

PSYCHOLOGICAL FACTORS DETERMINING LACK OF SEXUAL URGE AMONG FEMALE IN SOUTH-SOUTH

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Abstract

Sexual urge (libido) is a pre-determining factor and physiological process that occur before active sex and it is a driving force for sexual intercourse. Sexual urge is the feeling that you have, that gives you the desire for sex and without this urge you can not demand and enjoy sex. Certain factors can generate sexual urge and these factors are finance, joy, physical outlook of the partner and good health. This study is aimed at evaluating the Psychological Factors Determining Lack of Sexual Urge Among Female in South-South Nigeria. This was a descriptive study involving 250 female of reproductive age who were within the age of 18 to 47 years. A well-structured questionnaire was administered to participants. Each participant had one questionnaire to fill appropriately and independently after instructions were given to them by the Research Assistants. The study lasted for a period of 3 months (June to August, 2024). Exclusion criteria were those women that have not attain reproductive age. Inclusion criteria are women that have once experienced sexual urge. Data was analyzed with SPSS version 26 and P value < 0.05 was considered significant. The study reveals that most (40.00%) of the participants were 33-37 years of age, 76.00% were passing through stress, 80.00% were depressed, 76.00% have anxiety, 60.00% are divorcee, 85.71% of their partners had halitosis, 60.00% academic failure, and 80.00% have previous heart brake.

**Keywords:** Psychological Factors, Determining, Lack, Sexual Urge, Female

Introduction

Sexual urge is a drive for sexual intercourse and orgasm is the peak at which the ladies involve in sexual intercourse attained and at this stage of orgasm, they are more receptive for sexual activity, more romance and show of enjoying the sexual activity through pronouncing different sounds (Gbaranor, et al., 2024). Recently, most women have lost sexual urge (drive) even when sex is preceded by sexual stimulation or sexual fondling or sexual caress by their male partners (Gbaranor, et al., 2024). Sexual function is an important aspect of well-being and quality of life for human beings. It results from the interaction of biological, psychological, physiological, cultural and social aspects. Moreover, middle-aged women are additionally influenced by the hormonal changes surrounding menopause which affects libido and orgasm (Graziottin, 2000). Disturbances in sexual functions are closely related to several emotional aspects of the couple. Some studies have found that marital satisfaction is associated with frequency of sexual activity, (not necessarily intercourse), and the perception of spouse's sexual satisfaction (Donnelly, 1993; Morokoff and Guillard, 1993).

The available literature on about menopause on female sexual function report contradictory results. Some studies have found that Menopause affects almost all the domains of sexual function (Hallstrom, 1977; Hallstrom and Samuelsson, 1990; McCoy and Davidson, 1985; Rosen, et al., 1993; Borissova, et al., 2001; Blumel, et al., 2002). Female sexual dysfunction, as classified by the Diagnostic and Statistical Manual, fourth ed. (DSMIV-1994), has been divided into four areas: desire, arousal, orgasm and pain. However, most studies predating 1994 did not use this classification, but still they reported that desire (libido), and pain; including lubrication were the aspects most affected by menopause stage (Hallstrom, 1977; Hallstrom and Samuelsson, 1990; McCoy and Davidson, 1985; Rosen, et al., 1993; Borissova, et al., 2001; Blumel, et al., 2002; Dennerstein, et al., 1994; Dennerstein, et al., 1997; Avis, et al., 2000). Previous studies have revealed the prevalence of alterations in the desire (libido) in middle-aged women, Hallstrom and Samuelsson, (1990) revealed a prevalence of 27% and Gonzalez, et al., (2006) revealed 38.1%.

Materials and Method

This was a cross-sectional study involving 250 women who were within the age of 18 to 47 years. A well-structured questionnaire was administered to participants. Each participant had one questionnaire to fill appropriately and independently after instructions were given to them by the Research Assistants. The study lasted for a period of 3 months (June to August, 2024). Data was analyzed with SPSS version 26 and P value < 0.05 was considered significant.

