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A detailed still-life composition featuring a quill pen as the central element. The quill is positioned diagonally, with its tip resting on a scroll of aged parchment. The scroll is secured with a red wax seal and a red ribbon. In the background, a lit candle in a brass holder casts a warm glow. In the foreground, a glass inkwell with a quill inside sits on a wooden surface, alongside a red wax seal and a small wooden object. The overall scene evokes a sense of traditional scholarship and research.

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Girl, Boy or Both: My Sexuality, My Choice

Dr. Pooja Singh, Dr. Archana Durgesh & Ms. Tusharkana Majumdar

*BBD NITM, Lucknow, (U.P.) India***Abstract**

All living beings are different from one another in various aspects (like their likes, dislikes, attitudes, thoughts, etc.) but when it comes to sexual orientation why don't we accept that there can be homosexuals or bisexuals apart from heterosexuals. They are totally normal human beings like the straight ones. This paper focuses on the bisexuals, their dilemmas, their competence and the love and acceptance they need for a normal and healthy living. Sigmund Freud once quoted that, "Being entirely honest with oneself is a good exercise". So, accept yourself, your sexuality. People who love and value you will understand rather than discriminating and those who will leave are of no importance. Being supportive and caring to people like gays, lesbians or bisexuals is not too much that is being expected by them from God's most superior creation... we human beings.

Key Words: sexual orientation, homosexuals, bisexuals.

Ernest Gainer questioned "*Why is it that, as a culture, we are more comfortable seeing two men holding guns than holding hands?*" So, what according to you is of chief important or crucial for a healthy living in a society... someone who is straight but antisocial or someone who is gay or lesbian or bisexual but caring, concerned and loving? Being a good human being is more vital than his sexual preference. However, choice of one's sexuality has always been a matter of concern for many, if it is not the "*natural way*" i.e. heterosexual or straight. Being straight or gay or lesbian or bisexual is totally your choice and nobody has the right to impose one's own preference and label you as *right* or *wrong*. Human sexuality is the capacity to have erotic experiences and responses. A person's sexual orientation may manipulate their sexual interest and attraction for another person. It can be articulated and experienced in an array of ways including

thoughts, fantasies, desires, beliefs, attitudes, relationships etc. Sexual activity is one of the most vital principles in behavior of human living that connects desire, energy and pleasure of the body to knowledge of human intimacy for sake of erotic love, intimate friendship, human mating and procreation. The interest in sexual activity increases with the onset of puberty.

In studies related to sexual orientation, some researchers assume that sexual orientation or sexual behavior is determined by genetics, some argue that it is molded by the environment, and others argue that neither genetics nor environment are exclusive of the other, but rather both mold one another and from sexual orientation. The American Academy of Pediatrics has stated that "sexual orientation probably is not determined by any one factor but by a combination of genetic, hormonal and environmental influences". The American

Psychological Association has stated that “there are probably many reasons for a person’s sexual orientation and the reasons may be different for different people”. It further stated that, for most people, sexual orientation is determined at an early age. The American Psychiatric Association stated: “To date there are no replicated scientific studies supporting any specific biological etiology for homosexuality. Similarly, no specific psychosocial or family dynamic cause for homosexuality has been identified, including histories of childhood sexual abuse”. In other words, someone does not have to be exclusively homosexual or heterosexual, but can feel varying degrees of both. Sexual orientation develops across a person’s lifetime- different people realize at different points in their lives that they are heterosexual, bisexual or homosexual. According to Rosario, Schrimshaw, Hunter, Braun (2006), “...the development of a lesbian, gay, or bisexual (LGB) sexual identity is a complex and often difficult process. Unlike members of other minority groups (e.g., ethnic and racial minorities), most LGB individuals are not raised in a community of similar others from whom they learn about their identity and who reinforce and support that identity. Rather, LGB individuals are often raised in communities that are either ignorant of or openly hostile toward homosexuality”.

