

## Bisexuality or Heterocurious: A Challenge for Sexual Education

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**ABSTRACT:** *In this research work, the situation experienced by married men with children who begin their bisexuality is analyzed through a case study, through a semi-structured interview with a 36-year-old man, in order to determine the factors that guide people to have sexual relations with other men, in secret, and the role that sexual education plays. Based on the information collected in the interview, it can be analyzed that even though we live in the 21st century, there are still many myths and paradigms about homosexual and bisexual people, due to the form of education, customs, religion and traditions that are transmitted from parents to children. On the other hand, talking about sexuality is a topic full of taboos, which prevents people from openly expressing their sexual desires and experiences, due to fear of being rejected and judged, due to the moral norms established in a society. For this reason, some married men maintain a secret erotic relationship with other men. In our case study, the subject's first experience was under the influence of alcohol consumption, later manifesting the guilt syndrome. Religion is also a key piece in our study, because they live as heterosexual people, because custom and what dictates that a man must be with his woman, however, sexually they do not feel satisfied or have other fantasies that they cannot fulfill your partner, seeking that satisfaction in men with particular characteristics, such as: age, physical build, behavior, appearance, among other aspects. Eradicating discrimination and rejection towards bisexual people is not only a social problem but also a health problem. It is important to correctly educate the population regarding sexuality, seeing it not only from the reproductive side but also from all its other characteristics.*

**KEYWORDS:** Bisexuality, heterosexuality, education.

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## INTRODUCTION

Currently there are many prejudices about sexuality and sexual practice between men, sexual diversity is a reality since the beginning of the existence of humanity, respect and tolerance towards these behaviors has varied depending on the culture and historical periods, today Nowadays, talking about homosexuality is an everyday occurrence, however stigmas still persist about sexual practices between men, preventing the healthy development of their sexuality and their daily lives, in addition to being responsible for numerous mental health problems, which affect some. men due to the fact of having to face various life stressors that derive from the homophobia prevailing in our society due to the culture and education of each individual.

Some of the stressors they face are: fear of revealing their identity or sexual orientation due to fear of being rejected, physical aggression and psychological violence, having to explain themselves to the family and being excluded from it, which is why Some men live a heterosexual life repressing their emotions and desires, kept in a closet, but there comes a certain age when their sexual desires are more intense that they resort to secretly having homosexual relations (Ballester. 2022).

For this reason, the objective of this research is to know and analyze the social and cultural factors that guide some married men to maintain sexual relations with other men in secret, how they view these practices and how these relationships occur, as well as to analyze whether the stereotypes, stigmas and taboos about sexuality can affect your sexual and mental health. Well, according to the WHO, sexual health is “a state of physical, mental and social well-being, in relation to sexuality, which is not the absence of disease, dysfunction or disability. Sexual health requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free from all coercion, discrimination and violence” (WHO, 2006).

Sexuality according to the WHO (2018) is a central aspect of the human being that is present throughout life, encompassing sex, gender identities and roles, sexual orientation, eroticism, pleasure, intimacy and the reproduction; It is felt and expressed through thoughts, fantasies, desires, beliefs, attitudes, values, behaviors, practices, roles and relationships. While sexuality can include all of these dimensions, not all of them are always experienced or expressed. Sexuality is influenced by the interaction of biological, psychological, social, economic, political, cultural, ethical, legal, historical, religious and spiritual factors.

Talking about sexuality issues from a social aspect, we must do without the existing myths and taboos that limit living and enjoying full sexuality, even in the 21st century, countless people do not know their body. The moral rules established by society indicate what is

“good” and what is not and from birth the human being is labeled and heterosexuality and sexual orientation are imposed. The general social rule is, if you are a boy you must have a taste for girls and vice versa. Biologically speaking, sexuality is synonymous with reproduction, leaving aside important aspects such as desire, pleasure, eroticism, sexual fantasies and satisfaction.

