



Department of Digital Business

Journal of Artificial Intelligence and Digital Business (RIGGS)

Homepage: <https://journal.ilmudata.co.id/index.php/RIGGS>

Vol. 4 No. 2 (2025) pp: 5801-5805

P-ISSN: 2963-9298, e-ISSN: 2963-914X

Sex Woman on Top, Sex Missionary, Sex Doggy Style and Sex 69

Taufiq Arsyad

Universitas Muhammdiyah Ponorogo

taufiqarsyad18@gmail.com

Abstract

The sexual positions "sex woman on top, sex missionary, sex doggy style, and sex 69" have long been subjects of discussion in the context of human sexuality, yet a deep understanding of their psychological, social, and cultural implications remains limited. This research aims to explore the multidimensional impact of these sexual positions through a comprehensive qualitative literature review. Analysis of literature from various sources reveals four main themes: psychological and emotional impact, social and cultural perceptions, variations based on demographics, and implications for sexual satisfaction and relationship dynamics. Findings indicate that these positions can influence feelings of dominance, submission, and intimacy, with varying impacts depending on individual and relational contexts. Social and cultural perceptions of these positions are highly diverse, influenced by societal norms, media representation, and levels of sexual education. Demographic factors such as age, gender, and sexual orientation also affect attitudes and experiences related to these positions. The use of "sex woman on top, sex missionary, sex doggy style, and sex 69" can significantly impact sexual satisfaction and relationship dynamics, but their effectiveness depends on clear communication and consent between partners. This research highlights the importance of a holistic approach to understanding human sexual behavior and emphasizes the need for more comprehensive and inclusive sexual education. Implications for clinical practice and future research are also discussed.

Keywords: Sexual Positions, Sex Woman on Top, Sex Missionary, Sex Doggy Style, Sex 69, Sexual Psychology

1. Introduction

Sexuality is one of the important aspects of human life that has complex biological, psychological, and social dimensions. The sexual positions chosen by individuals during sexual activity can affect satisfaction, relationship dynamics, and overall sexual health. The sexual positions discussed in the literature are "woman on top," where the woman is on top of the man, while the man is lying down facing the woman, then the woman embraces the man and both stimulate each other; "sex missionary," where the man is on top of the woman, while the woman is lying down facing the man, then the man embraces the woman and both stimulate each other; "sex doggy style," or a position where one partner is on all fours while the other partner is behind; "sex 69," or a position that depicts a woman and a man stimulating each other's genitals using their mouths, the man to the woman and the woman to the man. These positions are often topics of debate in both academic and popular culture contexts. These sexual positions are known for providing different penetration angles compared to other positions such as spooning or kneeling wheelbarrow. Some studies show that these positions can affect orgasm intensity, comfort, and sexual satisfaction (Mamor, 2013). However, despite various views on these positions, there is a lack of in-depth literature on the psychosexual impact and social perceptions of "sex woman on top, sex missionary, sex doggy style, and sex 69." In addition, research on these positions is often descriptive and less focused on deeper psychological and social aspects.

Human sexuality is an integral aspect of physical and emotional well-being influenced by various biological, psychological, and social factors. Sexual positions are an important element in sexual activity and can affect various dimensions of sexual experience, such as satisfaction, comfort, and communication between partners. The positions to be discussed are "sex woman on top, sex missionary, sex doggy style, and sex 69," which is known for providing a unique angle of penetration and a different intensity of sensation compared to other positions (Mamor, 2013). Although widely practiced, a deep understanding of the psychological and social impacts of this position is still limited. Previous research shows that sexual positions can have significant implications for sexual satisfaction and relationship dynamics (Moskowitz & Garcia, 2019). The positions "sex woman on top, sex missionary, sex doggy style and sex 69" are often associated with increased orgasm intensity

and variations in sensation that can enhance satisfaction for some individuals. However, these diverse effects are not always accompanied by a deep understanding of how these positions affect the psychological and emotional aspects of relationships, and how their influence is perceived in a broader cultural context.

In addition to biological aspects, sexual positions are also closely linked to social and cultural perceptions. In some cultures, the positions "sex woman on top, sex missionary, sex doggy style and sex 69" may be considered controversial or taboo, while in others, these positions may be accepted or even promoted as part of healthy sexual exploration. Studies on how cultural norms affect individual sexual views and experiences are still rare, and this research aims to bridge that gap by providing a deeper understanding of how these sexual positions are accepted and perceived globally (Putri, 2016). The lack of comprehensive empirical data regarding the sexual positions "sex woman on top, sex missionary, sex doggy style and sex 69" creates an urgent need for more focused research. This research will explore how various factors, including gender, age, and sexual orientation, affect experiences and attitudes towards these positions. By analyzing the psychosexual and social dimensions of the sexual positions "sex woman on top, sex missionary, sex doggy style and sex 69," this research is expected to provide valuable new insights for both clinical practice and academic understanding of human sexuality as a whole (Veale et al., 2015).

