

Original article

Effects of Pornography in Adolescent Boys in Villianur

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ABSTRACT:

A cross sectional study was carried out among 200 adolescent boys of age 15 to 17 years from class X to XII standard from Government Boys Higher Secondary School, Villianur. The main objectives of the study was to find out personal and family background, identifying the levels of internet addiction and exposure to sexually explicit material and its impact among adolescent boys, understand the effect of craving towards on relationship satisfaction and sexual attitude and to assess the knowledge of adolescent boys between the age (15-17yrs) regarding- gender more exposed to internet pornography, gadget as a source of exposure and reason for initial exposure. Quantitative research was adopted to precede the study. It is based on the measurement of quantity or amount. Quantitative research was adopted to precede the study. It is based on the measurement of quantity or amount. A structured close ended questionnaire was prepared, finalised and the finalised questionnaire was administered to all the selected respondents. About 42.5% of the boys belongs to the age 15, 29.5% belongs to the age 16 and 28.0% of the boys belongs to the age 17 years respectively. The respondents belong to the nuclear family (92.5%) and very few belong to the joint family (7.5). Majority of the respondents responded that 90.0% of them were using mobile phone more than five hours and only 10.0% of them were using between 3 to 5 hours daily. The major findings of the study reports that they were using the mobile phone for Chatting, and video call. 98.5% reported that they were using their mobile for watching video making and editing. 96.0% of them reported that they were using for social media, 92.5% were using for playing games and 65.5% reported that they were using for preparing study materials.

Keywords: Adolescent boys, Pornography, Effect, Mobile.

1. INTRODUCTION

Adolescence, as defined by World Health Organization, is usually the period of life between 11 & 19 years. This is the period, where rapid growth and visible changes are witnessed in terms of physical, mental, intellectual, emotional, psychological, and behavioral patterns [1].

Adolescence is defined as period of personal development during which young people develops a personal sense of individual identity and feeling of self-worth, which also includes an alteration of his or her body image, adaptation to more mature intellectual abilities, adjustment to society's demand for behavioural maturity, internalizing personal value system and preparing for adult role. It is a changing stage of physical, physiological and psychological development from puberty to adulthood. At present, more than 1.2 billion are adolescents in the world this means that roughly one in every six persons is an adolescent. About 21% of Indian population is adolescents (about 243 million).⁴ India has the largest adolescent population in the world. They are the future of the nation, forming a major demographic and economic force. It is a period of preparation for undertaking greater responsibilities like

familial, social, cultural and economic issues in adulthood [2]

The internet is a global network that helps us to get connected to other networks. It is the source or medium that communicates any meaning or purpose or something to which we can attach up a meaning. The emerging trends of internet addiction have also started giving new opportunities of sexual exposure to all the people across the world. The topic of sexuality is always left unspoken in developing country and always subject to limitations. In ancient India, sexual arousal was the well-known concept given by Kamasutra written by Mallanaga Vatsyayana during the 2nd or 5th century. It was considered to be the integral part in adult's life. Major changes occurred after the entry of Britisher and wherein the Indian culture got mixed up with the moral standards of Victorian system and now the recent technology has given a new shape to the sex culture in India. According to Hald & Malamuth, pornography is a "material intended to cause sexual arousal or sexual excitement". "It is a material which creates the feeling of sexual arousal and contains detailed elucidation of sexual acts involving the nether regions" [3]. The use of sexual attitude and behavior are predicted by exposure to sexually explicit content (i.e.

pornography) in adult magazines, X-rated movies and internet. It has been found that two- third (66%) of males and one third (39%) of females had seen at least one form of sexually explicit media in past year. Also, the study showed that males who are exposed to such media earlier predicts more permissive sexual norms, having oral sex and sexual intercourse 2 years later and decrease in gender role attitude (Brown, J. D., & L'Engle, K. L. The appetite for pornography is increasing at a rapid rate because of three factors: accessibility, affordability and anonymity [4]. Pornography is extensively produced and distributed, and used as a medium of entertainment around the world. The term "pornography" has been referred to as fictional drama in printed or visual form depicting explicit sexual body parts and/or sexual activity which some individuals may find offensive, rude, and immoral, and that is primarily intended to sexually arouse the target audience and is intended to entertain or arouse erotic desire [5].

