

A Theory on the Nonlinear Relationship of Sexual Behavior and Aggression

Sayed Ali Marashi*

Abstract

Objective: Claims have been made that more sexual liberalism in society than what generally existed in human history is necessary to promote societal tranquility and reduce violence. This research was conducted to investigate the real relationship between sexual behavior and aggression based on scientific data especially from the perspective of physiological psychology.

Method: This study was a narrative review and utilized evidence-based findings from neuropsychology, psychophysiology, laboratory research, and field studies. Databases were explored for related terms until sufficiency was reached. The findings were categorized and analyzed descriptively and interpretively to establish connections between the findings. Ultimately, a comprehensive conceptualization was developed to conclude a theory on the relationship between sexual behavior, sexual satiety, and aggression.

Results: The study indicated that unrestrained sexual behavior leads to an escalation of the behavior, rather than satiation, and aggression rather than calmness. This may be due to positive feedback in the nervous and hormonal systems, specifically mediated by the medial preoptic area (MPA) and testosterone, leading to aggressive behavior. However, since sexual deprivation can potentially lead to aggression, it is advisable to view the relationship between sexual activity and violence as a non-linear one.

Conclusion: This paper establishes that the intensification of sexual behaviors leads to increased violence and aggression in society, ultimately elevating levels of public insecurity. Therefore, limiting sexual behavior within the framework of the relationship of married couples may serve as a moderating factor for this phenomenon.

Key words: Aggression; Medial Preoptic Area; Positive Feedback; Sexual Behavior; Testosterone

1. Department of Psychology, Shahid Chamran University of Ahvaz, Ahvaz, Iran.

*Corresponding Author:

Address: Department of Psychology, Shahid Chamran University of Ahvaz, Ahvaz, Iran, Postal Code: 6135813453.

Tel: 98-916 1113515, Fax: 98-61 33360609 Email: sayedalimarashi@scu.ac.ir

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Human behavior is intricately controlled by the interplay between the endocrine and nervous systems (1). The endocrine system, comprising a network of endocrine glands and their secreted hormones, orchestrates physiological processes by delivering hormones to target tissues via the bloodstream. These hormones bind to specific receptors on target cells, eliciting cellular structural and functional alterations. In contrast, the nervous system, encompassing the brain, spinal cord, and peripheral nerves, employs electrical signals and chemical messengers (neurotransmitters) to transmit information and regulate behavior. The nervous system's functions can be categorized as conscious or unconscious, voluntary or involuntary (1). The influence of the nervous system and the hormonal system on sexual behaviors begins during the fetal period. The brain of a male fetus is exposed to male sex hormones (primarily testosterone), which leads to differences in the brain compared to a female fetus. Indeed, "hormonal masculinization" has a profound impact on the development of the human brain, resulting in structural and functional differences between the brains of men and women (2). Sexual behavior is tightly controlled by finely tuned neural processes, which begin during development and are tightly regulated by gonadal hormones (3). Also, the electrochemical circuits related to the management of sexual behavior (and some other behaviors) in the brains of men and women are different from each other, and this difference is the result of the effect of sex hormones during the fetal period (2). The main source of male sex hormones is the testes, and the source of female sex hormones is the ovaries (1). Sexual behaviors are also influenced by another physiological factor called pheromones. Pheromones are chemical substances that are excreted in body secretions, such as sweat, and are received by the olfactory organ of the opposite or same sex (2). Although both sexes pursue and participate in sexual behavior, the specific actions involved in mating are sexually dimorphic. Consequently, the neural circuits that mediate sexual motivation and behavior in males and females overlap yet remain distinct. Moreover, sexual behavior is significantly influenced by circulating gonadal hormones in both sexes (4).

