

Gender Issues in Sexual Fulfillment; Nigerian Situation

Dr (Mrs) Akanle F.F

*Institute of Education Faculty of Education
Ekiti State University, Ado-Ekiti
folusoakanle@yahoo.com*

Dr. Ola, Tolulope Monisola

*Department of Sociology
Ekiti State University, Ado-Ekiti Nigeria.
Tolulopeola2003@yahoo.co.uk*

Doi: 10.5901/mjss.2012.v3n11p105

Abstract: *For many married women sexual relationship is hardly enjoyable, is it is more of a conjugal function than an enjoyable activity and many are in a violent relationship. This study therefore investigate the feelings of women concerning their sexuality, what percentage of women have pleasurable and fulfilled sexual life and those things which women count as sexual fulfillment. A descriptive research design was used. The population consists of women aged 18-60 years and who are either literate or non-literate. A total of number 200 women were selected using simple random sampling technique, a self-constructed questionnaire was used to collect the data which was analyzed using percentages, cross tabulation and T-test. The findings show even when women have sex regularly most respondent do not have satisfactory sexual life.*

1. Introduction

Sexuality is central aspect of being human throughout life and encompasses, sex, gender, identities and roles, sexual orientation, eroticism, pleasure, intimacy and reproduction, sexuality is expressed through thoughts, fantasies, desire, belief, behaviors, practices, roles and relationships. Sexual health is a state of physical emotional mental and general well-being in relation to sexuality. Sexual health requires a positive and respective approach to sexuality and sexual relationships as well as the possibility of having pleasurable and safe sexual experiences free of discrimination and violence, Africa regional sexuality Resources Centre ARSRC(2006).

Human sexuality in Africa (2007) reported that sexual rights embraces human rights that are already in national laws, international human rights documents and other consensus statements. They include the right of all persons to pursue a satisfactory, safe and pleasurable sexual life, decide whether or not, and when, to have children and decide to be sexually active or not. Women for women's human right (1994) observed that marriages in Africa seem to produce an environment that do not support sexual right. Marital relations are several and sexualized, producing and reproduction inequality in the African context, discussion around sexuality and sexual right does not support sexual pleasure and minimal attention have been given to pleasure, pleasure have been the site of male domain. Some married couples are of the opinion that sex should be for procreation and hence their sexual life is devoid of sexual fulfillment. Many husband see their wives as sex toys that are desired only when they want to release tension.

Alengbe in Saturday Punched observed that any married couple that truly wants to enjoy a healthy, sex life should make an attempt to find out what good sex means from each other. It is important to assume that people already know enough. It is necessary to make one's partner fulfilled in sexuality. This is necessary because every man or woman have different sexual needs and preference. Each person expresses his or her sexual needs in special ways.

Alengbe reported that men frequently think about sex more than women do. Men are easily strongly motivated sexually by visual images, they are turned on by erotic pictures, skimpy dresses and nudity. Studies have shown that at least 90 percent of men are tempted by pornography and that they are easily aroused by the anatomy of the women folk. However, women are mostly aroused when their emotional needs are satisfied, naturally women offer sex in exchange for affection and intimacy. Affection is the women most sensitive cord to sexual response. Sweet talks, kind, tender gesture and having to care can turn women on easily. Understanding and tolerant partners quickly and effortlessly stimulate women and they always get the best from them. Loving for women starts when the husband listens, values her opinion and respects her ideas. This gives women emotional stability needed for good sex.

The quality of our sexuality is ultimately connected to the quality of our lives and relationships. Because our sexuality is an integral part of ourselves, it reflects our excitement and boredoms, intimacy, distance, emotional well-being, distress, health and illness. Sexual health is more than the absence of disease, and sexual health is more than the presence of healthy sexual partner. The World Health Organization (2002) indicated that sexual health requires a positive and respectful approach to sexuality and sexual relationship as well as the possibility of having pleasurable and safe sexual experience, free of coercion, discrimination and violence. For sexual health to be maintained, the sexual right of all persons must be respected, protected and fulfilled.

The traditional view is that the exercise of sexual feelings is justifiable if it is for reproductive purpose. The new situation is that it is the undeniable fact that sex is a natural feeling, an urge that men and women have. This means that it is natural to express one's sexuality anytime, anywhere and with sexual partners of our choice either for fun, enjoyment, or for reproductive purposes. Sexuality is not only for procreation, every individual has the right to enjoy sex or get pleasure from experiences of sexuality, this can be witnessed in the campaign to eliminate female genital mutilation, where women's sexual pleasure is disadvantaged as a justification for eliminating female genital mutilation in Africa. Many African countries seem to be notorious for charges of sex associated with gender roles.

Sex as reported by researcher is very important than it seems. It is the only thing that truly amuses and entertains. To maintain an enthusiastic sexual relationship in one's marriage, there is need for the knowledge of what sexuality is, and what the sexual preference of one's partner is. To be able to make men understand the sexual preference of their partner and make them understand what good sex refers to. There is need for this study, hence the following general question are raised for the study.

