



## Sexual Dysfunction and Drug Abuse among Nigerian Youth as the Male Gender battles Self-Esteem with Machines

By

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### Abstract

**Introduction:** The study focuses on sexual dysfunction and drug abuse among Nigerian youth as the male gender battles self-esteem with machines. Sexual dysfunction and drug abuse are growing concerns among Nigerian youth, particularly males who often struggle with self-esteem issues. This is a result of substance abuse such as cannabis, tramadol, smilnol, cocaine and other illicit drugs which could lead to erectile dysfunction, premature ejaculation, low libido and low self-esteem. Three research questions were raised in the study. **Methodology:** A mixed-methods design was adopted in the study. It combines qualitative and quantitative research approaches to achieve a more comprehensive understanding of a research problem. The sample used for this study is 500 youth in the study area. A purposive sampling technique was used in the study. Participants are selected based on specific criteria. A self-developed instrument titled “Sexual Dysfunction and Drug Abuse among Youth Questionnaire - SDDAYQ” and interviews were used as the instrument to collect data from participants. The researcher administered a total of 500 questionnaire to randomly selected participants and 20 participants were interviewed in the study area. Mean scores and standard deviation provided answers to the research questions. Pearson Product Moment Statistics was used to analyse the data at 0.05 level of significance while Thematic analysis was adopted for the interpretation of responses. **Findings:** The study revealed the causes of sexual dysfunction and drug abuse such as physiological, psychological, and social factors. The study also showed the effects of drug abuse among Nigerian youth as the male gender battles self-esteem with machines such as insanity among youth, school drop-out, brain damage and death. The study also revealed strategies to curb sexual dysfunction and drug abuse among male Nigerian youth and to promote self-esteem such as school- and community-based programs, curricula, counselling and therapy, law enforcement, monitoring and rehabilitation. **Conclusion:** The study concluded that sexual dysfunction and substance abuse among Nigerian youth, especially males, are multifaceted issues influenced by various psychosocial and environmental factors. The increasing adoption of sexual devices, such as vibrators, by women contributes to an escalating pressure on males, who may struggle to meet these enhanced expectations. This inadequacy often leads to the use of illicit substances as a means to augment sexual performance. To effectively address the intertwined challenges of sexual dysfunction, substance abuse, and low self-esteem in this demographic, it is crucial to implement integrated, evidence-based interventions that focus on the underlying causes and foster a comprehensive approach to well-being.

### Keywords:

Sexual Dysfunction, Drug Abuse, Self-Esteem, Nigeria

**How to cite:** James, U. (2025). Sexual Dysfunction and Drug Abuse among Nigerian Youth as the Male Gender battles Self-Esteem with Machines. *GPH-International Journal of Social Science and Humanities Research*, 8(6), 111-123. <https://doi.org/10.5281/zenodo.16485681>



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## Introduction

Sexual dysfunction and drug abuse among Nigerian youth, especially males, are intricate issues linked to various social, psychological and cultural influences, notably the pressure to conform to idealized masculine standards in a rapidly changing society (Olatunji, 2022). Despite significant consequences on numerous facets of life—physical, emotional, financial, spiritual, social, and psychological drug abuse rates in Nigeria are alarmingly high. Efforts from civil groups, NGOs, and the government through the National Drug Law Enforcement Agency (NDLEA), which enforces laws related to substance abuse, are ongoing (Deagels, 2020). While drugs can be beneficial for health when used appropriately, many young people misuse them illegally, resulting in harm. The prevalence of drug abuse among Nigerian youth is viewed as a sign of moral decline (Kim & Davis, 2019).

Okome (2020) points out that cultural norms surrounding male virility and media influences, including pornography, contribute to overwhelming pressure on young men to perform sexually, potentially leading to anxiety-related dysfunction. Self-esteem issues are often intensified by shifting societal expectations and comparisons to idealized masculine images, particularly those disseminated through social media and technology. This can create a vicious cycle of performance anxiety and dysfunction. The use of herbal remedies and street drugs (such as tramadol, codeine, or various aphrodisiacs) is on the rise among Nigerian youth as they attempt to address sexual dysfunction or boost confidence (Leleji, 2021).

