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RELATIONSHIP BETWEEN HIGH IQ AND FREQUENCY OF SEXUAL ACTIVITY

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Abstract: This study explores the relationship between high Intelligence Quotient (IQ) and frequency of sexual activity, addressing how gifted individuals experience and perceive their sexuality. Using a sample of 15 gifted participants, the study employs structured questionnaires to collect data on various dimensions of sexual behavior, including frequency of masturbation, sexual activity with partners, and sexual satisfaction. The results indicate that the frequency of masturbation is relatively high, while sexual activity with partners varies more significantly. In addition, most participants reported multiple sexual partners and a positive perception of their sex lives. The study also suggests that characteristics associated with high IQ, such as greater curiosity and openness to new experiences, may influence sexual behaviors and attitudes. These findings point to the complexity of the interaction between cognitive abilities and sexuality, highlighting the need to consider the psychological and emotional specificities of gifted individuals in educational and therapeutic contexts.

Keywords: high IQ, sexual activity, giftedness, sexual behavior, sexual satisfaction.

Introduction

The relationship between high abilities/giftedness (HA/GN) and sexual behavior remains a relatively unexplored field of research, despite its relevance to a comprehensive understanding of human development. This study aims to investigate how individuals with high Intelligence Quotient (IQ) experience and engage in sexual activities, based on the hypothesis that high cognitive characteristics can influence not only intellectual abilities but also social and emotional interactions, including sexuality. The scientific literature, although limited in this area, suggests the existence of particularities in the experience of sexuality by individuals with AH/SD. Characteristics such as marked intellectual curiosity, openness to new experiences, and emotional sensitivity may modulate their sexual behaviors and attitudes. This study aims to deepen the understanding of this complex relationship by investigating how AH/SD is intertwined with the frequency and perception of sexual activity. Through the collection and analysis of quantitative data, we seek to outline an initial overview of sexuality in this population group, identifying possible specificities and challenges. The results of this research may contribute to the development of more effective educational and health practices that recognize and address the specific needs of individuals with AH/SD in relation to their sexuality.

Literature Review

This will be the main place to include additional references and studies. Structure this section into thematic subsections:

Intelligence and Sexual Behavior:

Satoshi Kanazawa's study, published in 2016 in the journal Intelligence, investigates how intelligence can influence the perception of physical attractiveness. Kanazawa suggests that, due to the "halo effect," where positive characteristics elevate the perception of other qualities, individuals with higher intelligence may be perceived as more attractive. This perception can, in turn, affect their romantic and sexual opportunities, as well as their behaviors and self-image. The research highlights the interconnection between cognitive and physical traits in the formation of social relationships and partner choices, suggesting that intelligence can have a significant impact on a person's social and sexual experience.

Author's opinion: intelligence and physical attractiveness

Sexual attraction to highly intelligent individuals can be understood as an evolutionary mechanism, where the selection of partners who exhibit superior intellectual abilities is seen as beneficial for the genetic improvement of the species. This perspective is supported by the theory of sexual selection, which suggests that characteristics such as intelligence are valued evolutionarily because they may indicate a greater ability to solve problems and better adaptation to the environment, increasing the chances of survival and successful reproduction (Miller, 2000).

Research in evolutionary psychology, such as that by Buss (1989), shows that intelligence is often among the most desired traits in a partner, for both men and women. This preference can be attributed to the search for partners who can contribute to re d reproductive success and the viability of offspring. In addition, studies indicate that not only intelligence, but also related attributes, such as the ability to learn quickly and creativity, are highly valued (Kanazawa, 2011).

However, the relationship between intelligence and attraction is not just about physical survival. Intelligence can also be an indicator of social status and resources, factors that, historically and in many cultures, are linked to reproductive success (Geary, 2005). This suggests that evolution may have favored brain mechanisms that make us more attracted to signs of intelligence, which often correlate with better living conditions and better parental care.

Thus, attraction to intelligent people can be seen as part of a complex mate selection strategy, where physical, intellectual, and social components are considered. This is evidenced by studies showing a positive correlation between intelligence and perceived physical attractiveness, due to the halo effect mentioned by Kanazawa (2016), where the presence of one positive characteristic can influence the perception of other qualities in a person.