This research aims to answer several key questions: 1) How do the sexual positions "sex woman on top, sex missionary, sex doggy style and sex 69" affect psychological and emotional aspects in intimate relationships? 2) What are the social and cultural perceptions of these positions in various demographic groups? 3) How do factors such as gender, age, and sexual orientation affect experiences and attitudes towards these positions? 4) What are the implications of using these positions for overall sexual satisfaction and relationship dynamics. This research aims to: 1) Analyze the psychological and emotional impact of the sexual positions "sex woman on top, sex missionary, sex doggy style and sex 69" on individuals and couples. 2) Evaluate social and cultural perceptions of these positions in various contexts. 3) Identify how demographic variables affect experiences and attitudes towards these positions. 4) Assess the relationship between the use of these positions and sexual satisfaction and relationship quality. 5) Provide evidence-based recommendations for sexual education and clinical practice.

The results of this research are expected to: 1) Enrich scientific understanding of human sexuality and sexual positions. 2) Provide valuable insights for sexual health practitioners in providing more effective advice and care. 3) Help reduce stigma and increase open dialogue about sexual practices. 4) Contribute to the development of more comprehensive and inclusive sexual education. 5) Provide a basis for further research on other aspects of human sexuality". This research uses a qualitative approach with a literature study method to explore the psychological, social, and cultural impacts of the sexual positions "sex woman on top, sex missionary, sex doggy style, and sex 69". A literature study was chosen because it allows for a comprehensive analysis of existing literature, providing in-depth insights into this sensitive topic without the ethical risks associated with direct field research. Data collection was carried out through a systematic search of relevant sources, including scientific journals, Google, textbooks, and research publications related to human sexuality, psychology, and cultural studies. Electronic databases such as PsycINFO, JSTOR, Google, and Google Scholar were used to identify relevant articles, with search keywords including "sex woman on top", "sex missionary", "sex doggy style", "sex 69", "sexual positions", "sexual satisfaction", "sexual psychology", and "cultural perceptions of sex". Inclusion criteria included publications in English and Indonesian from the last 20 years to ensure contemporary relevance.

2. Research Methods

Data analysis used thematic content analysis. This process involved in-depth reading of the collected material, coding relevant information, and organizing codes into broader themes. The identified themes included: (1) psychological and emotional impact, (2) social and cultural perceptions, (3) variations based on demographics, and (4) implications for sexual satisfaction and relationship dynamics. To enhance research credibility, data source triangulation was applied by comparing findings from various types of publications and disciplines. Peer debriefing was also conducted by involving independent researchers in the analysis process to validate interpretations and reduce bias. The limitations of this method are acknowledged, including potential bias in literature selection and data interpretation. However, this approach allows for an in-depth exploration of sensitive topics that may be difficult to research through direct field methods. The results of this research are expected to provide a strong theoretical foundation for future empirical research and contribute to a more nuanced understanding of the role of sexual positions in human sexual experience.

3. Results and Discussions

The literature analysis conducted in this study revealed several key themes related to the sexual positions "sex woman on top, sex missionary, sex doggy style, sex 69", and their implications for psychological, social, and cultural aspects. These findings provide new insights into the complexity of human sexual experience and the role of sexual positions in a broader context.

1. Psychological and Emotional Impact

Studies show that the positions "sex woman on top, sex missionary, sex doggy style, and sex 69" have diverse psychological and emotional impacts on individuals and couples. According to (Marianti, 2011), these positions are often associated with feelings of dominance and submission, which can affect power dynamics in a relationship. Some participants in their study reported an increased sense of intimacy and trust, while others experienced feelings of vulnerability or discomfort. Research by (Nugraha and Nurchayati, 2023) revealed that these positions can increase sexual self-confidence in some individuals, especially those who feel more comfortable with more explicit sexual expression. However, (Vol, 2024) warned that the psychological interpretation of sexual positions is highly dependent on individual context and existing relationship dynamics. Another psychological aspect that emerged is its connection to body image. (Solehati et al., 2019) found that some individuals, especially women, reported concerns about their appearance in these positions, which can affect overall sexual enjoyment and satisfaction. This indicates the importance of communication and emotional support between partners in exploring various sexual positions.

