

# Perversion

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## What is perversion?

Perversion is a pattern of sexual practice, which is characterized by sexual desires, impulses, and fantasies that deviates significantly from the natural and conventional means of sexual practice. Perversion is also termed as paraphilia, in which the focus of attention is sexual object that is of unusual nature, for instance having sexual excitement with children, shoes, undergarments or animals. Sexual deviation, however emphasizes on the unusual form of sexual activity that does not confirms to the cultural norms or is not practiced by the majority of the population for example men wear women's clothes for sexual excitement. Having sex with not agreeable individual and / or indulging sexually into the act of suffering or shame of self or others is also a form of sexual perversion. Homosexuality is not considered as type of perversion, instead it is recognized as a different form of sexual orientation.

## Different Kinds of Perversions

### 1. Fetishism

'Fetishism' is a pattern of sexual practice in which the sexual arousal and sexual satisfaction are achieved by means of non-living object. Commonly used fetish objects are women's under garments, bras, stockings, shoes, rubber, leather, etc. The person commonly masturbates while holding, rubbing licking, or smelling the fetish objects. They, sometimes, frequently urge their sexual partner to wear such objects during the sexual intercourse. The extent of requirement of the fetish object varies from person to person. For some they serve as a means to enhance the sexual excitement and they can do without it also while others may fail to have erection in the absence of these objects. This condition is limited to males only.

### 2. Transvestism (cross-dressing)

Transvestism is a pattern of sexual practice in which the sexual arousal and sexual gratification are achieved by wearing the clothes of opposite sex. Besides wearing the complete outfit, the individual may also wear make-ups. The behaviors may be different from occasional cross-dressing within the limitations of the bedroom to walking off to public place. At the same time when they are crossed dressed they engage in sexually arousing fantasies and they masturbates to achieve sexual gratification. The condition is described only in males and begins by childhood or adolescence.

### 3. Zoophilia

Zoophilia is a form of sexual practice wherein the person engages sexually with the animals to achieve sexual arousal and sexual satisfaction. The condition is seen both in men as well as in women. They usually make use of pet animals like dogs and cats for the sexual activity; however domestic animals like goat, hen, horse, etc are also used rarely.

### 4. Pedophilia

Pedophilia involves unusual sexual activity with children. The children are usually prepubescent (not mature) and generally of age less than 13 years or younger. The

sexual behavior may be may be exclusively homosexual or heterosexual, or a combination of both of both. The activity may be carried out in the family, among social contact groups, or between strangers. The offender initiates the act on the pretext of playing games with the child and gradually misleads the game into sexual areas. The child is tempted to manipulate of his or her genitals or to manipulate that of adult's. On excitement, the person may masturbate in front of the child or alone. Many also carry out sexual intercourse and anal thrusting.

## **5. Exhibitionism**

Exhibitionism is a pattern of sexual behavior in which the person has a tendency to expose the genitalia to a stranger, unsuspecting person or even to people in public place. Sexual excitement occurs on the anticipation of the exposure. The excitement is heightened by the surprised or scared expressions displayed by the victim. The act is usually followed by masturbation at the same point or after the event. The condition is seen in heterosexual males who expose to the females. The behavior may range from occasional exposure with an active heterosexual life to a regular and constant form wherein the exhibitionism is the only form of sexual outlet.

## **6. Voyeurism**

Voyeurism involves those situations where unsuspecting women may be observed while undressing, grooming, bathing or indulging in sexual act. Sexual excitement also occurs on the anticipation of the observation. The act is usually followed by masturbation at the same point or after the event.

## **7. Frotteurism**

Frotteurism is a form of sexual pattern that involves a fantasy or activity of rubbing the body parts or genitalia against a non-consenting woman in public places. The act of fondling or rubbing may range from a fleeting one that goes unrecognized to an obvious deliberate act that is assaultive. Usually, the act is carried out in crowded places from where the escape is easy and the person can flee situation as soon as soon as he is discovered. The act is usually completed by the ejaculation at the same point or masturbation after the event.

