

# Exploring the values embedded in sexual intelligence for character building of the nation



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**Abstract** Addressing sexuality as an integral aspect of human development remains a persistent challenge in Indonesia and many Eastern cultures and regions on the planet, where sex is probably the most taboo word due to religious ethics. This condition may lead to personality and character issues in young people as a consequence of neglect or delay in sexuality education. The current study explores the concept of sexual intelligence, examining its important values and potential to enhance character education for the nation's young generation. It aims to critically analyze how understanding and developing sexual intelligence can contribute to individuals responsible decision-making, healthy relationships, and ethical behavior. This study employs a qualitative approach with a narrative literature review method to explore relevant concepts, theories, and previous research results. This narrative literature review method follows the steps of determining the topic and scope, establishing the research area and main questions, searching literature, selecting relevant sources, conducting literature analysis and synthesis, and compiling and writing the results of the study. The findings indicate that sexual intelligence is a combination of self-knowledge, good communication, empathy, and responsibility in living a sexual life. It is not only about sexual activity itself but also about how a person understands, manages, and expresses sexuality in healthy, ethical, and religious ways. This study shows that sexual intelligence and positive character traits to some extent overlap, especially with respect to the components of sexual intelligence and how they relate to personal and moral values. This study suggests that incorporating sexuality education into both formal (school-based) and informal (community-based) settings can contribute to building a stronger national character.

**Keywords:** sexual intelligence, character, building, education

## 1. Introduction

Sex strongly affects a person's behavior, even significantly affecting character. People who feel satisfied with sex, live their lives sincerely, work wholeheartedly, and are highly dedicated. People with a legal, joyful, and happy sexual background give birth to successful, enthusiastic, polite, and peaceful individuals. Getting intimate relationships that result in sexual satisfaction requires communication between partners. Safe and enjoyable sex is built by paying attention to sexual health history, personal boundaries, and consent (Wasson & Rehman, 2024). A quality and satisfying sex life can affect a person's appearance in public spaces. Sexual satisfaction improves interpersonal relationships and improves life in general, especially for women. Thus, in the end, this condition consolidates and improves the health of families and communities. Sexual health literacy is a factor that strongly influences the quality of sexual life. This sexual health literacy is one indicator of sexual intelligence (Mohebi et al., 2018).

The majority of men state that sex is very important to their quality of life. This is why those who experience erectile dysfunction (ED) experience anxiety, especially since the ED tends to have a prevalence of hypertension (Dias et al., 2016). On the other hand, people with illegal sexual backgrounds who are full of deviations, especially those colored by betrayal and brutality, give birth to individuals who are always restless, unfocused, and can even give birth to deviant behavior. Sexual satisfaction is very important for relationship satisfaction and personal well-being. Research subjects generally state that good and great sex is when they experience orgasm, there is an emotional component, and there is chemistry and connection between partners as characteristics of great sex (Walker & Lutmer, 2023).

Women with high sexual self-esteem tend to have less anxiety and fear during sex and then experience more acceptable sexual function. These women are able to initiate sexual intercourse and direct sexual intercourse according to their goals. Women with low sexual self-esteem are more focused on their partner's sexual satisfaction. They tend not to engage in discussions about sexual intercourse and rarely initiate sexual activity. Sexual self-esteem is closely related to family income and women's sexual function. Women with better economic status have greater sexual function, whereas women with lower economic status tend to experience sexual dysfunction (Chesli et al., 2024).



People with a disorder of sex development (DSD) not only experience physical disorders but also have an impact on their weak character. Their sexual life is also delayed by up to 3 years from the average national sexual life. Even though they have had sexual acts, even with penetration trials, there is no continuation of their sexual life. Imperfections in sexual life cause individuals' body image to be less good, resulting in low self-esteem, feelings of shame, and even fear (Filho et al., 2022). Similarly, research conducted in Morocco explains that breast cancer and lung cancer strongly affect their sexual life. Survivors of these two cancers have altered sex, thus negatively affecting the couple's relationship (Ismaili et al., 2020).

