative, spiritual, emotional, and relational growth. Yet, too often, sexual pleasure becomes the focus of shame and guilt, the centre of our most secret conflicts, and the area in which we have been most deeply hurt and wounded. Since overcoming the pain of my own childhood, I have been committed to helping others achieve their potential for sexual health, healing, and happiness. It is my intention that those who seek my expertise will find me available, helpful, and caring”*. (Barratt, 2005).

3.4. The purpose / expression of sexuality:

Sexuality is all about procreation, love-relationships and personal fun and recreation.

3.4.1. Sexuality as “procreation”

“Without procreation the human race would cease to exist. All people are direct outcomes of their parents’ sexual ability to procreate. The natural instinct and desire to have children are core elements of humankind. One of the most important and most common dreams of almost all children and teenagers is to become a mom or a dad when they are grown-ups. The fulfilment of parenthood lies in the birth of a baby. Without procreation, life becomes meaningless to a great extent. Without being able to beget children, a man struggles to feel like a man. Procreation and to become a parent, is one of the three most important reasons why human beings are sexual beings.”(Lemmer, 2015).

“Sexuality is the way in which we procreate. It is the chain that binds generations together. Sexuality links our yesterday, today and tomorrow. Our future and the future of our children and grandchildren depend on it. Sexuality is passed on from generation to generation. Sexuality is, therefore, not only private and individual property. It is also collective. The past, present and future of human sexuality depends heavily on the community. Sexuality is a gift from our parents and this gift has to be passed on to the next generation.” (Lemmer, 2005a, p.13).

3.4.2. Sexuality as “love-relationships”

“A relationship is the second of three important reasons why human beings are sexual beings. To fall in love, have a happy relationship and getting married is an equal important and most common dream of almost all children and teenagers. Marriage and relationships are the cornerstones of our society and family lives. Without a loving relationship life loses much of its meaningfulness and its joyfulness. Both partners often gain deep inner self-fulfilment by fulfilling the sexual needs of the other person – the receivable lover or spouse. Nothing gives a person more satisfaction in a relationship as when he or she is able to satisfy his or her partner sexually. Physical sexual fulfilment, psychological sexual fulfilment as well as mutual intimacy on all levels are core needs in relationships. Sexuality plays a central role in creating intimacy in a relationship.” (Lemmer, 2015).

Sexuality has the purest goal with the three greatest rewards - babies, sexual pleasure and intimate love. Sexuality is not only meant to produce babies. It is also meant to be enjoyed as an erotic feast of life, pleasure and ecstasy. But it is even more. Sexuality is the artistic vehicle to express and celebrate the deepest and most intimate relationship between two people in love. Therefore, sexuality finds its fulfilment best in a meaningful relationship. Thus a spiritual sexual unity is formed that transcends all our ultimate bodily pleasures and our deepest emotions and we experience eternity... (Lemmer, 2005a, p.14).

3.4.3. Sexuality as personal, satisfaction, fun and “recreation”

- The third core element of human sexuality is recreation, fun and pleasure. Milton Diamond, former president of the Society for the Scientific Studies of Sexuality and Professor of Anatomy and Reproductive Biology in Hawaii, emphasizes that *“having children is not the purpose of most sexual activity. And the ubiquity of self-stimulation from birth to tomb is*

testimony that sexual pleasure does not always require a partner...Sex gives pleasure...Sex provides release from tension.” (Diamond, 1984, p. 11).

- *“In female sexual-recreation the breasts, the vagina and mainly the clitoris, are the core elements responsible for giving women ultimate sexual pleasure during their lifespan. A healthy mental sexual desire (libido), sexual bodily arousal (erection / lubrication) and skilled sexual performance (foreplay, orgasm & after play) are necessities in order to achieve ultimate sexual pleasure. Sex and love are two different sides of one coin (sexology). Men tend to express their desire for sex more while women tend to express their desire for love more. This is a cultural phenomenon and subjected to change.” (Lemmer, 2015).*
- *“Sexuality is not only meant for life-giving and procreation but also for recreation - to enjoy, to please and be pleased, to play, to discover, to experience the most exciting physical sensations and psychical feelings - with the ultimate - the orgasm! The ME that becomes WE and then ME again. Even without the orgasm, the whole sex play (the so-called foreplay, intercourse and after play) is meant to be the greatest feast of your life! It is there for you to enjoy, enriching yourself and your partner, to experience momentary ecstasy that involves your whole being (body, mind and spirit).” (Lemmer, 2005a, p.14).*

3.5. Summary of sexuality:

- 3.5.1. Sexuality is a central aspect of being human throughout life and encompasses sex, gender identities and roles, sexual orientation, eroticism, pleasure, intimacy and reproduction.
- 3.5.2. Sexuality is experienced and expressed in thoughts, fantasies, desires, beliefs, attitudes, values, behaviours, practices, roles and relationships. While sexuality can include all of these dimensions, not all of them are always experienced or expressed.
- 3.5.3. The main purpose / outcomes of sexuality are procreation (parenthood & children), love-relationships and personal orgasmic sexual fun & pleasure. The greatest rewards of sexuality are the joys of having children, personal orgasmic sexual pleasure and deep intimate love.
- 3.5.4. Sexuality is influenced by the interaction of biological, psychological, social, economic, political, cultural, ethical, legal, historical and religious and spiritual factors”
- 3.5.5. Sexology is the scientific study of SEXUALITY. Sexology is NOT merely the science of the acts of sex, gender studies or love-making skills.

