

Sex Recession: Challenges and Threats for the Economy

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Abstract: The term "sex recession" refers to a decline in the willingness to engage in sexual intercourse and, consequently, a reluctance to marry and have offspring. This phenomenon is prevalent in many developed countries, leading to a notable decrease in birth rates and a slowed regeneration process. The long-term impacts of sex recession extend beyond demographic shifts and pose challenges to economic dynamics. As population declines, there is a gradual reduction in consumer needs, resulting in diminished purchasing power and imbalances in supply and demand. This economic passivity poses a significant threat to future economic sustainability. This study employs a phenomenological approach and conducts a comprehensive literature review to explore the multifaceted implications of the sex recession phenomenon. The findings highlight the potential long-term challenges and threats to economic development, emphasizing the urgency of research in this domain to inform strategic interventions and policy decisions.

Keywords: Sex Recession; population; economy.

Abstrak: Istilah *sex recession* dimaknai dengan berkurangnya kemauan untuk melakukan hubungan seksual, atau bahkan ketidak inginan manusia untuk melakukan pernikahan dan mempunyai keturunan. *Sex recession* banyak terjadi dinegara maju dan tentu saja memiliki dampak pada penurunan angka kelahiran pada suatu Negara dan regenerasi menjadi lambat. Jika hal tersebut terus terjadi jelas akan berdampak juga pada perekonomian. Lambat laun tingkat kebutuhan semakin menurun dikarenakan minimnya populasi, daya beli masyarakat semakin rendah dan terkait pada permintaan dan penawaran yang tidak seimbang sehingga aktifitas ekonomi menjadi pasif. hal ini, menjadi tantangan dan ancaman ekonomi masa depan. Oleh karena itu perlu adanya penelitian terkait hal tersebut, supaya akan menjadi kehati-hatian bagi pelaku *sex recession*. Kajian ini menggunakan pendekatan fenomenologi, telaah pustaka dengan pencarian data dan informasi secara online terkait fenomena *Sex Recession*. Dari pendekatan tersebut didapatkan bahwa *Sex Recession* memiliki dampak jangka panjang terutama pada perekonomian, secara tidak langsung terjadinya resesi seks menjadi tantangan dan ancaman perkembangan ekonomi suatu Negara, jauh ke depan Negara tersebut pun akan terancam dengan resesi ekonomi, karena adanya pengurangan pelaku ekonomi.

Kata Kunci: Sex Recession; populasi; ekonomi

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Introduction

Sexual Life Crisis or "sexual problem" is a term that can be used to describe a situation where there is a significant decline in sexual activity or sexual interest of a person or group, unwillingness to marry and have children¹, which is then referred to as a sex recession. One of the biggest impacts will be the decline in population, the lack of birth rate will slow down the movement of the economy between demand and supply to be unbalanced². Even if this continues to happen, it can have an impact on the economic activity of the State. sex recession is currently attacking the world, many developed countries are experiencing its impact including; Japan, the decline in sexual activity so that the number of experiencing a population crisis, namely a very drastic decline in the birth rate. As a result, many schools are closed due to lack of students³. United States; also experiencing birth rates, in previous years the normal birth rate was 3.33 people, since 2021 it has decreased very drastically by 2.51 people⁴. South Korea; the 4B or Four No's association, namely; no dating, no sex, no marriage, and no child-rearing (radical feminist group), a decade ago around 47% of single women stated that marriage was necessary. However, since 2018 it has become 22.4%⁵.

This study related to the sex recession is more likely to discuss the challenges and threats to the future economy if this sex recession continues to occur it will be a challenge and threat especially in the economic sector. Population decline is the

biggest impact of the sex recession⁶. The decline in population results in a decrease in the number of workers, a decrease in production such as expertise, skills and various labor that is needed for economic growth⁷. Then it also affects people's consumption, the fewer people, the lower the consumptive rate. Furthermore, in the demographic structure, the slow regeneration and productive age is decreasing⁸. Some of these things are a challenge for humans as well as a challenge for the country in the economic field⁹. Therefore, there is a need for solutions, policies for adjustments in dealing with these phenomena.

