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THE EFFICACY OF APHRODISIAC HERBS CONSUMPTION IN MANAGING SEXUAL DYSFUNCTION AS PERCEIVED BY MARRIED ADULTS IN AKINYELE LOCAL GOVERNMENT: IMPLICATIONS FOR COUNSELLING PRACTICE

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ABSTRACT

This study investigated the efficacy of aphrodisiac herbs for managing sexual dysfunction as perceived by married adults in Akinyele Local Government of Oyo State and its counselling implications. A mixed survey design was used and 403 married adults were sampled using a simple random sampling technique. The instrument was a researcher-designed questionnaire, titled: "Perceived Efficacy of Aphrodisiac Herbs Consumption in Managing Sexual Dysfunction" (PEAHCSD). The reliability was ascertained by the test-retest method with a coefficient of 0.89. The findings showed that aphrodisiac herbs are widely perceived as effective for managing sexual dysfunction because it helped to improve sexual desire, enhance sexual performance, increase emotional intimacy, manage erectile dysfunction, and to overcome low libido among married adults in Akinyele Local Government. Further findings indicated that there were no significant differences in the efficacy of aphrodisiac herbs consumption in managing sexual dysfunction as perceived by married adults in Akinyele Local Government on the bases of age and educational attainment. However, there was a significant difference in the efficacy of aphrodisiac herbs consumption in managing sexual dysfunction as perceived by married adults in Akinyele Local Government on the basis of religion. It was recommended that married adults experiencing sexual dysfunction are advised to seek professional counselling to address underlying psychological factors, rather than relying solely on aphrodisiac herbs.

Keywords: Aphrodisiac herbs, Sexual dysfunction, Married adults, Akinyele Local Government

Introduction

Marriage is a fundamental social institution in Nigerian society, fostering strong connections and bonds between families. It represents a union between a man and a woman who starts living together, sharing social, cultural, and emotional intimacy, and collaborating to build a life together. Sexual satisfaction is a vital component of a happy marital relationship, contributing significantly to long-term happiness and fulfillment. However,

challenges such as sexual dysfunction and loss of interest in sex are common issues that can hinder satisfaction and strain relationships. Sexual dysfunction is defined as the inability of individuals or couples to engage in or enjoy normal sexual activities. It encompasses persistent or recurrent difficulties during any phase of the sexual response cycle, which can prevent individuals or couples from deriving satisfaction from sexual activity, often leading to emotional distress.

Sexual dysfunction can arise from a variety of factors, including psychological, medical, lifestyle, and systemic causes. Psychological problems include performance anxiety, strained relationships, depression, stress, guilt, and fear of sexual failure (Richter, 2024). Chronic medical conditions such as diabetes, hypertension, vascular issues (e.g., atherosclerosis, venous leakage), penile diseases (e.g., Peyronie's disease, priapism, phimosis), and complications from pelvic surgeries or smooth muscle dysfunction also play a role. Neurological disorders like Parkinson's disease, stroke, cerebral trauma, Alzheimer's, or spinal cord and nerve injuries are significant factors. Additionally, certain medications (e.g., antihypertensives, psychiatric drugs, antidepressants, and antiandrogens) and lifestyle choices, such as chronic alcohol abuse and smoking, are common underlying factors. Aging, associated with a decline in hormone levels, and systemic diseases like cardiac conditions or post-organ transplant complications, further exacerbate the issue (Ogunleye, 2020). For women, sexual dysfunction often involves vaginal dryness, challenges in achieving orgasm, or negative associations with sexual activity, often linked to traumatic experiences like rape or molestation. For men, erectile dysfunction typically manifests as the inability of the male sexual organ to function effectively, posing significant challenges to the reproductive process.