4. Sexology scientifically defined and in detail described as an autonomous science (see 2.2. above re World Health Organisation’s advocacy of sexology as a science)

- 4.1. **Sexology epistemologically grounded and scientifically defined as an autonomous science** (world-wide published). Lemmer (2011a) grounded Sexology scientifically (from an epistemological perspective) at WAS 2011. “Sexology is the scientific study of the individual & collective sexual being & behaviour (procreation, relation and recreation) with a unique w-holistic, universal integralistic (bio-psycho-socio-cultural), inter-transdisciplinary (inter-transactional) theory. Sexology has its own methodology, and unique field of study, aimed at between & beyond the poles praxis theories as outcomes”. Lemmer 2005a, 2011a, 2011b.

This definition was world-wide published in:

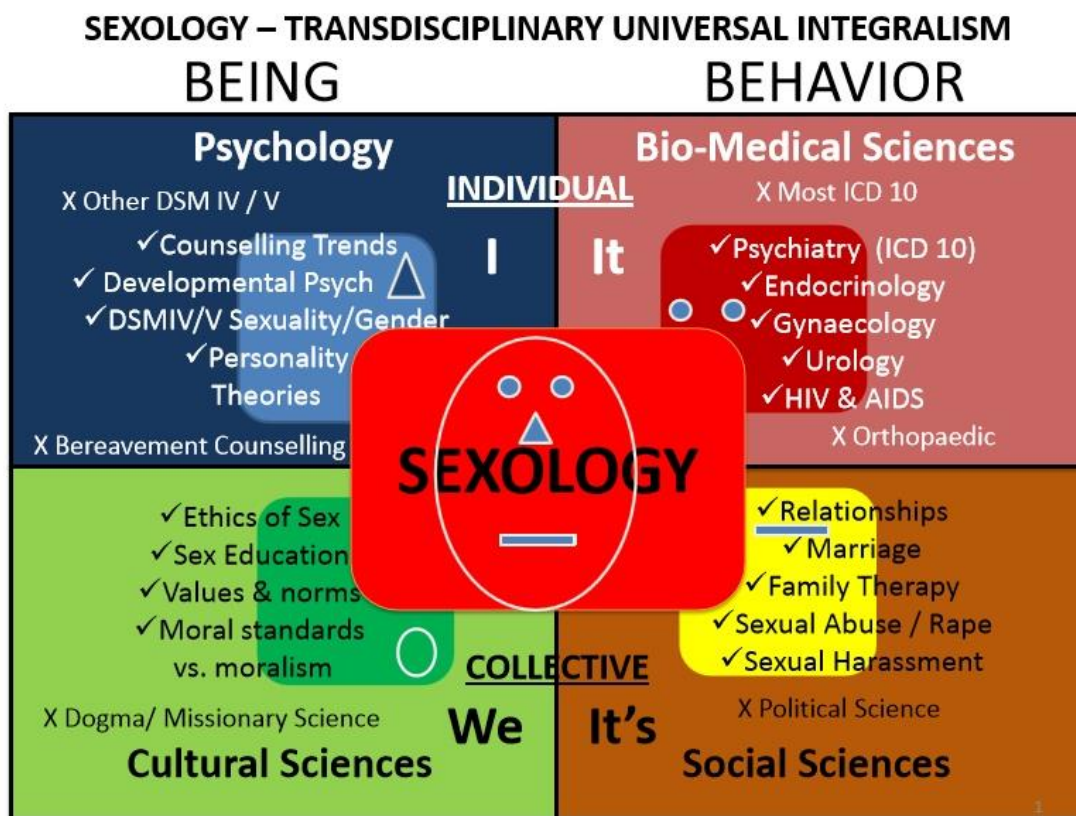
Lemmer, J. (2011a). Sexology as an autonomous science. *The Journal of Sexual Medicine*, (8 Vol. 3 Suppl.), p. 807.

Lemmer, J. (2011a). Sexology as an autonomous science. *20th World Congress for Sexual Health*. Glasgow. Retrieved December 10, 2015, from <http://f1000.com/posters/browse/summary/1621>.

4.2. A detail description of sexology as an autonomous science

(as described and published by Lemmer)

“The future of sexology depends on its success to penetrate the academic world, to create a professional career-path for its graduates and to make a significant impact on the sexual health and well-being of all people. The way forward in order to be progressively accepted as an autonomous science by our related well-established sciences is via an acceptable epistemological premise with a solid theoretical foundation together with effective practical outcomes. Sexology needs to define its own unique field of study (locus Scientia) with demarcated parameters, not already covered by any other discipline. Sexology can be based on two meta-theories: The GST with its principle of non-summativity, systems and holons together with Ken Wilber’s Universal Integralism as an integration of sciences (intentional, behavioral, cultural and social) in a Web of Life. The locus of sexology is to be found in the centre of the bio-, psycho-, socio and cultural quadrant.”



(Lemmer, 2011a)

In his *Sexology in the Making* Prof E Van Niekerk said “Lemmer illustrates the fission and fusion of sciences ... in sexology...” (Van Niekerk, 2015).

