

# Exploring Research on Elevating Male's Multiple Sexual Climaxes <sup>†</sup>

Chun-Ming Shih <sup>1</sup>, Yung-Jui Huang <sup>1</sup>, Jiin-Chyuan Mark Lai <sup>2,\*</sup> and Ming-Yuan Hsieh <sup>1,3,\*</sup> 

<sup>1</sup> Graduate School of Human Sexuality, Shu-Te University, Kaohsiung 82445, Taiwan; cmshih0901@stu.edu.tw (C.-M.S.); bbhouse@stu.edu.tw (Y.-J.H.)

<sup>2</sup> Department of Applied Foreign Languages, TransWorld University, Douliu 640302, Taiwan

<sup>3</sup> Department of International Business, National Taichung University of Education, Taichung 40306, Taiwan

\* Correspondence: marklai07@gmail.com (J.-C.M.L.); s22871101@stu.edu.tw (M.-Y.H.)

<sup>†</sup> Presented at the 3rd IEEE International Conference on Electronic Communications, Internet of Things and Big Data Conference 2023, Taichung, Taiwan, 14–16 April 2023.

**Abstract:** No matter how old people are, the ability to feel the sexual climax does not change. Whether a male can enjoy sexual pleasure in multiple sexual climaxes without pressures of the physical erection and ejaculations is a topic to search for, though. A young man can enjoy the thrill of riding on the sexual waves, while an old man is also supposed to also enjoy it in the sexual pool without any pressure of erection and ejaculations. The frequency of ejaculation gradually decreases with age, but satisfaction brought by sexual climax does not decrease. The physiological response to sexual climax may vary with age. As a result, the sexual climaxes of the male and the female in the sexual response cycle are worth exploring to evaluate the quality of sexual life. With this, interfering factors are also necessary to determine including the physical erection and ejaculation, the sexual pleasure, motivation, emotion, and satisfaction of the sexual climax for males. Then, the best solution (decision) for the development of the closed couple relationship can be found.

**Keywords:** sexual intercourse; multiple male orgasm (MMO); erection; ejaculation



**Citation:** Shih, C.-M.; Huang, Y.-J.; Lai, J.-C.M.; Hsieh, M.-Y. Exploring Research on Elevating Male's Multiple Sexual Climaxes. *Eng. Proc.* **2023**, *38*, 31. <https://doi.org/10.3390/engproc2023038031>

Academic Editors: Teen-Hang Meen, Hsin-Hung Lin and Cheng-Fu Yang

Published: 21 June 2023

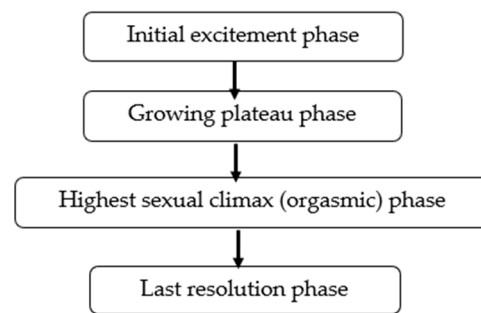


**Copyright:** © 2023 by the authors. Licensee MDPI, Basel, Switzerland. This article is an open access article distributed under the terms and conditions of the Creative Commons Attribution (CC BY) license (<https://creativecommons.org/licenses/by/4.0/>).

## 1. Introduction

Sexual climax is a manifested sexual pleasure from the sudden release or exposure of the nervous system response and rhythmic muscle contractions in the pelvic region due to accumulated sexual stimulus in the sexual response cycle. In detail, the sexual climax of both men and women is created and controlled by the autonomic nervous system with involuntary actions and physical responses including muscle rigidities in multiple areas of the body, feelings of euphoria and satisfaction, and frequent vocalizations and incapability in autonomy of body movements [1]. Most males express silence in reaching sexual climax because they are taught to control and hide their true exciting and emotion [2]. However, several males display a series of strong physiological reactions such as loud shouting or violent body twitching reaching the sexual climax [3]. According to the professional research of [4–6], both males and females have four phases in the sexual response cycle including the initial excitement, growing plateau, highest sexual (orgasmic), and last resolution phases as displayed in Figure 1 [7–9].

