

# Female Ejaculation, Orgasm, Squirting:

## *Sexual technique triggering female ejaculation*

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### **ABSTRACT**

Female ejaculation is an involuntary emission of variable amounts of fluid. During orgasm 10-40% of women may experience regularly or sporadically an emission of fluid. The aim of this study was to assess female sexual function index (FSFI) before and after implementation of a teaching program to reach ejaculation. Our study was Quasi-experimental study

with pre and post approach. This study included forty women living in Fayoum governorate. Each female was asked to assess her sexual functions through a self-administered questionnaire that covered all aspects of female sexual function then they had a teaching program to reach ejaculation and they were reassessed for having ejaculation or not. Our results

revealed that there were twelve females (30%) who succeeded to reach ejaculation

**Key words:** FSF, FSD and Female ejaculation

## INTRODUCTION

The female response cycle refers to the series of changes the body goes through physically, psychologically and emotionally [1].

Women may expel various kinds of fluids during sexual arousal and at orgasm. Their origins, quantity, compositions and expulsion mechanisms depend on anatomical and pathophysiological dispositions and the degree of sexual arousal [2]. FE is an involuntary emission

of variable amounts of fluid varying from 0.3 ml to more than 150 ml. [3].

The source of the emitted fluid is the female paraurethral glands, also known as the female prostate or skene's glands. It is essential to distinguish female ejaculation from vaginal lubrication or urinary incontinence [4].

Women reach orgasm from direct clitoral stimulation, indirect clitoral stimulation, vaginal stimulation [5].

## PATIENTS AND METHODS

The aim of the study was to assess female sexual function index (FSFI) before and after implementation of a teaching program to reach ejaculation.

The study included 40 females living in Fayoum governorate. They were selected randomly from dermatology clinic of Fayoum University Hospital. Each female

was asked to assess her sexual functions through a self-administered questionnaire that covered all aspects of female sexual function. Then they had a teaching program to reach ejaculation and they were reassessed for having ejaculation or not.

RESULTS

Twelve females (30%) succeeded to reach ejaculation after application of the program.

Variables	Number (n=40)	
<b>Occurrence of ejaculation</b>		
No	28	70%
Yes	12	30%

There was no statistically significant difference with p-value >0.05 between females reached ejaculation phase and who not succeeded in ejaculation as regards age, duration of marriage and number of children.

Variables	o ejaculation (n=28)		o ejaculation (n=12)		p-value	Sig.
	Mean	SD	Mean	SD		
Age(years)	31.9	6.1	34.5	5.7	0.2	NS
MarriageDuration (years)	9.2	5.8	10.9	5.6	0.4	NS
Number of children	2.3	1.3	3	1.2	0.09	NS

There was highly statistically significant increase with (p-value <0.05) in FSFI score after implementation of the program in both groups of females. Also, there was statistically significant higher mean of FSFI score before and after applying the program.

Variables	No ejaculation (n=)	Do ejaculation (n=)	p-value	Sig.
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	Mean	SD	Mean	SD		
<b>FSFI before</b>	20.5	3.6	<b>25.6</b>	3.9	<b>&lt;0.001</b>	<b>HS</b>
<b>FSFI after</b>	23.4	3.5	<b>28.5</b>	1.5	<b>&lt;0.001</b>	<b>HS</b>
<b>p-value</b>	<b>&lt;0.001</b>		<b>0.009</b>			
<b>Sig.</b>	<b>HS</b>		<b>HS</b>			

## DISCUSSION

This study revealed that there were twelve females (30%) succeeded to reach ejaculation after application of the program.

**Bullough et al. (1984)**, reported that (54%) of 227 women questioned reported ejaculation with orgasm. In the study by **Davidson et al. (1989)**, (39.5%) of the respondents reported having ever experienced ejaculation at the moment of orgasm. Also, **Younis et al. (2015)**, reported that 40.2% of women questioned reported ejaculation with orgasm.

In our study, there was no statistically significant difference with p-value >0.05 between females who reached ejaculation phase and who did not succeed in ejaculation as regards age, duration of

marriage and number of children which indicated no effect of these variables on occurrence of ejaculation.

This is in agreement with **Wimpissinger et al. (2013)**, who stated that the number of childbirths a woman experiences did not seem to affect her ability to ejaculate.

There was a statistically significant increase with (p-value <0.05) in desire, arousal, lubrication, orgasm, satisfaction and total FSFI score after implementation of the program which indicated the positive effect of that program on improving sexual activity of females.

On the other hand, there was no statistically significant difference with (p-

value  $>0.05$ ) as regards pain score in

## Conclusion

Female ejaculation is one of the most debatable subjects among the sexology community. Evidence indicates that some

indicated no effect of program on pain.

women really ejaculate. Female ejaculation is an enrichment of the sexual lives of women as well as their partners.

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