Agu (2022) observed that numerous young men resort to unregulated herbal mixtures or illegally obtained prescription medications to enhance sexual performance, which can result in dependency and health issues. The societal expectation for male sexual prowess, further promoted by media representations, places considerable pressure on these individuals. Inability to meet these expectations can lead to anxiety that worsens sexual dysfunction. Additionally, comparisons to idealized male portrayals on social media or in pornography can heighten feelings of inadequacy regarding physical appearance, sexual performance, or social status.

The increasing rates of sexual dysfunction among Nigerian youth correspond with a rise in substance misuse, particularly the abuse of prescription medications and herbal products marketed as sexual enhancers. Commonly abused substances, like tramadol, codeine, and sildenafil (Viagra), are often obtained unlawfully, lacking medical oversight, which raises risks of dependency, overdose, and serious health complications. Traditional aphrodisiacs, such as “agbo,” and other unregulated herbal mixtures are popular in both urban and rural settings but may contain harmful ingredients that pose health risks. Additionally, substances like cannabis, alcohol, and stimulants are sometimes utilized to relieve stress or improve sexual experiences, yet prolonged use can exacerbate sexual dysfunction (Dudu, 2020).

There has also been a marked rise in the use of sexual devices, particularly vibrators, among women recently. These devices have been linked to enhanced arousal, orgasm, and

satisfaction, which may increase pressure on men striving to compete with the effectiveness of these tools, often causing them to misuse drugs to improve their sexual performance (Ogu, 2020). Men may turn to drugs for various reasons, including the desire to combat sexual dysfunction, improve performance, and potentially increase sexual desire (Okome, 2020).

### **Statement of the Problem**

Sexual dysfunction and drug abuse are growing concerns among Nigerian youth, particularly males who often struggle with self-esteem issues. This is as a result of substance abuse such as cannabis, tramadol, smilnol, cocaine and other illicit drugs which could lead to erectile dysfunction, premature ejaculation, low libido and low self-esteem. The intersection of these problems can have severe consequences on mental health, relationships and overall well-being. Therefore, there is an urgent need for the government to tackle these problems by educating youth about sexual health, substance abuse risks and healthy masculinity norms. It is becoming a problem to sexually satisfy women who utilize vibrators or sex toys and put so much pressure on the male who is struggling to cope with the energy of the automated sex toys.

### **Research Questions**

The following research questions were raised in the study:

1. What are the causes of sexual dysfunction and drug abuse among Nigerian youth as the male gender battles self-esteem with machines?
2. What are the effects of drug abuse among Nigerian youth as the male gender battles self-esteem with machines?
3. What are the strategies to curb sexual dysfunction and drug abuse among male Nigerian youth and to promote self-esteem?

### **Literature Review**

#### **Causes of Sexual Dysfunction and Drug Abuse**

Drug abuse has become a significant problem in Nigeria, particularly among the youth. Sexual dysfunction, including issues like erectile dysfunction, low libido, and orgasmic disorders in young individuals, can arise from various physiological, psychological, and social factors (Ogu, 2020). Psychological elements such as stress and anxiety play a crucial role. Factors like academic demands, societal pressures, or performance-related stress can hinder sexual performance. Concerns about sexual competence are often a major cause of erectile dysfunction in young men. Mental health challenges can diminish libido and sexual gratification, with depression potentially causing a lack of interest or difficulties in arousal. Negative self-image and the pressure to conform to idealized body standards can diminish sexual confidence and performance (Dudu, 2020).

