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1.0 Introduction

Porn is the abbreviation for pornography which is sexual material that is explicitly portrayed for the primary purpose of sexual arousal. It may be presented in a variety of media, including books, magazines, postcards, photographs, sculpture, drawing, painting, animation, sound recording film, video and video games. Pornography has existed long before video or even photography. Pornographic material throughout history suggests that human beings have always been interested in images of sex. Pornography has often been portrayed as one of the ills of today’s society and is all over the internet. Internet has become the central vehicle for the distribution of pornography as it makes pornography more publicly available to everyone who has internet access. The anonymity, availability and accessibility of internet have made pornography easy to reach. With the advent of internet, parents find it increasingly difficult to protect their children from pornography as most of the school children spend a large amount of time online for homework or entertainment reasons. United States Attorney General John Ashcroft has estimated that nine out of ten teens have been exposed to pornography.

Today, however, internet pornography is the fast ramp to sex addiction. There has been an explosive growth of internet use not only in India but also worldwide in the last decade. Today, internet pornography is both qualitatively and quantitatively different from any that we have seen before. This is so for at least three reasons: (1) the ubiquity and accessibility of internet pornography; (2) the qualitative difference in imagery and “hard-core” nature of much of internet pornography; and (3) the sharply increased consumption of internet pornography. The internet has made it easier now than ever before for anyone with a smart phone or an iPad, and a computer or a laptop to get an erotic fix. Coupled with a greater moral decay in the culture and the fact that children’s minds are still developing in maturity, addiction can be increasing in alarming proportions! Studies reveal that problems of teenage pornography and sex addiction are real, devastating and increasing, and most parents don’t know where to get help for their child.
Research and data suggest that the habitual use of pornography and especially of internet pornography can have a range of damaging effects on human beings of all ages and of both sexes, affecting their happiness, their productivity, their relationship with one another and their functioning in society.

Legislators in the U.S. have mandated the creation of an “xxx” domain name for pornographic sites in an attempt to alert parents to their use, but the use of the marker for adult content is purely voluntary for online pornographers. The XXX symbols are used to designate pornographic material in the U.S. and other countries around the world.

**Figure No.1.1 the XXX symbols are used to designate pornographic material**

![XXX symbols](https://www.google.co.in/symbols-used-to-designate-pornography)

Electronic media technology has become an integral part of our lives in the twenty first century. Technology is, however, changing dramatically, with the domination of electronic devices in quick succession. Television, which dominated the media world in the mid-1990s, now competes in an era of cell phones, iPods, video games, instant messaging, interactive multiplayer video games, virtual reality sites, web social networks, and e-mail, (Children and electronic media, 2008). Children in the world are exposed to these electronic devices and technology at an early age; in fact even from the womb. Moreover, many children own electronic devices like mobile phones, iPods, Fun books, video games, etc., which parents buy and give them without hesitation. The overuse of electronic devices by children and adolescents leaves them
less time for outdoor games, leading to less physical activity and ends up in health, social and learning problems.

1.1 Concepts and Theoretical background
The present study intends to delve into the major concepts and theoretical background taken into consideration for this research as follows:

Defining Pornography
According to the Oxford dictionary, pornography is printed or visual material containing the explicit description or display of sexual excitement

“Pornography is the portrayal of erotic behaviour designed to cause sexual excitement. It is words, acts, or representations that are calculated to stimulate sexual feelings independent of the presence of another loved and chosen human being. It is divorced from reality in its sole purpose to stimulate an erotic response. It is preoccupied with and concentrates on sex organs for the purpose of sexual stimulation. It emphasizes the sexual organs and focuses on them in varying ways calculated to entice sexual desire (City of Youngtown V. DeLoreto, USA. 1969).”

According to the legal dictionary, pornography is the representation in books, magazines, photographs, films and other media, of scenes of sexual behaviour that are erotic or lewd and are designed to arouse sexual interest.

Internet Addiction and Porn Addiction
The American Society of Addiction Medicine’s (ASAM) definition in August 2011 describes addiction as a chronic disease of the brain that affects the reward, motivation and memory systems, and combines both substance and behavioural addiction under a common umbrella. The internet provides the tools necessary for porn addicts to execute their desires wherever and whenever the internet is available.

Internet addiction or pathological internet use is an uncontrollable and damaging use of the internet. The addict “is preoccupied with the internet (thinks about previous
online activity or anticipates the next online session)” and is unable to refrain from thinking about the internet most of the time when he or she is awake.

**Porn addiction** is an uncontrollable excessive watching of pornography, a disorder that can have destructive implications for personal well-being, social adaptation, work, sex life and family relations. Once started, he/she would watch pornography for 3-4 hours continuously and occasionally throughout the night. A person who prefers watching and carrying pornography to work even avoids interaction with family and friends; his or her multiple attempts to quit and avoid pornography for even a day would make him or her restless, irritable and dysphoric; watching the same would relieve the symptoms.

