

Rising Trend of Lack of Sexual Urge and Orgasm among Females in Niger Delta

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Abstract

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. 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. And because sexual urge is lost, orgasm can not be attained. The aim of the study is to evaluate the Rising Trend of Lack of Sexual Urge and Orgasm Among Females in the Niger Delta. This was a cross-sectional study involving 250 married 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. Statistical analysis of data was done using SPSS Version 25 and P value < 0.05 was considered significant for data. The results' shows the participants were between 18-22 and 43-47 years of age. Again, that 24.0% of the participants were single, 60.0% were married, while 16.0% were divorced, 68.0% lack sexual urge, 40.0% have experienced it in 4 years, 68.0% have difficulty in reaching orgasm during sex, and 76.0% passed through stress.

Keywords: Rising, Trend, Lack, Sexual Urge, Orgasm.

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INTRODUCTION

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 Guilliland, 1993).

In a study with 677 urban middle-aged women, Hallstrom and Samuelsson (1990), reported that age, psychosocial factors associated with quality of marital relationship, insufficient spousal support, spousal alcoholism and mental health were the major contributors towards change in desire.

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Arousal disorders, dyspareunia, orgasmic difficulties, dissatisfaction both physical and emotional, may contribute to a secondary loss of libido. Chronic stress, anxiety, depression may interfere with central and peripheral pathways contributing to the fading of the libido (Graziottin, 2000).

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. (DSM-IV-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%.

Another study with participants across different age groups found that women who did not experience orgasmic dysfunctions or distress throughout their lives were far more likely to be sexually satisfied than those who did (Fugl-Meyer, *et al.*, 2006). Furthermore, orgasm outshone other factors of sexual functioning (i.e., lubrication) in predicting sexual satisfaction (Pascoal, *et al.*, 2017). Women who orgasm more frequently were also more likely to be satisfied with their relationships and communicate better with their partners (Frederick, *et al.*, 2018).

MATERIALS AND METHODS

This was a cross-sectional study involving 250 married 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). Statistical analysis of data was done using SPSS Version 25 and P value < 0.05 was considered significant for data.

Area of the Study

The study was carried out in the Niger Delta Region. The Niger Delta Region is located in the South-South geopolitical zone of Nigeria. It comprises six states – Akwa Ibom, Bayelsa, Cross River, Delta, Edo, and Rivers.

Population of the Study

The target population of this study consisted of females in rural areas of the Niger Delta Region in Nigeria, age between 18–47 years.

RESULTS

The results of age distribution of participants shows that 10(4.00%) were between the age of 18-22 years, 20(8.00%) between the age 23-27 years, 40(6.00%) between the age 28-32 years, 100(40.00%) between the age 33-37 years, 60(24.00%) between the age 38-42 years and 20(8.00%) between the age 43-47 years (Table 1). Marital status shows that 60(24.00%) were married, 150(60.00%) single, and 40(16.00%) divorced (Table 2), 170(68.00%) lacks sexual urge and orgasm (Table 3). Duration of having sexual urge and orgasm include: 50(20.00%) have it for 2 years, 100(40.00%) for 4 years, 70(28.00%) for 6 years, and 30(12.00%) for 8 years (Table 4), 150(60.00%) engage in sexual stimulation before sex and 100(40.00%) do not (Table 5), 150(60.00%) love her sexual partner and 100(40.00%) do not love her sexual partner (Table 6),

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	6.00
33-37 years	60	24.00
38-42 years	100	40.00
43-47 years	20	8.00
Total	250	100.0

Table 2: Marital Distribution of Respondents

Marital Status	Frequency	Percentage (%)
Married	60	24.00
Single	150	60.00
Divorced	40	16.00
Total	250	100.00

Table 3: Rising trend of sexual urge and orgasm

Response	Frequency	Percentage (%)
Participants who have sexual urge and orgasm	80	32.00
Participants who do not have sexual urge and orgasm	170	68.00
Total	250	100.0

