

成年初顯期異性戀女性於伴侶關係中的口交經驗之初探

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摘要

本研究旨在探討成年初顯期異性戀女性於伴侶關係中的口交經驗，以質性研究的角度，立意取樣六位研究參與者進行半結構式訪談，以一般歸納法進行資料分析，研究結果如下：

一、口交開啟女「性」探索的新篇章

此主題說明受訪者的口交經驗，除了對身體感官帶來強烈的刺激、激發內在慾望之外，這些經驗也逐漸形塑個人在性互動中的角色和表現形式。這不僅成為她們在平衡個人慾望與伴侶需求時的重要方式，也進一步影響她們在性方面的自我認知。

二、口交實踐的多重體驗：自我探索與異性戀性規範的交織

此主題說明受訪者在實踐口交過程中，逐漸意識到現實情況與先前的想像之間存在顯著差異，這些差異包括對伴侶或自身身體性的感知、性反應的理解，以及性行為帶來的情感效應。同時，受訪者在探索與參與口交的過程中，往往無意中受到以男性性滿足為中心的異性戀性規範的影響，使得她們在看待自己的性慾和性表現時，仍然以此為參照標準，進而再次忽視或邊緣化自身的性需求與性愉悅。

三、關係中的不平衡：女性在口交經驗上的反思與自我培力

此主題說明受訪者隨著實踐經驗的累積，逐漸察覺到實際發展與內心期望之間的落差，這種不一致促使她們反思性經驗的品質，重新定義自己的角色，或是願意嘗試主動協商性行為，這樣的角色轉變可能會為伴侶關係帶來張力，女性有可能會感到更具自主性和掌控力，也可能會對角色轉變感到不適或有抵觸，使得雙方在性需求上的平衡變得脆弱。

基於上述研究結果與發現，本研究旨在加深社會對伴侶關係中口交經驗的理解，揭示異性戀女性在提供與接受口交過程中的觀點，並為助人工作者、社會教育領域以及未來研究方向提供具體建議。

關鍵字：成年初顯期異性戀女性、異性戀伴侶關係、口交經驗

A preliminary study of heterosexual women's experiences of oral sex in partner relationships during emerging adulthood

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ABSTRACT

This study aims to explore the experiences of heterosexual women during emerging adulthood with oral sex in their partner relationships. Six participants were purposefully sampled for semi-structured interviews using a qualitative research approach. Data was analyzed using a general inductive approach, and the findings are as follows:

1. Oral Sex Opens a New Chapter in Women's Sexual Exploration

This theme describes how participants' experiences with oral sex, beyond providing intense bodily stimulation and awakening inner desires, gradually shaped their roles and expressions in sexual interactions. It became an essential way for them to balance personal desires with their partner's needs, influencing their self-perception regarding sexuality.

2. Multiple Experiences of Oral Sex: The Intersection of Self-Exploration and Heterosexual Sexual Norms

This theme explains how participants gradually became aware of significant differences between reality and prior imagination during their practice of oral sex. These differences involve perceptions of their partner's or their own bodies, understanding sexual responses, and the emotional effects of sexual behavior. At the same time, participants, during their exploration and engagement in oral sex, were often unconsciously influenced by heterosexual sexual norms centered around male satisfaction. As a result, they continued to view their sexual desires and performances through this lens, further marginalizing or overlooking their own sexual needs and pleasure.

3. Imbalance in Relationships: Women's Reflection and Empowerment through Oral Sex Experiences

This theme highlights how participants gradually noticed the gap between their actual experiences and internal expectations as their practical experiences accumulated. This inconsistency led them to reflect on the quality of their sexual experiences, redefine their roles, or become more willing to negotiate sexual behavior proactively. This role shift could introduce tension in the relationship, with women potentially feeling more autonomous and in control, or experiencing discomfort or resistance towards the role

change, making the balance of sexual needs between both partners fragile.

Based on the research findings, this study seeks to deepen societal understanding of oral sex experiences in partner relationships, revealing the perspectives of heterosexual women in giving and receiving oral sex, while providing specific recommendations for practitioners, social education, and future research directions.

Keywords: heterosexual women in emerging adulthood, heterosexual relationship, oral sex