

# Gender Differences in the Relationship between Orgasm Experience and Orgasm Duration

Gonzalo R. Quintana<sup>1</sup>  
Sol Romero<sup>1</sup>  
Gianella Rojas<sup>1</sup>  
Ayelén Terrazas<sup>1</sup>  
Miguel Videla<sup>1</sup>  
Laura Barrientos<sup>1</sup>  
José Miranda<sup>1</sup>  
Karla C. García-Tapia<sup>1</sup>

<sup>1</sup> School of Psychology and Philosophy, Universidad de Tarapacá

Free Paper presented at the X Annual Congress of the Scientific Society of Psychology of Chile, organized by the Universidad de La Frontera, Campus Pucón, Chile, November 13-15, 2024.

Sexual response describes how people respond to internal or external sexual stimuli. It is divided into four phases: desire, arousal, orgasms, and resolution. Particularly, orgasms are the phase about which the least is known, since there is no animal or molecular model of their mechanisms. Therefore, it is not known exactly when they begin or end. Experimental studies have evaluated approximately how long they last, demonstrating a high variation, probably explained by contextual and physiological differences. As well as that none of these measures in itself constitutes an orgasm. However, no study has evaluated whether psychological and contextual variables can alter the perception of orgasm duration (PDO). Therefore, the present aimed to assess how people's subjective experience of orgasms modulates the perception of the duration of their orgasms, and potential gender differences. For this purpose, a cross-sectional design study was conducted with a sample of emerging adults ( $N = 200$ ;  $M_{age} = 23.7$ ;  $SD_{age} = 6.7$ ), assessing the experience of orgasms through the Orgasm Rating Scale, which evaluates the quality of orgasms through different types of nouns (exciting, tender, etc.) divided into four dimensions (affective, sensory, intimacy, reward). Additionally, the Orgasm Resolution Scale was used, which assesses the subjective experience immediately after orgasm during the resolution stage, divided between two dimensions (i.e., internal experience, and openness to communication). On the other hand, participants compared, relative to an average orgasm, whether the duration of their orgasms was different (i.e., shorter, same, longer) with casual (CSP) and steady (SSP) sexual partners. With PSE, women obtained a low-magnitude positive correlation between PDO and the dimension "Intimacy" ( $r = .26$ ;  $p < .01$ ) and "Sensory" ( $r = .23$ ;  $p < .05$ ), while in men a positive correlation of medium magnitude between PDO and the dimension "Affective," ( $r = .49$ ;  $p < .01$ ), "Reward" ( $r = .34$ ;  $p < .05$ ), and "Sensory" ( $r = .23$ ;  $p < .05$ ). On the other hand, only in women was there a low magnitude correlation between PDO and the dimension "Internal Experience" ( $r = .29$ ;  $p < .05$ ) and "Openness to Communication" ( $r = .26$ ;  $p < .01$ ). Orgasms do not have an exact duration, especially when it is not known precisely when they begin or end. Thus, these findings contribute to their understanding by demonstrating that the experience of their duration may vary according to aspects of the context, thus modulating the experience of their attributes.

*Key words:* Orgasm, Sexual response, Perceived duration, Orgasm Rating Scale, Orgasm Resolution Scale.

---

<sup>1</sup>[gquintanaz@academicos.uta.cl](mailto:gquintanaz@academicos.uta.cl)