

PERCEPTION OF ADULTS (25 YEARS OLD AND ABOVE) ABOUT PENIS SIZE AND SEXUAL SATISFACTION IN NIGERIA: A CROSS-SECTIONAL STUDY

PERSEPSI ORANG DEWASA (USIA 25 TAHUN KE ATAS) TENTANG UKURAN PENIS DAN KEPUASAN SEKSUAL DI NIGERIA: STUDI CROSS-SECTIONAL

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ABSTRACT

Background: The perception of adults about penis size and sexual satisfaction is crucial to enjoying all sorts of sexual relationships or intimacy. However, communication about how penis size influences sexual satisfaction has been consciously kept under the lid, leading to a series of worries such as prostitution, sexual deviations, infidelity, nagging, domestic violence and suicidal ideations. Aim: The study investigated the perception of adults (25 years and above) about penis size and sexual satisfaction. Also, the authors examined the perception of adults' marital status and gender about penis size and sexual satisfaction. Methods: Using a descriptive survey research design, data were gathered from 221 respondents who were 25 years old and above. A simple random sampling technique was used to select adults for the study. The self-developed research instrument tagged "PSSSQ" was used for data collection. The validity and reliability ($r=0.68$) of the research instrument were ensured by the researchers. Results: The findings revealed that moderate penis size is chiefly preferred for sexual satisfaction by adults. Conclusion: Given any penis size to get sexual satisfaction, each male or female involved in any sexual relationship, should mutually commit to the effective usage of any penis size that can enhance sexual gratification.

Keywords: *Perception; adults; penis size; sexual satisfaction; Nigeria*

ABSTRAK

Latar Belakang: Persepsi orang dewasa tentang ukuran penis dan kepuasan seksual sangat penting untuk menikmati semua jenis hubungan seksual atau keintiman. Namun, komunikasi tentang bagaimana ukuran penis memengaruhi kepuasan seksual adalah hal yang tabu untuk dibicarakan, dan akan berpotensi terjadi kekhawatiran mengenai hal-hal seperti prostitusi, penyimpangan seksual, perselingkuhan, pertengkarannya mulut, kekerasan dalam rumah tangga, dan ide bunuh diri. Tujuan: Penelitian ini menyelidiki persepsi orang dewasa (25 tahun ke atas) tentang ukuran penis dan kepuasan seksual. Selain itu, penulis meneliti persepsi status perkawinan dan jenis kelamin orang dewasa tentang ukuran penis

dan kepuasan seksual. Metode: Dengan menggunakan desain penelitian survei deskriptif, data dikumpulkan dari 221 responden yang berusia 25 tahun ke atas. Teknik pengambilan sampel acak sederhana digunakan untuk memilih orang dewasa untuk penelitian ini. Instrumen penelitian yang dikembangkan sendiri yang diberi label "PSSSQ" digunakan untuk pengumpulan data. Validitas dan reliabilitas ($r=0,68$) dari instrumen penelitian dipastikan oleh para peneliti. Hasil: Temuan tersebut mengungkapkan bahwa ukuran penis sedang terutama lebih disukai untuk kepuasan seksual oleh orang dewasa. Kesimpulan: Dengan mempertimbangkan ukuran penis apa pun untuk mendapatkan kepuasan seksual, setiap pria atau wanita yang terlibat dalam hubungan seksual apa pun, harus berkomitmen untuk menggunakan ukuran penis apa pun yang dapat meningkatkan kepuasan seksual secara efektif.