Animal sexual behavior, often misconstrued as a simplistic act, is a remarkably intricate phenomenon that encompasses a diverse array of physiological and psychological processes. This behavior, intrinsically linked to the perpetuation of a species, can be broadly categorized into three distinct yet interconnected components: mating, maternal care, and aggressive behavior. While maternal care is typically observed in both sexes, it is generally more pronounced in females. Conversely, aggressive behavior is more prevalent in males, although it is not absent in females. Each of these components plays a crucial role in ensuring the survival and reproductive success of the species. Mating

facilitates the production of offspring, maternal care nurtures and protects the developing young, and aggressive behavior serves as a defense mechanism against predators and a means of securing food resources. Contrary to popular perception, these three behavioral components are inextricably linked from physiological and psychological perspectives and constitute the fundamental elements of animal sexual behavior (2). In general, there are many commonalities between the regulatory mechanisms of sexual and emotional behaviors. For example, stimulation of the amygdala or hypothalamus leads to both sexual behavior and aggression (5).

Aggression and violence directly impact public safety, making it essential to understand the factors and mechanisms involved. These behaviors are pervasive among humans, with approximately half a million homicides occurring globally each year. Approximately one-third of women encounter aggression and violence, including sexual assault, often within the context of interpersonal relationships over their lifetimes. Furthermore, it is estimated that roughly half of all children worldwide experience various forms of aggression and violence, frequently perpetrated by family members or within educational environments (6). As in the past, some nations, like the Vikings, became extinct due to the increase in violent behavior (7), it is possible that the spread of violence threatens the survival of the human race, and this is in conflict with the rights of human society. Just as we prioritize "human rights", we should also consider "the rights of human society" and the survival of humanity. Unfortunately, the rights of human society (the rights of humanity) have been overlooked in favor of individual human rights. This research investigates whether sexual freedom benefits or undermines the overall security of human society.

While many elements such as cultural background, mental state, alcohol consumption, rising temperatures, and genetics influence aggression (8-10), the link between sexual arousal/behavior and aggression, despite its great importance, has received less attention. Generally, proponents of sexual liberalism argue that unrestricted sexual behavior, including female nudity, leads to the normalization of sexual stimuli, sexual satiety, reduced sexual excitement, and prevention of violence, while sexual deprivation causes aggression. A recent systematic review of 59 studies concluded that a positive correlation between pornography use and "nonsexual" violence appears to exist, although the causal relationship remains uncertain. Researchers have emphasized the need for further in-depth research to elucidate the specific connection between violence and pornography consumption (11). Thus, the current study aims to explore and theorize the potential effects of sexual behavior on aggression and sexual satiety, the underlying mechanisms, and the nature of the relationship, while assuming other influencing factor, such as cultural background, remain constant.

Materials and Methods

This research was a narrative literature review for understanding and theorizing the relationship between sexual behavior and aggression from the perspectives of neuropsychology and physiological psychology. Narrative literature reviews serve a vital scientific function, including post hoc theorizing, having a broad and integrated grasp, uncovering gaps that exist in a specific area of knowledge, and exploring the knowledge needed to make progress in that area of knowledge (12). Some narrative reviews could gain by drawing from the rigor of systematic reviews, which is tried to be observed in this research (13). It encompassed analyzing the currently available literature dealing with hormonal and neural control of sexual behavior and aggression, exploring the link between the two behaviors from physiological and experimental aspects, and matching and comparing the results with related classical theories in psychology. The entry criteria for eligibility were: literature relevant to hormonal and/or neural control of sexual behavior, literature from the fields of physiology, psychology, physiological psychology, or neuropsychology, literature that clarified the relationship between sexual behavior and violence, and literature that rely on evidence-based conclusions. The search imposed no geographical restrictions, although it was limited to studies published in English. Unpublished studies and grey literature were excluded from consideration in this review. The searches were conducted in 2023 and 2024, primarily focusing on literature from 2019 to 2024 and significant and unique works from earlier periods, especially those referenced in new studies. The search strategy utilized keywords such as “sexual behavior” along with other terms like “physiology,” “neuropsychology,” “aggression,” “hormonal control,” “neural control,” “neuroendocrine,” “testosterone,” or “medial preoptic area”. The databases searched included Google Scholar, PubMed, Scopus, PsycINFO, and Science Direct. The strategy of this study involved searching for primary key terms, developing the search strategy by logically identifying more search terms throughout the process, selecting relevant literature to the point of sufficiency, categorizing the findings by topic, analyzing findings descriptively and interpretively, organizing information by establishing a connection between different findings, doing comprehensive conceptualization based on the information, and presenting a final opinion and practical conclusion.

