

Psychological Effects Arising from Weak Erection Among males in South-South Nigeria

Gbaranor K. B.^{1*}, Imarhiagbe O. C.², Mube A. W.³, Pepple, B. G.⁴, Ogbonda N. P.⁵, Cookey-Gam I. F.⁵, Kue B. J.⁴, Mgbere M.⁴, Maakai B.⁶, Ekeng O.⁷, John E. E.⁸, Etim D. N.⁹, Kinanen D. L.¹⁰

¹Department of Human Physiology, College of Medical Sciences, Rivers State University, Rivers State, South-South, Nigeria

²Department of Family Medicine, College of Medical Sciences, Rivers State University, Rivers State, South-South, Nigeria

³Department of Obstetrics and Gynaecology, University of Port Harcourt Teaching Hospital, Rivers State, South-South, Nigeria

⁴Department of Nursing Science, College of Medical Sciences, Rivers State University, Rivers State, South-South, Nigeria

⁵Department of Public Health Sciences, College of Medical Sciences, Rivers State University, Rivers State, South-South, Nigeria

⁶Department of Human Anatomy, College of Health Sciences, University of Port Harcourt, Rivers State, South-South, Nigeria

⁷Department of Anaesthesia, Nile University, Abuja, Nigeria

⁸Department of Obstetrics and Gynaecology, University of Uyo Teaching Hospital, Akwa Ibom State, South-South, Nigeria

⁹Department of Human Physiology, College of Medical Sciences, University Uyo, Akwa Ibom State, South-South, Nigeria

¹⁰Department of Emergency Medicine, University of Port Harcourt Teaching Hospital, Rivers State, South-South, Nigeria

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*Corresponding author: Gbaranor K. B.

Department of Human Physiology, College of Medical Sciences, Rivers State University, Rivers State, South-South, Nigeria

Abstract

Weak erection among male are on the increased and caused psychological trauma to male and also to their female counterpart who could not get satisfaction from their partners during sexual intercourse and it is a disturbing act Majority of the males facing weak erection pass through several degrees of psychological trauma that have affected their biopsychological system including their cognitive response. The aim of the study is to evaluate The Psychological Effects Arising from Weak Erection Among males in South-South, Nigeria. This was a cross-sectional study involving 480 males 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. The results of this study showed that participants faced varieties of psychological complications due to erectile dysfunction and these include depression (83.3%), shame (83.3%), isolation (60.4%), negative self-esteem (83.3%), (2.08%) said they could not approach ladies of their choice, (83.3%) felt embarrassed, (79.2%) thought deeply and (72.92%) said they could not coordinate themselves. The statistical analysis was carried out using Statistical Package for Social Science (SPSS) version 23.

Keywords: Psychological, Effects, Arising, Weak, Erection.

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INTRODUCTION

Erection is an important aspect of manhood and it brings joy to every man who has attained puberty. Erection can save a man from committing suicide (Gbaranor, *et al.*, 2024). However, the prevalence of weak erection has been on the increase among men and this is a global threat because it can lead to several conditions (Gbaranor, *et al.*, 2024).

Weak erection is interchangeably referred to as erectile dysfunction (ED) and is a common and serious

health issue among men across the globe (Gbaranor, *et al.*, 2024). The continual inability to achieve and sustain erection enough to allow full and excitable sexual intercourse is known as Erectile dysfunction (ED) (Gbaranor, *et al.*, 2024). A man with weak erection is devastated and could not comport himself (Gbaranor, *et al.*, 2024). A man with weak erection is devastating and could not comport itself. Weak erection is a global issue that could send someone to early grave. In Africa, a man is not complete until it has erection. Several men have committed suicide due to weak erection. Erection is life

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and it brings joy and happiness among men (Gbaranor, *et al.*, 2024). Gbaranor, *et al.*, (2024) revealed that majority (47.92%) of the male who are facing weak erection are between 33-37 years of age and this implies that young active men are been cut off early from having sexual activity. This is a serious health issue that can lead to psychological problems such as drug abuse, isolation, depression and suicide (Gbaranor, *et al.*, 2024). Most of these young men who are facing erectile dysfunction are passing through psychological trauma and are not always in good mood (Gbaranor, *et al.*, 2024).

Un-sustained erection (erectile dysfunction) is on the increase across the globe and certain risk factors may induce this weak erection (Gbaranor, *et al.*, 2024). Previous study revealed that majority of the participants depend on drugs (Gbaranor, *et al.*, 2024). Certain drugs are risk factors in developing weak erection. It is noted that most of the young men depends on drugs on daily basis to carry out their daily activity. Certain drugs that could be responsible in blocking dopamine or the hormone called testosterone could reduce libido (Gbaranor, *et al.*, 2024). Testosterone is a steroid hormone produced by the testes and is responsible in producing sex-drive in male (Gbaranor, *et al.*, 2024). Gbaranor, *et al.*, (2024) revealed that most of the respondents who have erectile dysfunction shy away, each time they see a girl or lady of their choice. As result of weak erection they are not comfortable anywhere they see a girl and they cannot approach any girl of their choice.