More so, past experiences of sexual abuse or trauma may result in challenges with intimacy or arousal. As women increasingly utilize sexual devices like vibrators, men may feel pressured to match the energy and performance of these automated aids, leading some to

turn to hard drugs to enhance their sexual capabilities (Ogu, 2020). Similarly, while less frequently encountered in youth, hormonal imbalances such as low testosterone or other hormonal issues can also play a part. Rising rates of medical conditions like diabetes, obesity, or cardiovascular diseases among younger people can adversely affect sexual function. The side effects of certain medications, including antidepressants (e.g., SSRIs), may contribute to sexual dysfunction as well (Ogu, 2020).

Furthermore, substance use such as excessive alcohol, tobacco, or drugs like marijuana and opioids—can disrupt sexual performance through negative impacts on blood flow and nervous system function. A sedentary lifestyle and obesity can lead to vascular problems, diminishing sexual function. Chronic sleep deprivation disrupts hormonal balance and energy levels, further affecting libido. In addition, extensive consumption of pornography can desensitize young people to real-life sexual experiences, creating unrealistic expectations or arousal difficulties (Dudu, 2020).

### **Effects of Drug Abuse**

The prevalence of mental health issues among young people surpasses that of older individuals, with drug abuse being a primary factor contributing to youth insanity. Many young people drop out of school due to the effects of drugs, which can lead to mental instability. As a result, these individuals may become homeless, engage in criminal activities such as theft and assault, or become jobless and marginalized. The consequences of drug abuse include significant loss of life and property due to accidents and violence. Research by Arackal & Benegal (2019) highlights that drug abuse leads to brain damage and neurological issues, especially in adolescents whose brains are still maturing and thus more susceptible to drugs. Substances such as alcohol, marijuana, and opioids can disrupt cognitive abilities, memory, and decision-making.

Chronic use of marijuana during teenage years can decrease grey matter volume, which affects learning and focus (Squeglia et al., 2018). It can also result in liver damage and cardiovascular problems. The risks of overdose are notable, with respiratory failure being a common cause of fatalities. The National Institute on Drug Abuse (NIDA, 2020) reports an increase in opioid-related deaths among the youth. Stimulants like cocaine and methamphetamine can lead to serious heart problems and seizures, while long-term use of substances like methamphetamine or heroin weakens the immune system, making users more vulnerable to illnesses. Regular drug use can lead to addiction, characterized by withdrawal symptoms such as tremors and nausea.

Jordan & Andersen (2022) found that substance abuse raises the likelihood of mental health disorders, including increased anxiety, depression, and psychosis. The 2020 NIDA report indicated that marijuana use during adolescence elevates the risk of psychotic disorders, particularly in individuals with genetic vulnerabilities. Long-term use of substances like cannabis can adversely affect memory and cognitive functions. The same study indicated that teens who use cannabis exhibited a decline in cognitive abilities that continued into

adulthood. The adolescent brain's reward system is particularly reactive, heightening the risk of addiction. NIDA (2020) estimates that half of young regular drug users will develop substance use disorders.

Additionally, drug abuse is linked to increased thoughts of suicide and attempts, especially with depressants such as alcohol and opioids (Gobbi et al., 2019). Substance use often disrupts family and peer relationships due to unpredictable behavior and secrecy. Straussner & Fewell (2021) showed a correlation between adolescent substance use and heightened family dysfunction. Drug use negatively impacts academic performance, leading to higher dropout rates, with substance-using youth being 2.5 times more likely to leave high school (Hodgins et al., 2017).

Engaging in drug use often leads to risky behaviors, including unprotected sex and driving under the influence. NIDA (2020) highlighted that substance use significantly contributes to accidents and injuries among teenagers. Involvement with illegal drugs can result in arrests, imprisonment, or a criminal record, which limits future opportunities. Chronic use of substances like alcohol and opioids can lead to sexual health issues, such as erectile dysfunction and reduced sexual desire (Arackal & Benegal, 2019). Drug use, particularly alcohol and stimulants, can diminish self-control and increase the likelihood of unprotected sex and exposure to sexually transmitted infections (STIs). Long-term addiction often leads to a lifetime of substance use disorders. Exposure to drugs during adolescence can modify brain reward pathways, promoting continued addiction into adulthood (Volkow et al., 2018).