Human sexuality is a dimension of personality impregnated from conception by the same biopsychosocial and spiritual characteristics of the person. It is born and evolves with it and is expressed in the person's relationship with himself and in coexistence with other people through emotional bonds, sexual role, sexual response, eroticism and reproduction. Throughout history, men and women have expressed their sexuality assuming a socially assigned role, governed by the stereotypes that the different cultures and traditions of a community have imposed, for this reason people limit themselves to expressing their sexual desires while living immersed in an unquestionable and immovable model of family, parenting and marriage, assuming assigned sexual roles to the detriment of the full development of people, since within the family we learn how a man should relate to a woman and how a woman should relate to a man. Man, likewise, it is in the family where one first begins to experience the expression of sexuality through the assigned generic role (Carballo, 2002), but what would happen if a man decided to relate to another man and not with a woman?

“Heterosexuality refers to a person's ability to feel a deep emotional, affective and sexual attraction to people of a gender different from their own and the ability to maintain intimate and sexual relationships with these people.” (CONAPRED, 2016). Since birth, the majority have been educated to see themselves as heterosexual people and as the gender that corresponds to their biological sex. Parents, family, society and culture have said that there will come a day when a person will meet someone of the opposite sex, get married and have children, but there is no clear scientific evidence that one is born heterosexual. In fact, different ethnographic references show that there are societies where “heterosexual” practices are not precisely the predominant ones (Valcuende , 2006).

“The name heterosexuality would be synonymous with the dominant normative model in a given social context. In simpler terms, heterosexuality is a duty... that indicates when, how, how much, with whom and why you should have relationships.” sexual relations (in fact, it defines what sexual relations are and what they are not, in fact, the same practice in different social contexts has different readings), what happens when these norms are not followed, and what the corrective mechanisms should be” (Valcuende, 2006). Over time, society, culture and religion itself have imposed norms that must be followed to be seen as a “normal person” and there is the idea that authentic sexuality is only carried out in the reproduction stage. , an idea strongly reinforced in our society by the influence of religion, sexual practices must be carried out between two people of different sex, and this is linked to reproduction,

reproduction is linked to the heterosexual couple and as part of an acceptable family nucleus for society. (Valcuende, 2006).

In the same way, the family is one of the main sources of social knowledge, since it is what provides an entire code of values, behaviors, rules and beliefs and from which we structure a large part of our being as a person, it promotes with intensity a heterosexual logic that floods the most intimate spaces of the subjects, with the intention of controlling their sexuality and their bodies, which is why the code of heteronormativity has been engraved in the subjects. However, there is no single sexuality, there are as many as there are individuals, there are people who would like to have sexual practices with people of the same sex, but they do not do it or they do it secretly out of fear or because it is not correct, there are people who that both sexes are attracted to them, because there is no single truth about sexuality and not putting limits on what we feel and desire, because there are those who choose a single sexual relationship versus those who choose to maintain multiple sexual relationships, where Do we set the limits? In society, in beliefs, in myths, stereotypes and paradigms that need to be broken.

Homosexuality refers to the ability of each person to feel a deep emotional, affective and sexual attraction for people of the same gender and the ability to maintain intimate and sexual relationships with these people. The term lesbian is generally used to refer to female homosexuality and gay to refer to male homosexuality (CONAPRED, 2016).

Homosexuality is not a stage that some teenagers go through, it is not a fashion, in fact it has existed since ancient times, it has just been kept hidden in what we now call "Closet", the closet is not a hiding place or a place physical, is rather, a person who represses his emotions, a person who cannot openly express what he feels and what his true sexual orientation is, for fear of being discriminated against, rejected and even violated not only by society, but also by the same family, in Mexico, discrimination based on sexual orientation, identity and gender expression is a structural phenomenon due to our sexist culture that even today continues to prevail and is manifested in repeated and widespread actions based on stereotypes that restrict rights. of people. And it is that gender differences are favored from the family where sons and daughters who do not have the same social expectations are excluded, to schools, workplaces or the State, whose policies even tend to ignore diversity, this has been reproduced throughout throughout history for generations.