Results

Hormonal Control of Male Mating and Aggression

Administration of exogenous testosterone increases sexual impulsivity in normal human males (14).

Research conducted on castrated men showed that testosterone injections obviously increased their sexual activity. Testosterone not only affects sexual activity but is also affected by it, such that even thinking about sexual matters can lead to an increase in testosterone secretion (2). In a study, saliva testosterone levels in young men were measured while they watched five different types of films. Results showed that erotic and sexual content increased testosterone levels while stress-inducing content decreased it. No changes were observed for neutral or aggressive content (15).

On the other hand, testosterone is frequently regarded as an important regulator of aggressive behavior. However, various biopsychosocial factors influence the relationship between testosterone and aggression (16). While there is evidence suggesting that testosterone does drive aggression in certain species, some authors consider the causal evidence in humans to be inconsistent. However, a new and very comprehensive meta-analysis showed a significant association between baseline testosterone and aggression, with a stronger and significant effect in men but not women. Changes in testosterone were positively correlated with aggression, an effect that was also stronger and significant in men (17). Also, using a psychopharmacogenetic approach, researchers found that testosterone increases aggression in men (N = 308) (18). Adolescent boys experience increased aggressive moods due to a boost in testosterone which triggers sexual maturation (19, 20). It has been demonstrated that testosterone causes aggression by acting on V1 receptors in the hypothalamus (21). However, castration, which removes the main source of testosterone from the body, significantly reduces male aggression (22).

As can be seen from Figure 1, the hormonal cycle that drives sexual behavior forms a vicious cycle, where male sexual behavior, instead of leading to satiety, results in increased desire. This challenges the common belief that sexual freedom for men leads to sexual satiety. On the other hand, a rise in testosterone leads to increased aggressive behavior in men (2). Therefore, the increase in sexual stimulation of men (or the expansion of sexual behavior in them) causes an increase in the rate of male violence through testosterone rising (Figure 1). It has been shown that, during the mating season, the rate of male monkeys' aggression toward females increases, whether females are ready to mate or not (23). Some studies indicate that testosterone is also one of the mediators of female sexual behavior and aggression (23, 24).

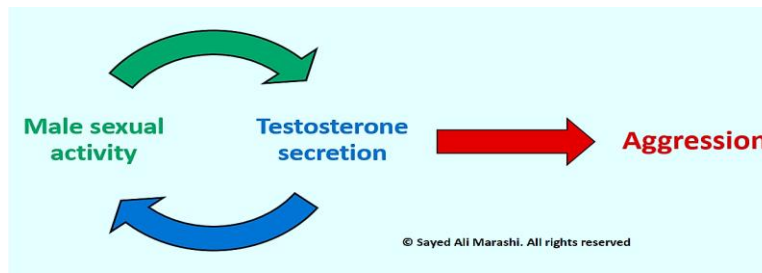


Figure 1. The Positive Hormonal Feedback (Vicious Hormonal Cycle) of Sexual Behavior Leads to Violence.

Neural Control of Male Mating and Aggression

Electrical stimulation of the medial preoptic area (MPA) in the brain, which is located in the rostral part of the hypothalamus, stimulates male mating behavior. Interestingly, male sexual activity also increases MPA activity (2, 25) (Figure 2). Moreover, MPA neurons project to the ventral tegmental area (VTA) and periaqueductal gray (PAG), regulating mating behaviors and associated reward displays. The VTA, in turn, projects extensively to the nucleus accumbens (NAc) (the brain reward hub), releasing dopamine within. Mesolimbic dopamine signaling is indispensable for reward processing. Importantly, this signal was sustained without rapid decay during activation periods, suggesting a cellular mechanism underlying repetitive self-stimulation in mice seeking reward. This reward is analogous to human pleasure, motivating repeated mating attempts (25). Thus, in addition to the hormonal vicious cycle that drives male mating behavior, which was considered earlier, it seems that there is also a neurological vicious cycle driving male mating behavior (Figure 2).