The social stigma surrounding drug abuse can marginalize young people with substance use disorders, complicating their reintegration and recovery. Marijuana use can impair memory, diminish motivation, and increase anxiety or psychosis risk. Alcohol abuse can lead to memory blackouts, liver damage, and a greater risk of sexual assault or violence. Opioid overdoses can result in severe respiratory complications and intense withdrawal symptoms. Overall, drug use contributes to sexual dysfunction through both physiological disruptions (e.g., reduced blood flow, hormonal changes) and psychological consequences (e.g., feelings of shame and anxiety), while sexual dysfunction can inadvertently exacerbate drug use as individuals seek to cope with related challenges, creating a harmful cycle (Smith et al., 2021).

### **Strategies to curb Sexual Dysfunction and Drug Abuse**

To effectively tackle issues such as sexual dysfunction, substance abuse, and low self-esteem in young people, it is essential to implement integrated, evidence-based approaches that address root causes and promote comprehensive well-being. The following is a summary of strategies to mitigate sexual dysfunction and drug abuse while enhancing self-esteem, drawn from peer-reviewed studies and resources from health organizations like NIDA and WHO. Begin by establishing school and community programs that deliver accurate information regarding sexual health, consent, and relationships. Such education helps reduce

stigma, corrects false beliefs (like those stemming from pornography), and boosts confidence in sexual interactions.

Research by Smith & Reis (2019) indicates that comprehensive sex education can alleviate performance anxiety and enhance sexual satisfaction among young people. Schools should integrate age-appropriate curricula, supported by workshops for parents and peer-led discussions, to normalize dialogues about sexual health. More so, offer accessible counseling and therapy to tackle psychological issues like anxiety, depression, or trauma, with cognitive-behavioral therapy (CBT) proving effective for performance anxiety and body image concerns. To improve access, provide telehealth options, school-based counselors, and support groups, particularly for marginalized youth. Other steps include; encouraging healthy lifestyles through regular exercise, balanced nutrition, and sufficient sleep to mitigate physiological issues like obesity or hormonal irregularities (Corona et al., 2021).

Community fitness initiatives, sleep hygiene education, and resources for healthy eating in schools and youth centers should be developed. Furthermore, it is crucial to educate young people about the effects of excessive pornography consumption and to promote media literacy to help counter unrealistic sexual expectations. This can be achieved by including media literacy in school curricula and offering online tools or apps to assist youth in managing their screen time and exposure. For physiological problems, medical evaluations should be conducted to assess hormonal imbalances, medication side effects (such as those from SSRIs), or underlying health conditions like diabetes (Park et al., 2016). To curb substance abuse, it is important to limit youth access to drugs and alcohol through stricter regulations on prescription medications, alcohol sales, and vaping products (Mennis et al., 2020).

Additionally, advocate for policy reforms, enhance law enforcement oversight of illegal drug markets, and educate pharmacists about the potential for prescription drug misuse. Furthermore, it is vital to provide accessible rehabilitation and recovery support tailored for youth, which may include detox programs, counseling, and peer support groups. Creating inclusive school and community environments that honor diversity and minimize bullying is essential. Peer support groups can foster a sense of belonging, while training for educators in anti-bullying techniques, establishing mentorship programs, and creating safe spaces for marginalized youth are crucial steps. Encouraging parents to offer positive reinforcement and maintain open communication can also make a significant impact, along with the presence of community role models who inspire confidence (Andrews et al., 2020).

