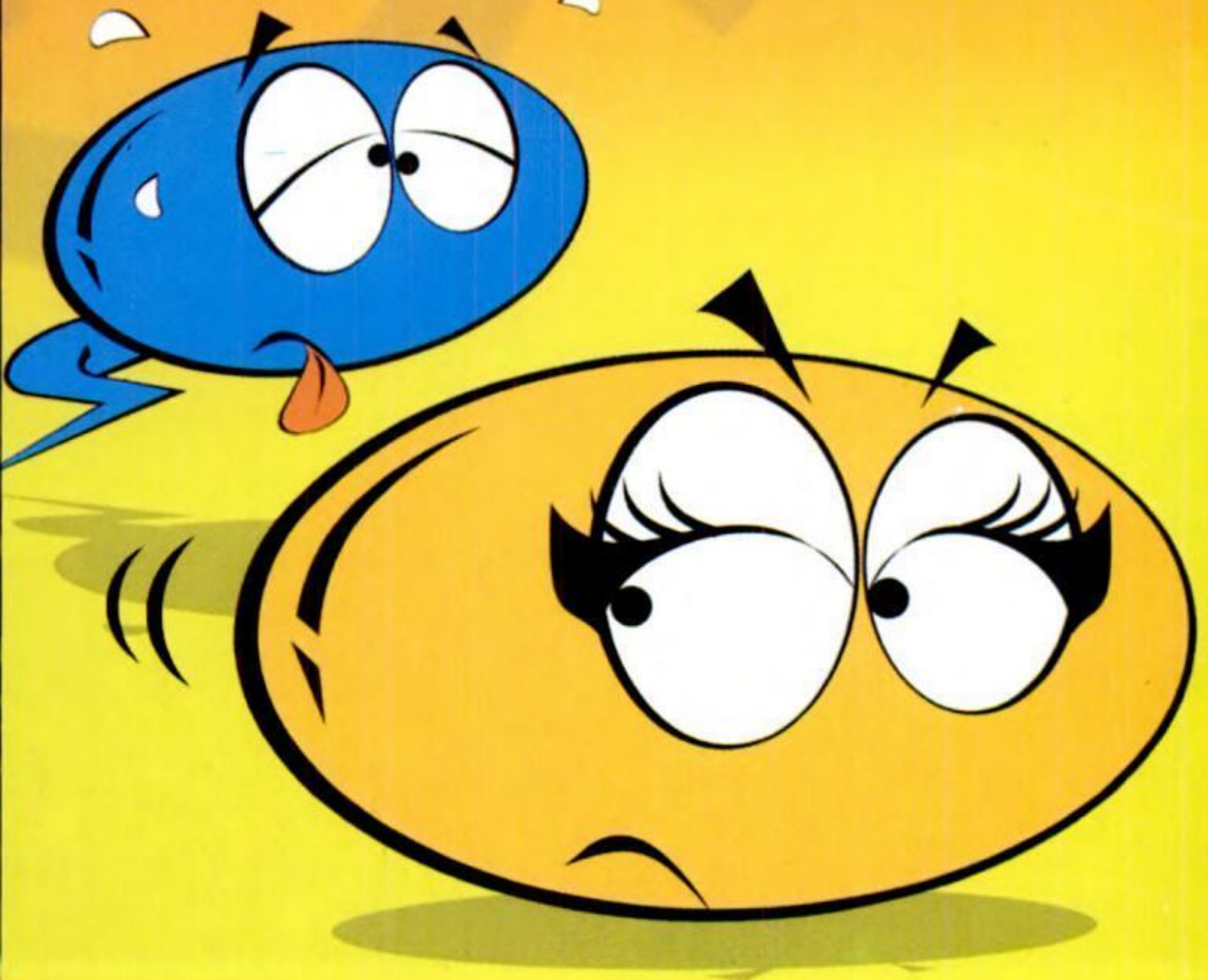


SEKSPLORASI 55 Masalah SEKSual

yang ingin Anda ketahui tapi
"tabu" untuk ditanyakan



Dr. Andik Wijaya, MRepMed. (Dipl.)

www.drawclinic.com

**55 Masalah Seksual
yang ingin Anda Ketahui tapi “tabu”
untuk ditanyakan**

Oleh Dr. Andik Wijaya, MRepMed (Dipl.)
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Kepada semua penulis buku yang pernah saya baca, yang amat banyak jumlahnya sehingga tidak memungkinkan ditulis satu per satu di sini.

