

Male Ageing and Sexual Dysfunction in Relation to female Partner's Menopause:

A Descriptive study

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Introduction

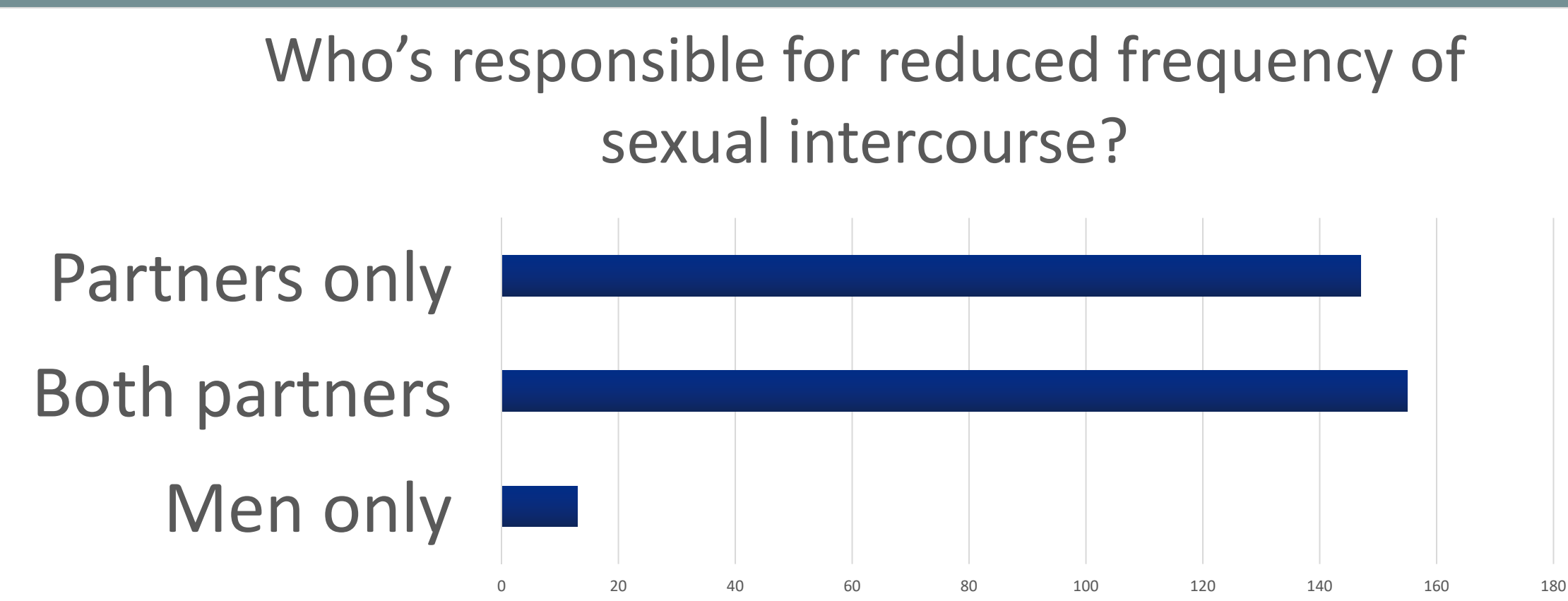
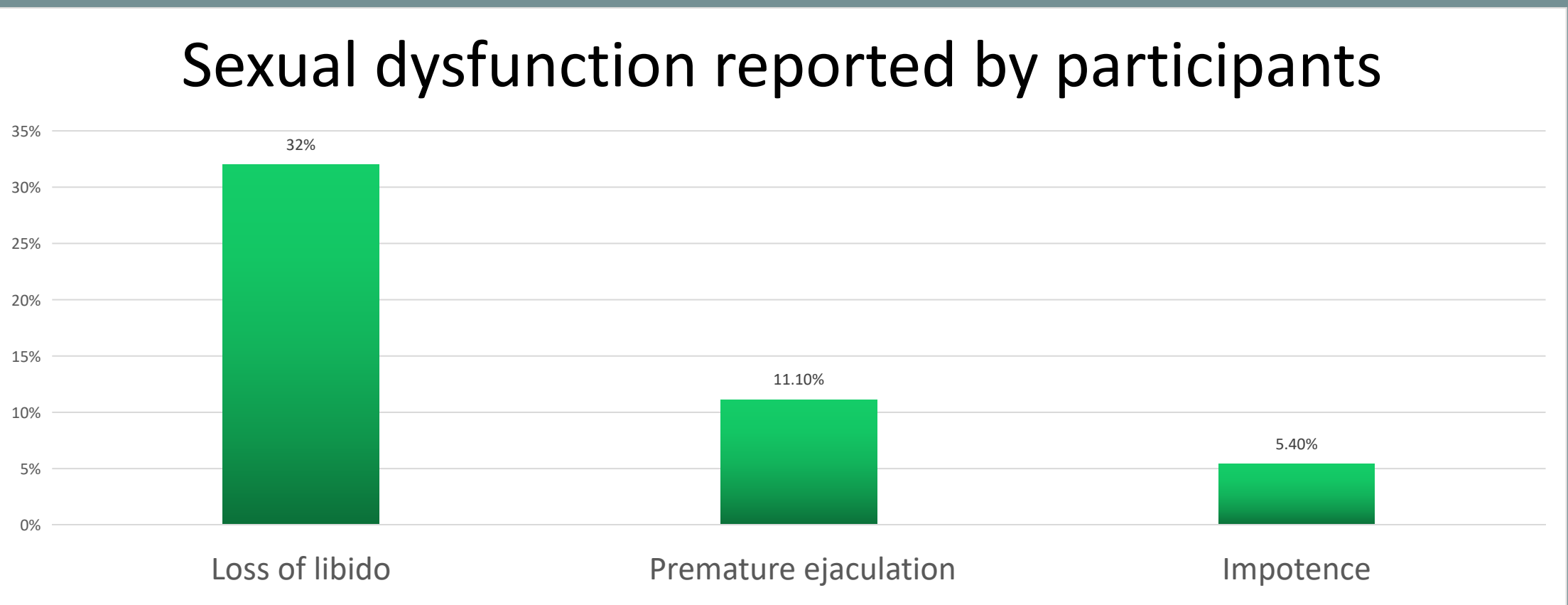
It is well known that the ageing among men is associated with decline in the level of sex hormone similar to women. There are limited studies to explore the association between hormonal drop and sexual health of men. This study is aimed to explore the effect of ageing on men's sexual function.