Communities experiencing physical disorders that impact sexual life disorders can intervene in the form of positive effects for breast cancer patients so that treatment for their disease is more effective, they live longer, and they have a better quality of life, including in terms of sexual desire. The role of society contributes to overcoming changes in social ties, sexual intimacy in marriage and partnerships, and family relationships and has a positive effect on improving mental and physical health (Majerníková et al., 2023).

Sex is a very important issue. For this reason, in Poland, a sexologist named Michalina Wisłocka is considered to have made a "sexual revolution" because she succeeded in popularizing knowledge about sex. She managed to write about sex in a way that teenagers could understand. Wisłocka exploited various topics that had never been discussed before by sexologists, such as topics about homosexuality and queerness. However, Wisłocka continued her education through sex therapy and counseling. Michalina Wisłocka (1921-2005) was a Polish author of *Sztuka Kotchania* (the art of loving). Some of her books about sex, sexuality, and eroticism are the most widely read. Although Poland has not experienced a sexual revolution, Wisłocka's work can be called revolutionary because it has had a great impact on sexual awareness in Polish society for at least two decades. Today, Polish society yearns for Wisłocka's revival to revive true knowledge and understanding of sex (Ingbrant, 2020).

Sexual activity can affect a person's behavior and even affect human character. Sexual activity also illustrates how to build character by building sexual intelligence. Sexual intelligence is the ability to understand and respond to sexual needs and desires in personal and social contexts. The level of intelligence among men is generally much greater than that among women. Sexual intelligence is significantly positively correlated with age, education, emotional intelligence, social intelligence, sexual health, and life satisfaction (Husain et al., 2023). Having a consistently high, healthy, and satisfying sexual life for couples is part of sexual intelligence. High sexual interest and increased variety and frequency of sexual behavior are associated with greater sexual efficacy beliefs, which in turn can lead to higher levels of satisfaction (Ogallar-Blanco et al., 2024).

Sexual intelligence is strongly influenced by brain health. As evidence, people who suffer from brain injury experience negative sexual changes, both in terms of sexual desire, arousal, orgasm, and sexual satisfaction. Those who experience sexual changes experience cognitive and physical consequences that may not be visible to others. Therefore, sexual rehabilitation must be integrated into brain injury rehabilitation to rehabilitate invisible objects (Ek et al., 2023).

Religion plays an important role in determining attentional processes and has a significant influence on action control, including sexual activity. Tests of Dutch Calvinists compared with Dutch atheists and tests of Italian Catholics compared with Italian secularists show that Calvinists have a smaller Simon effect and that Catholics have a larger Simon effect than atheists do. This pattern suggests that religion either emphasizes individualism or influences action control in some way (Hommel et al., 2011).

Sexual intelligence is a concept that refers to an individual's ability to understand, manage, and express their sexual life in a healthy, positive, and responsible way. This concept includes various aspects related to knowledge, skills, and attitudes toward sexuality, as well as how a person integrates with themselves and others in a sexual context. Sexual intelligence focuses not only on physical or technical knowledge but also on the emotional, social, and ethical dimensions of sexual experience. Sexual intelligence consists of several aspects. First, there is knowledge about sexuality. Knowledge about sexuality for adolescents is very important for the development of their lives. Education must collaborate with health providers to ensure that adolescents have access to accurate information and opportunities to reflect on sexuality. Several interventions can be carried out to promote adolescent sexual health, such as providing sexual health services in schools, developing special training programs for teachers, and involving parents and guardians of students (Moreira et al., 2023).

For the younger generation to have adequate sexual knowledge, they need various types of training. In a study at Toros University, Turkey, for example, out of 51 students aged 18 and over, 49% had moderate knowledge about sex, but after taking training, more than 51% had adequate knowledge. Sexual training is very important for reducing myths about sexuality and increasing sexual health literacy (Sürmeli et al., 2024). There are adults who have mild intellectual disabilities. They often misunderstand and have stereotypes about sex. They do not know what behaviors should be done about sex and how sexuality should be understood (Correa et al., 2024).