Kepada Dr. Hans Lumintang, SpKK., Ph.D., dari FK Unair, RSUD Dr. Soetomo, Surabaya, yang memberikan dorongan serta dukungan untuk memperdalam keahlian di bidang *sexual-reproductive medicine*.

Kepada guru pembimbing saya dalam pendidikan keahlian *Reproductive Medicine* yang sedang saya tekuni, Prof. Geoffrey Driscoll, MBBS., FRCOG., FRCSEd., FRANZCOG., CREI., dari University of Western Sydney. Meskipun seorang guru besar, beliau lebih memosisikan diri sebagai seorang sahabat yang bisa didekati dan diajak berbicara secara leluasa, kapan pun diperlukan.

Kepada Prof. Ng Man Lun, MD., FRCPsych., FAACS. dari University of Hong Kong, Founder Asian Federation of Sexology (AFS). Yang memperkenalkan AFS kepada saya sebagai organisasi ilmiah di bidang seksologi di Asia, dan kemudian memberikan rekomendasi kepada saya



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Kata Pengantar

Seks dulu dianggap sebagai sesuatu yang alamiah karena dipelajari dari alam. Namun, saat ini seks telah berkembang menjadi suatu hal yang multi dimensional karena terkait dengan banyak sisi kehidupan. Perkembangan gaya hidup modern telah mengubah seks yang tadinya dianggap sebagai hal yang pribadi dan privat menjadi hal yang umum dan dibiarkan terbuka. Bahkan seks cenderung dieksploitasi oleh industri pornografi. Begitu banyak informasi yang tidak benar mengenai seks tersebar. Dan, informasi yang keliru itu semakin cepat menyebar dengan adanya internet.

Penyebaran informasi yang keliru tentang seks dan kecenderungan mengeksploitasi seks untuk kepentingan industri tertentu ini dituduh sebagai biang keladi



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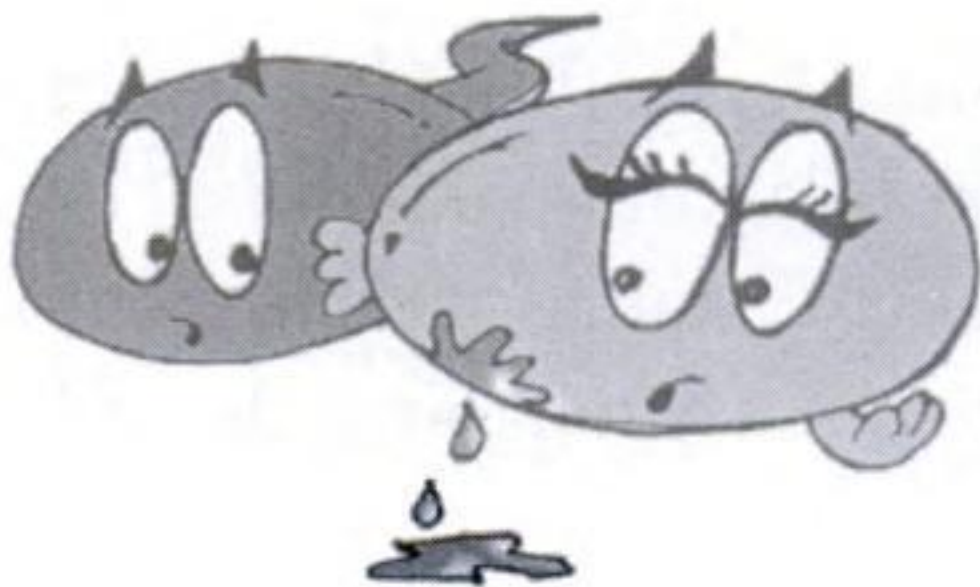


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impossible. Pengalamanmu sekali lagi membuktikan kebenarannya. Awalnya kamu hanya pingin tanpa penetrasi, namun kemudian keterusan meski menurut kamu *nggak* 100 persen.