Table 4: Duration of having sexual urge and orgasm

Response	Frequency	Percentage (%)
2 years	50	20.00
4 years	100	40.00
6 years	70	28.00
8 years	30	12.00
Total	250	100.0

Table 5: Stimulation before sexual intercourse

Response	Frequency	Percentage (%)
Participants who engage in sexual caress before sex	150	60.00
Participants who do not engages in sexual caress before sex	100	40.00
Total	250	100.0

Table 6: Participants who really love her partner

Response	Frequency	Percentage (%)
Participants who love sexual partner	150	60.00
Participants who do not love sexual partner	100	40.00
Total	250	100.0

DISCUSSION

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. 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. And because sexual urge is lost, orgasm can not be attained. A woman attain orgasm after a careful and gently stimulation of the breast's nipple, the vagina and the clitoris. Some of the ladies who participated in the study agreed that careful and gently stimulation of the genital areas (vagina and clitoris) induces orgasm.

The study revealed that majority of the participants were between 33-37 years of age and they were young and sexually active and 60% of the women are single. The study shows that there is a rising trend in lack of sexual urge and orgasm among participants owing that majority (60%) of the participants do not have sexual urge and orgasm and thus do not have interest in sexual activity. This could be that these young ladies have been out of sexual activity for a longer time and thus find it difficult to regain urge. When you stay away from sexual activity for a longer time, due to certain conditions that may responsible for that abstainer, you may lose sexual urge and no orgasm. These women who are in their young age lost sexual urge and orgasm despite the concurrent genital stimulation and breasts stimulation and this become a problem. Sexual urge is preceded by interest, joy, attraction and love for your partner. Breast

stimulation induces sexual urge but in this study majority of the women were not having the urge despite careful, gently and adequate stimulation of the breasts. It is also preceded with emotionally stable and then follow by sexual maneuvers. May be these features or characteristics are absent in those participants who do not have or lost sexual urge. However, 32.00% of the participated women agreed that they have sexual urge and reach orgasm during sexual stimulation and sexual intercourse. In course of the study, few of the participants said that they achieved orgasm on sexual stimulation before sexual intercourse and some said they attained orgasm both at sexual stimulation and sexual intercourse respectively.

Orgasm is attained when in a woman when there is concurrent stimulation and direct contact of the hand between the vagina and the clitoris. However, orgasm in women is can be attained both during direct stimulation of the clitoris and the vagina and during careful and gently sexual intercourse. This study revealed that the majority of women who not have sexual urge and orgasm have been facing this for time and this have prevented them from showing love to man thus, they are not interested in anything called relationship at any level. The study also revealed the participants have been having the issue at different duration and these include: 20.00% have it 2 years, 140.00%) for 4 years, 28.00%) for 6 years and 12.00% for 8 years respectively.

Again, the findings revealed that majority (60%) of the participants who engage in sexual caress before sex intercourse still do not obtain sexual urge and do not attain orgasm. These ladies are mostly singles and

are in their young active sexual age. This inability to experience sexual urge and attain orgasm may induce psychological trauma and thus can lead to be completely out of sexual cycle. This scenario could also hinder the young vibrant and single ladies not to grab a man that will be their husband. Also, the 60% of the participants also love their husband and boyfriends yet no sexual urge and orgasm. Sexual urge and orgasm are feelings that must be present to adequately drive in sexual process or activity. And for sexual urge and orgasm to occur various parts of the body including the endocrine system, nervous system, circulatory system and the reproductive system must be functional.

CONCLUSION

Sexual urge and orgasm are feelings that must be present to adequately drive in sexual process or activity. And for sexual urge and orgasm to occur various parts of the body including the endocrine system, nervous system, circulatory system and the reproductive system must be functional and Sexual urge is preceded by interest, joy, attraction and love for your partner. The study shows that there is a rising trend in lack of sexual urge and orgasm among participants owing that majority of the participants do not have sexual urge and orgasm and thus do not have interest in sexual activity. Also, the study revealed the participants are in their young active age and are mostly single and this may affect them thus, leading them into psychological trauma.

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