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CHAPTER 2--- LITERATURE REVIEW

2.0 Introduction
A literature review gives an overview of the area of study. As part of the study on porn addiction patterns among the students of various age groups at international, national and state level, the researcher carried out an extensive review of literature. The goal of the review is to examine the research related to porn addiction, be it through the internet, mobile and other media among the adolescents and youth with regard to the area of focus.

2.1 Pornography among School Students

Attitude towards Pornography among High School Students in Sweden

The objective of this study was to investigate the consumption of and attitude towards pornography in relation to demographic factors and relationship to parents among school students. A random sample of 718 students with a mean age 18 years (range from 17 – 21), completed a questionnaire consisting of 89 items. It was found that the respondent mostly looked at soft porn, heterosexual mainstream pornography and erotic (58% of which 44% were females and 56% males), but 31% (of which 26% were females and 74% males) had looked at hard core pornography, and 3% at violent pornography. Regarding attitude towards pornography, both male and female students stated that they got inspiration and new ideas from pornography, but female students were of the opinion that pornography created uncertainty and demands.

Respondents confirmed that watching pornography was common among young people today, since most teenagers had easy access to the internet and a variety of TV
channels. The result showed that the impact was more practical than theoretical; respondents admitted being influenced by pornographic material with a higher percentage of males in this category. Also, a high percentage of students reported that they were sexually aroused by pornography and they considered it to be a source of inspiration and new ideas.

The study concluded that the students’ social background influences their choice of a high school programme. Pornography was consumed mainly by male students of both study programmes and they reacted more favourably towards it than female students who mainly had negative attitudes.

**Online Pornography for School Boys**

During the last decade, pornography has become an important online product, accounting for hundreds of millions of web pages (D’Orlando, 2011). D’Orlando suggests that the evolution of the pornographic market over the last few decades has seen a progressively reduced role for traditional media, through which pornography was once brought to consumers, and a rapid rise of new media. During the last few decades, the sex industry has become one of the largest grey-zone business activities worldwide, which effectively and increasingly uses new and older forms of technologies and services based on gendered commercialisations of the body and desire, Jyrkinen (2012).

A study (n=594) in New England by Sabina, Wolak and Feinkelhor (2008) found that overall, 72.8% of participants (93.2% of boys, 62.1% of girls) had seen online pornography before the age of 18. Most exposure began when young people were between 14 and 17 years of age and boys were significantly more likely to view online pornography more often and to view more types of images. According to a study by Ruskus Zvirdauskas & Kacenauskaite (2010) in Lithuania, boys are much more frequent viewers of online pornography than girls, with boys connecting to these kinds of websites almost daily.

Emmers-Sommer Burns (2005) emphasize this as a concern, considering that the internet is available to all and that children or adolescents who do not have a clear
understanding of sexuality or sexual relationships can easily access pornographic material with the click of a mouse. Despite these alarming tendencies, the topic of online pornography has stayed out of curricular and extra-curricular education and is left to informal self-education. In a TED talk, Cindy Gallop (2009) argued that ‘Porn Has Become De Facto Sex Education’. Pornography is a suppressed topic in educational environments, because it is seen as both illegal and immoral. The taboos surrounding pornography elsewhere disappear on the internet; the internet makes acceptable and tolerable what is not acceptable and tolerable publically.

According to Flood (2009), pornography can influence viewers’ attitudes towards, and adoption of, particular sexual behaviours. Internet and online pornography can therefore become a significant factor in gender socialization, promoting beliefs that women are sex objects (Peter & Valkenburg, 2007), sexual violence, decreased sexual intimacy, Flood 2009), increasingly negative attitudes toward women (Emmers-Sommer & Burns 2005), and online infidelity (Heline, Lamke & Howard, 2007).

**Online Pornography and Victimization as a Media and Gender Issue**

Online space and internet use have become an inseparable part of the daily life of adolescents during the last few years. The internet offers its users unprecedented access to a very large scale of information, resources and meanings. Berson (2003) points out that just as fire has brought us warmth and light, the internet has ignited an excitement for learning in a global medium. It extends opportunities for users and opens up access to informal learning. Informal learning may be seen as including three types of learning: self-directed learning is intentional and conscious; incidental learning is unintentional but conscious; and learning acquired through socialization is often unintentional and unconscious, (Schugurensky, 2000).