Nah, akan semakin pelik keadaannya bila berbagai dampak dari aktivitas seksualmu itu muncul. Misalnya, tertular penyakit, hamil, dan yang pasti rasa cemas yang akan selalu menghantui seperti yang kamu rasakan saat ini.

Itu sebabnya Sang Pencipta seks, menghalalkan aktivitas tersebut hanya dalam ikatan pernikahan. Dalam ikatan pernikahan orang telah mengambil komitmen untuk saling mencintai pasangannya seumur hidup. Hanya dalam ikatan pernikahan yang didasari cinta-kasih yang murni dan penuh kesetiaan itulah orang akan bisa menikmati kepuasan seksual lahir batin tanpa dihantui rasa cemas.





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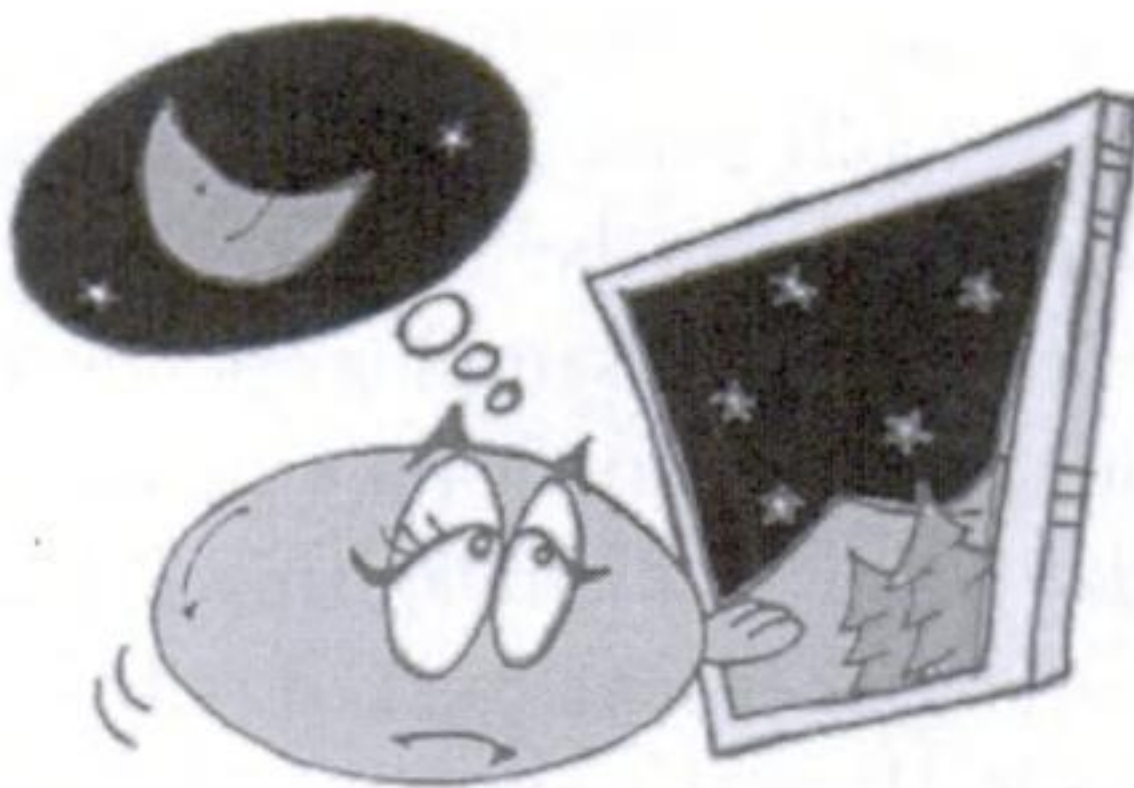
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persen kasusnya menimpa remaja di bawah 20 tahun. Celakanya, kondom pun tidak bisa memberi perlindungan yang tuntas. Jadi, apa yang selama ini dikatakan sebagai seks yang aman (*safe sex*), hanyalah bualan kosong semata. Kalau ingin terhindar dari rasa cemas dan khawatir akan penyakit menular seksual, atau pun hamil di luar nikah tidak ada cara lain kecuali *abstinence*, artinya tidak melakukan hubungan seks kecuali dalam ikatan pernikahan yang sah.