This paper is made to find out and analyze a solution if the sex recession phenomenon continues to occur, then humans will experience a big impact as well as the state, especially in the economic field. Therefore, the paper will answer three questions, including: (a) What are the factors that cause sex recession? (b) How does sex recession become a challenge and threat to the future economy? (c) What are the implications of sex recession for the future economy? From these questions it becomes a way for the author to see the sex recession has challenges and threats for the future economy, with the impact of the sex recession that has challenges and threats for the future economy, with the impact of the sex recession that has been experienced in developed and developing countries.

This paper is based on data and phenomena that many developed countries

¹<https://Health.Detik.Com/Berita-Detikhealth/d-6242243/Cegah-Resesi-Seks-Putin-Beri-Hadiah-Rp-230-Juta-Ke-Ibu-Yang-Punya-10-Anak/2>, n.d.

²<https://www.kompas.tv/bisnis/356377/Resesi-Seks-Ternyata-Bisa-Menimbulkan-Lonely-Economy-Apa-Itu>, n.d.

³<https://www.cnnindonesia.com/internasional/20230602132725-113-956949/Jepang-Gelontorkan-Rp370-t-Demi-Atasi-Resesi-Seks-Perbanyak-Penduduk>, n.d.

⁴<https://www.cnnindonesia.com/internasional/20220823203145-134-838268/Kenapa-Sejumlah-Negara-Maju-Mengalami-Resesi-Seks/2>, n.d.

⁵<https://www.cnnindonesia.com/internasional/20220823203145-134-838268/Kenapa-Sejumlah-Negara-Maju-Mengalami-Resesi-Seks/2>.

⁶ M Musahwi, M Z Anika, and P Pitriyani, "Fenomena

Resesi Seks Di Indonesia (Studi Gender Tren 'Waithood' Pada Perempuan Milenial)," *Equalita: Jurnal Studi Gender ...* (2022).

⁷ Mesra Jukijaya Sinurat, "Analisis Faktor-Faktor Yang Mempengaruhi Penurunan Populasi Babi Di Kecamatan Simanindo Kabupaten Samosir," *Skripsi*, 2019.

⁸ Dara Ayu Nova Dezianti dan Fina Hidayati, "Pengaruh Konformitas Terhadap Perilaku Konsumtif Generasi Milenial," *Jurnal Psikologi Sains Dan Profesi* Vol. 5 (2021): 151-58.

⁹ Dwi Sapto Bagaskoro, Fiqih Aditya Alamsyah, and Surya Ramadhan, "Faktor-Faktor Yang Mempengaruhi Demografi: Fertilitas, Mortalitas Dan Migrasi (Literature Review Perilaku Konsumen)," *Jurnal Ilmu Hukum, Humaniora dan Politik* (2022).

experience sex recession. This reality is an important concern, especially for future economic development, where if a sex recession with a continuous decline in population numbers¹⁰ also results in a decline in economic actors which will eventually lead to new problems. Therefore, it is important to know the causal factors, challenges and threats posed then the impact of sex recession.

Literature Review Sex Recession

Sex recession is a term used to describe a significant decline in sexual activity within a population or society¹¹. The term can refer to a situation where there is a decrease in the frequency of sexual intercourse, a decrease in sexual interest or satisfaction, or even a decrease in the number of individuals engaging in sexual intercourse¹². A sex recession cited in the Atlantic article states the decline in sexual activity experienced by a region that has a decreasing impact on the birth rate. Another statement states that the sex recession is a description of the decline in human interest in having children, which ultimately has an impact on the decline in the birth rate¹³. Furthermore, another statement stated that the sex recession decreased people's desire for marriage and having children¹⁴. From these statements, it is understood that sex recession is a decrease in human interest in marriage, sexuality and then offspring or children. The phenomenon of sex recession is very common, especially in developed and developing countries with

various factors and causes that can vary between individuals and social groups¹⁵, including;

1. Financial difficulties or shortages (economic problems), the increasing busyness of society and the demands of increasing needs, many of these actors are more interested in not getting married and having children and prioritizing careers, or by reason of the high cost of child care and education¹⁶.
2. Increased use of technology and social media, spending more time in cyberspace and thus not being active in social life¹⁷.
3. Finding "fun" in other ways, many users of gadgeted in this age they freely access pornography and others¹⁸.
4. Changes in consumption patterns, where many millennial easy generations are currently more focused on working to meet their needs, because at this time they develop buying needs not based on needs but for happiness (satisfaction).