Given the increasing number of sexually transmitted infections (STIs) among the younger generation, sex education can be a tool for the prevention and even treatment of STIs. Gamification can be implemented to implement sex education, both for the younger generation and for health workers (Martinez-Satorres et al., 2024). Nurses are at the forefront of health, including sexual health, because they have close relationships and greater responsibility in the process of public health and disease. Therefore, for holistic and inclusive nursing and to improve health services, the nursing curriculum must integrate broad knowledge about sexuality and its diversity (Santiago et al., 2024). Sex education programs are key to improving sexual

knowledge among teenagers so that their knowledge about sex improves. This is because adolescence is a time of various biopsychosocial changes that trigger the need to explore sexuality in depth. Starting from sexual activity, combined with a lack of knowledge and careless attitudes, can lead to the risk of sexually transmitted diseases (Ventura-Miranda et al., 2023).

The second aspect of sexual intelligence is communication skills. A sexually intelligent person should be able to communicate with their partner about sexual desires and boundaries. Open and honest communication can improve the quality of sexual relationships and reduce the risk of misunderstanding and dissatisfaction. In particular, with respect to human immunodeficiency virus (HIV) and sexually transmitted diseases, primary sexual partners should communicate openly about their illnesses. They should consider implementing modern strategies to facilitate disclosure, especially in light of existing laws that criminalize failure to inform about their illnesses (Tihamiyu et al., 2024). Teens need friends and networks to trust social media content related to health, including sexual relationships. Health care organizations and academic clinicians must ensure that these networks influence teens' judgments about trusting sexual information on social media (Freeman et al., 2023).

The third aspect of sexual intelligence is caring about sexual health. This concern is very important for teenagers because it is a protector for the sexual and reproductive results of responsible teenagers (Freeman et al., 2023). Caring about adolescent sexual health is very important for the younger generation. In adolescence, physical signs of sexual maturity are visible, and sometimes early sexual contact occurs. However, most adolescents are not ready to face this event. Adolescents often experience significant negative consequences. Therefore, interventions involving parents and guardians of students in the education and training process are needed to develop special training programs for teachers and school health professionals (Moreira et al., 2023).

The fourth aspect of sexual intelligence involves a couple who understand each other's emotional relationships. Sexual intelligence includes the ability to understand how sex relates to feelings, emotions, and interpersonal relationships. Managing emotions and maintaining a balance between sexual desire and emotions is essential to a healthy sexual relationship. Sexual self-schema is a self-concept that is believed to be important for sexual relationships. Women who are sexually active are not necessarily focused on romantic commitment but rather on sexual pleasure and experience. Women with positive schema are more likely to engage in more satisfying sexual relationships, have higher levels of sexual arousal, have a broader sexual repertoire, and be more open to new sexual relationships (Nowosielski et al., 2018).

The fifth aspect of sexual intelligence is respecting boundaries and consensus. Sexual intelligence teaches each person to respect the boundaries of their partner and to ensure that sexual relations are based on mutual, free and uncoerced consent. This intelligence also criticizes the practice of marital relations in 18th-century England, where husbands enjoy absolute authority over their wives' bodies. Women are supposed to refuse sex in marriage because of the excruciating physical pain caused by their husbands' adultery and venereal diseases (Cody, 2022). Sexuality is embedded in social interactions in the workplace. As a result, problems related to sexual boundaries between actors and boundary violations often occur, leading to bad behavior with individual losses. Unfortunately, violations of sexual boundaries in the workplace are often unreported. To sanction the perpetrator is usually done only by making efforts to avoid the bad person (van Baarle et al., 2024). Research in Quebec, Canada, illustrates that sexual aggression is common among professionals. Among the 296 perpetrators, 249 men and 47 women violated sexual boundaries in professional relationships. Of the 92% of professionals who found guilty, two-thirds eventually returned to practice. Only a few patients face rehabilitation after being found guilty (Kröger et al., 2022).

The sixth aspect of sexual intelligence involves a sexual partner who has cultural awareness and social ethics. Each individual has a cultural background, religion, and social norms that influence their views on sex. Sexual intelligence involves understanding how these factors shape sexual behavior and interpersonal relationships. Michel Foucault emphasized the importance of communication and agreement in sexual relationships. Both parties must have good agreement and communication before engaging in sexual intercourse. The author of *The History of Sexuality* criticized traditional sexual morals on the basis of taboos and prohibitions, thus creating a false awareness of sexuality. He argued that sexual differences should be accepted and appreciated, not judged or rejected (Marino 2024).

