

PREVALENCE OF SEXUAL DYSFUNCTION IN MARRIED TEACHERS OF NEPAL: A CASE STUDY IN TIKAPUR MUNICIPALITY

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Abstract

Sexual dysfunction in male is alarming as the society has opened a bit in terms of sexual matter as sex education is provided in formal or informal level in our country. This paper mainly focuses on the prevalence of sexual dysfunctions viz. erectile dysfunction, premature ejaculation and loss of libido in the married teachers in Tikapur municipality area. Since the topic is very sensitive and needs privacy so judgmental sampling was carried out to choose the respondents and teachers of primary level to campus level were the population of the study. Total ten teachers were taken for the study. The age of respondents was forty years and over.

The result was awakening in real sense. First the respondents were interested and cooperative while answer the questions and on the other hand there are many sexual dysfunctions among the respondents. All respondents were felt their sexual power was getting low at different stage. Majority of the respondents have at least one sexual problems though the most prevalent problem was erectile dysfunction at varying degree (mean 70 percent) followed by premature ejaculation experienced by 60 percent of total respondents at varying degree.

Keywords: erectile dysfunction, premature ejaculation, loss of libido, sexual dysfunction, masturbation

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Introduction

Sexual health is a state of physical, emotional, mental and social well-being in relation to sexuality; it is not merely the absence of disease, dysfunction or infirmity. Sexual health requires a positive and respectful approach to sexuality and sexual relationships as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence. For sexual health to be attained and maintained, the sexual rights of all persons must be respected, protected and fulfilled.”

Sex is accepted as a vital need of human being though debate is still continuing. Yesterday it was taken only as a means of continuity of the generation but today it is taken as a part of balanced personality. It means satisfied sexual relation is necessary for balanced personality .Balanced personality leads to a successful and happy life. As long as a safety valve is important for any pressure vessel, sex is also important for any human being! If the valve operates when the vessel is overpressurised it would not explode or burst otherwise it might cause a catastrophe. If sex could not be handled in its appropriate manner it would cause a human being to burst either mentally or physically (Huff post, healthy living, Jan 3, 2014). Sex is a natural instinct and it cannot be curbed for long. Without sex, life would be quite mundane and stressful. Even if people are not lucky enough to make love, they will probably indulge in fantasizing. Everybody has desires and they cannot be repressed.

But in present due to the stress, unhealthy life styles, environmental pollution and many other factors sexual health is deteriorated.Measures to correct this is prime and for this appropriate study and analysis should be carried out.

Statement of the Problem

Sexuality has fascinated in all walks of life from ancient times until the present .Sexual themes have been common in art and literature. Religions, philosophies and legal systems all concerned with shaping human behavior – have typically tried to establish sexual values and sexual taboos. Unfortunately our language for talking about sex and sexuality is very limited. We may distinguish between sex acts (such as masturbation , kissing , and sexual intercourse) and sexual behavior (which includes not only specific sex acts but being flirtatious ,dressing in certain ways, reading playboy ,and dating) without having yet scratched the surface of sexuality. There are many factors which determine the sexual life of a person. If those are not managed in time they prevail negatively every aspects of his or her life. Bitterness in family life, misunderstanding between the couples and even divorce may become the some examples.

The Global Study of Sexual Attitudes and Behaviors (GSSAB) is an international survey of various aspects of sex and relationships among adults aged 40-80 years. An analysis of GSSAB data was performed to estimate the prevalence and correlates of sexual problems in 13,882 women and 13,618 men from 29 countries. The overall response rate was modest; however, the estimates of prevalence of sexual problems are comparable with published values. Several factors consistently elevated the likelihood of sexual problems. Age was an important correlate of lubrication difficulties among women and of several sexual problems, including a lack of interest in sex, the inability to reach orgasm, and erectile difficulties among men. We conclude that sexual difficulties are relatively common among mature adults throughout the world. Sexual problems tend to be more associated with physical health and aging among men than women (Lauman et al., 2005)