At SAQA's National RPL Conference (2011) on *Bridging and expanding existing islands of excellent practice*, Lemmer published the following abstract regarding the integration of sciences in sexology:

Title of abstract: *"A practical epistemological model to understand the unique, diverse loci (islands) of different sciences, enhance interdisciplinary and trans-disciplinary cooperation and facilitate RPL for articulation.*

This practical epistemological model is based on Ken Wilber's (2000) universal integral theory and a diversity of system theories (Lemmer, 2005: 118-161). It illustrates the overlapping loci of the various scientific disciplines within four quadrants of (a) the intentional, subjective "I", (b) the behavioral objective "It", (c) the cultural inter-subjective "We" and (d) the social inter-objective "Its". (Wilber, 2000, pp.197-198).

The model graphically explains the unique, diverse loci (islands) of the different sciences as well as their complex interrelated dependency. (Lemmer, 2005: 186-190). It accommodates qualitative approaches from constructivist, narrative and postmodern perspectives as well as quantitative post positivist approaches (Creswell, 2003: 17-23). It enhances equilibrium between the individual sciences (the 'trees') and the whole web of science (the 'forest'). It describes the parts, the whole and the functioning of the parts within the whole. (Lemmer, 2008).

The model also enhances understanding and communication between the sciences. It demonstrates how islands of academic disciplines as well as academic institutions (with diverse theories) can build effective bridges via mutual understanding of each other's loci.

The diversity of the sciences and/or approaches on the one hand and the flexible common ground between the sciences and/or approaches on the other hand, make possible the Recognition of Prior Learning (RPL). RPL can potentially be used in relation to the traditional sciences of the West as well as the more holistic sciences of the East. Previously disadvantaged sciences such as sexology (Diamond, 2002) can be recognised and accommodated. RPL can accommodate professionals from related disciplines for enrollment in postgraduate studies in Sexology. The model was implemented by the Academy for Sexology for a trial period of five years with professionals from related disciplines participating and it was made available to 230 countries worldwide. In sharing a combination of research and practical experience this article's objective is a better understanding of the unique, diverse loci (islands) of different sciences, to enhance interdisciplinary and trans-disciplinary cooperation and to facilitate RPL for articulation." Lemmer at National RPL Conference: Bridging and expanding existing islands of excellent practice. SAQA, 2011:71-72.

5. A detailed, in-depth explanation of Lemmer's definition of sexology

5.1. "Sexology is the SCIENTIFIC STUDY of..."

We have a scientific approach towards the study of sexuality. Sexology describes the phenomenon of sexuality as scientifically "objective" as possible.

"To be scientific implies being bound by certain general scientific rules and regulations. One cannot just state one's own perceptions or personal feelings regarding sex and say it is Sexology. One needs to take certain scientific actions. To start with, one has to choose a certain epistemological premise and a scientifically acknowledged method or methods by which one studies sex. Epistemology is the science of knowledge... Sexology is not the personal view of an individual about sex. It is also not the popular opinion of the masses about sex... Human sexuality is such an important part of our daily human life that it

deserves at least its own place as an autonomous discipline with its own department at universities and tertiary institutions worldwide.” (Lemmer, 2005a, p.7).

Epistemology (the science of science) derived from the Greek word “episteme” which means “authentic or “true knowledge”. Plato contrasts it with the word “doxa” (mere opinion).(Mouton, 2014, p.9).

Although all people reflect on the nature of phenomena in the natural, the social and the sexual world, it is only in the world of science that these phenomena are made the objects of systematic and rigorous inquiry and testing.” *The search for truth is the overriding goal of science... The world of science is not a homogeneous world. There are different sciences precisely because the phenomena that they are investigate are multi-faceted”.* (Mouton, 2014, p.9).

The aim of *sexology as a science* is first and foremost to generate truthful models and theories of this world in a scientific reliable way, with the focus on sexuality.

In order to qualify as a science, sexology needs

- ...to have its own unique specific field of study...

We easily qualify. Sexology’s own unique specific field of study is “sexuality” (see 2. SEXUALITY above).

- ...which is not already covered by any other discipline...

No other discipline covers and integrates all the multi-facet aspects of sexuality but sexology does.

- ...with demarcated parameters...

The boundaries of sexology as a science is clearly defined. Although Sexology share interest with many other sciences, (including medicine, psychology, social and cultural studies) we do have our own unique specific field of study– sexuality.

- ...firmly grounded in Scientific Meta Theories...

Sexology is firmly grounded on a few meta-theories, and more specifically, on the General System’s Theory (eco-systemic) and Universal Integralism.

- ...with its own Scientific Theory...

The definition of Sexology is simultaneously its scientific theory. See 3. DEFINITION OF SEXOLOGY above.

- Basis / Basic Theories

The discipline of Sexology has 10 unique sub-disciplines (or departments)

These 10 unique sub-disciplines are Sexology’s basic theories. (See Study Guide 2/2. M1 S2)

- Praxis Theories

Sexology has a long scientific history of developing its own praxis theories. Some better than other. Examples are: The Kinsey Scale on Homosexuality, the PLISSIT model of Sex Therapy, Masters and Johnson’s Sexual Response Cycle, Helen Singer Kaplan’s model of Sex Therapy, Seymour Fischer on the Female Orgasm and many others on a variety of topics.

- ...with its own methodological research tools...

Sexology uses a huge variety of research tools. Some of these tools are acquired from related sciences and made tailor-fit for sexology. Lemmer (2005a) developed a “between and beyond the poles” sexological methodology. (pp. 171-182).

5.2. “Sexology is the scientific study of the INDIVIDUAL & COLLECTIVE...”