LGBT sexual relationships are not part of sexual intelligence. Young adults who are LGBT even disrupt the dominant sexual culture that perpetuates gender-based violence through CIS heteronormative logic. CIS heteronormativity assumes that a gender identity that matches one's birth sex and heterosexual sexual orientation is the standard and expected norm (Wright & Falek, 2024). Distributing images or videos of intimate relationships without the consent of a partner is also not part of sexual intelligence, although victims are generally reluctant to report or respond to incidents of image or video distribution. Teenagers unknowingly construct social norms and meanings that sex is immoral. Teenage girls feel an imbalance between the rewards they receive versus the costs they receive, whereas boys gain value through their involvement in sexting (Setty & Dobson, 2024).

Religion plays an important role in determining sexual intelligence. Religious background is a parameter that encourages couples to accept their sexual life as it is. Attention processes, including sexual activity, significantly influence action control. Tests on Dutch Calvinists compared with Dutch atheists and tests on Italian Catholics compared with Italian secularists revealed that Calvinists presented a smaller Simon effect and that Catholics presented a greater Simon effect than atheists did. This pattern suggests that religion either emphasizes individualism or influences action control in some way (Hommel et al., 2011).

On the basis of the provided context, the current study was intended to critically analyze how understanding and developing sexual intelligence can contribute to individuals' responsible decision-making, healthy relationships, and ethical behavior. More specifically, the research was aimed at 1) exploring the concept of sexual intelligence; 2) examining the important values of sexual intelligence; and 3) examining the potential of sexual intelligence in an effort to enhance character education for the nation's youth or young generation.

## 2. Research Methodology

This study uses a qualitative approach with a literature method to explore relevant concepts, theories, and previous research results. This literature review method is relevant because it is able to provide a strong theoretical basis for this study. We chose a narrative literature review because it is more flexible and allows us to conduct extensive exploration (Sukhera, 2022). Narrative literature reviews allow us to build a theoretical framework by exploring various approaches to sexual intelligence.

We attempted to examine the relationship between character and sexual intelligence from psychological, educational, and cultural perspectives. To be stronger, we also employed a documentary source of data (Suwartono, 2014). Document analysis was conducted to review educational curricula, policies, or modules related to character formation and sexual intelligence. This study is exploratory and synthetic (Sukhera, 2022). The results are in the form of conceptual mapping, research trends, or critical discussions regarding the development of sexual intelligence issues.

The main characteristics of this literature review are as follows: (1) it is descriptive and exploratory, namely, it describes and explains research in a field; (2) it is flexible because it does not have to follow strict protocols such as systematic reviews but still considers the quality and relevance of sources; (3) it is synthesis-based, namely, it aims to integrate various findings from various sources to provide a broader picture; and (4) it is subjective, meaning that it can be influenced by the researcher's perspective and interpretation. This narrative literature review method involves the following steps: (1) Determining the topic and scope; (2) Determining the research area and main questions and choosing the aspects to be studied, both regarding theory, concepts, and trends; and (3) Searching the literature, using academic databases such as Google Scholar, Scopus, PubMed, or ScienceDirect. We also selected relevant sources in the form of books, journals, articles, dissertations, etc. (4) Literature analysis and synthesis were conducted by grouping studies on the basis of main themes or concepts. (5) Compiling and writing the results of the study by creating a narrative that connects the various studies that have been analyzed. We also identified research gaps and provided related suggestions.

