

Masturbation, End of the World & Self-Control, a New Beginning



Sandeep S. Jaiswal

Abstract: *This paper changes the status-quo beliefs about masturbation by modern-day science by showing us the downside of our short-term thinking by highlighting the present state of affairs in this world over the widespread use of masturbation. It also shows that if we continue what we are doing now then the day won't be far when the entire planet is destroyed by the unending fire of human lust that will burn everything in its path and the great human civilization will end soon. The paper also shows us how to reverse this impending catastrophe and re-usher in the happiness state of life on this blue planet.*

Keywords: *Masturbation, Highlighting, Everything, Planet.*

I. INTRODUCTION

A. What is Masturbation?

Masturbation, also known as self-pleasuring, is the act of touching or rubbing parts of your body for sexual pleasure. It can involve using your hands, fingers, sex toys, or other objects to stimulate your genitals and other sensitive areas of your body. Masturbation can involve touching, stroking, or massaging the penis or clitoris until an orgasm is achieved. Some women also use stimulation of the vagina to masturbate or use "sex toys," such as a vibrator.

B. History of Masturbation

The history of masturbation reflects a complex interplay of cultural, religious, medical, and social factors. While attitudes toward masturbation have varied widely throughout history, contemporary perspectives generally recognize it as a natural and normal aspect of human sexuality. Masturbation has been documented throughout history, with references found in ancient texts and artifacts from civilizations such as ancient Egypt, Greece, and Rome. In some cultures, masturbation was viewed as a normal and healthy practice, while in others, it was considered taboo or sinful. Evolutionary biologists have traced the origins of masturbation to pre-ancient primates 40 million years ago. There are depictions of male and female masturbation in prehistoric rock paintings around the world. From the earliest records, the ancient Sumerians had very relaxed attitudes toward sex.

Male masturbation was an even more important image in ancient Egypt, when performed by a god it could be considered a creative or magical act. The God Atum was believed to have created the universe by masturbating to ejaculation. Unlike the Sumerians and ancient Egyptians, the ancient Greeks regarded masturbation as uncivilized, suitable for slaves, barbarians, and women. In contrast, the ancient Greeks regarded masturbation as uncivilized, suitable for slaves, barbarians, and women.

Diogenes of Sinope, a Cynic philosopher from the 4th century BC, was known to masturbate in public, which was highly scandalous at the time. When questioned about it, he used humor to make a point. He said something like "If only I could satisfy hunger by rubbing my belly!" This witty reply challenged societal norms and questioned why some natural bodily functions were considered shameful. Diogenes, in a playful way, credited the invention of masturbation to the god Hermes. The story goes that Hermes, taking pity on his son Pan's love woes, taught him self-gratification as a way to ease his suffering.

Many religious traditions, including Christianity, Judaism, and Islam, have historically condemned masturbation as immoral or sinful. Religious texts and teachings often emphasized celibacy, chastity, and sexual restraint, leading to negative attitudes toward self-pleasure.

Masturbation has evolved from a medical perspective, from ancient Greek physicians who viewed it as a natural bodily function to later medical authorities who pathologized it as a cause of physical and mental health problems. The concept of "self-abuse" gained prominence in the 18th and 19th centuries, with medical treatments aimed at preventing or curing masturbation-related ailments. Medical professionals like Robert James demonized it and described it as "productive of the most deplorable and generally incurable disorders" and said that "there is perhaps no sin productive of so many hideous consequences". Laws in some places, like the Puritan colony of New Haven, even punished it with death. Even influential figures like Freud considered it a "disease of masturbation". Masturbation has been influenced by social and cultural factors, including changing attitudes toward sexuality, gender roles, and personal autonomy. The rise of sex education and the sexual revolution in the 20th century led to greater openness and acceptance of masturbation as a normal aspect of human sexuality. The American Medical Association finally recognized masturbation as normal in 1972. Thinkers like Thomas Szasz pointed out the dramatic change in how science viewed the practice. Michel Foucault highlighted the controlling nature of past attitudes towards masturbation and described it as "rape by the parents of the sexual activity of their children".

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* Correspondence Author (s)

Sandeep S. Jaiswal*, University of Alabama in Huntsville, 301 Sparkman Drive, Huntsville, AL 35899. E-mail: augjaiswal@gmail.com, ORCID ID: [0000-0003-3074-0141](https://orcid.org/0000-0003-3074-0141)

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Modern scientific research on masturbation, including studies on its prevalence, health effects, and psychological implications have been done extensively. Contemporary perspectives tend to view masturbation as a normal and healthy behavior for individuals of all ages, with benefits such as stress relief, improved sexual function, and self-exploration.