In 1978, Kenneth James Dover published the first version of Greek Homosexuality, a complete, scientific, scholarly and transgressive treatise, without positive or negative moral judgments, in which he explains that true homosexuality, understood as desire between free adults, existed in Greece in the same proportion as in any other time, neither more nor less, but it does not constitute the bulk of the relationships nor the Greek prototype and that one can have a relationship with another man without it being reprehensible for the inserter, on

the contrary, it is cause of disgrace for the recipient since only one of the two elements is judged severely; This double standard establishes different rules for the active and the passive, the role of the former is to hunt, and the latter's to avoid hunting, and each is judged according to his relative success in his role. Dover compares the situation of the erastes and the eromenos in Greece with that of the knight and the damsel in the English games of seduction of the 1930s. It also suggests that society considers this double standard as normal: the current father who takes pride in the successes of his son, but holds his daughter short, is no different from the Greek father who viewed his son as a father favorably. twenty-somethings will chase their neighbor's child, but not twenty-something neighbors will chase their young son (Dover, 1978).

Analyzing the information, homosexual practices have always been present, it is just that they have not been well seen and accepted as something normal in all periods. Religion, especially Christianity, has also been a promoter of the rejection and discrimination of homosexual people, since its doctrine It says that God created Adam and Eve, that a man has to be with a woman, as well as that being gay is a sin, for this reason, there are men who have another life, marry a woman and have children, to be accepted in their social nucleus, but at the same time maintain intimacy with other men.

Bisexuality is the ability of a person to feel an emotional attraction for people of a gender different from their own and of the same gender, as well as the ability to maintain intimate and sexual relationships with them. This does not imply that it is with the same intensity, at the same time, in the same way, nor that you feel attraction for all people of the same gender or the other. Etymologically Bi is equal to two, but sexual has a series of connotations both at a scientific level and at the level of popular representation, because it implies both sex as a biological division (man and woman), and behavior (having sex) as well as sexuality in its biological, psychological and sociocultural level, (CONAPRED, 2016).

The bisexual person may not be equally attracted to both sexes, and the degree of attraction may vary over time while the sexual identity develops with romantic experiences and sexual relationships. Through this process the person understands that, It feels good to kiss a man and a woman, who feels satisfied being intimate with the opposite sex and with the same sex, accepts and understands that he is bisexual, but what happens to heterosexual men who have sexual relations? with another man?

There are men who have coital relations with other men and who do not consider themselves homosexual or bisexual, rather they are called flexible hetero, they are mainly heterosexual, but under certain circumstances, they can find people of the same sex attractive, many of the time these The practices are carried out with gay people and in secret, because they do not want to affect their masculinity. Although the representations of masculinity are changing,

in the area of sexuality, men are still expected to be active, have more than one partner, They tend to control the frequency and way in which they have sexual relations.

On the other hand, it could be said that a man who penetrates another man is still considered virile; on the contrary, it confirms his manhood, but a man who is penetrated is almost always stigmatized as effeminate, faggot, and stupid, since there is a tendency to associate masculinity with heterosexuality and the active role, to associate homosexuality with femininity and the passive role. With this scheme we understand why many declared heterosexual men do not admit or do not perceive that they have had homosexual relations, since discrimination and The hostility that exists in our society regarding homosexuality induces them to keep secret and not admit their homoerotic behavior or practices and although sex between men occurs in all societies, currently they are not yet accepted (Rexpuestas, 2017).