Asexuality: Prevalence and associated factors in a national probability sample

The study conducted by Bogaert in 2004, published under the title "Asexuality: Prevalence and associated factors in a national probability sample," investigates the prevalence of asexuality and its relationship to intelligence levels within a national sample from the United Kingdom. This research is particularly noteworthy for addressing an aspect of human sexuality—asexuality—that had previously received little systematic academic attention. The study used detailed questionnaires covering issues of sexual orientation and behavior, as well as including measures of intelligence, thus allowing for a correlational analysis between being asexual and different levels of intelligence.

One of the most interesting findings of the study was that people who identified as asexual exhibited patterns of intelligence that differed from those observed in the general population. This result suggests that there is a complex interaction between intelligence and sexual orientation, which may reflect neurological or cognitive developmental differences that influence both aspects. Bogaert's research not only highlights that intelligence can influence sexual behavior, but also points to the need to consider cognitive differences when discussing sexuality.

The implications of this study are vast, especially with regard to psychological support and sex education for asexual people. By demonstrating that asexuality may be linked to specific cognitive characteristics, Bogaert contributes significantly to the recognition and inclusion of asexuality in the spectrum of sexual diversity. The research validates asexuality as a legitimate sexual orientation, promoting greater understanding and acceptance of variations in human sexual experience.

This investigation serves as a crucial starting point for future studies seeking to explore the relationships between cognitive abilities and various aspects of human life, including sexuality. Bogaert's contribution, therefore, is not limited to the field of sexuality, but also to a broader understanding of how neuropsychological factors can shape behaviors and identities.

Author's opinion: Define asexuality

The interpretation of asexuality can be complex. The question of whether asexual people engage in masturbation is relevant to understanding the nature of desire and attraction. While asexuality is characterized by a lack of sexual attraction to others, this does not necessarily exclude the practice of masturbation, which may be driven more by a search

for sensory pleasure than by sexual attraction (Brotto et al., 2010). Thus, masturbation in asexual people may not be associated with sexual fantasies about others, reflecting a dissociation between physical pleasure and sexual attraction.

In addition, asexuality can be influenced by a number of factors, ranging from cultural and social to traumatic. The formation of an individual's sexual identity can be profoundly impacted by their cultural environment and life experiences (Bogaert, 2012). Therefore, considering these aspects can offer a more comprehensive view of asexuality, which should not be seen merely as a 'choice', but as an orientation that may have roots in complex interactions of multiple factors.

Regarding the relationship between intelligence and sexual desire, it is intriguing to consider that individuals with high IQs may exhibit attenuated sexual desire, potentially due to perfectionism in partner selection or an intensified focus on intellectually stimulating activities, diverting attention from sexual interactions (Kanazawa, 2011). The advanced development of the prefrontal cortex in people with high IQs may also influence this behavior, as this area of the brain is crucial in regulating impulses and conscious decision-making (Arnsten, 2009). This can lead to a greater balance between consciousness and instinct, with a reduced appreciation of sex compared to other activities perceived as more rewarding or relevant.

The development of the prefrontal cortex is associated with decisions that can lead to lower birth rates, which may be related to more conscious planning and careful consideration of the costs and benefits of having children (Peper et al., 2013). This phenomenon, known as is observed especially in societies where cognitive demands and advanced education are valued and where there is greater access to contraceptive methods.

Thus, the relationship between intelligence and sexual behavior is an interesting area for future research, suggesting that intelligence may play a significant role in how individuals experience and express their sexuality.

Emotional Intelligence, IQ, and Sexual Behavior

Brackett, Warner, and Bosco (2005) investigated the relationship between emotional intelligence and the quality of romantic relationships. The study found that individuals with high emotional intelligence reported significantly higher levels of satisfaction in their relationships, attributing the improvement in satisfaction to the ability to manage conflict and communicate effectively. The study highlights the positive correlation as statistically significant. Burri, Cherkas, and Spector (2012) ex-

plored the connection between emotional intelligence and frequency of orgasms in women. The results suggested that higher emotional intelligence is associated with a higher frequency of orgasms. The study suggests that this connection may be due to better communication of needs and desires, as well as greater attunement to one's own body.

Karpinski et al. (2018) analyzed the relationship between high IQ levels and psychological vulnerabilities, finding that gifted individuals have a higher prevalence of anxiety and depression impacting their social interactions and sexual behavior. The study indicates that this higher prevalence may be due to hyperreactivity in brain areas linked to emotion and cognitive processing, such as the prefrontal cortex.