On the other hand, the MPA also stimulates male aggression. Examinations revealed that there are

common neural centers in the hypothalamus for sexual activity and male aggression in mice (26). Studies show similar results in cats and dogs (27). Also, an experiment shows that in male mice, if the maximum stimulation of the nerve centers of sexual behavior occurs after sexual activity, then aggressive behavior appears (28). Therefore, the increase in sexual arousal of males or the expansion of sexual behavior in them through the stimulation of MPA causes an increase in the rate of male violence (Figure 2).

A common neural pathway is involved in mating and aggressive behaviors. Stimulation of the amygdala enhances sexual performance while also triggering violent emotional responses. The amygdala appears to carry out these functions through the hypothalamus. Conversely, damage to the amygdala abolishes mating behavior, induces docility, and reduces hyperemotionality. The hippocampus appears to regulate the signals from the external environment, whereas the amygdala and hypothalamus manage the response to social stimuli (5). Therefore, the impact of cultural and cognitive factors on sexual behavior is also mediated by the nervous system (1).

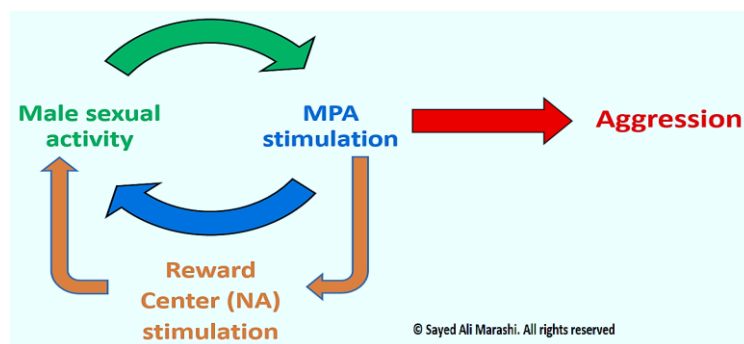


Figure 2. The Positive Neural Feedback (the Vicious Neural Cycle) of Sexual Behavior Leads to Violence.

Interaction of Hormonal and Neural Control of Male Sexual Behavior

Injecting testosterone into the MPA of castrated male rats resulted in a return of aggression (29). This suggests that an intensification of the hormonal cycle can also intensify the nervous cycle. Figure 3 shows how

hormonal and neural vicious cycles can work together to lead to maximum sexual behavior, which may result in sexual stimulation rather than satiety and ultimately lead to violence. In the nervous system, there are special receptors for each of the mating, maternal, and aggressive behaviors stimulated by sex hormones (29).

Sex hormones stimulate specific receptors of each of

these behaviors simultaneously (30).

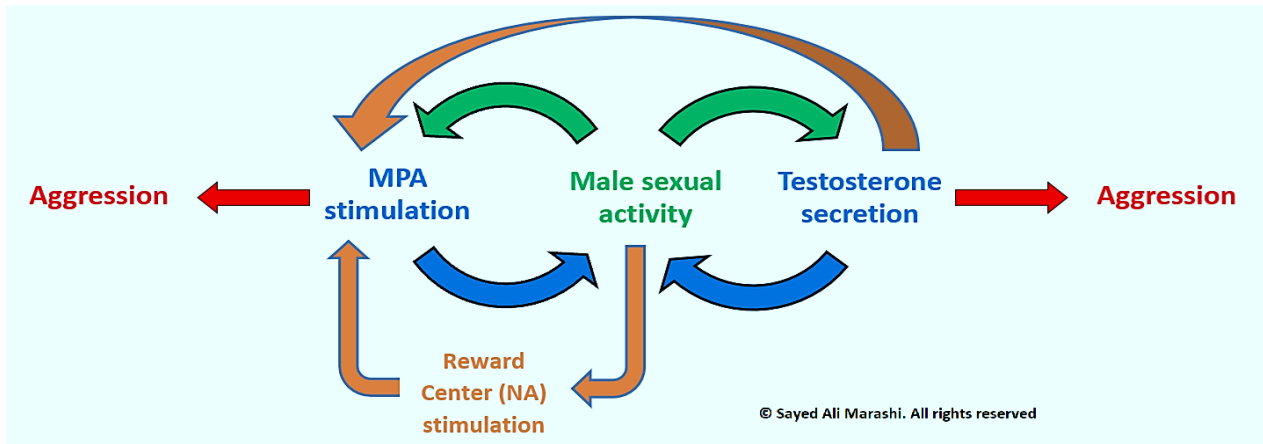


Figure 3. Hormonal and Nervous Systems Reinforce each other in Increasing Sexual Hunger and Aggression.