Being a man is a process, society teaches us that a boy must learn to be a man, assuming responsibilities in areas that are markedly differentiated in relation to women such as courage, being manly, strong, macho, etc. giving an image of the man as a provider and the heterosexual couple as the only possibility of subsistence and social advancement, this is due to the way of thinking of some social groups, although today talking about homosexuality and bisexuality is apparently normal, even People from the LGBT+ community suffer discrimination, abuse, harassment, rejection and exclusion, which is why some homosexual men develop a false personality, so that their true self is not seen, in order to be loved and accepted by their family and society. a society where culture and religion are very present, where machismo continues to stand out in some communities, without realizing that prejudice, indifference, hatred and discrimination have negative effects on the health of gays and bisexuals, creating suffering, depression, stress and situations of risk and stigmatization. The set of unfavorable values and growths that discredit and reject men with different sexual orientations have important consequences on the person, including their mental health, manifested in homophobic behavior towards others and also distaste for themselves, in the same way. feelings that there is something wrong with them, and they even feel that they have disappointed their loved ones and forget what they feel, adding to this also the myths and taboos that exist about sexual relations, the moral norms of society and wanting to fit in, for this reason they keep their desire to be with another man hidden, but when they reach a certain age the desire is more frequent, they feel the need to experiment and be “free”, but that freedom cannot be give for what was already mentioned above, thus giving way to the beginning of a double life.

Nursing training teaches the need to carry out a comprehensive assessment of the patient, the person is a biopsychosocial being and it is necessary to assess them in their entirety, when the different nursing models are used, questions are asked about their diet, their rest or the management of one's own health, however, the pattern of sexuality sometimes becomes

directly forgotten or linked to reproduction. In daily practice with patients, sexuality takes a backseat or disappears, being considered secondary to the patient's well-being; The care provided by nursing must be comprehensive and holistic, but in both theoretical and practical training, it is omitted to talk about the sexuality pattern, often making it a taboo topic, making it seem that sexuality is not part of the basic care that is provided. nursing must offer to the patient (Muñoz, 2013).

Sexual health is an important aspect of every person's health and Virginia Henderson defines sexuality and reproduction as one of the basic needs of the human being. A fundamental aspect of sexual health is sexuality, which varies depending on the context and culture in which we find ourselves (Vera-Gamboa, 1998). Sexuality is the discovery of one's own sexual identity. When this occurs in adolescence, the impact that occurs is very significant, because at this stage is when adolescents undergo certain physical, emotional and social changes. Wanting to discover one's own identity makes the human being, as a biopsychosocial being, want to experiment and try new experiences, this causes people who are in this process to have various relationships, with the intention of meeting other people and trying new experiences (Díaz, 2023).

Virginia Henderson's model establishes 14 basic needs of the human being in which need 10, Need to communicate with others by expressing emotions, encompasses the ability to express and live their sexuality; For human beings it is essential to express their thoughts, feelings and emotions, interacting with the rest of the person and with their environment. Emotions are closely linked to health alterations, both physically and psychologically.

Nursing promotes the well-being of the patient, promoting relationships and acceptance of one's own person. In this sense, the balance between social interaction, state of the sense organs, ability to express oneself, relationships with family, friends and family must be valued. partner, but we forget an important part which is to talk about sexuality and sexual satisfaction, as well as his sexual orientation, the way in which he expresses and lives his sexuality, also if he feels good about himself when expressing his sexual desires or keeps them repressed. , due to the myths and taboos that society places on us about sexuality (Correa, 2016).

On the other hand, Marjory Gordon establishes 11 functional patterns, which are a configuration of behaviors, more or less common to all people, that contribute to their health, quality of life, to the achievement of their human potential and that occur in a sequentially over time, pattern 9 sexuality-reproduction describes the patterns of satisfaction or dissatisfaction with sexuality and also the reproductive pattern and everything related to it, although most of the time they only focus on the reproductive, forgetting the sexual satisfaction of the person (NIPE project, 2023).

