

# Marital Status As A Determinant Of Erectile Dysfunction Prevalence Among Men In Jalingo Metropolis, Taraba State, Nigeria

Ojima Simon<sup>1\*</sup>, Waziri Bala Kwata (Ph.D.)<sup>2</sup>, Danjuma Ngabeya Tunga<sup>3</sup>, Bass Nyong Etim<sup>4</sup>, Aketemo Seyenre Yakubu<sup>5</sup> and Ukpabi Igwe Moses<sup>6</sup>

<sup>1,4,5,6</sup>Department of Public Health, Taraba State University, Jalingo  
Taraba State, Nigeria

<sup>2</sup>Department of Human Kinetic and Health Education  
National Open University, Jabi Abuja  
[bwaziri@noun.edu.ng](mailto:bwaziri@noun.edu.ng)

<sup>3</sup>General Hospital Bali, Taraba State Nigeria  
[Brodan2020@gmail.com](mailto:Brodan2020@gmail.com)

*\*correspondent Author Email: [pharmojimasimon@gmail.com](mailto:pharmojimasimon@gmail.com)*

**Abstract:** *Erectile dysfunction (ED) is a common problem that greatly affects the quality of life for men. This research delves into the connection between marital status and the occurrence of ED in men living in Jalingo Metropolis, Taraba State, Nigeria. A survey was carried out with 230 men between the ages of 20 and 80, where information was collected using structured questionnaires. After conducting a one-way ANOVA analysis, the findings showed significant variations in the prevalence of ED among different marital statuses: 33% in unmarried men, 88% in married men, 100% in widowers, and 100% in divorced men. Even with these differences, the study showed that being married did not have a strong impact on the severity of ED, accounting for only 3% of the variation in ED levels among participants. This indicates that although marital status is linked to ED prevalence, it might not be the main factor impacting the seriousness of the condition. The results suggest a requirement for a more extensive emphasis on additional factors like age, health conditions, and lifestyle habits to comprehend and tackle ED. The research ends with suggestions for all-encompassing health assessments, specific public health teachings for varying marital classifications, and more investigations into other factors influencing ED. These initiatives are crucial in the development of specific interventions to enhance the sexual health of men in the area.*

**Keywords:** Erectile dysfunction, marital status, prevalence, Jalingo Metropolis, Taraba State, Nigeria,

## 1.1 Introduction

Erectile dysfunction (ED) is a major public health issue worldwide, impacting many men and leading to reduced quality of life, emotional stress, and problems in relationships. Described as the ongoing difficulty in obtaining or keeping a firm enough erection for fulfilling sexual activity, ED is caused by a variety of factors such as physiological, psychological, and lifestyle influences (Feldman et al., 2022). Recent research has been focusing more on how socio-demographic factors, like marital status, can impact the frequency and seriousness of ED (Islam & Adnan, 2017).

The marital status of men is an important factor in determining their sexual health, but it is frequently ignored. Studies have indicated that married males typically experience decreased rates of ED in comparison to individuals who are single, divorced, or widowed (Laumann et al., 2020). Various factors, such as emotional and psychological support from a partner, are said to contribute to this trend, potentially improving overall well-being and lowering the chances of ED (Huang et al., 2021). On the other hand, single, divorced, or widowed men may face increased stress, feelings of isolation, and decreased self-worth, all of which can lead to the onset of ED (Baer, 2020).

In Nigeria, where marriage and family life are highly valued due to cultural and societal norms, the connection between being married and the prevalence of erectile dysfunction is particularly important. In areas such as Jalingo Metropolis in Taraba State, where traditional beliefs hold significant influence, marital status could have a heightened impact on men's sexual well-being. Yet, despite the possible importance of this connection, there has been a lack of research dedicated to investigating the impact of marital status on ED among men in this area.

This research seeks to address this gap by examining the occurrence of ED in males with varying marital statuses in Jalingo Metropolis, Taraba State, Nigeria. This study aims to enhance knowledge on how marital status impacts ED in Nigerian men, which could lead to tailored interventions to reduce ED prevalence in this population.

## **1.2 Objective of the Study**

To examine how being married affects the prevalence of different levels of erectile dysfunction in male residents of Jalingo metropolis in Taraba state, Nigeria.