## **Methods and Materials**

A mixed-methods design was adopted in the study. It combines qualitative and quantitative research approaches to achieve a more comprehensive understanding of a research problem. The sample used for this study is 500 youth in the study area. A purposive sampling technique was used in the study. Participants are selected based on specific criteria. A self-developed instrument titled “Sexual Dysfunction and Drug Abuse among Youth

Questionnaire - SDDAYQ” and interviews were used as the instrument to collect data from participants. The researcher administered a total of 500 questionnaires to randomly selected participants and 20 participants were interviewed in the study area. Mean scores, standard deviation provide answers to the research questions. Pearson Product Moment Statistics was used to analyse the data at 0.05 level of significance while Thematic analysis was adopted for the interpretation of responses.

**Table 1: Pearson “r” on the causes of sexual dysfunction and drug abuse**

Variables	N	X	STD	r-Cal.	r-Crit.	Level of Sign	Decision
Causes of sexual dysfunction	500	1.82	.90	1.82	1.64	0.05	Significant
Causes of drug abuse		1.85	.83				

Data in table 1 revealed Pearson product moment correlation coefficient analysis on causes of sexual dysfunction and drug abuse among Nigerian youths as the male gender battles self-esteem with machines. The mean was 1.82 and 1.85, standard deviation of .90 and .83. The calculated r - value was 1.82 while the critical r-table value was 1.64 at 0.05 level of significance. Since the calculated r - value was greater than the critical r-table value, the null hypothesis is rejected.

**Table 2: Pearson “r” on effects of drug abuse**

Variables	N	X	STD	r-Cal.	r-Crit.	Level of Sign	Decision
Effects of drug abuse	500	2.81	.86	1.86	2.61	0.05	Not Significant
Self-esteem		2.84	.92				

Data in table 2 revealed Pearson product moment correlation coefficient analysis on the effects of drug abuse among Nigerian youths as the male gender battles self-esteem with machines. The mean was 2.81 and 2.84, standard deviation of .86 and .92. The calculated r - value was 1.86 while the critical r-table value was 2.61 at 0.05 level of significance. Since the calculated r - value was lesser than the critical r-table value, the null hypothesis is retained.

**Table 3: Pearson “r” on strategies to curb sexual dysfunction and drug abuse**

Variables	N	X	STD	r-Cal.	r-Crit.	Level of Sign	Decision
Sexual dysfunction	500	2.72	.73	1.70	1.68	0.05	Significant
Drug abuse		2.33	.84				

Data in table 3 revealed Pearson product moment correlation coefficient analysis on strategies to curb sexual dysfunction and drug abuse among male Nigerian youths and to promote self-esteem. The mean was 2.72 and 2.33, standard deviation of .73 and .84. The calculated r - value was 1.70 while the critical r-table value was 0.68 at 0.05 level of significance. Since the calculated r - value was greater than the critical r-table value, the null hypothesis is rejected.

**Table 4: Thematic Analysis of causes of sexual dysfunction and drug abuse**

Themes	Sub-themes	Responses
<b>Sexual dysfunction</b>	<ol style="list-style-type: none"> <li>1. Anxiety</li> <li>2. Stress</li> <li>3. Trauma</li> <li>4. Hormonal imbalances</li> <li>5. Mental health issues</li> </ol>	<ol style="list-style-type: none"> <li>1. Anxiety impairs my sexual function</li> <li>2. Depression or stress may also lead to disinterest in sexual function</li> <li>3. Mental health issues can reduce libido and sexual satisfaction</li> <li>4. Low testosterone or other hormonal issues can result to sexual dysfunction</li> </ol>
<b>Drug abuse</b>	<ol style="list-style-type: none"> <li>1. Alcohol</li> <li>2. Tobacco</li> <li>3. Marijuana</li> <li>4. Cannabis or cocaine</li> <li>5. Sexual improvement</li> </ol>	<ol style="list-style-type: none"> <li>1. I engage in drinking alcohol as a result of depression</li> <li>2. I smoke marijuana due to trauma from society</li> <li>3. I take cannabis to calm my anxiety</li> <li>4. I use drugs to enhance my sexual ability</li> </ol>

