[Name of the Writer]

[Name of Instructor]

[Subject]

[Date]

Text Anxiety

 Humans have a tendency to be attracted to individuals of specific sexual characteristics. There are people who get attracted to the people of their own gender, homosexuals, and there are people who get attracted to people belonging to a different gender or sex, heterosexuals. Then there are people who are not attracted to any sex or gender at all and do not fall in this criteria; such people are called non-sexualists.

Many people do not know their sexual orientation, and when asked, they are totally clueless about their sexual preferences. There are many tests to check about hour sexual orientation or sexual preferences. Many of them are even available online, and you do not have to visit any psychologist or sexologist to get it confirmed. The details of some of these test have been given below:

**The Kinsey Scale Test**

The Kinsey Scale test or the Heterosexual-Homosexual Rating Scale was first introduced by Dr. Alfred Kinsey and Wardell Pomeroy in their book “Sexual Behavior in the Human Male” in 1948 (Drucker). The results of this test are based on the answers given by persons based on their experience given at a specific time. The ratings of the test range from 0 which describes heterosexuality to 6, which means that you are extremely homosexual. When I took the results, the results showed:

**“**You got: Not really heterosexual or homosexual.

You don’t necessarily fall on the spectrum of sexuality, which is okay. Sexuality doesn’t have to be strictly one thing or another thing, and there are plenty of people out there who experience sexual feelings in unique ways, or perhaps don’t experience sexual feelings at all.”

 The Kinsey Scale Test gives you a specific and to the point answer to your sexual orientation, and you get an elaborated answer without any confusion.

**The Klein Sexual Orientation Grid or The Multidimensional Scale of Sexuality Quiz**

The Klein Orientation Grid (KSOG) was developed by Fritz Klein after expanding his study on the Kinsey Scale Test as he felt that Kinsey Sexual Scale Test failed to answer certain characteristics of the sexual orientation of certain people (Drucker).

**The Red-Blue Sexual Scale**

The Red-Blue Sexual Scale Test was developed by Langdon Parks, a man from southern California, who realized that the Kinsey Sexual Scale test fails to answer certain aspects of a man’s sexuality (Gladue).

The Red-Blue Sexual Scale Test is not recommended because it’s an ambiguous and confusing approach. There are a lot of options available and the person who attempts the test gets confused between a wide range of colors or choices available for them. The results are also ambiguous and do not clearly provide a definite answer to your question.

**Difference:**

The Kinsey Scale Test and the Klein Sexual Orientation Grid (KSOG) differ in a way that the former defined the sexual orientation in terms of only three dimensions whereas the latter elaborates sexual orientation in terms of multiple dimensions. The Kinsey Scale Test rates the sexual orientation on a scale of 0 – 6 whereas the Klein Sexual Orientation Grid (KSOG), on the other hand, rates the sexual orientation on a scale of 0-7.

The Red-Blue Sexual Scale, on the other hand, does not use any questions but a diagram or table moving from bright red color to purple colors having different scales. The chosen scale describes the type of sexual orientation the person has.

**Importance:**

 Sexuality defines that to whom a person is sexually, emotionally, mentally and physically attracted to. Sexuality is the center of a person’s self-identity and not being able to express it may prove harmful to an individual’s sense of self-worth and overall mental well-being.

Works Cited

Drucker, Donna J. "12 The Klein Sexual Orientation Grid and the Measurement of Human Sexuality." *Reasoning in Measurement* (2017): 157.

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Gladue, Brian A., and J. Michael Bailey. "Spatial ability, handedness, and human sexual orientation." *Psychoneuroendocrinology* 20.5 (1995): 487-497.