## 3. Results and Discussion

Sexual intelligence is a person's ability to understand, manage, and express their sexuality in a healthy, responsible, satisfying, and religiously compliant manner. This concept includes a deep understanding of the biological, psychological, social, and emotional aspects of sexuality, as well as the ability to communicate and interact healthily in sexual relationships. Sexual intelligence involves not only knowledge of physiology or techniques in sexual activity but also emotional, communication, and ethical aspects. Sexual intelligence includes the following: (1) self-awareness and sexual understanding, by understanding needs, desires, and self-limitations in sexual relations; recognizing psychological factors that influence sexual preferences; and being able to distinguish between healthy and destructive sexual urges. (2) Knowledge of sexuality. Intelligent people understand the anatomy and physiology of the body and their sexual function. They also know about sexual health, including contraception, sexually transmitted infections, and sexual dysfunction. In fact, they understand the legal and ethical aspects of sexual activity, such as age limits and consent in sexual relations. (3) People who have sexual intelligence are skilled in sexual communication. They are able to express their sexual needs and desires clearly and comfortably to their partners. They are able to say "no" or set boundaries in sexual relationships without pressure. Furthermore, they are able to listen to and understand their partner's perspective on sexuality. (4) Sexual intelligence is characterized by the expression of empathy and emotional connection in sexual relationships. Couples are able to build intimate relationships that are full of respect and empathy. They realize that sexuality is not only about physical satisfaction but also about emotional connection and attraction. Husbands and wives respect each other's preferences and boundaries in sexual relationships. (5) People who are sexually intelligent have self-control and sexual responsibility. They are not impulsive in making decisions related to sexual activity. Intelligent people are able to control sexual urges so as not to harm themselves or others. They make responsible decisions regarding sexual health, including the use of contraception and regular sex check-ups.

Moreover, what is not part of sexual intelligence includes the following: (1) Just have knowledge about sex. Some may understand sexual theory or anatomy, but if they cannot apply it in life in a healthy way, then that is not sexual intelligence. (2) There are people who have physical or technical sexual abilities alone. They have skills in sexual activity, but that does not mean that someone has sexual intelligence if it is not accompanied by emotional understanding, ethics, and responsibility in relationships. (3) Irresponsible sexual behavior is also not sexual intelligence. Free sex without considering health and its consequences, impulsive behavior in sexual activity, or sexual exploitation is not part of sexual intelligence. Likewise, people who have sex without considering religious norms can be called not sexually intelligent people. (4) People who use sexuality

as a tool of manipulation are not part of sexual intelligence. They use sex as a tool to obtain something, manipulate their partner, or as a form of power. (5) People who view sexuality as only a physical activity are not sexually intelligent. If someone sees sexuality as only a biological act without understanding the psychological, social, and emotional aspects, then that is not sexual intelligence. Therefore, sexual intelligence is a combination of self-knowledge, good communication, empathy, and responsibility in living a sexual life. It is not only about sexual activity itself but also about how a person understands, manages, and expresses sexuality in a healthy, ethical, and religious way. Having good sexual intelligence can help a person build healthier relationships, understand their own needs and boundaries, and avoid the risks associated with irresponsible sexual behavior. What makes it different from nonsexual intelligence can be seen in Table 1 below.

**Table 1** Sexual intelligence versus nonsexual intelligence.

| Sexual intelligence  | Nonsexual intelligence  |
|--|---|
| Sex occurs after the couple is married.  | Adultery is not part of sexual intelligence.  |
| Intelligent sex can be done with anyone, as long as it is done within the bonds of marriage and is done between a man and a woman.   | Sexual relations by committing adultery or having relations with the same sex are not part of sexual intelligence.  |
| Sex that provides satisfaction for both husband and wife.  | Getting satisfaction in a lesbian, gay, bisexual or bisexual way is not part of sexual intelligence.  |
| Sexual relations that satisfy women, because they have autonomy in sexual relations.   | Forcing sexual intercourse with a partner while the husband has HIV/AIDS or other sexually transmitted diseases, even though the dominance of masculinity gives authority to the man. |
| The husband gives sexual satisfaction to his wife, without having to squirt. Even if he succeeds in squirting, it is only a "bonus". | Providing squirting for the partner, without providing sexual satisfaction.   |
| Letting your wife take care of her hair and body is also one of the smart ways for men in their sexual life.                         | Forbidding your wife from taking care of her hair and body is not sexual intelligence.  |
| Trying to increase the self-confidence of women who suffer from diseases that impact sexual relations is sexual intelligence.        | A husband who allows his wife to suffer from a disease that affects sexual relations is not part of sexual intelligence.  |
| The life of a man who has a high sexual desire is sexual intelligence. Feminism is also a natural movement.                          | The feminist movement that causes male sexual arousal to decrease is not part of sexual intelligence.   |
| Maintaining passion and striving for quality sexual relations in sexual relationships until old age.                                 | Allowing yourself to live a dirty life and not taking care of your body and mind is not part of sexual intelligence.  |
| Maintaining communication with your partner to create mutual understanding is part of sexual intelligence.                           | Apathy and indifference toward one's partner is not only not part of a couple, but can destroy a husband and wife relationship.   |

The most important form of sexual intelligence is couples that have sex after they are married. As many as 62 people who were interviewed stated that men's sexual desire is greater than women's desire in marriage. However, both stated that sexual activity after marriage is very important. They believe that healthy sex in marriage is a measure of their well-being (Elliott & Umberson, 2008). Even if rape occurs between a husband and wife after marriage, it cannot be called a crime. The law provides an exception for husbands and wives to have sexual relationships after marriage (Adinkrah, 2011).