Keperawanan tidak identik dengan selaput dara. Selaput dara bisa saja dipulihkan dengan prosedur operasi.



Namun, keperawanan tidak mungkin dipulihkan. Sebab, keperawanan lebih me-



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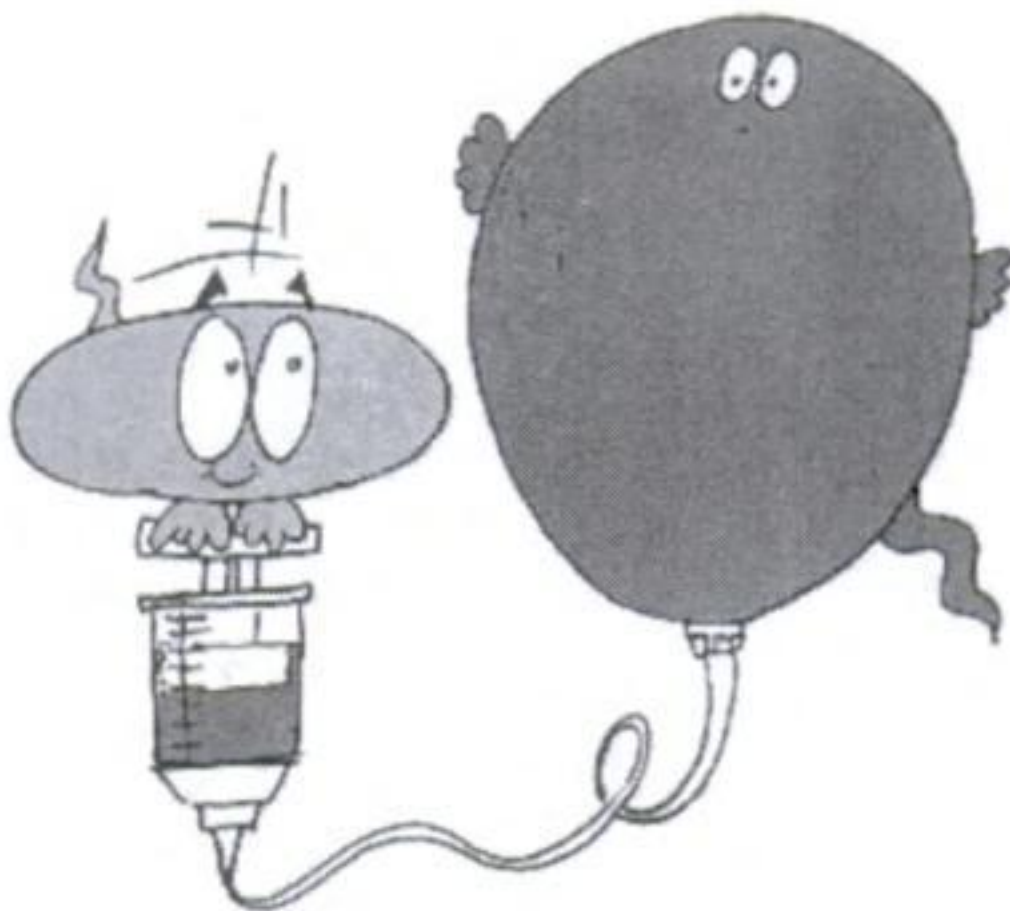


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Ukuran alat vital seseorang sangat dipengaruhi oleh etnis, keseimbangan hormonal, gizi, dan kesehatan umum seseorang. Dan, secara medis, ketika seseorang telah berhenti masa pertumbuhannya, maka berhenti pula kemampuan penis untuk bertumbuh. Itu sebabnya, secara medis upaya alternatif, seperti yang saudara sebutkan, bahkan penyuntikan silikon, kolagen, atau apa saja untuk memperbesar alat vital, tidak bisa dipertanggungjawabkan secara ilmiah dan bahkan berbahaya. Beberapa pasien yang konsultasi di klinik saya adalah penderita impotensi akibat menempuh upaya alternatif untuk memperbesar alat vitalnya.





