



## **Consequences of Premature Ejaculation on Marriage Sustainability among Married Secondary School Teachers in Ogbomosho Town, Nigeria**

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**Abstract.** Premature ejaculation is associated with a range of negative psychological effects including anxiety, depression and distress in men and their partners. This challenge has led to sexual dissatisfaction, separation and divorce in many relationships in Nigeria. The study examined consequences of premature ejaculation on marriage sustainability among married Secondary School Teachers in Ogbomosho Town, Nigeria. The descriptive research design of the survey method was adopted for this study. Simple random and purposive sampling techniques were used to select 184 married (men) Secondary School Teachers in Ogbomosho Town. Researchers’-designed questionnaire validated by 3 experts drawn from the relevant fields was used for data collection. A reliability co-efficient of  $r=0.81$  was obtained through Split-half method using Pearson Product Moment Correlation (PPMC). Data collection was conducted by the researchers and three trained research assistants. Descriptive statistics of frequency count and percentage was used to analyze research questions answered, using inferential statistics of Chi-square ( $\chi^2$ ) to test the two postulated research hypotheses at 0.05 alpha level. The study concluded that premature ejaculation could result to psychological problems and marital discord. Therefore, it was recommended that, men with premature ejaculation are advised not to be overwhelmed with any emotional challenge that occurs as a result of premature ejaculation as this may lead to another health problem. Also men with premature ejaculation should seek medical help for their condition thus preventing separation of couples.

**Keywords:** premature ejaculation, psychological problems, marital discord.

## 1. Introduction

The problem of premature ejaculation and other sexual dysfunction among men in Nigeria has been a source of worry to most men and their partners. This challenge has led to sexual dissatisfaction, separation and divorce in many relationships (Nnamdi & Ifeoma, 2014). Premature Ejaculation (PE) refers to all terms used to describe the event whereby men are unable to control ejaculation during sexual arousal and/or activity (Martin, 2010). Also, premature ejaculation is defined as ejaculation which occurs prior to or within one minute of vaginal penetration (Sharlip, Hellstrom & Broderick, 2008). According to Porst, Montors, Rosen, Gaynor, Goupe and Alexandar (2007), premature ejaculation is associated with a range of negative psychological effects which include anxiety, depression and distress in men and their partners.

Gobir, Sambo and Idris (2012) noted that, from a cross-sectional community-based and descriptive study involving 300 consenting sexually active men in Zaria reported that prevalence rate of premature ejaculation was 21percent. Among the respondents, 42 percent sought help from hospitals while the others (58 percent) sought help from chemist shops, traditional healers, and spiritual healers among others. Men with premature ejaculation often report emotional and relationship distress and some avoid pursuing sexual relationships because of premature ejaculation related embarrassment (Barnes & Eardely, 2007).

It was reported during the researchers' interview with women whose husbands are suffering from premature ejaculation in Ogbomoso town that they feel less sexually satisfied which has made some of them to indulge in extra marital affairs: few of these women shared the pathetic experiences they had when their husbands got to know about their indulgence in extra-marital affairs. These women sustained physical injuries such as sprain, fracture, during physical combat as result of marital conflict. Among the five selected women who were interviewed about their sexual relationships with their husbands confessed that if not for the cultural, religious and legal reasons attached to their unions they would have divorced their husbands because of their inability to satisfy them sexually.

A sustainable marriage is a marriage in which partners are conscious of their needs to in-put as much or more than their partner, so that the marriage grows strong and vibrant. Marriage sustainability is only possible when both parties involved believe that their greatest chance for happiness is "in-putting" those things that their partner needs, regardless of what they stand to gain on an individual basis (Olive Tree Officiating, 2015). The key factors identified by Isaac, Vincent and Daniel (2014) to sustain marriage include love, sexual intercourse, mutual support, companionship, communication and honesty.

The two types of premature ejaculation includes lifelong/primary premature ejaculation which is characterized by onset from the first sexual experiences, remain so during life and ejaculation occurs too fast (before vaginal penetration or

< 1-2 minutes(s) after) (Maresel & Waldinger, 2005; Waldinger & Schweltzer, 2006; Buvat, 2011). The second type of premature ejaculation is acquired/secondary premature ejaculation, here the patient previously had successful coital relationships and only now has developed premature ejaculation, which could be caused by erectile dysfunction, performance anxiety and psychotropic drug. It is characterized by a gradual or sudden onset following normal ejaculation experiences before onset and time to ejaculation is short (usually not as in lifelong premature ejaculation) (Samuel, Deem & David (2013).