There are several factors that influence the sustainability of romantic relationships between husbands and wives. One factor that is rarely explored empirically that influences sexual satisfaction is the level of self-differentiation. One aspect of self-differentiation is that women have autonomy, namely, the ability to maintain one's boundaries. Autonomy has a positive effect on women's ability to create high-quality sexual relationships in terms of both satisfaction, assertiveness, motivation, awareness, and self-esteem (Główczewska & Pastwa-Wojciechowska, 2023). Indeed, it can be called a crime when a husband who is suffering from HIV/AIDS or other sexually transmitted diseases forces sexual relations with his wife. Hegemonic masculinity is characterized by sexual privilege. Male dominance as a breadwinner has the right to force his wife. Femininity is characterized by tolerance for marital rape because women want to please their husbands and seek to obey them (Mugweni et al., 2012).

Sexual satisfaction is key to a high-quality marriage. However, sex in marriage often declines as we age. Middle-aged heterosexual and lesbian married women are increasingly coming to terms with themselves as lesbians and heterosexuals in middle age (Paine et al., 2019). Studies in the United States have shown that women not only try to achieve orgasm but also squirt to achieve sexual satisfaction. With respect to the way women in the United States squirt, as many as 65% accidentally explore with a partner (51.6%) or explore alone (13.8%), whereas the rest cannot remember it (Hensel et al. 2024).

Letting your wife take care of her hair is also one of the smart ways for men in their sexual life. The quality of a woman's hair is an important indicator of sexual attraction in a romantic relationship. The quality of a woman's hair affects the husband's assessment of his wife's attractiveness, which in turn arouses greater sexual desire in men toward their partners (Cheon et al., 2023). Women who have problems with their breasts can interfere with their mood in sexual intercourse. When patients undergo breast reduction surgery, their breast tissue becomes physiologically better. This condition has a positive effect on

the patient's emotional condition, thereby increasing self-confidence. This also has a positive effect on their sexual function (Altuntaş et al., 2021).

Sexual desire includes social aspects. It is important here to address stereotypes and social norms that can influence sexuality. Sexual desire and sexuality include a number of physical, social, mental, and emotional aspects. The prevailing reality is that young people, especially men, always have high sexual desires. However, the reality in Switzerland shows that many young men have low sexual desire. Several movements that lead to the advancement of social norms and women's empowerment could be the cause of the decreasing sexual desire of men in Switzerland. Likewise, the norms of masculinity, including the idea of high libido, are gradually being deconstructed, which can drive men to have lower sexual desire (Chok et al., 2024).

Smart sex can be performed with anyone, as long as it is performed within the bonds of marriage and is performed between a man and a woman. Having sex with an overweight wife, for example, is not a problem. Research shows that women with a body mass index (BMI) are no different from women with a normal weight. Overweight women do have lower self-esteem than women with normal weight do, but women with high or low weight do not have sexual dysfunction (female sexual dysfunction - FSD) (Di Nardo et al., 2021).

Maintaining passion and seeking quality sex in sexual relationships into old age is part of sexual intelligence. Sexual intimacy in couples in old age is indeed not easy to maintain due to declining health quality. A study of women and men aged 60–82 years in Poland and the Czech Republic revealed three themes: (1) sex throughout their lives as intimate relationships between individuals; (2) experiences of changes in sexual intimacy due to health, thus forming new intimacy patterns; and (3) no intimacy at all. In general, older people in these two countries are in the second theme, where health affects their intimacy and changes intimate relationships in other ways (Gore-Gorszewska & Ševčíková, 2023). Sexual health is an important issue for women after undergoing breast cancer treatment. Sexuality is considered a primary health care requirement in the care of survivors of breast cancer (Oberguggenberger et al., 2017).