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Informasi yang mengatakan seks oral adalah bagian dari aktivitas seks yang aman bahkan sebagai ekspresi kasih sayang, sama sekali tidak benar. Ungkapan kasih sayang tidak identik dengan melakukan aktivitas seksual. Bahkan bagi mereka yang belum menikah, menahan diri dari setiap dorongan seksual justru merupakan bentuk kasih sayang yang paling bertanggungjawab. Di samping itu, dalam berbagai penelitian terbukti bahwa seks oral bisa menjadi jalur penularan berbagai macam penyakit menular seksual. Salah satu penyakit menular seksual yang bisa ditularkan melalui seks oral adalah *Kaphosis sarcoma related virus*, yaitu virus yang manifestasinya dalam bentuk kanker kulit ganas yang sering dijumpai pada penderita AIDS. Jadi, bila Mary ingin mengungkapkan kasih sayang dengan cara yang benar dan bertanggungjawab, katakan tidak (**NO**) untuk semua aktivitas seksual, termasuk seks oral, sampai saat pernikahan Mary tiba. OK?



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hadapinya, suatu hari kebahagiaan akan berpihak pada kalian. Sebaliknya, bila karena rasa takut lalu kamu memilih melakukan aborsi, masalah yang lebih pelik menantimu. Dan, masalah itu bisa berlangsung lama sekali, yaitu sepanjang hidup kalian. Silakan pilih yang mana!



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Masturbasi Bukan Keharusan

Dokter Andik yang baik, saya (19) seorang mahasiswi. Saya pernah membaca di majalah bahwa ada gadis yang melakukan masturbasi. Ia melakukan masturbasi dengan cara meremas-remas payudaranya dan memegang vaginanya. Dengan begitu dia merasa terangsang dan puas. Saya heran. Sebab, saya pernah mencobanya beberapa kali tetapi saya tidak merasakan apa-apa. Normalkah saya? Atau saya ini termasuk perempuan frigid? Tolong jika membalas, dikirim ke email saya, karena saya tidak pernah mendengarkan radio. Terima kasih.

VINA, SURABAYA

Vina, memang ada remaja seusiamu yang melakukan masturbasi dan mendapat kepuasan. Namun, tidak berarti mereka yang tidak melakukan masturbasi



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bungan seks bebas sebelumnya, berpotensi meningkatkan risiko tersebut.

Namun, tidak tepat bila dengan demikian Lucy lantas dikatakan menderita AIDS. AIDS atau *Acquired Immune Deficiency Syndromes*, adalah suatu kondisi medis yang diakibatkan oleh virus HIV. Dan, penderitanya akan mengalami penurunan daya tahan yang amat berat terhadap penyakit infeksi. Akibatnya, infeksi yang ringan pun bisa berakibat fatal bagi penderita AIDS. Nah, proses dari seorang terinfeksi HIV sampai menjadi AIDS sangat beragam. Namun, rata-rata antara 5-10 tahun. Itu sebabnya sulit untuk mengetahui apakah seseorang mengidap HIV atau tidak. Sebab, dalam tahap ini tidak ada tanda-tanda yang bisa dilihat, kecuali melalui pemeriksaan laboratorium *serologis*.

Ada sebagian orang yang menyangka, kalau memakai kondom saat berhubungan intim akan terlindung dari bahaya tertular HIV. Anggapan itu ternyata keliru. Sebab, dengan memakai kondom risiko tertular HIV masih mencapai 13 persen. Bahkan penelitian lain menye-



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kan obat *antihistamin* yang bisa Ibu dapatkan di apotik.

Terakhir, Ibu perlu ke dokter untuk mendapat obat antimikroba yang paling sesuai dengan jenis mikroba yang menginfeksi Ibu.

Namun demikian, tidak usah panik dan cemas. Apa yang Ibu alami hanyalah masalah medis sederhana. Tetaplah tersenyum, nikmati keindahan berkat pernikahan dalam hidup Ibu.