Exclusion criteria were those women that have not attain reproductive age.

Inclusion criteria are women that have once experienced sexual urge.

Results

The study revealed that 10(4.00%) Of the participants were within the ages of 18-22 years, 20(8.00%) 23-27 years, 40(16.00%) 28-32 years, 100(40.00%) were 33-37 years, 100(40.00%) were within 38-42 years while 20(8.00%) were within 43-47 years. (Table 1). The study shows that 190(76.00%) were anxious. 76.00% are passing through stress. The results also shows that 150(60.00%) of the participants were divorcee (Table 3), 200(80.00%) complained of partner's halitosis, 170(68.00%) partner's body odour, 150(60.00%) are facing academic failure (Table

4), 200(80.00%) were disappointed in previous relationship, 200(80.00%) have death of loved ones, 170(68.00%) have financial burden, 200(80.00%) of the participants are depressed (Table 5).

Table 1: Age Distribution of Participants

Age Group	Frequency	Percentage
18-22 years	10	4.00
23-27 years	20	8.00
28-32 years	40	16.00
33-37 years	100	40.00
38-42 years	60	24.00
43-47 years	20	8.00
Total	250	100.0

Table 2: Participants who were anxious

Response	Frequency	Percentage (%)
Participants who were anxious	190	76.00
Participants who were not anxious	60	24.00
Total	250	100.0

Table 3: Divorcee

Response	Frequency	Percentage (%)
Participants who were divorcee	150	60.00
Participants who were not divorcee	100	40.00
Total	350	100.0

Table 4: Participants facing Academic failure

Response	Frequency	Percentage (%)
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facing Academic failure	150	60.00
Not facing Academic failure	100	40.00
Total	250	100.0

Table 5: Participants who are depressed

Response	Frequency	Percentage (%)
YES	200	80.00
NO	50	20.00
Total	250	100.0

Discussion

Sexual activity involves the coordination and interactions of morphological, physiological, biological, psychological, social and cultural and behavioural aspects. Sexual urge (libido) is a pre-determine factor and physiological process that occur before active sex and it is a driving force for sexual intercourse. Sexual urge is the feeling that you have, that gives you the impetus towards sex and without this urge you can not demand and enjoy sex. Certain factors can generate sexual urge and these factors are finance, joy, physical outlook of your friend and good health. A good sex can not go on without sexual urge and sexual urge could be initiated through caress, physical or psychological process.

The study revealed that majority (40.00%) of the participants were within 33-37 years of age and this implies they should be in sexually active years. The study shows that several (76.00%) of the participants passing through anxiety and thus could not generate the feeling sex. This means that anxiety could be one of those psychological factors responsible for loss of sexual. Again, many of the participants agreed that stress is a key factor that keep their minds away from such instrumental activity and thus they could not feel for sex. Stressful day and activity oppressed the physiological, biochemical and anatomical nature of the clitoris and thus could not initiate sexual urge. Majority (60.00%) of the participants were divorcee and as you know divorce is a marital issue that psychologically affect the psychic. When your home is broken, it may face psychological trauma and this affect sexual urge. The study revealed that many (80.00%) of the participants were depressed and could not even think of any sexual activity.

The study also revealed other psychological factors that contributed to loss of sexual urge among women include: academic failure (60.00%), disappointment in previous relationship (80.00%), death of loved ones (80.00%), and financial burden (68.00%). These psychosocial factors are critical because it affects the sexual urge of the participants. When there is lack of sexual urge it could be difficult to think about sexual intercourse.

Conclusion

Sexual urge (libido) is a pre-determine factor and physiological process that occur before active sex and it is a driving force for sexual intercourse. Sexual urge is the feeling that you have, that

gives you the impetus towards sex and without this urge you can not demand and enjoy sex. This sexual urge have been affected or altered in the affected participants. The study revealed that psychological factors that caused loss of sexual urge or altered it, include: academic failure, disappointment in previous relationship, death of loved ones, depression, and financial burden. These psychosocial factors are critical because it affects the sexual urge of the participants

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