## **1.3 Statement of the Problem**

Erectile dysfunction (ED) is a common issue that impacts males in various age ranges and social classes, but its occurrence and seriousness can be greatly impacted by different socio-demographic factors. Marital status has become a significant factor in predicting the chances of experiencing ED, according to emerging research (Feldman et al., 2022). Even though ED is widely acknowledged as a significant public health concern worldwide, there is still a lack of understanding about the specific effects of marital status on the occurrence and seriousness of ED, especially in diverse cultural and socio-economically different environments like Nigeria.

In areas such as Jalingo Metropolis, located in Taraba State, Nigeria, where there is a significant emphasis on traditional and cultural norms relating to marriage, the relationship between marital status and erectile dysfunction (ED) may be especially noticeable. Studies suggest that men in marriages are less inclined to disclose experiencing ED in comparison to men who are single, divorced, or widowed, mainly because of the psychological and emotional backing received from a stable marital union (Laumann et al., 2020). On the other hand, single men or those who have gone through a divorce may encounter increased stress, social loneliness, and decreased self-worth, which are acknowledged as risk factors for ED (Huang et al., 2021).

Nonetheless, there is a shortage of targeted studies exploring this connection within the particular cultural and social setting of Jalingo Metropolis. The lack of research specific to this region creates a notable gap in knowledge regarding the impact of marital status on ED in men, making it crucial for tailored interventions to be developed. This lack of understanding poses a barrier to implementing effective public health methods and stops healthcare professionals from meeting the distinct necessities of men in various marital life phases.

This research seeks to tackle this issue by investigating how marital status affects the frequency of erectile dysfunction in men living in Jalingo Metropolis, Taraba State. In doing this, it aims to offer perspectives that will help improve management and prevention methods for ED, customized to fit the socio-cultural conditions of the community.

## **2. Methodology**

This research was carried out at the Taraba State Specialist Hospital in Jalingo, a well-known tertiary healthcare institution situated in Jalingo, Taraba State, Nigeria. The hospital caters to a wide range of people and is visited by individuals from the local community as well as the neighboring areas. Based on the data from the 2006 population census, Jalingo has a land area of around 401.2 square kilometers, with over 187,500 residents and a yearly growth rate of 2.9% (National Population Commission, 2006). A cross-sectional study was conducted from September to December 2022. The research focused on men between 30 and 80 years old in different areas of the hospital such as the emergency room, outpatient clinic, hospital ward, and specialist clinic for men. There were 700 male patients identified as the population for this study.

The Yamane formula was used to calculate a sample size of 250. Participants were chosen using a convenience sampling method. Data was gathered through an online questionnaire using Google Forms, covering areas such as Erectile Function, Intercourse Satisfaction, Orgasmic Function, Sexual Desire, and Overall Satisfaction. The use of the International Index of Erectile Function-5 (IIEF-5) was based on its established reliability and validity. Expert healthcare professionals confirmed the validity, and a Cronbach's alpha of 0.72 showed acceptable consistency for reliability. A preliminary study involving 15 patients validated the effectiveness of the device, with no changes required.

A group of skilled volunteers collected data from August to September 2022. From the 250 questionnaires that were given out, 230 were filled out and given back, giving a 92% response rate. Descriptive statistics were used to summarize demographic variables and responses during data analysis carried out with the SPSS software. Approval was acquired from the Ethics Committee of the National Open University of Nigeria. All participants were required to give their informed consent, and they were guaranteed confidentiality and voluntary involvement. All steps followed the rules set by the institution, guaranteeing the study's ethical behavior.

## **3. Result**

Research question: What is the influence of marital status on the prevalence of the various levels of erectile dysfunction among men in Jalingo metropolis, Taraba State, Nigeria?

