



GOOD IN BED SURVEYS

Report #3

Orgasm

KEY FINDINGS

- Although men experienced orgasm more frequently than women, the pleasure and enjoyment experienced by men and women was equally high, with the majority (over 60%) experiencing great pleasure or enjoyment from orgasm
 - Feeling connected to ones partner and having confidence in oneself were the factors reported to be the most likely to contribute to having an orgasm, whereas
 - Mental distraction was the factor reported to be most likely to get in the way of having an orgasm for both men and women
- Both women *and* men are faking orgasm, but for different reasons:
 - 70.6% of women have ever faked an orgasm and the majority of them are doing so to spare their partner's feelings
 - 30.2% of men have ever faked an orgasm and the majority of them are doing so to bring an end to the sexual session
- Despite the large percentage of those faking, people aren't talking about it with their partners faking and remains a taboo topic
 - Only 7% of men and 12% of women discussed faking it with their partner
- Although women enjoy orgasm as much as men, women care less about having an orgasm during every sexual act than men (with this being important to 91% of men and only 20% of women)
- Irrespective of its exalted status in the media, simultaneous orgasm rarely occurs for most respondents, with 38% of men reporting this and 35% of women
- Women appear to enter an "orgasm-prime" as they age, but not so men.
 - Men are significantly more likely than women to report that quality and frequency of orgasm *decreased* with age
 - Women are significantly more likely than men to report that quality and frequency of orgasm *increased* with age

BACKGROUND

Orgasm, the phase of the sexual response cycle often emphasized, has been an elusive topic of both research and conversation for decades. Previous research has reported everything from the physiological changes that occur, to the brain areas

activated, to the differences in descriptives used by men and women. Research has shown us that both men and women fake orgasm, though women tend to report this more often (perhaps due to the more obvious pairing of male ejaculate with an orgasm in men). A lot of the research that has examined orgasm thus far has used relatively small sample sizes and qualitative methodology. With the current survey, we wanted to gather survey data from a larger sample size and quantitatively capture some of the information about orgasm that we do not yet know. We were interested in orgasm during different sexual behaviors, what enhances or detracts from orgasm before, during, and after orgasm, and the impact that orgasm has on the relationship.

METHODOLOGY

Data was collected through an online survey. Participants were recruited through various online forums (e.g., email listservs, online articles, social media websites) and directed to the study website. Potential participants were informed that a small incentive would be offered for involvement in the study (a code to redeem a free e-book from goodinbed.com, worth \$5.95). There was an 84.4% completion rate with 5,729 beginning the survey and 4,836 participants completing the survey. Once all missing cases and participants who reported being under the age of 18 ($n = 67$) were removed the final sample consisted of 4,836 participants: 2613 men (54%) and 2223 women (46%). For sample characteristics broken down by gender, see Table 1.

Upon accessing the survey, participants were presented with a number of questions that assessed various demographic variables and current (or most recent) relationship dynamics followed by a number of questions on orgasm. The majority of the sample was married and living with their spouse (48.7%), although 17.2% were partnered though not living with their partner, 11.8% were single (not married or currently partnered), 11.4% were partnered and living with their partner, 4.8% were divorced, and 2.0% were separated, with 1.9% married but not living with their spouse, and 1.1% widowed at the time of data collection.

This study used a web-based data collection method. Internet surveys provide a more comfortable environment to collect data on sensitive issues such as sexuality, and therefore individuals were more likely to submit accurate sexual and relationship information online. All responses were completely anonymous and we did not collect any identifying information from participants.

DEMOGRAPHICS

- 2613 men (54%)
- 2223 women (46%)

- 96.5% heterosexual, 4% gay or lesbian, 1.2% bisexual, 0.9% uncertain or questioning, 1.0% other

- 11.8% single, not married or currently partnered

- 17.2% partnered, not living with partner
 - 11.4% partnered, living with partner
 - 1.9% married, not living with spouse
 - 48.7% married, living with spouse
 - 2.0% separated
 - 4.8% divorced
 - 1.1% widowed
-
- 8.0% have been in their relationship for 6 months or less
 - 5.9% have been in their relationship one year or less
 - 13.6% have been in their relationship between 1 and 3 years
 - 14.2% have been in their relationship between 3 and 7 years
 - 18.0% have been in their relationship between 7 and 15 years
 - 27.9% have been in their relationship for more than 15 years
 - 12.4% are not currently in a relationship
-
- 59.7% have children – of those, 14% have 1 child, 25.4% have 2 children, 13.3% have 3 children, 4.9% have 4 children, 2.8% have 5 or more children
 - 40.3% don't have children