Previous study also identifies several risk factors that could cause erectile dysfunction (Gbaranor, *et al.*, 2024). The research shows that 62.50% of the participants consumed alcohol over a long period and some of the participants revealed that before they have sex, they took alcohol to gain more energy and to sustain their penile erection. Other participants said they took alcohol because of its aphrodisiac effects. Aphrodisiac is substance use by male or female before sexual activity to improve and sustain erection or increase libido and however, 62.50% of the participants depends on aphrodisiac substance as a preparatory activity before they begin their sexual activity or intercourse (Gbaranor, *et al.*, 2024). This aphrodisiac substance could be food, drinks, drugs or plant parts use by the participants to bring them up to the task and to prove that they are strong and ready to carry out the sexual intercourse over a long period without their penis go into resolution (Gbaranor, *et al.*, 2024).

Erectile dysfunction remained one of the major global health issues which is usually attributed to age, diabetes mellitus, smoking, cardiovascular diseases, kidney disease, previous operations, psychological factors, and drugs (Birowo, 2019; Mobley, *et al.*, 2017). Erectile dysfunction which could also be refer to as "impotence," is the repeated inability to get or keep an erection firm enough for sexual intercourse (NIH, 2003;

www.impotence.org). Erectile dysfunction is the total inability to achieve erection, an inconsistent ability to do so, or a tendency to sustain only brief erections (premature ejaculation), (Roper, 2001). Impotence is the inability to finish sexual intercourse due to lack of penile erection (Pamplona-Roger, 2000). The estimated range of men worldwide suffering from ED is from 15 million to 30 million (NIH, 2003).

The psychological impact of ED can be seen in their current marital relationship, the willingness to discuss ED, the feeling of guilt and denial, depression, anger, decrease in self-confidence and self-esteem, as well as the feeling of failure as a man (Rahman, *et al.*, 2011; Shabsigh, *et al.*, 2010). The socioeconomic state can also indirectly enhance ED progression and might subsequently worsen their psychological well-being (Safarinejad and Hosseini, 2014; Rahman, *et al.*, 2011). Men with ED are at higher risk of experiencing significant physical and emotional dissatisfaction and a decrease in overall quality of life when compared to healthy men (Latini, *et al.*, 2002). Patients' knowledge about ED and its management is important for the success of therapy (Zaman, *et al.*, 2014).

However, there is little or no established fact or documentation that shows about the psychological effects arising from the already developed erectile dysfunction or poor erection. For this reason, the drive of this study was to examine the psychological effects arising from the developed erectile dysfunction and this will enhance the understanding of psychological effects associated with developed erectile dysfunction.

MATERIALS AND METHOD

This is a descriptive cross-sectional study involving 480 males who are within the age of 18 to 42 years. The males were recruited from the six states that make up South-South Geopolitical zones. A well-structured questionnaire was administered to participants. Each participant had one questionnaire to fill appropriately and independently after a well informed consent was granted. The study lasted for a period of 3 months (March to May, 2023). Statistical analysis of data was done using SPSS Version 25 and P value < 0.05 was considered significant for data.

Exclusion Criteria: Any man who was below 18 years and above 47 years was excluded from the study.

Inclusion Criteria: Any man between 18 to 47 years and interest in reproductive activity irrespective of their marital status were included in the study.

RESULTS

The results of this study showed that participants faced varieties of psychological consequences due to erectile dysfunction and these include depression (83.3%), ashamed and loss of self-

confidence (83.3%), isolation (60.4%), negative self-esteem and weakness (83.3%), (2.08%) said they could not approach ladies of their choice, (83.3%) felt

embarrassed, (79.2%) thought deeply and (72.92%) said they could not coordinate themselves (Tables 1-5).

Table 1: Depression

Variables	Frequency	Percentage (%)
Participants who are depressed	400	83.3%
Participants who are not depressed	80	16.7%
Total	480	100

Table 2: Participants who are ashamed and humiliated

Variables	Frequency	Percentage (%)
Participants who are ashamed	400	83.3%
Participants who are not ashamed	80	16.7%
Total	480	100

Table 3: Participants who are isolated

Variables	Frequency	Percentage (%)
Participants who are isolated	290	60.4%
Participants who are not isolated	190	39.6%
Total	480	100

Table 4: Participants who could not approach a lady

Variables	Frequency	Percentage (%)
Participants who could approach a lady	10	2.1%
Participants who could not approach a lady	470	97.9%
Total	480	100

Table 5: Participants who are embarrassed

Variables	Frequency	Percentage (%)
Participants who are embarrassed	400	83.3%
Participants who are not embarrassed	80	16.7%
Total	480	100

DISCUSSION

Erection is the joy and strength of a man during sexual display. Erection of a man also brings joy to a woman who feels that her man is capable to display sexual activities and this could strengthen their relationship. Adequate and sustained erection brings happiness to a man and thus encourages longevity. Poor erection is an instrument that can cause divorce or lead to broken homes. This poor erection has caused several psychological problems among men with such issue. Poor erection can also send men to early grave through suicidal activity and others calamities like isolation, depression, loss of self-confidence.

