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Asexuality in Asia: The Intersection of Tradition, Identity, and Sexual Diversity

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Abstract.

This study explores the complex cultural and social dimensions of asexuality in Asian contexts, emphasizing how Confucianism, collectivist traditions, and familial expectations shape distinct experiences of asexual individuals. Employing a systematic literature review methodology, the research draws on empirical and theoretical sources across Asian countries, such as China, Japan, and India, to uncover the multifaceted challenges faced by asexual individuals. Specific findings highlight how Confucian values in East Asia reinforce norms of marriage and reproduction, while familial pressures in South Asia, deeply rooted in Hindu and Islamic traditions, exacerbate the marginalization of asexual identities. The research also examines the impact of stigmatization and limited access to culturally competent care. By contrasting these regional distinctions with Western norms, the study underscores the necessity for culturally sensitive policies and inclusive frameworks. The conclusion offers targeted recommendations, including the implementation of culturally adapted educational programs and healthcare practices to foster visibility and support for asexual individuals in Asia.

Keywords: Asexuality, Stigma and Visibility, Sexual Orientation in Asia, Culturally Competent Care, Inclusive Research on Sexuality