

# **Emily Austin Seems To Think That Sex Is An Extravagant Pleasure aka natural but unnecessary. Do you agree?**

**Post by “Pacatus” of November 8, 2023 at 5:22 PM**

From the article linked by [Kalosyni](#) above:

“I’ve been really preoccupied with my studies, and I’m always stressed because of all the things I have going on,” she said. “My libido is always shot, and I don’t really ever think about sex.”

This seems certainly unhealthy – the stress, that is; not just substituting one good (study/education) for another (immediate sexual gratification). Sexual release might well have a beneficial effect, not just vis-à-vis the stress but also on the mental activity of studying. [No judgmentalism here: I tended to be stressed when I was a student, largely because I was older than most of the others – and the fact that I had to work fulltime while going to school. But. Looking back, I recognize that the stress (anxiety) was toxic.]

On the other hand (from the same article): “Maybe you don’t have to have sex all the time,” Rhodes said. “Maybe if you’re doing other things in your life, and you’ve got other priorities, or you just don’t feel like it, that can be a good enough answer.”

I just want to add that sexual stimulation and release are generally believed to be contributive to good health (for example, prostate health in men “of a certain age”). And there are non-relational means.

At bottom, though, [Kalosyni](#) is sure right: “One can only determine for themselves if they don't need sex -- so this is a subjective feeling that is up to each individual.”