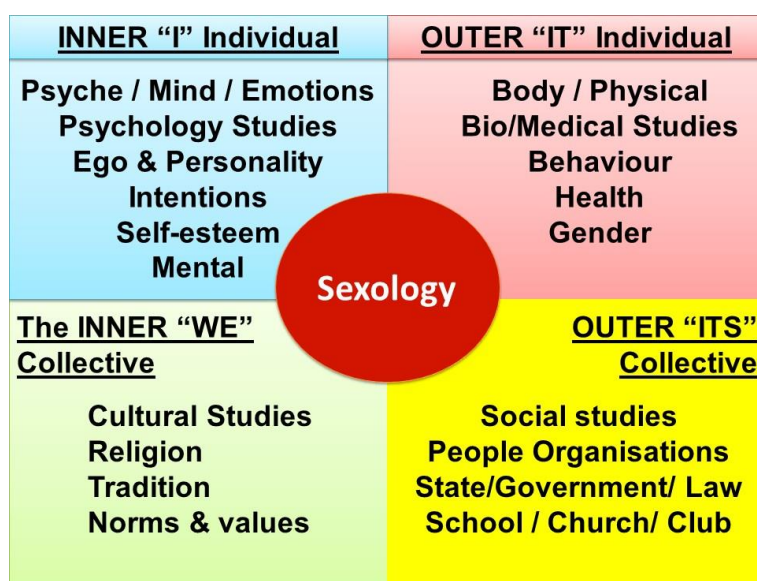
Individual inner & outer (the inner “I” and the outer “IT”)

Sexology focuses on the internal/inner (psyche/mind/emotions) as well as on the external/outer (body/bio-medical) of the INDIVIDUAL.

Collective inner & outer (the inner “WE” and the outer “ITS”)

Sexology are not only interested in individuals but also interested in people as a whole, as a GROUP – the COLLECTIVE.

Thus Sexology also focuses on the internal/inner (the value systems/traditions of the GROUP = CULTURAL Sciences) as well as on the external/outer (how groups of people organise themselves in society = SOCIAL Sciences).



5.3. “Sexology is the scientific study of the individual & collective SEXUAL BEING & SEXUAL BEHAVIOUR

“Sexuality is a central aspect of being human throughout life...” (WHO, 2001)

Sexuality encompasses our whole human BEING as well as our DOING or BEHAVIOUR.

Sexology is not only interested in our sexual behaviour but also (and in the first place) about our sexual BEING (Ontology). Our consciousness and self-consciousness, our sexual thoughts, -emotions and -feelings, the way in which we were brought up regarding sexuality, the way in which we have dealt with sexual- or relationship trauma are all part of or SEXUAL BEING. Part of our sexual being are expressed in SEXUAL BEHAVIOUR but not all. Sexology studies both.

5.4. “Sexology is the scientific study of the individual and collective sexual being and behaviour (PROCREATION, RELATION, RECREATION)...”

5.4.1. Sexology studies everything regarding sexuality as “procreation” (see 2.4.1. in detail above) Procreation is the core of humanity and a necessity of life. All people are direct outcomes of their parents’ sexual ability to procreate. The natural instinct and desire to have children are also core elements of humankind. Procreation and to become a parent, is one of the three most important reasons why human beings are sexual beings.” (Lemmer, 2015). Sexology studies the whole complexed process of becoming a parent and raising a child from the beginning to the end. (Literally

everything to do with it - from embryology to child psychology, developmental sexology, educational sexology, relationship sexology, family systems, planned parenthood etc. are all the direct interesse of Sexology to integrate in a meaningful whole of sexological praxis theories.

5.4.2. Sexology studies everything regarding sexuality as “relation” or “love-relationship” (see 2.4.2. in detail above).

Relationship Sexology is one of the core sub-disciplines of Sexology. It is necessary to clear up the misconception that Sexology focus “only on sex and not on love and relationships”. This is untrue. *“Sex and love are two different sides of one coin (sexology). Men tend to express their desire for sex more while women tend to express their desire for love more. This is a cultural phenomenon and subjected to change.”* (Lemmer, 2015).

Relationship Sexology as a sub-discipline includes the following subjects:

- a) Core Elements of a Relationship
- b) The Diversity & Dynamics of Relationships
- c) Relationship Therapy
- d) Diagnoses & Prognosis of a Relationship
- e) Pre-Relationship Education

5.4.3. Sexology as the study of personal, sexual satisfaction, sexual fun and sexual “recreation” (see 2.4.2. above for more detail).

Milton Diamond, former president of the Society for the Scientific Studies of Sexuality said that “sexual pleasure does not always require a partner...Sex gives pleasure...Sex provides release from tension.” (Diamond, 1984, p. 11).

Sexology studies sexual desire, sexual arousal and sexual activities and orgasms not only from a reproductive or love-relationship perspective, but also from the perspective of personal sexual fulfilment and personal sexual pleasure to the individual.

Erotology is also a sub-discipline and department of Sexology.

“A healthy mental sexual desire (libido), sexual bodily arousal (erection / lubrication) and skilled sexual performance (foreplay, orgasm & after play) are necessities in order to achieve ultimate sexual pleasure.” (Lemmer, 2015).

“Sexuality is not only meant for life-giving and procreation but also for recreation - to enjoy, to please and be pleased, to play, to discover, to experience the most exciting physical sensations and psychical feelings - with the ultimate - the orgasm.” (Lemmer, 2005a, p.14).