**History of Pornography**

It is likely that porn appeared in the early days of human history. Vase imagery from ancient Greece and the painted pornographic scenes at the ancient resort Pompeii are two frequently cited examples, though there are many more. The very concepts of “obscenity” and “pornography” have ancient Latin and Greek etymological roots (W. Kendrick, 1987). Pornography is a Greek word, which originally meant writing about prostitutes. Researchers have discovered rock paintings demonstrating sexual intercourse between ancient people together with petroglyphs showing hunting people. It is not clear whether it was porn or not, but those drawings could not be considered erotic as they were done in a primitive and indecent manner. A little has changed since then; however, people still cannot differentiate between pornography and erotica to tell what is allowed for demonstration in public and what is not.
The word ‘porn’ meaning ‘indecent pictures’ or depiction of whores came from Greeks who painted such frescos on the walls of their brothels. These pictures were wonderful advertisements of homes where women sold their love to Greeks for money.
Christianity prohibited depicting anything but saints for several centuries. However, the fact changed neither the quality nor the quantity of sex services. The art of porn flourished in the Renaissance. Rafael’s apprentice Julio Romano quarrelled with Pope Clemens VII. The frescos gave rise to a scandal in Europe. Before the scandalous frescos were removed some crafty painters made gravures of them. The result of the scandal was that porn spread throughout Europe.

At the end of the 18th century, France was the leading country in spreading the porn pictures. Porn became an element of playing-cards, posters, post cards and so on. Today, the porn pictures of that time seem rather chaste. But, to many, at that time, those pictures were scandalous and campaigns against porn pictures started in 19th century. People caught spreading porn were brought to court and were obliged to pay a fine.

A new technological achievement was placed at the service of porn. The first porn daguerreotype appeared in 1855 and the first porn film was made a year after the Lumiere brothers invented cinema. That was the beginning of porn business. In 1968, porn was first legalized in Denmark while Giovanni Boccaccio’s *Decameron* and Apuleius’ *The Golden Ass*” were strongly prohibited for their indecency. Then, M. C. Van Hellen Alex de Renzy made a film which was a huge success in the USA, and it is known that de Renzy still makes porn films in the US legally.

The year of 1972 was a breakthrough for the American cinematography. Producer Gerard Damiano made his film *The Deep Throat* which had fifteen scenes of oral sex. That was also the opening of the golden era of porn actively promoted by hippies.

Eroticism in ancient India was a well-studied concept as shown by the Kama Sutra, written by Mallanaga Vatsyayana sometime during the 2nd or 5th century (Ancient Love Handbook, 2011). It was considered to be an integral part of adult education at that time. The first documented porn pictures were printed in oriental manuals of sex and ‘Kama Sutra’ was the most popular one among them. The Hindu feared that the paper work might not survive and hence decorated the temples of Khajuraho with bas-reliefs of numerous figurines of people having sex. However, major changes appeared
to have occurred following the British entry and drafting of the Indian Penal Code by Lord Macaulay (2010) wherein Indian culture was admixed with the Victorian system of ethical and moral standards. Subsequent growth of the pornography industry, fuelled by the recent advances in information and technology, also further shaped the sex culture in India.

**Signs and Symptoms of Porn Addiction**

The term pornography is a depiction of the act, instead of the actual act. For example, porn does not include live exhibitions, such as the performance at a strip club. There are four categories of porn that can be determined illegal including indecency, obscenity, material that is harmful to minors and child pornography:

- **Indecent** material is pictures or messages or broadcast on television, the telephone or radio that are offensive or provide depictions of sexual activities or excretory organs. Indecent material is also known as sexual nudity and/ or abusive words that are offensive to the general public.

- **Obscenity** is graphic material with a focus on sex and or sexual violence, including deviant activities such as torture, incest and or group sex.

- **Material that is harmful to minors** is any material that represents sex or nudity and is offensive and unsuitable for minors.

- **Child pornography** is material in which children under the age of 18 are usually depicted as engaging in either simulated or actual sexual activity. This includes the exhibition of a child’s genitals.

Addiction is a disease of the mind, body and soul. It is progressive; it is a disease that affects the whole family and bankrupts the addict in all aspects of his/her life. There may be misunderstanding among people about the difference between a habit and an addiction. A habit is an act done by choice. Person can choose and will to eventually stop the behaviour. But addiction has a psychological/physical component that deprives the addict of any control over the bad habit. An addiction leads to tolerance which leads to the person needing more of whatever they are addicted to. An overwhelming interest in a particular subject can become an obsession and begin to control you, your life and your environment. People who commonly hide their addictions may often suffer with feelings of worthlessness and shame. Out of all the
different types of progressive addictions, the one that is most secretive as well as most
difficult to reveal is porn addiction.

**Figure No.1.4 Image of porn addiction**

![Image of porn addiction](http://www.indiatoday.com/in/photos/internet/pornography)


Porn addiction is a behavioural addiction. It is characterised by compulsion to view
pornographic material or content. The growth of internet has provided unlimited
access to pornography and all levels of explicitness. Internet allows the addict to store
and view porn without leaving any evidence which makes it more difficult for others
to detect the addiction.

The signs and symptoms of a porn addict are similar to the signs and symptoms of
drug addiction or alcohol addiction. They vary depending on the person and their
accessibility to pornographic material. Some of the signs may include:

- An inability to stop using porn despite numerous attempts to quit.
- Becoming angry, hostile or irritable.
- Hiding or attempting to keep the porn use a secret from friends and loved ones.
- Feeling powerless at resisting the urge to view porn.
- Neglecting family, work and social obligations.
- Losing track of large chunks of time.
- Becoming stressed, anxious.
- The more often porn is viewed, the more the need is to gain the same thrill or
  satisfaction.
Stages of Porn Addiction

Five Stages of Addiction

1. **Early exposure:** Most people who get addicted to porn start early. They see the pornographic material when they are very young, and it gets lodged within them.

2. **Addiction:** Later comes addiction, they keep coming back to porn. It becomes a regular part of their life. They find that they want to quit, but cannot. They are hooked.