## **8. Sexual Masochism**

Sexual Masochism is a pattern of sexual practice in which the sexual arousal and sexual satisfaction are achieved by being tortured, humiliated or made to suffer. The masochistic behavior includes the fantasies, urges and / or behaviors of being raped, whipped, beaten or held or bound by the partner. Humiliation for example being made to beg for mercy, forced to crawl, or being urinated upon) is also sexually satisfying to the person. There is no limit to the extent of suffering that is sexually pleasurable and at times the person sustains serious injuries and even death.

## **9. Sexual Sadism**

Sexual Sadism is a pattern of sexual practice in which there is sexual arousal and sexual satisfaction if the person inflicts physical or psychological suffering to the victim. In severe cases the person takes complete control over the consenting or non-consenting victim, who is subjected to severe degree of torture and humiliation the form of whipping, stabbing, burning, smothering, and in brutal cases killing (lust murder)

## The Magnitude of the problem in the society

It is clearly perceived that some of the perversions, if not all, are relatively common in the general population; however it is neither easy nor always possible to estimate the number of perverts in the population. The persons never report their problems and always try to hide their perversions. It comes into sight only if treatment is sought or if there are legal hassles.

Despite these limitations it is believed that perversion is practiced by small fraction of population. In a person the perversion usually appear early during the adolescent period. Most of the pervert behaviors peak between 15 and 25 years. The pervert sexual behavior tends decrease after the age of thirty so that it is rare after the age of fifty. Most of the perversions are observed more commonly in males.

## What leads to perversion?

What exactly leads to pervert sexual behavior is still not known clearly, however the researchers are able to make certain the fact that perversion is the product of complex relationship of many factors. Biological makeup (genetic and internal chemistry) and social upbringing are thought to be the main factors responsible for such behavior. Excess of male sex hormone is known to be associated with violent forms of perversions in men as well as in women similarly faulty family dynamics and abnormal parent child relationship is also known to cause pervert behavior. Pedophilia is practiced by majority of those who themselves were treated in the same way. This is the reflection disturbance in the family.

## Is it abnormal?

Perversion has an important link between health and illness and is manifested with varying degree of brutality. Some are bothered by their pervert fantasies, which is generally minimal and is invoked during the sexual activity but is not otherwise acted on and they enjoy a good control over such fantasies. They are well adjusted in life and are able to carry out normal sexual life. At the other end of the spectrum, pervert behavior is acted out in an impulsive way so that it takes precedence over partner interaction and causes significant distress to the individual and others and the behavior is considered to be abnormal or maladaptive that requires treatment. One should seek professional help if:

- ✳ The pervert behavior is recurrent and / or persistent over a period of at least six months
- ✳ The perversion is acted on in a compulsive way so that he or she is not able to resist it
- ✳ The perversion is acted on in a compulsive way in public.
- ✳ The perversion is acted on in a compulsive way in a situation or in a way that is physically hazardous to the person or others
- ✳ He or She gets into the Legal problems due to this
- ✳ He or she is ignoring the social and occupational obligations because of the pervert behavior
- ✳ If the person is suffering from depression or anxiety due to this
- ✳ If he or she is planning to marry
- ✳ If the sexual perversion is causing significant disturbance in social at occupational life
- ✳ If there is adjustment problem with the partner
- ✳ If there is any sexual problem with the partner
- ✳ And the person is not able to control it despite having any of the above problems.

## Treatment options

Treatment of perversion is often required. A qualified psychiatrist is the one who can help the most to the persons with perversion. Treatment depends on the severity of illness,

patient's motivation, his or her strengths and family support. Treatment options include both drug and non- drug treatment and are tailored according to the patient's need. The various treatment options that are available are as follows:

- ✿ Counseling for perversion
- ✿ Sex therapy for sexual problems
- ✿ Family therapy
- ✿ Marital therapy
- ✿ Therapy for associated depression or anxiety
- ✿ Drug treatment.

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