

# UNDERSTANDING HUMAN SEXUALITY

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# RESEARCH PROPOSAL

## ABSTRACT

Human sexuality is the way in which we experience and express ourselves as sexual beings (Rathus et al., 1993). It is an integral part of our personality; it helps form who we are. Sexual orientation is a consistent, enduring pattern of sexual desire for individuals of the same sex, the other sex, or both sexes, regardless of whether this pattern of desire is manifested in sexual behaviour. Sexual identity refers to a culturally organized conception of the self, usually lesbian/gay, bisexual, or heterosexual. It develops in adolescence or adulthood and varies as a result of social, historical and cultural factors (Kitzinger, 1987; Rust, 1993; Weinberg et.al., 1994). Traditionally sexual orientation and identity was understood to be stable but recent research findings suggest otherwise (Diamond, 2007; Golden, 1987; Peplau & Garnets, 2000). In light of these contradicting perspectives a grounded theory paradigm has been adopted using qualitative inquiry techniques to gain a better understanding of the complex phenomenon of human sexuality.

## METHODS

Methodology is the analysis of the principles of methods, rules and postulates employed by a discipline which helps with their research findings. The research method adopted is qualitative analysis.

The research design consists of a pattern which is listed below:

- Formulating the objective of the study
- Deciding the method of data collection
- Selection of samples
- Collection of samples

- Processing and analyzing the data
- Reporting the findings

The method of data collection chosen for this study is,

- a. In-depth interview method
- b. Focus Group Discussion
- c. Online interviews
- d. Telephonic interviews
- e. Qualitative research using grounded theory

#### OBJECTIVES

1. To explain the nature of human sexuality at the levels of fantasy, attraction and behaviour
2. To understand sexuality vis-à-vis different religions.
3. To explicate the meaning and purpose of human sexuality.
4. To propose a model to explain the diversity of human sexuality.

#### PARTICIPANTS

The sample reflects a purposive study consisting of members of homosexual, heterosexual and bisexual communities of both the sexes<sup>1</sup>. The method chosen is theoretical sampling using the snowballing technique. The estimated sample size is twenty representatives from each group stated above.

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<sup>1</sup> This study is focused on cisgender LGB people.