Table 1. Demographic variables by gender

	Men n (%)	Women n (%)	Total
Gender			
Male	2613	--	54.0%
Female	--	2223	46.0%
Age			
18-24	172 (6.6)	433 (19.5)	12.5%
25-29	226 (8.6)	407 (18.3)	13.1%
30-34	231 (8.8)	315 (14.2)	11.3%
35-39	311 (11.9)	232 (10.4)	11.2%
40-44	339 (13.0)	255 (11.5)	12.3%
45-49	309 (11.8)	205 (9.2)	10.6%
50-54	312 (11.9)	166 (7.5)	9.9%
55-59	279 (10.7)	95 (4.3)	7.7%
60-64	216 (8.3)	72 (3.2)	6.0%
65-69	102 (3.9)	21 (.9)	2.5%
70 or older	116 (4.4)	22 (1.0)	2.9%
Sexual Orientation			
Heterosexual	2554 (97.7)	2114 (95.1)	96.5%
Gay or Lesbian	7 (.3)	12 (.5)	.4%
Bisexual	19 (.7)	39 (1.8)	1.2%
Uncertain/Questioning	17 (.7)	27 (1.2)	.9%
Relationship Status			
Single	264 (10.1)	308 (13.9)	11.8%
Partnered (not living with)	287 (11.0)	543 (24.4)	17.2%

Relationship Status			
Single	264 (10.1)	308 (13.9)	11.8%
Partnered (not living with)	287 (11.0)	543 (24.4)	17.2%
Partnered (living with)	193 (7.4)	357 (16.1)	11.4%
Married (not living with)	53 (2.0)	38 (1.7)	1.9%
Married (living with)	1610 (61.6)	744 (33.5)	48.7%
Separated	42 (1.6)	55 (2.5)	2.0%
Divorced	125 (4.8)	106 (4.8)	4.8%
Widowed	28 (1.1)	27 (1.2)	1.1%
Relationship Length			
6 months or less	147 (5.6)	242 (10.9)	8.0%
1 year or less	112 (4.3)	173 (7.8)	5.9%
1 to 3 years	231 (8.8)	425 (19.1)	13.6%
3 to 7 years	328 (12.6)	360 (16.2)	14.2%
7 to 15 years	526 (20.1)	345 (15.5)	18.0%
15 years +	992 (38.0)	355 (16.0)	27.9%
Not in relationship	277 (10.6)	323 (14.5)	12.4%
Children			
No Children	807 (30.9)	1144 (51.5)	40.3%
1 Child	354 (13.5)	323 (14.5)	14.0%
2 Children	795 (30.4)	431 (19.4)	25.4%

SEXUAL DEMOGRAPHICS

- Average age of first intercourse was 17.8 years of age
- Average age of first masturbation was 16.7 years of age

Masturbation over the past month:

- 33.9% masturbated sometimes (more than once a month, up to twice a week)
- 29.1% masturbated often (more than twice a week)
- 16.7% masturbated rarely (once a month or less)
- 11.0% never masturbated over the past month
- 8.2% masturbated every day over the past month
- 1.0% have never masturbated before

Oral sex over the past month (receiving oral sex):

- 33.5% did not receive oral sex over the past month
- 29.3% received oral sex sometimes (more than once a month, up to twice a week)
- 25.7% received oral sex rarely (once a month or less)
- 9.8% received oral sex often (more than twice a week)
- 1.2% have never received oral sex
- 0.5% received oral sex every day over the past month

Sexual intercourse (penis-in-vagina) over the past month:

- 37.7% had intercourse sometimes (more than once a month, up to twice a week)

26.5% often had intercourse (more than twice a week)
 17.3% never had intercourse over the past month
 15.0% had intercourse rarely (once over the past month)
 2.8% have had intercourse every day over the past month
 0.7% have never had sexual intercourse before

Anal intercourse (penis-in-anus) over the past month:

68.4% have not had anal intercourse over the past month
 14.4% have never had anal intercourse before
 12.9% had anal intercourse rarely (once over the past month)
 3.5% sometimes had anal intercourse over the past month (more than once a month, up to twice a week)
 0.6% had anal intercourse often over the past month (more than twice a week)
 0.2% had anal intercourse every day over the past month