The causes of premature ejaculation include the following: hypersensitivity of the penis, prostate problems, diabetes, hypertension, antidepressants, spinal injury, thyroid problems (Althof, 2007; Carlos, 2014; Martin, 2010; Laurence & Levine, 2013; Porst, 2011) while the psychological causes of premature ejaculation could be traced to anxiety, depression, low self-esteem and confidence, traumatic sexual experience, performance anxiety and wrong attitude towards sex (Payne & Sadosky, 2007; Giuliano & Hellstrom, 2008; Monatague, Althof & Waldinger, 2008; Carlos, 2014; Winckler, 2013).

Premature ejaculation can affect a man's partner just as much as the man with premature ejaculation. When a couple is struggling with premature ejaculation the situation is said to be asynchronous (Jannini & Porst, 2011). An asynchronous couple may have sex quite frequently, but the quality is lost or dwindled. The partner who is not suffering from premature ejaculation may feel disappointed or upset for the fact their partner experiences orgasm well before them. It (Graziottin & Althof, 2011). When the quality of a couple's sex is poor because of premature ejaculation, the chances of negative emotions and a negative physical response from the partner of a man with premature ejaculation may occur. Along with many sexual dysfunctions, it is the meaning of the dysfunction that has impact on the couple. When the meanings of the dysfunctions are hurtful or disappointing, marital issues rise for then creating a sense of sexual separation between the couple (Graziottin & Althof, 2011).

Studies comparing men with premature ejaculation and men without premature ejaculation show a distinct difference in quality of life. A study conducted by Kam, Han and Lee (2011) in which 1,587 men with and without premature ejaculation was asked questions about their personal life and their satisfaction with life in general. Men with premature ejaculation reported they had a higher level of stress, low confidence, reduced levels of sexual functioning and satisfaction and a reduced level of an overall quality of life. For a single man, embarrassment and low self-esteem prevent him from having a sexual relationship. Premature ejaculation has a major impact on a man's life and it is also suggested that men with lifelong premature ejaculation are more likely to develop erectile dysfunction because of the embarrassment of having premature ejaculation (Graziottin & Althof, 2011).

Barada, Bull, Ho, Jamieson and Lindert (2004) reported that performance anxiety is one of the main psychological consequences of premature ejaculation whereby anxiety about a repeated episode of premature ejaculation is experienced whenever a man commences or even thinks about sexual activity. The more anxious he is, the worse his premature ejaculation becomes. This is further worsened where sexual intercourse is perceived as a means for pleasure and the longer it last the more the pleasure; thus, much more seems to be expected from a man, which in turn may worsen his anxiety.

Men with premature ejaculation and/or their partners seem to have unrealistic expectations and expect sexual fantasy events in their bedroom. For example, a man believes he should be ready to go all the time and should be able to last all night long. Furthermore, these unrealistic expectations are supported by the media, pornography and men inflating their talk about their sexual expertise. These expectations can in turn exacerbate the problem, since men compare their own performance with these expectations and feel inadequate and disappointed (Sotomayor, 2005).

Men who are suffering from premature ejaculation tend to withdraw emotionally from their partners, avoid intimacy and/or affection with their partners. Since they are worried that it may lead to sexual intercourse and they might feel they cannot sexually please their partners (Byers & Grenier, 2003). A man with premature ejaculation who is currently not in a relationship may feel too insecure, scared or ashamed of pursuing new relationships and/or of approaching new sexual partners. He may be afraid not being able to satisfy his new partner sexually or scared of their reaction to quick ejaculation (Barada et al., 2004).

## **2. Statement of the Problem**

The reports that the researchers got from some visited customary courts in Ogbomoso town revealed a considerable number of marriage dissolution cases which were as a result of sexual inadequacies due to premature ejaculation. For example, at Ilogbo/Lagbedu Customary court Ogbomoso, 12 cases of premature ejaculation were reported between January – March, 2015. It was reported in Urological Department of Bowen University Teaching Hospital Ogbomoso that there were over seventy cases of premature ejaculation between February 2014 to November 2015. A personal interview conducted by the researchers with some married male secondary school teachers across Ogbomoso Town revealed that they felt highly embarrassed and disappointed each time they experience early ejaculation. The researchers got to know during their interactions with some selected couples that the source of marital conflict is linked to premature ejaculation. Based on this above evidence-based reports, the researchers investigated the consequences of premature ejaculation on marriage sustainability among married Secondary School Teachers in Ogbomoso Town.

### 3. Research Questions

The following research questions were raised to guide the study:

- (i) Will premature ejaculation lead to psychological problems among married Secondary School Teachers in Ogbomoso Town?
- (ii) Will premature ejaculation lead to marital discord among married Secondary School Teachers in Ogbomoso Town?

### 4. Research Hypotheses

The following research hypotheses were tested in this study:

- (i) Premature ejaculation will not significantly lead to psychological problems among married Secondary School Teachers in Ogbomoso Town.
- (ii) Premature ejaculation will not significantly lead to marital discord among married Secondary School Teachers in Ogbomoso Town.