Several studies have shown a downward trend in sexual activity in developed and developing countries, and this is characterized by fewer recorded marriages and declining birth rates, but not all countries experience this, which varies based on social, cultural and economic factors in each country.

Economy

Predictions about the future economy are very difficult to make with absolute accuracy. Economies are influenced by a variety of complex and often unpredictable

¹⁰ Musahwi, Anika, and Pitriyani, "FENOMENA RESESI SEKS DI INDONESIA (Studi Gender Tren 'Waithood' Pada Perempuan Milenial)."

¹¹ Ibnu Elmi Acmad Slamet Pelu et al., "Sex Recession Phenomenon from the Perspective Maqashid Sharia Based on Objectives Marriage Law in Indonesia," *Al-Istinbath: Jurnal Hukum Islam*, 2022, <https://doi.org/10.29240/jhi.v7i1.4204>.

¹² Robert Bozick, "Is There Really a Sex Recession? Period and Cohort Effects on Sexual Inactivity Among American Men, 2006–2019," *American Journal of Men's Health*, 2021, <https://doi.org/10.1177/15579883211057710>.

¹³ "https://Lifestyle.Sindonews.Com/Read/1013605/166/4-Negara-Yang-Mengalami-Resesi-Seks-Warganya-Ogah-Punya-Anak-1675425770," n.d.

¹⁴ "https://Health.Detik.Com/Sexual-Health," n.d.

¹⁵ Jason N. Houle and Michael T. Light, "The Harder They Fall? Sex and Race/Ethnic Specific Suicide Rates in the U.S. Foreclosure Crisis," *Social Science and Medicine*, 2017, <https://doi.org/10.1016/j.socscimed.2017.03.033>.

¹⁶ Muhkamat Anwar, "Green Economy Sebagai Strategi Dalam Menangani Masalah Ekonomi Dan Multilateral," *Jurnal Pajak Dan Keuangan Negara (PKN)*, 2022, <https://doi.org/10.31092/jpkn.v4i1s.1905>.

¹⁷ Roida Pakpahan, "Analisa Pengaruh Implementasi Artificial Intelligence Dalam Kehidupan Manusia," *Journal of Information System, Informatics and Computing*, 2021.

¹⁸ Pandega Abyan Zumarsyah, "Sejarah Kecerdasan Buatan Atau Artificial Intelligence (AI)," *Www.Warstek.Com*, 2021.

factors, including technological change, global market dynamics, government policies, demographic changes, as well as unexpected events such as financial crises or natural disasters¹⁹. Economics is the understanding of how people allocate limited resources to fulfill their needs and wants²⁰. In a broader scope, economics also includes the study of the production, distribution, and consumption of goods and services. Economics as a tool and method of analysis to explain and predict economic phenomena, especially in the future. In addition, economics is also concerned with social and political issues, such as income inequality, poverty, sustainable development, and public policy²¹.

The primary goals of economics are to achieve economic efficiency, social welfare, sustainable economic growth, and stability. Through an understanding of economic mechanisms²², economic policies can be designed and implemented to promote these goals and maximize the overall welfare of society. On the future economic development of the forecast that can be considered are: First, sustainable economic development, efforts to achieve this, it is necessary to consider social and environmental factors. Second, the industrial revolution, technological advances will be more advanced and continue to change the way of working, especially in the economic sector or the transformation of the work sector; including the industrial revolution 5.0, the sophistication of artificial intelligence that can automate human work²³. Third, changes in the global market, globalization and economic integration between countries continue, new economic powers will emerge,

shifts in economic growth satisfaction also have a considerable influence. Fourth, increasing economic inequality, income and wealth inequality will continue to be a global issue, the occurrence of unbalanced supply and demand will also continue to occur. These future economic forecasts may change based on various unpredictable factors, therefore, wisdom and prudence are required.