Table 2. Sexual demographics by gender

	Men n (%)	Women n (%)	Total
Masturbation			
Never	263 (10.1)	271 (12.2)	11.0%
Rarely (once a month or less)	361 (13.8)	449 (20.2)	16.7%
Sometimes (>1x/mth to 2x/wk)	800 (30.6)	838 (37.7)	33.9%
Often (more than twice a week)	873 (33.4)	535 (24.1)	29.1%
Every day	298 (11.4)	98 (4.4)	8.2%
I've never masturbated	18 (.7)	32 (1.4)	1.0%
Oral sex (receiving)			
Never	938 (35.9)	681 (30.6)	33.5%
Rarely (once a month or less)	686 (26.3)	559 (25.1)	25.7%
Sometimes (>1x/mth to 2x/wk)	713 (27.3)	702 (31.6)	29.3%
Often (more than twice a week)	226 (8.6)	249 (11.2)	9.8%
Every day	16 (.6)	10 (.4)	.5%
I've never received oral sex	34 (1.3)	22 (1.0)	1.2%
Sexual Intercourse (penis-in-vagina)			
Never	480 (18.4)	356 (16.0)	17.3%
Rarely (once a month or less)	432 (16.5)	294 (13.2)	15.0%
Sometimes (>1x/mth to 2x/wk)	1033 (39.5)	791 (35.6)	37.7%
Often (more than twice a week)	593 (22.7)	688 (30.9)	26.5%
Every day	56 (2.1)	79 (3.6)	2.8%
I've never had sexual intercourse	19 (.7)	15 (.7)	.7%
Anal Intercourse (penis-in-anus)			
Never	1893 (72.4)	1414 (63.6)	68.4%
Rarely (once a month or less)	266 (10.2)	358 (16.1)	12.9%
Sometimes (>1x/mth to 2x/wk)	83 (3.2)	87 (3.9)	3.5%
Often (more than twice a week)	18 (.7)	12 (.5)	.6%
Every day	6 (.2)	4 (.2)	.2%
I've never had anal intercourse	347 (13.3)	348 (15.7)	14.4%

QUANTITATIVE RESULTS SUMMARY

For all sexual behaviors leading to orgasm, there were significant gender differences in terms of frequency. Men achieved orgasm more frequently than women during masturbation, when receiving oral sex, during intercourse, and during anal sex ($p < .001$ for all analyses).

Frequency of orgasm during masturbation:	<u>Men</u>	<u>Women</u>
• Never:	2.4%	5.1%
• Rarely (much less than half the time):	2.1%	3.9%
• Sometimes (about half the time):	3.3%	6.4%
• Often (much more than half the time):	11.9%	14.9%
• Always:	79.9%	65.7%
• Never masturbated:	0.5%	3.9%

Frequency of orgasm when receiving oral sex:	<u>Men</u>	<u>Women</u>
• Never:	15.8%	13.8%
• Rarely (much less than half the time):	20.1%	18.2%
• Sometimes (about half the time):	13.1%	15.0%
• Often (much more than half the time):	15.6%	23.1%
• Always:	30.8%	22.0%
• Never received oral sex:	4.7%	7.9%

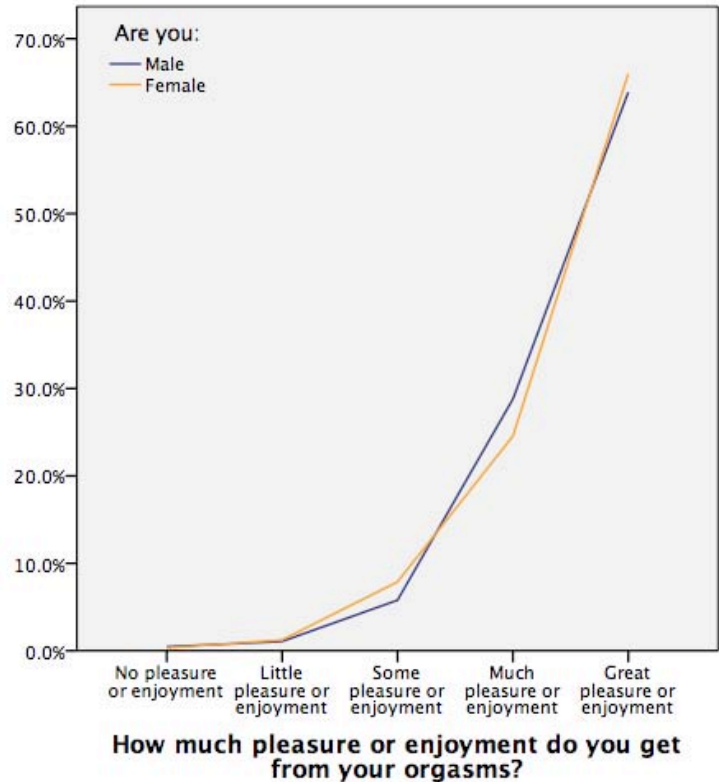
Frequency of orgasm during intercourse (penis-in-vagina):	<u>Men</u>	<u>Women</u>
• Never:	1.6%	11.6%
• Rarely (much less than half the time):	2.6%	20.4%
• Sometimes (about half the time):	4.5%	18.9%
• Often (much more than half the time):	23.0%	25.1%
• Always:	67.3%	16.0%
• Never had intercourse:	1.0%	8.0%