World Health Organization defined sexual violence as "any sexual act, attempt to obtain a sexual act, unwanted sexual comments or advances, or acts to traffic, or otherwise directed, against a person's sexuality using coercion, by any person regardless of their relationship to the victim, in any setting, including but not limited to home and work." Approximately, 88% porn scenes include acts of physical aggression, 48% contain verbal aggression, and 94% of the target group was women. Additionally, in these videos, the men's portrayal as in charge, while women are submissive and obedient, exemplify unequal power and distribution between men and women; often, ego-centric cultures foster beliefs of male superiority and women inferiority, this attitude ultimately led to sexual violence against women. All these can play an important role in negative social issues like child sexual abuse, rape, violence against women, family breakdown, crime among youth, and sexually transmitted diseases. India stands in third position among most porn-watching Countries and fourth in the highest rape crime countries.

Sexual abuse affects women's physical and mental health, as well as their sexual and reproductive health, in both short and long terms. As a result, sexual harassment is regarded as a serious public health problem. Every day, approximately 93 women are raped in India. There may be a connection between pornography addiction and an increase in sexual crime against women in India, as evidenced by the rise in rape cases. There were few reviews related to Internet pornography use and sexual motivation, learning from pornography, but there was no review on addiction to pornography and sexual violence against women in India. This review aims to document whether there is association between increase in sexual violence and addiction to pornography in India, selectively as it is understudied despite of its social relevance.

Some bad effects of pornography which are widely reported as criminal news by the mass media are rape, harassment,

and other sexual crimes that are triggered by sexual acts. Therefore, there are high demands on the government and academic institutions to find the right solution to counteract the impact of pornography, especially for children and adolescents. Even in more liberal countries, pornography remains one of the things that is considered as one of the social diseases and has a bad impact, especially when pornography is distributed using internet media, and there are some spectacle material contended with pornography which can only be watched online on streaming movie websites or downloaded on the internet [6].

Therefore, this study aims to determine the effect of pornography exposure on adolescent's sexual behavior with visual impairment. This is intended to contribute ideas to educators, parents, and the social environment associated with young people with visual impairment, to cooperate in taking actions to prevent and overcome the appearance of pornography. Some research results show various results of his thinking about the relationship between the internet, pornography, and its impact on adolescents. The results of this study become the basis and the first step to research the impact of pornography on an adolescent with disabilities. An estimate shows that up to more than 90%, teenagers between 12 and 18 years of age have been able to access the internet. This raises new concerns that lead to the idea that increasing accessibility can increase the search for pornography through the internet by teenagers.

Besides, individuals with low levels of education are more susceptible to media influence, thus adolescents as individuals who are still at school age are at greater risk than individuals who are adults and have a higher education. The thing that needs to be considered as an initial step in overcoming the impact of pornography is to break the distribution of pornography so as not to hit teenagers freely because a study from Australia states that internet users of all ages find it difficult to avoid unwanted effects from exposure to explicit sexual content media. This means that if once a teenager is hit by pornography, then a stimulus will appear to access again.

The problem is that the development of social media that is popular among millennial generations has become a fertile land in the distribution of pornographic content because sometimes, pornography is also spread by a friend to teenagers through social media such as Facebook. According to Vandenbosch, Van Oosten, and Peter, in effect, a study finds that watching sexual content encourages teenagers to produce and distribute their sexual images on social media.

As mentioned earlier, that there have been many efforts to counteract the spread of pornography through the internet, but the negative effects of internet media on children in marginal social groups are hardly handled in some developing countries. It is feared that the internet is part of triggering actions such as sexual exploitation, oppression, and the spread of pornography [7].

