Sexual Frustration Symptoms

You can get sexual frustrations when you are not able to meet the sexual activities and satisfaction that you target.

This can mostly take place when you and your partner have differences in your relationship. When you or your partners are resentful you cannot satisfy each other in bed.

An example of this is when you learn that your partner is cheating on you. This can shake your relationship and you can fail to have a sexual desire towards him.

It is wise for every couple to listen to each other. For a relationship to work both should be willing to iron out the differences whenever they arise.

The one who is in the wrong should be willing to apologize and to make up to the partner. This will help in eradicating the chances of having tension in a relationship that can lead to sexual frustrations.

You can get sexual frustrations when your partner keeps leaving you before you climax. Sexual frustrations can hinder you from enjoying sex to the fullest and meeting your sexual targets.

Examples Of Sexual Frustrations.

- Prostatitis.

- Aspermia.

- Painful ejaculation.

- Delaying ejaculation.

- Premature ejaculation.

- Ejaculatory disorder.

- Retrograde ejaculation.

- Erectile dysfunction.

- Obstructive azoospermia.

- Anajaculation.

We will discuss some of the above sexual frustrations below.

1. Ejaculatory Disorder

A man feels so low when he cannot perform well sexually. Did you know that a body language can contribute to ejaculation disorders? Yes, it can.

Your facial expression, hurt emotions, non-communication, and differences can make both of you be unable to achieve your intimacy desire.

Some sexual disorders can contribute to this issue. For a man to perform well there are several factors that should work together.

(a) He Should Be In A Good Mood For His Sexual Organs To Respond.

When a couple is in good terms a man can easily get sexually attracted to his partner.

(b) He Should Get A Full And A Firm Erection.

A man should have a hard erection that lasts for a long period. He should erect throughout the intercourse period to ensure that his woman gets to her orgasm.

A woman would feel sexual frustrations when her man keeps getting erection dysfunction.

35% of men who are between forty and seventy years have had an erection dysfunction at some point. Some experience complete and others moderate erectile dysfunction.

(c) He Should Be Able To Ejaculate When Both Of Them Have Had Enough.

For the man’s sexual organs to relax after an erection and intercourse he needs to ejaculate. He should not ejaculate so early and still, he should not overstay.

When he over-stay, the lubrication in the vagina can reduce. This would make the intercourse to be painful for the lady.

Some of the ejaculatory disorder includes the following.

(A) Premature Ejaculation

A premature ejaculation is when a man releases semen before he gets maximum penile stimulation. A rapid ejaculation makes a man to feel a low self-esteem especially when it happens repeatedly.

When adolescence boys keep masturbating especially in hast, they can experience premature ejaculation later in life.

The other issues that can cause you to experience a rapid erection are anxiety, unresolved conflict, and passive aggression.

High penile sensitivity, serotonin receptors, nerve atypicalities and genetic predisposition can cause premature ejaculation as well.

10% to 20% of all men get premature ejaculation at a certain stage in life.

(B) Delaying Ejaculation

Another name for delaying ejaculation is retarding ejaculation. This is when a man is unable to ejaculate even after having intercourse for a long period.

He gets aroused normally and has a high sexual desire but he is unable to achieve an orgasm. He can have sex for thirty to forty-five minutes and above before he ejaculates.

Men who masturbate experience this difficulty more than those who don’t. When they delay ejaculating they can masturbate and ejaculate faster than when they are having an intercourse.

Some disorders and medications can cause you to have this problem. They include prostate surgery, thyroid disorders, hypogonadism and Cushing’s disorders.

Some medications like morphine, benzodiazepines, antihypertensive and antipsychotics. Alcohol can make you experience the same issue as well.

The pelvic nerves that link to orgasm can get trauma during a pelvic surgery. There are men whose penis tips have no sensation. All these can result in a retarding ejaculation.

The other factors that can cause a delay in ejaculation, include the following:

- Lifestyle

- Psychological factors.

- Unresolved conflict in the relationship.

- Anxiety.

- Insufficient sleep.

- Environmental distractions.