3. **Escalation:** After a while escalation begins. They start to look for more and more graphic porn. They start using porn that would have disgusted them when they started. Now it excites them.

4. **Desensitization:** Eventually, they start becoming numb. Even the most graphic, degrading porn does not excite them anymore. They become desperate to feel the same thrill again but cannot find it.

5. **Acting out Sexually:** At this point they make a dangerous jump and start acting out sexually. They move from paper and plastic images of porn to the real world (Gene McConnell and Keith Campbell, 1996).

Effects of Pornography

Pornography has a tremendous amount of negative impact on the addicts. Some researches have shown that viewing and or using porn has an influence on domestic violence, sexual dysfunction, rape, difficulties with a sexual relationship and child sexual abuse. Those who are addicted to pornographic material become tolerant to the images, which may ultimately have an impact on their views of what is right or wrong in sexual behaviours. According to several studies, prolonged exposure to pornography will lead to believe that promiscuity is natural. Porn addiction is a private behaviour and is carried out secretly and in isolation. There are no people involved, simply the porn addict, the computer, photos and videos. If porn addiction is left untreated it can result in negative effects including broken relationships, feelings of shame and guilt, financial troubles, legal problems, divorce, problems with work, and school and it may ultimately lead to a high risk of engaging in dangerous or unhealthy sexual activities.
Pornography and Men’s Attitude toward Women

Academic studies by scholars such as L. M. Ward, Susan Fiske (2006) and others show that adolescent boys and girls exposed to sexualized media are more likely to view women as “sexual objects” than those not so exposed and that after viewing pornographic images, men look at women more as objects than as humans. This obviously harms women who themselves do not consume porn but who are now viewed not as human beings to be respected but as things or objects to be used.

Parents do not openly discuss sexuality or give sex education to youngsters as culturally it is considered a ‘taboo’ subject. So, young people, out of their own curiosity, look for information on the internet, which is easily available and assures them secrecy or privacy. Adolescents often lack the risk attenuation needed to discern and manage online dangers and content in safe and healthy ways. It is normal for adolescents to have sexual curiosity during their teens, but the extent of easy, and unmonitored access to pornography on the internet produces a negative effect on their attitude towards women. The recent analysis by Hald et al. (2010) strongly supports and clarifies previous data demonstrating correlation with regard to pornography inducing violent attitude against women.

Teenagers use chat lingo to communicate for instant messaging and parents do not know the meaning of some of the commonly used phrases. 57 percent do not know “LOL” (laughing out loud), 68 percent don’t know “BRB” (be right back), and 92 percent do not know “A/S/L” (age, sex, location). (Parents’ internet Monitoring Study, June 2005).

Online Pornography

The world of paper and print is giving way to a digital world where everything has a digital form, whether text, graphics or sound. The digitized world, being fast, is an added attraction for the younger generation. Cyberspace and blogosphere are the new worlds of the younger generation who exploit and experiment all possibilities of the digital environment.
According to Donna Rice Hughes, (2001), “Online pornography is the first consistently successful e-commerce product.” In 2006 world revenue gained from porn sites was 97 billion dollars, more than Microsoft, Google, Amazon, e-Bay, Yahoo, Apple and Netfix combined.

With the rapid growth of the electronic media, the way one gathers and communicates information has brought about positive and negative possibilities of using the media. On a positive note, electronic media like the internet provides a facility to communicate faster, retrieve and handle information effectively to a wider circle of people. On the downside, there is access to and distribution of unwanted information, plagiarism, security threat, etc. These concerns can be worsened by parents’ lack of internet sophistication compared to their children. The combination of the rapid growth of the internet, not knowing the effects of internet abuse, and concerns about the negative consequences of internet use have created a climate where bad news can become magnified (Morahan Martin, 2001).

A University of Montreal study recently claimed that 90 percent of pornographic material is now delivered online and another study from the technology blog Gizmodo indicated that 24.6 million websites, or 12 percent of the total websites online, feature some form of adult content. A University of New Hampshire study indicated that nearly half of all 10 year olds have seen adult content online, many without seeking it.

In a surprising survey from the Pew Research centre, published on October 10, 2013, Pew reported that of more than 1000 people surveyed, only 12 percent of the total number of adults had viewed pornographic videos online. Of males aged between 18 and 29, however, 25 percent of those surveyed said that they had watched pornographic content. Only 8 percent of women in the same age category said that they had seen adult content online. Porn industry is fulfilling a major human desire. The proliferation of amateur home videos available on the internet testifies to both the domestication of pornography and ‘porning’ of the domestic (Hillyer, 2004).

The internet is a laboratory to conduct experiments and explore technology. It is only natural that technology would be one of the sites where an exploration of sexuality
takes place, according to Susannah Stern (2008), Professor, Communication Studies at the University of San Diego.

**Child Pornography**

Child pornography is one of the fastest growing businesses online, and the content is getting a lot more hard-core. In 2008, Internet Watch Foundation found 1,536 individual child abuse domains (Internet Watch Foundation Annual Report, 2008). Child pornography is any representation, by whatever means, of a child engaged in real or simulated explicit sexual activities or any representation of the sexual parts of a child primarily for sexual purposes.

A correlation of 85% between viewing child pornography and participating in actual sexual relations with children was demonstrated by Bourke and Hernandez. The study also showed that there was a difficulty in objective peer-viewed discussion on this topic because of an attempt to suppress this data on social grounds.