Idris and Adebayo (2023) categorised sexual dysfunction into four primary types: sexual desire disorders, arousal disorders, orgasmic disorders, and sexual pain disorders. Ideally, these issues should be openly addressed by couples to facilitate appropriate interventions. However, many couples struggle to discuss their sexual concerns. According to Babalola, Iwaloye, Ottu, Aturamu and Olawale, (2024), the avoidance of orthodox medical treatments for sexual dysfunction among married adults may stem from their reluctance to discuss such issues with healthcare providers and a preference against drug-induced solutions. Many couples perceive traditional herbs as more effective and less intrusive than medications prescribed by physicians. Also, using aphrodisiac herbs allows them to address their concerns privately, avoiding the perceived discomfort of involving a third party in such personal matters.

Ribnicky, Poulev, Schmidt, Cefalu, and Raskin (2024) noted that aphrodisiacs, often referred to as libido boosters, are gaining popularity among young adults and sexually active men seeking to enhance their

sexual performance. Richter (2024) categorised aphrodisiacs into three types based on their effects: substances that stimulate libido (sexual arousal and motivation), enhance sexual potency (erection effectiveness), and amplify sexual pleasure. The widespread use of aphrodisiacs is particularly noticeable in Nigeria, where women frequently sell herbal mixtures on street corners. These aphrodisiacs are reputed to improve libido, potency, and pleasure. Historically, aphrodisiacs have included items such as the toxic Spanish fly, powdered rhinoceros horn, and extracts from rare plants. In many societies, these herbal concoctions are branded with evocative names reflecting their perceived effects, such as "man power," "body energizer," or "action pill." These labels highlight their role in boosting sexual performance and energy.

There are numerous natural herbal and nutritional aphrodisiacs known to enhance sexual desire in both men and women (Sofawora, 2023). These substances are believed to increase libido, improve sexual performance, enhance blood flow, boost fertility, and amplify the force and intensity of ejaculation. In addition to their role in improving sexual health, these herbal remedies are crucial for treating sexually transmitted infections (STIs), especially in remote areas of Africa where access to clinics and hospitals is limited. Herbs containing antibacterial chemical compounds are particularly useful in addressing male infertility (Ajayi & Abiodun, 2022). Preparations for managing sexual impotence and erectile dysfunction often involve traditional methods such as pounding, chewing, or boiling the herbs, with the resulting remedies typically administered orally. Traditional healers frequently prescribe these herbs as teas or mix them with local beverages such as fermented milk, porridge, or local brews to treat conditions like impotence and erectile dysfunction effectively.

Some herbs, such as coffee, are roasted or smoked before being used, and aphrodisiac herbs are sometimes dispensed with local beers, fermented milk, or porridge, as the alcohol content may enhance the extraction of active chemicals compared to water alone (Ribnicky, Poulev, Schmidt, Cefalu, & Raskin, 2024). While aphrodisiac herbs are widely used and many people consider them safe, they are often combined with other substances and derived from plants that vary in species, growing conditions, and active compounds. However, herbal extracts can be contaminated, adulterated, or contain harmful substances, and the quality control of these herbal medicines directly affects their safety and effectiveness (World Health Organisation, 2021). Despite their widespread use, there is limited data on the composition and quality of most aphrodisiac herbs, mainly due to the lack of sufficient government policies or regulations, as well as the absence of standardized research methods for evaluating traditional medicines (World Health Organisation, 2022).

Yakubu, Akanji and Oladiji, (2017) examined male sexual dysfunction and

methods of assessing medicinal plants with Aphrodisiac potentials. The findings of the study revealed that there was an increasing search for medicinal plants with Aphrodisiac potentials and hence, the need to review the methods available for screening these medicinal plants. Ogunleye (2020) examined the role of *Kola nut* extract in managing sexual dysfunction among married women in Ekiti State. Findings revealed that the stimulant properties of kola nut enhanced mood and sexual responsiveness. Participants also reported improved energy levels and reduced anxiety during intimacy. However, excessive consumption led to sleep disturbances and increased heart rate.