According to the WHO, health promotion is a global political and social process in which actions are taken to change social, environmental and economic conditions to promote their positive impact on individual and collective health. The nurse, in aspects of health education, represents a role of counselor and guide, which aims to help adolescents, young people and adults make decisions in aspects of their sexual and reproductive health (Cárdenas, 2020). Therefore, nursing staff are essential in sexual health education, but not only in the reproductive part, sexually transmitted infections or unwanted pregnancies, but also in pleasure, sexual satisfaction, the discovery of one's orientation, the different sexual practices, to have safe and pleasant sexual relations.

Sexuality is part of our daily life, however, it seems to be excluded by health professionals, regardless of the pathology that the person has, it is often observed from a solely heterosexual perspective or linked to reproduction, denying with this attitude the experience of a sexuality. As nursing staff, we must have the ability to talk openly about the sexuality of our users and guide them to eliminate the myths and taboos that exist, as well as clarify doubts in a responsible manner. We must keep in mind that today heterosexual sexual relations are not the only ones, there are also homosexual and bisexual practices, that is why as nursing professionals we must be correctly informed and guide people so that they can live their sexuality freely and safely.

## **METHODOLOGY**

It is a cross-sectional, qualitative, non-experimental study, based on a case study of a 36-year-old apparently heterosexual male person, married, who secretly has sexual relations with men, analyzing the way he lives and expresses his sexuality. , as well as the social situation that forced him to carry out these practices, keep them hidden, gathering information through a semi-structured interview with 13 questions

## **RESULTS**

The study was carried out on a 36-year-old male person, who underwent a semi-structured interview. In the information provided, the person states that they have a stable relationship with their partner, where there is good communication and the economic situation is not something that can cause any problems, since they meet the living expenses and in the work area their partner supports him. He has currently been married for 7 years and in the first years of living with his partner there was good sexual chemistry, but with the passage of time the “flame went out” due to the monotony, so currently he does not feel really satisfied with his partner since they hardly have sexual relations, apart from the fact that he has to go out a lot because of his job. After 4 years of marriage, he had his first sexual experience with a man. He points out that this first encounter took place at a party under the influence of alcohol, “a gay guy approached me and told me that if he sucked me ( oral sex), I thought it

was a joke, but later he started touching my penis as a game and I allowed it, we went to the bathrooms and there he performed oral sex on me, he told me if I wanted to penetrate him and I did. It was very satisfying and pleasant, it was the first time I had done it and feeling the adrenaline from the place we were in, I liked it a lot, but after the sexual act I felt guilty for what I had done, despite being drunk I remembered "I knew perfectly well what had happened and I felt angry towards the other person for provoking me and I felt disgust towards myself, dirty and indignant."

After the first encounter, he established that he had sexual relations with other men, when he went out to a club or a party, similarly under the influence of alcohol, and the same story was repeated, guys made advances to him and he agreed to have sex with them, he had a sexual relationship with a man for some time in secret, throughout his life he has felt attracted to women physically and romantically, which is why he decides to marry his wife. He states that it is by tradition and custom since it is correct and normal for a man to be with a woman by nature. It establishes that men do things that women do not like and their partner is no exception because they do not like oral sex and anal penetration, which is why they enjoy sex with men more than with women "since the contraction "Anal sex is more pleasurable than the contraction of a vagina, besides men know their body better and know how to stimulate it, oral sex is better when done by a man than by a woman" (Aldo N).

The characteristics of the men with whom you have had sexual relations are men between 15 and 25 years old and with a thin build. The sexual encounters have taken place in her house when no one is there for fear of being discovered, that is why she does not go to inns or hotels or the men's houses. The first encounters were direct contact and once she accepted that the Having sexual relations with men was very pleasurable. He began to contact them on Facebook. If at any time he were discovered, he would feel sorry and ashamed. He has not thought about what would happen if a family member found out about the events since apparently he has. kept hidden and controlled.