Frequency of orgasm anal intercourse (penis-in-anus):	<u>Men</u>	<u>Women</u>
• Never:	36.4%	40.0%
• Rarely (much less than half the time):	3.9%	7.8%
• Sometimes (about half the time):	2.8%	5.4%
• Often (much more than half the time):	4.5%	4.6%
• Always:	19.4%	4.0%
• Never had anal intercourse:	32.9%	38.1%

We asked participants whether they were able to have an **orgasm when they wanted to**. Men were significantly more likely than women to be able to have an orgasm when they wanted to ($p < .01$), with the following breakdown for men and women, respectively: Never (1.3%; 3.1%), Rarely (2.8%; 10.7%), Sometimes (8.5%; 22.6%), Often (32.5%; 37.2%), and Always (54.8%; 24.4%).

Pleasure or enjoyment from orgasm:

Regardless of those gender differences that emerged in terms of frequency and wantedness, men and women experienced equal levels of **pleasure or enjoyment** from their orgasm, as depicted in this graph:



Sexual problems related to orgasm:

In the current sample, painful sex or sexual issues (such as erectile problems) rarely inhibited the ability to have an orgasm. The majority of the sample reported that this had never inhibited orgasm ability (63.3% of men and 51.1% of women). Around a quarter of the sample (23.0% of men and 26.3% of women) reported that this rarely inhibited orgasm, with 9.4% of men and 12.1% of women reporting that this sometimes inhibited orgasm. Less than 5% of the sample reported that problems often or always inhibited orgasm for both men and women.

Reasons for orgasm:

In order to examine the reasons for the occurrence or non-occurrence of orgasm, we asked participants to choose any of the responses that applied.

Table 3. Reasons for orgasm broken down by sexual behavior.

	Masturbation	Receiving oral sex	Intercourse
I am generally sexually responsive	2800 (57.9%)	2120 (43.8%)	2926 (60.5%)
I particularly wanted to have an orgasm	2788 (57.9%)	1454 (30.1%)	2066 (42.7%)



There were specific preferences of **method to achieve orgasm** and both men and women agreed that orgasm during intercourse was preferred over all other methods:

	<u>Men</u>	<u>Women</u>
Orgasm through masturbation	2.3%	8.0%
Orgasm through oral sex	10.6%	12.6%
Orgasm during intercourse	66.9%	48.9%
No preference	20.1%	28.0%

Aids used during masturbation to achieve orgasm:

- 58% of men and 30% of women used porn
- 5% of men and 56% of women used vibrators
- 5% of men and 12% of women used other devices such as dildos or anal beads
- 32% of men and 23% of women used lubricant
- 2% of men and 6% of women used arousal gel
- 48% of men and 44% of women used fantasy
- 17% of men and 22% of women didn't use any aids

For those men and women who used aids to achieve orgasm, many were not at all or only a little bit reliant on the aids (42.8% of men, 33.9% of women). However, 28.3% of men and 35.9% of women were fairly or very reliant on those aids.

Faking Orgasm

One area of interest for this survey that hasn't been covered in many quantitative surveys previously was faking orgasm.

- 30.2% of men have ever faked an orgasm
- 70.6% of women have ever faked an orgasm

We then wanted to know why folks were faking orgasm. Here are some of the reasons:

- To bring an end to the sexual session
 - o 30% of men
 - o 48% of women
- Due to boredom
 - o 9% of men

- o 19% of women
- To spare partner's feelings
 - o 22% of men
 - o 54% of women
- To turn on partner
 - o 8% of men
 - o 29% of women
- To avoid argument with partner
 - o 6% of men
 - o 9% of women
- To make the experience a better one
 - o 5% of men
 - o 10% of women

Of those who have faked an orgasm, 65% of men indicated that their partner has never known they faked it and 53% of women indicated that their partner has never faked it. Around a quarter to a third (27% for men, 34% for women) weren't sure if their partner knew or not, and 7% of men and 13% of women indicated that their partner did know they had faked orgasm. Yet, hardly anyone spoke about the fake afterward (only 7% of men and 12% of women discussed it with their partner).

We also asked participants whether they **think their partner ever fakes orgasm**. Around 18% of men and 14% of women didn't know. But the majority for both men (31%) and women (67%) didn't think their partner ever fakes orgasm. For men, 28% believed their partner rarely faked orgasm, 11% believed their partner sometimes faked orgasm, and 3% believed their partner often or always faked orgasm. For women, 11% believed their partner rarely faked orgasm, whereas less than 1% believed their partner either sometimes, often, or always faked orgasm.