Objectives of the Study

1. To assess the personal and family background of the adolescent boys.
2. To aim at identifying the levels of internet addiction and exposure to sexually explicit material and its impact among adolescent boys.
3. To understand the effect of craving towards on relationship satisfaction and sexual attitude among adolescent boys.
4. To ascertain the knowledge of adolescent boys between the age (15-17yrs) regarding- gender more exposed to internet pornography, gadget as a source of exposure and reason for initial exposure.

2. METHODOLOGY

Statement of the problem

The present study entitled “Effects of Pornography in Adolescents” has been which is carried out under the following headings.

Selection of the Area

Geographical area

Pondicherry is bounded by Bay of Bengal on the east and the other three sides by the Arcot District of Tamil Nadu. About 150km South of Pondicherry on the east coast lies Karaikal, which is also bounded by the Bay of Bengal on the east and the other three sides by the Tanjoor District of Tamil Nadu. Mahe town lies south of the Mahe river coast on the Western Ghats. Yanam, which is bigger than Mahe situated adjoining the East Godavari District of Andhra Pradesh.

The investigator selected the Government Boys Higher Secondary School, Villianur. They are selected due to the availability of the samples and familiarity with the area. Prior permission was obtained by the authorities.



Fig 1: Location of the study area

Research Design of the Study

Research design is used to reduce the costs, bear a significant control on the consistency of the results accomplished, provides a solid base for the complete research. With the help of preplanning, it is possible to minimum spending money, effort and to get maximum information. Research design is used to collect the relevant data and technique to facilitate the smooth scaling of the various research operations making yielding maximal information [8].

Method of research

Quantitative research was adopted to proceed the study. It is based on the measurement of quantity or amount. It is applicable to phenomena that can be expressed in terms of quantity [9]. This provides a foundation for interpretation and adaptation of methodological discussions found in a similar context in related fields, as well as implications for other research approaches sharing similar concerns [10].

Type of research

Exploratory research was carried out for the present study. Exploratory research is a study that seeks to answer a question or address a phenomenon. The nature of the entity being studied does not allow a variable to be manipulated by the researcher, it cannot be completed in a controlled environment, or most likely, the researcher can't determine all the influences on the entity, therefore a more exploratory look at the topic is more beneficial. This type of research seeks to identify general principles to explain data and observations, and is also known as the inductive method [11].

Target population

The target population was selected from the study area, Government Boys Higher Secondary School, Villianur. The target group was adolescent boys in the age group between 15 years to 17 years.

Informed Consent

Informed consent (IC) is an important ethical and legal requirement in research with humans as well as in clinical care [12]. Informed Consent was obtained from the adolescent boys, and there was an option that those hesitate to participate in the study they can withdraw at any time of the study.

Selection of the Samples

The respondents were selected by purposive random sampling procedure. The investigator selected a total of 200 adolescent boys of age 15 to 17 years from class X to XII standard.

It's a type of non- probability sampling in which the investigator determines who should be included in the sample based on several characteristics such as subject matter expertise or the ability and desire to engage in the study. According to Adolph Jenson, "purposive sampling" is described as "the technique of selecting the number of sets of components in such a way that the object depending make approximately the same estimation or percent as the

population for those personal characteristics that are currently the subject of data gathering" [8].

Thus the sample size 200 adolescent boys from the selected school have been selected as per the study.

The samples was determined using the formula

$$n = N/(1+Ne^2) \text{ at } 5\% \text{ confidence level}$$

Where n = Number of samples

N= Total population and

e = Error of tolerance level.

Data Collection method

Interview was the method chosen for collecting data from the adolescents. This method was chosen because of the complexity of the problems and situation to be studied and the difficulties in eliciting reliable and valid data from adolescents. This in turn helped the investigator to improve the validity of the data gathered through interview method.

