

THE AMERICAN ACADEMY OF CLINICAL SEXOLOGISTS

**SEX AND ITS IMPACT ON ATHLETIC PERFORMANCE:
DEBUNKING THE MYTH**

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**“TO GIVE ANYTHING LESS THAN
YOUR BEST IS TO SACRAFICE THE GIFT.”**

-Steve Prefontaine
1951-1975

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DISSERTATION APPROVAL

This dissertation submitted by Nicole F. Orgass has been read and approved by three committee members of the American Academy of Clinical Sexologists.

The Dissertation Committee has examined the final copies and the signatures that appear here verify the fact that any necessary changes have been incorporated and that the dissertation is now given in final approval with reference to content, form and mechanical accuracy.

The dissertation is therefore accepted in partial fulfillment of the requirements for the degree of Doctor of Philosophy.

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VITA

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ABSTRACT

Sex and athletic performance is a subject area that has been surrounded by myth and misinformation for thousands of years. Dating as far back to 444 B.C., in Plato's writings, it has been said that sexual intercourse prior to any style of athletic competition can be disadvantageous to the athlete's performance. It is not known how the myth began, however; it has continued to impact the pre-competition customs of athletes to present day. It was hypothesized that no link would be found between sex and inferior athletic performance. Seventy-five competitive athletes in the Tampa Bay area, between the ages of twenty and forty-four years old, were given a short survey on their knowledge and experience with this subject. The results of the survey supported the theory. Based on the Athlete Perspective Survey and current research no connection has been found between sex and athletic performance. The purpose of this research was to debunk the myth regarding sex and athletic performance and shed light upon the subject matter with the expectation to clear up the misinformation that currently surrounds the subject.

CHAPTER 1

Introduction

Sex is a natural human behavior that can serve a variety of social and physiological functioning ranging from reward to reproduction, and as such, is a major practice in the western world because of its beneficial and pleasure-full outcomes (Sayfollahpour, Heidary, & Mousavi, 2013). Aside the enjoyment of engaging in sexual activity, sex is known to have many other benefits such as boosting immunity, lowering blood pressure, improving sleeping patterns, promoting good heart health, and stress relief. However, the dynamics of sex and its description of being beneficial with pleasure-full outcomes appear to change when you factor it in prior to athletic competition.

The abstinence tradition is particularly strong in power sports, such as boxing and football, in which aggression is considered a valuable trait (Lovgren, 2006). One of the primary reasons power sports frown upon sexual intercourse prior to competition is the idea that testosterone increases aggression and ejaculation withdraws testosterone from the body. “After three months without sex, which is not so uncommon for some athletes, testosterone dramatically drops to levels close to a child’s level,” said Emmanuele A. Jannini of the University of L’Aquila in Italy. “Do you think this may be useful for a boxer?” (Lovgren, 2006). Jannini has found that sex actually stimulates the production of testosterone therefore boosting aggression. In addition to power sports, sports such as swimming and running have also adopted the golden rule of abstinence before

competition. Former Olympic track team coach, Bill Bowerman, asked eight hundred meter runner Dave Wottle to postpone his wedding and honeymoon until after the 1972 Olympic Games in fear that he may lose his concentration and drive (Heid, 2012). Furthermore, sex is not noted to be a demanding exercise. In general, sexual intercourse expends only twenty-five to fifty calories, about the energy it takes to walk up two flights of stairs. Even the most aggressive of love makers expends only two hundred and fifty calories per hour (Sayfollahpour, Heidary, & Mousavi, 2013).

Given this information, it is unknown why coaches and athletes continue to enforce the abstinence before competition rule. Perhaps the myth evolved with the intention to keep athletes focused by separating them from their significant others. Throughout the years, people have believed that poor athletic performance will be inevitable if the athlete engages in sexual intercourse prior to competition; this is not believed to be true. The current research and Athlete Perspective Survey results that were administered to seventy-five competitive athletes are in line with the hypothesis that sex prior to athletic competition will not affect performance.

Plato wrote, in 444 B.C., that Olympic competitors before races should avoid sexual intimacy and in 77 A.D. Pliny the Elder wrote to the contrary that: "Athletes when sluggish are revitalized by lovemaking" (Baum, 2012). There is large grey area coupled with misinformation surrounding this subject area. It is uncertain where the fable that sex prior to competition can negatively impact performance began, however; it has been adopted as a significant rule in sports for centuries.