Cross-cultural studies explain that sexual relationships are closely related to partner communication. Differences among cultures can create potential barriers to communication, whereas communication and trust are essential to achieving sexual satisfaction and well-being. However, most intercultural couples can overcome communication barriers, especially if the couple is colored by a romantic love relationship (Hill et al., 2025).

Lesbian, gay, bisexual and transgender (LGBT) sexual activity is not part of sexual intelligence. In the UK, LGBT people feel ashamed and anxious if their identity is identified. They try to avoid their identity being known as LGBT, so they always manage how to hide, disguise and express their fandom, both online and offline (Halliwell, 2023). LGBT individuals are not part of sexual intelligence, although their existence continues to be strengthened by the development of universalized sexual political citizenship. The historical materialism of gay liberationists offers a conceptual and political legacy in which LGBT people are what they call creative escape. The state apparatus that punishes and acts repressively toward them is used as a reason for them to be political. Therefore, the LGBT's sexual political attitude is a form of opposition to the government's attitude. In fact, state punishment for LGBT is the attitude that should be, as an expression of the constitution carried out by the apparatus (Stoffel 2022).

With respect to LGBTs, many new theoretical frameworks for understanding sexual health literacy in action are grounded in and enabled through complex community practices and multisectoral services, which are influenced by emerging (and legacy) technologies (McDaid et al., 2021). However, the effort was done excessively. Therefore, it is easier and more normal to inhibit the growth of LGBT individuals by promoting a normal sexual life. Decreased sexual desire (libido) is caused by one of the reasons why the patient is depressed. People who are depressed can be treated with antidepressants. However, not all people who are depressed can be treated with antidepressants to overcome their sexual disorders (Arikan et al., 2021).

Sexual relationships with temporary partners are not part of sexual intelligence. Research conducted in the UK shows that online dating is now commonplace in finding sexual or romantic partners. Therefore, 40 adults were interviewed about the role of digital technology in their sexual lives. The results revealed that 22 people used online technology to find partners. Sixteen of the 22 people met in person. Of the 22 people, 3 were under 20 years old, 11 were women, and 2 were from black, Asian and minority ethnic communities. None of them identified as nonbinary or transgender. Instant sex resulting from this online communication is not well selected. It is not impossible that the results of this online communication actually cause people to fall into LGBT (Reid et al., 2022).

There is a stereotype that women with red hair have greater sexual desire, greater sexual activity, a greater likelihood of having more sexual partners, earlier initiation of sexual life, and higher levels of sexual compliance. This stereotype is based on the assumption that red-haired women are more sexually permissive, thus encouraging potential partners to try to have sex with them. However, the results of this study illustrate that red-haired women's sexual desire does not mediate more free sexual behavior. This means that women with red hair do not necessarily have high sexual desire and are more permissive in matters of sex (Sýkorová et al., 2022). Therefore, choosing a woman with red hair or other hair is not part of sexual intelligence. With anyone is possible, as long as it is done after using a strong bond in the form of marriage.

Watching pornography to increase sexual arousal is not necessarily considered female intelligence. The interviews with 30 women living in the UK and Greece revealed that women watching pornography had positive consequences for their sexual

lives, but they also had negative consequences. Some women said that they felt more sexually empowered by using pornography (Litsou et al., 2024). Pornography use appears to be persistent across time and culture, as it is a universal human trait. There is a significant relationship between viewing pornography, sexual fantasies, and sexual behavior. Pornography use provides an opportunity to engage in media-mediated sexual fantasies. Orgasm-centered sexual relationships and bonding and discipline, sadism, and masochism (BDSM) occur as a result of sexual fantasies and behaviors. However, pornography use is not part of the BDSM community (Marques et al., 2024). A study involving 1,329 adults asked about their pornography use revealed that participants who did not watch pornography had more positive attitudes toward sexual consent, whereas those who watched pornography every day tended to feel uncomfortable asking for or giving sexual consent (von Andrian-Werburg et al., 2024).