### 5. Methodology

This study was carried out with the use of descriptive survey method. The study population comprised all married male Secondary School Teachers in Ogbomoso Town. Simple random and purposive sampling techniques were used for sampling process. Simple random sampling technique through the fish-bowl method was used to select eight Public Secondary Schools in Ogbomoso Town while purposive sampling technique was used to select all the married male in the selected Secondary School Teachers in Ogbomoso Town as at the time of visiting them.

**Table 5.1:**

The Population and Sample Size for the selected Secondary School Teachers in Ogbomoso Town

S/N	Name of School	Population of Married Male Secondary School Teachers (Sample Size)
1	Ogbomoso Baptist High School	30
2	Ogbomoso High School	21
3	The Apostolic Grammar School	40
4	Methodist Grammar School	21
5	Adeniran Grammar School	20
6	Anglican Grammar School	13
7	Hahoyaya Grammar School	20
8	Ori-Oke Community Grammar School	19
	<b>Total</b>	<b>184</b>

The researchers’-designed questionnaire that had been validated by three (3) experts from the relevant fields and in-depth interview were used for this study. The reliability of instrument was carried out using split half method. The correlational analysis of data generated was done using Pearson Product Moment Correlation (PPMC). A reliability co-efficient of  $r=0.81$  was obtained. The researchers with the help of three trained research assistants administered the questionnaire after the verbal consent of the respondents have been sought for. Descriptive statistics of frequency count and percentage was used to analyze research questions answered, content analysis for qualitative data obtained and using inferential statistics of Chi-square ( $\chi^2$ ) to test the two postulated research hypotheses at 0.05 alpha level.

### 6. Hypotheses Testing

**Hypothesis 1:** Premature ejaculation will not significantly lead to psychological problems among married Secondary School Teachers in Ogbomoso Town.

**Table 6.1:**

Chi-square analysis investigating psychological problems as a consequence of premature ejaculation on among married Secondary School Teachers in Ogbomoso Town.

	ITEM	SA	A	D	SD	Row Total	Cal $\chi^2$	Df	Crit. Value	Rem.
1	Man may feel embarrassed after rapid ejaculation.	73 (40.0%)	78 (42.0%)	17 (9.0%)	16 (9.0%)	184				
2	Anxiety on how to satisfy the wife in the subsequent intercourse may set in as a result of premature ejaculation.	69 (38.0%)	97 (53.0%)	7 (4.0%)	11 (5.0%)	184				
3	There could be a low self-esteem on the part of a man who is experiencing rapid ejaculation.	53 (29.0%)	102 (55.0%)	17 (9.0%)	12 (7.0%)	184	91.4	18	28.87	

4	Man with early ejaculation may withdraw in his relationship with his wife.	45 (24.4%)	94 (57.0%)	14 (7.6%)	31 (17.0%)	184	Ho  Rejected
5	Men with rapid ejaculation may have reduced interest in sexual intercourse.	54 (29.0%)	100 (54.0%)	14 (8.0%)	16 (9.0%)	184	
6	Man with rapid ejaculation feels that his wife may have sexual intercourse outside her marriage.	30 (16.0%)	82 (44.6%)	34 (18.4%)	38 (21.0%)	184	
7	Low self-confidence in sexual intercourse may occur as a result of premature ejaculation.	74 (40.0%)	77 (41.8%)	17 (9.2%)	16 (9.0%)	184	
<b>Column Total</b>		<b>398</b>	<b>630</b>	<b>120</b>	<b>140</b>	<b>1288</b>	

**Significance Level: 0.05**

In the table 6.1, 151 (82%), 166 (91%), 155 (84%), 139 (75.4%), 154 (83%), 112 (60.9%) and 151 (81.8%) of the respondents were of the opinion that man may feel embarrassed as a result of rapid ejaculation, be anxious on how to satisfy the wife in the subsequent intercourse, there could be a low self-esteem on the part of a man who is experiencing rapid ejaculation, man with early ejaculation may withdraw in his relationship with his wife, men with rapid ejaculation may have reduced interest in sexual intercourse, man with rapid ejaculation feels that his wife may have sexual intercourse outside her marriage and low self-confidence in sexual intercourse may occur as a result of premature ejaculation respectively The findings from the table 6.1 above shows the calculated Chi-square ( $x^2$ ) value of 91.4 against the table value of 28.87 at 0.05 alpha level with the degree of freedom 18. Since the calculated Chi-square ( $x^2$ ) value of 91.4 was greater than 28.87, thus,

the null hypothesis was rejected, which implies that premature ejaculation could result to psychological problems.

**Hypothesis 2:** Premature ejaculation will not significantly lead to marital discord among married Secondary School Teachers in Ogbomosho Town.