Hormonal Control of Female Mating, Maternal Behavior and Aggression

The rise in estradiol followed by progesterone triggers sexual activity in women (4). However, it has been found that along with estradiol and progesterone, testosterone also plays a crucial role in female sexual behavior. Increased testosterone secretion during ovulation is correlated with a higher frequency of intercourse in a menstrual cycle (31). Additionally, testosterone not only activates female mating behavior but also female aggression. Maternal behavior in women is influenced by estrogen, progesterone, and prolactin (2). There is no evidence of a vicious cycle between maternal behavior and mating behavior through hormonal mediation. Therefore, to the extent that mating behavior can lead to aggression, it does not end in maternal behavior.

Neural Control of Female Mating, Maternal Behavior, and Aggression

Just as the MPA is crucial for male sexual activity, the ventral-medial nucleus of the hypothalamus (VMH) is important for female sexual activity (32). If the VMH is activated by estradiol and then progesterone, it leads to the stimulation of female mating behavior. In females, stimulation of the MPA to VTA neural pathway (the latter is located in the midbrain) causes maternal behavior. Additionally, the VTA triggers aggressive behaviors in females (2). Moreover, while VMH neural ensembles encoding sexual and aggressive behavior seem to largely overlap in males, they show minimal overlap in females (33). Therefore, it seems that female mating behavior does not lead to aggressive behavior through the nervous system (33). However, as previously mentioned, mating behavior and aggression in females have a hormonal relationship and are influenced by a common hormone, namely testosterone. However, after pregnancy, maternal behavior and

aggression share a common neural pathway that both pass through the VTA. Therefore, although female mating behavior does not immediately lead to aggression through the nervous system, if the mating behavior results in pregnancy, it subsequently leads to maternal behavior and aggression (2).

The Role of Pheromones in Mating, Aggression and Maternal Behavior

Pheromones are chemicals that animals and humans release into the air through sweat, urine, or other external secretions. These chemicals are detected by other animals or humans. Most pheromones are detected through the olfactory bulb, and some are absorbed through the skin. The pheromones present in female secretions stimulate male sexual behavior (34). Interestingly, when women live together for a while, their menstrual cycles can coincide, and the presence of men can make these cycles shorter (2). The olfactory organ sends messages from pheromones to the MPA and VMH nuclei in the hypothalamus through nerve pathways and stimulates sexual reactions (2). In mammals, unlike insects, female pheromones simultaneously stimulate mating behavior and male aggression (35). The bed nucleus of the stria terminalis (BNST) is a ventral forebrain structure interconnected with other limbic regions (36). Male BNST neurons which receive signals from the olfactory bulb, employ chemosensory cues to differentiate between sexes, guiding mating behavior towards females and aggression towards males. While the MPA of the hypothalamus is essential for male mating, chemosensory input to BNST neurons innervates the MPA. In sexually inexperienced males, BNST neurons exhibit a distinctive activity pattern associated with sex recognition, predicting subsequent mating with females and fighting with males (25).

Experimental Evidence in Humans

Zillmann, Hoyt & Day in an experiment showed 3 types of movies to three groups of people. The first group watched a nude sex film, the second group viewed a film full of aggression, and the third group saw a neutral film describing an excursion. The stimulation of the sympathetic nervous system of these subjects was tested by measuring heart rate and blood pressure. The group that had seen the sex film had the highest sympathetic arousal. It is important to note that sympathetic arousal is a precursor to aggression and violence. In the next step, the subjects were employed as teachers who had to give electric shocks to the learners for their mistakes. The group that had seen the sex film gave the most severe shocks to the errant learners. Moreover, the applied shock intensity had a positive correlation with the initial sympathetic stimulation intensity (37).