Olorunfemi (2024) investigated the use of African medicinal plants in treating erectile dysfunction, with a focus on herbs like *Mondia whitei* and *Zanthoxylum heitzii*. These plants were found to improve erectile function by enhancing nitric oxide synthesis and promoting vasodilation. Married adults who used these herbs reported improvements in sexual performance and satisfaction. The study also emphasised the herbs' affordability and accessibility as alternatives to synthetic drugs. However, challenges included inconsistent dosages and limited clinical standardisation. The researchers advocated for further studies to establish standardised formulations. Their findings provided insights into integrating traditional medicine into modern healthcare systems.

Ajayi and Abiodiun (2022) explored the efficacy of *Tribulus terrestris* in enhancing libido among married men in southwestern Nigeria. The herb's active compounds were shown to increase testosterone levels and improve sexual desire. Participants reported noticeable changes in their sexual activity after three weeks of use. The study highlighted the herb's role in addressing psychogenic and mild organic sexual dysfunctions. However, potential side effects such as gastrointestinal upset were noted. Ekanem and colleagues (2023) assessed the effects of *Maca root (Lepidium meyenii)* on sexual dysfunction in middle-aged married adults in Lagos State. Results revealed significant improvements in libido and stamina among users after consistent use over two months. The herb was particularly effective for individuals experiencing sexual decline due to stress and aging. Researchers noted minimal side effects, making it a safer option compared to synthetic drugs.

Akinola (2021) assessed the use of *Yohimbe bark extract* among men experiencing erectile dysfunction in northern Nigeria. Findings showed that the herb improved erectile function by stimulating nerve endings and enhancing blood flow to the genital region. Participants reported increased confidence and relationship satisfaction after use. Despite its efficacy, the study noted risks of increased heart rate and blood pressure with overuse. Oladele and Adejumo (2022) focused on *Ginseng* use among married couples in Ibadan and its role in reducing sexual dysfunction due to fatigue. It demonstrated that regular use enhanced energy levels, reduced stress, and

improved libido. Couples reported better intimacy and satisfaction in their relationships. The herb's adaptogenic properties were key to its efficacy.

The efficacy of aphrodisiac herbs in managing sexual dysfunction among married adults in Nigeria is influenced by factors such as age, religion, and educational attainment. Younger adults often report higher responsiveness to herbal treatments, possibly due to their faster metabolism and proactive approach to addressing health issues, compared to older individuals (Idris & Adebayo, 2023). Religious beliefs significantly impact perceptions of aphrodisiac herb usage; for instance, adherents of traditional or indigenous religions may view these remedies as culturally acceptable, whereas some conservative religious groups might stigmatize their use (Ogunbiyi & Adeola, 2021). Educational attainment also plays a crucial role, as more educated individuals tend to have better awareness of the scientific basis, potential benefits, and risks associated with these herbs, leading to more informed usage patterns (Ogunleye, 2020). These demographic factors shape both the adoption and perceived efficacy of herbal aphrodisiacs in Nigeria's diverse cultural landscape. However, to the best of the researcher's knowledge, none of the previous researchers had investigated the efficacy of Aphrodisiac herbs consumption as perceived by married adults in Akinyele Local Government, Nigeria. This is the gap that this study sought to fill.

Purpose of the Study

The purpose of this study was to investigate the efficacy of Aphrodisiac herbs consumption in managing sexual dysfunction as perceived by married adults in Akinyele Local Government. Also, the influence of moderating variables of gender, age, and religion were examined on the efficacy of Aphrodisiac herbs consumption in managing sexual dysfunction as perceived by married adults in Akinyele Local Government, Oyo State.

Research Question

The following research question was raised to guide the conduct of the study:

1. What is the perceived efficacy of Aphrodisiac herbs consumption in managing sexual dysfunction by married adults in Akinyele Local Government?