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Makin Intim Pasca Persalinan

Saya, Lydia (23) pengantin baru. Kami merencanakan untuk langsung mempunyai keturunan. Sebab, sebagai wanita saya ingin sekali menjadi seorang ibu. Tapi ada juga perasaan takut yang menghantui saya. Karena kebanyakan ibu yang telah melahirkan mengalami perubahan bentuk tubuh yang dahsyat. Bagaimana caranya untuk mencegah agar tubuh tidak melar setelah melahirkan? Dan, apakah hubungan intim setelah melahirkan itu lebih nikmat atau sebaliknya? Sebab, vagina kan sudah berubah dibandingkan dengan sewaktu masih gadis atau sebelum melahirkan. Dan, saya juga berdoa dan mengharapkan agar suami dari hari ke hari semakin menyayanginya saya.

NY. LIDYA, JOHOR BARU

Ibu Lidya, melahirkan adalah peristiwa alami yang tidak harus memberi dampak



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Seks Saat Menstruasi, Amankah?

Saya seorang istri, 23 tahun, belum memiliki anak. Pertanyaan saya, biasanya wanita akan mengalami orgasme pada menit ke berapa saat melakukan hubungan intim? Selain itu, bagaimana cara yang aman untuk melakukan hubungan intim pada saat haid?

NY. HANTARA, SURABAYA

Ibu Hantara, pasangan muda seperti Anda kebanyakan memang memiliki kebutuhan seksual yang tinggi, sehingga kalau bisa tidak ada waktu tanpa berintim ria, begitu bukan? Sampai-sampai saat menstruasi pun enggan untuk berhenti. Bila Anda tidak memiliki halangan religius, hubungan seks saat menstruasi bisa dilakukan, namun harus hati-hati. Sebab, saat menstruasi dinding dalam rahim mengalami pengelupasan, sehingga ada



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Seks Aman Saat Hamil

Ada yang mengganjal di hati saya nih, Dok. Sebenarnya saya malu, tetapi saya memberanikan diri untuk bertanya. Saat ini usia saya 25 tahun dan sedang hamil 3 bulan. Sebenarnya saya masih ingin melakukan hubungan intim, namun saya takut kalau dapat membahayakan janin saya. Selain itu, suami saya tampaknya juga kurang tertarik dengan saya semenjak saya hamil. Apa dia punya WIL, ya dok?

NY. YENNY K, JOMBANG

Yenny, selamat ya atas kehamilanmu. Sebentar lagi hidupmu akan semakin semarak dengan hadirnya bayi mungil anugerahNya.

*Ed Wheat, MD dalam bukunya *Intended for Pleasure* menulis, bahwa frekuensi rata-rata hubungan seks semasa*



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Orgasme Bukan Impian Semata

Saya, Dinda (27) seorang istri yang telah menikah selama 3 tahun dan memiliki satu anak berusia 1,5 tahun. Hubungan intim saya dengan suami berjalan normal seminggu 2-3 kali. Suami saya pun tidak termasuk penderita ejakulasi dini. Namun anehnya, saya tidak pernah merasakan apa yang dinamakan orgasme. Maka, terus terang lama-lama saya jadi enggan melakukan kontak seksual dengan suami. Apa yang harus saya lakukan, dokter?

NY. DINDA, MALANG

Ibu Dinda, apa yang Ibu alami, banyak dialami juga oleh beberapa Ibu. Bahkan, ada suatu survei yang melaporkan bahwa sekitar 75 persen wanita sulit bahkan tidak pernah mengalami orgasme sepanjang aktivitas seksualnya. Kondisi yang Ibu alami itu disebut *disorgasme*.



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longan professional. Sebab, *The International Society for Sexual and Impotence Research (ISSIR)* telah merekomendasi berbagai pendekatan medis untuk mengatasi masalah *Female Sexual Dysfunction*. Seks adalah anugerah yang boleh dinikmati dalam hidup pernikahan, maka Ibu pun patut mendapatkannya.



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arah punggung (belakang) akan sangat meningkatkan peluang terjadinya pembuahan, apalagi bila setelah terjadi ejakulasi dan hubungan intim, istri tetap mempertahankan posisinya sampai paling tidak pada pagi harinya. Peluang terjadinya kehamilan akan semakin tinggi.