5.5. “Sexology is the scientific study of the individual & collective sexual being & behaviour (procreation, relation and recreation) with a unique W-HOLISTIC....”

5.5.1. The “W-” indicates that Sexology is aimed at the SEXUAL HEALING, SEXUAL HEALTH & SEXUAL WELL-BEING of the *whole (healed) person* in a *whole (healed) world*. In 2005 Lemmer (2005a, p.169) put he changed the “(W)” to “W-“ as in “W-holistic”. (Lemmer, 2011a).

5.5.2. “Holistic” has nothing to do with holes but everything with HOLONs. The concept “holism” developed from Aristotle concept of non-summativity, namely that “the whole is more than the sum total of the parts.”

General Systems Theory

non-summativity



General Systems Theory

non-summativity



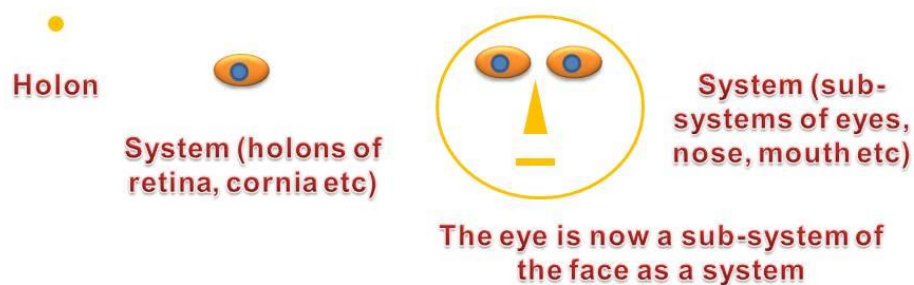
The whole is more than the sum total of the parts

- 5.5.3. The General Systems Theory (initiated by L Von Bertalanffy) extended Aristotle's concept into systems, sub-systems and holons.

General Systems Theory

Eco-System, systems & sub-systems of holons

The eye as an example



The eye can also be a sub-sub-system of the *face* as a sub-system of the *body* as a system

- 5.5.4. Arthur Koestler said that the term “holon” refers to that which, being a whole in one context, is simultaneously a part in another. Systems theorists tend to say: within each level, heterarchy, between each level, hierarchy. Koestler coined the term “horarchy” to explain the inter-transactional relation between hierarchy and heterarchy.

“It is precisely because the world is arranged holarchically, precisely because it contains fields within fields within fields, that things can go so profoundly wrong, that a disruption or pathology in one field can never be rate throughout an entire system. And the cure for this pathology, in all systems, is essentially the same: rooting out the pathological holons so that the holarchy itself can return to harmony. The cure does not consist in getting rid of holarchy per se...” (Wilber, 2000).

- 5.5.5. *Also Sex Therapy and other therapies should regard the gestalt of the system as a holistic approach. (Sayin, H, 2018).*

- 5.5.6. W-HOLISTIC does not only imply holons, systems and subsystems, the totality of wholeness and the inter-transaction between the whole and the parts (horarchy), but also the SEXUAL HEALING, SEXUAL HEALTH & SEXUAL WELL-BEING of the whole (healed) person in a whole (healed) world. (See META THEORIES)

- 5.5.7. Sexology is a W-HOLISTIC science

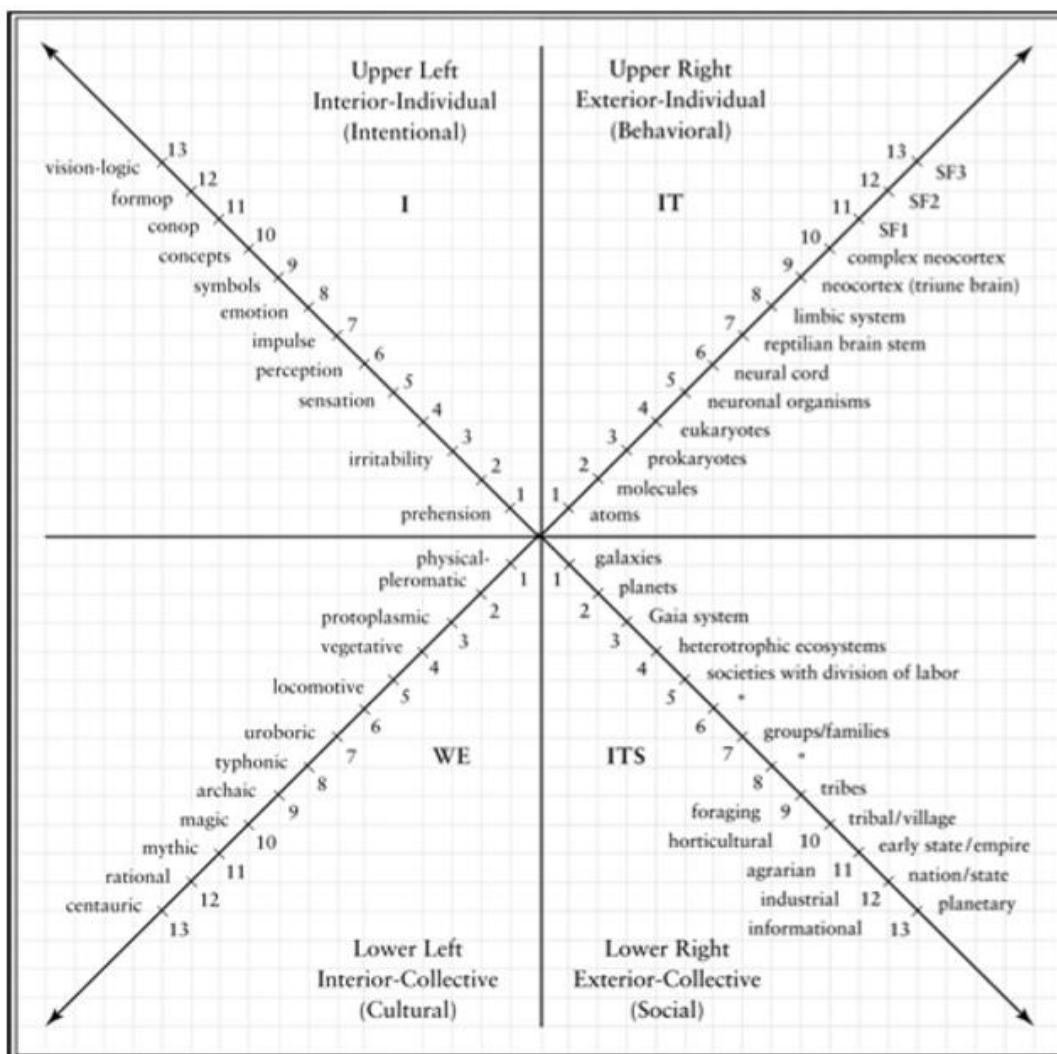
“Sexology... is much more than the sum total of its parts ... Sexology is the station that integrates all the unique aspects of human sexuality (as studied and researched by the different disciplines) in a meaningful whole... But Sexology is much more than just a shunting station. It does not only collect valuable research information regarding human sexuality from related disciplines, but Sexology has its own unique interesse that does its own scientific research in step with the latest and cross-cultural, universally recognized epistemology .” (Lemmer,2005a, p.167).

