



Research Paper

## Sexual Dysfunctionality and Aphrodisiac Approach among Couples of Ebiras in Kogi Central

Aminu Sanni (Ph.D.)

Former Deputy Vice Chancellor, Kogi State University, Anyigba.

### ABSTRACT

*This study focused on sexual dysfunctionality among couples in Ebira Land and the aphrodisiac approaches. It is a survey design. The population consist of all married couple in Ebira land. The random stratified sampling techniques were used for the selection of 800 married couples who participated in the study. The instrument is an adapted version of Oniye 2016 package of aphrodisiac herbs usage as experienced by married couples in Kwara state. A test retest reliability of the instrument yielded a coefficient of 76 which attest to its reliability. Two research question and two hypothesis were formulated for the study. Ranking order and Analysis of variance (ANOVA) were used to answer the research questions and hypothesis respectively. It was discovered that there is no significant difference among the married couples in the usage of aphrodisiac herbs and that there is a significant difference on the types of sexual dysfunctionality among married couples. Recommendations among others includes, the need to properly package these herb for hygienic purpose and the couples to appreciate their sexual problems before marriage.*

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The word “sex” has a fluid connotation depending on the usage. It could mean referring to a boy or girl while in another dimension it refers to a pleasurable experience between a man and woman called sexual intercourse. According to the Advance learners Dictionary (2015) “Sex is any physical activity between two people in which they touch each other sexual organ and may include sexual intercourse (p.148). Sex gives colour to marriage desired by many and understood by few. It is meant to be a pleasurable experience in the marital journey. This is why it is martially unethical for any of the married couples to deny the other of sex. Sex is a major source of marital satisfaction which is an indispensable factor for marital stability. It is a spiritual exercise and the closed thing to God which act as cure to stress, headache, clear depression and relief boredom.

A major threat to marital stability is lack of blissful sexual relationship caused by sexual dysfunctionality which has taken away the joy of sexual relationship in marriage. Couples today are experiencing sexual dysfunction preventing them from sexual fulfillment. Akindele and Suleiman(2015) remarked that sexual dysfunctionality is any persistent, re-occurring loss of impairment of the ordinary physical response of sexual activity bedeviling a person. It is a truism, according to Leman(2015) that sex, one started, is usually frequent during the first months of sexual relationship. In recent survey, 45% of married couples said they had sex few times a month and 35% said they have it 2-3 time a week while for 25-29 yrs old the average of frequency of 1-3 times per week shows a major difference among the couples (Beenan, 2015).

Metson and Riss (2012) interviewed 1,006 women from across the globe and found 237 reasons for having sex. Sexual dysfunctionality takes many forms as follows:

- i. Erectile Dysfunction- This is a mixture of physical and philological factors physical causes includes illness like diabetes or medication side effect. Performance anxiety is a psychological cause.
- ii. Premature Ejaculation –When ejaculation comes too soon. It causes distress
- iv Diminished libido- this is the absence or reduction in the urge for sex. This is decreased in Libido, a condition characterized by lack of or absence of sexual activity or fantasies for some time. This is caused by a decreased in oestrogen in women or testorone in both men and women, aging fatigue, medication or psychiatric conditions. Sexual arousal – frigidity or erectile dysfunction in men, aversion and avoidance of sexual content with a partners. In men, partial or complete failure to attain or maintain an erection. No sexual excitement and pleasure in sexual activity.

Orgasm disorders, absence of orgasm following a normal sexual excitement face in at least 75% of sexual event. It could be physical, physiological and psychatrical.

Sexual pain disorder-dyspareuria or painful intercourse or vaginismus an involuntary spasm of the muscle of the vaginal wall that interferes with intercourse and affects women almost exclusively caused by virginal dryness, hormonal changes by menopause, pregnancy or breast feeding and even irritation from contraceptive can cause dryness.

Mend and Hamlton(2015) averred that the number of women suffering from sexual dysfunction worldwide are between 15 to 30 million.

Eze(1994) unveiled that a study of prevalence and pattern of sexual dysfunction among 212 patients attending General Hospital Benin indicated that 20% had premature ejaculation, 7.3% had male dysparema, 3.9% had female dysparema while 3.7% had vaginimns.