Ketiga, dimensi relasional. Berbeda dengan ciptaan lain, seks dalam kehidupan manusia memiliki dimensi relasional. Seks manusia melibatkan pertautan yang amat kompleks. Jadi, bukan hanya kontak fisik saja, tetapi juga ikatan emosional dan bahkan spiritual. Itu sebabnya, organ seksual manusia diciptakan di sisi depan tubuhnya. Maka, ketika terjadi kontak seksual dalam posisi klasik, suami-istri bisa saling memandang bahkan berbisik untuk saling mengungkapkan kata-kata yang romantis.

Dengan demikian, variasi posisi hendaknya dijalankan secara seimbang agar tidak ada dimensi yang terabaikan. Sebab, seks dalam kehidupan suami-istri, bukan sekadar masalah kepuasan fisik namun juga masalah relasi seumur hidup yang harus senantiasa dijaga dan dipelihara.



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mengalami penurunan gairah seksual yang pada gilirannya membuatnya merasa terpaksa jika sang suami menghendaki hubungan intim. Gangguan ini bisa disebabkan oleh banyak hal, seperti tekanan emosional yang berat, kelelahan akibat tugas-tugas di rumah atau di tempat kerja, bahkan bisa pula diakibatkan karena gangguan hormonal. Itulah mengapa perlu menjalani hidup yang teratur dan seimbang. Namun, bila langkah tersebut belum mendatangkan hasil yang memuaskan, datanglah kepada konsultan seks. Semoga ia bisa membantu Ibu menemukan solusi yang lebih tepat.

Ibu Dian, percayalah seks dalam pernikahan itu indah dan patut dinikmati sebagai anugerah Tuhan yang suci, karena itu jangan lagi melakukannya karena terpaksa. Temukan jalan keluar yang memungkinkan Ibu bisa menikmatinya dengan penuh kehangatan bersama suami tercinta. Saya percaya pernikahan Ibu akan semakin indah dan bahagia.



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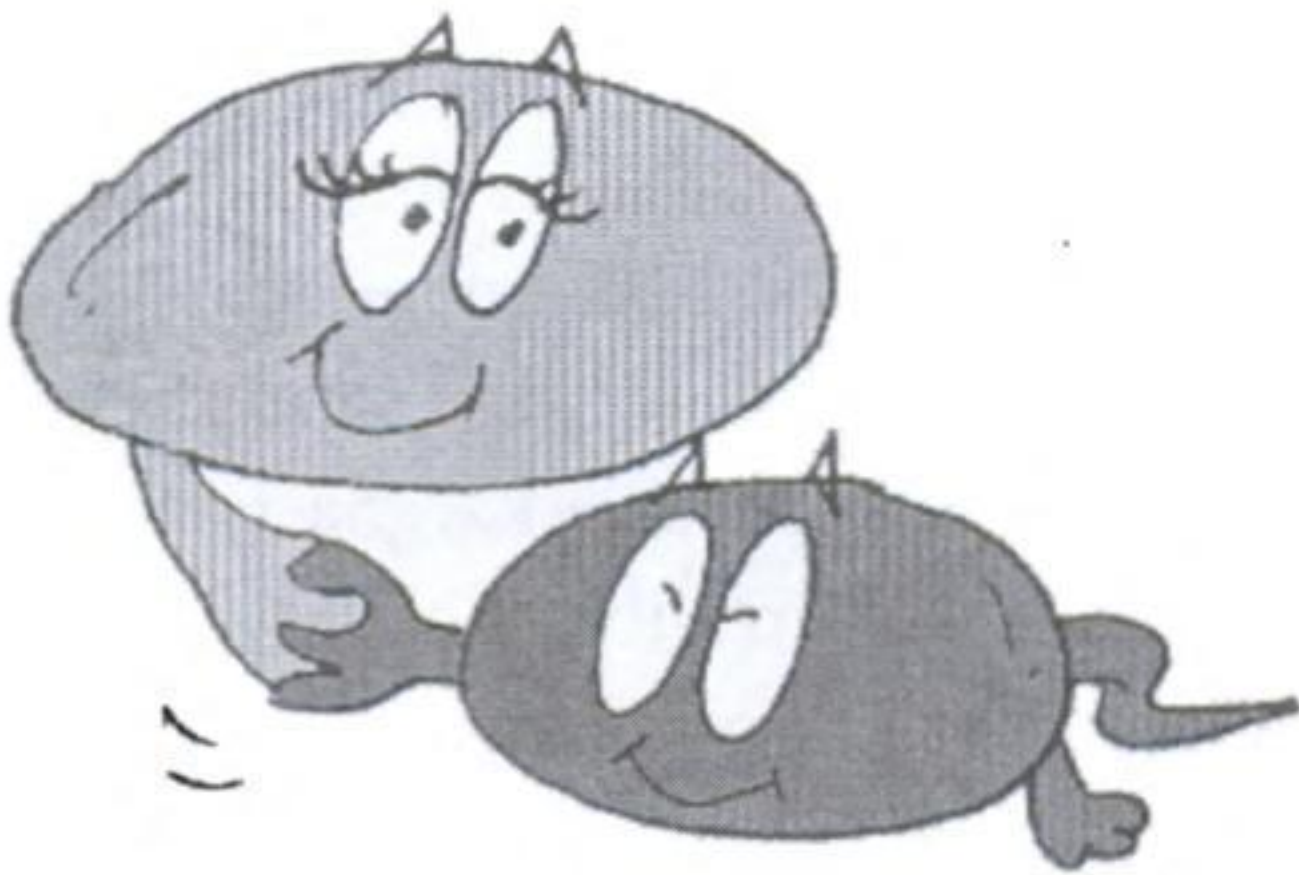