- 5.6.** “Sexology is the scientific study of the individual & collective sexual being & behaviour (procreation, relation and recreation) with a unique w-holistic, UNIVERSAL INTEGRALISTIC (bio, psycho, socio, cultural)”

* I=intentional / interior individual, * IT=behavioural / exterior individual,

* WE = cultural / interior collective, * ITS=social / exterior collective

UNIVERSAL INTEGRALISM - Ken Wilbur



5.7. Sexology is the scientific study of the individual & collective sexual being & behaviour (procreation, relation and recreation) with a unique w-holistic, universal integralistic (bio-psycho-socio-cultural) INTER-TRANSDISCIPLINARY (INTER-TRANSACTIONAL) THEORY...

Table 1

DEGREE OF INTEGRATION			
DISCIPLINARY	MULTIDISCIPLINARY	INTERDISCIPLINARY	TRANSDISCIPLINARY
Specializing	Juxtaposing	Interacting	Transcending
Concentrating	Sequencing	Linking = Sexology =	Overarching
Analyzing	Coordinating	Blending	Transforming
Segmenting		Integrating both ID & TD	Transgressing
		Synthesizing	

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= Sexology= both ID & TD (Add-on by Lemmer)

Sexology has a high degree of integration: both INTERDISCIPLINARY and TRANSDISCIPLINARY

5.7.1. Sexology does not re-develop the wheel. Sexology welcomes, needs, uses reconstructs and integrates the expertise, methodologies and research from all related disciplines from their specific (bio-medical-, psychological-, cultural- and social) scientific point of view.

”It is obvious that Sexology is not an island on its own. Sexology needs close scientific inter-transdisciplinary and inter-transactional co-operation with the medical sciences, psychology, sociology, cultural studies, law, education, religious studies and many others. But Sexology is much more than a sum total of all these... (Lemmer, 2005a, p.168)

5.7.2. Sexology INTEGRATES all these parts (5.7.1. in a new meaningful whole.

5.7.3. Sexology does its own scientific research with its own expertise, methodologies and research and make these research available to all related disciplines.

a) The bio-medical dimension of Sexology focus on anatomy and physiology, endocrinology, neurology, urology, gynaecology and other relevant related sciences.

The future seems bright for Sexual Medicine. As new drugs are developed and approved for sexual dysfunctions in both genders, opportunities for educating and assisting people in restoring sexual functioning are going to increase. However, sexuality remains a highly emotionally charged act, taking place within a psychological and cultural context. Maintaining an inter- and transdisciplinary viewpoint is a critical next step: physicians and sex therapists working together will have the opportunity and responsibility to participate in the restoration of their patients’—and couples’—sexual health. The aspiration is for all healthcare practitioners to maintain a patient-centered, holistic approach, that integrates a variety of treatments as needed, with one goal: not just to alleviate sexual symptoms, but to improve intimate relational lives (Perelman, 2016b). Maseroli, 2020 p82.

b) The psychological dimension of Sexology includes the extended, diverse and fast-growing science of psychology (together with its remarkable pioneers in the history of mankind) and related sciences.

c) The social dimension of Sexology includes education, law, social studies, communications, criminology and many more.

d) The cultural dimension of Sexology includes philosophy, art, literature, anthropology, gender studies, cultural studies, religious studies, history and many more. Whether we like it or not, theology also played a major role (fortunately or unfortunately) in the history of Sexology – both in an enhancing and destructive way. “ (Lemmer, 2005a, pp. 168-169).