Research Hypotheses

The following null hypotheses were formulated and tested at 0.05 level of significance:

1. There is no significant difference in the efficacy of Aphrodisiac herbs consumption in managing sexual dysfunction as perceived by married adults in Akinyele Local Government on the basis of age.
2. There is no significant difference in the efficacy of Aphrodisiac herbs consumption in managing sexual dysfunction as perceived by married adults in Akinyele Local

Government on the basis of religion.

3. There is no significant difference in the efficacy of Aphrodisiac herbs consumption in managing sexual dysfunction as perceived by married adults in Akinyele Local Government on the basis of educational attainment.

Research Method

The researchers used a mixed survey design (combination of quantitative and qualitative) to examine the efficacy of aphrodisiac herb consumption in managing sexual dysfunction, as perceived by married adults in Akinyele Local Government. The mixed survey design was employed to gather data through questionnaires or interviews, aiming to address research questions regarding the status, attitudes, beliefs, or behaviours of a specific group or population.

The study's population consists of all married adults in Akinyele Local Government, estimated at 92,237 (National Bureau of Statistics, NBS, 2024). According to Research Advisor (2006), a minimum sample size of 384 is recommended for a 95% confidence level and a 5% margin of error (384 x 5/100 = 19). However, to account for potential attrition and research loss, the researcher opted to increase the sample size to 403. Besides, 403 respondents were selected using a simple random sampling technique from various groups, including religious organizations, non-governmental organisations, institutions, and the civil service.

The instrument used in this study was a researcher-developed questionnaire titled "Perceived Efficacy of Aphrodisiac Herbs Consumption in Managing Sexual Dysfunction" (PEAHCSD). The questionnaire was divided into two sections: Section A gathered personal data from the respondents, while Section B focused on collecting information about the perceived efficacy of aphrodisiac herb consumption among married adults. Section B contained 15 items regarding the efficacy of aphrodisiac herbs, with respondents asked to rate their responses using a four-point-type scale: Strongly Agree (SA) - 4 points, Agree (A) - 3 points, Disagree (D) - 2 points, and Strongly Disagree (SD) - 1 point.

To determine the validity of the instrument, the researchers gave the instrument to seven experts in the Department of Psychology at the University of Ibadan for assessment and feedback. The experts' suggestions and revisions were incorporated into the final version of the instrument. For reliability, the test-retest method was used. The same instrument was administered to 20 married adults in Ilorin, who were not part of the main sample, on two separate occasions with a two-week interval. The scores from the two administrations were then correlated using the Pearson Moment Correlation Formula, resulting in a coefficient of 0.89.

The questionnaire was scored using a four-point Likert-type rating scale: Strongly Agree (SA) - 4 points, Agree (A) - 3 points, Disagree (D) - 2 points, and Strongly Disagree (SD) - 1 point. A mean

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score of 2.5 or higher indicated that respondents perceived aphrodisiac herbs as effective in managing sexual dysfunction, while scores below 2.5 indicated were not. The null hypotheses were tested using the Independent t-test and One-Way ANOVA, with a significance level at 0.05.

Presentation of Results

Out of the 403 questionnaires distributed to the respondents, 400 were completed accounted for, constituting the dataset used for this study.

Demographic Data of the Respondents

The demographic data revealed that 107 respondents (26.7%) were between aged 18 and 29, 239 respondents (59.7%) were between the ages of 30 and 45, and 54 respondents (13.6%) were 46 year and older. This indicated that the majority of participants were between 30 and 45 years. Regarding religion, 182 respondents (45.5%) were Christians, 210 respondents (52.5%) were Muslims, and 8 respondents (2%) practiced African traditional religion, indicating that Muslims made up the largest group of participants. In terms of educational attainment, 198 respondents (49.5%) had higher education, while 202 respondents (50.5%) had only secondary education, suggesting that more participants had secondary education.

Research Question 1: What is the perceived efficacy of Aphrodisiac herbs consumption in managing sexual dysfunction by married adults in Akinyele Local Government, Nigeria?

