

FEMALE MASTURBATION

Q: If women love to have intercourse with men, why don't they penetrate themselves with dildos or other objects when they masturbate? I have heard that most women do not insert anything when they masturbate, focussing instead on the outside.

A: You're right. According to Shere Hite (*The Hite Report*, MacMillan Publishing Company, 1976) in her nationwide study of 3,000 women, only 1.5% of women masturbate using vaginal entry alone. Four-tenths of one percent combine vaginal entry with other methods. In fact, over half of the women who used vaginal entry stimulated their clitoral areas first.

Other methods are chosen more often. These include stimulating the clitoral/vulval area with the hand while lying on the back (73%); while lying on the stomach (5.5%); pressing the clitoral/vulval area against a soft object (4%); pressing the thighs together rhythmically (3%); and water massage of the clitoral/vaginal area (2%).

One of the reasons vaginal penetration is not a popular method of masturbation is that insertion is not an efficient method of achieving orgasm. As previously cited in this column, only one-third of women can reach an orgasm through intercourse alone without additional clitoral stimulation.

Women love to have intercourse with men for many reasons: to "feel him" inside, to be close to a loving partner, to build erotic excitement, to assist him in his arousal and climax, etc. Orgasm is only one possible outcome. However, masturbation has a singular purpose - to please oneself which, generally, includes orgasm. As a result, more efficient means are preferred.