



ORIGINAL RESEARCH PAPER

Psychiatry

EVALUATION OF PSYCHOSEXUAL DYSFUNCTIONS ON INDIVIDUALS (MALE) CONSUMING ALCOHOL

KEY WORDS:

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INTRODUCTION

Sexual dysfunctions occur with a frequency that would overwhelm the health services if they all presented for help. Disinterest or ignorance from the part of a physician is also noticed with respect to the psychosexual complaints of patients. Sexual dysfunction can arise as a result of biological problems, relationship problems, intrapsychic conflicts, lack of proper sexual knowledge, medical disorders, and use of medicines such as antihypertensive and antidepressants. Chronic and persistent alcohol dependence is also a well-known cause of sexual dysfunction, which can cause marked distress and interpersonal difficulty leading to worsening of alcohol abuse. Sexual dysfunctions in alcohol dependence can be because of the depressant effect of alcohol, alcohol-related disease, or a multitude of psychological factors related to alcohol use. The Indian population currently passing through the rapid changing phase of substance dependence is manifesting increased psychosexual dysfunction which, in turn, might contribute to the causation of mental illnesses, including mood disorders, among the vulnerable. There are only limited studies from India regarding the psychosexual dysfunction among alcohol-dependent individuals. Alcohol dependence has very high prevalence among Indian population, but the psychosexual problems among the population often remain unattended. The study stresses the need of specialists to look for sexual problems in their clients.

Sexual Problems:

Sexual problems can be physiological and psychological or a combination of both in origin. Psychosexual disorders can also vary in severity and intensity, some will be temporary, others more long term. Up to 54% of women and 35% of men may experience sexual problems, and yet many can find these issues difficult to talk about. Suffering from a sexual disorder can have a very detrimental effect on relationships and on self-esteem, and become the source of anxiety, depression and stress, so it is important to seek treatment wherever possible.

CAUSES

The causes of a psychosexual disorder can lie in feelings of guilt, stress, nervousness, fear, anxiety, or in previous emotional or physical trauma. Other factors based on psychosocial and cultural aspects, such as ignorance or improper sex education, conflicts of values to do with family or religion (for example, the attitude that sex is dirty or sinful) can also be a cause of psychosexual disorder symptoms.

SYMPTOMS

There are three main categories of psychosexual disorder: sexual dysfunction, paraphilias and gender identity disorders.

Sexual dysfunction is characterised by a lack of sexual desire, erectile dysfunction, premature ejaculation, painful sex, lack of sexual enjoyment, sexual addiction and sexual aversion. Paraphilias is unusual or abnormal sexual behaviour, including sexual attraction to unusual objects or activity, such

as fetishism, exhibitionism, sadism and voyeurism, amongst others. Gender identity disorders manifest as a variation between a person's biological sexual identity and their own sense of sexual identity, causing difficulties in adjusting to a normal lifestyle and a desire to alter sexual orientation by becoming a member of the opposite sex.

Alcohol interferes with the messengers in the brain that tell the penis to fill with blood. It can also happen because alcohol can reduce the production of testosterone. Testosterone is the hormone that controls male sexual functions. ED is normally a temporary problem.

Problems With Orgasms

Alcohol interferes with your ability to feel sexual stimulation. It does this by interfering with the signals between the brain and the genitals.

After Heavy Drinking:

Men may find it hard to ejaculate (come) or may ejaculate too quickly
 women may find it harder to orgasm or their orgasms may feel less intense
 Sex drive (libido) Drinking heavily over a long period of time can lead to a lower sex drive (libido). This is because it reduces your levels of testosterone.

Shrinking Of Sex Organs

High-risk drinking over a long time can cause a man's testes and penis to shrink.

Fertility

Lowered testosterone can affect sperm production. This can reduce fertility.
 Women who drink heavily for a long time may find they stop ovulating.
 Even small amounts of alcohol can affect fertility.

Common Sexual Dysfunction in Men:

Sexual dysfunction can affect the quality of life and, even more importantly, can be the first symptom of another medical or psychological problem. Any sexual complaint should be taken seriously and evaluated.

Types Of Sexual Dysfunction In Men:

Types of sexual dysfunction include disorders involving sexual desire or libido, erection, ejaculation, and orgasm. They will be described separately, but understand that some medical conditions can affect two or more disorders at the same time. Some of the questions the doctor could ask might concern the frequency of sexual relations, your sexual orientation, if the frequency or quality of sexual relations are satisfying, and your number of sexual partners, among others. They will also inquire about nonsexual-related complaints. A complete physical examination is performed including assessing the pulses in the legs and a thorough examination of the external genitalia (penis, scrotum, and perineum) and their reflexes. One of the possible tests is a nocturnal tumescence test to evaluate nocturnal erections. Your

physician might also ask for tests for penile blood vessel function or some tests of the nervous system to help differentiate between possible causes of sexual dysfunction.

Treatment:

Talking is a key part of treating a psychosexual disorder – in the first instance to identify the problem and the history of the patient. If the patient is in a relationship, talking to the patient's partner can also play a key part in these discussions.

Once the nature and characteristics of the problem have been identified, a personalised treatment plan for the patient can be agreed. This may include psychotherapy which can help establish ways to deal with stressful or painful issues, or behavioural therapy such as CBT which is used to help 'unlearn' automatic behaviours displayed in specific situations. Often a combination of these will be used to help the patient overcome their psychosexual issues.

Survey

A survey was conducted to evaluate Psychosexual dysfunctions on individuals (Male) consuming alcohol. Total 114 responses were received.

Following is the copy of google form which was disseminated via google link and graphical presentation for better understanding.

CONCLUSION OF SURVEY

A survey of 114 individuals was conducted. The google link was disseminated to male population, however, around 7 to 8 % females participated in the study voluntarily as per the data received. It was noted that individuals who consumed alcohol had low libido and faced problems with regard to their sexual life. Individuals who did not have any kind of addiction were better performers of sex as compared to individuals who were addicted to alcohol.

Psychological counselling is required for people who suffered sexual dysfunctions. They were advised to get themselves counselled from a professional counsellor and further take medication if required.

Based on the survey it was also note that individuals would prefer attending seminars, surveys or sessions based on topics related to sex life.

Majority of individuals were also willing to give up on alcohol to enhance sex life as it is an integral part of life.