2. General Question

What percentage of women have satisfactory sexual life.

What percentage of women has regular sex.

What makes women sexuality aroused.

Do partners of women show understanding and tolerance in sex

3. Hypotheses

H₀ ; There is no significant difference on the sexual arousal of women from different religious

4. Methodology

The study in two stages. The first stage involved the gathering quality data on women needs in relation to sexuality; intimacy, affection, sexual arousal, respect of opinion sexual matters and general sexual fulfillment and satisfactory sexual life.

The second stage involves a cross-sectional survey conducted in 10 towns in Ekiti State. All women in the survey sample are those in current relationship. They are aged 18-50 years in monogamous heterosexual relationship. The questionnaire was developed using quantitative data from the first phase of the project and existing instrument, such as the 9 item general sexual health questionnaire.

The study defined sexual fulfillment as sexual dealings which involve intimacy, tolerance, respect of sexual opinion and sexual arousal which makes women sexually fulfilled.

All aspect of sexual fulfillment were measured using the following questions. Do you have sex?, do you have a sexual partners? Do you have sex regularly? Do you have a satisfactory sexual life? Does your partner show affection your opinion, Do you sometimes feel sexually aroused and what makes you to be sexually fulfilled?

5. Data Analysis

Research Question One: What Percentage of women have satisfactory sexual life.

Background Characteristics of Respondent * Percentage of Women who have Satisfactory Sexual Life
Cross tabulation

Count

		Percentage of Women Who Have Satisfactory Sexual Life				Total %	
		YES	%	NO	%		
BACKGROUND	POOR	51	100%	0	0%	51	25.5%
CHARACTERISTICS OF RESPONDENT	FAIR	26	100%	0	0%	26	13%
	GOOD	5	9.4%	48	90.6%	53	26.5%
	EXCELLENT	0	0%	70	100%	70	35%
Total		82	41%	118	59%	200	

The above information presents a cross tabulation result on the percentage of women who have satisfactory sexual life and background characteristics. 51(25.5%) of the respondents who have a poor background characteristics, in affiliation with the fact that 0(0%) of the respondent have No satisfactory sexual life, 26(100%) of the respondents have a fair background characteristics, it's in affiliation with result gathered that 0(0%) of the No satisfactory sexual life. 5(9.4%) of respondents have good background characteristics, its in-line with the fact that 48(90.6%) of the respondents have No satisfactory sexual life. 0(0%) of respondents have excellent background characteristics, its in-line with the fact that 70(100%) of the respondents have No satisfactory sexual life.

The result shows that 82(41. %) women have satisfactory sexual life, while 118(59%) women have No satisfactory sexual life. Therefore there most respondents don't have satisfactory sexual life.

Research Question Two: What percentage of women has regular sex?

Age of Respondent * Percentage of Women Who Have Sex Regularly Cross tabulation

Count

		Percentage of Women Who Have Sex Regularly				Total %	
		YES	%	NO	%		
AGE OF RESPONDENT	41 AND ABOVE	106	100%	0	0%	106	53%
	21-40	60	87%	9	11%	69	34.5%
	18-20	0	0%	25	100%	25	12.5%
Total		166	83%	34	17%	200	

The result presented shows a cross tabulation of result between age of respondent and what makes women sexually aroused, 106(100%) of the respondents were within the age range of 41 years and above, 60(87%) of the respondents were within the age of 21-40 years and 9(11%) of the result were in affiliation with respondents who don't have sex regularly, 0(0%) of the respondents were within the age range of 18-20 years and 25(100%) of the result were in affiliation with respondents who don't have sex regularly.

The result shows that 166 (83%) women have sex regularly, while 34 (17%) women do not have sex regularly. Therefore respondents do have sex regularly.

Research Question Three: What make women sexuality aroused?

Religion of Respondents * Percentage of Women Who Are Sexually Aroused Cross tabulation

Count

		Percentage of women who are sexually aroused								Total	%
		If my partner listen to, values and respect my opinion %		Understanding and tolerant partner %		Affection and intimacy with my partner %		Satisfaction of my emotional needs %			
RELIGION OF RESPONDENTS	OTHER	0	0%	0	0%	0	0%	21	100%	21	10.5%
	ISLAMIC	0	0%	31	37.3%	30	36.1%	22	26.5%	83	41.5%
	CHRISTIANITY	93	97%	3	3.1%	0	0%	0	0%	96	48%
Total		93	47%	34	17%	30	15%	43	21.5%	200	

Research Question Four: Do partners of women show understanding and tolerance in sex?