Importance of achieving orgasm during EVERY sexual act:

- Not at all important
 - o 5% of men
 - o 11% of women
- A little bit important
 - o 7% of men
 - o 14% of women
- Somewhat important
 - o 15% of men
 - o 21% of women
- Fairly important
 - o 28% of men
 - o 27% of women
- Very important
 - o 91% of men
 - o 20% of women

As is fairly clear from this gender breakdown of orgasm importance, the importance of achieving orgasm during every sexual encounter is significantly more important for men than for women ($p < .001$).

Overall importance of achieving orgasm during a sexual act:

- Not at all important
 - 3% of men
 - 5% of women
- A little bit important
 - 7% of men
 - 12% of women
- Somewhat important
 - 12% of men
 - 18% of women
- Fairly important
 - 24% of men
 - 28% of women
- Very important
 - 45% of men
 - 28% of women

Satisfaction with orgasm

Table 5. Satisfaction with orgasm frequency and intensity by gender.

	Orgasm Frequency		Orgasm Intensity	
	Men	Women	Men	Women
Very much satisfied	1267 (48.5%)	872 (39.2%)	1374 (52.6%)	1153 (51.9%)
A little bit satisfied	380 (14.5%)	342 (15.4%)	507 (19.4%)	424 (19.1%)
Neither satisfied nor dissatisfied	195 (7.5%)	178 (8.0%)	171 (6.5%)	144 (6.5%)
A little bit dissatisfied	298 (11.4%)	360 (16.2%)	217 (8.3%)	171 (7.7%)
Very much dissatisfied	228 (8.7%)	311 (14.0%)	95 (3.6%)	112 (5.0%)

For participants who were unhappy with orgasm frequency and intensity, the majority of both men and women believed it decreased their relationship satisfaction a little bit, though around 15% of men and 24% of women didn't believe this impacted their relationship satisfaction at all.

Additionally, over 40% of both men (41%) and women (44%) were very likely to pursue new ways to increase their frequency or intensity of orgasm. An additional 29% of men and 30% of women were a little bit likely to pursue new ways to improve orgasm.

When asked about whether intensity and frequency of orgasm has changed from partner to partner, men and women agreed that neither had significantly changed from partner to partner.

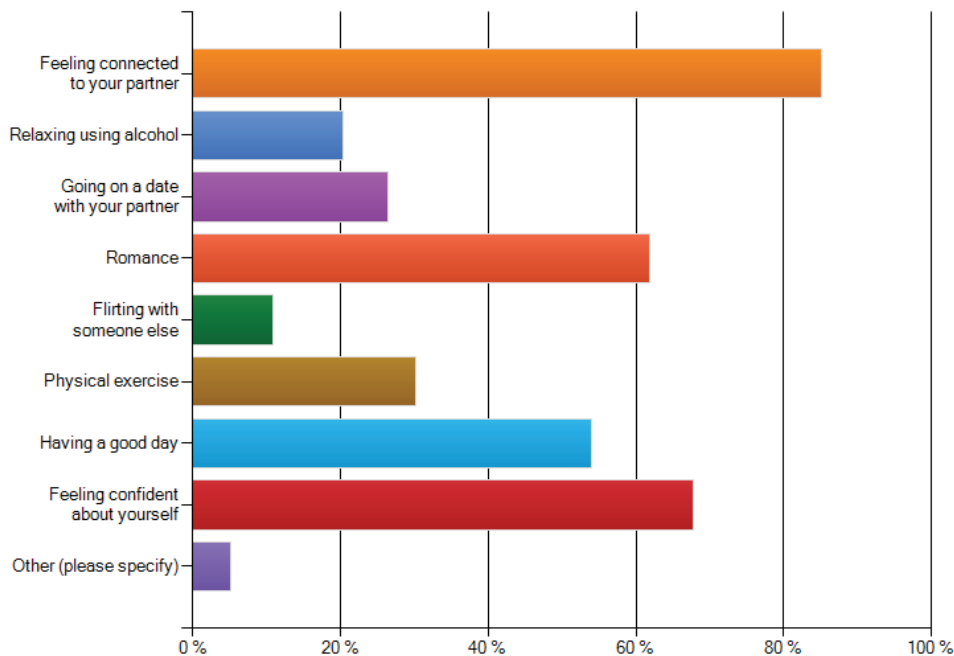
The large majority of both men and women reported that having an orgasm made them feel very much connected to their partner (55% of men; 50% of women). Around one-fifth (21% of men; 19% of women) reported that orgasm contributes to feeling connected quite a bit.