II. OBSERVATION & DISCUSSIONS

A. Masturbation, a Modern Scientific View:

Modern approach to masturbation (which is still considered a taboo subject in many societies) has a viewpoint of self-pleasure that offers several potential benefits for individuals' physical, mental, and emotional well-being. While societal attitudes toward self-pleasure have varied throughout history, modern research suggests that masturbation can play a positive role in individuals' lives.

1. **Stress Relief:** Masturbation provides a natural and accessible way to alleviate stress and tension. The release of endorphins and other feel-good hormones during orgasm can promote relaxation and a sense of well-being, helping individuals manage daily stressors more effectively.
2. **Sexual Exploration and Satisfaction:** Masturbation allows individuals to explore their own bodies, desires, and preferences in a safe and private setting. By becoming more familiar with their own anatomy and sexual responses, people can enhance their sexual satisfaction and intimacy with partners.
3. **Improved Sexual Health:** Regular masturbation can contribute to better sexual health by promoting blood flow to the genital area, which may reduce the risk of erectile dysfunction and other sexual dysfunctions later in life. For individuals with vulvas, masturbation can help maintain vaginal elasticity and lubrication.
4. **Pain Relief:** Masturbation has been associated with pain relief, particularly for individuals experiencing menstrual cramps or other types of physical discomfort. The release of endorphins during orgasm can act as a natural painkiller, providing temporary relief from minor aches and pains.
5. **Enhanced Mood and Sleep:** Masturbation has been linked to improved mood and sleep quality. The release of endorphins and other neurotransmitters during orgasm can elevate mood and promote feelings of relaxation and contentment, potentially leading to better sleep patterns and overall well-being.
6. **Self-Expression and Body Positivity:** Masturbation encourages self-acceptance and body positivity by fostering a deeper connection with one's own body and sexuality. Engaging in solo sexual activity can help individuals feel more comfortable and confident in their own skin, promoting a positive self-image and sexual self-esteem.

Medical science wants us to embrace a more open and accepting attitude toward masturbation that can make individuals to experience greater sexual satisfaction, improved well-being, and a deeper understanding of their own sexuality.

B. Why is Masturbation bad for you?

A simple sexual fantasy about someone you know of can alone create such pathways in a human brain that you will have lustful thoughts about the same person the next time you meet him in person. And if you have repeated fantasies about the same person again and again, every day, getting deeper, wild, and more erotic every time then you will stop respecting the same person in any form, ignore the purpose of any conversation with him and will only look at him as a sex object. You will treat him as someone who you want to be intimate with, have sex with and you might even take it to the next step of sexually assaulting him, you will be obsessed by him, showing the feeling in different forms if you cannot fulfill your desires. This effect has been scientifically proven through neural pathways created in the brain for any action that we do repeatedly, enjoy doing it and have deep emotions accompanying it called neuroplasticity [1][29][30] & [2]. Neuroplasticity allows the brain to form and strengthen connections between neurons based on repeated experiences, especially those eliciting strong positive emotions. As we engage in activities regularly, neurons involved in those activities fire together more frequently, creating well-established neural pathways. This reinforcement of neural connections by positive emotions reinforces habits, making them feel natural and rewarding, and encourages repetition of the behavior.

Repeated exposure to pornography and masturbation can sensitize the brain's reward system, leading to amplified cravings and a cycle of addiction and trigger neuroplastic changes in the brain, leading to desensitization to sexual stimuli and an escalation of pornographic content to achieve the same level of arousal. Additionally, porn addiction and masturbation may impair cognitive functions such as impulse control and self-regulation, contributing to compulsive porn use, masturbation [3] & [4]. If a regular sexual fantasy creates such a neuroplasticity, then what about pornography? And what about Masturbation, which materializes a fantasy and pornography into further deep feelings inside the brain?

The neuroplasticity strength gained from the frequency (how-often) effect, the deep emotional feelings and the happiness & self-pleasure gained from a sexual fantasy [5] & [6], by watching pornography [7][33] & [8] and masturbation goes up in that order [9], [10][31][32] & [11]. This means that the effect on the reward system and the dopamine release is more from masturbation than watching pornography (not porno addiction) and the least from a sexual fantasy, provided you are not addicted to any of them, and the frequency of occurrence is not high. Also, neuroplasticity and brain changes follow the three in the same order as reward system and dopamine release. Sexual fantasy is also shown to least lead to a compulsive behavior than pornography and masturbation.