He considers himself a bisexual person because he has sexual relations with other men, however he does not mix feelings with them and tries not to kiss them, he only has anal intercourse and oral sex that they perform on him, "I only see men as objects." sexual, nothing more, I don't see myself with a man as a couple because for me, the right thing is to be with a woman" (Aldo N), says that the right thing and what God marks is for me to be with a woman, if in At some point, due to any situation, he were to separate from his wife, he would look for another woman and not a man, since he agrees with the Church that homosexual relations are a sin, but he believes in the mercy of God that he can forgive him through godly practice.

The above leads us to analyze that although time has passed and in the 21st century there are still many myths and paradigms about homosexual people, this is due to the form of

education, customs, religion and traditions that are transmitted from parents to children. Religion establishes what is good and what is bad, what is good and what is bad, sexuality has many myths and taboos, it has been instilled that talking about sex is an adult topic and that sexual relations are synonymous of reproduction, forgetting the part of sexual pleasure and satisfaction, some sexual practices have been romanticized such as eroticism between men, oral sex, anal intercourse, certain sexual positions and roles, it is painful to talk about the subject, what you like or would you like to do, we do not explore our sexuality for fear of being judged and the written and unwritten moral norms that society has imposed are very latent, which is why some men seek pleasure elsewhere since their partners do not agree. They dare to experiment further due to the misinformation that exists and this is where health personnel play a very important role in health education.

We must have specific plans on sexuality, seeing it from a human need and not only in the reproductive part, since today there are heterosexual, homosexual and bisexual sexual relations. Nursing staff must be trained to educate the population and are the first to eliminate all those myths and taboos that exist and put aside discrimination against people of different genders and their sexuality.

## **DISCUSSION**

Sexual diversity has been a constant during the evolutionary process of the human being, but the sociocultural conditions have established a monogamous and heterosexual relationship (Ballesteros, 2022), within today's society bisexuality is present, but it is considered something immoral therefore that when practicing it, the syndrome of guilt and divine punishment occurs, but this is part of human nature.

Among different cultures and historical periods, respect and tolerance towards these behaviors has varied, however, rejection and discrimination continues to prevail (Valcuende, 2010), this leads to hiding these practices and carrying them out in a "clandestine" way, living in a second life and without the freedom to openly express their sexuality, also affecting their mental health, since they live with the uncertainty of being discovered, rejected and labeled by society, a society that, despite evolution, machismo continues to be rooted and predominant. religion, pillars of discrimination against men who carry out this type of sexual practices, with this we understand why the person interviewed carries out this practice secretly and discreetly taking the young people to his home so as not to be discovered and have to face discrimination and the rejection of society.

According to the catechism of the Catholic Church, it states that sexuality embraces each of the aspects of the human person in the unity of his body and soul, it concerns affectivity, the capacity to love and procreate oriented to the goods of marriage and to the development of family life because in the Bible it is written "A man leaves his father and his mother and is

united to his wife and they become one flesh" (GN 2,24), these norms idealize the community to see homosexual and bisexual sexual relations as something bad and even as a sin, forgetting desire and pleasure as part of a human need, focusing only on reproduction, hence the idea that a man should be with a woman is generated, since that it is normal and frowned upon to see two men together or a man who is attracted to both sexes, the generation of guilt and the administration of repentance and forgiveness through confession has been fundamental for the church, for the maintenance of its power as an organization and support of a social order, an idea that the subject shares, because based on the interview conducted, he describes that he is aware that having sexual relations with men is something immoral and a sin; in the same way, he believes in God's forgiveness and that by performing works of piety he can redeem himself, he also expresses that for him the correct thing is to be with a woman as mentioned in the Bible, his relationship with his partner is good and they do not have any conflict, in fact he decides joining her for love, but he says that it is custom, an idea that is generated from culture and religion, for this reason if at any time he were to separate from his partner, he would look for another woman to rebuild his life.