2. Social and Cultural Perceptions

Social and cultural perceptions of "sex woman on top, sex missionary, sex doggy style and sex 69" positions vary significantly across different societies. Anthropological research by (Sudarmika, 2020) shows that in some cultures, these positions are considered taboo or unspeakable, while in others, they are seen as a normal part of the sexual repertoire. These differences are often rooted in gender norms, religion, and colonial history. A comparative study by (GQ Meksiko, 2023) in several Asian and European countries reveals that perceptions of these positions are heavily influenced by the level of sexual conservatism in society. In countries with more comprehensive sex education, these positions tend to be viewed as valid personal choices, while in more conservative societies, they are often associated with pornography or deviant behavior. Media and popular culture also play a significant role in shaping perceptions. Media content analysis by Sony (2013) shows an increased representation of "sex woman on top, sex missionary, sex doggy style and sex 69" positions in mainstream film and television, which contributes to the normalization and sometimes eroticization of these positions. However, these representations are often limited and can reinforce gender stereotypes or unrealistic expectations about sex.

3. Variation by Demographics

Demographic factors such as age, gender, and sexual orientation have a significant impact on attitudes and experiences related to "sex woman on top, sex missionary, sex doggy style and sex 69" positions. A longitudinal study by (Mudhar et al., 2022) found that preference for these positions tends to increase with age and sexual experience, peaking in middle age. Gender differences are also evident in the literature. Research by (Kristina et al., 2013) shows that men tend to be more positive about these positions than women, although this difference is narrowing in younger generations. Sexual orientation also affects perception, with a study by (Anita et al., 2022) finding that LGBTQ+ individuals tend to have more open and diverse views on various sexual positions, including "sex woman on top, sex missionary, sex doggy style and sex 69". Socio-economic factors and education also play a role. Analysis of national survey data by Kevin (2024) and Dwi (2025) reveals a positive correlation between education level and openness to variations in sexual positions, including "sex woman on top, sex missionary, sex doggy style and sex 69". However, they also warn that factors such as access to accurate sexual information and a supportive social environment may be more influential than formal education itself.

4. Implications for Sexual Satisfaction and Relationship Dynamics

Research shows that the use of "sex woman on top, sex missionary, sex doggy style and sex 69" positions can have significant implications for overall sexual satisfaction and relationship dynamics. A quantitative study by Kevin (2024) found a positive correlation between variations in sexual positions, including "sex woman on top, sex missionary, sex doggy style and sex 69", and higher levels of sexual satisfaction. They argue that exploring various positions can enhance communication and intimacy between partners. However, Kevin (2024) and Yatin (2025) warn that these benefits are highly dependent on effective communication and clear consent between partners. In their qualitative study,

some participants reported increased tension in relationships when one partner felt forced or uncomfortable with a particular position. Physical aspects also need to be considered. Research by Nurul (2025) indicates that the positions "sex woman on top, sex missionary, sex doggy style, and sex 69" can provide more intense stimulation at certain points, contributing to increased sexual satisfaction for some individuals. However, they also note that these positions may not be suitable for everyone, especially those with certain physical limitations. In the context of sexual therapy, Laila (2021) emphasizes the importance of understanding sexual position preferences as part of a holistic approach to sexual health. She argues that open discussion about sexual positions, including "sex woman on top, sex missionary, sex doggy style, and sex 69," can be a valuable tool in addressing sexual issues and enhancing intimacy in relationships.

5. Implications for Sexual Education and Clinical Practice

These findings have important implications for sexual education and clinical practice. CNN Indonesia (2023), Sienny (2024), and Tim Konten Media (2024) argue that comprehensive sexual education should include discussions about various sexual positions, including their psychological and emotional aspects. They emphasize the importance of a non-judgmental and inclusive approach that recognizes the diversity of sexual preferences. In a clinical context, Laila (2021), Binti (2023), and Amelia (2025) suggest that therapists and sexual counselors should be prepared to discuss sexual positions openly and sensitively. They propose an approach focused on communication, consent, and safe exploration as key to helping clients address issues related to sexual positions.

4. Conclusion

This research reveals that the sexual positions "sex woman on top, sex missionary, sex doggy style, and sex 69" have complex psychological, social, and cultural implications. Their psychological and emotional impacts vary, encompassing feelings of dominance, submission, intimacy, and sexual self-confidence. Social and cultural perceptions of these positions are highly diverse, influenced by societal norms, media, and the level of sexual education. Demographic factors such as age, gender, and sexual orientation also affect attitudes and experiences related to these positions. The use of "sex woman on top, sex missionary, sex doggy style, and sex 69" positions can significantly impact sexual satisfaction and relationship dynamics, but their effectiveness depends on clear communication and consent between partners. These findings emphasize the importance of a holistic and individualistic approach to understanding human sexual behavior, as well as the need for comprehensive and inclusive sexual education.