CHAPTER 2

Literature Review

A subject area that is linked with myth and half truths is the theme of sex prior to athletic competition. There is an abundance of conflicting information regarding intercourse prior to a big game or performance. Athletes and their coaches have long perpetuated the theory that sex before athletic competition will zap energy (Baum, 2012). It has been believed by coaches and athletes that sex decreases testosterone. The withdrawal of testosterone from the body is thought to have a negative impact on athletes who participate in power sports, such as boxing and football. However, there is no research that suggests abstaining from sex will provide additional testosterone that can be made useful later during competition to release supplementary aggression. Scientists and specialists who have investigated this topic report there is no physiological evidence to suggest that sex prior to athletic competition is disadvantageous to the athlete and his/her performance.

Current Research Findings

There is not much research that has been completed on the topic of sex and its impact on athletic performance, however; the few studies that were found suggest that there is no negative impacts on athlete's ability to perform at their highest ability after engaging in sexual activity the night prior to competition. A popular study provided a maximum-effort grip strength test the morning after coitus, and the same test following at least six days of abstinence (McGlone & Shrier, 2000). The results suggested that

strength and endurance of the palmar flexing muscles are not adversely affected by sex the previous night. A follow-up to this study was conducted by researchers at Colorado State University on ten fit, married men, ages eighteen to forty-five years. In their tests for grip strength, balance, lateral movement, reaction time, aerobic power (stair-climbing exercise), and VO₂max (treadmill test), the results did not change with sexual activity (McGlone & Shrier, 2000). The results of the above mentioned tests were based around the physical effects of sex prior to competition. The activity of sexual intercourse would only be expected to have a negative effect on performance if it leads to exhaustion and took place close to the beginning of the competition. These research studies are in agreement with the hypothesis that sex prior to athletic competition does not alter the performance of an athlete.

Another American study, conducted in 1995, allowed men to run to their maximum capacity on a treadmill twelve hours after having sexual intercourse. A second treadmill test was facilitated twelve hours after not having had sex (Trantham, 2004). The results for both treadmill tests were the same for all participants concluding that maximal exercise capacity (aerobic power), the ability to transport oxygen to the tissues, and blood-pressure responses were the same regardless of sexual activity or lack thereof (Trantham, 2004).

A Swiss study, conducted in 2000, allowed men to cycle to their maximum capacity on a stationary bike and complete mental arithmetic tests two hours and ten hours after sexual intercourse. The same tests were completed with the men following no sexual intercourse. Both studies concluded there were “no detrimental effect on maximal

work achieved or any interference with the individual's mental concentration” (Trantham, 2004).

Oxytocin is a mammalian hormone that also acts as a neurotransmitter in the brain. Oxytocin is believed to be released during hugging, touching, and orgasm in both sexes (Grohol, 2008). An analysis was completed in order to determine whether plasma oxytocin levels were altered during the human sexual responses and identify the changes, if they were present (Carmichael, Humbert, Palmisan, Greenleaf, & Davidson, 1987). Plasma oxytocin levels were measured before, during, and after private self-stimulation to orgasm in normal men (n = nine) and women (n = thirteen) (Carmichael, Humbert, Dixen, Palmisan, Greenleaf, & Davidson, 1987). Data was tested by obtaining blood samples via catheters. The study reported that plasma oxytocin levels were increased during arousal in both men and women and showed higher levels during orgasm and ejaculation than prior baseline testing (Carmichael, Humbert, Palmisan, Greenleaf, & Davidson, 1987). A more recent study of men found an increase in plasma oxytocin immediately after orgasm, but only in a portion of their sample that did not reach statistical significance. Oxytocin induces feelings of contentment, anxiety relief, and feelings of calmness and security. The feelings that result from the release of oxytocin; anxiety reduction, calmness and contentment, can be beneficial for an athlete prior to athletic performance.

The scientific studies that were found on the physiological effects of sex on the body prior to athletic performance suggested that sex the night prior to competition does not alter physiological testing results. With this being said, this study also further suggests that sexual activity leading up to competition will not impact an athlete's ability

to compete at their best capacity. Along with these research findings, it's reported testimony from doctors and specialists further negate the myth that sex prior to athletic competition negatively impacts performance.

CHAPTER 3

The Myth

Sex and sports are two of the most popular themes; in sports culture competition has always been a way for men to express their masculinity and women to articulate their dominance. With that being said, the myth has reinforced athletes to abstain from sex prior to competition in order to continue to fulfill those goals. The myth, which has evolved into a golden rule in sports, has been around since the B.C. era.