The desire for more than one gender and/or sex, which is currently called bisexuality, has been constantly made invisible. One of the reasons is that bisexuality breaks the heterosexual/homosexual binary, and even questions the very existence of an orientation sexual. (Hernández, 2020). It is said that human beings are bisexual by nature, however it is not a topic that is talked about, just as homosexuality and different genders have also been stereotyped and at some point it was seen as a fashion among men. adolescents and young people, because when going through the transition from child to adolescent hormonal changes are generated and the search for identity begins, however parents educate their children to have behaviors according to their assigned biological sex, marking what is girls and what happens to boys, guiding them that when they are older, they should look for a partner of the opposite sex and have children, giving way to heteronormativity. Dicho lo anterior, la bisexualidad rompe todos esos patrones que se han establecido y genera cierto conflicto a nivel social, cultural y religioso, pues como ya se mencionó lo normal es hombre y mujer, la homosexualidad se percibe como algo inmoral e incluso pecado, la bisexualidad se puede apreciar como una enfermedad o una aberración, por la incorrecta educación que se ha recibido en cuanto a sexualidad, es necesario que el personal de salud así como los profesores rompan los paradigmas y se comience a hablar con más libertad sobre esta problemática, el primero debe abordar la atracción sexual, el placer, las emociones, el erotismo y no enfocar su atención solo a la procreación y al binomio heterosexual, y el segundo debe ayudar a la eliminación de los mitos y tabús cuando se habla de este, la inclusión y respeto por los diferentes géneros, si esta educación la hubiera recibido la persona entrevistada sabría manejar mejor la situación que está viviendo y no estaría tan frustrado por la reacción de su familia si en algún momento fuera descubierto.

Nosadini (2020) indicates that Kinsey conducted a study on the sexual behavior of men which had a great impact on the society of that time. His study showed that the prevalence of homosexual behaviors, desires and experiences was much more common than what was believed. people expected, however, people's real experience seems to be much more complex since these behaviors are carried out in secret.

According to Freud's theory, the human species evolves from a state of primitive bisexuality, suggesting that all human beings have a natural bisexual predisposition and homosexuality or heterosexuality would subsequently emerge from it by allowing one of the two tendencies in maturity, (Montero, 2009). This can be seen reflected in some behaviors, for example, it is common to see two women greet each other with a kiss and walk hand in hand, but in men it is more difficult to express it, since if a man greets another with a kiss they are labeled as "faggots." ", from this point on, he considers himself a bisexual person due to the fact that he has sexual relations with men, but he does not mix feelings and avoids kissing them or other manifestations of affection because men are only for sexual satisfaction.

On the other hand, Montero (2009) mentions that Kernberg argues that there is much greater cultural tolerance towards female homosexuality than male homosexuality, specifically in a patriarchal culture and establishes in his psychoanalytic theory according to which the baby's first identification is with the mother, feminine image, men have to detach themselves to acquire their masculine identification, therefore they have a more insecure sexual identification and less tolerance towards their homosexual impulses because they cling to a sexual object rigidity as a defense against their insecurity.

The discrepancy between "how I feel" and "how I am categorized", a clinically known aspect, is a subjective experience that can be influenced by biological variables, by the education received, by the dominant culture and by the experiences encountered. during growth (Nosandini, 2020). The childhood stage plays a very important role in the development of a person because Freud's psychosexual theory says that personality develops according to each person's life experience based on 5 stages or phases, thus breaking the myth that Sexuality began to develop in adolescence but rather begins in the first weeks of life.