Kata kunci: Persepsi; orang dewasa; ukuran penis; kepuasan seksual; Nigeria

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INTRODUCTION

Issues relating to penis size date back to the creation of human beings. Penis size has generated a series of discourses in sexual relationships, with so many unresolved worries resulting in complications that generally affect human health. Apart from generating deep discussions across different societies, penis size anxiety has serious social and cultural outcomes (Gul et al., 2023). As observed by the researchers, the perception of many adults worrying about penis size is not related to micro-penis, but mere anxiety that penis size will enhance sexual satisfaction. Despite that penis size is determined by genes, hormones, nutrition, environment, and medical conditions (Eske, 2020); many individuals are still enmeshed in unrealistic anxiety about the sizes of their penis, which may not disrupt sexual functioning (Villines, 2019). The persistent or unfounded worry about penis size has been traced to culturally attributing some ego-boosting terms (i.e., virility, masculinity and fertility) to the male penis (Faith & Share, 1993; Ackard et al., 2000). Fixation about penis size is common among men, despite having normal penis size. Interestingly, without any medical condition such as sexual dysfunction (Akinduyo & Ojewola, 2016); all penis size can biologically deposit spermatozoa into the vagina, in addition to the enhancement of sexual satisfaction (Sherlock, 2015).

The Nigerian culture of neglect towards core factors that aid sexual satisfaction is bothersome. Issues relating to sexual activity have been consciously masked into secrecy, to the extent that married couples are culturally labeled promiscuous when expressly talking about sexual organs (e.g., penis or its size) and sexual activities. Pleasurable sex

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has been identified as the right of adults (Starc, 2019); needed for physical, emotional and mental well-being (WHO, 2010). Researchers have found that sexual satisfaction makes the body feel good and responds through four cyclical phases (i.e., excitement, plateau, orgasm and resolution). After these phases, the brain optimally functions well each time sexual satisfaction is achieved (Cirino, 2019). Sexual satisfaction is a condition that prompts pleasure, orgasm, self-fulfillment and happiness after a penile penetration. Also, sexual satisfaction is a measure of sound sexual health among adults engaging in sexual relationships (Ashdown et al., 2011). The influence of penis size on sexual satisfaction cannot be neglected and it is a source of concern in relationships across Nigeria.

According to Prause (2015), both men and women revealed concerns about the sizes of male genital organ. Penis size apart from sexual satisfaction has been found to have a relationship with the self-esteem of individuals (Tiggemann, 2008). However, the desire for longer penis among the male population is increasing with many males seeking andrological solutions to correct short penis (Mondaini, 2002); with many Nigerian men seeking traditional methods of penis enlargement to solve short penis concerns. Other modern popular methods of lengthening the penis include but are not limited to penis pump devices, traction devices, stretching exercises and surgery (Santos-Longhurst, 2022). Furthermore, Prause et al. (2015) affirmed that women prefer sexual partners with slightly large circumferences and long penis of 6.4 inches in length, and 5.0 inches in circumference to give them sexual satisfaction.

A research survey carried out by King (2020) revealed that men wished for larger penises and penile lengthening surgery despite having normal-sized penises. Eisenman (2001); Franken (2002) & Štulhofer (2006) reported that 15-21% of women worried about the penis size of their sexual partners, with only 46% of the male gender desiring to possess larger penis (Lever et al., 2006). Many unrealistic concerns about penis size among males might be the cause of small penis syndrome (SPS) which leads to compulsive regular penis-checking rituals, social anxiety and many clinical problems (Wylie & Eardley, 2007). Furthermore, some women asserted that how to use a penis to get sexual satisfaction is preferred over bigger or longer penises (Pochin, 2020).

Penis width may be important because a thick penis at the base provides greater clitoral stimulation, as the man thrusts into the vagina during sexual intercourse. That is, a wide penis seems to offer a greater degree of contact with the outer part of the vagina, including the clitoris (Eisenman, 2001). Conversely, the length of a penis is more preferable by women than the width (Bhat & Shastry, 2021). Penis size does not prompt women's sexual satisfaction, because the vagina can adjust to any penis size (Masters & Johnson, 1960). In addition, the vagina is a muscular tube of an elasticity ranging from 7cm to 10cm in length, that has an extension from the vulva to the cervix (Gold & Shrimanker, 2023); could be lengthened further (Wylie, 2023) and further adjusts to keep a firm hold of any penis size entering it.