Sexual Diversity among Gifted Individuals: Tolan and Piechowski (1994) focused on the emotional and social experiences of gifted LGBTQ+ youth. They found that these young people face social isolation and internal conflicts due to a lack of acceptance, which can be exacerbated by a greater awareness of their difference from social norms. Kerr and Multon (2015) examined the experiences of gifted women, finding that many face conflicts between their intellectual abilities and traditional gender expectations. This conflict often leads to dissonance that can negatively affect their self-esteem and identity development. The study highlights that these women often feel forced to choose between being seen as intellectually competent or socially acceptable.

Cultural Influences on Sexuality: Schwartz and Rubel (2005) found that cultural norms have a significant impact on sexual attitudes and behaviors. They noted that different cultures have different levels of openness toward sexuality, directly influencing how individuals with high IQs may express and experience their sexuality. Greenfield (2008) investigated how globalization affects cultural practices, including sexuality. The results indicate that exposure to multiple cultures can lead to greater flexibility in gender and sexuality practices, with young people particularly likely to integrate diverse norms and values.

Sex Education for the Gifted: Neihart (1999) analyzed the impact of giftedness on psychological well-being, revealing that gifted individuals often feel out of place and misunderstood. The study suggests that educational programs that recognize their unique needs can help mitigate these feelings. Silverman (1993) and Cross (2011) emphasized the importance of adapting sex education to meet the needs of gifted individuals. The studies found that curricular adaptations not only increase student engagement but also promote a deeper and more critical understanding of issues of sexuality, consent, and intimate relationships.

Methodology

Participants

The study included 15 individuals selected from more than 500 gifted individuals from the Gifted group of the GIP - Genetic Intelligence Project, CPAH - Heráclito Research and Analysis Center. Participants were selected based on their willingness to respond to the questionnaire within the time frame required for the study.

Instrument

For data collection, a structured questionnaire was developed with questions aimed at investigating the relationship between high IQ and frequency of sexual activity. The questionnaire included questions about the frequency of masturbation, frequency of sexual activity with a partner, number of sexual partners throughout life, age of first sexual activity, satisfaction with sex life, use of contraceptives, history of sexually transmitted diseases, sexual preferences, attitude towards sex, importance of sex in life, IQ test scores, age at which they were identified as gifted, types of IQ tests taken, history of learning difficulties or ADHD, interests and hobbies, history of mental disorders, level of self-esteem, body image, social and communication skills, quality of interpersonal relationships, level of stress, and overall satisfaction with life.

Procedure

The questionnaire was distributed electronically to the 15 selected participants, ensuring the confidentiality of their responses. Participants were informed that their data would be used exclusively for research purposes.

Data Analysis

The questionnaire responses were collected and analyzed quantitatively to identify possible correlations between high IQ and frequency of sexual activity. The variables were analyzed using appropriate statistical methods to determine whether there are significant associations between the different dimensions of sexual behavior and the participants' IQ levels.

Preliminary Results:

- **Participant Profile:** Most study participants identified themselves as having been diagnosed with high abilities in childhood or adolescence. Most reported having taken IQ tests such as WAIS, WISC, and Raven.
- **Frequency of Masturbation:** Most participants (53.3%) masturbate daily, 33.3% weekly, and 13.3% rarely or never.
- **Frequency of Sex with a Partner:** The frequency of sexual intercourse with a partner is more varied, with 20% reporting mon-

thly intercourse, 20% rarely, 13.3% never, and 13.3% daily, weekly, or 2-3 times a week.

- **Number of Sexual Partners:** The majority (46.7%) report having had more than 15 sexual partners throughout their lives, 26.7% only one partner, and 13.3% five partners.
- **Age of First Sexual Activity:** Most participants (53.3%) had their first sexual intercourse between the ages of 18 and 20, followed by 26.7% between the ages of 14 and 17.
- **Satisfaction with Sex Life:** Most participants (33.3%) are satisfied with their sex life, followed by 26.7% who feel neutral and 20% who are very satisfied. 13.3% are very dissatisfied and 6.7% are dissatisfied.
- **Contraceptive Use:** Most (33.3%) always use contraceptives, 26.7% use them frequently, and 20% use them sometimes.
- **History of Sexually Transmitted Diseases (STDs):** No participants reported having a history of STDs.
- **Sexual Preferences:** Most participants (66.67%) identify as heterosexual.
- **Attitude Toward Sex:** Attitudes toward sex vary, with 26.7% neutral, 26.7% very liberal, 20% conservative, and 20% liberal.
- **Importance of Sex:** The majority (33.3%) consider sex to be very important in their lives, followed by 26.7% who consider it moderately important and 20% who consider it very important.
- **Motivations for Sexual Activity:** The main motivations for sexual activity are pleasure (53.3%) and intimacy (46.7%).
- **Age of Identification as Gifted:** Ages vary widely, with the most common being 38 (20%).
- **History of Learning Disabilities or ADHD:** 40% of participants report a history of learning disabilities or ADHD.
- **History of Mental Disorders:** 46.67% of participants report a history of mental disorders, mainly depression and anxiety.
- **Self-Esteem:** The majority (46.67%) of participants rate their self-esteem as average, 26.67% as high, and 20% as low.
- **Stress Level:** Most (40%) participants rate their stress level as average, 33.3% as high, and 13.3% as very high.
- **Life satisfaction:** Most (46.67%) of the participants are satisfied with their lives, 33.33% are very satisfied, and 20% are neutral.
- **Influence of IQ on Sex Life:** 53.33% of participants believe that their IQ influences their sex