Methodology

A descriptive study was carried out in a community setting. A total of 315 men between the ages of 50 to 60 years were included in the study. Clustered sampling was performed to select the participants. To avoid confounding men with chronic illnesses and, with more than one sexual partners were excluded in the study. A self administered questionnaire was used to collect the data and Microsoft Excel was used to analyse the data.

Results

All men who participated in the study reported reduction in the frequency of their sexual intercourse. Among the study population, 49.2% (155) of men attributed changes in both partners were responsible for this reduction while 46.7%(147) attributed sexual dysfunction among their partner is the sole cause for this reduction in their sexual practices. Rest (4.1%) of the of men believed this reduction was purely due to their own sexual dysfunction.



All of them believed this reduction is normal with ageing. Among the total study population, 42.8%(135) of men reported some sort of sexual dysfunction. The most common dysfunction was loss of libido which was reported by 32%(101) of men. Combination of more than two sexual dysfunctions were reported by 12% (38) of men. Combination of loss of libido and premature ejaculation was the most common combined sexual dysfunctions reported by 5.3%(17) of participants. Premature ejaculation and impotence were reported by 11.1%(35) and 5.4%(17) of men respectively. Only 36%(115) men were aware of the menopausal status of their partners. None of their partners were using hormone replacements. Among the men who knew the menopausal status of their partners, all of them believed their partner had some form of sexual dysfunction, which might directly or indirectly affect their sexual function. Among the men who reported atleast one sexual dysfunction , 88.9% (120) agreed they would consider using hormonal replacement if there was an effective replacement available.

Conclusion

The statistical analysis of the study confirms that there is significant effect of menapausal statutus of female partner in the sexual relationship of the couple. The knowledge about menapausal health is poor among study population and action should be implemented to educate about menapausal changes. Further studies needed to asses the relationship of female menaupasal status and sexual dysfunction of male partner is direct or indirect.

References

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