As mentioned before, in a study, watching sexually arousing films increased testosterone levels in young men, while watching violent films did not (15). Considering the violence-inducing effect of testosterone, this study also confirms that sexual arousal is a factor for the tendency to violence. As Krahe, Tomaszewska, & Schuster emphasize, exposure to pornographic material has been linked to sexual aggression perpetration and victimization in a large body of research (38). A recent study investigated the effects of diverse emotional stimuli on response inhibition in a Go/No-Go task. The results demonstrated increased impulsivity in both sexes during sexual arousal, with a more pronounced effect in men (39).

Psychological and Psychoanalytic Theories

Aggression can have various psychological causes, such as social anxiety (40); in this article, however, the focus is on the effect of sexual arousal/behavior on aggression. The concepts of aggressive and sexual drives are cornerstones of the psychoanalytic epistemological system (41). Although psychoanalysis began with a focus on the sex drive, few psychologists have considered the relationship between sexual and aggressive drives. According to the primary theories of Sigmund Freud, the sexuality of most males contains an element of aggressiveness—a desire to dominate; both drives share common biological origins (41). Freud believed that both sexual and aggressive drives originate from the id, while the superego attempts to control both drives (42). From a comparative view between psychoanalysis and neuropsychology, it can be suggested that the id in Freud's theory is equivalent to the limbic system, the superego is equivalent to the prefrontal lobe of the brain, and the ego is equivalent to the parietal-occipital-temporal communication area, especially Wernicke's area. This suggestion is because the limbic system is the neural origin of basic tendencies and behaviors that are necessary for survival or generation, the prefrontal lobe is the origin of phenomena such as morality, inhibition, self-control, and self-regulation, and Wernicke's area is the center for data

analysis and thinking (1) The limbic system, including hypothalamus, amygdala, etc., contains neural centers for motivational/emotional processes such as love, sexual activity, and anger (1, 41). These components of the limbic system, especially the hypothalamus, have common centers in the production of sexual and aggressive drives. This issue also indicates the closeness and connection of these drives. Freud (43) wrote that "male sexual urges are often mixed with aggression."

Erick Fromm (43) considered defensive aggression to be the result of disinhibition due to sexual orientation. Dolf Zillmann integrates theory and research from biology, anthropology, neurophysiology, endocrinology, psychophysiology, and psychology, and concludes that there are mutual influences between sexuality and aggression (44). Melanie Klein also noted the biological aspect of aggression (41). Alfred Adler initially believed that individuals strive for dominance and perfection as a means of compensating for feelings of inferiority. Aggression, often perceived as a masculine characteristic, played a significant role in this drive (42). However, given that men typically hold dominant roles in sexual encounters, it is possible to see a correlation between sexual behavior and aggression in Adler's framework.

In contrast, Wilhelm Reich, who was one of the pioneers of sexual liberalism (45, 46), considered sexual deprivation, rather than sexual activity, to be the cause of violence. He believed that if sexual restrictions in societies are removed, violence in the world will disappear or be reduced (47). Recently, some theorists in the field of criminology have emphasized that although deprivation is not a sufficient explanation for violence, any type of deprivation can increase the readiness for aggression. For example, hunger or sleep deprivation and, in the same way, sexual deprivation can be part of the causal network of aggression (48). If we assume that deprivation and failure in general can cause aggression, and if we assume that the sex drive is the strongest as Freud thought early on, or at least a strong drive, then Reich's conclusion also seems to be rational. However, has the application of Reich's opinion eliminated violence in the world?

Global Experiences

The number of homicides reached a peak in 2021 at nearly a half-million worldwide, and the number of civilians killed in war operations in 2022 was 16,988 – an increase of 53 percent over the previous year (49). Globally, 81% of murderers are male, while 56% of victims are female (50). This fact is consistent with the physiological role of testosterone in violence. Many countries are significantly affected by sexual violence, including partner murder and rape, alongside non-sexual violence. In recent years, Sweden has witnessed a significant escalation in victimization involving both lethal and non-lethal weapons. In this country, among men aged 15 to 29, the risk of experiencing fatal or non-fatal gun violence has increased fivefold over the past 20

years (51). France is a pioneer country in liberalism. However, there has been a steady increase in femicide in France in recent years (52). Spain and Germany struggle with femicide too (53, 54). Overall, violence against women, including femicide, is a serious issue in many parts of Europe (55). In America, alongside individual murders of men and women, mass murders have also emerged as a significant issue (56). Thus, the global experience also shows that contrary to Wilhelm Reich's opinion, in countries committed to sexual liberalism, violence has not disappeared; instead, it is increasing.