Sexual satisfaction may involve adequate communication, commitment and experimentation to allow internalization of how sexual satisfaction could be imbibed. Castleman (2021) emphasized that married couples enjoyed improved sexual satisfaction than individuals who are single, divorced and separated. He further revealed that marriage ceremonies do not account for sexual satisfaction, but married couples have all the time, to create sexually satisfying experiences in their marriages. On the contrary, Kislev (2020) submitted that penis size among married people does not correlate with sexual satisfaction.

The researcher postulated mutual consent, adequate clitoral caresses, mutual coaching, generous oral sex, sexual fantasies, physical fitness, and pleasurable touches mainly create sexual satisfaction.

Gender seems to influence the relationship between penis size and sexual satisfaction among sexually active adults. Sharp (2019) found that many men were uncomfortable with their penis sizes as a result of their belief in unrealistic pornography, peer comparison and teasing or negative comments. Precisely, men's penises are not of the same shapes and sizes with only 35.5% of men feeling their penis size was above average (Groves et al., 2010). Penis has been reported to have a major function of providing sexual satisfaction to women (Mautz et al., 2013); with a sizeable number of men experiencing penis size anxiety (Apostolou, 2016: p1-10): 57.4% of women in sexual relationships, considered penis length very crucial for sexual satisfaction (Shaeer et al., 2012). Despite the importance attached to penis size by men and women (Wylie & Eardley, 2007; Shaeer & Shaeer, 2010); there were shreds of evidence that penis size with sexual satisfaction has been neglected (Dos Reis, 2014). To this end, the researchers sought to investigate the perception of adults (i.e., 25 years and above) about penis size and sexual satisfaction in Nigeria.

Research Question

What is the perception of adults (25 yrs-above) on penis sizes concerning sexual satisfaction?

Hypotheses

1. There is no significant relationship among different penis sizes of adults and their sexual satisfaction.
2. Penis sizes will not significantly predict sexual satisfaction of adults of ages 25 and above.

METHODOLOGY

This cross-sectional study employed a survey type of research design. 221 adults (25 years and above) voluntarily participated in the study. While 91 participants voluntarily declined participation in the study. A simple random sampling technique was used to select adults for this study. As alluded to by Noor et al. (2022), a simple random sampling technique guarantees an unbiased and equal probability of the respondents being selected from a particular population. Ethical approval (**210323ERC3**) was obtained from the Centre for Research and Development of Adekunle Ajasin University, Akungba-Akoko, Ondo State, Nigeria. The research instrument was a self-developed questionnaire tagged "Penis Size and Sexual Satisfaction Questionnaire (PSSSQ)". The research instrument consisted of two sections; Section A addressed two demographic variables (i.e., gender and marital status) of the respondents. Section B contained 20 items eliciting information about the perception of adults regarding penis size and sexual satisfaction. In ensuring both face and content validity of the research instrument, two tests and measurement experts made useful corrections and suggestions, before the administration of the instrument. Given the reliability of the research instrument, a test re-test method was used to ascertain the reliability of the instrument. A correlation coefficient of 0.68 was achieved, which adjudged the instrument reliable for use. Data collected from the demographic variables was analyzed using descriptive statistics. Also, data gathered from

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section B of the research instrument was analyzed using inferential statistics tested at 0.05 level of significance.

RESULT

Demographic Information of Respondents

Table 1: Demographic data of Respondents based on gender

Gender	Frequency	Percent
Female	118	53.4
Male	103	46.6
Total	221	100.0

Table 1 shows the distribution of respondents based on gender. The table reveals that 118 (53.4%) of the respondents were female, while 103 (46.6%) of the respondents were male. This implies that female respondents participated more in this study.