From table above shows the thematic analysis of causes of sexual dysfunction and drug abuse among Nigerian youths as the male gender battles self-esteem with machines. From the analysis, 14 participants agreed that anxiety impairs their sexual function while 6 disagreed. Also, 11 participants agreed that depression or stress may also lead to disinterest in

sexual function while 9 participants disagreed. More so, 9 participants agreed that mental health issues can reduce libido and sexual satisfaction while 11 participants disagreed. In another development, 6 participants agreed that low testosterone or other hormonal issues can result in sexual dysfunction while 14 participants disagreed. Moreover, 10 participants agreed that they engage in drinking alcohol as a result of depression while 10 participants disagreed. In addition, 12 participants agreed that they smoked marijuana due to trauma from society. Also, 15 participants agreed that they take cannabis to calm their anxiety while 5 participants disagreed. Furthermore 13 participants agreed that they use drug to enhance sexual ability while 7 participants disagreed.

**Table 5: Thematic Analysis of effects of drug abuse**

Themes	Sub-themes	Responses
<b>Drug abuse</b>	<ol style="list-style-type: none"> <li>1. Mental health issue</li> <li>2. Brain drain</li> <li>3. Cardiovascular issues</li> <li>4. Death</li> </ol>	<ol style="list-style-type: none"> <li>1. Insanity among youths is mostly caused by drug abuse</li> <li>2. Some youths are school drop-outs because they could not continue due to the rate of drug</li> <li>3. Many youths have become rapists, thugs, and armed robbers because they are drug addicts</li> <li>4. Most youth use drugs to enhance sex ability</li> <li>5. Prolonged drug abuse can lead to death</li> </ol>

From table above shows the thematic analysis of the effects of drug abuse among Nigerian youths as the male gender battles self-esteem with machines. From the analysis, 13 participants agreed that insanity among youth is mostly caused by drug abuse while 7 participants disagreed. Also, 12 participants agreed that some youths are school drop-outs because they could not continue due to the rate of drug use while 8 participants disagreed. More so, 17 participants agreed that drug abuse causes brain damage while 3 participants disagreed. Furthermore, 15 participants agreed that prolonged drug abuse can lead to death while 5 participants disagreed.

**Table 6: Thematic Analysis of strategies to curb sexual dysfunction and drug abuse**

Themes	Sub-themes	Responses
<b>Sexual dysfunction</b>	<ol style="list-style-type: none"> <li>1. School- and community-based programs</li> <li>2. Curricula</li> <li>3. Counselling and therapy</li> </ol>	<ol style="list-style-type: none"> <li>1. Implement school- and community-based programs that provide accurate information on</li> </ol>

		<p>sexual health</p> <ol style="list-style-type: none"> <li>2. Integrate age-appropriate curricula in schools</li> <li>3. Provide accessible counselling and therapy to address psychological causes</li> </ol>
<b>Drug abuse</b>	<ol style="list-style-type: none"> <li>1. Law enforcement</li> <li>2. Monitoring</li> <li>3. Counselling and therapy</li> <li>4. Rehabilitation</li> </ol>	<ol style="list-style-type: none"> <li>1. Enforce policies to limit youth access to drugs and alcohol</li> <li>2. Educate youth on the impact of excessive drug</li> <li>3. Provide rehabilitation and recovery support</li> </ol>

From table above shows the thematic analysis of strategies to curb sexual dysfunction and drug abuse among male Nigerian youth and to promote self-esteem. From the analysis, 9 participants agreed that the government should implement school- and community-based programs that provide accurate information on sexual health while 11 participants disagreed. Also, 16 participants agreed that educational stakeholders should integrate age-appropriate curricula in schools while 4 participants disagreed. More so, 11 participants agreed that the government should provide accessible counselling and therapy to address psychological causes while 9 participants disagreed. In addition, 5 participants agreed that the government should establish policies to limit youth access to drugs and alcohol while 15 participants disagreed, 18 participants agreed that educational stakeholders should educate youth on the impact of excessive drug while 2 participants disagreed. Furthermore, 17 participants agreed that the government should provide rehabilitation and recovery support while 3 participants disagreed.