In Latin America, homosexual men were interviewed about the process of accepting their sexual orientation and "coming out." The participants mentioned having experienced feelings of denial in relation to their own attractions and, at some point, they became confused and considered themselves different (Cardozo, 2021), everything coincides with the results obtained in the interview carried out, the subject having for the first time Once sexual relations with a man cause feelings of guilt, this experience occurs due to the influence of alcohol consumption since it disinhibits and facilitates social contact, because alcohol consumption produces alterations in the central nervous system, affecting the response capacity, reflexes and perception of time-space, hinders the ability to evaluate situations,

make appropriate decisions and reflect on the consequences of actions, as a result he accepts sexual contact with another man, but when these effects pass, presents the syndrome of guilt and non-acceptance, even affecting their mental health, since it begins with a process of denial due to the discrimination that homosexual and bisexual people, without being able to express their feelings since the elements they have or are related to culture and social customs are so incorporated into people's activities that they are often considered their own, and are accepted as the fact of masculinity that prohibits affective and emotional qualities in men and even more so due to the action of losing your "manhood" by having sexual relations with a man and the infidelity that occurs before your partner, which manifests itself with more relevance since the event occurs with the same sex.

It is worth mentioning that from the social imaginary, alcohol consumption is closely linked to masculinity, which is not only the behavior of isolated people, it is also an ideological structure from which that behavior is decided, emitted and modeled, for this reason only under The effects of alcohol allowed eroticism with another man before discovering that such an act is pleasurable and gives him satisfaction, since masculinity creates and at the same time is supported by a "framework" made up of two axes, one where the individual is found and the everyday, and another where society is found.

In turn, the biological aspect of sexuality is related to sexual function, this is explored through the phases of the human sexual response, which comprise it: desire phase, excitement phase, orgasm and finally resolution phase. . They not only include physical changes related to sexual activity, but also mental and perceptual changes that appear in response to sexual stimuli. Proper functioning in each of the phases of the human sexual response intervenes in people's psychological well-being (Duany, 2012). Taking into account the above, the sexual response that occurred in the subject was pleasurable carrying out the aforementioned faces, in the information collected we obtained that the characteristics that the young people with whom he has sexual relations should have are slim build and between 15 to 25 years, desire phase, but here a question arises: Why does he do it with men younger than him? The answer could be linked to the masculinity and submission of the partner, since from the moment of conception he takes control of the situation and keeps it under control so as not to be discovered.

In the phase of excitement and orgasm, he reports that he has more sexual pleasure being with a man than with a woman, justifying that men know their body better and know how to stimulate it, referring to oral sex, likewise that the anus contracts more than A vagina, therefore, is seen by men as a sexual object, for the satisfaction of their carnal desires and not to maintain a relationship. He looks for these young people through the Facebook application because he expresses that some women and even his partner do not enjoy oral sex and do not like anal penetration, something that for him is very pleasurable, although he still maintains many myths and taboos, He was asked if at any time he would like to participate in a bisexual

threesome, that is, being with a man and a woman at the same time, he answered no, because it is something that does not attract his attention, because when doing this practice It could be interpreted that he is gay for penetrating another man and thus being discovered, at the same time that he has talked with his partner about practicing anal intercourse, answering yes, but that his wife's response was negative, for this reason. He has not tried it with other women out of fear of the reaction.

With this, observe the lack of paradigm rupture in both men and women, since it is true that there are women who do not like anal sex, but they say that not because they have experienced it, but rather because this sexual practice is frowned upon in society and Men are inhibited from wanting to experiment with their partner because they think that by telling them that they might think that they are homosexual. All of this can be avoided if the family and society broke all these patterns about sexuality and became better educated about it. This is where nursing plays a very important role in health promotion and education, guiding the population to live their sexuality in a pleasant and safe way, creating action plans not only for the heterosexual gender but also for homosexuals and bisexuals.

## **CONCLUSION**

Discrimination and rejection of homosexual and bisexual people is not only a social problem but also a health problem. It is important to correctly educate the population about sexuality so that individuals can live it in a pleasant and safe way, eradicating the meaning of sexuality. only as a reproduction object. Bisexuality from the biological aspect is understood as something natural of the human being, but that not everyone manifests in the same way, however, it is present unconsciously, from the sociocultural concept it manifests as something immoral and unacceptable depending on education, culture, moral and religious norms of a population, which gives rise to men living their bisexuality in a clandestine way, repressing their emotions, feelings and sexual desires.

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