In an attempt to remove this scourge of marriage, couples have resulted to different approaches to solving the problem. It is believed that 70% of men with high blood pressure have erectile dysfunction. Again, that emotional or mental stress in any area of life can play a role in premature ejaculation limiting ability to relax and focus during sexual encounter. In women, 5 have chronic erectile challenge, while 3 have mild erectile dysfunction (American Psychological Association 2015).

In an attempt to remove this scourge of marriage, couples have adopted various means of solving these problems. It include good communication to promote understanding among the couples which other may result to inedication of the various types. Unfortunately, most of these drugs, from studies have serious side effects and hence the preference for natural herbs which do not have negative effect in buenting sexual desire.

There had been cases of divorce occasioned by sexual impotency for instance, in higher grade 1 area court Abuja on Thursday 13<sup>th</sup> 2016 where a month marriage between couple was dissolved after the wife complained of being starved of sex as a result of sexual dysfunctionality inspite of satisfying other needs (Daily Post, 2016).

Traditional healers treat sexual impotence and erectile dysfunctionality by preserving some herbs in the tea or using local beers, fermented milk and porridge.

The Ohinoyi Palace, the traditional palace is always behive of activities of men especially married men where sexual herbs are sold. People converge there where they openly ask for “kick starters” this is another name for Aphrodisiac herbs. It is always a mecca of a kind. It has therefore become germane to research into sexual dysfunctionality and the various approaches that could act as a succor.

### **Statement of Problem**

Marital Sex is an important aspect of marriage. A stable home equal stable society where peace and tranquility exists and to provide marriage counselors with data for their counselling session. A stable society is very essential for the overall development of the society. It has therefore, become imperative to do everything humanly possible to remove any barrier to this desire. It becomes therefore, necessary to find out types of sexual dysfunctionality and the aphrodisiac herbs approach for solving the problem.

### **Research questions**

1. What are the common aphrodisiac herbs used among couples in Ebira Land
2. What are the common types of sexual dysfunctionality among couples in Ebira land

### **Research Hypothesis**

1. There is no significant difference among the married couples in Ebira Land in the usage of aphrodisiac herbs
2. There is no significant difference on the types of sexual dysfunctionality among married couples in Ebira Land.

## **I. METHODOLOGY**

It is a survey research where data was collected from a determined group of respondents. According to Nduge(2005), the Survey is interested in the accurate assessment of the characteristics of a whole population of people. Samples are drawn from where generalizations are made. The population consists of about one million people that make up the Ebirra speaking area of Kogi State. However, a total of 800 couples participated in the study which make up the sample for the study as follows.

Okene LGA 270

Okehi 150

Ajaokuta 80

Ogori 60

Adavi 240

The stratified and random sampling techniques were used for the sample selection.

**Instrument**

The Instrument for the study is an adapted version of Oniye, Odebode and Ajape(2016). Instrument on Aphrodisiac herbs. The questionnaire consists of 3 sections – AB & C

Section A; deals with the demographic data of the respondents while section B was used to find out about the prevalent sexual dysfunctionality among the respondents while the last section “C” deals with the various aphrodisiac herbs used by these couples.

However, despite the fact that the instrument was adapted, a step was taken to establish the psychometric properties. A test retest reliability of the instrument used established 18 questions were given to couples who did not originally participate in the study had the instrument administered to them on 2 occasion at an interval of 6 weeks. The correlation was determined using Person r Product correlation and yielded .76 at .05 apha level of significance.

**Procedure for Scoring**

Frequency and percentage was used to score the instrument. Section deals with the demographic data. Section B consist of 4 typed question on disfunctionality while section c consist of 15 questions deal with aphrodisiac herbs.

**II. DATA ANALYSIS**

Inferential and descriptive statistics were used to analyse the data. Frequency and percentage count were used for the demographic data while ranking order were used for the research questions while the anova was used for the research hypothesis.

**III. RESULTS**

**Demographic Distribution of Respondents.**

	Variables	Frequency	Percentage
	<b>Gender</b>		
1	Male	450	56.25
	Female	350	43.75
2	<b>Educational Qualification</b>		
	GCE/WAEC	550	68.75
	NCE/ND	200	25.0
	1 <sup>st</sup> Degree	50	6.25
	Higher Degree	0	0
	<b>Total</b>	<b>800</b>	

From table 1 above, out of the 800 participants, 450 representing 56.25 of the respondents are male while 350(43.75%) are female. Table 2 reveals that 550(68.75%) of the respondents have O’level as their qualification.