(C) Anejaculation

In this condition, semen is unable to leave the seminal ducts and prostate. This can take place when you have diabetes, spine injury, Parkinson’s disease, colorectal resection, and aortoiliac surgery. Repetition of sclerosis and cauda lesions can cause this problem as well.

Your vas deferens and prostate vesicles can contract due to a thoracolumbar nerve. This can make your semen to thrust to the urethra.

When you are having an emergency abdominal aortic aneurysm surgery the sexual nerves can be at a risk. When the main hypogastric plexus get an injury during aortoiliac operation, the patient can get erectile dysfunction.

(D) Odynorgasmia

This is when a man experiences pain when he is ejaculating. When he is ejaculating he feels some burning and painful sensation in the urethra.

He can have the same burning sensation in the space that is between his scrotum and anus (perineum) after ejaculation.

When you use anti-depressants you can experience this issue. The other causes are prostatitis, urethritis and epididymitis infections.

(E) Retrograde Ejaculation

This type of ejaculation takes place when semen goes to your urinary bladder instead of going out through the urethra.

The bladder sphincter should contract prior to ejaculation. This makes the semen to go to the urethra. Retrograde ejaculation takes place when you have the following:

- Prostate surgery.

- Backbone damage.

- The sphincter of the bladder fails to work as it should.

- Surgery on the bladder neck.

- Diabetes mellitus.

- Several cases of sclerosis.

When you take drugs for mood swings, prostate enlargement, and antihypertensive you can experience retrograde ejaculation.

This will be as a side effect of these drugs. The problem should cease when you stop the medication.

(F) Reduction In The Ejaculation Force.

Low ejaculation level is known as hypospermia. The same term applies when a man has a low level of semen.

A man should have an ejaculation of 1.5 ml to 6ml when he has a firm erection. When the level of semen goes below 1.5 ml he is said to have hypospermia.

The level of semen that a man releases depends on physical condition, sexual activities, and mood. When a man releases semen, the sperm cells are usually 1% of the total quantity.

When a man gets both oligospermia and hypospermia he can become infertile.

(G) Prostatitis

This is a condition where your prostate gland tissues get an inflammation sensation. This mostly relates to an infection although sometimes it appears in the absence of an infection.

Categories Of Prostatitis

(a) Acute prostatitis.

This involves a severe bacterial infection in the prostate gland. It is an emergency case and patients have to stay in the hospital during the treatment for a close observation.

They get anti-biotic medication to deal with the infection. The white blood cells increase in the blood during this time. The patient gets a fever, lower back pain, chills, burning sensation when urinating and he urinates after a short duration.

(H) Chronic Prostatitis.

This condition is not common. It comes as a result of repetition of a urine infection. The symptoms appear when there is an infection in the bladder. Cystitis recurs from time to time.

The other types of Prostatitis include chronic pelvic discomfort syndrome and Asymptomatic inflammatory.

1. Obstructive Azoospermia

This is a disorder whereby there are no sperms in the ejaculate. This can take place even when you have enough spermatogenesis.

The problem occurs when the genital track has an obstruction. This causes the sperms to be unable to get to the semen that is to be released.

Causes Of This Disorder

* Lack of vasa deferential. When you are about to ejaculate vasa deferential takes sperms to your ejaculatory ducts from the epididymis.
* Obstruction of epididymal.
* Vas deferens obstruction.
* Disorders relating to ejaculation.
* Semen renders can be without sperms. A man with this problem cannot make a woman to conceive. He can use reproductive techniques when he needs to get a child.
* Obstruction of ejaculatory duct.

You cannot conclude that you have obstructive azoospermia before a thorough test is done. The specimen of your sperms should be examined with microscopes that have high power. The specimen should be left in a room temperature for at least fifteen minutes.

Repeat the process after some time to confirm the results. This is because some factors like a therapy and febrile episodes can influence the outcome.

Conclusion

You can prevent most of the ejaculatory disorders that result in sexual frustrations by avoiding smoking and alcohol. Avoid stress by engaging more in sports activities and solving conflicts with your partner when they arise.

Check out for infertility, pre-ejaculation, delay in ejaculation and whitish urine after intercourse. This will help you to identify when you have an ejaculation disorder.