Table 2: Mean and Rank Order on the Perceived Efficacy of Aphrodisiac Herbs Consumption in Managing Sexual Dysfunction among Married Adults in Akinyele Local Government, Nigeria

N	Items	Mean	Rank
15	Aphrodisiac herbs improve my sexual desire	3.89	1st
5	Aphrodisiac herbs help in managing erectile dysfunction	3.87	2nd
12	Aphrodisiac herbs enhance sexual performance	3.85	3rd
8	Aphrodisiac herbs increase intimacy with my partner	3.83	3rd
3	Aphrodisiac herbs are a natural solution for sexual dysfunction	3.80	5th
9	Aphrodisiac herbs increase sexual pleasure	3.79	6th
13	Aphrodisiac herbs are easy to access and affordable	3.77	7th
11	Aphrodisiac herbs improve emotional intimacy with my partner	3.75	8th
10	Aphrodisiac herbs help to overcome low libido	3.72	9th
4	Aphrodisiac herbs improve communication with my partner	3.70	10th
1	Aphrodisiac herbs are a complementary therapy for sexual dysfunction	3.69	11th
14	Aphrodisiac herbs improve all quality of life	3.63	12th
7	aphrodisiac herbs are effective regardless of age	3.61	13th
2	I believe that aphrodisiac herbs are more effective than conventional medications for managing sexual dysfunction	2.59	14th
6	I would recommended aphrodisiac herbs to other with sexual dysfunction	2.55	15th

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Table 2 showed that all the fifteen items had mean scores that were above the mid-mean score of 2.50, then it can be said that majority of the respondents affirmed that Aphrodisiac herbs consumption was very effective in managing sexual dysfunction in Akinyele Local Government.

Interview Session

Respondents Views on efficacy of aphrodisiac herbs in managing sexual dysfunction

Respondent 1: Male, 32

"Aphrodisiac herbs have been a game-changer for me. I was experiencing erectile dysfunction, but after taking ginseng and maca supplements, I noticed a significant improvement in my sexual performance. My wife and I are now more intimate and connected than ever"

Respondent 2: Female, 28

"I was skeptical about trying aphrodisiac herbs, but my husband convinced me to give it a shot. We started taking damiana (also known as Turnera diffusa) and ashwagandha supplements together, and it's been amazing. Our sex life has improved dramatically, and we feel more connected and loving towards each other''

Respondent 3: Male, 38

"I've been using aphrodisiac herbs for years, and I can attest to their effectiveness. I take a combination of ginseng, maca, and horny goat weed, and it's helped me maintain a healthy sex life despite my age. My wife and I are still going strong after 11 years of marriage.

Respondents 4: Female, 29

"I was experiencing low libido after giving birth to my second child. My husband and I tried various things, but nothing seemed to work. Then, we discovered aphrodisiac herbs. We started taking damiana and ashwagandha supplements, and it's been a lifesaver. Our sex life is now better than ever"

Respondent 5: Male, 22

"Aphrodisiac herbs have helped me overcome performance anxiety. I was experiencing erectile dysfunction due to stress and anxiety, but after taking ginseng and maca supplements. I noticed a significant improvement in my sexual performance. My wife and I are now more confident and intimate in our relationship"

Respondent 6: Female, 27

"I have been using a combination of ginseng, maca, and ashwagandha (commonly known as Indian Winter cherry" or "Indian Ginseng") for a few weeks now. While I haven't noticed dramatic improvements, I do feel more energetic and focused during sex. My partner and I have also noticed improved communication and intimacy. I think aphrodisiac can be a useful addition to a healthy lifestyle"

Respondent 7: Male, 25

"I was struggling with low libido and intimacy issues, but after using ashwagandha and tribulus terrestris (Puncture Vine in English), I noticed improvements in my sex drive and overall well-being. My partner and I have also worked on our communication and

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emotional connection, which has strengthened our relationship"