The Dynamics of Sex Recession Challenges and Threats

A recession is a period when overall economic activity has decreased drastically, as well as the sex recession where there is a sex recession or sex recession decrease in the number of marriages as well as a lack of interest or human activity to have sexual intercourse so that the birth rate has also decreased²⁴. From this, various challenges and threats will arise as a result of the sex recession, including:

- 1) Population decline, population decline will be a scourge for economic development because it has negative impacts, including; decreased labor force, decreased consumption and demographic inequality.
- 2) Population aging, the share of the population especially in the elderly will tend to increase, this will be a challenge in the sustainability of the pension system and health costs will increase.
- 3) Fiscal, if this sex recession occurs by not wanting to have children automatically results in the State's fiscal burden, especially on economic actors, health and also education, fewer will pay taxes causing a fiscal deficit and imbalance in

¹⁹ Nefo Indra Nizar and Achmad Nur Sholeh, "Peran Ekonomi Digital Terhadap Ketahanan Dan Pertumbuhan Ekonomi Selama Pandemi COVID-19," *Jurnal Madani: Ilmu Pengetahuan, Teknologi, Dan Humaniora*, 2021, <https://doi.org/10.33753/madani.v4i1.163>.

²⁰ Suparmono, *Pengantar Ekonomika Makro* (Yogyakarta: UUP-AMP YKPN, 2004).

²¹ Ahmad Hariyadi and Dwi Novaria Misidawati, "Pengenalan Pendidikan Ekonomi Islam Kepada Generasi Muda: Upaya Peningkatan Mutu Ekonomi Masa Depan," *Aksara: Jurnal Ilmu Pendidikan*

Nonformal, 2020, <https://doi.org/10.37905/aksara.6.3.217-224.2020>.

²² Nizar and Sholeh, "Peran Ekonomi Digital Terhadap Ketahanan Dan Pertumbuhan Ekonomi Selama Pandemi COVID-19."

²³ Muhammad Dahria, "Kecerdasan Buatan (Artificial Intelligence)," *Artificial Intelligence*, 2014.

²⁴ Iskandar Iskandar and Rahmayanti Rahmayanti, "Pengaruh Gaya Hidup, Kelompok Teman Sebaya, Dan Literasi Ekonomi Terhadap Perilaku Konsumsi," *JURNAL ILMU MANAJEMEN DAN BISNIS*, 2018, <https://doi.org/10.17509/jimb.v9i2.19749>.

the State budget.

- 4) Labor imbalance, an imbalance between labor and market demand, certain industries and sectors will have difficulty finding qualified employees, but other sectors may experience a surplus of labor.
- 5) Decrease in consumption and demand, a small population causes the level of needs to also decrease, such as a lack of purchasing power due to fewer consumption actors.
- 6) Social and demographic imbalances, obviously the sex recession will affect the social and demographic structure of society, impacting intergenerational relationships, social support, and overall family dynamics. These imbalances can result in complex social challenges and changes in patterns of social life

The dynamics of the threats and challenges of the sex recession are clearly very impactful in various sectors, but the major impact will be on the economic activities of the community as well as the economy of the State²⁵. Therefore, the government and society must make efforts to understand, contribute to the development of policies and programs for stable marriage, healthy sexual relationships and support for those who want to have children.

Method

This type of research uses a qualitative approach, with natural conditions. The object of this research is the phenomenon of sex recession which has threats and challenges to the future of the economy²⁶. Researchers will analyze by describing the phenomena that occur. The approach used in this research is descriptive qualitative, the data sources used are primary and secondary data

sources. Primary data used is the phenomenon of sex recession experienced in developed and developing countries associated with future economic development. While the secondary data is in the form of articles, journals, books and other scientific works related to the research conducted by the author. Data collection in this research uses library research and also collects data through internet media searches such as information regarding sex recession cases, related articles or journals. using qualitative descriptive analysis with the aim of seeing the factors that cause this sex recession to occur, as well as how sex recession has challenges and threats for future economic development. The data analysis used in this research is descriptive qualitative, namely by describing the data that has been obtained as clearly as possible, both primary data associated with secondary data that is closely related to the research. As observational data through social media and some phenomena that occur globally will be studied properly in the form of descriptions, then linked to all supporting data that has been obtained. After being described clearly, deductive conclusions will be drawn, namely describing in general then producing conclusions. Thus the results obtained from the research will be easily understood and understood by the reader.