Tool for Data Collection

To collect details on the socio economic profile of the selected adolescent boys, a structured close ended questionnaire was prepared, finalised and the finalised questionnaire was administered to all the selected respondents. It took around 10 to 15 minutes for the investigator to explain the entire questionnaire to the respondents. After the explanation, each respondent took about 15 to 20 minutes to fill the entire questionnaire.

The questionnaire consists of general information on personal and family background. By reviewing the literature two point scale was constructed to explore the attitude on effects pornography in adolescents.

Analysis and interpretation of the data

The quantitative data generated were manually sorted, entered and coded into International Business Machines Corporation- Statistical Package for Social Science (IBM-SPSS) version 23 software.

Descriptive Statistics:

Frequencies, percentage, and mean, were used to describe the demographic variables regarding the effects of pornography among adolescent boys.

3. RESULTS AND DISCUSSION

The data gathered for the study on “Effects of Pornography in Adolescents” were analysed under the following headings and descriptions.

Table 1: Personal Background of the Adolescent boys

Variables	Respondents (N=200)	
	No.	%
Age (in years)		
15	85	42.5
16	59	29.5
17	56	28.0
<i>Average: 15.8</i>		
Class		
X	85	42.5
XI	59	29.5
XII	56	28.0

Table 1 shows that the personal background of the adolescent boys in the respected study area. About 42.5% of the boys belongs to the age 15, 29.5% belongs to the age 16 and 28.0% of the boys belongs to the age 17 years respectively. At the same time 42.5%, 29.5% and 28.0% are in the class tenth, eleventh, and twelfth respectively.

Table 2: Religion, Community, and Residency of the Adolescent boys

Variables	Respondents (N=200)	
	No.	%
Religion		
Hindu	104	52.0
Christian	67	33.5
Muslim	29	14.5
Community		
General	7	3.5
Backward Class	132	66.0
Scheduled Class	61	30.5
Residency		
Urban	94	47.0
Rural	47	22.5
Slum	59	29.5

Table 2 shows the information about Religion, Community and Residency of the adolescent boys. Majority of the boys were Hindus 52.0%, followed by Christians (33.5) and Muslims (14.5) respectively. One third of the sample was in Backward Class, followed by Scheduled Class (30.5). Only very few 3.5% belongs to Muslims. About 47.0% belongs to the Urban area, followed by Rural area (22.5%) and Slum area (29.5).

Table 3: Family Background of the Adolescent boys

Variables	Respondents (N=200)	
	No.	%
Family type		
Nuclear	185	92.5
Joint	15	7.5
Occupation		
Government employee	13	6.5
Self employee/Business	51	25.5
Skilled worker/Farmer	5	2.5
Unskilled worker/Coolie/Fisher man	131	65.5
Income per Month		
>Rs.6,000/-	10	5.0
Between Rs.6,000 /-to 12,000/-	58	29.0
Between Rs.12,001 /-to 24,000/-	132	66.0

Table 3 depicts that majority of the respondents belongs to the nuclear family (92.5%) and very few belongs to the joint family (7.5). Few of the respondents parents occupation are Skilled worker/Farmer (2.5%) and Government employee (6.5%). 25.5% of the respondents parents occupation belongs to the Self employment/Business and nearly 65.5% of their parents belongs to the Unskilled worker/Coolie/Fisher man.

Table 4: Source of maximum impact on purchasing Smart phone

Variables	Respondents (N=200)	
	No.	%
Sources		
Friends /Relatives	122	61.0

Parents	0	0
Social media	40	20.0
Own interest	38	19.0
Type		
Branded	179	89.5
Non -branded	0	0
Both	21	10.5

Table 4 and figure 2 reveals that about 61.0% of the respondents reported that friends/relatives was the major reason for purchasing smart phone, 20.0% and 19.0 % reported that social media and the respondents own interest was the reason for purchasing the smart phone. The respondents also reported that none of the parents insisted to buy smart phone. Majority of the respondents revealed that they were using branded smart phone and only few 10.5% of them were using both branded and non branded.