Level of Education * Do Partners of Women Show Understanding and Tolerance In Sex /Crosstabulation

Count

		Does Partners Of Women Show Understanding And Tolerance In Sex				Total	%
		YES	%	NO	%		
LEVEL OF EDUCATION	SECONDARY SCHOOL AND BELOW	104	93%	9	8%	113	57%
	ABOVE SECONDARY SCHOOL	0	0%	54	100%	54	27%
	NONE	0	0%	33	100%	33	16.5%
Total		104	48%	96	52%	200	

The above information shows the cross tabulation result of religion and what makes women sexually aroused, 21(100%) for other religion and sexually aroused through satisfaction with emotional needs, 31(37.3%) of the respondents have sexual arousal through understanding and tolerance with partners, 30(36.1%) of the respondents have sexual arousal through affection and intimacy with partner, also 22(26.5%) of the respondents or sexually aroused when satisfied with emotional needs, 83(41.5%) of the respondents are for Islamic Religion, 96(48%) of the respondents are Christian, 93(47%) of the respondents are sexually aroused when partners listen to values and respect each others opinion, 3(3.1%) of the respondent are sexually aroused through understanding and tolerance.

Based on the result above, the respondents are sexually aroused when partners listen to values and respect each others opinions with 93(47%), they are sexually aroused when understanding and tolerance to each other with 34(17%), however, 30(15%) are sexually aroused with affection and intimacy, and 43(21.5%) of the respondents are sexually aroused when satisfied with emotional needs. Therefore, respondents or women are sexually aroused when partners listen to value and respect each others opinion.

The above information shows a cross tabulation result between respondents' level of education and do respondents shows understanding and tolerance in sex. 113(57%) of the respondents have secondary school education and below, 104(93%) of the respondents do have partners that shows understanding and tolerance in sex and 9(8%) of the respondent do not have there partners showing understanding and tolerance in sex, 54(100%) of the respondents have

above secondary school and partners of women do not show understanding and tolerance in sex with 54(27%).33(16.5%) of the respondents do have education, the result show that partners do not shows understanding and tolerance in sex with 33(100%). 104(48%) partners of women do show understanding and tolerance in sex, while, 96(52%) partners of women do not show understanding and tolerance in sex.

6. Hypotheses Testing

From the result of the analysis attached at the appendix A of this research work. The hypothesis of this research work can therefore be interpreted using t-test analysis as follows:

H1:- There is no significant difference in sexual arousal of women from different religion.

One Sample Test

One sample T-Test is used to test whether the mean of one variable differs from a constant. When $P < 0.05$ the researcher concludes the group mean is significantly different from the constant.

	N	Mean	Standard deviation	Df	T- calculated	T-critical	P	DECISION
Religion	200	1.6250	0.6683	199	24.677	1.96	0.05	Accept the alternative Hypothesis
Sexual arousal		2.1150	1.2121					

Source: SPSS Result and Author's Field Survey, 2011.

From the above result analysis presented, it shows that the probability value is less than 0.05 at 5% level of significance. The t-calculated value is 24.677 and the t-critical is 1.96 at degree of freedom 199 using two tailed significant level. There is significant difference in the sexual arousal of women from different religion

7. Discussion

The study examined the feeling of women concerning sexuality and the percentage of women who have fulfilled sexual life. The result of the following shows that only 41% of the women reported that they have satisfactory sexual life while 59% do not have a satisfactory sexual life. The findings of this research is supported by that of women for women human right (WWHR) 2004) which reported that marriages and sexuality in African context produces inequality and that sexuality and sexual rights in Africa does not support sexual right and sexual pleasure. The findings of this study about women that having sexually fulfilled life is not surprising this may be because some married couples are of the opinion that sex is for procreation and hence their sexual life devoid of sexual fulfillment. Furthermore, many husband see their as sex toys that are desired only when one wants to release tension.

The findings of this study shows majority of women 47% reported that they are sexually aroused when partners listen to, value respect their opinion. While 17% reported that affection intimacy make them to be sexually aroused while 21.5% reported that they are sexually aroused when their emotional needs are satisfied by the partners. This findings corroborates that of Alegbe who opined that affection is the most sensitive cord to human sexual response sweet talk, tender gesture, care can turn a woman on easily understanding, tolerance could stimulate a woman and make a man to get the best from a woman. Loving for a woman starts when the husband listen, value a woman opinion and respect her opinion and her ideas. This gives the woman emotional stability needed for good sex.

8. Conclusion

The major findings of these study shows that Nigerian women do not have satisfactory sexual life. Many women do not have pleasurable sexual life. This suggests that the sexual right of women to enjoy a satisfactory and pleasurable sexual life is not protected in Nigeria and that marriage in Nigeria do not support women's sexual right.

The implication for policy Programme and sexual health educators is that intervention aimed at sexual pleasure and sexual fulfillment in regards to women is needed. The public at large needs to be sensitized in order to challenge the culture that favour only the sexual enjoyment and fulfillment of men. It is necessary to make everybody man or woman sexually fulfilled. Sexual pleasure and right is a right that embraces human right that is already in national laws.

References

African Regional Sexual Resources Centre ARCR (2006) *Sexuality in the media: Emerging issues in Africa* Lagos: Fineprint Ltd.
Women for women's Sexual Right (WWHR) (2004) *Women and women sexuality in Muslim societies in Istanbul Turkey: New Ways*.
The World Health Organization (2002); *WHO'S Gender Policy: Integrating Gender Perspective in the Work* WHO, Geneva.