Table 2: Demographic data of Respondents based on Marital Status

Gender	Frequency	Percent
Single	71	32.1
Married	150	67.9
Total	221	100.0

Table 2 reveals that 71 (32.1%) of the respondents were single, 150 (67.9%) were married. This implies that respondents who were married participated more in this study.

Research Question 1: What is the perception of adults (25 yrs-above) on penis sizes concerning sexual satisfaction?

Table 3: Perceptions of adults (25 years and above) on penis size

Items	Mean	Std. D	Rank
How to use a penis for effective stroking is more important than the size of a penis	3.25	.847	1 st
Too large a penis can cause discomfort	3.21	.946	2 nd
The vagina always provides fit for any size of a penis	3.10	.896	3 rd
Women prefer a slightly large penis	3.08	.762	4 th
Married couples like moderately large penises	2.86	.818	5 th
There is a correlation between penis size and sexual satisfaction	2.81	.894	6 th
Those with moderate penis size can engage more frequently in sexual intercourse	2.77	.840	7 th
The thickness of a penis gives more sexual satisfaction than the length	2.77	.903	7 th
A large penis brings sexual satisfaction	2.59	.867	9 th
A large penis creates greater clitoral stimulation during sexual intercourse	2.50	.908	10 th

A smaller penis holder is not sexually confident	2.43	.963	11 th
The larger the size of a penis, the more it is sexually requested	2.40	.942	12 th
Religion teaches us to accept the length of any particular penis	2.39	1.141	13 th
A short penis does not facilitate sexual satisfaction	2.38	.977	14 th
Penis size determines its usage	2.17	.896	15 th
Larges penises are determinants of blissful relationships	1.94	.897	16 th
Body size determines penis size	1.92	.933	17 th
Large penises last longer in bed	1.89	.859	18 th
The size of a penis for sexual satisfaction is prescribed by the ethnic group an individual belongs	1.75	.929	19 th
I advise penis enlargement	1.73	.878	20 th
Relationships end abruptly due to penis size	1.55	.811	21 st
Having a large penis is a taboo	1.40	.736	22 nd

Table 3 shows the rank order of items on the perceptions of adults on penis size. The result revealed that the item which states that “how to use a penis for effective stroking is more important than the size of a penis” was ranked 1st with a mean score of 3.25. The item that was ranked 2nd suggests that “too large penis can cause discomfort” with a mean score of 3.21 while item 3 which says “The vagina always provides fit for any size of a penis” was ranked 3rd with a mean score of 3.10. “Women prefer a slightly large penis” was ranked 4th with a mean score of 3.08 and “married couples like moderately large penises” ranked 5th with a mean score of 2.86. The responses revealed that the item which says “there is a correlation between penis size and sexual satisfaction” ranked 6th with a mean score of 2.81. An item that stated that “those with moderate penis size can engage more frequently in sexual intercourse” and “thickness of a penis gives more sexual satisfaction than the length” were ranked 7th simultaneously with a mean score of 2.77 each. Ten out of twenty-two items have mean scores above 2.50, which is the cut-off point for determining respondents’ perception of penis size. Thus, the items indicated that the respondents disagreed that “A smaller penis holder is not sexually confident” and that “the larger the size of a penis, the more it is sexually requested; both items were ranked 11th and 12th respectively with mean scores of 2.43 and 2.40.