**Table 6.2:**

Chi-square analysis investigating marital discord as a consequence of premature ejaculation among married Secondary School Teachers in Ogbomosho Town.

S/ N	ITEM	SA	A	D	SD	Row Total	Cal $\chi^2$	Df	Crit. Value	Rem.
8	Failure of husband to hold the release of the sperm to the satisfaction of his wife may lead to fighting.	83 (45.1%)	83 (45.1%)	13 (7.1%)	5 (2.7%)	184	171.6 32.67	21	Ho Rejected	
9	Sexual separation may occur among couple when the man releases too early	76 (41.3%)	86 (46.7%)	9 (5.0%)	13 (7.0%)	184				
10	Sexual satisfaction may not occur among couples if the husband releases too early.	57 (31.0%)	112 (60.7%)	7 (4.0%)	8 (4.3%)	184				
11	Wives dishonour their husbands as a result of early ejaculation.	40 (22.0%)	82 (44.6%)	21 (11.4%)	41 (22.0%)	184				
12	Premature ejaculation leads to disagreement between the couples.	30 (16.0%)	103 (56.0%)	25 (14.6%)	26 (14.0%)	184				

13	The love that exists among couple may become reduced as a result of rapid ejaculation.	35 (19.0%)	100 (54.0%)	26 (14.0%)	23 (13.0%)	184
14	Physical separation may occur between the couple as a result of early ejaculation.	29 (15.8%)	93 (50.5%)	20 (10.9%)	42 (22.8%)	184
15	Legal divorce may result from premature ejaculation relationship	30 (16.0%)	83 (45.0%)	24 (13.0%)	47 (26.0%)	184
	<b>Column Total</b>	<b>380</b>	<b>742</b>	<b>145</b>	<b>205</b>	<b>1472</b>

**Significance Level: 0.05**

In the table 6.2, 166 (90.2%), 162 (88%), 169 (97.7%), 122 (72.3%), 133 (72.3%), 135 (73%), 122 (66.3%) and 113 (61%) of the respondents were of the opinion that failure of husband to hold sperm to the satisfaction of his wife may lead to fighting, sexual separation may occur among couple when the man releases too early, sexual satisfaction may not occur among couples if the husband releases too early, wives dishonour their husbands as a result of early ejaculation, premature ejaculation leads to disagreement between the couples, the love that exists among couple may become reduced, physical separation may occur between the couple as a result of early ejaculation and that legal divorce may result from premature ejaculation relationship. The findings from the table 6.2 above shows the calculated Chi-square ( $\chi^2$ ) value of 171.6 against the table value of 32.67 at 0.05 alpha level with the degree of freedom 21. Since the calculated Chi-square ( $\chi^2$ ) value of 171.6 was greater than 32.67, thus, the null hypothesis was rejected, which implies that premature ejaculation can lead to marital discord.

## 7. Discussion of Findings

Hypothesis one shows that premature ejaculation significantly led to psychological problems among married Secondary School Teachers in Ogbomoso Town. The finding justified the report of Porst et al. (2007) that premature ejaculation is associated with a range of negative psychological effects including anxiety, depression and distress in men and their partners. This is equally buttressed by the previous assertion of Byers and Grenier (2003) that men with premature ejaculation tend to withdraw emotionally from their partners, avoid intimacy and/or affection with their partners. The finding of this hypothesis one solidify the information

elicited through the interview conducted by the researcher among married men in Ogbomoso that they felt highly embarrassed and disappointed each time they experience early ejaculation.

Hypothesis two shows that premature ejaculation significantly led to marital discord among married Secondary School Teachers in Ogbomoso. The finding confirmed the recent finding of Nnamdi and Ifeoma (2014) that the challenge of premature ejaculation in Nigeria has led to sexual dissatisfaction, separation and divorce in many relationships. The finding was also established by the report of Graziottin and Althof (2011) that premature ejaculation can lead to sexual separation between the couple. The finding was equally corroborated with the evidenced-based report of 12 cases of marriage dissolution in Ilogb/Lagbedu Customary court Ogbomoso which were orchestrated by premature ejaculation between January-March, 2015.

## **8. Conclusion**

Based on the findings of this study, the following conclusions were drawn:

- (i) Premature ejaculation significantly led to psychological problems among Secondary School Teachers in Ogbomoso Town. It implies that man with premature ejaculation may experience anxiety and depression.
- (ii) Premature ejaculation significantly led to marital discord among married Secondary School Teachers in Ogbomoso Town. It signifies that early ejaculation could lead to separation among couple.

## **9. Recommendations**

In view of the findings of this study, the following recommendations were made:

- (i) Men with premature ejaculation are advised to trade any emotional challenge that occurs as a result of early ejaculation as this may lead to another health problem.
- (ii) Men with premature ejaculation should seek medical help for their condition thus preventing separation of couples

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