Discussion

Scientific evidence suggests that increased sexual behavior is a factor in sexual hunger as well as aggression. Physiological findings align more closely with Freud's perspective, who identified a connection between sexual behavior and violence. Fromm, Zillmann, and Adler had almost the same opinion. However, Reich's viewpoint is also reasonable in one respect, as the sex drive is a powerful force, suggesting that sexual deprivation could potentially result in violence. How should these two conclusions, which are both acceptable, be reconciled? Both sexual deprivation and sexual freedom appear to lead to violence. Some authors insist that mild sexual arousal may be associated

with decreased aggression and intense sexual arousal with increased aggression (43).

However, in this article, it is suggested that the relationship between sexual behavior and violence is not linear but a curvilinear one. This means that both insufficient and excessive sexual satisfaction both lead to an increase in violence, and moderate sexual satisfaction is the most optimal mode for controlling violence. This perspective is presented in Figure 4 and Figure 5, indicating that violence escalates when sexual arousal surpasses sexual satisfaction or when sexual behavior extends beyond arousal. This implies that when sexual activity is more than necessary or when there is sexual deprivation, violence can ensue. There are two situations where arousal exceeds satisfaction: when there is deprivation or when there is an overload of sexual stimulation in both real and virtual space. The latter occurs in the environment of sexual liberalism and can be caused by sexual display, nudity, and eye contact. However, excessive sexual activity is also observed in the environment of sexual liberalism which may lead to an increase in social violence. On the other hand, in the atmosphere of sexual liberalism, it is possible that because of women's nudity and body exposure, the arousal of men exceeds their satisfaction, which results in the continuation of their sexual hunger or deprivation. Sexual hunger or deprivation of men, in turn, can lead to their aggression toward women.

sexual arousal > sexual satisfaction → increased violence
sexual arousal < sexual satisfaction → increased violence
sexual arousal = sexual satisfaction → decreased violence

Figure 4. The Correlations between Sexual Arousal, Sexual Satisfaction and Violence.

The least violence occurs when the level of arousal is equal to the level of satisfaction, a situation that can only be achieved if sexual behavior/arousal is limited to the context of spousal relationships. As a piece of evidence, Seffrin examined data on a sample of 4,597 males and 5,523 females. Employing hierarchical linear modeling (HLM) regression analyses, he found that sexually active men who engaged in non-monogamous relationships exhibited a higher propensity for violence compared to men in monogamous relationships or those who were not sexually active. His findings suggest that sex competition be further examined as a potential cause of male violence (57).

It is not necessary to explain that violence and aggression are a function of various variables such as alcohol, gambling, psychopathology, cultural issues,

access to weapons, various deprivations, etc. This article focuses only on the pure effect of sexual behavior on violence, and the conclusion is correct assuming that other variables remain constant. This is also true for previous theories, such as Reich's theory. As evidence, Lussier and Healey studied a sample of 100 at-risk children. Semi-structured interviews were completed with the primary caregiver and the child. The structural model examined showed a significant latent correlation between physical aggression and sexual behaviors across models tested, after controlling for child and familial characteristics (58).