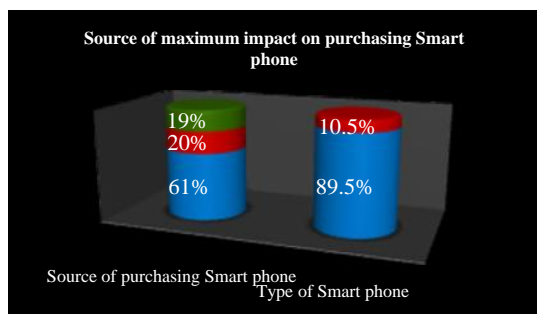


Fig 2: Distribution source of maximum impact on purchasing Smart phone

Table 5: Amount, Duration and Time usage of the smart phone

Variables	Respondents (N=200)	
	No.	%
Amount		
Upto Rs.8000/-	38	19.0
Upto Rs.10,000/-	19	9.5
Between Rs.10,000/- to Rs.20,000/-	143	71.5
Duration of using personal mobile		
<1 Year	29	14.5
Between 1 to 2 Years	157	78.5
>2 Years	14	7.0
Usage of Time		
Between 3 to 5 hours	20	10.0
>5 hours	180	90.0

Table 5 and Figure 3 reveals that Amount they spent for purchase, the duration of using mobile and time taken for using mobile phone. Three fourth of the respondents reported that they will spend the amount between Rs.10,000 to Rs.20,000 to buy the smart phone, followed by 19.0% upto Rs.8000/- and 9.5% upto Rs.10,000/- respectively. Nearly 78.5% of the respondents reported that they were using the smart phone between 1 to 2 years, 14.5% of the respondents were using less than 1 year and very few about 7.0% were using more than two years. Majority of the respondents responded that 90.0% of them were using

mobile phone more than five hours and only 10.0% of them were using between 3 to 5 hours daily.

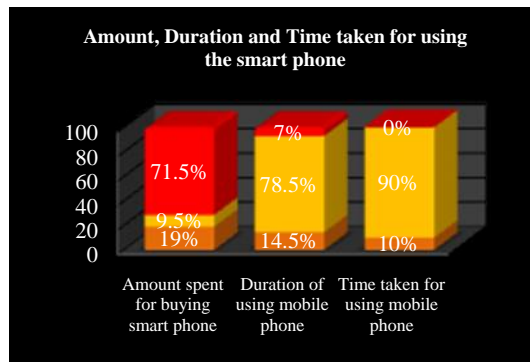


Fig 3: Distribution amount, Duration and time taken for using the smart phone

Table 6: Reason for using personal mobile phone

Variables	Respondents (N=200)*	
	No.	%
Chatting, Conversation including Video calls	200	100.0
Video watching, making, editing	197	98.5
Social media	192	96.0
Games	185	92.5
Preparing study materials and studying	131	65.5

*Mutually Exclusive responses

Table 6 and figure 4 explores that reason for using personal mobile phone. All the respondents reported that they were using the mobile phone for Chatting, and video call. 98.5% reported that they were using their mobile for watching video making and editing. 96.0% of them reported that they were using for social media, 92.5% were using for playing games and 65.5% reported that they were using for preparing study materials.