200(25%) of them have NCE/ND, 50(6.25%) are first degree holders lastly, none of them have higher Degrees.

**Research Question 1**

**What are the common Aphrodisiac herbs used among couples in Ebira Land?**

*Frequency, Percentage and ranking order of the respondents on the Common Aphrodisiac herbs used by couples in Ebira Land (N=800).*

S/No	Common Aphrodisiac herb	Agree		Disagree		Remark
		Freq	%	Freq	%	
1	Licking of substance/herbs to increase sexual performance	570	86.67	230	13.33	A
2	Drinking of concoction before intercourse	565	84.38	235	15.66	A
3	Using prepared ointment to rob private part	560	83.41	240	16.59	A
4	Rubbing private part with powdered herb	555	82.35	245	17.65	A
5	Rubbing private part with herb creams	550	81.32	250	18.68	A
6	Using herb deodorant to rub the private part	548	80.82	252	19.18	A
7	Spraying of herbs prepared perfume under armpit before intercourse	545	79.62	255	20.38	A
8	Using herb deodorant to rub the private part	540	75.78	260	24.22	A
9	Rubbing the body with herbs prepared cream before sexual intercourse	539	74.43	261	25.57	A
10	Taking bath with herbal water (Agbo)	535	70.63	265	29.37	A
11	Use herb substance with banana with increase sexual energy	530	65.67	270	34.33	A
12	Using honey diluted with herbs to increase sexual energy	528	62.14	262	37.86	A
13	Using honey diluted with banana to increased sexual energy	525	60.55	275	39.45	A
14	Rubbing on face to increase performance	520	55.14	280	44.86	A

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15	Washing of private part with herbs made with soap before sex	518	54.79	282	45.21	A
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Key: A = Agree, D = Disagree, Freq = Frequency/number of response, % = percentage of frequency/responses, Remark = Decision on Response Made.

Result in table 1 shows the frequency, percentage and ranking order of respondents on the common Aphrodisiac herbs used by couples in Ebira land. Result showed that majority of the respondents agreed that all items (1-15) are common Aphrodisiac herbs used by couples in Ebira land because they have percentage scores of above 50% which is the benchmark. The frequencies, percentages and ranking order of common Aphrodisiac herbs used among couples in Ebira land are presented in order of percentage ranking as follows: licking of substance/herbs to increase sexual performance (86.67%), Drinking of concoction before intercourse (84.38%), using prepared ointment to rub private part (83.41%), Rubbing private part with powdered herb (82.35%), rubbing private parts with herbs prepared perfume under armpit before intercourse (79.62%). Using herb deodorant to rub the private part (75.78%), rubbing the body with herbs prepared cream before sexual intercourse (74.43%) taking bath with herbal water (Agbo) (70.63%). Use of ring (65.67%), use herb substance with banana to increase sexual energy (76.62.14%), using honey diluted with banana to increase sexual energy (66.55%), Rubbing on face to increase performance (55.14%), washing of private part with herbs made with soap before sex (54.79%). The result indicates that, item 1-6 are the most common Aphrodisiac herbs used among couples in Ebira land of Kogi State.

**Research question 2**

**What are the common types of sexual dysfunctionality amongs couples in Ebira Land?**

*Frequency, Percentage and ranking order of the respondents on the Common Aphrodisiac herbs used by couples in Ebira Land (N=800).*

S/No	Common Aphrodisiac herb	Agree		Disagree		Remark
		Freq	%	Freq	%	
1	Erectile Dysfunction/aversion for sexual activity/partial erection/no sexual excitement in sexual affinity	575	88.67	225	11.33	A
2	Decreased libido/absence of sexual activity (Arobial Disorder)	565	84.38	235	15.66	A
3	I have severe pain when there is penciled penetrations	560	75.35	240	24.65	A
4	I hardly experience organism/delay in experiencing organism pain disorder	555	70.41	245	29.59	A

Key: A = Agree, D = Disagree, Freq = Frequency/number of response, % = percentage of frequency/responses, Remark = Decision on Response Made.

Result in table 2 shows the frequency, percentage and ranking order of the common types of sexual dysfunctionality among couples in Ebira land. Result showed that majority of the respondents agreed that all the types of sexual dysfunctionality are common among couples in Ebira land. The result indicates that, Item 1 and 2 with a very high percentages are the most common types of sexual dysfunctionality among couples in Ebira land Area of Kogi State.