5.8. “Sexology is the scientific study of the individual & collective sexual being & behaviour (procreation, relation and recreation) with a unique w-holistic, universal integralistic (bio-psycho-socio-cultural), inter-transdisciplinary (inter-transactional) theory. Sexology has its OWN METHODOLOGY AND UNIQUE FIELD OF STUDY AIMED AT BETWEEN & BEYOND THE POLES PRAXIS THEORIES....

The “between & beyond the poles” methodological model of Lemmer (2005a, pp.173-182) supplies the basic “tools” to create praxis theories in Sexology:

5.8.1. BETWEEN

“The word between can be used in different contexts to emphasized different aspects and to reflect different realities in different relations.

a) Between can be used to describe a certain point (or graphic) at any given period in time on the scale between two opposites.

Examples:

Between happiness and unhappiness.

Between hope and despair.

Between excitement and stability.

Between manic and depression.

b) Between can be used to describe the vice-versa influence and impact of the one pole on the other in a bi-polar tension unit.

Examples:

Between theory and practice.

Between interior and exterior.

c) Between can be used to describe the constant open dynamic movement between two (or more) poles. Where two people are together, there is always communication to some extent. Verbal or non-verbal – one always communicates. It is impossible, at any given stage, not to communicate. Between thus describes the inter-transactional simultaneous hence and forth communication or any kind of ongoing movement or relation between two (or more) poles.

Examples:

Between husband and wife.

Between parent and child.

Between lovers.

d) Between can be used to make a choice between two (or more) poles. E.g. Either you come here, or you go away. In this case one must choose between the two. One cannot choose both. The poles are two (or more) different alternatives and mutual exclusive. One cannot at the same time goes from Bloemfontein to Cape Town as well as from Bloemfontein to Pretoria unless sliced in half or divided between heart and mind.

Examples:

Between stay or go.

Between marriage or divorce.

Between live or die.

e) Between can be used in juxtaposing two opposite poles. Karl Jaspers rooted understanding, amongst others, in the equal meaningfulness of opposites. The contrast between opposites does justice to both. It is not a matter of choice, but it is the intensity of both that is best described in a

polar tension. Although they are direct opposites, the one both complements and opposes the other. The one intensifies and magnifies within the light of the context of the other.

Examples:

Between the Self and the Other.

Between private and public.

f) Between can be used to describe a more acceptable third pole. Not the one, neither the other, but a third option. Thesis, Anti-thesis and then the answer: Synthesis (Hegel). (It can be absolute, but not necessarily) Between can also reflect the principle of equilibrium. Equilibrium is a little bit more flexible and dynamic.

Examples:

Between egoism and altruism.

Between inhibited and promiscuous.

*g) Between can be used to describe conflict between the two poles (compare Nietzsche's concept of *Wedkampf*). The result of the conflict may eventually be meaningful and progress to some extent may (or may not) be made. Growth and progress often thrives on pain and conflict.*

Examples:

Between parent and teenager.

Between chauvinism and feminism.

Between pleasure and pain.

h) Between can also mean a simple accumulating or growing process.

Examples:

Between 0 and 21.

Between childhood and adulthood.

i) Between sometimes just includes literally everything between the two poles.

Examples:

Between the ears. (the brain).

Between the legs. (the external sex organs)

Between keywords are: Contextual, Open Dynamic Movement, Relational, Inter-transactional, Choice, Juxtaposed, Equilibrium, Synthesis, Either / Or, Both simultaneously, Anywhere between etc.

The word between can be used in so many different ways to explain so many different complexities that it opens a lot of possibilities. It is, however, very important that the content, the contexts and the relation in which between is used, will always be clarified and explained. Even the examples above, can be used in a different context that will alter the meaning of between. The meaning of between always depends on the poles themselves as well as on the content, context and relation of the polar tension.

Between intensifies and clarifies multi-realities and deconstructs absolutisms". (Lemmer, 2005a, pp.173-182).

5.8.2. BEYOND

"a) Beyond can simply mean the era after in a chronological way. Beyond is post. See for example: after postmodernism instead of post-postmodernism - to say the same thing.

b) *Beyond can mean Been there - done it - surpasses it. The old option was good, but my new option is much better. The latter is most of the time the case in many titles of many books: See: B F Skinner's Beyond Freedom & Dignity in which the issue is not freedom and dignity anymore, but a technology of behaviour.*

c) *Beyond can first deconstruct meaning and then reconstruct it. The old interpretation was incorrect and / or bad to mankind, but my new interpretation is much better.*

Beyond onanism. (A shift from a perception of a) masturbation as fatal and dangerous to b) coitus interruptus to c) coitus abruptus. Genesis 38:8-10)

d) *Beyond can simply deconstruct meaning and emphasize the relativism and nihilism. It is indeed then: beyond repair.*

Example:

Sex beyond love. (The so-called FFF - meaning find them, fuck them, forget them – what's the use?)

e) *Beyond can refer to the non-empirical, the transcendental, the metaphysical and the mystical. The unseen things on the other side.*

f) *Beyond can include everything else that is not yet explained. It can mean: "There is just more to it..." (Lemmer, 2005a, pp.173-182).*

5.8.3. BETWEEN & BEYOND IN SEXOLOGY

Sexology is the (w)holistic integral dynamic inter-transaction between & beyond the poles.