Responsibility of orgasm:

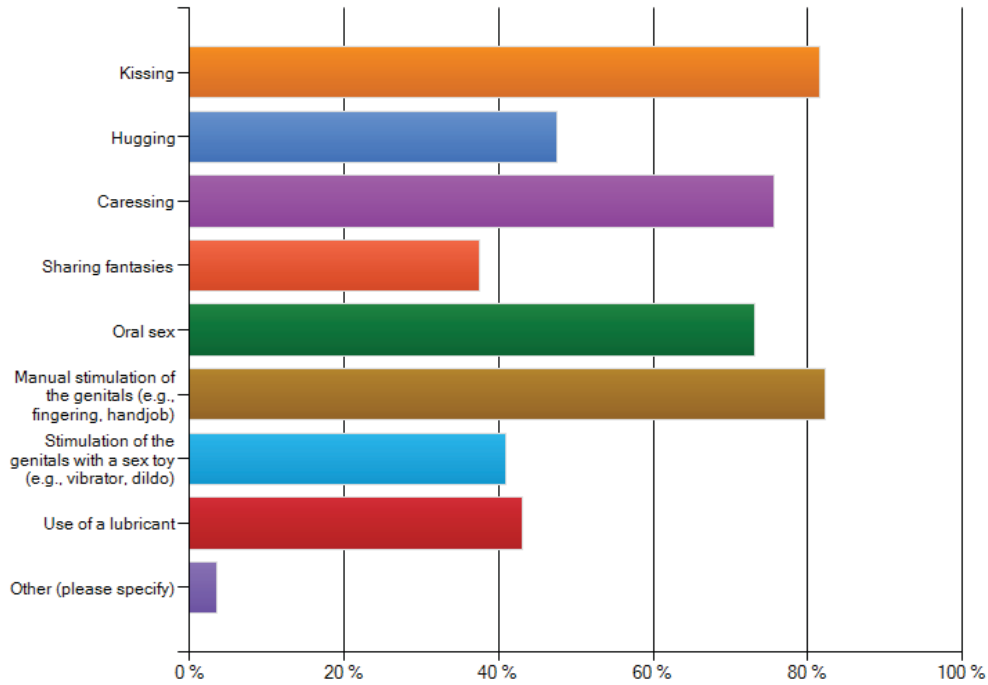
- 50% of men and 27% of women believed their partner's orgasm was their responsibility
- 37% of men and 61% of women believed their partner's orgasm was their mutual responsibility with their partner
- 42% of men and 21% of women believed their orgasm was their responsibility
- 43% of men and 64% of women believed their orgasm was their responsibility

We were also interested in understanding what factors aided in and got in the way of an orgasm for our participants. The following three histograms answer this question:

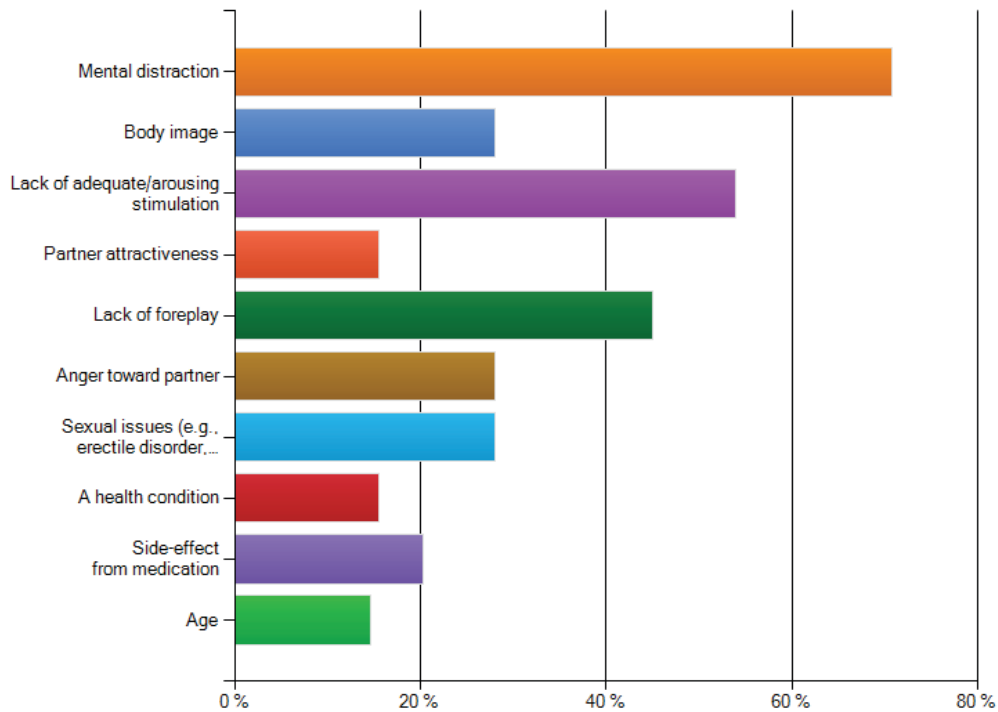
What factors before the sexual experience are likely to aid in reaching orgasm (choose all that apply):