This paper focuses mainly on Bisexuals because as compared to lesbians or gays, they have not been a central part in the discussion of their sexual choices. What if someone close or significant to you says: “I kissed a girl and I liked it. I kissed a boy and I liked it too”? What is going to be your reaction? Many of us would feel that it is a joke or we may try to make the

person understand to choose a particular sex and that would be preferably the other sex... right? The main problem is that human bisexuality has mainly been studied alongside homosexuality. Van Wyk and Geist argue that this is a problem for sexuality research because the few studies that have observed bisexuals separately have found that *bisexuals are often different from both heterosexuals and homosexuals*. Furthermore, bisexuality does not always represent a halfway point between the dichotomies. Research indicates that bisexuality is influenced by biological, cognitive and cultural variables in interaction, and this leads to different types of bisexuality. Bisexuals are men and women who are attracted equally to other men and women: physically, emotionally, erotically, spiritually or romantically. They can find long-term happiness with either a same-sex partner or a member of the opposite sex. Some of us understand our sexual orientation at an early age, but most of us need time to understand and accept that we can love either a man or a woman. Generally, we are attracted to our partners for different reasons (personalities, common interests, physical features), but in choosing who we wish to be with, gender alone is not a factor. We tend to see the whole person, which may or may not include that person’s gender. Sigmund Freud, an eminent Psychoanalyst believed that every human being is bisexual in a very broad sense of the term, that of incorporating general aspects of both sexes. In his view, this was true anatomically and therefore also psychologically, with sexual attraction to both sexes being one part of this psychological bisexuality. Freud believed that in the course of sexual expansion the masculine side would usually become dominant in men and the feminine side in women, but that as

adults everyone still has desires derived from both the masculine and the feminine sides of their natures. Freud did not claim that everyone is bisexual in the sense of feeling the similar level of sexual attraction to both genders.

Several studies comparing bisexuals with hetero- or homosexuals have indicated that *bisexuals have higher rates of sexual activity, fantasy or erotic interest*. Van Wyk and Geist (1984) found that male and female bisexuals had more sexual fantasy than heterosexuals. Dixon (1985) found that *bisexual men had more sexual activities with women than did heterosexual men*. Bisexual men masturbated more but had fewer happy marriages than heterosexuals. Bressler and Lavender (1986) found that *bisexual women had more orgasms per week and they described them as stronger than those of hetero- or homosexual women*. They also found that *marriages with a bisexual female were happier than heterosexual unions*, observed less instance of hidden infidelity, and ended in divorce less frequently. Goode and Haber (1977) found *bisexual women to be sexually mature earlier, masturbate and enjoy masturbation more and to be more experienced in different types of heterosexual contact*. Recent research suggests that, for most women, high sex drive is associated with increased sexual attraction to both women and men. For men, however, high sex drive is associated with increased attraction to one sex or the other, but not to both, depending on sexual orientation. Similarly for most *bisexual women, high sex drive is associated with increased sexual attraction to both women and men; while for bisexual men, high sex drive is associated with increased attraction to one sex, and weakened attraction to the other*.

Also, there have been many researches conducted to see whether sexual identity changes with time or not. In a longitudinal study about sexual identity development among lesbian, gay, and bisexual (LGB) youths, Rosario et al. "*found evidence of both considerable consistency and change in LGB sexual identity over time*". Youths who had identified as both gay/lesbian and bisexual prior to baseline were approximately three times more likely to identify as gay/lesbian than as bisexual at subsequent assessments. Of youths who had identified only as bisexual at earlier assessments, 60–70% continued to thus identify, while approximately 30–40% assumed a gay/lesbian identity over time. Rosario et al. suggested that "although there were youths who consistently self-identified as bisexual throughout the study, for other youths, a bisexual identity served as a transitional identity to a subsequent gay/lesbian identity." Also a few researches have been conducted on the mental health of bisexuals and it has been found that: i) Bisexuals report less likely to be at ease with their sexuality and to openly accept it, ii) they are likely to feel less comfortable being out at work than lesbians or gay, and iii) they report poorer mental health than heterosexuals and homosexuals, higher levels of anxiety and depression, more current adverse events and a higher frequency of financial problems. Bisexuals also may face *biphobia*, which comes from prejudices and stereotypes about bisexual people and may result in discrimination, harassment or violence.