A majority of social media users are youngsters, which should be a cause for concern for many parents and governments alike. Social media provides the perfect platform for paedophiles to lure naive young children in to their trap. Children do not take the kind of precautions online that the average adult would, and hence are extremely vulnerable to predators.

The availability and distribution of child pornography through the internet have become a social concern for society since the mid-nineties (Akdeniz Y., et al, 2000) when paedophiles started using this medium to share sexually explicit content. The impact and role of the internet in the production, dissemination and collection of child pornography has been assessed by a number of authors in recent years. There is a general consensus that the internet has increased the range, volume and accessibility of sexually abusive imagery, including child pornography (Krone T. 2004).

According to Healy, child pornography is a pressing problem at local, national and international levels (Healy M.A. 1996). As technology advances, legal systems will inevitably struggle to keep pace. This has proven true in relation to the issues of
internet child pornography (Quayle E., Taylor M. 2005). Child pornography involving sexual abuse and exploitation of children is undoubtedly linked to child prostitution, child sex tourism and the trafficking of children for sexual exploitation (Juan Miguel Petit. 2004). Child pornography involving real images of children is therefore a form of sexual abuse and exploitation in which the depiction of children engaging in sexually explicit behaviour poses a serious threat to the physical and mental health, safety and well-being of children.

**Sexual Abuse and Human Trafficking**

Sexual abuse is sexual exposure or contact by a person older than a child for the purpose of sexual stimulation or exploitation. Sexually abused children are found to be introverts, have low self esteem and are more anxious than those children who are not sexually abused. Children are the most vulnerable group of our society who are unable to express their trauma emotionally, when they are sexually abused.

**Figure No 1.5 Sexually abused children**

![Sexually abused children](https://www.shutterstock.com/image/photo/missing/kidnapped/abused/hostage/victim)

According to Oates (1996), sexual abuse of children means involvement of dependent, developmentally immature children and adolescents in sexual activities, which they do not fully comprehend and to which they are unable to give informed consent. Sexual abuse includes touching, fondling and penetration. The First World
Congress against the Commercial Sexual Exploitation of Children (Muntarbhorn, 1996) confirmed that large numbers of prostituted children are to be found in rich countries, including the U.S., for which the ‘End Child Prostitution, Child Pornography and the Trafficking of Children for Sexual Exploitation’ (ECPAT) estimated their numbers to be between 100,000 and 300,000 (ECPAT, 1996).

**Pornography Strikes Early**

Children may get into porn when they search for games through YouTube videos. The sketchy video that pops up may be ignored initially but then in a group of friends, such videos arouse curiosity. Such videos are usually from pornographic websites and children get hooked. Experts say that the age of the first exposure continues to drop and is currently around 11 or 12 years. The recent case that was reported was of an 8 year old who was discovered watching pornography. In an article published in paediatrics in 2007, researchers found that 42 percent youth had been exposed to pornography online. Data from the youth Internet Safety Survey conducted in 2000, 2005 and 2010 show that the prevalence of seeing pornography went from 25 percent to 34 percent. Today, internet porn is high-speed, high-definition and increasingly filled with violent actions. One content analysis of the top pornography movies from 2005 found that 88 percent of scenes showed violence against the performers, including slapping, spanking, gagging, choking, kicking or hair pulling and 94 percent of the time, the violence was directed at women. Watching such scenes can have an adverse impact on adolescents. Researchers at the Centre for Innovative Public Health Research (CiPHR) in San Clemente California found that those youth who watched violent pornography were six times more likely to engage in sexually aggressive behaviour compared to non-viewers. These behaviours include sexual assault, sexual harassment or solicitation.

According to a 2007 study on Sexual Attitudes and Behaviours Associated with US Early Adolescents Exposure to Sexually Explicit Media by Jane Brown, 13 – 14 year old males who watched internet pornography, X-rated videos and read pornographic magazines were nearly three times more likely than their non-viewing peers to have engaged in oral sex and ten times more likely to have engaged in sexual intercourse two years later as 15 and 16 year olds.
A new research has found that spending too much time watching pornography can make a person sexually aggressive. Meta-analyses of experimental studies have found effects on aggressive behaviour and attitudes; 22 studies from 7 different countries were analyzed. Consumption was associated with sexual aggression in the United States and internationally, among males and females, and in cross-sectional and longitudinal studies. Associations were stronger for verbal than physical sexual aggression, although both were significant. The general pattern of results suggested that violent content may be an exacerbating factor (Paul J. Wright., Robert S. Tokunaga., Ashley Kraus, 2015).

**Neurological Pathways**

According to the Psychobiology department of Psychiatry of Harvard Medical School, the adolescent brain is not simply a smaller, newer version of an adult brain. Their brain is not fully developed; it continues to grow until the youth are about 25 years old. Parts of the dopamine circuitry are some of the last things to finish forming. Dopamine is a chemical released in the brain in response to pleasurable activities, whether it is running, playing chess, eating a favourite food, shooting up heroin or watching pornography. After an enjoyable activity, the brain makes a mental note that it felt good so it should repeat it, explained Peter Kalivas, Professor and Chairman of the Department of Neuroscience at the Medical University of South Carolina in Charleston.