Respondent 8: Female, 34

"I've tried various aphrodisiac herbs, including maca, ginseng (also known as Man-root) and horny goat weed. While each has its benefits, I believe it's essential to find the right combination that works for individual. Aphrodisiac herbs can be a natural and effective solution for sexual dysfunction, but it's crucial to consult a healthcare professional before using them"

Respondent 9: Female, 42

"I was experiencing vaginal dryness and pain during sex after menopause. My husband and I tried various things, but nothing seemed to work. Then, we discovered aphrodisiac herbs. We started taking damiana and ashwagandha supplements, and it's been a lifesaver. Our sex life is now better than ever"

Respondent 10: Male, 39

"I've been using ginseng and maca supplements for some months now, and I can confidently say that they've improved my sexual performance. My wife and I are now more intimate and connected than ever. I highly recommend aphrodisiac herbs to anyone experiencing sexual dysfunction.

Hypotheses Testing

Hypothesis 1: *There is no significant difference in the efficacy of aphrodisiac herbs consumption in managing sexual dysfunction as perceived by married adults in Akinyele Local Government, Nigeria based on age*

Table 3: Analysis of Variance Showing the Efficacy of Aphrodisiac Herbs Consumption in managing sexual dysfunction as Perceived by Married Adults in Akinyele Local Government, Nigeria Based on Age

Source of Variance	Df	Sum of Square	Mean Squares	Cal. F-value	Crit. F-value	Cal. p-value
Between Groups	2	131.410	65.70	2.55	3.00	0.070
Within Groups	397	10214.662	25.72			
Total	399	10346.072				

*Not significant, $p<0.05$

Table 3 showed a calculated F-value of 2.55, critical F-value of 3.00 and a p-value of 0.0. Since the calculated p-value of 0.07 was greater than the alpha p-value at 0.05, the hypothesis was accepted. Hence, there was no significant difference in the efficacy of aphrodisiac herbs consumption in managing sexual dysfunction as perceived by married adults in Akinyele Local Government, Nigeria based on age.

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Hypothesis 2: *There is no significant difference in the efficacy of aphrodisiac herbs consumption in managing sexual dysfunction as perceived by married adults in Akinyele Local Government, Nigeria based on religion*

Table 4: Analysis of Variance Showing the Efficacy of Aphrodisiac Herbs Consumption in managing sexual dysfunction as Perceived by Married Adults in Akinyele Local Government, Nigeria Based on Religion

Source of Variance	Df	Sum of Square	Mean Squares	Cal. F-value	Crit. F-value	Cal. p-value
Between Groups	2	315.443	157.72	6.24*	3.00	0.032
Within Groups	397	10030.629	25.26			
Total	399	10346.072				

*Significant, p<0.05

Table 4 showed a calculated F-value of 6.24, critical F-value of 3.00 and a p-value of 0.03. Since the calculated p-value of 0.03 was less than the alpha p-value at 0.05, the hypothesis was rejected. Hence, there was a significant difference in the efficacy of aphrodisiac herbs consumption in managing sexual dysfunction as perceived by married adults in Akinyele Local Government, Nigeria based on religion. Since there was a significant difference using Analysis of Variance (ANOVA), the researcher proceeded to use Duncan Multiple Range Test (DMRT) as a post-hoc test to determine the religion's group means scores that led to the significant difference noted in the ANOVA results in Table 5.

Table 5: Duncan Multiple Range Test (DMRT) Showing the Efficacy of Aphrodisiac Herbs Consumption in managing Sexual dysfunction as Perceived by Married Adults in Akinyele Local Government, Nigeria Based on Religion

Duncan's Grouping	Mean	N	Group	Religion
A	35.31	210	2	Islam
B	31.07	8	3	African Traditional Religion
C	27.31	182	1	Christianity

In Table 5, the DMRT results indicated that Group 1 (Christianity) with a mean score of 27.31 differed significantly from Group 2 (Islam) and Group 3 (ATR) with mean scores of 35.31 and 31.07 respectively. It is also important to note that the entire groups mean scores differed significantly from one another. Hence, the significant difference noted in the ANOVA results in Table 5 was as a result of the mean score of Group 1 (Christianity). This implied that some of the married adults in Akinyele Local Government who practice Islam have a different perception towards the efficacy of aphrodisiac herbs consumption in managing sexual dysfunction.