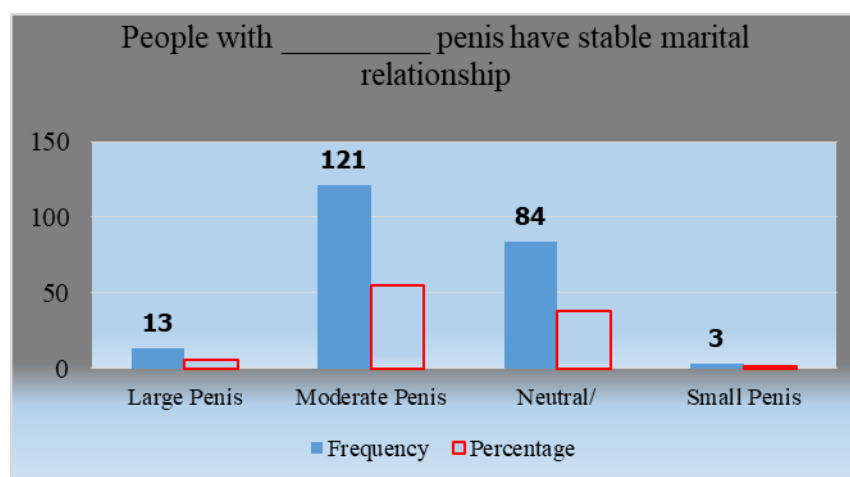


Fig. 1a: Perception on penis size

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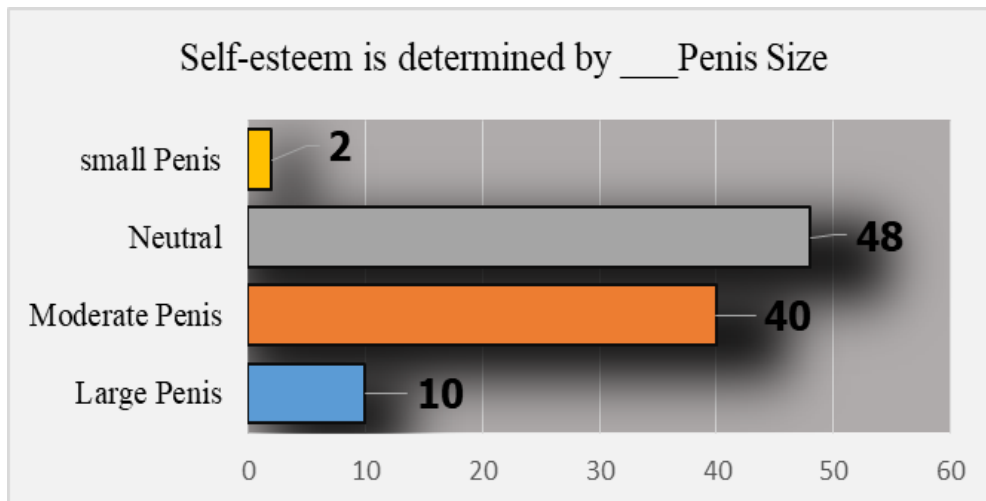


Fig. 1b: Perception of penis size

The figures above revealed respondents' perception of penis sizes, the first figure shows that "People with moderate penis have a stable marital relationship". The second figure on self-esteem revealed that 48 percent of the total respondents were neutral on whether self-esteem is determined by penis size.

Hypothesis One: *There is no significant relationship among different penis sizes of adults and their sexual satisfaction*

Table 4a: Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.840 ^a	.706	.702	1.42405

a. Predictors: (Constant), Moderate Penis, Short Penis and Large Penis

Table 4b: ANOVA^a

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	1055.518	3	351.839	173.498	.000 ^b
	Residual	440.057	217	2.028		
	Total	1495.575	220			

a. Dependent Variable: Sexual Satisfaction

b. Predictors: (Constant), Moderate Penis, Large Penis, Short Penis

Table 4c: Relative Contributions of Independent Variables (short penis, large penis and moderate penis) to Sexual Satisfaction of Couples