**Table 1: Influence of Marital Status on the Prevalence of Erectile Dysfunction among Men in Jalingo Metropolis, Taraba State, Nigeria.**

Marital Status	No of Respondents	Categories of Dysfunction	No of Men with Erectile Dysfunction	Percentage
<b>Single</b>	131	Severe	0	0
		Moderate	8	6
		Mild to Moderate	19	15
		Mild	16	12
<b>Total</b>			<b>43</b>	<b>33%</b>
<b>Married</b>	64	Severe	1	6
		Moderate	9	53
		Mild to Moderate	4	24
		Mild	3	18
<b>Total</b>			<b>17</b>	<b>100%</b>
<b>Widower</b>	17	Severe	2	4
		Moderate	10	22
		Mild to Moderate	15	33
		Mild	12	27
<b>Total</b>			<b>39</b>	<b>87%</b>
<b>Divorced</b>	18	Severe	2	11
		Moderate	11	61
		Mild to Moderate	3	17
		Mild	2	11
<b>Total</b>			<b>18</b>	<b>100%</b>
<b>Grand Total</b>	<b>230</b>		<b>134</b>	<b>58%</b>

Table1 displays information about the frequency of erectile dysfunction (ED) in males residing in Jalingo Metropolis, Taraba State, Nigeria, classified based on marital status. The study investigates four categories: unmarried, married, widowed, and divorced males, showcasing the different degrees of ED severity across each category. Out of a total of 131 unmarried men, 43 individuals (33%) mentioned having ED. In this group, most cases were mild to moderate, with 19 men (15%) having mild ED, followed by 16 men (12%) with mild ED, and 8 men (6%) with moderate ED. Remarkably, there were no serious instances of ED among the unmarried males, indicating that ED is less common and typically not as severe in this demographic.

Married men experienced a notably greater occurrence of ED in comparison to unmarried men. Out of the 64 participants who were married, 56 (88%) disclosed experiencing some degree of ED. Moderate severity level was the most frequent, impacting 21 men (33%), with 18 men (28%) experiencing mild to moderate ED, and 14 men (22%) having mild ED. Additionally, three instances (5%) of severe erectile dysfunction were also reported. The elevated rate in this demographic could be due to added stressors related to being married, along with age-related reasons, since married men are typically older than single men on average. All 17 respondents (100%) who were widowers reported experiencing some level of dysfunction, making them the group with the highest prevalence of ED. Moderate ED was the most prevalent, impacting 9 men (53%), with mild to moderate ED in 4 men (24%), mild ED in 3 men (18%), and 1 case (6%) of severe ED following suit. The elevated occurrence and seriousness of ED among this demographic may be linked to psychological issues like sorrow and isolation, along with possible hidden health problems that could have been worsened by the death of a partner.

All 18 divorced men surveyed (100%) also displayed a high presence of ED. Most cases were classified as moderate, with 11 men (61%) falling into this group. 3 men (17%) had mild to moderate ED, while 2 men (11%) had mild ED and another 2 men (11%) had severe ED. The high occurrence of erectile dysfunction in divorced men could be due to stress and psychological issues linked to the end of marriage, like depression and anxiety, which are factors known to contribute to ED. Of all marital statuses, 134 out of 230 individuals (58%) indicated experiencing varying levels of ED. Research indicates that being married, widowed, or divorced is associated with higher rates of ED compared to being single, showing that marital status plays a crucial role in the presence and severity of erectile dysfunction. The mental and emotional pressures linked to marriage, widowhood, or divorce seem to play a role

in the increased rates of ED in these populations. Moreover, the information highlights the significance of taking marital status into account when evaluating and treating ED, as it can impact the frequency and seriousness of the condition.

### Hypothesis Testing

There is no significant difference in the influence of the prevalence of erectile dysfunction among men in Jalingo metropolis.

**Table 2: One-way Analysis of Variance with Post-hoc Tests on the influence of marital status on the Prevalence of various level of Erectile Dysfunction Among Men in Jalingo Metropolis.**

	Sum of Squares	Df	Mean Square	F	Sig.
<b>Between Groups</b>	385.682	3	128.561	2.332	0.075
<b>Within Groups</b>	12460.684	226	55.136		
<b>Total</b>	12846.365	299			

A one-way between-groups analysis of variance was carried out on table 2 to study how the occurrence of erectile dysfunction among males in Jalingo Metropolis affects them. The participants were divided into four different marital statuses. The analysis results showed no significant difference in how marital status influences the prevalence of erectile dysfunction among men in Jalingo Metropolis, Nigeria at a significance level of  $p < 0.05$ , across the four marital statuses [ $F(3, 226) = 2.332$ ,  $p = 0.075$ ]. The effect size, measured by eta square at 0.03, was small showing that only 3.0% of the variation in men's erectile dysfunction scores is attributed to their marital status. Post-hoc analysis with the Tukey HSD test showed no significant differences in mean scores among the four marital groups.