The above mentioned figure is only a tip of iceberg; bigger part of the iceberg is remaining in the deep region of the ocean. Many researches has completed on a number of health aspects such as environmental health , nutrition ,safe motherhood , family planning and etc, but unfortunately sexual health has remained still near about virgin in Nepal. So it is useless to say for Tikapur it is completely virgin. Though it is very difficult if not impossible to collect the data on such subject which sounds awkward and no one feels comfortable to share about his sexual life, the researcher has dared to start a journey whatever obstacle will come. Thus the topic “Prevalence of male sexual dysfunctions among the married teachers of Nepal” has stated as a problem statement.

Objectives of the Study

The main objective of this study was to find out the situation of sexual problems in the married male teacher of Tikapur, the overall objectives can be listed as follows;

- i) To find out the perception of respondent on male sexual dysfunction
- ii) To explore the prevalence of male sexual dysfunctions among the respondents

Delimitations of the Study

This study was attempted to find out prevalence of sexual problems in married male teacher of Tikapur municipality of Kailali district. Thus, delimitations of the study were as following:

- i) This study was undertaken in Tikapur municipality only,
- ii) The respondent will be the male teacher of aged forty and over, and have at least ten years of marriage period,
- iii) The respondents were teachers working in Tikapur,
- iv) Data collection tool was questionnaire which will primarily developed in English.

- v) Interview schedule were conducted with all respondents separately.
- vi) Erectile dysfunction, premature ejaculation and loss of libido were the problems, on which questionnaire was made,

Data and Methodology

This study was descriptive type and general statistics will be applied for analysis.

Universe of the Study

Since this is a mini research it is difficult to count total population, it demands great deal of time. So universe of the study will total number of teachers of Tikapur municipality which is considered indefinite.

Data collection Techniques

A questionnaire was made for the study tool.. Interview schedule was done for the questionnaire. All respondents were made ensure that no other respondent will know that he was a respondent so that they could answer without any hesitant.

Sampling

Since the study needs some privacies of respondents probability sampling won't be applied. So for the validity of the study judgmental sampling was applied. The researcher had chosen the respondents which felt him potential.

Variables and Measures

This study encompasses the three variables: erectile dysfunction, premature ejaculation and loss of libido. For measuring erectile dysfunction the respondents must have not any sexual intercourse for last one month was considered severe erectile dysfunction, if so within last fifteen days was considered suffering from moderate erectile dysfunction and if so in last seven days were considered mild erectile dysfunction. It was considered the upper degrees despite of being interested to sexual intercourse.

For measuring premature ejaculation there must be at least two episodes of such condition for last month. For measuring loss of libido there must not be any sexual intercourse in last six month due to the lack of interest in intercourse.

Findings

The age of respondents was forty years and over. Two of them were in the age group of 42 to 45 years, there were of 46 to 50 years and remaining five were in the age group of 51 years and above.

Half of the total respondents i.e. 5 had got marriage at the age of 22 to 25 years respondents were the age of 26 and above when they got marriage and 2 respondents got marriage at the age of below 20.

At the study time 4 respondents were in married life for 18 to 25 years, three were for 25 to 30 years and remaining 3 respondents were in married life for 31 years and above.

All respondents had heard about the sexual problems of male though their level of knowledge was varied.

Great majority of the respondents i.e. 90 were found familiar with the problem "erectile dysfunction" 8 respondents could able to describe the problem known as "premature ejaculation", 4 respondents were familiar with "loss of libido" 1 respondent was familiar with "painful intercourse", 1 was with "oligospermia", 1 with hyperactive sexuality" and could able to name "gonorrhoea, HIV/AIDS and night fall". No one of the respondent could able to pronounce "hypoactive sexuality

When the respondents were asked about the main responsible factor for male sexual problems majority of the respondents i.e. 7 replied that weak body or loss of immunity is the major cause for male sexual problems, where as 3 (30 percent) said excessive masturbation before marriage is the main factor of male sexual problems.

