

# Virginity and Chastity: Essentials of Health and Society

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**Abstract:** The purpose of this essay was to identify the advantages of virginity and chastity for health as well as the negative effects of lack thereof. These harms, which can extend to familial and larger social consequences, have been examined from a biological and psychological perspective. The topic is supported by gynecological, biological, and psychological studies. If there isn't any specific research to support a certain inference, then it has been addressed using widely accepted scientific concepts. The essay covered the advantages of virginity and chastity, including how they can deepen relationships via fidelity and committed bonds, improve first sex experiences through novelty, lubricate and tighten the vagina, and protect against illnesses. However, relationships have suffered as a result of several partners or polyamorous relationships, vaginal laxity, and STDs. The practice of prostitution was also discussed, along with the social, psychological, and health costs associated with it. The study concluded that laws should be adopted to prohibit and punish extramarital sex rather than prioritizing the proposal of temporary band-aids to these issues, such as the promotion of condoms, STD treatments, etc., in order to protect individual morality, familial relationships, society from exploiting women, and health laws.

**Keywords:** Virginity, Chastity, Sexual Relationship, Feminism, STD, Marriage, Sexual Health, Prostitution

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## 1. Introduction

Today we live in a liberal "free sex" world where getting a temporary sex partner is easier than marrying a girl and finding a long-term family. Sexual hedonism is defining the most important period of our life: the youth. The result is we are today living in a sexualized world and not a family-oriented world. It is trendier and easier to have a sex partner than a devout and loyal husband or wife.

The consequences of this trend have been largely ignored by society, rather we are trying to patch up with temporary band-aids to solve the problems. These problems have been discussed here. The paper started by defining virginity and chastity. It discussed the benefits of these two norms and constructs. It has elaborated on the harms of multiple sex partners which violate the normative principle of virginity and chastity. Prostitution, given it, is an extreme form of this violation has been discussed as well.

The paper thus proposed that, given the harms of "free sex" resulting in multiple sex partners consequentially, society must adopt policies and laws to honor and praise virginity and preserve the state of chastity.

## 2. What Are Virginity and Chastity

Up until recently, liberalism questioned the states of virginity and chastity as being outmoded and unfitting of feminist sexual liberation. Virginity and chastity have been basic moral principles in the major western and eastern religions of the world. The novelty and importance of virginity and chastity have been challenged by feminism, which is a branch of liberalism. As with many liberal beliefs, the "free sex" principle is erroneous. This rejection stems from the liberal cultural conscience rather than science or reason. Liberals believe that allowing women access to the sexual activity will increase their empowerment and freedom.

Chastity is a spiritual, psychological, and sexual state that can be seen at all stages of an adult's life as opposed to virginity, which is an anatomical state. It is an anatomical state since a girl's hymen can be a reliable indicator of her virginity. A girl might be regarded as a virgin if her hymen is intact, despite the fact that physically demanding or demanding activities can cause the hymen to rupture. Sometimes it can be difficult to tell whether a hymen has undergone surgical reconstruction or not. The goal of

hymenoplasty often referred to as hymen restoration surgery, is to repair the skin membrane known as the hymen, which is situated in the lower portion of the vagina. Similar to fake breasts and buttocks, which are only used as a method of deceit to attract men's attention, hymenoplasty is morally repugnant. A lady shouldn't carry out these unless absolutely necessary for health reasons. Since hymenoplasty is uncommon, virginity is more likely when the hymen is intact.

Increased lubrication and tighter vaginal tissue are the advantages of virginity from a biological, sexual, and psycho-sexual standpoint. A virgin has a higher chance of getting wet than a non-virgin. This is because foreplay has a different effect on virgins' sexuality than it does on non-virgins. Since virgin foreplay is brand-new, it is like a new adventure and mesmerizing experience. Psychologically, a person gets used to an act and practice and loses the same effect they experienced firsthand. This psychological newness is why virgins can be more lubricated vaginally than non-virgins.

This arises from the SN/MTA or the substantia nigra and ventral tegmental area, which activates when shown novel stimuli—such as participation in first-time foreplay. It is a well-known fact amongst scientists that the midbrain region regulates our levels of motivation and our ability to predict rewards by releasing dopamine in the frontal and temporal areas of the brain [1, 2], and that first-time foreplay thus results in great anticipation of the sexual reward i.e. orgasm through sex. Vaginal lubrication is also an indication of tissue health. As virgin vaginal tissues are generally most preserved from sexual tension and muscular pressure from the penis and sexual activities, then it follows lubrication is potentially best among virgins [3].

Feminine chastity is spiritual, psychological, and sexual moral of limiting sexual acts with one person based on closeness, loyalty, devotion, and intimacy. From the perspective of a relationship, every relationship which creates love has certain necessary constituents for love to happen. In the relationship between a man and woman who can have sexual intercourse, the two essential ingredients are psychological commitment physically manifested through marriage and sexual intercourse.

### 3. The Problem of Multiple Sex Partners

While females with multiple different-sex partners may develop vaginal laxity due to hormonal issues, virgins and chaste women, on the other hand, are less likely to develop this from sexual intercourse as they reject the practice of polyamorous sex. Virgin and chaste women have a potentially tighter vagina with the more potential lubricant than women with multiple male sex partners. Potentially, because we are not considering the medical reasons for abnormally tight and dry vagina but rather tighter with respect to polyamorous women. Also if sex were practiced free such as in polyamorous sex, love would not be created or intensified as it would not bind the husband and wife with marital commitment and sexual feeling limited between them.