### 4. Discussion

Examining how being married or single impacts the occurrence of erectile dysfunction (ED) is a subject that has attracted attention in exploring the wider social and demographic influences on this disorder. This research, carried out in Jalingo Metropolis, Taraba State, Nigeria, explored the connection between marital status and the occurrence of various degrees of erectile dysfunction in men. The results indicated different levels of ED among various marital statuses, but the overall statistical analysis did not find any significant discrepancies. Data indicated that only 33% of single men reported experiencing some form of erectile dysfunction, the lowest prevalence among the group. Out of these individuals, 6% encountered moderate ED, 15% showed mild to moderate ED, and 12% exhibited mild ED, with no instances of severe ED documented.

This lower prevalence among single men aligns with previous research suggesting that younger, unmarried men may have lower levels of ED, possibly due to fewer age-related health issues and lower levels of psychological stress related to marital responsibilities (Köhler et al., 2018). In contrast, married men showed a significantly higher prevalence of ED, with 88% reporting some level of dysfunction. This group had a higher incidence of moderate (33%) and mild to moderate ED (28%), with 5% experiencing severe ED. The higher prevalence in married men could be attributed to age-related factors, as married men in the study were generally older, and age is a well-known risk factor for ED (Lutz et al., 2019). Additionally, the responsibilities and stress associated with marriage, including financial pressures and familial obligations, may contribute to the higher rates of ED observed (Zhang et al., 2021).

Widowers and divorced men exhibited the highest prevalence of ED, with 100% of respondents in these groups reporting some level of dysfunction. For widowers, 53% experienced moderate ED, while 6% had severe ED. Among divorced men, 61% had moderate ED, and 11% had severe ED. These findings are consistent with studies that have found higher ED rates among men who have lost a spouse or experienced a divorce, possibly due to the emotional and psychological toll of these life events (Laumann et al., 2020). Despite these variations, the one-way ANOVA conducted showed no statistically significant difference in the influence of marital status on the prevalence of ED among men in Jalingo Metropolis [ $F(3, 226) = 2.332$ ,  $p = 0.075$ ]. The effect size was small ( $\eta^2 = 0.03$ ), indicating that marital status accounted for only 3% of the variance in ED severity. This indicates that although marital status may impact rates of ED, it is not as influential as other factors like age, health, or lifestyle choices such as smoking, which had a greater effect on ED prevalence (Chiu et al., 2021).

These results emphasize the intricate nature of erectile dysfunction as a condition caused by multiple factors, with marital status influencing its prevalence but not being the determining factor. More studies are necessary to investigate additional factors and how they interact in order to create more focused strategies for addressing ED among a variety of groups.

### 5. Conclusion

This research examined how marital status affects the occurrence of different degrees of erectile dysfunction (ED) in men living in Jalingo Metropolis, Taraba State, Nigeria. The results showed that although being married seems to be linked to varying rates of ED, it is not a statistically significant factor in determining the prevalence of the condition. Unmarried men had the lowest incidence of ED, while married, widowed, and divorced men had higher rates. Nevertheless, the evaluation showed that being married only explained a minor portion (3%) of the difference in ED severity, implying that other elements like age, general health, and lifestyle decisions could have a greater impact.

## 6. Recommendations

- 1 Health professionals need to perform thorough health evaluations that consider marital status along with other factors such as age, lifestyle, and psychological health when diagnosing and treating erectile dysfunction in men.
- 2 Public health campaigns need to highlight the significance of upholding a healthy lifestyle, such as engaging in regular physical activity, following a well-balanced diet, and receiving mental health assistance, especially for men who might be susceptible to experiencing ED.
- 3 Because widowed and divorced men have a higher rate of ED, it is important to provide targeted interventions like counseling and support groups to help them deal with the emotional and psychological issues that can cause ED.
- 4 More research is necessary to investigate different factors such as cultural, psychological, and socioeconomic elements that may contribute to erectile dysfunction in order to create better strategies for prevention and treatment.
- 5 Incorporating relationship therapy in programs for treating ED could assist in dealing with the emotional and psychological aspects of the condition, especially for married, widowed, and divorced men facing stressors linked to their marital status.

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