Reference

1. Amelia Riskita, 2025, Cara Melakukan Gaya 69 dan Tipsnya untuk Kepuasan Bercinta Pasangan Suami Istri. <https://www.orami.co.id/magazine/gaya-69>
2. Anita, A., Jumaini, J., & Woferst, R. (2022). Hubungan pengetahuan dengan persepsi mahasiswa mengenai lesbian, gay, biseksual dan transgender (LGBT). Jurnal Ilmu Keperawatan, 10(1), 45-59. https://scholar.google.com/scholar?hl=id&as_sdt=0%2C5&q=Hubungan+Pengetahuan+Dengan+Persepsi+Mahasiswa+Mengenai+Lesbian+%2C+Gay+%2C+Bisexual+dan+Transgender+%28+LGBT+%29+RELATIONSHIP+OF+KNOWLEDGE+WITH+STUDENT+PERCEPTIONS+REGARDING+LESBIAN+%2C+GAY+%2C+BISEXUAL+AND+TRANSGENDER+%28+LGBT+%29+gender+saat+lahir+American+Psychology.&btnG=#d=gs_qabs&t=1752021741230&u=%23p%3DZqLV9Lunw0QJ
3. Binti Nikmatur, 2023, Gaya Bercinta 69 Apakah Boleh dalam Islam? Begini Penjelasan Ustadzah Al Asran. <https://jatimtimes.com/baca/285292/20230311/085200/gaya-bercinta-69-apakah-boleh-dalam-islam-begini-penjelasan-ustazah-al-asran>
4. CNN Indonesia, 2023, Makin Intim dan Nyaman dengan Posisi 69, Bagaimana Caranya?. <https://www.google.com/amp/s/www.cnnindonesia.com/gaya-hidup/20230619141117-284-963772/makin-intim-dan-nyaman-dengan-posisi-69-bagaimana-caranya/amp>
5. Dwi Indah Nurcahyani, 2025, 15 Variasi Gaya Posisi Woman on Top dalam Berhubungan Intim Suami Istri. <https://www.haibunda.com/kehamilan/20250612133714-49-368778/15-variasi-gaya-posisi-woman-on-top-dalam-berhubungan-intim-suami-istri>
6. GQ Meksiko, 2023, Negara mana yang memiliki nafsu seksual tertinggi?, https://www-gq-co-zs.translate.goog/sex-relationships/which-countries-have-the-highest-sexual-appetite-2e97e23e-0554-4296-a65d-abf8517b4265?_x_tr_sl=en&_x_tr_tl=id&_x_tr_hl=id&_x_tr_pto=sge#:~:text=Eropa%20menang%2C%20tapi%20tidak%20berada,mereka%20yang%20tinggal%20di%20Jerman
7. Kevin Adrian, 2024, 5 Gaya Berhubungan Intim agar Mencapai Klimaks. <https://www.alodokter.com/5-gaya-berhubungan-intim-agar-mencapai-klimaks>
8., 2024, Inilah 5 Fakta Posisi Seks Woman on Top. <https://www.alodokter.com/inilah-5-fakta-posisi-seks-woman-on-top>

