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Consequences of alcohol consumption on sex drive among men and women

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Sex drive or the desire for sex (also termed as 'libido') varies among individuals, depending on a person's preferences and life circumstances. Libido, e. g., can be affected by health history, hormone levels, medications, lifestyle, and relationship problems. Also, alcohol consumption (negatively) influences sex drive. The prime objective of this paper is to give an insight into consequences of alcohol consumption on sex drive among men and women. Secondary data (largely 'qualitative') have been used, and method of data analysis is descriptive. Analysis of data in this work indicates that alcohol use may also prevent or delay orgasm ("climax of sexual excitement that is accompanied by ejaculation of semen in the male and by vaginal contractions"). Drinking heavily over an extended period can lead to impotence among men.

It has been found that in case of men, drinking large amounts of alcohol can make it hard keep an erection; a situation termed as erectile dysfunction (ED), normally a temporary problem. Alcohol interferes with the messengers in the brain that tell the penis to fill with blood. Notably, it can also happen because alcohol can reduce the production of testosterone (the hormone that controls male sexual functions). Like men, women, on the other hand, may also find it (more) difficult to have an orgasm, or find they have orgasms that are less intense after drinking alcohol. Further, it is pertinent to note that alcohol use, for many women, increases subjective sexual desire, arousal, and pleasure, although it lowers physiological arousal. Furthermore, despite the general belief that consumption of alcohol disinhibits sexual behaviours, alcohol leads to changes in sexual behaviour only for a minority of women. Again, alcohol affects judgement among both men & women, thereby increasing their chances of having unprotected sex [resulting in increased risk to sexually transmitted infections (STIs)]...

Biography

Santhosh Kumar is an Independent Researcher (Scholar) retired (on June 30, 2020), as Technical Assistant, from Population Education Resource Centre, Department of Lifelong Learning & Extension, S.N.D.T. Women's University, Mumbai, India. He underwent training in demography, with award of Government of India Fellowship, during 1986-1987 from the IIPS, Mumbai. Also, he acquired Ph. D. from University of Patna in 1999. His other qualifications include Post-Master's Diploma in Adult & Continuing Education, Certificate Course on Hospital and Health Care Management, and Diploma in Human Resource Development. He has authored (some co-authored) 5 booklets, 4 books, 23 bookchapters, 97 journal articles, 2 monographs, 7 research studies, & 56 papers for national & international conferences (some with bursary). He has been awarded with certificate of excellence in reviewing for 2017, 2018, 2021 & 2022. He has been conferred with excellence of research award for outstanding contribution & recognition in the field of agriculture in 2021.