Previous research described the rhythmic contraction in the sexual climax and confirmed that males and females feel the rhythmic contraction with an interval of 0.8 s, and the speed and intensity of the post-contraction gradually slow down after the sexual climax as the neurohormones, oxytocin and prolactin, are released in the brain to create a sense of relaxation which leads to entering the sexual refractory period [10].



**Figure 1.** Human sexual response cycle.

## 2. Literature Review

The mechanism of the sexual climax is triggered by endorphins (brain endorphins). In the sexual refractory period, the majority of males feel exhausted and an inability for erection, while the majority of females feel indescribable pleasures and happiness with uncontrollable physiological muscle spasms. The empirical research confirmed that the majority of males reaching the sexual climax with ejaculation enter a refractory period immediately after that. In most cases, they are not able to ejaculate in the refractory period. The difference between the male and female is that the female enters the refractory period after sexual climax, so they can have multiple orgasms. However, the male enters a refractory period immediately after reaching the sexual climax, which results in the inability to ejaculate. When a male has an orgasm, he does not necessarily ejaculate. For example, when a man is drunk, stressed, or too tired or just wants to have quick intercourse with his partner, he can pretend that he reaches an orgasm with ejaculation. Men also fake orgasms as women do. However, as the “orgasm” occurs in the brain, men have a “deep” feeling which is the source of real happiness. When the male masturbates, or his emotion and body are closely connected with a partner, even without physical contact, orgasms can be achieved. The closer the desire to reach an orgasm is, the easier the sexual pleasure is gained.

Most males consider that sexual climax and ejaculation appear and are achieved simultaneously in their experiences. In the traditional concept and physical activities to reach orgasm, males take a series of stimuli and excited actions on their penis, especially on the glans, to reach ejaculation and sexual climax. Apparently, in terms of the male’s ejaculation, the sense is the “reflex physical action”. Several males ejaculate even without a sense of sexual climax while executing sexual stimuli in various sexual activities such as masturbation. This is just a physical behavior caused by uncontrollable physiological muscle spasms.

Many males have the misunderstanding that ejaculation is orgasm, and orgasm is ejaculation. However, in fact, ejaculation and sexual climax are different. For many males, the pleasure feelings of sexual climax accompany ejaculation and, then, the sexual refractory period. They are semi-forced to feel exhausted and unable to keep erect during the release of the neurohormones oxytocin and prolactin. A minority of males still maintain the strong feeling of sexual climax after ejaculation and can ejaculate without any sense of the sexual climax. Furthermore, another group of males can experience short-term or weak orgasms during sexual intercourse in addition to ejaculation. Several males deliberately stop sexual actions for a while to consciously bear the physical pleasures of not reaching sexual climax or ejaculate to obtain more intensive pleasures for the next climax.

Nevertheless, as a physiological concept, the majority of males decrease their frequency of ejaculation due to the increase in age and the decrease in hormones. The secretion of semen in middle and old ages in the sexual climax does not disappear, and old males have the feeling of sexual climax without ejaculation. However, most males tend to have unnecessary pressures on erection and ejaculation during the sexual climax. Even the amount of semen is regarded as a test of attractiveness, which inadvertently affects males to ejaculate as long as they have sex. Under this pressure, it is difficult to enjoy sex and to

remain erect [11–15]. This situation wrecks the sexual interest and relationship of a couple as shown in Figure 2.

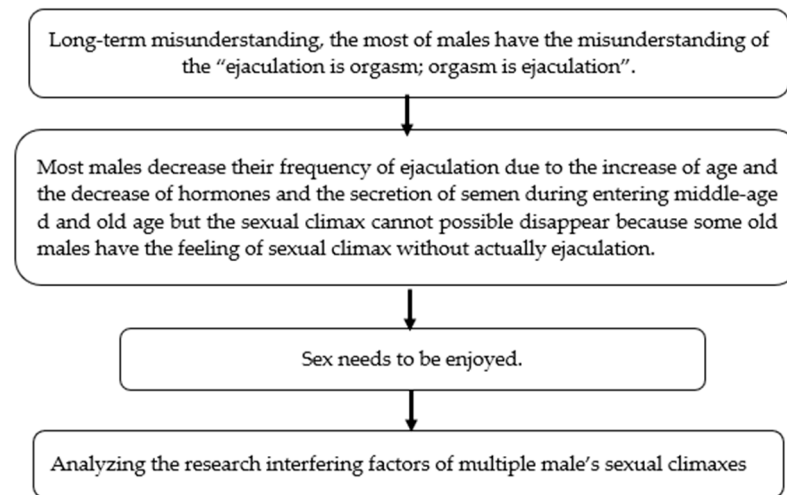


Figure 2. Human sexual response cycle.

