

假高潮與性愉悅—女性引導伴侶增進自身性愉悅之經驗

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摘要

本研究旨在探究置身於不被鼓勵情慾、被動配合的性／別角色期待之中，女性如何醞釀並選擇不同的性實作，幫助自身在關係中提升性愉悅的主體經驗與歷程。透過質性研究方法，以立意取樣招募到三位研究參與者，進行半結構式的深度訪談，並採用現象學分析方法；深厚描繪三位有假高潮經驗之年輕女性，在關係中如何開展出關注自身性愉悅、且促進伴侶間共同性愉悅的「流動」性腳本。

依據研究結果凝聚出三項研究發現：一、「覺察與選擇」——女性自發的假高潮性實作；二、運用多樣化的行動策略，增進自身性愉悅；三、女性流動的性腳本——「做中學」所醞釀的能動性。研究呈現女性的假高潮性實作，是具有高度主動性與自發性的性策略；女性會透過自我覺察的深化、性探索以連結自身的性愉悅，建構屬於自己的性論述並拓展對性樣態的想像，發展出不同於主流性腳本「被動配合」的性實作。並且，研究進一步指出伴侶回饋與關係連結對女性性愉悅經驗的重要性，當伴侶願意在關係中展現接納與鼓勵的態度，有助於女性展現與表達真實的性感受與性需求；而女性自身也會在關係中發展出多樣化的引導策略，促進伴侶間的性表達與性溝通，共同創造彼此的性愉悅。

基於上述研究結果與發現，本研究呈現並拓展了不同於主流性腳本的女性性樣態，針對異性戀關係中的女性、性與伴侶相關助人專業場域，以及未來相關研究，提出建議與反思。

關鍵字：女性性愉悅、假高潮經驗、性互動、性溝通、女性性自主

Between Faking Orgasm and Sexual Pleasure: Exploring Women's Guiding Experiences
in relationship to Enhance their Own Enjoyment

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ABSTRACT

Considering sexual/gender roles expecting women to be passive and acquiescent in sexual interactions, the study aims to explore how women develop and choose different sexual practices to help enhance their own sexual enjoyment in relationships. A qualitative approach and phenomenological analysis were adopted to present 3 participants' experiences in developing sexual autonomy and guiding their partners, which increased their chances of experiencing genuine pleasure.

This study identified the mobilization of several themes in their accounts. First, participants learned sexual practices from mainstream sexual scripts and partners' sexual feedback, which led to faking orgasms. Second, the sexual practice of faking orgasms was more than pleasing partners, but also an "active" choice and strategy in sexual interactions. Third, through a process of sexual exploration like masturbation or autonomous sexual practices, participants empowered themselves with strong awareness and connection to their own sexual pleasure. Fourth, within reliable and close relationships, participants developed diverse and pluralistic sexual strategies to guide partners in co-creating sexual pleasure.

The research concludes that women would deepen self-awareness, explore their sexuality, and connect to their own sexual pleasure through the cultivation and learning in sexual experiences. Resisting the gender roles of "passive and compliant" in sexual scripts, women thrived in subjective experiences and processes of sexual pleasure within relationships. Based on the findings above, we present the pluralistic female sexual modalities that differ from mainstream sexual scripts, and also provide suggestions for heterosexual women in relationships, professionals in sexuality and partner-related helping fields, as well as future related research.

Keywords: Sexual Pleasure, Faking Orgasm, Sexual Communication, Women's Sexual Autonomy