Creation of the Myth

It is uncertain where the myth that sex prior to athletics can negatively impact performance began, however; it has been a major rule in sports for centuries. Plato's writings, dating back to 444 B.C., expressed that Olympic competitors should avoid sexual intimacy prior to races (Baum, 2012). The legendary Greek poet Homer, in one dialogue, described an Olympic champion named Ikkos of Tarentum whose training regimen consisted of eating cheese and feasting on wild boar, but no sex. He believed that having sex before competition could sap his strength and deplete his energy (O'Connor, 2007).

This long-standing myth may stem from the theory that sexual frustration leads to increased aggression and that the act of ejaculation draws testosterone from the body, decreasing aggression. In the first Century A.D., Greek physician Dr. Aretaeus went as far to say a man's strength could be enhanced by the retention of semen (O'Connor, 2007). On the contrary, research has found that sex actually causes the body to create

more testosterone; sex actually results in a man being more insistent and aggressive. Research has also revealed that if a man goes without sex for an extended period of time his testosterone levels will sink to those of a child. In the *Clinical Journal of Sports Medicine*, Dr. Shrier wrote that the theory that sexual frustration leads to increased aggression may have started the myth that athletes shouldn't have sex before an important competition (Heid, 2012). With present research that negates the myth it is unknown why coaches still enforce the rule and athletes follow it. One possibility could be that when the athlete is separated from his/her significant other they are not only prevented from engaging in sexual intercourse but they are undistracted.

Athletes throughout History and the Myth

Over a millennium later, it's become routine for a majority of coaches in almost every sport to forbid their players from having sex before game night or leading up to competition to conserve their energy and increase their levels of aggression (O'Connor, 2007). Considering there is not any literature or scientific research to support the myth that engaging in sexual activity prior to competition can result in poor athletic performance it is questioned why coaches continue to enforce this rule. It is possible that genuine concerns regarding sexual activity's impact on maximum level performance truly exist or perhaps the coaches believe the athletes need to be free from all distraction. Therefore, they are separated from their wives not only to assist in remaining free from sexual activity but also free from disturbance.

Boxing, football, swimming and other sports coaches overtime have enforced the golden rule in athletics; no sex before competition. Lennox Lewis, Muhammad Ali and

Oscar De La Hoya are a few of the big named boxers who have said they would go without sex weeks before a big fight (O'Connor, 2007). More specifically, Muhammad Ali reported he would not have sex for six weeks prior to a fight (Lovgren, 2006). Boxing, being one of the more aggressive sports, is more accepting of the myth that ejaculation draws testosterone out of the body. However, even non-aggressive individual sports, such as running, followed the golden rule as well. Former Olympic track team coach Bill Bowerman asked eight hundred meter runner Dave Wottle to postpone his wedding and honeymoon until after the 1972 games, in fear he would lose his concentration and drive (Heid, 2010).

During the 1998 World soccer cup, the then English coach, Glenn Hoddle, famously forbade his players from engaging in sexual intercourse for the month-long event (Heid, 2012). Olympian and American swimmer Josh Davis blamed his failure to qualify for the 2004 games in Athens on having had sex with his wife on the day of his trials (Heid, 2012). The NFL's Buffalo Bill coach, Marv Levy, separated his team from their wives leading up to the Super Bowl Games in order to ensure they abstained from sexual intercourse and could maintain concentration. The Pittsburgh Steelers were another team whose coach decided to separate them from their wives leading up to the 2006 Super Bowl. It was assumed the separation would result in higher concentration and no disruptions prior to their big game. Stemming from the legend of Ikkos this myth has evolved and been reinforced by many coaches and adopted by their athletes and their wives.

CHAPTER 4

Sex and its Impact on the Body

Few scientific studies were found on the physiological effects of sex on the body prior to athletic performance and these studies suggested that sex the night prior to competition does not alter physiological testing results. With this being said, it is further suggested that sexual activity leading up to competition will not impact an athlete's ability to compete at their best capacity.

As stated in the literature review, scientific studies have been conducted and measured maximum-effort grip strength, balance, lateral movement, reaction time, aerobic power (stair-climbing exercise), and VO₂max (treadmill test). Conducted in 2000, a Swiss study, allowed men to cycle to their maximum capacity on a stationary bike and complete mental arithmetic tests two hours and ten hours after sexual intercourse. Another set of the same tests were completed with the men following no sexual intercourse. Both of the studies concluded there were "no detrimental effect on maximal work achieved or any interference with the individual's mental concentration" (Trantham, 2004).

