

## SEXUAL DYSFUNCTIONS IN MEN AND PSYCHOSOCIAL ISSUES

**Abstract**

According to research, Poles (under the age of 49 and over 50 as well), most often experience difficulties and anxieties in their sexual life when they are tired, stressed, ill or feel unwell. Although only 10% of younger Poles (under the age of 49) suffer from a chronic disease, in the older age group this increases to almost 33%. Therefore, health problems are an extremely important consideration in the analysis of sexual dysfunctions in Polish patients.

Incomplete erection or total lack of erection occurs in 8,3% of the surveyed men under the age of 49, and in 14% of men over 50. This might be the reason for the decreased importance of sex in their lives. Although 81.8% of men under the age of 49 responded that sex was "extremely important" to "quite important", this declined to 60% in men over the age of 50. Correspondingly, there is a 20% decrease in sex satisfaction in men over 50, compared to younger men. Almost half of the respondents believe that increasing sexual dysfunction negatively affects their relationship with partners, as well as their self-esteem.

The typical man experiencing erection dysfunctions is 54, married, suffers from diabetes type II, or hypertension, and takes at least one medication on a regular basis. He typically visits a doctor for advice within 18-60 months from the occurrence of the first symptoms, and has not had sexual intercourse for several months. Over 70% of surveyed men over 50 believe that erection dysfunctions are unavoidable, and almost 40% claim that such problems are embarrassing and should be kept secret. This false belief undoubtedly affects the frequency of prostate gland testing – almost 90% of men under the age of 49 and over half of those over 50 have NEVER had a prostate test. Lack of knowledge about one's own health and false conviction might also influence the fact that, on average, over half of the men in both age groups have not answered the questions related to erection dysfunctions and opinions connected with this problem.

Men with erection dysfunctions experience a deterioration in their quality of life. The negative consequences for their psyche and self esteem might be more damaging than the physical ailments caused by the chronic disease. Every third man under 49 and half of those aged 50 and over declare that they suffer from depression periodically. Although erection dysfunctions can be treated successfully with the help of a specialist, according to research, tablets for potency enhancement are used by just less than 10% of men surveyed over the age of 50.

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