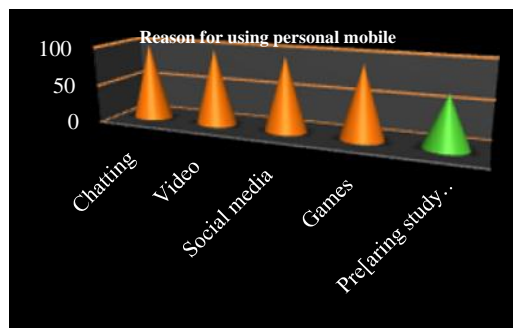


Fig 4: Reasons for using personal mobile among boys

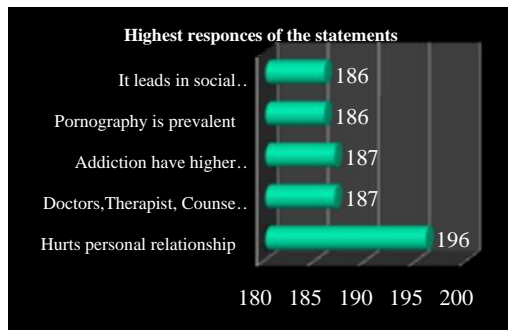


Fig 5: Distribution of the highest response of the statements

Table 7: Responses of the adolescent boys regarding the statements

S.No	Statements on Effects of Pornography	Respondents (N=200)	
		Agree N(%)	Disagree N(%)
1.	Pornography is prevalent in our society.	186(93.0)	14(7.0)
2.	People addicted to porn spent at least 11-12 hours per week in viewing porn videos.	170(85.0)	30(15.0)
3.	The addicted people say that porn hurts their personal relationships.	196(98.0)	4(2.0)
4.	Pornography addiction is leads in anxiety, social anxiety, depression, and substance abuse.	186(93.0)	14(7.0)
5.	Do you think that affects of pornography leads a major threat to marriage, to family, to children, and to an individual happiness?	183(91.5)	17(8.5)
6.	Pornography will not affect people emotional like betrayed, mistrust and anger.	169(84.5)	31(15.5)
7.	Do you think that healthy lifestyle changes may help in pornography?	181(90.5)	17(8.5)
8.	Adolescents who view pornography feel shame and diminished self confidence?	174(87.0)	26(13.0)
9.	Do you think that pornography is an only way of diagnosing /relaxing to cope with sadness, anxiety, insomnia and other mental health issues?	182(91.0)	18(9.0)
10.	Pornography addiction is good with cognitive behaviour therapy and counseling.	188(94.0)	12(6.0)
11.	Do you agree with excessive pornography becomes romantic relationships?	188(94.0)	12(6.0)
12.	Ignoring other responsibilities to view pornography is a sign of porn addiction.	185(92.5)	15(7.5)
13.	People who habitually look at pornography have a higher tolerance for abnormal sexual behaviours/aggression.	187(93.5)	13(6.5)
14.	As a result of pornography – sexual permissiveness increases the risk of sexually transmitted diseases.	179(89.5)	21(10.5)
15.	Do you agree with the statement: Doctors, Therapist (or) Counseling may help in pornography addiction and other sex relationship issues?	187(93.5)	13(6.5)

Table 7 shows that the respondents performances regarding the statements. About One third of the respondents reported that they agree for the statements and few of the respondents reported that they disagree for the statements.

The figure 5 shows the highest positive responses of the statements regarding effects of pornography statements.

4. CONCLUSION

The study mainly focused on studying the levels of internet addiction and extent of exposure to online sexually explicit material among adolescents. Through the study the researcher attempts to assess internet addiction levels, exposure to sexually explicit material and its impact among adolescents. The results obtained through analyzing and interpreting the data reveals that there exists moderate level of internet addiction among adolescents which further leads to exposure to sexually explicit material which in-turn results in deviation from normal behavior having serious repercussions on the social front. The researcher found that there is significant difference in gender with regard to the use internet and exposure to sexually explicit material. The researcher thus concludes that internet addiction and sexually explicit material exposure have significant impact on in adolescent boys and girls. Psycho social interventions need to be enhanced in school interventions of social work to ad- dress this menace [11].

The topic of pornography use is controversial (Grubbs et al., 2019). Philosophical interest can be seen much in pornography centers on whether pornography should be controlled. Significant debates arise as to whether pornography is best understood as speech, an action, or a speech act [7]. Watching pornography may be a healthy phenomenon if it is occasional, not impairing the personal and social life. However, it can become pathological if watched excessively and degrades the individual’s functioning [6].

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