C. Statistics on the Current State of Affairs

78 percent of adults in the world masturbate which includes 96% British men, 93% German men, and 92% American men; 78% British women, 76% German women, and 76% American women.



The statistics are worse in countries like india where the statistic among men is close to 98% and women to be around 85%. This is just the statistic on paper but if you look at the ground reality the situation is much worse with more than 85-90% of the people world-wide masturbating (real but unofficial). Imagine what will be the state of the mind of the people on this planet if most of them are masturbating? This is the root cause of all the evils in the world.

1. A 2015 survey reveals that 73% of women and 98% of men reported internet pornography use in the last six months. From a 2018 survey, 81% of women have watched pornography at least once, compared to 99% of men [12].
2. A 2015 study found that pornography viewing has increased significantly over the past few decades, with the largest increase driven by people born in the 1970s and 1980s [18]. One study also suggests that young adult males have seen a 10% increase in pornography consumption since the 1990s, when the internet became popular [19].
3. What became known as the 97% movement, a number gathered from a recent survey stating that 97% of women are sexually harassed at least once in their lifetime [13]. I would go further and say that more than 98% of the women worldwide are sexually assaulted once in their lifetime (real but unofficial).
4. Between 2019 and 2022, it suggested a 40% increase in reports of sexual assaults and rapes where both the alleged victim and perpetrator were under 18. There was a 33% increase in rape reports and a 26% increase in reports where the allegation was against a child aged under 10 [20].
5. According to a 2014 study, over half (56%) of divorces involved one partner having an obsessive interest in online porn [12]. According to a study by Abedinia et al., sexual problems are the cause of divorce in 67.4% of women and 60% of men. Other studies have reported that sexual problems are the cause of divorce in 68% to 89% of women [14] & [15].
6. One study assessing men's reasons for engaging in masturbation (and concomitant pornography use) identified problems with satisfaction/performance during partnered sex and problems with the relationship (including lack of partner access/availability) among the top reasons [16]. Both masturbation frequency and pornography use during masturbation have been hypothesized to interfere with sexual response during partnered sex as well as overall relationship satisfaction [17].
7. According to Wikipedia, 22.7% of men and 11.6% of women have had an extramarital affair, while 44% of adults worldwide have had one-night sex outside of their marriage. A study by Kinsey et al. found that **50%** of married men and 25% of married women have had an extramarital affair.
8. According to a 2020 survey, prostitution in India has increased by 50%. The survey also found that about 1.2 million children are involved in prostitution [21]. The world-wide trend is also near this figure if not higher.
9. According to World Health Organization (WHO) 1 out of every 4 people globally will be impacted by mental illness at some point in their lives. 350 million people

worldwide suffer from depression [22]. In 2022, 81% of workers reported workplace stress affecting their mental health, compared to 78% of respondents in 2021 [23]. According to real world data the unofficial figures of mentally illness in this world is more like 3 in 4 at some point in people's life.

D. Why the end of the world?

As also described in the first paragraph that if a simple sexual fantasy done often, can make a person transcend the boundaries by having sex with the person, or become obsessed with him/her and even take it to the next step of sexually assaulting the person, even rape or commit other heinous sexual acts. Then imagine what the extreme emotional, physical, and mental act of masturbation would do, that lies in the other end of the spectrum? No wonder the world is now showing the after-effects of such acts that was something that was done in moderation a few decades back. This explains the reason why we are now seeing not only an increase in pornography viewership but extreme events like sexual assault that has now become mainstream, increase in rape, increase in divorces, increase in relationship issues, increase in extra-marital affairs, prostitution, escorts, call-girls, unnatural sex, and many more as the list is endless. To top it all the increase in mental illness is also becoming mainstream, common, and contemporary. In-fact, research has suggested a higher correlation between higher masturbation frequency and increased scores on measures of anxiety, somatization (focusing on physical symptoms of stress), and hysterical symptoms (emotional expression through physical symptoms). More frequent reports of reproductive health issues like fatigue, back pain, and decreased memory have also been reported due to frequent masturbation [24].

