

Sexual dysfunction among male students of the Faculty of Medicine, University of Peradeniya

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Sexual dysfunction is a very common presentation in urology clinics. Although it is very common in elderly men and estimated as 50% of all men, those aged between 40 and 70 have this problem to some degree [1]. Though it is more common among the older age group, 26% of men below 40 years suffer from erectile dysfunction and more than half of them had a severe type [2]. Erectile dysfunction is associated with poor cardiovascular function, ischemic heart disease and stress. Assessment of erectile dysfunction is a way to assess psychological stress and the future risk of ischemic heart disease in a young population.

A cross sectional descriptive study was conducted in the Faculty of Medicine, University of Peradeniya among male subjects. A questionnaire was distributed, and an assessment of sexual dysfunction according to “International Index of Erectile Function (IIEF)” was obtained.

The sample included 232 male medical students with a mean age of 23.49 +/- 1.689 years with a minimum age of 18 years and a maximum of 27 years. All were single. Only 1.3% was circumcised. 3.9% had lower urinary tract symptoms. In the lower urinary tract symptom assessment, no one complained of intermittency, urge incontinence and stress incontinence. Among the subjects 79.3% were sexually active during the previous 4 weeks. This included masturbation as well. Among them 1.7% were homosexuals and 4.7% were bisexual.

In this study 2% had erectile dysfunction, 4.36% had orgasmic dysfunction, 6.16% had reduced libido, 3.1% had poor intercourse satisfaction and 9.4% have poor overall satisfaction. Half of them with any disability were severely affected.

In conclusion, among male medical students in Peradeniya, the sexually active percentage is low and sexual disabilities are also lower than in the normal population. The low sexually active percentage was due to lack of free time and places. A condensed time table and the heavy work load as a medical student might be the underlying cause. Medical students had knowledge about physiology and pathophysiology of sexual dysfunction than others. Proper sex education could have reduced anxiety of sex, and it could have been managed without a severe effect.