*Figure No. 1.6 Dopamine –a chemical released in the brain*

![Sexual Novelty = Dopamine](https://www.google.co.in/dopamine-release)
Teens are at a great risk for addiction says Kalivas, as relapse is inevitable due to their inability to regulate behaviour. Their brains are still developing and unlike adults, they are not biologically mature enough to exert cognitive control required to suppress sexual cravings, thoughts and behaviours elicited by pornographic content, according to a 2012 review of the latest research on the impact of internet pornography on adolescents. The inability to say no can have a life-long impact on the adolescents. Bertha K. Madras a professor of psychology is of the opinion that she can’t generalise her findings to pornography; she believes it might be possible that viewing pornography may have a similar impact on the brain however, more research is required in this field.

A survey, conducted in Canada (2014), reported that 40 percent of boys between grades 4 and 11 had looked for porn online, and that many of them admitted doing so frequently. Recent research on porn and the brain, and a growing number of sexual health experts and young men claim that internet porn is causing sexual dysfunction. A study published in JAMA (The Journal of the American Medical Association) Psychiatry revealed that researchers had scanned the brains of porn users and found that:

- There was a correlation between time spent viewing porn and reduced grey matter in their brains’ reward circuitry which govern motivation and appetite.
- The reward circuitry, which lights up in response to sexual stimuli, showed less activation, the more porn individuals had watched, both per week and over the years, even if they were not addicted.
- The connection between the prefrontal cortex, the “executive control” part of the brain, and the reward circuitry was weaker, the more porn the users watched – a risk for impaired decision making.
Cambridge University conducted a study in 2013, and found that the brains of compulsive porn users react to cue much like alcoholics and drug addicts. Porn users can have a problem on their hands, or more specifically in their brains. In a couple of studies, researchers tracked what happened after the addicts quit and found evidence that the changes had begun to reverse themselves. This is an evidence that internet overuse was indeed the cause of the problems. Surfing the internet can have a negative impact on the brain.

It is becoming more and more evident that social networking over the web is the new opium for today’s youngsters. A research study shows how the brains of people who struggle with sexually compulsive behaviour respond to sexual images. It is found that hypersexual brains do not react in the same way as other addicts’ brains. In fact, the neural responses to pornography only vary based on levels of sexual libido, rather than on measures of sexual compulsivity.

All the brain research might explain a new problem increasingly being reported by sexual-health experts; young porn users find erections difficult to achieve with a real partner or without porn. Unfortunately, internet porn has had far reaching effects before research could figure out how it adversely affects teens.
Neuroscience
According to scientists, pornography is more exciting than satisfying because we have two separate pleasure systems in our brains; one that has to do with exciting pleasure and one with satisfying pleasure. The exciting system relates to the “appetitive” pleasure that we get from imagining something we desire, such as sex or a good meal. Its neurochemistry is largely dopamine-relaxed, and it increases tension level.

Figure No.1.8 the release of dopamine

Image source: https://www.google.co.in/dopamine-release

The second pleasure system has to do with the satisfaction, or consummatory pleasure, that attends to actually having sex or having that meal, a calming, fulfilling pleasure. Its neurochemistry is based on the release of endorphins, which are related to opiates and give a peaceful, euphoric bliss.

Figure No.1.9 neurological change is reflected in reports of those who develop pornography addiction or dependence

Image source: https://www.google.co.in/pornographyimages
Porn viewers develop new maps in their brains, based on the photographs and videos they see. Because it is a use-it-or-lose-it brain, when we develop a map area, we long to keep it activated. Just as our muscles become impatient for exercise if we have been sitting all day, so too our senses hunger to be stimulated, though the viewers know that they are seduced into pornographic training sessions that meet all the conditions required for change of brain maps (Doidge N. 2007). This neurological change is reflected in reports of those who develop pornography addiction or dependence.

**Internet Pornography - A Significant Threat to Society**

Pornography hurts adults, children, couples, families and society. Among adolescents, pornography hinders the development of a healthy sexuality, and among adults, it distorts sexual attitudes and social realities. In families, use of pornography leads to marital dissatisfaction, infidelity, separation and divorce. According to Patrick F. Fagan, PhD, Psychologist and former Deputy Assistant, Health and Human Services Secretary, two recent reports, one by the American Psychological Association on hyper-sexualized girls and the other by the National Campaign to Prevent Teen Pregnancy on the pornographic content of phone texting among teenagers, show a disturbing trend. There continues to be a significant drop in the ages of children that misuse the digital revolution to dismantle the barriers that channel sexuality into family life.

The societal costs of pornography are staggering. The financial cost to business productivity in the US alone is estimated at $16.9 billion annually; but the human toll, particularly among our youth and families is far greater.

Pornography viewing by teens disorient them during the developmental phase, when they have to learn how to handle their sexuality and when they are most vulnerable to uncertainty about their sexual beliefs and moral values. A significant relationship also exists among teens between frequent pornography use and feelings of loneliness, including major depression. Adolescents exposed to high levels of pornography have lower levels of sexual self-esteem.
1.2 Pornography Statistics

Today, the number of people watching pornography is staggering. Americans rent upwards of 800 million pornographic videos and DVDs, and the 11,000 porn films shot each year far outpaces Hollywood’s yearly slate of 400. Four billion dollars a year is spent on video pornography in the United States, more than on football, baseball, and basketball. One in four internet users look at a pornographic website in a given month. Men look at pornography online more than they look at any other subject. And 66% of 18-34 year old men visit a pornographic site every month (Paul P, 2010).