## Discussion of Findings

The study focuses on the causes of sexual dysfunction and drug abuse among Nigerian youths as the male gender battles self-esteem with machines. It revealed the causes of sexual dysfunction and drug abuse such as physiological, psychological, and social factors. This is a collaboration with King, (2020) who opined that psychological factors such as stress and anxiety. Academic pressure, social expectations, or performance anxiety can impair sexual function. Anxiety about sexual performance is a common trigger for erectile dysfunction in young men. Mental health issues can reduce libido and sexual satisfaction. Depression may also lead to disinterest or difficulty in achieving arousal. Negative self-perception or societal pressure to meet idealized body standards can affect sexual confidence and performance. Past sexual abuse or traumatic experiences can lead to difficulties with intimacy or arousal.

The study also showed the effects of drug abuse among Nigerian youths as the male gender battles self-esteem with machines such as insanity among youth, school drop-out, brain damage and death. This is in line with Arackal & Benegal (2019); Corona et al., (2021) who asserted that most insanity among youth is mostly caused by drug abuse in a bid to enhance sexual performance. Some youths are school drop-outs because they could not continue due to the high rate of drug use, they have taken that resulted in their insanity. Many youths are homeless, wanderers, derelicts, unemployed, rapist, thugs, armed robbers and so on because they are drug addicts. A lot of lives and property have been wasted in accidents and violence because of drug use. Drug abuse causes brain damage and neurological impairment, adolescent brains are still developing, making them highly vulnerable to drugs. Substances like alcohol, marijuana, and opioids can impair cognitive functions, memory, and decision-making.

The study also revealed strategies to curb sexual dysfunction and drug abuse among male Nigerian youth and to promote self-esteem such as school- and community-based programs, curricula, counseling and therapy, law enforcement, monitoring, counselling and therapy and rehabilitation. This is in support of Straussner & Fewell (2021) who noted that addressing sexual dysfunction, drug abuse, and low self-esteem among youth requires integrated, evidence-based strategies that target root causes and promote holistic well-being. Below is a concise overview of strategies to curb sexual dysfunction and drug abuse while fostering self-esteem, drawing from peer-reviewed literature, health organizations. Implement school- and community-based programs that provide accurate information on sexual health, consent, and relationships. Education reduces stigma, corrects misconceptions (e.g., from pornography), and builds confidence in sexual interactions. Offer telehealth therapy, school-based counsellors, and support groups to reduce barriers to access, especially for marginalized youth. Promote healthy lifestyles, including regular exercise, balanced nutrition, and adequate sleep, to address physiological causes like obesity or hormonal imbalances.

## **Conclusion**

The study concluded that sexual dysfunction and drug abuse among Nigerian youth, particularly males are complex issues that can be influenced by various factors. In recent years, there has been an increasing prevalence of women utilizing sexual devices, such as vibrators, to enhance their sexual experiences. This trend may inadvertently create pressure on male partners, particularly as they contend with the competition posed by these automated devices. In an effort to cope with this perceived inadequacy and to bolster their sexual performance, some men may turn to the use of illicit substances. This dynamic raises important questions about the psychological and physiological implications of relying on both technology and drugs in sexual relationships. Addressing sexual dysfunction, drug abuse, and low self-esteem among youth requires integrated, evidence-based strategies that target root causes and promote holistic well-being.

## Recommendation

The study recommended that educational stakeholders to integrate mental health education into school curricula and community programs on the effects of drugs for sexual performance. Provide culturally sensitive counselling services for the youths. Establish support groups for individuals struggling with sexual dysfunction and drug abuse. Foster collaboration between healthcare providers, community leaders and policy-makers to reduce drug use for sex. Also, establish monitoring and evaluation frameworks to assess the effectiveness of the interventions.

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