

Gender Identity Disorders and Sexual Dysfunction

Sometimes, relying on wrong perceptions about sex will lead people to perform wrong intimate activities with someone else. If this happens, insecurity or anxiety will definitely occur, whether they are single, married persons, or just [dating](#). That's when people may start to ask questions like, "am I doing what's right?" or "is what I'm doing normal?"

What are Sexual Dysfunctions?

There are four stages in the [sexual cycle](#) that completes the sexual satisfaction of an individual, and these are desire, arousal, orgasm, and resolution. However, if this cycle is not completed, [sexual dysfunction](#) may occur.

Types of Gender Identity Disorders and Sexual Dysfunctions

[Transvestic Fetishism](#): An individual with this sexual identity has a desire to wear clothing of the opposite sex, and he or she can find arousal interest when doing so. It is defined in the [DSM-IV](#) as occurring among heterosexual males, but sometimes homosexual men may have the desire, too. This may be caused by certain related childhood experiences. Usually, those who have transvestic fetishism are not conscious of why they enjoy the act.

[Gender Identity Disorder](#): A person with this disorder is in conflict with his or her physical gender. It should be noted that this is different from [homosexuality](#). Usually, a person with gender identity disorder is disgusted with his or her genitalia, or is uncomfortable with his or her gender roles. He or she may resort to isolation, experience depression, and wish to have [sex reassignment surgery](#) or be treated as the other sex.

[Exhibitionism](#): An individual has the desire to expose his or her body parts to a stranger or unsuspecting individual. Usually, this disorder starts at childhood. Since children often have natural curiosity about their genitals and the genitals of others, they will expose their genitals to shock the adults of other children. This may be a passing stage, but if this desire persists up to adulthood, professional treatment should be given.

[Sexual Fetishism](#): This is an act of having sexual desires for body parts, objects, or situations which are not typically sexual in nature. More often, individuals who seek such sexual gratification are in fear of rejection and humiliation. Hence, they safeguard themselves by aspiring for non-sexual objects, body parts, or situations to avoid rejection. It is unknown what causes individuals to have sexual fetishes, and may even be a symptom of a larger sexual disorder.

[Frotteurism](#): This refers to the desire to rub or touch body parts of an unsuspecting person to gain sexual arousal. This disorder mostly occurs around the age of 15 to 25, but it will naturally digress after the age of 25. Treatment for frotteurism is behavioral therapy, which may sometimes be combined with psychopharmacological medications.

[Pedophilia](#): A person (most commonly male) has sexual fantasies and/or behavior towards children. The causes are usually unknown. Previously, it was thought that the cause may be sexual abuse during childhood. However, in time, they discovered that most sexually-abused children do not end up being sexual offenders. Pedophilia is one of the most dangerous sexual disorders because it is so damaging to the child's sexual maturity, and the disease has no known cures other than therapy to prevent them from acting on their urges. There is a hugely negative stigma attached with being a pedophile, and pedophiles are considered to be some of the most dangerous sexual predators.

[Sexual Masochism](#): This disorder involves the desire to be humiliated, bound, beaten, or made to physically suffer. The specific cause of sexual masochism is still unclear. However, it is identified that such sexual desire starts at late childhood or adolescence, and it will progress later on.

Sexual Sadism: This is the act of acquiring pleasure through mistreating sexual partners. Again, there is no identified cause, but it is believed that it starts commonly at early adolescence.

Voyeurism: The sexual interest of spying unsuspecting individuals or strangers who may be naked, disrobing, or engaging in sexual activities. There are several theories that are found as the causes of voyeurism. It is suggested that sexual trauma during childhood or other childhood experiences may lead to voyeuristic behavior.

According to the American Psychiatric Association, gender identity disorders and sexual dysfunction are classified as a form of mental illness. Although some people with such disorders do not consider their deviant sexual feelings as a form of disorder, they may feel isolated when they are around normal people because of the social stigma that is attached to them. The feeling of rejection and constant reminder that they are abnormal may result in loss of self-esteem, depression, and other mental or psychological problems. Usually, men with gender identity disorders or sexual dysfunction will be burdened with a greater social stigma than women.

One of the common stereotypes that are associated with people who have deviant sexual inclinations is that they are dangerous people who may ultimately use violence to fulfill their desires. For example, some people believe that a voyeur is also a stalker, and eventually, a rapist. However, most voyeurs are just satisfied with peeping and they do not have the desire to have physical contact with their targets. Other stereotypes include notions that people who have gender identity disorders and sexual dysfunction come from a broken family, and that they become sexually deviant because of peer pressure.

There are several ways to seek [treatment](#) for sexual dysfunctions. Most people will seek [medical treatment](#), family intervention, or behavioral programs. Regardless of the choice of treatment, a person who has the wish to be treated is one step closer to full sexual satisfaction. Furthermore, seeking treatment will not only satisfy yourself, but it will also satisfy your partner.