Between the Theory of Sexology and the Praxis of Sexology ... or beyond.

Between the Sexological Individual and the Sexological Collective ... or beyond.

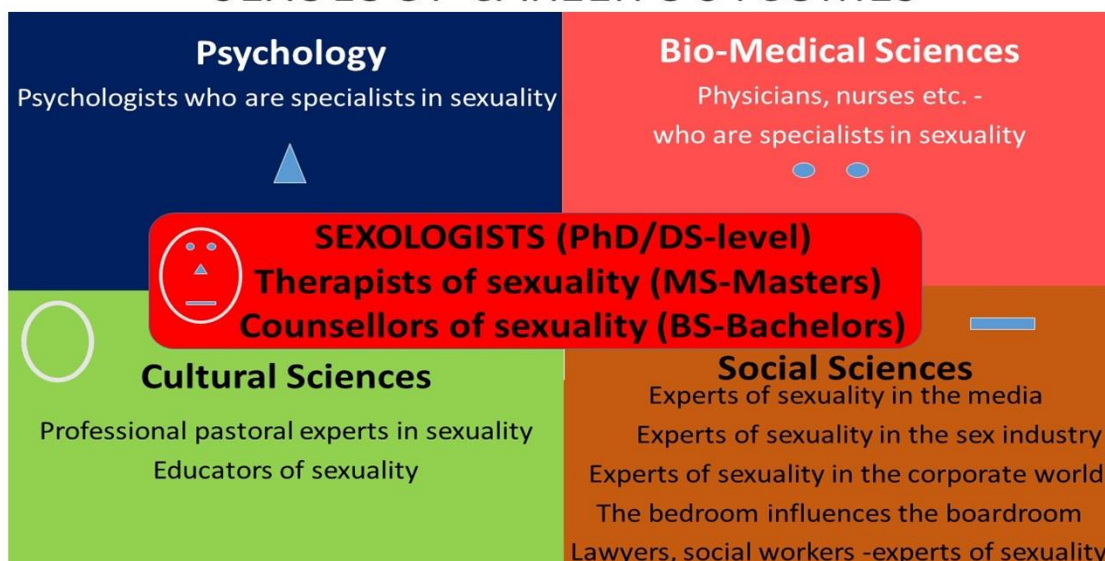
Between the Sexological Being and the Sexological Behaviour... or beyond.

Between & beyond Life and Death; Man and Woman; Young and Old; Straight en Gay; Genetics and Environment; Procreation, Recreation and Relation; Excitement and Stability; the Medical paradigm and the Social paradigm; Traditional and Alternative; 'Normal' and 'Abnormal'; Art and Science; West and East; First and Third World; Self and Other; Individual and Collective; Person and Function; Subject and Object; Private and Public; Pain and Pleasure; Theory and Practice; the medical sciences, psychology, sociology, cultural studies, spirituality, and many more." (Lemmer, 2005a, pp.173-182).

5.9. "Sexology is the scientific study of the individual & collective sexual being & behaviour (procreation, relation and recreation) with a unique w-holistic, universal integralistic (bio-psycho-socio-cultural), inter-transdisciplinary (inter-transactional) theory. Sexology has its own methodology, and unique field of study, aimed at between & beyond the poles praxis theories as OUTCOMES".

5.9.1. Sexology trains professionals to make a significant difference on all levels regarding sexual health, sexual wellbeing and relationship happiness.

SEXOLOGY-CAREER OUTCOMES



5.9.2. Sexology wants to make a significant difference in practice at grassroots-level.

5.9.3. The OUTCOMES of SEXOLOGY is to create a happy love-life and fulfilled sex-life:

- A happy and fulfilled individual
- A happy and loving couple
- More personal and relationship fun and joy with less stress.
- More people who will be able to manage their sexuality and their relationships.
- Less sexual frustrations, less sexual diseases, less sexual harassment, less sexual abuse, less Gender-Based Violence and less sex crimes.
- Improved tolerance and understanding of: a) individual, gender & sexual differences b) multi-cultural diversity c) less stress, less aggression, less physical & mental illness.

5.9.4. SEXOLOGY is going to MAKE A DIFFERENCE to the lives of many people and solve the following (and more) problems:

- Identity and sexual-identity problems.
- Love and relationship problems.
- Gender-Based-Violence.
- Consent problems.
- Problems created by being ignorant and un-educated regarding sexuality and relationships.
- Physical sexual health problems.
- Sexual disorder / dysfunction problems: Libido compatibility, erectile dysfunction, sexual desire-arousal-performance (orgasm) disorder, vaginism, dyspareunia, menopause and many others.
- Personal performance anxiety, sexual frustration, aggression and other stress problems.
- Mental sexual health problems.
- Sexual harassment problems. Sexual abuse problems. Teenage pregnancy problems. HIV & Aids and STD problems.

- Problems with rape and sex crimes. Aggression, frustration, sexual harassment and rage problems due to all the personal problems and the relationship problems at home. Productivity problems at work due to all the personal and relationship problems at home.

5.10. CONCLUSION:

“Sexology is the scientific study of the individual & collective sexual being & behaviour (procreation, relation and recreation) with a unique w-holistic, universal integralistic (bio-psycho-socio-cultural), inter-transdisciplinary (inter-transactional) theory. Sexology has its own methodology, and unique field of study, aimed at between & beyond the poles praxis theories as outcomes”. Lemmer 2005a, 2011a, 2011b.

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