### 3. Research Method

We researched the sexual climax of the males and females in the sexual response cycle and evaluated the quality of the males' sexual climax. The research content is described in Figure 3 [16–24].

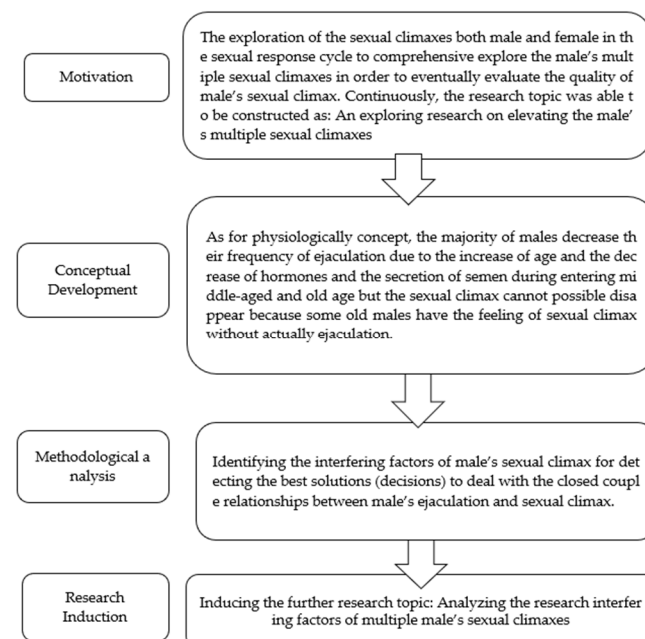
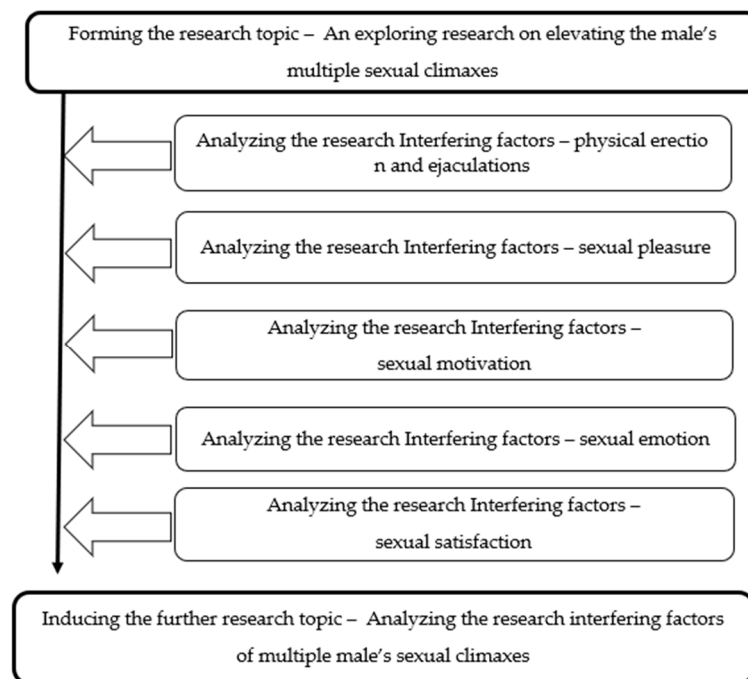


Figure 3. Research method.

### 4. Discussion

The exploration of the sexual climax of the male and female in the sexual response is explored to evaluate the quality of sexual life. Future research is needed to investigate the interfering factors: the physical erection and ejaculations, sexual pleasure, sexual motivation, sexual emotion of the sexual climax, and sexual satisfaction of the sexual climax for multiple sexual climaxes as shown in Figure 4 [25–29] to find the best solution (decision) for the close couple relationship for achieving sexual climax.