The research revealed several psychological conditions faced by the participants and they lamented that they no longer belong to the society since they can not choose and follow the lady they want in their lifetime. These psychological problems include depression, ashamed and humiliation, isolation, negative self-esteem and weakness, inability to approach ladies of their choice, embarrassment, deep thought and inability to coordinate themselves. The study revealed that majority of the participants 83.3% are depressed due to poor or weak erection. Erection is a sexual power of a

man and when a man lost its sexual power it becomes a problem that can lead him to have deep thought. Erectile dysfunction leads to depression and when a man with erectile dysfunction is depressed, is a risk factor for developing hypertension and if this occur, it may lead devastating condition. Erection is life and it brings joy and happiness among men (Gbaranor, *et al.*, 2024). Gbaranor, *et al.*, (2024) revealed that majority (47.92%) of the male who are facing weak erection are between 33-37 years of age and this implies that young active men are been cut off early from having sexual activity. Majority of these men are in their early and late 30s and that is why is worrisome. Also, 83.3% of the participants are humiliated and ashamed of themselves and also have loss of self-confidence due to erectile dysfunction and this make them to shy away from the person they loved. This is a serious issue in our environment that have affected our young men. This study is in consonant with previous study by Sheng, (2021) that revealed that erectile dysfunction can trigger feelings of humiliation and shame as well as worry that one's partner might leave them and feelings of letting their partner down. The study also revealed that 83.3% of the participants have negative self-esteem and weakness and this agreed with previous study that shows that the most common initial

reactions to erectile dysfunction is a sense of emasculation (Sheng, 2021).

The study also shows that many of the men who are faced with erectile dysfunction, isolated themselves from their peers to avoid been noticed. They isolated themselves because they do not want their girl friends to be aware and then question them, so they hide themselves from their girl friends or wives who previously knew them as sexually fit. Again, some of the participants who have week and unsustained erection have their girlfriends or wife disown or abuse them because they are no longer sexually active and thus prompted their isolation. Furthermore, 97.9% of the participants could not approach the girl they want or think about getting marriage because the failed erection and this have brought to them untold hardship and their lives miserable. Also, majority (83.3%) of the participants were embarrassed by their inability to have adequate erection even in the presence of their wives or girl friends. Most the participants have their girl friends abandoned them and look for another man who can actively display sexual activity and this action by their loved ones who abandoned them could lure them to face or commit suicide. Most men that are affected by erectile dysfunction lost their wives or girl friends to another man and this led to most of the broken homes and so these affected men face psychological trauma such as depression, isolation, inferiority complex, loneliness and suicide. And for that reason, the woman whose male's partner has developed erectile dysfunction, find it difficult to established and continue that relationship or intimacy and bond that was driven by active sex due to decrease in libido, sexual stimulation and failure to attain orgasm during sexual intercourse, thus cause a broken or sow relationship leading to the withdrawal of the unsatisfied partner from the relationship. From the study, majority of the participants attested that their female counterparts are sexually active and this call for concern and it was worrisome. This agreed with previous study that shows that when a partner had developed erectile dysfunction, women experienced decrease in sexual impetus, including a decrease in sexual desire, sexual arousal, and orgasm during sexual intercourse that, in turn, led to discontent in the relationship, lower sex-life satisfaction, and general life satisfaction (Li *et al.*, 2016).

Therefore, this study revealed that majority of the participants are been passing through several degrees of psychological trauma such as loneliness, loss of self-confidence, depression, humiliation, isolation, weakness and negative self-esteem. This study agreed with previous study that revealed the common responses to erectile dysfunction include decreases in self-confidence and feelings of self-worth, feelings of isolation and loneliness, rumination and catastrophizing, and a more negative body image (Dewitte *et al.*, 2021).

Sex is an instrument in cementing the relationship between two opposite partners, it thus concretizes the bond and increase the intimacy between

a girl and a man. Most relationship failed because there is no intimacy drive or orchestrated by sex and when a man developed erectile dysfunction, fear grips the man and so that intimacy drive by sex is repel due to his inability to carry out romantic and sexual activity, thus he feels humiliated.

CONCLUSION

It is well established from the study that majority of our men are having erectile dysfunction or week erection which is an instrument of self-destruction and this have caused them several psychological traumas like: depression, ashamed, isolation, negative self-esteem, inability to approach ladies of their choice, embarrassment, deep thought and inability to coordinate themselves.

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