Numerous statistics drawn from the 2008 internet pornography statistics confirm the impression that pornography is widely accessed by internet users, and that both production and consumption are expanding. Every second, there are approximately 28,258 internet users viewing pornography. Every day there are approximately 116,000 online searches for child pornography (Ropelato J, 2008). In 2005, 13,585 hard-core pornographic video/DVD titles were released in the United States, up from 1,300 titles in 1988. One recent study of undergraduate and graduate students, aged between eighteen and twenty six around the country, found that 69% of men and 10% of women in this sample viewed pornography more than once a month (Carroll L.M., et al. 2008).

The advent of the internet and World Wide Web in India has significantly influenced pornography distribution and access. It has provided legal loopholes and made monitoring difficult, aiding the manufacturers and distributors, while the consumer has round-the-clock availability, easy accessibility and anonymity. Internet access in India has grown from 5 million in 2004 to 40 million in 2007 and continues to grow at the rate of 17% a year, according to web metrics firm (Wikipedia, 2010). India’s growth rate is the third highest in the Asia Pacific region. Along with this, accessing pornographic material has also increased with 12% of internet websites being related to pornography, and viewers being estimated to spend roughly 3000 to 4000 dollars per second (Pope NA et al., 2007). Younger individuals were found to be more likely to use the internet, both for viewing pornographic material and to chat (Traeen B., Nelson T. S. 2006).
In short, there are evidences that more people – children, adolescents and adults are consuming pornography sporadically, inadvertently, or chronically, than ever before.

1.3 Pornography Legislation

In India watching or possessing pornographic materials is legal, although the distribution of such materials is illegal. Likewise, the publication or production of X-rated materials is illegal (Rajak Brajesh, 2011). The Information Technology Act, 2000 (IT Act) Chapter IX Paragraph 67, the Government of India clearly specifies that online pornography is a punishable offense. The Indian Penal Code, 1860 section 293 also specifies, in clear terms, the law against the sale of obscene objects to minors. The law as it pertains to pornography or obscenity is laid down in Section 292 of the Indian Penal Code, which was amended by the IT Act to include electronic data (Then Indian Penal Code, 2013).

Section 67 of the IT Act deals with “publishing obscene information in electronic form”; this law has been interpreted to criminalize the posting of pornographic content online. However, accessing obscene content privately is not illegal. The IT Act was amended by the Parliament in 2008, and Section 67B was inserted which criminalized browsing, downloading, creation, and publishing child pornography. Child anime porn is also explicitly criminalized.

Child pornography in India is illegal. In February 2009, the Parliament of India passed the “Information Technology Bill” banning the creation and transmission of child pornography. The bill enables India’s law enforcement agencies to take strict action against those people who seek child pornography. For example, browsing for child pornography on the internet can lead to a 5 year term of imprisonment and a 40 lakh fine (Swati Deshpande, 2009).

In India, distributing pornography is illegal, however, enforcement is extremely lax and pornographic material is easily available in public places. Soft-core and hardcore pornographic movies/photos are easily accessible through magazines, films or the internet. The law states that possessing and watching pornographic material is legal,
but production and distribution is prohibited. Pornographic films in India are referred to as ‘blue films’ and are available virtually anywhere, especially in areas where pirated material is already being sold. Despite the illegality, stores selling X-rated material are abundant in major cities and advertise openly. Laws are rarely enforced in these cases.

1.4 Banning Porn in India – Debate (2013)

There have been discussions and debates to ban porn in India according to a petition filed in the Supreme Court, justifying that porn is one of the causes for the exponential increase in sexual crime in India, and that watching pornography needs to be made a non-bailable offense. Certain facts presented at the intellectual discussions are as follows:

- There has been no proof until now that every case of sexual violence in India is related to watching porn.
- There is no viable study with regard to India that relates pornography to sexual violence against women.
- According to a study 30% of women around the globe watch porn as well (Pornhub in collaboration with New York-based news website, The Daily Beast, August 3, 2015).
- Sec. 292 of the Indian Penal Code, which came about by Act 36 of 1969, watching or possessing pornographic material is legal, but distributing such material is illegal and banned.

Certain thought for debate: Studies have stated that watching pornography helps in relieving sexual tension and makes the person feel better. Our society is not open when it comes to talking about sex and porn, even though many people watch or have watched porn, they will condemn it publicly (Apoorv Agarwal, 2013). Sex education and awareness should be taught at a very basic level (Ankit Rastogi, 2013). In this age of mobile phones, lots of juveniles are exposed to porn at a tender age. Right from a young age, many kids are rewired to view women as sex objects, instead of looking at them as mothers, caring sisters/teachers.
1.4.1 India Lifts Ban on Internet Pornography after Criticism (2015)

The Government crackdown of more than 800 pornographic websites has promoted a nationwide debate about censorship and freedom. India has rescinded a ban on online pornography but continues to lock websites that have child abuse images. In the first large-scale crackdown of the internet in India, the world’s largest democracy, websites were locked over the weekend as telecommunication companies began to implement government instructions.

The Department of Communication wanted to prevent pornography from becoming a social nuisance, but there was an immediate debate nationwide about censorship and freedom. Ravi Shankar Prasad, the Information and Technology minister told India Today TV, ‘A new notification will be issued shortly. The ban will be partially withdrawn. Sites that do not promote child porn will be unbanned’. The court heard a petition from a lawyer, who argued that online pornography fuelled sex crime.

A 17 page government order, issued on 31 July 2015 and leaked to freedom of speech activists, listed offending sites and directed service providers to block access on the grounds of morality and decency. The ban drew criticism from a range of India’s public. Novelist Chetan Bhagat wrote; “Porn ban is anti-freedom, impractical, and not enforceable”. Experts said the ban which the government apparently intended to remain secret, might have overstepped current laws in India.