Results and Discussion

Factors Causing the Sex Recession

The phenomenon of sex recession is shaking developed and developing countries, especially in Asia. Sex recession refers to a person who is not in the mood to get married, have sexual intercourse and have children²⁷. Then, this event has an impact on the decline in the population of a country, because of the state of decline in marriage

²⁵

²⁶ Hasbiansyah O, "Metodelogi Penelitian Komunikasi Fenomenologi: KOnsepsi, Pedoman Dan Contoh

Penelitian," *Mediator*, 2008; Tari Budayanti Usop, "Kajian Literatur Metodologi Penelitian Fenomenologi Dan Etnografi," https://www.researchgate.net/publication/330651306_KAJIAN_LITERATUR_METODOLOGI_PENELITIAN_FENOMENOLOGI_DAN_ETNOGRAFI, 2016.

²⁷ Howard J. Wall, "Sex and the Business Cycle," *Applied Economics*, 2023, <https://doi.org/10.1080/00036846.2022.2100871>.

rates and reluctance to have sex. The unwillingness, delay can be influenced by various factors, including; social factors, cultural factors, and the individual himself²⁸.

Table.1. Sex recession cases that occurred in various countries

Sex Recession	Challenges and Threats to the Future Economy	Narrative	Source
No desire/reduced desire for sex	Reproductive costs; fertility treatments etc. Consideration of financial responsibilities for both family and children. Flexibility in allocating personal expenses. Focus on personal and career development.	Nearly 30% of Japanese men don't have sex, citing work fatigue. Singapore government allows women to freeze their eggs.	https://www.cnindonesia.com/international/0220823203145-134-838268/kenapa-sejumlah-negara-maju-mengalami-resesi-seks/2
Decrease in marriage rate/unwillingness to marry	High cost of marriage. Increased consumption and spending. Increased responsibility and greater financial obligations.	In the United States, women tend to live alone longer because they prioritize their careers over building a family. Most established men 20 years and older do not want to have sexual intercourse	https://www.cnbcindonesia.com/news/20211206104616-4-296883/kronologi-resesi-seks-serang

²⁸ Thomas Hone et al., "Effect of Economic Recession and Impact of Health and Social Protection Expenditures on Adult Mortality: A Longitudinal Analysis of 5565 Brazilian Municipalities," *The Lancet Global Health*, 2019, [https://doi.org/10.1016/S2214-109X\(19\)30409-7](https://doi.org/10.1016/S2214-109X(19)30409-7).

²⁹ Anwar, "Green Economy Sebagai Strategi Dalam

Unwillingness, delay in having children.	Children will involve significant costs, maintenance costs, education and fulfillment of other consumptive goods. Inheritance (legacy) planning. A decrease in taxpayers. And the biggest is the demographic shift.	NUSSP data in South Korea shows that many women are not interested in sex and refuse to have children. China's Covid 19 has discouraged women from having children, and the cost of childcare and education has skyrocketed.	https://www.cnindonesia.com/international/0220823203145-134-838268/kenapa-sejumlah-negara-maju-mengalami-resesi-seks/2
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The table 1 above explains that the sex recession experienced by several developed and developing countries if it continues to occur will have a negative impact on economic and social aspects, these two aspects are very important. Productive humans will decrease and have an impact on the economic sector²⁹. Economic activities become passive, people tend to live alone. Demographic shifts caused by the sex recession will also change the pattern of demand in the market. In Japan, the perpetrators of the sex recession are the younger generation, who do not want to have children. So the effort made by Japan is to support young people to have children by spending USD 25 billion or around 370 trillion³⁰. China is hit by a birth rate crisis due to the refusal of women not to have children, the number of babies born from 2018 is only around 32,500 people³¹.

Menangani Masalah Ekonomi Dan Multilateral."

³⁰ "https://www.okezone.com/Tag/Resesi-Seks-Di-Jepang," n.d.