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Hypothesis 3: *There is no significant difference in the efficacy of aphrodisiac herbs consumption in managing sexual dysfunction as perceived by married adults in Akinyele Local Government, Nigeria based on educational attainment*

Table 6: Means, Standard Deviations and t-value on the Efficacy of Aphrodisiac Herbs Consumption in managing Sexual dysfunction as Perceived by Married Adults in Akinyele Local Government, Nigeria Based on Educational Attainment

Educational Attainment	N	Mean	SD	df	Cal. t-value	Critical t-value	Cal. p-value
Secondary School	202	35.42	5.44	398	1.24	1.96	0.062
Higher Institution	198	27.03	3.82				

*Not significant, p<0.05

Table 6 showed a calculated t-value of 1.24, critical t-value of 1.96 and a p-value of 0.03. Since the calculated p-value of 0.062 was greater than the alpha p-value at 0.05, the hypothesis was accepted. Hence, there was no significant difference in the efficacy of aphrodisiac herbs consumption in managing sexual dysfunction as perceived by married adults in Akinyele Local Government, Nigeria based on educational attainment.

Discussion of Findings

Findings revealed that majority of the respondents affirmed that Aphrodisiac herbs consumption (such as Maca, Ginseng, Horny goat weed, Damiana, Ashwagandha and Tribulus terrestris) has helped to improve sexual desire, enhance sexual performance, increase emotional intimacy, manage erectile dysfunction, and to overcome low libido. Respondents' views during interactive sessions also buttressed the findings that aphrodisiac herbs are very effective in managing sexual dysfunction. The consumption of aphrodisiac herbs is often regarded as an effective remedy based on personal success stories and endorsements from trusted peers or family members, which contribute to its growing popularity. Another reason could be that many married couples view sexual health as an important aspect of a successful relationship. The use of aphrodisiac herbs may be seen as a way to improve intimacy, reduce tension, and maintain a satisfying sexual relationship, which in turn can strengthen the marriage. This finding agreed with that of Ekanem (2023), who observed that regardless of why an individual uses it, traditional medicine provides an important health care service whether people have physical or financial access to allopathic medicine, and it is a flourishing global commercial enterprise and its products are potent.

Findings indicated that there was no significant difference in the perception of

married adults in Akinyele Local Government, Nigeria towards the efficacy of aphrodisiac herbs consumption in managing sexual dysfunction on the basis of age. Conversely, the finding is in nonconformity with that of Idris and Adebayo (2023) which revealed that age of married adults has positive influence in the use of aphrodisiac herbs for treating sexual dysfunction. The absence of a significant difference in the perception of married adults in Akinyele Local Government towards the efficacy of aphrodisiac herbs based on age could be attributed to the universal nature of sexual health concerns and the widespread belief in traditional remedies across age groups. Regardless of age, individuals may share similar cultural exposure, social influences, or experiences regarding aphrodisiac herbs, leading to comparable perceptions of their effectiveness. Additionally, sexual dysfunction is a challenge that can affect individuals of all ages, fostering a unified view of potential solutions like aphrodisiac herbs.