When respondents were asked about whether they ever noticed that their sexual power is getting low then 9 (90 percent) respondents accepted , yes they have had felt this situation where as just 1 (10 percent) respondent said no they haven't had felt this situation yet.

The 9 respondents who have had felt that situation they were further asked if they felt their sexual power was getting low then when did they notice it first then 5 (55.55) respondents replied they first noticed it after twenty years of marriage, two replied after ten years of marriage, another two

replied fifteen years of marriage and one respondent said he felt this situation just after one year of marriage.

The answers were quite different when they were asked about their frequency of sexual intercourse. Five (50 percent) respondents admitted they enjoyed sexual intercourse once a week, 2 (20 percent) respondents replied they engaged in sexual intercourse once in a fortnight, 1 (10 percent) said that they involved twice a week, another 1 (10 percent) said they enjoyed it alternate day and remaining one said that he involved very rare in sexual activity that also not his pleasure but because of for his spouse.

When the respondents were asked about the frequency of able to get an erection then 4 (40 percent) respondents accepted that they have had able to a few times (much less than half the time), 3 (30 percent) said they were able sometimes (about half the time) and remaining 3 (30 percent) they were able almost always.

The respondents were asked they ever felt the situation of premature ejaculation then 7 (70 percent) respondents said yes they have felt but remaining 3 (30 percent) said they haven't felt this situation yet.

The respondents were further asked about the frequency of premature ejaculation to 7 respondents who had admitted they had felt the situation then 3 (46.22 percent) respondents said they felt few times, 2 (28.57) respondents replied they have felt it sometimes, 1 (14.28) respondent said he felt it almost always where as remaining one said he encounters this situation only if there is gaps of more than one week in intercourse.

Conclusion

This study was the first study in the sense of subject matter and respondent as well as the area. So the findings were not as the expected by researcher. Nevertheless, I felt pleasure when the findings awoke me.

This most pleasurable aspect of the study was that all the requested respondents had talked openly on the subject matter and some of the respondents had further discussed about the human sexuality.

Male sexual problems have not left untouched any country so this study also found that problems are also existed here. The study was focused on three main problems viz; erectile dysfunction, premature ejaculation and loss of libido, though some other problems were also touched.

Due to the time limit as well as the nature of study only few respondents were included. Total ten respondents of age forty and over were included. The respondent of lowest age was 42 and of highest age were 54. Ninety percent of the respondents were found familiar with erectile dysfunction, 80 percent were familiar with premature ejaculation and only 40 percent were familiar with Loss of libido.

Seventy percent of the respondents had believed the loss of immunity was the major responsible factor for the problems while remaining 30 percent felt excessive masturbation before marriage is the main cause of male sexual problems.

All respondents were felt their sexual power was getting low at different stage. One respondent had felt it just after one year of marriage while some of them felt after ten, fifteen and twenty years of marriage.

Thirty percent respondents had the problem of mild erectile dysfunction, and 40 percent had moderate type of erectile dysfunction as they had said they were able to get erection only few times i.e. less than half times of their attempt to intercourse and remaining 30 percent had not the problem of erectile dysfunction.

The next problem premature ejaculation was accepted by 70 percent of the respondent, out of them 46.22 percent respondents had moderate types of premature ejaculation as they said they felt a few times and 28.57 percent said they felt it sometimes.

Fifty percent respondents enjoyed sexual intercourse once a week and one respondent had severe types of loss of libido, admits he engages in sexual intercourse very rare and so he does for the satisfaction for his wife. Two of the respondents said they involve in sexual intercourse once in fortnight which indicates moderate type of loss of libido. By and large male sexual problems are existed among the teachers of this study. Majority of the respondents have at least one sexual problem though the most prevalent problem was erectile dysfunction at varying degree (mean 70 percent) followed by premature ejaculation experienced by 60 percent of total respondents at varying degree.

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