Pranesh Prakash of the centre for internet and society, an Indian think tank, said that a provision exists under obscenity laws for blocking individual sites, but not for imposing sweeping restrictions. India has the second-largest number of internet users in the world after China. The country is expected to have more than 500 million internet users by 2017, compared to approximately 350 million now.

1.4.2 Block Child Porn Sites, Supreme Court

The Supreme Court (February 28, 2016 Times of India) directed the centre to block all child pornography websites and told the government that the excuse of technical difficulty in banning such sites would not be accepted as grounds for failure to comply with its order. A bench of Justices Dipak Misra and Shiva Kirti Singh are also
of the same view that people should not be allowed to watch pornography websites at public places in the name of freedom of speech and expression and that such persons should be booked for obscenity.

“Innocent children cannot be made prey to these kinds of painful situations and a nation, by no means, can afford to carry out any kind of experiment with its children in the name of liberty and freedom of expression”. Additional Solicitor General Pinky Anand and advocate Rajesh Ranjan, appearing for the centre, contended that the government was committed to blocking child pornography and steps were being taken to curb such sites.

Advocate Vijay Panjwani, appearing for the petitioner, pointed out that freedom of speech did not give unfettered power to people to watch obscene videos at public places which would create a dent in the national character and moral spine of the country. Association’s lawyer and senior advocate Mahalakshmi Pavani (Supreme Court Women Lawyers Association SCWLA) told the bench that child pornography was spreading like cancer and it must be cured. She brought to the court’s notice about an incident when a school bus driver and his helper were arrested as they had forced the school children to watch pornography on their mobile phones and molested them. The bench directed the petitioners, the Association and National Commission for Women to give their suggestions to the government on ways to curb the menace of child pornography.

The Supreme Court has asked Central Government to create an online portal and hotline number to curb the child pornography and rape videos on the internet, where anonymous complaints could be filed against those responsible for uploading such offensive videos. The panel also emphasized the need to create a central reporting mechanisms and any person/organisation should be able to report any child porn/rape and gang rape with ease (The Times on India, October 28, 2017).

1.4.3 Medical Reasons not to Ban Porn

According to the National Institute of Mental Health and Neuro Sciences (NIMHANS), a blanket ban on pornography would make the de-addiction process difficult for those addicted to pornography. The sudden inaccessibility of porn would
lead to distress among teenagers. The porn de-addiction clinic, the first of its kind in the country was started under the banner of SHUT (Services for Healthy Use of Technology) in February 2014. According to Dr. Manoj Sharma, Department of Clinical Psychology, NIMHANS, a ban on pornography has both its positive and negative points. Persons who are habituated to watch porn get relieved of stress and are relaxed, but sudden inaccessibility may lead to distress, and cause withdrawal symptoms.

A few studies conducted in an institution have revealed that most of the times a person gets introduced to pornography when he or she is between 13 and 17 years of age. All clients who are currently being treated at SHUT are boys. Almost 70 percent of people who spend long hours watching porn started out of curiosity. While many feel happy after watching porn, quite a few also feel guilty. Among those undergoing treatment at the clinic, most come from upper middle class families; they started watching porn occasionally but got hooked onto it. Initially they would masturbate even during the daytime, which affected their studies. Gradually the addiction took them to visit sex workers.

According to Dr. Vivek Bengal, professor of Psychiatry, any kind of ban will create a black market and teenagers will always try and procure it through other means. Easily accessible porn may increase the risk of children getting hooked onto it, while imposing a ban might get them to procure it illegally and can cause more risk.

1.5 Televised Violence and Sex
Aggression is a trait, a motive to hurt and even to kill. Children observe the models around them. If they see violence and aggression, these behaviours are imitated by the children. Exposure to the media is another major source for such violent acts. Private TV channels depict sex, violence, aggression, nudity and vulgarity. Exposure of children to such media reduces their emotional sensitivity to violence and its consequences, which may be harmful to them. After watching countless assaults and sexual acts, they become desensitized to such exhibitionism and show less emotional reaction to them. This could lead the child to imitate an act learned from television in a real life situation.
Teenagers with frequent exposure to sexual content on TV have a substantially greater likelihood of teenage pregnancy, and the likelihood of teenage pregnancy was twice as high when the quantity of sexual content exposure within the viewing episodes was high.

An interesting Sex Survey was conducted by India Today in three cities of India and the tale of these cities is as follows: they are not small towns, not metro cities and by no means glamour hubs, but, to the nation, they are known for their rooted and conservative ethos. So what makes the teenagers of Ahmedabad, Patna and Jaipur the most experimental when it comes to sex? A gynaecologist at a government hospital encountered a student who came to her in her school uniform seeking treatment for a problem after a sexual encounter with her boyfriend. The doctor noticed that this girl was laughing about it and totally did not regret it. The youth today are more liberated than ever before (Suhani Singh, 2015).
1.6 Indian Youth

Porn has particularly grown as a powerful medium to quench the need of carnal pleasure. With accessibility to the internet increasing every second, viewers of porn do not require any better place than the internet. Excessive porn addiction has risen because of its easy accessibility. Once upon a time, it was the western countries that were affected by porn addiction, but today the same disease seems to have struck the Indian teenagers and youth.