Re-referencing the maximum effort grip test, McGlone & Shrier, 2000, explain the results suggested that strength and endurance of the palmar flexing muscles are not adversely affected by sex the previous night. The same results were recorded in an unpublished follow-up to the study that tested for grip strength, balance, lateral movement, reaction time, aerobic power (stair-climbing exercise), and VO₂max

(treadmill test), the results did not change with sexual activity (McGlone & Shrier, 2000). The activity of sexual intercourse would only be expected to have a negative effect on performance if it leads to exhaustion and took place close to the beginning of the competition.

The studies conclude engaging in sex prior to the testing of maximum-effort grip strength, balance, lateral movement, reaction time, aerobic power, and VO2max had no impact. In addition, the studies completed with running maximum capacity on a treadmill and cycling maximum capacity showed no differences in the results after having sex and in the results after not having sex. Aside the scientific studies found that tested the impact that engaging in sexual intercourse had on performance, it is important to understand what exact physiological effects sex has on the body.

Sexual Response Cycle

William Masters and Virginia Johnson are responsible for the creation of the four phase human sexual response cycle. William Masters, a gynecologist, met Virginia Johnson in 1957 and hired her to assist him in his study on human sexuality (Masters & Johnson, 1966). The human sexual response cycle is divided into four phases: excitement, plateau, orgasm, and resolution. These four phases happened in a progressive manner with the phases occurring one after another. The sexual response cycle was noted not to be complete without all four occurring (but women had the capability to have multiple orgasms, putting off resolution until all orgasms were complete) (Mark, 2012).

The first phase of the human sexual response cycle is excitement. Some effects of this phase include increased muscle tension, accelerated heart rate, and flush skin tone.

Both male and female genitals begin to swell and/or become erect. As arousal increases the second phase begins. Plateau is phase two; during the plateau phase the breathing, blood pressure, and heart rate all continue to increase. Phase one changes are also intensified during this phase. The third phase is orgasm. In this phase there is a release of sexual tension accompanied by involuntary muscle contractions. Heart rate, breathing, and blood pressure are at their highest rates. The fourth and final phase is the resolution. During this time there is a sense of relaxation and release. The refractory period is engaged, where recovery time is needed after orgasm. The body begins to return to its previous state of functioning prior to excitement.

The human sexual response cycle includes effects that take place throughout the course of engaging in sexual activity with a partner. The sexual response cycle is not taxing on the body nor does it take up enough energy to make a detrimental impact on an athlete the night prior to competition. Review of the sexual response cycle, primarily the resolution phase, shows that individuals begin to return to normal functioning immediately after orgasm. Therefore, the athlete is not left in an impaired state that would impact any preparation for athletic competition.

Physical Effects

One very interesting study concluded regular sexual activity may actually boost levels of testosterone, which is ironically the one entity coaches and athletes attempt to conserve by preventing them from engaging in sexual intercourse. A 2004 study found that ninety-seven men who were successfully treated for erectile dysfunction and began

to engage in regular sexual activity experienced marked gains in testosterone levels (Sayfollahpour, Heidary, & Mousavi, 2013).

Dr. Baum, an associate clinical professor of Urology at Tulane Medical School, says sex hardly ever burns more than one hundred and fifty calories; that's the equivalent of walking up a few flights of stairs (Heid, 2012). With that being said, there should be no concern that engaging in sexual intercourse the night before a big game or competition will deplete all of your energy and impact you physically. In addition, research has not shown any detrimental effects of coitus on muscular strength (Cratty, 1983 as cited in Fisher, 1997). Specifically, there was no less strength in boxers' legs after sex.

Studies have found that sex reduces muscle pain, primarily in women, relieves sports injuries, and puts you in a state of relaxation that can be very beneficial when it comes to sports that require muscle control and coordination such as golf and tennis (O'Connor, 2007). In regards to sports that require more aggression, such as boxing and football, scientists have found that testosterone levels in both men and women climb as sexual activity increases. This suggests that sexual activity the night prior could lead to higher levels of aggression the next day and actually impact athletic performance.

Some individuals believe the act of ejaculation draws testosterone, the hormone of both sexual desire and aggression, from the body (Lovgren, 2006). Emmanuele A. Jannini of The University of L'Aquila in Italy is a professor of endocrinology, the study of bodily secretions, and he has studied the effects of sex on athletic performance (Lovgren, 2006). Emmanuele A. Jannini stated, "This is a really wrong idea," and has found that sex stimulates the production of testosterone, thus boosting aggression (Lovgren, 2006).