Model	Unstandardized Coefficients		Standardized Coefficients		T	Sig.
	B	Std. Error	Beta			
1 (Constant)	-.221	.613			-.361	.719
Short Penis	.147	.051	.127		2.869	.007
Large Penis	.168	.036	.202		4.717	.000
Moderate Penis	.677	.048	.645		14.031	.000

a. Dependent Variable: Sexual Satisfaction

As shown in Table 4a, the three independent variables (i.e., short penis, moderate penis and large penis) jointly contributed R-Square of 0.706, representing 70.6% to the dependent variable (Sexual satisfaction of adults). Therefore, short penis, large penis and moderate penis jointly explained 70.6% of the total variance in adult sexual satisfaction. In table 4b, the result of the ANOVA table indicates an F-value of 173.498, a degree of freedom of 217 with p-value of .000 which is less than 0.05 significant level. Since the calculated p-value is less than the significant level hence, the null hypothesis one is rejected. Thus, there is a significant correlation among different penis sizes and sexual satisfaction. The model in Table 4b indicates the linear combination of predictor variables (short penis, large penis and moderate penis). The F-value 173.498 was obtained with a p-value of 0.000 when computed at 0.05 alpha level. Since the p-value of 0.00 is less than 0.05 alpha level, the null hypothesis one is rejected and thus, the combination of the independent variables significantly correlates with the dependent variable ($F_{(3, 217)} = 173.498, p < 0.05$). Hence, there is a significant correlation between different penis sizes and sexual satisfaction.

To determine the contribution of each of the independent variables, Beta Weight was calculated and the outputs are shown in Table 4c. The relative contribution of each of the independent variables (short penis, large penis and moderate penis) to sexual satisfaction is shown in Table 4c. The short penis has a Beta weight (β) of 0.127, $t=2.869$, $p > 0.05$, large penis has a Beta weight (β) of 0.202, $t=4.717$, $p < 0.05$, the moderate penis has a Beta weight (β) of 0.645, $t=14.031$, $p > 0.05$. Based on the result, it could be seen that large and moderate penis size significantly contributed to sexual satisfaction among adults, and short penis (with a p-value of 0.07) do not have a significant relationship with adults' sexual satisfaction.

Research Hypothesis Two: *Penis sizes of adults will not significantly predict sexual satisfaction of adults of ages 25 and above.*

Table 5a: Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.563 ^a	.317	.308	1.58388

a. Predictors: (Constant), Moderate Penis, Large Penis, Short Penis

The adjusted R-Square reveals a variability of 30.8 percent. This indicates the extent to which the variance of penis sizes can be explained thus: for adults, penis sizes (moderate penis, large penis, short penis) explain 30.8 percent confidence in sexual satisfaction. However, in Table 5a, an adjusted R square of .308 which is also 30.8% revealed that the independent variables (moderate penis, large penis, short penis) when combined significantly predict sexual satisfaction.

Table 5b: ANOVA^a

Model	Sum of Squares	Df	Mean Square	F	Sig.
1 Regression	252.964	3	84.321	33.612	.000 ^b
Residual	544.384	217	2.509		
Total	797.348	220			

a. Dependent Variable: Marital Satisfaction

b. Predictors: (Constant), Moderate Penis, Large Penis, Short Penis

1 implies that penis sizes (moderate penis, large penis, short penis) will not significantly predict sexual satisfaction.

Table 5c: Relative Contributions of Independent Variables (short penis, large penis and moderate penis) to sexual satisfaction

Model		Unstandardized Coefficients		Standardized Coefficients	T	Sig.
		B	Std. Error	Beta		
1	(Constant)	.807	.682		1.183	.238
	Short Penis	.064	.057	.076	1.121	.263
	Large Penis	.186	.040	.308	4.711	.000
	Moderate Penis	.226	.054	.296	4.222	.000

a. Dependent Variable: Marital Satisfaction

To determine the contribution of each of the independent variables, Beta Weight was calculated and the outputs are shown in Table 5c. The relative contribution of each of the independent variables (short penis, large penis and moderate penis) to sexual satisfaction is shown in Table 4c. Short Penis has a Beta weight (β) of 0.76, $t=1.121$, $p>0.05$, Large Penis has a Beta weight (β) of 0.308, $t=4.711$, $p<0.05$, Moderate Penis has Beta weight (β) of 0.054, $t=4.222$, $Stp>0.05$. Based on the result, it could be seen that large and moderate penis sizes significantly contributed to sexual satisfaction among couples. A short penis (with a p-value of 0.263) has no significant relationship with sexual satisfaction. However, sexual satisfaction as an independent variable in the equation of multiple regressions is shown as follows via Beta weight:

