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A major feature associated with 'manhood' is EGO & nothing shatters that ego more than a seeming inability to sexually satisfy a woman. Premature ejaculation(PE) is a common issue in men, with 1 in 3 men experiencing it at some point in their lives.

Lets talk PE shall we?



PE is when you have an orgasm before intercourse/less than A MINUTE after you start.The question that follows this is;HOW LONG SHOULD SEX LAST FOR BEFORE A MAN RELEASES?Averagely,5-7mins.
There are reasons (good/bad) that will make a man spend less/more time before ejaculation.

If a 'quick release' happens once in a while, there's nothing to worry about but if it happens frequently,then you might need to seek help.

The exact CAUSE of PE isn't known, it is believed to be majorly PSYCHOLOGICAL but there are also biological factors involved.

Psychological factors

-STRESS
-Early sexual experience
-Sexual abuse
-Poor body image
-Depression
-Anxiety about sexual performance
-Guilty feelings that makes you rush through sexual encounters
-Relationship problems
-Negative feelings about the idea of sex(sexual repression)

Biological factors
-Erectile Dysfunction
-Men who have low levels of the chemical, SEROTONIN in their brains tend to take a shorter time to ejaculate.
-Abnormal hormone levels
-Inflammation & infection of the prostate/urethra
-Inherited traits

The main symptom of PE is inability

to delay ejaculation for more than 1minute after penetration.However,the problem might occur in all sexual situations,even during masturbation.

There are men who have PE all the time(Primary PE) & men who initially didn't have PE & suddenly started having issues(Secondary PE)

IMPORTANT!
Many men feel that they have symptoms of PE, but the symptoms don't meet the diagnostic criteria for PE. Instead these men might have natural variable PE, which includes periods of rapid ejaculation as well as periods of normal ejaculation.