Psychological Effects

Much less is known about the psychological effects of sexual activity on athletic performance in opposed to physical effects. In one study, researchers gave both endurance athletes and weight lifters a series of concentration and athletic tests after intercourse (Schwecherl, 2013). It was found that having sex beforehand did not interfere with concentration of the athletes. Some experts also say coaches may favor abstinence simply because they want to make sure athletes get enough sleep and are well rested (Lovgren, 2006). With that being said, lack of sexual intercourse can possibly result in diminished and disturbed sleeping and consequently psychological anxiety and exhaustion (Sayfollahpour, Heidary, & Mousavi, 2013).

Psychologists have shown there is an optimal level of alertness and anxiety necessary to produce the best possible performance, however; too much anxiety or too much aggression may result in poor performance (Lovgren, 2006). Many experts say that engaging in sexual intercourse is a good quality way of lowering stress and anxiety in order to ensure the athlete can obtain the proper amount of sleep and optimum focus.

A Canadian study examined the correlation between sexuality and mental health. A computerized anonymous questionnaire was administered to seventy-five men aged eighteen to twenty-seven. Researchers found that celibacy was correlated with high scores on depression and suicidal tendencies (Sayfollahpour, Heidary, & Mousavi, 2013). Sexual activity and orgasm have been shown to reduce stress and one study of young married women found that positive sexual experiences with a partner may increase self-esteem (Sayfollahpour, Heidary, & Mousavi, 2013). A 2002 analysis of the sex practices of adults in mid-life found that sexual satisfaction was a strong predictor in reports of

higher quality of life. Those who had frequent and enjoyable sex during midlife reported more active and satisfying sex lives during later maturity (Sayfollahpour, Heidary, & Mousavi, 2013).

According to the study completed by Carmichael, Humbert, Palmisan, Greenleaf, & Davidson (1987), levels of plasma oxytocin were shown to be higher during arousal in both men and women. Plasma oxytocin levels were measured before, during, and after private self-stimulation to orgasm in normal (Carmichael, Humbert, Dixen, Palmisan, Greenleaf, & Davidson, 1987). In humans, oxytocin is thought to be released during hugging, touching, and orgasm in both sexes. In the brain, oxytocin is involved in social recognition and bonding, and may be involved in the formation of trust between people and generosity (Grohol, 2008). Some studies suggest oxytocin promotes feelings of happiness, well being, and is linked with anti-stress effects. With that being said, engaging in sexual intercourse heightens levels of oxytocin and in turn has the potential to provide athletes with feelings of relaxation and happiness which can have a positive impact on the athlete leading up to competition. A more recent study of men found an increase in plasma oxytocin immediately after orgasm, but only in a portion of their sample that did not reach statistical significance. Oxytocin induces feelings of contentment, anxiety relief, and feelings of calmness and security. The feelings that result from the release of oxytocin; anxiety reduction, calmness and contentment, can be beneficial for an athlete prior to athletic performance.

To conclude, not only has the myth of sexual engagement prior to athletic performance being debunked, literature and research shows that there are many positive psychological effects of engaging in sexual intercourse.

CHAPTER 5

Athlete Survey

A ten question survey was administered confidentially to seventy-five competitive athletes. Three out of the ten questions were in regards to athlete demographics. The survey questions obtained information regarding the awareness of any myth related to sex and athletic performance, the athlete's perspective on the myth, and the athlete's personal experiences related to sex prior to competition.

Survey Results

After collection and analysis of the survey data, eighty-four percent of the seventy-five participants had heard some form of speculation regarding sex and athletic performance. Furthermore, sixty percent of the participants responded the information they heard regarding the legend was negative, twenty-eight percent responded it was not negative and the remaining twelve percent had not heard of any myths regarding sexual intercourse and athletic performance.

Sixty percent of the participants believed engaging in sexual intercourse impacts athletic performance and of that percentage, only sixteen percent believed it to be negative. This specific question shows that aside the sixteen percent athletes actually believed sex to be a positive contribution to their athletic performances. Also, the remaining forty percent of the athletes did not feel that it impacted athletic performance at all, positively or negatively.

Eighty-four percent of the participants reportedly engaged in sexual intercourse prior to a race, game, or competition. Of the participants who reportedly engaged in sexual intercourse prior to competition twenty-four percent had sex the day of the competition, fifty-two percent did the day prior to competition, twelve percent reported engaging in sexual intercourse two days prior and twelve percent stated they had sex three or more days prior to competition. Of those participants, fifty percent believed the intercourse impacted their performance; forty percent reported it to be positive, and twelve percent negative, and forty-four percent did not believe it made any impact at all.