**Ho1: There is no significant difference among the married couples in the usage of aphrodisiac herbs in Ebira land.**

*Table 3: ANOVA of the significant difference in the mean ratings among the married couples in the usage of aphrodisiac herbs in Ebira land.*

	Sum of squares	Df	Mean square	F	Sign.
Between Group	6.577	2	3.289	35.75	0.566
Within Groups	73.308	797	0.092		
Total	79.885	799			

Result in table 3 shows the ANOVA result of the significant difference in the mean ratings among the married couples in the usage of aphrodisiac herbs in Ebira land. Result shows that an F-ratio of 35.75 was obtained with a probability value of 0.566. this probability value was compared with 0.05 set as level of significance and it was found not to be significant. This means that hypothesis one which stated that there is no significant difference in the mean rating among the married couples in the usage of aphrodisiac herbs in Ebira land was accepted. Inference drawn therefore is that there is no significant difference in the mean ratings among the married couples in the usage of Aphrodisiac herbs in Ebira land area of Kogi State.

**Ho2: There is no significant difference on the types of sexual dysfunctionality among married couples in Ebira land.**

*Table 4: ANOVA of the significant difference in the mean ratings of the four types of sexual dysfunctionality among the married couples in Ebira land.*

	<i>Sum of squares</i>	<i>Df</i>	<i>Mean square</i>	<i>F</i>	<i>Sign.</i>
<i>Between Group</i>	6.577	2	2.192	23.83	0.01
<i>Within Groups</i>	73.308	796	0.092		
<i>Total</i>	79.885	799			

Result in table 4 shows that ANOVA result of the significance difference in the mean ratings on the four types of sexual dysfunctionality among married couples in Ebira Land. Result shows that an F-ratio of 23.83 was obtained with a probability value of 0.01. This probability value was compared with 0.05 $\alpha$  set as level of significance and it was found to be significant. This means that hypothesis two which stated that there is no significant difference on the types of sexual dysfunctionality among married couples in Ebira land was rejected. Inference drawn therefore is that there is significant difference on the types of sexual dysfunctionality among married couples in Ebira land of Kogi State.

#### **IV. DISCUSSION**

The findings of the study revealed that there was no significant difference in the mean rating in the usage of aphrodisiac herbs in Ebira land among the married couples. Sex is physiological need and it is necessity for all married couples. It is expedient for satisfaction in marriage. Therefore, couples go at all length to remove this obstacle through the use of aphrodisiac herbs. The result is equally an indication that the fight against sexual dysfunctionality is by all.

The second hypothesis revealed that there is a significant difference in the types of sexual dysfunctionality among married couples in Ebira as discussed in the introductory part of this work, sexual dysfunctionality are of different types with various causes.

Married couples experience them differently based on their peculiarity. To some, it could be the challenge of sexual drive, to others it may be arousal disorder, while some couples could suffer erectile dysfunctionality and even organism disorders. Just as the concept of individual difference holds that nature has some made it that not two person and that even children born of the same day have distinguished characteristics that differentiate them from one another that is how sexual dysfunctionality differs from one person to another.

#### **V. CONCLUSION**

It was revealed that couples generally use the aphrodisiac herbs and that they suffer four types of sexual dysfunctionality washing of private part with herbs made with soap is the most prevalent of them all.

#### **Recommendations**

The following recommendations are made for this study.

1. Couples should not be surprised when these dysfunctionality are rearing their ugly head, efforts should be made to remove their sources where possible. A treatment of the sources will naturally eliminate the problem.
2. Looking for solution through the use of orthodox medicine may not be good enough because of the side effects and so the use of herbs could be more potent but must be used under strict adherence to the rules guiding them especially as regards to dosage.
3. The herbs should be hygienically packaged to avoid contamination.

#### **Counselling implications**

Ipaye(1995) averred that there is a discernible evidence of communication gaps, misconstrued intentions, misinterpreted and misunderstood messages appropriately transmitted and poorly received message (601) lack of effective communication between couples were problems are frankly stated could be a barrier to expressing sexual problem as couples. They should be made to appreciate each other sexual problems before marriage. Couples should interact with marriage counsellors so that they can be updated. On sexual issues couples should see it as surmountable problem so as to demystify their negative thoughts about his challenge.

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