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akan mudah diatasi bila ada komunikasi yang berjalan baik. Maka, temukanlah saat yang tepat untuk membicarakannya secara terbuka. Dan, mulailah berkompromi dan beradaptasi.





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istri yang rajin berdoa dan membaca kitab suci, ternyata memiliki kehidupan seksual yang lebih hangat dan memuaskan dibandingkan dengan pasangan yang tidak terlalu memperdulikan masalah spiritual.

Jadi, cobalah perhatikan empat hal tersebut. Khususnya, berlatihlah berkomunikasi agar lebih efektif. Istri Bapak butuh waktu untuk beradaptasi dengan kemajuan karier Bapak. Percayalah, kalau Bapak bisa membuktikan diri sebagai suami yang penuh cinta kasih, kesetiaan, dan kemurnian, istri Bapak akan memiliki sikap yang lebih manis. Jangan pernah lupa, *God makes all things beautiful in His time.*



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Dulu, seks dianggap sebagai sesuatu yang alamiah karena dipelajari dari alam dan pembicaraan mengenai seks selalu dianggap tabu. Namun, saat ini seks telah berkembang menjadi sesuatu yang multidimensional karena terkait dengan banyak sisi kehidupan. Perkembangan gaya hidup modern telah mengubah persepsi tentang seks yang tadinya dianggap sebagai hal yang pribadi dan privat menjadi hal yang umum dan dibicarakan secara terbuka. Bahkan, belakangan ini, seks cenderung dieksploitasi oleh industri pornografi karena bisa mendatangkan uang berlimpah. Akibatnya, begitu banyak informasi yang tidak benar mengenai seks—baik dalam bentuk teks, gambar, foto, maupun film—tersebar dan menimbulkan banyak hal negatif yang sangat meresahkan masyarakat. Dan, informasi yang keliru itu semakin cepat menyebar dan tak terkendali dengan adanya internet dan lemahnya undang-undang antipornografi.

Buku ini berisi 55 tanya jawab mengenai pelbagai masalah seksual yang sering ditanyakan kepada penulis, baik melalui surat, *e-mail*, *web site*, maupun konsultasi langsung, seperti: apakah jari bisa merusak selaput dara, apakah obesitas mengganggu performa seks, amankah berhubungan seks saat hamil, dll. Berbagai permasalahan itu dikelompokkan menjadi lima topik:

- masalah seksual remaja
- masalah seks dan keharmonisan keluarga
- masalah disfungsi seksual pria dan wanita
- masalah penyakit menular seksual
- masalah penyimpangan perilaku seksual

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