Demographics

Of the seventy-five survey respondents, fifty-two percent were male and forty-eight percent were female. Survey participants ranged between the ages of twenty and forty-four years of age. The athletes surveyed competed in an array of sports including power sports such as boxing, cross fit and body building. The remainder of the athletes contended in sports such as swimming, triathlon, running, soccer, rugby, and baseball. Many of the survey participants compete in their sports at the collegiate level, therefore; take view athletic competition as very serious.

CHAPTER 6

Discussion

Woody Allen said, “I don't know the question, but sex is definitely the answer.” In today's society, *sex sells*; because it's on people's minds and their physical needs are connected with emotional needs. It is a popular topic and a satisfying occurrence except when you factor it in prior to athletic performance. No sex prior to athletic performance has been adopted as a golden rule in sports and has remained popular since 444 B.C. when Plato wrote that Olympic competitors before races should avoid sexual intimacy.

However, based on the results of previous studies, it is believed that sexual activity the night before competition would not affect performance. In a 2000 report in the *Clinical Journal of Sports Medicine* titled, “Does Sex the Night Before Competition Decrease Performance?” an epidemiologist reviewed dozens of findings and established that sex between two people burns no more than twenty five to fifty calories (O'Connor, 2007). Although there are only a few scientific studies that have been completed on this subject matter the research findings and testimony from many doctors and specialists negate the myth that sex prior to athletic competition negatively impacts performance.

The athlete perspective survey was provided to seventy-five competitive athletes and the results suggested that the myth is still around and well-known. However, regardless of the myth's presence, eighty-four percent of survey participants still engaged in sexual intercourse prior to a big game or a competition. Of the participants who said

the sexual encounter had an influence on their performance the vast majority reported it was a positive impact.

One of the survey participants, there were two athletes who volunteered to participate in a more in depth interview regarding the myth and their experiences. The first athlete, a twenty-eight year old competitive soccer player, reported that sex the night prior has never taken away the ability to perform at his best. He reported it provides him with the relaxation necessary to clear his mind and acquire a good night's sleep. The second participant, a twenty-one year old competitive distance runner, reported that she has engaged in sexual intercourse the night prior to a race many times. She states it has never been so strenuous that it caused any kind of fatigue that impacted her on race day. She details that two nights before an event, in the sport of running, is when you should obtain your best night's rest. "Sometimes it's hard to sleep the night before because I am thinking about the competition the next day. Sex actually takes my mind off of it and relaxes me," she said.

Taking into consideration previous research studies, the Athlete Perspective Survey results, along with the proven physical and mental effects sex has on the body it is concluded that sex prior to athletic performance is not an activity enough that would impact an athlete's ability to compete at their best. Casey Stengel, the great Yankee manager, explains it best: "Being with a woman all night never hurt any professional baseball player," he said. "It's staying up all night looking for a woman that does him in."

APPENDIX

ATHLETE PERSPECTIVE SURVEY

Please select the response that best describes how you feel regarding each statement.

1. Have you ever heard any speculation regarding sex and athletic performance?

Yes _____ No _____

2. Did the speculation suggest sexual intercourse prior to athletics is negative?

Yes _____ No _____

I have never heard any speculation regarding sex and athletic performance ____

3. Do you believe that engaging in sexual intercourse impacts athletic performance?

Yes _____ No _____

4. If so, in which manner do you believe sexual intercourse impacts athletic performance?

Positively _____ Negatively _____

I do not believe engaging in sexual intercourse impacts athletic performance ____

4. Have you ever engaged in sexual intercourse prior to a race/game/competition?

Yes _____ No _____

5. If so, how close to the race/game/competition did you engage in sexual intercourse?

The day of _____ Two days before _____

The day before _____ Three or more days before _____

6. Do you believe that engaging in sexual intercourse impacted your performance?

Yes _____ No _____

7. If so, how do you believe it impacted your performance?

Positively _____ Negatively _____

I do not believe that engaging in sexual intercourse impacted my performance ____

Demographic Information:

What is your gender? Male _____

Female _____

What is your age? 20-24 _____ 40-44 _____

25-29 _____ 45-49 _____

30-34 _____ 50-54 _____

35-39 _____ 55-59 _____

What is your sport? Triathlon _____ Running _____

Football _____ Basketball _____

Volleyball _____ Soccer _____

Baseball _____ Boxing _____

Tennis _____ Softball _____

Hockey _____ Swimming _____

Other _____

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