**Figure 4.** Human sexual response cycle.

## 5. Conclusions and Recommendation

Regardless of age, people feel sexual climax. It is important to find how a male can enjoy sexual pleasures in multiple sexual climaxes without the pressures of erection and ejaculation. Not only young men but old men also need to enjoy an active sexual life without any pressure. The ejaculation gradually decreases with age, but the satisfaction does not. Therefore, knowing how to have an active sexual life is important in life.

**Author Contributions:** Conceptualization, C.-M.S., Y.-J.H. and M.-Y.H.; methodology, M.-Y.H.; validation, J.-C.M.L.; formal analysis, M.-Y.H.; investigation, Y.-J.H.; resources, J.-C.M.L.; writing—original draft preparation, M.-Y.H.; writing—review and editing, M.-Y.H.; visualization, C.-M.S. and Y.-J.H.; supervision, M.-Y.H.; project administration, C.-M.S. and M.-Y.H. All authors have read and agreed to the published version of the manuscript.

**Funding:** This research was supplied by the research supporting research projects (MOST 110-2420-H-002-003-MY3-Y11209) of the Ministry of Science and Technology and (NTCU111103) from the National Taichung University of Education.

**Institutional Review Board Statement:** This research did not execute the questionnaires and interview and hence, this research did not require ethical approval.

**Informed Consent Statement:** Not applicable because this research did not involve any humans.

**Data Availability Statement:** No new data were created.

**Conflicts of Interest:** There is no conflict of interest in this research.

## References

1. Levin, R.J. Critically revising aspects of the human sexual response cycle of Masters and Johnson: Correcting errors and suggesting modifications. *Sex. Relatish. Ther.* **2008**, *23*, 393. [\[CrossRef\]](#)
2. Chivers, M.L.; Bailey, J.M. A sex difference in features that elicit genital response. *Biol. Psychol.* **2005**, *70*, 115. [\[CrossRef\]](#) [\[PubMed\]](#)
3. Chivers, M.L. A brief review and discussion of sex differences in the specificity of sexual arousal. *Sex. Relatish. Ther.* **2005**, *20*, 377. [\[CrossRef\]](#)
4. Masters, W.H.; Johnson, V.E. *Human Sexual Response*; Bantam Books: New York, NY, USA, 1966.
5. Brody, S.; Weiss, P. Simultaneous penile–vaginal intercourse orgasm is associated with satisfaction (sexual, life, partnership, and mental health). *J. Sex. Med.* **2011**, *8*, 734. [\[CrossRef\]](#)