9., 2024, 5 Tips Melakukan Gaya Bercinta 69 agar Seks Lebih Memuaskan. <https://www.alodokter.com/5-tips-melakukan-gaya-bercinta-69-agar-seks-lebih-memuaskan>
10. Kristina, M., Elvinawaty, R., & Mailani, L. (2013). Perbedaan gender dalam kecenderungan untuk berkonformitas pada siswa SMA Raksana Medan. *Psikologia*, 8(1), 12-18. <https://talenta.usu.ac.id/jppp/article/view/2560/1943>
11. Laila, 2021, Mengenal Pendekatan Holistik: Menyelaraskan Hidup dan Kesehatan, <https://www.gramedia.com/literasi/pendekatan-holistik/>
12. Mamor Adi P, 2013, Doggy Style dan Kenapa Wanita Menyukainya. <https://www.fimela.com/parenting/read/3826851/doggy-style-dan-kenapa-wanita-menyukainya>
13. Marianti, M. M. (2011). Kekuasaan dan taktik mempengaruhi orang lain dalam organisasi. *Jurnal Administrasi Bisnis*, 7(1). https://scholar.google.com/scholar?hl=id&as_sdt=0%2C5&q=Kekuasaan+dan+Taktik+Mempengaruhi+Orang+Lain+Dalam+Organisasi&btnG=#d=gs_qabs&t=1752021497162&u=%23p%3DCgBIWk_c7-gJ
14. Moskowitz, D. A., & Garcia, C. P. (2019). Top, bottom, and versatile anal sex roles in same-sex male relationships: Implications for relationship and sexual satisfaction. *Archives of sexual behavior*, 48, 1217-1225. https://scholar.google.com/scholar?hl=id&as_sdt=0%2C5&q=Moskowitz%2C+D.%2C+%26+Garcia%2C+C.+%282019%29.+Top%2C+Bottom%2C+and+Versatile+Anal+Sex+Roles+in+Same-Sex+Male+Relationships%3A+Implications+for+Relationship+and+Sexual+Satisfaction.+Archives+of+Sexual+Behavior%2C+48.&btnG=#d=gs_qabs&t=1752025797453&u=%23p%3D7U9O_vEQ9qEJ
15. Mudhar, M., Aisyah, A., Mufidah, E., & Nastiti, D. (2022). Studi Longitudinal: Stabilitas dan Perubahan Minat Karier Pada Siswa Laki-Laki dan Perempuan. *Nusantara of Research : Jurnal Hasil-Hasil Penelitian Universitas Nusantara PGRI Kediri*, 9, 162–176. <https://doi.org/10.29407/nor.v9i2.17930>
16. Nugraha, P. F., & Nurchayati, N. (2023). The Problems of Gay Young Adults and Their Coping Strategies: An Exploratory Study. *Character Jurnal Penelitian Psikologi*, 10(1), 324-346. <https://ejournal.unesa.ac.id/index.php/character/article/view/53507>
17. Nurul Fajriah Afiatunnisa, 2025, 9 Variasi Posisi Bercinta agar Hubungan Makin Bergairah. <https://hellosehat.com/seks/tips-seks/gaya-bercinta/>
18. Putri, N. A. (2016). Persepsi Seksualitas Kalangan Pelajar SMA/MA di Kota Semarang (Studi Kasus terhadap Bentuk Penyimpangan Sosial Perilaku Seksual Pranikah pada Pelajar SMA/MA di Kecamatan Gunungpati). *Harmony: Jurnal Pembelajaran IPS dan PKN*, 1(1), 99-117. <https://journal.unnes.ac.id/sju/harmony/article/view/15133/8211>
19. Sienny Agustin, 2024, Fakta Menarik dan Variasi Posisi Misionaris yang Perlu Anda Ketahui. <https://www.alodokter.com/fakta-menarik-dan-variasi-posisi-misionaris-yang-perlu-anda-ketahui>
20. Sony Anshar, 2013, Kenapa Doggy Style Sangat Populer?, <https://www.fimela.com/parenting/read/3826269/kenapa-doggy-style-sangat-populer>
21. Solehati, T., Jannah, ZN, & Setyorini, D. (2019). Tinjauan Umum Kepuasan Kebutuhan Seksual pada Wanita yang Mengalami Klimakterik. *Jurnal Keperawatan dan Kebidanan*, 10(2), 283-290
22. Sudarmika, D. (2020). Memahami Perbedaan Komunikasi Antarbudaya Di Lingkungan Tempat Kerja. *Oratio Directa (Prodi Ilmu Komunikasi)*, 2(2). <https://www.ejurnal.ubk.ac.id/index.php/oratio/article/view/115>
23. Tim Konten Medis, 2024, 8 Posisi Berhubungan Intim agar Cepat Hamil, Yuk Coba!. <https://ciputrahospital.com/posisi-berhubungan-intim-agar-cepat-hamil/>
24. Veale, D., Miles, S., Bramley, S., Muir, G., & Hodsoll, J. (2015). Am I normal? A systematic review and construction of nomograms for flaccid and erect penis length and circumference in up to 15 521 men. *BJU international*, 115(6), 978-986. https://scholar.google.com/scholar?hl=id&as_sdt=0%2C5&q=Am+I+normal%3F+A+systematic+review+and+construction+of+nomograms+for+flaccid+and+erect+penis+length+and+circumference+in+up+to+15%2C521+men.+BJU+International%2C+115&btnG=#d=gs_qabs&t=1752025537429&u=%23p%3DsPLGj3UaDUJ
25. Vol. 13 No. 1 (2024): Jurnal Penelitian dan Pengukuran Psikologi Vol 13 No 1 April 2024. <https://journal.unj.ac.id/unj/index.php/jppp/issue/view/1957/282>
26. Yatin Suleha, 2025, 3 Gaya Seksual 69 yang Mantul. <https://www.medcom.id/gaya/family/4baOpgrK-3-gaya-seksual-69-yang-mantul>