$$Y = a + b_1x_1 + b_2x_2$$

$$a = \text{Constant} = .807$$

$$b_1 = \text{Slope of the first predictor (Short Penis)}$$

$$b_2 = \text{Slope of the second predictor (Large Penis)}$$

$$b_2 = \text{Slope of the second predictor (Moderate Penis)}$$

$$x_1 = \text{Beta weight of the first predictor} = .076$$

$$x_2 = \text{Beta weight of the second predictor} = .308$$

$$x_3 = \text{Beta weight of the third predictor} = .296$$

$$Y = a + b_1x_1 + b_2x_2 + b_3x_3$$

$$Y = .807 + .076 + .308 + .296$$

This equation also confirmed that moderate penis size is the most significant independent variable that predicts sexual satisfaction.

DISCUSSION

As presented in the above results, this cross-sectional study investigated the perception of adults (i.e., 25 years and above) about penis size and sexual satisfaction in Nigeria. Out of the 221 respondents that participated in the study, 118 (53.4%) were adult females and 103 (46.6%) were male adults. Given the marital status of the participants, 71 (32.1%) adults (25 years and above) respondents were single (i.e., divorced and never married); while 150 (67.9%) adults (25 years and above) respondents participated in the study.

Findings from the sole research question showed that adults' perception of the penis size was on the effectiveness of how to use a penis for sexual satisfaction, larger penis can cause sexual discomfort and a vagina can fit into any penis size respectively; were the highly ranked perceptions of adults about penis size and sexual satisfaction. This corroborates the finding of Ogallar-Blanco et al. (2022) that 70.6 % of women wanted good sexual intercourse that could lead to sexual satisfaction. Heiman et al. (2011) affirmed that sexual satisfaction as reported by adult men and women depended on sexual functioning. The plausible reason for the interest of adults (25 years and above) is not mainly about penis size, but how to use any penis size that will enhance sexual satisfaction was their priority. This study also found that a larger penis caused sexual discomfort among adults, despite their psychological and physiological maturity. This is in agreement with the submission of Doctor NDTV (2017) that deep penetration or large penis size hampers reaching sexual satisfaction, by making sexual experience uncomfortable. This corroborates Go Ask Alice (2023) opposing the common presumption that “ bigger is better” does not apply to a large penis size, which in its entirety makes full penile-vagina penetration displeasing with the infliction of significant pain. Conversely, Prause et al. (2015) revealed that women's selecting a particular penis size to get sexual satisfaction may be a victim of sexual dissatisfaction. The researchers further affirmed that only one-time sexual partner(s) prefer large penis size to get sexual satisfaction. In furtherance, 14% of adult women prefer a larger penis size, while few (i.e., 2%) wanted a smaller size (Loos et al., 2022). Reportedly, a larger penis reduces sexual pleasure, as a reduction in the depth of penile penetration causes sexual pleasure than discomfort (Petter, 2021). This might likely be a result of many men engaging in penis lengthening procedures, which makes the penis to be larger above the moderate size of 2.5 to 5 inches. Consequently, the abnormality in the penis size might affect the elasticity of the vagina during sexual intercourse. Apart from medical conditions, such as dyspareunia, vaginitis, STIs and vaginal cysts, this study revealed that the vagina can adjust to any penis size. This is in alliance with Masters and Johnson (1960) that the vagina can adjust to various penis sizes. Moreso, the vagina as a tube has the capacity of further extending from the vulva to the cervix (Gold & Shrimanker, 2023).