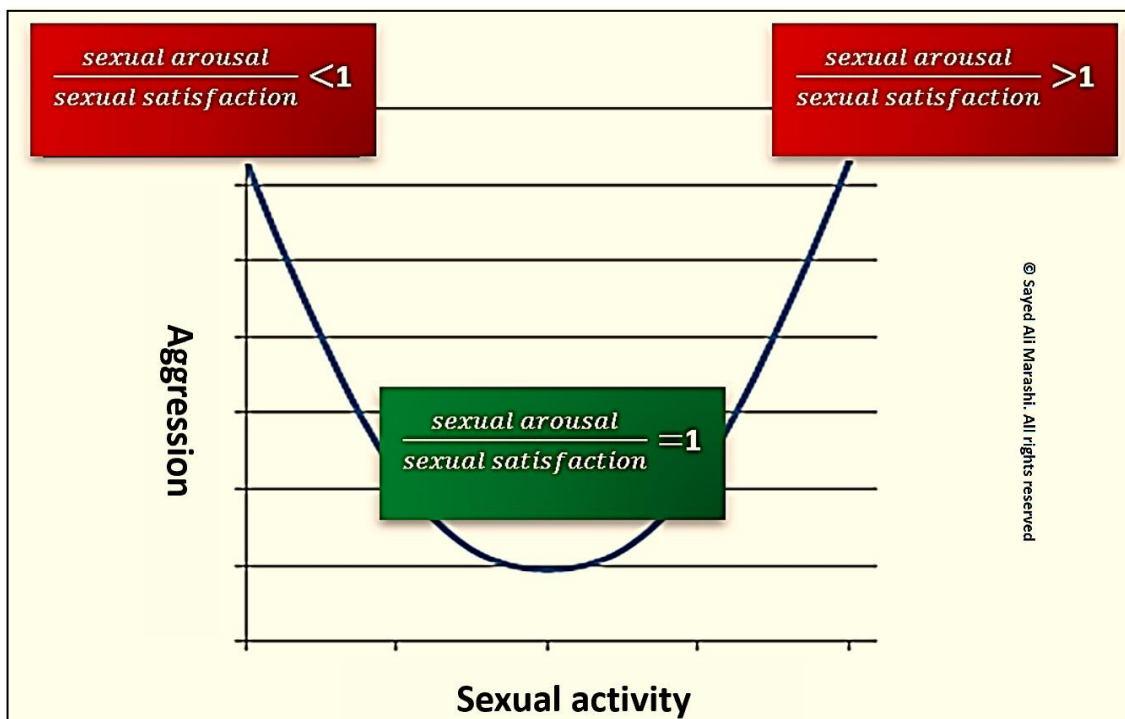


Figure 5. Curvilinear Relationship between Aggression and Sexual Activity.

Limitation

Conducting a meta-analysis was challenging due to the unavailability of data from older studies, the lack of statistical aspects in some physiological experiments, and the variation in subjects (animals vs. humans) in important studies. Although this article proposes a theory regarding the relationship between sexual behavior, aggression, and sexual satiety, and offers evidence for its fundamental principles, further empirical and field research is necessary to validate this theory.

Conclusion

Considering the vicious hormonal and neurological cycles controlling sexual arousal and behavior, the synergism of these two types of cycles, and their causal role in aggression, not only unlimited sexual enjoyment does not lead to sexual satiety and calmness but also leads to increased sexual hunger, violence, and social insecurity. Therefore, behaviors such as men's ogling, women's display, nudity, watching pornographic products, the habit of masturbation, free sexual relations, group intercourse, etc., and sexual liberalism in general, will not help human civilization and should be considered as an anti-human way and violating the rights of humanity. On the other hand, sexual deprivation caused by delay in marriage may also be a factor in increasing aggression. Both the repressive view of the church and the extreme view of sexual liberalism contribute to the spread of violence. However, the moderate view, that is, limiting sexual satisfaction in the marriage context and avoiding sexual competition, is the

optimal way to reduce violence. Therefore, along with avoiding sexual liberalism, social arrangements for the early marriage of young people should be considered. In addition, women's body covering and their use of hijab can be considered a protective factor in reducing social violence (of which women are the main victims). Such a situation is compatible with the view of Islam and can be well understood through the verses of the Holy Quran. Modesty and dressing modestly are universal values that facilitate restrained interaction. In almost all societies, bodily modesty necessitates at least the covering of genitalia and buttocks. Modesty as a standard may be applied equally to men and women, free from gender implications. All Abrahamic religions, including Islam, Christianity, and Judaism, emphasize modesty in clothing and behavior, particularly for women (59). This focus aims to desexualize public spaces (60) which is essential to promote public safety.

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Conflict of Interest

None.

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