Female sexuality is designed to appreciate monogamous relationships, which is different from a male appreciation of polygamous relationships. Historically and evolutionary thus, polygamy has been successful and socially accepted. Men are more likely to wish they had had sex with more partners, whereas women wish they had tried harder to avoid getting involved with men who did not stay with them [4]. Evolutionary arguments suggest that women should be more selective than men in their choices of sex partners because they must invest more time in bearing and nurturing their children than do men (most men do help out, of course, but women simply do more; [5]. Nayar people of India where a woman would have several sexual partners during her lifetime, but any man with whom she had children had no responsibilities toward them. This would imply the need for patriarchy and too many social, familial, and biological responsibilities over women, which the female sex and gender are not designed for [6].

Vaginal walls, fascia, and ligaments supporting the uterus, rectum, colon, and bladder become weak, which leads to vaginal vault prolapse. These may bulge, feel more pressure than usual, and exhibit a variety of bowel and urine continence alterations when they prolapse out of the vaginal canal. Even though prolapse may cause vaginal laxity but laxity may be caused by other factors as well. Vaginal laxity (loosening of vaginal tissue) and urinary incontinence are common problems for many women. Women can struggle with decreased sexual satisfaction due to lack of friction during intercourse, reduced sensitivity, decreased lubrication, and urinary symptoms due to loosening vaginal tissue. Vaginal laxity thus affects not only the woman but also her relationship with her man, as the man may not enjoy sex at all.

Lack of chastity may create vaginal laxity. There has been no specific study to ascertain vaginal laxity among women with multiple male sexual partners. The best form of study would be to ascertain vaginal laxity both objectively and subjectively. Objectively would be to take enough samples from a population of prostitutes, measure their vaginal features, and compare them with monogamous women. Subjectively would be to ask men engaging in sex with prostitutes how they feel the prostitutes' vaginas vis a vis vagina of a virgin or chaste woman. However, this latter study may be morally objectionable. Even though noticeable physical vaginal laxity may not be observed, the penis, a sensitive part of the body, can notice the minutest of vaginal laxity. The penis contains 4,000 nerve endings in the glans (or head) alone, so it's highly sensitive.

Like with any muscle, overuse can lead to strain. Intense physical activity and high-stress levels can affect the vaginal walls both physically and hormonally. For example, multiple partners are associated with higher testosterone in North American women, and the study also established an association of higher testosterone after initiation in polyamorous sex [7]. Higher testosterone levels in women are negatively harmful and may cause various health issues which may directly or indirectly, through multitudes of

causes, result in vaginal laxity and vaginal dryness [8, 9].

Prostitution is an act where a woman has sex with multiple male customers. Many women do prostitution, rather most women, as a job, and with it comes stress and time schedule. While real sex needs intimacy, close relationships and care, prostitutional sex is a routine job. Many “multiple sex partnered” women, such as prostitutes, may experience vaginal dryness [10] during sex because they are not sexually aroused – this is often caused by insufficient foreplay or psychological reasons such as stress which is often the case among sex workers [11].

Hormonal changes and changes in the bacterial flora in the vagina may also cause vaginal laxity and other diseases. Every woman has her independent microbiome within her vagina. This is mainly comprised of lactobacilli, better known as lactic acid bacteria. There is a connection between vaginal flora and sexual intercourse. During sex, bacteria are exchanged and intermixed between the partners. What happens next in the vaginal microbiome depends on how the existing bacteria in the vagina react towards the “new” bacteria of the partner.

When a woman has multiple male sex partners, it just adds to the probability set total cumulative bacterial exchange, thereby increasing the chances of adverse effects on the woman. With damaging effects come many other burdens: financial, health, psychological, and familial. There is a strong association between several sexual partners and having an STD. Women with five or more sexual partners are eight times more likely to report having an STD than those with only one partner, even after adjusting for age at first intercourse [12]. Also, the effect of STDs/STIs on women can be more severe than on men [13]; women are also biologically more vulnerable to STDs than are men, and women are more susceptible to STDs during sexual intercourse because the vaginal surface is larger and more vulnerable to sexual secretions than the primarily skin-covered penis. Also, the volume of potentially infected male ejaculate deposited in a woman’s vagina during intercourse is larger than the potentially infected cervical and vaginal secretions to which men are exposed [14]. These female diseases may also contribute to vaginal laxity and dryness by affecting the vaginal tissue, wall, and menstrual cycle.

## 4. Conclusion

Virginity is a divinely natural anatomical and psychological gift, but short-lived yet according to some religions such as Islam, indicates what is to come in the afterlife. Feminine chastity is spiritual, psychological, and a sexual moral of limiting sexual acts with one person based on closeness, loyalty, devotion, and intimacy. Lack thereof results in many health and psychological issues of which vaginal laxity and various female diseases are significant harm while deterioration in the relationship between the couples the psychological harm. Society must enforce the preservation of lawful virginity and chastity and not allow individual feminist free sex practice.

The gradual long-term achievement of virginity and chastity will be betterment in emotional and sexual relationships for individuals, families, and society as the emotional and sexual relationship between the opposite sex becomes restricted and focused on people with close bonds and relationships. This long-term sexual relationship is also fine-tuned with evolutionary psychology as the reproductive success of ancestor women who mated randomly was probably lower than that of those who made informed choices. Long-term partners bring a wealth of resources with them [15] and a trustworthy character and emotional stability or maturity are the second and third most highly valued characteristics among the eighteen traits listed in the global study on female mate selection, respectively, following love. They are reliable indicators that resources will be made accessible consistently over time, to begin. Second, men who lack emotional stability and dependability behave unpredictably and cause significant emotional harm to their partners [15].

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