All living things (human beings, animals, plants, fish, etc.) appear in nature with a wide range of naturally occurring variation. Human beings vary in skin, color, hair color, height, left or

right-handedness, weight, intelligence, etc. Just as the society expects that some people may have red hair, may be left-handed, or may have blue eyes, it is also normal to expect that some of us will be bisexual. Studies have found that a person's sexual orientation is developed from any number of influences before, during and after birth. These influences, (whether genetic, hormonal, emotional, nutritional, environmental, etc.), act together during a person's growth and development to create, among other characteristics, sexual orientation and gender identity. We are all unique; there is no other person exactly like us. Being *bisexual is not a state of mind* (you cannot choose who you are attracted to); *it is a state of being* (a real part of every person's make-up). Acting gay or engaging in homosexual behavior will not make you gay. Acting is something we choose to do and we frequently change our choices to suit our immediate needs. *A state of being is self-evident; it is part of us whether we accept it or not, and though we may temporarily ignore it, we can never escape it.* Being bisexual does not define who we are; it is one part of our identity that helps to create each person's individuality. There is a wonderful diversity that can be seen in all forms of human behavior. Whether we are talking about sexuality, race, ethnicity, or personality, the diversity of all forms of human expression ensures that no two people are alike. When we speak of the diversity of sexuality (i.e., sexual orientation, thoughts, feelings, emotions), we can also talk about how we choose to express our sexual identity. Some men may be more effeminate than others, whereas other men are more comfortable adopting (stereotypically) masculine behaviors. The sexual spectrum includes a wide range of gendered behaviors (from the very feminine to

the very masculine), but these behaviors do not define who we are as female or male. They are simply one part of our unique state of being, and have nothing to do with whom we decide to love.

Freud in *Sexuality and Psychology of Love* said that, "Unexpressed emotions will never die. They are buried alive and will come forth later in uglier ways". So, accepting your sexual orientation can provide you with enormous relief, boosting your self-confidence and providing you with a better understanding of who you are. Still, we face issues that most others will never experience. Society presents many challenges that we must rise above in order to live happy and productive lives (i.e., discrimination, prejudice, negative attitudes). These confrontations can make life more difficult however, more people (GLBT and straight) are taking a stand against sexual discrimination and many of these battles are being fought and won. Young adults may put-off telling parents until they become independent. Older adults may try to shelter their aging parents, or avoid telling them altogether. The fear of losing important relationships and hurting the people we love can create a vast emotional separation between them and us. Coming-out is an opportunity to create a deeper and more meaningful connection. However, it's a risk that we should take only when we're ready.

When a person lives in a way that is true to him, when he honors and values who he is, all good things in life are possible. Feel good about who you are and you will naturally look after the people and the goals that are important to you. There is no shame in being bisexual and they deserve the same happiness and quality of life as anyone else. Ultimately, we have to decide how

to realize our dreams, regardless of how great the challenge. But when we are able to surround ourselves with people who love and accept us, we have an excellent chance of overcoming any obstacle. Nothing is impossible. Sometime families do not accept their sexually diverse family members and some of us use the term "chosen family" to refer to friends who have taken on a support role that is normally held by a blood relative. When family members cannot rise above their prejudice, it is important to form relationships with those who will stand with us. It's not the same as finding acceptance within our own family, but it does help to insulate us from the prejudice and discrimination we may face in life. If your family cannot accept you, you can find others who will. We are born into our families but we are not responsible for educating them, or opening their hearts and minds. It can take a long time to deal with the pain inflicted by parents and siblings but you have to be strong. Try to stay focused on the

fact that they are limiting their own possibilities in life, not yours - unless that is your choice. You will feel the loss of their affection, but you must continue making decisions that are best for you. Try not to absorb negative comments; they are judging bisexuality, not you. Any previous goodwill they felt towards you is still within them, but their emotions are caged by their fear and misunderstanding of what it means to be bisexual. They will have great difficulty in seeing the situation this way; it may not be that simple for you either. Angry words and rejection can make you feel as though they have somehow erased you from their existence. This is an illusion; they will continue to love you, even if their biphobia prevents them from showing it. So, you need to firstly understand yourself, your sexual orientation and finally accept it with grace and everything else will be falling on its right place. Finally it's just: Be Yourself and Love Yourself.

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