6. Chadwick, S.B.; van Anders, S.M. Do women's orgasms function as a masculinity achievement for men? *J. Sex. Res.* **2017**, *54*, 1141–1152. [CrossRef]
7. Fahs, B.; Plante, R. On 'Good Sex' and other dangerous ideas: Women narrate their joyous and happy sexual encounters. *J. Gen. Stud.* **2017**, *26*, 33. [CrossRef]
8. Freihart, B.K.; Sears, M.A.; Meston, C.M. Relational and interpersonal predictors of sexual satisfaction. *Curr. Sex. Health Rep.* **2020**, *12*, 136. [CrossRef]
9. Hamilton, L.; Armstrong, E.A. Gendered sexuality in young adulthood: Double binds and flawed options. *Gen. Soc.* **2009**, *23*, 589. [CrossRef]
10. Masters, W.H.; Johnson, V.E.; Kolodny, R.C. *Masters and Johnson on Sex and Human Loving*; Little, Brown and Company: Boston, MA, USA, 1988.
11. Masters, W.H.; Johnson, V.E.; Kolodny, R.C. *Heterosexuality*; Harper Collins: New York, NY, USA, 1994.
12. Huang, C.C.; Chan, Y.-K.; Hsieh, M.Y. The Determinants of ESG for Community LOHASism Sustainable Development Strategy. *Sustainability* **2022**, *14*, 11429. [CrossRef]
13. Chan, Y.-K.; Hsieh, M.Y. An Empirical Study on Higher Education C-ESG Sustainable Development Strategy in Lower-Birth-Rate Era. *Sustainability* **2022**, *14*, 12629. [CrossRef]
14. Hsieh, M.Y. The Sustainable Development and Strategic Approaches for Contemporary Higher Education. *Sustainability* **2022**, *14*, 12925. [CrossRef]
15. Huang, C.-C.; Chan, Y.-K.; Hsieh, M.-Y. Preliminary Research on the Sustainable Determinants of Taiwanese Ecotourism with the International Standards. *Int. J. Environ. Res. Public Health* **2022**, *19*, 14489. [CrossRef] [PubMed]
16. Chan, Y.-K.; Hsieh, M.-Y.; Usak, M. A Concrete Study on Social-Media Connection of Global Literacy Abilities in MOOCs under the Dual Impacts of Lower Birth-Rate and COVID-19. *Sustainability* **2021**, *13*, 2203. [CrossRef]
17. Usak, M.; Hsieh, M.-Y.; Chan, Y.-K. A Concertizing Research on Making Higher Education Sustainability Count. *Sustainability* **2021**, *12*, 1806–1821.
18. Duran, M.; Usak, M.; Hsieh, M.-Y.; Uygun, H. A New Perspective on Pedagogical Content Knowledge: Intellectual and Emotional Characteristics of Science Teachers. *Rev. Cercet. Si Interv. Soc.* **2021**, *72*, 9–32. [CrossRef]
19. McCracken, H. The End of the Zero-Sum Game. 27 January 2011. Available online: <http://technologizer.com/2011/01/27/the-end-of-the-zero-sum-game/> (accessed on 12 November 2022).
20. Greenwald, A.; Littman, M.L. Introduction to the special issue on learning and computational game theory. *Mach Learn* **2007**, *67*, 3. [CrossRef]
21. Wu, T.-L.; Hsieh, M.-Y.; Min, K.-W.; Yu, M.-T.; Ho, C.-T. Use of Sensor Technologies in Online Courses in Post-COVID-19 Era. *Sens. Mater.* **2021**, *33*, 2045–2062. [CrossRef]
22. Hsieh, Y.-M. Online learning era: Exploring the most decisive determinants of MOOCs in Taiwanese higher education. *Eurasia J. Math. Sci. Technol. Educ.* **2016**, *12*, 1163. [CrossRef]
23. Hsieh, Y.-M.; Usak, M. High Education Radical Transformation Era: How Teachers' Competency can Enhance the Students' Employability. *Rev. Cercet. Si Interv. Soc.* **2020**, *68*, 95. [CrossRef]
24. Hsieh, Y.-M. Employing MCDM methodology to verify correlation between social media and service quality in the dynamic m-commerce era. *J. Internet Technol.* **2018**, *19*, 225.
25. Epstein, M.; Calzo, J.P.; Smiler, A.P.; Ward, L.M. Anything from making out to having sex: Men's negotiations of hooking up and friends with benefits scripts. *J. Sex Res.* **2009**, *46*, 414. [CrossRef] [PubMed]
26. Bay-Cheng, L.Y. The agency line: A neoliberal metric for appraising young women's sexuality. *Sex Roles* **2015**, *73*, 279. [CrossRef]
27. Braun, V.; Gavey, N.; McPhillips, K. The fair deal? Unpacking accounts of reciprocity in heterosex. *Sexualities* **2003**, *6*, 237. [CrossRef]
28. Kleinplatz, P.J.; Charest, M.; Rosen, L.A.; Ménard, A.D. Optimal couple sexuality: A review of the (Limited) literature. *Curr. Sex. Health Rep.* **2022**, *14*, 63. [CrossRef]
29. Kleinplatz, P.J.; Ménard, A.D.; Paquet, M.P.; Paradis, N.; Campbell, M.; Zuccarino, D.; Mehak, L. The components of optimal sexuality: A portrait of "great sex. *Can. J. Hum. Sex.* **2009**, *18*, 1.

**Disclaimer/Publisher's Note:** The statements, opinions and data contained in all publications are solely those of the individual author(s) and contributor(s) and not of MDPI and/or the editor(s). MDPI and/or the editor(s) disclaim responsibility for any injury to people or property resulting from any ideas, methods, instructions or products referred to in the content.