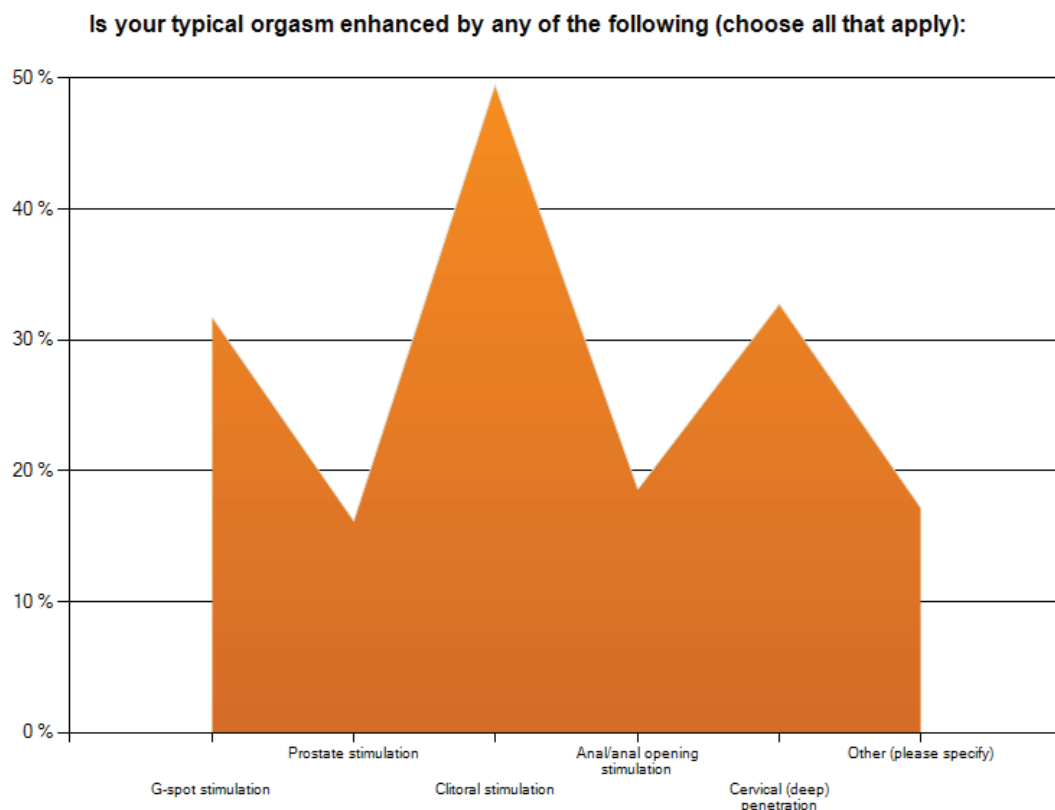
What factors during the sexual experience are likely to aid in reaching orgasm (choose all that apply):



What factors are most likely to get in the way of reaching orgasm (choose all that apply):



When enhancing orgasm, participants reported a number of different techniques. They are displayed in this graph below. Clitoral stimulation was the most frequently reported technique (49.5% of participants) with g-spot stimulation (31.7%) and cervical or deep stimulation (32.8%) following closely behind.



Multiple and Simultaneous Orgasms

We were also interested in whether our participants were experiencing multiple orgasms and whether our participants were having an orgasm simultaneously with their partner.

In a typical sexual event, the majority of our respondents (76% of men and 44% of women) had one orgasm. However, 11% of men and 22% of women reported having two orgasms, with 2% of men and 8% of women reporting three orgasms, and less than 1% of men and 9% of women reporting four or more orgasms during a typical sexual event.

Simultaneous orgasm occurred for most respondents rarely (38% of men; 35% of women) or sometimes (25% of men; 21% of women). However, 13% of men and 11% of women often experience simultaneous orgasm with their partner, with 2% of men and 1% of women always experiencing simultaneous orgasm. Additionally, 12% of men and 21% of women never experience simultaneous orgasm with their partner.