All the benefits of masturbation as defined by modern research, contemporary beliefs, and existing "faiths" to be stress-relieving, improving mood, making you sleep better, tool for self-exploration, sexual satisfaction, mode of self-expression, positivity enhancer and lastly and not the least of improved sexual health is only short term. Long term, it is taking us deeper and deeper into darkness with no end in sight, as seen in the nine pointers of pain shown earlier. It is as described in The Bhagavad-Gita, the most widely published, read, and practiced book on this planet, something which is elixir in the beginning is a poison in the end and there is the other side, self-control that seems like poison in the beginning but gives you an elixir that makes you eternally happy in the end [25]. It goes on to say further that human lust is something that needs to be overcome by every human being if he must survive in this world and attain happiness, wealth, and prosperity. It is like a fire burning inside you that if you add more to it will burn brighter and ultimately will engulf you completely but if you control it and overcome it then the world of knowledge is open to you, you can rise higher spiritually, mentally and attain a soulful nature. Similarly, masturbation is that fire of lust within us, that we are stoking every day to burn brighter. The true nature of us in general is changing, the darkness that is growing within us will overtake us in the end and will ultimately destroy the entire beautiful blue planet of ours.



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This is not just Hindu scriptures but every scripture in this world be it Bible, Koran among other holy book that is saying the same thing, although not the same way but drawing the same conclusion in the end [26] & [27]. Real strength of a human is to overcome this lust by controlling and completely eliminating masturbation from its life. Not let your lust control you but you control it, win over it and rise higher as a result using your intelligence as the only salvation for the human race [25]. Act now or never will there be tomorrow again!

E. Sex as Positive Energy

There's a difference between masturbation and sex. When a man and a woman engage in a sex act, there is an exchange of sexual energy that circulates within each other. This becomes impossible when one masturbates as the male or female energy is not balanced by the energy of the opposite sex. This way, one's sexual organ is overstimulated, leading to an enormous loss of sexual energy [28].

In the ancient times, women used to be respected and worshipped but today we have reduced them to merely an object of pleasure and comfort. But it is also true that many women have also contributed to this condition. Sex is sacred and healthy, and it must be transformed into spiritual realization, creativity, and intellectual development. Masturbation is one of the perverted expressions of sexuality that has desecrated this sacred life force. On the physical level the sex energy helps in procreation, on emotional level that same sex energy can be transformed into sweetness, gentleness, meekness, and mercy. On a mental level it can be transformed into intellectual culture, philosophical impulses, sense of rationality among others. On a creative level it can help us write great books, paint masterpieces, sing melodious tunes and do all acts of great creativity. And, on a spiritual level sexual energy can be used to awaken clairvoyance, awaken the kundalini and much more. All this is possible when we live a healthy chaste life and engage in a healthy sexual relationship under moderation and refrain from wastage. Sex is sacred, marriage is sacred and having a right partner that is the only partner is sacred also and everyone should look for this beautiful experience rather than destroying themselves through masturbation. [28].

"Sex is Energy. Sexual desire is good. But the key is not to suppress it but to transform it. By transforming sex energy into loving, mental, intellectual, and spiritual energy you become an Eagle and you can reach great Spiritual Heights."

– Maha Atma Choa Kok Sui; The Sphinx 28.

The same neuroplasticity that destroys the mind can be used for unwiring and rewiring the brain to overcome porn addiction and masturbation, including abstinence from porn, cognitive-behavioral therapy, mindfulness practices, and healthy lifestyle changes [3] & [4].

III. CONCLUSION

It can be concluded that the current beliefs of positive effects of masturbation by the modern-day science is wrong and should be changed and reversed in immediate effect. This paper also shows the human suffering, misery, and dire state of the present-day world is due to the widespread practice of masturbation amongst almost every individual on this planet. If we continue to stay on current course, then the

day is not far when the earth is engulfed by the fire of lust within us, and we destroy everything on it along with ourselves. Self-control, re-education, re-teaching, re-training by modern science and positive use of our sex energies is the solution proposed to shed the short-term thinking and adopt the long-term approach to re-usher in abundance, prosperity, and happiness.

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AUTHOR PROFILE



Sandeep S. Jaiswal, the author is based out of Mumbai, India and is CEO of a global consulting organization that provides services in supply chain, IT, Analytics, ERP, Law, leadership coaching, strategy, fashion, just to name a few. He has also worked in Fortune 50, 100 & 500 global organizations including mid-size and start-up companies that spans across various verticals and horizontals in various roles starting from shop-floor engineer to executive leadership. He has a Master's degree in advanced Industrial & Systems Engineering from University of Alabama in Huntsville with numerous others certifications, awards, courses, trainings, advanced programs to his belt. He writes research papers as one of his hobbies that includes sports, reading, walking, spirituality, healthy living, cooking, volunteering, music, dancing among many others. He has written papers published in international/national journals in areas like physics, medical sciences, astronomy, supply chain, law, economics, mathematics and astrophysics that has proven to be a fundamental game changer, a revolution in all the areas.

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