³¹ "https://www.google.com/search?q=resesi+seks+d an+ekonomi&biw=695&bih=532&sxsrf=APwXEdlHx xSbXd8jLYoK7rB9wx4lVVoRg%3A1686328981136&ei= lVaDZIKaB9v14-

Sex recession, as previously described, is the reluctance to engage in sexual intercourse, a decline, a delay in getting married and having children. This phenomenon occurs in developed and developing countries with various factors and consequences including: First, changes in people's views on marriage and the concept of family; this perception arises because they understand that marriage costs money, then married life will have a large financial responsibility. Second, after observing that the perpetrators of sex recession are people who have education, live in urban areas and live in the modern era whose lives are side by side with technological sophistication, then there is a change in life patterns; busy with high mobility, work pressure, career advancement and education, thus reducing time and energy not to get married and have children or postpone it. Third, technology and social media; technology changes social patterns, namely a reduction in interest in social interaction. Third, physical and mental health factors; high stress levels, economic pressure, depression and excessive anxiety. Of these factors, there are many others, but it needs to be understood that these factors are individualized and vary according to specific conditions and circumstances.

Sex recession poses challenge and threat to future economy

Declining interest in sex, marriage, and having children can have future economic implications. The following are some of the challenges and threats that can arise; first, a decline in economic growth and labor market changes; this can have an impact on the longterm decline in economic activity or on the future economy of a country. A decline in population due to low birth rates will reduce the labor force or economic actors, threatening productivity and economic growth. Second, demographic imbalance; i.e. regeneration becomes slow, the number of elderly becomes dominant over the number of younger generations, this can lead to an increase in social burdens such as; health

pension costs and social security. Third, fiscal deficits, the lack of population can lead to fiscal deficits. Fourth, changes in supply and demand and changes in social structure; lack of population, fewer family members result in reduced purchasing value, the need for goods and services becomes less this makes supply and demand in the market unbalanced.

The sex recession has the greatest impact on population as well as the problems being faced by some countries experiencing sex recession, addressing the challenges and threats of population decline to economic development can involve various aspects and strategies, namely: First, encouraging population growth through policies that support families and increased birth rates. Second, increasing labor force participation through policies that support the increased participation of women and groups previously excluded from the labor force. Third, increasing understanding and awareness related to marriage, as well as understanding the ownership of children, so as to experience an increase in the quality of life Fourth; supporting migration policies.

Implications of the Sex Recession for the Future Economy

The implications of a sex recession on the future economy may vary depending on a number of factors. Some of the possible implications are;

- 1) Consumption and demand, this can lead to a lonely economy and solo economy, less consumption with less demand for housing so that it is low budget. Then the development of industry 5.0 which resulted in many humans now making friends with obots so that they do not need consumptive needs to fulfill their needs.
- 2) Sluggish economic growth; declining purchasing power, especially in property such as residences and vehicles.

Population decline and the demographic divide, pose a considerable threat to economic growth, the decline in

interest in not marrying and having children has an impact on economic actors that will be few in the future, unemployment will increase and the reduction of workers if this continues to occur will result in economic recession.

Credit Authorship Contribution

Lusiana: study design, investigation, draft preparation, supervision.
Fauziah: study design, resources provision, review, editing.
Wasti Indah Haryani Daulay: methodology, data analysis, validation.

Declaration of Competing Interest

The authors declare no competing interests related to this study. No financial or personal conflicts of interest are present.

Data Availability

Data are not available for sharing.

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Conclusion

The term sex recession is not only used for the economy, but nowadays it is also used for the decline in sexual activity. Sex recession is also understood as the extreme unwillingness of people to marry and have offspring. The result is a decline in population that poses a challenge and threat to future economies. A decline in population also means a decline in economic actors, actors that continue to decline will cause economic growth to slow, minimal demand power is not balanced between supply and demand in the global market. This paper makes a special opportunity for social scientific studies, not only in the economic sector but also wide open for studies in the education, social, technological and other sectors. This paper emphasizes that the sex recession needs special attention for the community and also the government, to provide policies, and solutions to avoid the sex recession and economic threats. Thus this paper has

contributed knowledge that the future of the economy has several challenges and threats, so it needs a way out to minimize these challenges and threats. This research shows that sex recession poses challenges and threats to future economies, with population decline and demographic gaps can lead to economic recession, which is a significant decline in the economic activity of a country or region, characterized by and decrease in consumer demand. Contributing factors include a decline in household consumption, a drop in business investment, or disruptions in international trade. If synchronized, sex recession can have an impact from these things. However, there needs to be further research related to this phenomenon, there needs to be scientific collaboration, especially between economics and family science, how sex recession and economic recession, as well as the causes and effects caused for social and economic development.

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