Another finding showed there is a significant difference in the perception of married adults in Akinyele Local Government, Nigeria towards the efficacy of aphrodisiac herbs consumption in managing sexual dysfunction on the basis of religion. This finding agreed with that of Ogunbiyi and Adeola, (2021) whose findings showed that there was a significant difference in the use of aphrodisiac herbs consumption in managing sexual dysfunction on the basis of religion. The significant difference in the perception of the efficacy of aphrodisiac herbs consumption in managing sexual dysfunction among married adults in Akinyele Local Government, based on religion (Islam, Christianity, and African Traditional Religion), can be attributed to varying cultural and religious beliefs. Islamic communities may be more inclined to use natural remedies due to teachings on herbal medicine and the acceptance of traditional practices. In contrast, Christian and African Traditional Religion communities might have different attitudes towards the use of such herbs, influenced by their religious doctrines, cultural practices, and level of acceptance of alternative treatments.

Further finding revealed that was no significant difference in the perception of married adults in Akinyele Local Government, Nigeria towards the efficacy of Aphrodisiac herbs consumption in managing sexual dysfunction on the basis of educational attainment. The hypothesis was accepted. The lack of a significant difference in the perception of aphrodisiac herb efficacy based on educational attainment among married adults in Akinyele Local Government, whether secondary school leavers or those with higher education, could be attributed to the strong cultural and traditional beliefs that influence the use of aphrodisiac herbs. Regardless of educational level, individuals may share similar cultural practices and exposure to traditional remedies, leading to a common perception of their effectiveness. Also, education may not necessarily alter deeply ingrained cultural views on

alternative health practices like the consumption of aphrodisiac herbs.

Implications of the Findings for Counselling Practice

The findings suggest that aphrodisiac herbs are widely perceived as effective for managing sexual dysfunction among married adults in Akinyele Local Government. Counsellors should leverage this insight by promoting awareness about their safe and informed use through workshops and educational programmes. Since perceptions did not differ significantly based on age, counselling interventions can adopt a unified approach, focusing on issues like communication in relationships and sexual health that are relevant across all age groups. Additionally, fostering open communication in counselling sessions is essential to help clients discuss sensitive issues such as sexual dysfunction without fear of stigma. However, significant differences in perceptions based on religion and educational attainment call for tailored counselling strategies. Religious and cultural beliefs should be respected, with interventions designed to align with diverse faith practices. Similarly, educational attainment should guide the language and approach used during counselling, ensuring accessibility and relevance. Collaboration with healthcare providers is also vital to ensure a holistic approach to managing sexual dysfunction, addressing both the psychological and physiological aspects while safeguarding clients' health.

Conclusion

Based on the findings of the study, the following conclusions were drawn. Majority of the respondents affirmed that Aphrodisiac herbs consumption was very effective in managing sexual dysfunction. There was a significant difference in the perception of married adults in Akinyele Local Government towards the efficacy of aphrodisiac herbs consumption in managing sexual dysfunction on the basis of religion. However, there were no significant differences in the perception of married adults in Akinyele Local Government towards the efficacy of aphrodisiac herbs consumption in managing sexual dysfunction based on age and educational attainment. Hence, the consumption of aphrodisiac herbs among married adults significantly shapes attitudes and acceptance, underscoring the importance of adopting targeted strategies for health education and awareness through guidance and counselling initiatives.

Recommendations

Based on the findings of this study, it was recommended that;

1. Married adults should understand the efficacy and risks of aphrodisiac herbs consumption before using them to manage sexual dysfunction, whether the problem is short-term or long-term.
2. Married adults should be educated by health professionals about the use of aphrodisiac herbs to manage sexual dysfunction, including their efficacy, side

effects, and interactions with other medications.

3. Married adults experiencing sexual dysfunction, regardless of age, are advised to seek professional counselling to address underlying psychological factors, rather than relying solely on aphrodisiac herbs.
4. Married adults should consider their religious beliefs and practices when using aphrodisiac herbs for managing sexual dysfunction, and also incorporate holistic approaches such as regular exercise, balance diet, and stress management.
5. Married adults should have access to accurate and reliable information about aphrodisiac herbs, enabling them to make informed decisions about their sexual health and wellbeing, regardless of educational background.

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