Personal noise during orgasm:

- Never
 - Men: 5%
 - Women: 2%
- Rarely
 - Men: 18%
 - Women: 7%
- Sometimes
 - Men: 28%
 - Women: 17%
- Often
 - Men: 23%
 - Women: 27%
- Always
 - Men: 16%
 - Women: 38%

Partner noise during orgasm:

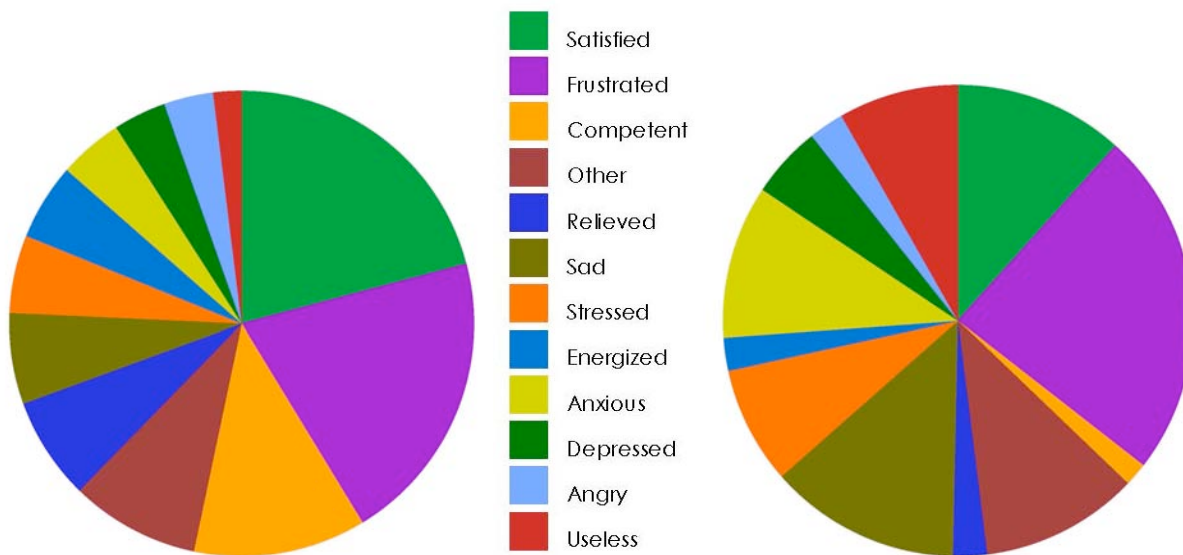
- Never
 - Men: 5%
 - Women: 5%
- Rarely
 - Men: 13%
 - Women: 16%
- Sometimes
 - Men: 22%
 - Women: 25%
- Often
 - Men: 25%
 - Women: 24%
- Always
 - Men: 25%
 - Women: 22%

More than half of the respondents reported they were never self-conscious or inhibited when having an orgasm (58% of men; 50% of women).

When one member of the couple has an orgasm and the other doesn't:

We wanted to probe feelings when orgasm was not distributed equally throughout those involved in the sexual encounter. To do that, we asked the following two questions: a) "How does it make you feel when your partner has an orgasm, but you don't?" and b) "How does it make you feel when you have an orgasm, but your partner doesn't?" We provided a list of feelings and participants could choose as many as they wanted to.

The results of a) and b) respectively are presented in these pie charts:



We were also interested in the behaviors that couples engaged in *after* orgasm. We found the following:

- Continue the sexual act until partner has an orgasm
 - 38% of men
 - 63% of women
- Continue the sexual act without the goal as orgasm
 - 11% of men
 - 12% of women
- Go to sleep
 - 16% of men
 - 16% of women
- Disengage with partner (e.g., roll over)
 - 15% of men
 - 7% of women
- Connect with partner (e.g., cuddle, kiss, talk)
 - 53% of men
 - 48% of women

Orgasm and **age**:

- The relationship between orgasm quality and age differs significantly between men and women:
 - Men are significantly more likely than women to report that quality of orgasm has decreased with age.
 - Women are significantly more likely than men to report that quality of orgasm has increased with age.

- The relationship between orgasm frequency and age differs significantly between men and women:
 - o Men are significantly more likely than women to believe the frequency of orgasm has decreased with age.
 - o Women are significantly more likely than men to believe the frequency of orgasm has increased with age.

CONCLUSION

The current survey provided us with detailed information about orgasm in men and women for a variety of common sexual behaviors. Men and women both reported a great deal of pleasure and enjoyment from orgasm, and we found that simultaneous orgasm and multiple orgasms did occur at notable rates. We also uncovered the reasons men and women are unable to orgasm in addition to the aids and openness to aids for achieving orgasm.

Please visit <http://www.GoodinBed.com/Surveys> for more information on this study and our Survey Director, Kristen Mark.