Sexual education is very important in anticipation of reproductive failure, which can lead to unplanned pregnancies. Research conducted in southern Brazil describes an event without sexual education; two young women aged 14–21 years became pregnant, while they had human immunodeficiency virus (HIV). The pregnancy of women at a young age certainly causes despair, as they face the transition to adulthood (da Silva et al., 2022). Research conducted in Michigan further reinforces the importance of early sex education. Thus, sex education strengthens sexual self-efficacy. The strength of sexual self-efficacy at a young age has a cascading effect into adulthood. Indeed, sexual self-efficacy depends on measures of socioeconomic status, but past sexual self-efficacy strongly influences current sexual self-efficacy and even future sexual self-efficacy (Cha, 2022).

Sex education helps the young generation to have responsible attitudes and behaviors toward sex for a harmonious sexual life. A study conducted in secondary schools in urban areas in southwest Nigeria revealed that there is a significant relationship between sex education and healthy sexual behavior (Ademuyiwa et al., 2023). Sexual health services should be made available in a variety of settings, which can serve those with sexually transmitted infections and increase benefits in access to health care. Universal health care should include access for all to testing, including asymptomatic screening (Medland et al., 2022).

Sexually intelligent people do not take for granted or are by chance. Rather, they exist through a long process, in various aspects of life. One factor that influences sexual intelligence is religion. Some people who have a strong religion tend to be better able to restrain themselves from having sex to avoid adultery. Most religions, whether Islam, Christianity, Judaism, Hinduism, or other religions, have strict teachings regarding sexual relations. In religion, sex is often considered sacred and may be done only in a legal marriage. Therefore, individuals who have strong religious beliefs make religion a guideline in living their sexual lives. This teaches that adultery is a forbidden act, and they believe that following religious teachings is a way to live right and obtain blessing. Accurate and comprehensive sex education can increase intelligence. Sex education not only includes information about anatomy and sexual function but also emphasizes values, such as partner consent, honor, and self-care. Personal experiences about sex, both positive and negative, can affect their sexual intelligence. All of these sexual experiences can shape attitudes and beliefs about sexuality. The culture and society in which a person grows also influence how they view sex. Social norms, religion, and laws can reinforce or challenge a person's views about sexuality. Emotional intelligence is also closely related to sexual intelligence. The ability to understand and manage one's own emotions and to recognize and respond to the emotions of others is essential in the context of healthy sexual relationships.

Sexual intelligence is very useful for creating healthier relationships. Individuals with high sexual intelligence tend to have more open, trusting, and respectful relationships. Couples who have sexual intelligence are more likely to be satisfied. The husband and wife have a better understanding of the needs and desires of themselves and their partners. Their experience of sex becomes an added value so that their sexual relationship improves. Sexual intelligence is very important for improving sexual health. Both are aware of the importance of preventing sexually transmitted diseases to reduce risk.

Sexual intelligence can reduce stigma and discomfort. Individuals are better able to talk about sex in a healthy way, reducing shame or discomfort. Therefore, it can be said that sexual intelligence is an important aspect of creating a healthy, safe, and satisfying sex life. For that, it is important to continue to improve the understanding of sexuality, educate oneself and others, and respect the rights and boundaries of each individual.

#### 4. Conclusions

Sexual intelligence is a person's ability to understand, manage, and express his or her sexuality in a healthy, responsible, satisfying, and religiously compliant manner. This concept includes a deep understanding of the biological, psychological, social, and emotional aspects of sexuality, as well as the ability to communicate and interact healthily in sexual relationships. Sexual intelligence involves not only physiological knowledge or techniques in sexual activity but also emotional, communication, and ethical aspects.

Sexual intelligence occurs through a long process through various aspects of life. One factor that influences sexual intelligence is religion. Some people who have a strong religion tend to be better able to restrain themselves from having sex to avoid adultery. Accurate and comprehensive sex education can also increase sexual intelligence. Personal experiences about sex, both positive and negative, can influence their sexual intelligence. The culture and society in which a person grows also influence how they view sex. Emotional intelligence is also closely related to sexual intelligence. The ability to understand and

manage one's own emotions and to recognize and respond to the emotions of others is very important in the context of a healthy sexual relationship.

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### Ethical considerations

Not applicable.

### Conflict of interest

We, the authors of this article, declare that there are no conflicts of interest.

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