The probable reason for the vagina's elasticity could be traced to its shape, flexibility and mucus membranes. Specifically, the mucus membrane secretes fluid that keeps the vagina and penis moist during sexual intercourse. Convincingly, the moisturization of the vagina aids penis stroking during penile-vagina penetration which

leads to mutual sexual satisfaction. However, this study indicates that a large penis is rarely perceived as a taboo among sexually active adults in Nigeria. This finding is in line with Grov et al. (2010) & Loos et al. (2023) that a large penis has been culturally associated with stamina, masculinity and social status. Penis size has a significant correlation with sexual satisfaction (Lever et al., 2006). In variance, penis size was found to be the only determinant for sexual satisfaction among sexually active adults (Shirley, 2023). No matter the size of a penis, deriving sexual satisfaction involves the organic method of preventing deep penetration into the vagina (Vaele et al., 2021). This might be possible because sexually active adults (25 years and above) perceived that the ultimate goal for engaging in sexual intercourse is beyond procreation, but sexual satisfaction

The study revealed that small, moderate and large penises can influence sexual satisfaction among adults. Also, penis sizes vary directly when the other two penis sizes are isolated in a bid to get their correlation with sexual intercourse. By the same token, the study showed that small, moderate, and large penises can facilitate sexual satisfaction. On the contrary, a short penis is the least that can contribute to sexual satisfaction. The present research finding shows that among the three penis sizes (i.e., short, moderate and large penises); sexually active adults in Nigeria chiefly prefer moderate penis as the size that gives the needed organism for sexual satisfaction. This counters the submission of Sherlock (2015) that determinants such as the duration of sexual intercourse and proper erectile function were the most important factors in getting sexual satisfaction than penis size. Differently, loss et al. (2023) argued that beyond sexual satisfaction, a large penis has been equated with socialisation, vigour and manliness. In the same vein, Schoenfeld et al. (2016) found that sexual frequency determined appropriate sexual satisfaction among men and women. Furthermore, sexual satisfaction does not rely on penis size, but the interconnectivity or interaction among different factors facilitates sexual satisfaction (Velten & Margraf, 2017). This corroborates the findings of Kislev (2020) that enough clitoris caresses and physical fitness make the pitch for sexual satisfaction.

Given this study's finding that a moderate penis is significantly perceived as the most preferred penis size for sexual satisfaction. The credible reason may be that it makes penile-vagina intercourse pleasurable, unlike a large penis which may be painful or cause injury to the vagina, if both genitals are not sufficiently lubricated. Reasonably, in the case of women with tight vaginas, dyspareunia and emplaced hymen (i.e., virginity); may face various distasteful sexual satisfaction with men having large penis. In all, small penis holders may not adequately rob the penis against the vagina clitoris, hence repressing sexual satisfaction among adults.

CONCLUSION

This quantitative study investigated the perception of adults (25 years and above) about penis size and sexual satisfaction in Nigeria. The findings of this study revealed that sexually active adults perceived that no matter the size of the penis, how to effectively use any penis size to get sexual satisfaction is preferred foremost by adults. In all, adults (25 years and above) reported that, of all the penis sizes; moderate penis size was found to be the most consequential penis size perceived to heighten sexual satisfaction among Nigerian adults. Based on the findings of this study, it is recommended that to get sexual satisfaction, both men and women should expressly communicate whatever will mutually enhance their sexual satisfaction. Counselling should be mandatory for any sexual

relationship in connection with relevant cultural values/norms. Societal-imposed restrictions about issues relating to sexual intercourse and/or sexual satisfaction must be reviewed to ensure blissful relationships.

Limitations

The method used for data collection was mainly quantitative, mixed method would have generated more in-depth information about adults' perception of penis size and sexual satisfaction. Also, Nigeria has three major ethnic groups; exploring the perceptions of all the ethnic groups was missed. Hence, there is a need for future research that will explore more areas and variables.

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