The need to satisfy sexual demands has not only confined the youth to carnal gratification for porn but has also led to societal and marital hindrances. According to studies, teenagers are inclined towards the knowledge of sex, the behaviour of the body and the opposite sex for sexual intercourse. The internet comes to the rescue of teenagers as it provides an infinite catalogue of videos, stories and memes of sexual intercourse, chat rooms and even programmes. Sex sites are available across the national domain of internet servers. These sites forget that 356 million youngsters of the country also view these sites. Researchers confirm that a healthy fraction of that number is involved in viewing pornography sites for around 2 – 8 hours of the day. Most of the teenagers consider sex as a source of fun and get into the trap of its addiction eventually. They experience emotional distancing and have unrealistic demands and expectations.

At the NIMHANS Clinic in Bangalore, Dr. Manoj Sharma Kumar sees some extreme cases of addiction among teenagers – a 16 year old spends 12 hours on weekends and seven hours on school days playing games, and a 17 year old whose addiction to pornography lead to high risk behaviour with sex workers. The most common symptoms he sees are teenagers becoming irritable, letting their academic scores fall and becoming violent if technology is withheld.

1.6.1 Prevalence of Porn Addiction among College Students

A national survey was conducted in Coimbatore among college students on the prevalence of porn addiction. 400 students were selected from 10 colleges in the age group of 18-21 years. It was found that boys on an average begin watching porn in high school. Around 70 percent watched nearly four hours of pornographic videos a
week including child pornography and rape. Porn addiction was epidemic in rural areas and was the latest bad drug, more addictive than cocaine, says Abishek Clifford, Chief Executive Officer of Rescue, a statistics and ethics Lecturer from London who carried out this survey. 31 percent of college students in Coimbatore watch porn, rape and gang rape. This translated to around 6,700 new students who start watching rape in Coimbatore each year. Further, after watching child porn, nearly 18 percent of college students went to prostitutes once a month on an average. This perverse desire is leading to approximately 360 high school girls being abducted every year in Coimbatore, according to statistics maintained at the Central Bureau of Washington. Although the representation of students from each college that participated in the survey is small, the result of the survey is an eye opener to the nation.

1.6.2 Rising Porn Addiction in Indian Youth Worrying

Young adults across several western countries are feeling the ill-effects of excessive online porn; the sudden spurt in online access has also put Indian teens at a great risk. According to sex and behavioural services experts, sex is one of the mysteries to which teenagers seek an answer and they reach out for answers through the social media or general Web. It is because of their ignorance regarding sex, more than any other factor. The experts say that often the answers come in the form of pornography. According to Dr. Sudhakar Krishnamurthy, director of Andromeda Andrology Centre in Hyderabad, people need to learn first what healthy love-making is all about; porn is a mixed bag.

According to Dr. Krishnamurthy, an educated man or woman will treat porn not just as a tool for carnal pleasure, but for enhancing the overall experience of being together. But the teenagers who watch it for fun get trapped. Easy online porn access may dispose many young people towards risky sexual behaviour, especially in a country which has at least 356 million young people, the world’s largest youth population.
According to India’s leading sexologist Dr. Prakash Kothari, “Porn addiction depends on an individual’s personality where the desire is uncontrollable, the need is unquenchable and the behaviour is compulsive”. Dr. Sameer Malhotra, Director of the Department of Mental Health and Behavioural Sciences at Max Super Speciality Hospital in New Delhi, is of the view that excessive porn viewing could be reflective of compulsive trait/behaviour of an individual. Experts believe that sex education for school going children may be an answer to avoid obsessive behaviour with porn, later in life. Dr. Malhotra emphasises that age appropriate sex education and sensitivity towards youth can help in preventing risky behaviour, addressing myths associated with sexual issues.

Recently, a leading sexologist in Denmark called for pornography to be shown in the classroom. According to Professor Christian Graugaurd of Aalborg University, it can help teenagers become “conscientious and critical consumers” who are able to tell the
difference between pornography and the reality of sexual relationship. That may seem extreme for Indian parents, but appropriate sex education may sift the myth or aggregated ability that porn projects from healthy sex that everyone can enjoy.

With the spread of cheaper and more user-friendly computer technology and software, the use of the internet has increased dramatically. Researchers confess a lack of full knowledge about the porn problem and argue that pornography still needs to be studied in order to make a more accurate prediction (Bryden & Grier, 2011). Although it does indicate inquiry into the use of internet pornography among adolescents, the research is sparse and leaves more questions than answers.

Although the empirical record clearly suggests that pornography, especially of the hard-core and violent sort is harmful, it is limited by several constraints. For one, internet pornography in particular, is so new that more time will be required for a more in-depth study of the phenomenon. Further, the pornography industry is by nature somewhat secretive, making reliable data hard to come by. In addition, consumers respond to a study about their use of pornography less willingly than about other, more publicly discussed subjects, therefore much research remains to be done. American National Public Radio discussions of pornography (Justice Talking, December 20, March 2008) were largely of opinions and anecdotes with only a modicum of law discussed. Actual data about any research that demonstrated the effects of pornography were sparse and many significant studies and findings were omitted from the programmes’ presentations and subsequent blogs.

There are a few de-addiction centres or health clinics to address children affected by exposure to pornography, but these few private service providing centres keep their identity a secret due to the existing social stigma related to sex and pornography. Therefore the real picture of children’s use of pornography and its effects are still, a well guarded secret.

1.7 Rationale of the Study

The rationale of the present study endeavours to link a gap in the existing literature by empirically investigating the correlations of porn addiction on demographic factors
and personal factors of the high school students. More distinctively the relationship, effect, differences and interrelationships are explored.