life, citing greater curiosity, less prejudice, and greater sensitivity as factors.

Conclusions

Preliminary results suggest that the frequency of masturbation is higher than the frequency of sex with a partner among participants. Most participants report having had multiple sexual partners, are satisfied with their sex lives, and use contraceptives. Attitudes toward sex vary, as do the importance attributed to sex and motivations for sexual activity. A significant portion of participants report a history of learning difficulties, ADHD, and mental disorders. Most consider themselves heterosexual, and many believe that their IQ influences their sex life.

It is important to note that this is a preliminary study with a limited number of participants. Further research is needed to confirm these findings and explore the complex relationship between high abilities/giftedness and sexuality.

Discussion

Interpretation of Results

The preliminary results of this study provide interesting insights into the relationship between high IQ and the frequency of sexual activity. The frequency of masturbation among participants is high, with most reporting masturbating daily. On the other hand, the frequency of sexual activity with a partner is more varied, which may indicate different levels of interest or opportunity for sexual relations.

Most participants reported having had multiple sexual partners throughout their lives, which may reflect increased sexual curiosity or exploratory behavior, common among gifted individuals. The age of first sexual activity was predominantly between 18 and 20 years, suggesting that these individuals may delay sexual initiation compared to the average population.

Satisfaction with sex life was generally positive, with a significant portion of participants feeling satisfied or very satisfied. This may be related to these individuals' ability to seek and establish satisfying emotional and intellectual connections in their sexual relationships.

Relationships with Existing Literature: Previous studies suggest that individuals with high IQs tend to have more liberal attitudes toward sex and may explore a wider range of sexual practices. The data from this study support this idea, with a variety of sexual attitudes and preferences reported by participants.

The literature also indicates that giftedness may be associated with an increased risk of mental disorders, such as depression and anxiety, which was confirmed by the reports of almost half

of the participants. These conditions can influence sexual life, either by reducing sexual desire or by seeking sexual activities as a way of coping with stress.

Practical Implications: The results of this study have practical implications for health professionals and educators who work with gifted individuals. It is important to recognize that these individuals may have different sexual needs and behaviors, and these differences should be addressed in a sensitive and informed manner.

Study Limitations: A significant limitation of this study is the small sample size, consisting of only 15 participants. This limits the generalizability of the results to the gifted population in general. In addition, self-selection of participants may introduce bias, as those more willing to respond to the questionnaire may have different characteristics than those who chose not to participate.

Directions for Future Research: Future research should seek to expand the sample size to include a more diverse representation of gifted individuals. Longitudinal studies would also be valuable in understanding how the relationship between IQ and sexual behavior may evolve over time. In addition, qualitative investigations may provide deeper insights into these individuals' subjective experiences regarding their sexuality.

Final Considerations

This preliminary study suggests that there is a complex relationship between high IQ and the frequency of sexual activity. Gifted individuals may have distinct sexual behaviors and face specific challenges related to their sexuality. More research is needed to explore these relationships in a more comprehensive and detailed manner. The results of this preliminary study reveal how high IQ may influence the frequency and perception of sexual activity. It was observed that gifted individuals not only tend to have a high frequency of masturbation, but also varied experiences with sexual partners, often mediated by greater openness to experiences and curiosity. This study underscores the importance of educational and therapeutic approaches that consider the specific needs of gifted individuals, especially in the contexts of sexual health and relationships. Further research is needed to confirm these findings and explore more deeply the complex relationships between IQ, sexual behavior, and satisfaction. Future studies should also consider larger and more diverse samples to validate and expand on the conclusions presented.

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