Online pornography is often regarded as harmful and offensive, degrading and exploitative, especially with regard to youth (Hargrave & Livingstone, 2009). According to Flood, children may also be alienated, as many adult women are, by the subordinating representations of women common in pornography. Flood reports that exposure to media which sexualizes girls and women, is associated with greater acceptance of stereotyped and sexist notions about gender and sexual roles, including
notions of women as sexual objects. Flood concludes that pornography is a poor sex educator and that subsequently, ‘young people’s use of pornography may have further negative impact on their sexual and intimate relationships’ (p.393). In this sense pornography and victimization are connected.

The aim of conducting this study among school boys was to analyse the opportunity of an educational response to online pornography access. A participatory action research was undertaken in a Lithuanian secondary school, aiming to validate the need and the methods for critical consciousness education for school boys to counter the expressive and victimizing phenomena of online pornography. The focus group participants asserted that they were watching pornographic material out of curiosity and a desire for sexual satisfaction; it was a means for them for both self-education and physical relaxation. The schoolboys unanimously came to the conclusion that pornography was a suitable and normal means for sexual self-satisfaction through masturbation. Curiosity, a need for physical relaxation, biological nature and unlimited accessibility – all these motives were named by the schoolboys as their reasons for using online pornography.

The research results demonstrated that schoolboys were able, through discussion, to recognize possible threats and indicate potential preventive means while discussing their experiences with online pornography. The findings suggested that online pornography should not be seen as young people’s self-education because of its harmful and victimizing character.

**Effects of Pornography Exposure among High School Students**

Children and adolescents are increasingly exposed to pornography. In an Italian study, a sample of 702 adolescents, 11% males were not exposed, 44.5% were exposed to non-violent material, and 44.5% were exposed to violent/degrading material. Among female students, 60.8% were not exposed, 20.4% were exposed to non-violent material and 18.8% were exposed to violent/degrading material. A review in experimental psychology revealed that there were reliable associations between exposure to pornography (especially violent) in a laboratory setting and men’s attitudes to rape and aggressive behaviour. These aggressions were stronger in men
presenting other risk factors for sexual suggestion (Malamuth, Addison & Koss, 2000, Malamuth & Huppin, 2005). A meta-analysis of non-experimental studies also found a significant positive association between pornography use and attitudes supporting violence against women (Hald, Malamuth & Yuen, 2010).

In a longitudinal study, male adolescents who listened to songs with lyrics which were degrading and hostile toward women were more likely to have initiated various sexual activities than youth listening to songs with sexual but not demeaning content (Martino et al. 2006).

**Content of Pornographic Material**

In a study in the United States, violence in X-rated material was defined as “being physically hurt by another person while they were doing something sexual” (Ybarra et al. 2011). In a Swedish sample roughly 12% of male high school seniors and 4% of their female peers, in response to a single question on “sex with violence and force”, admitted to watching violent sex (Svedin & Pricbe, 2007). In an Italian study, the content of pornography watched was investigated through numerous questions, seven of which described degrading or violent acts towards women (such as urinating on, torturing or raping her), 42% of male adolescents and 32% of female adolescents watched material containing at least one of these acts (Romito & Beltramini, 2011).

Their study focused on respondents’ pornography exposure, bi-variance analysis of the links between the respondents’ socio-demographic characteristics, their victimization history, social and health risk behaviours and the outcome variable “pornography exposure”. 89% of the male and 39% of female students said they watched pornographic material. Among male students, no indicator of victimization was significantly associated with pornography exposure, while female students were the victims of family violence, sexual violence and teen dating violence which were significantly associated with exposure.

Although this study had a lot of strength in terms of distinguishing the differences between violent and non-violent pornographic content, their study failed to make a
generalisation because of the large sample and the sample was not rationally representative.

2.2 The Impact of Pornography on Children and Youth

Pornography is influencing everything from teens’ language that frames sexuality to how they pierce certain body parts. It is a matter of concern that children grow, develop and learn about themselves, their gender and relationship through the lens of pornified culture. This environment, paired with a lack of healthy messages and images, affects their vulnerability to victimization and perpetration. 15 percent of 12 - 17 year olds reported looking at X-rated material, either online or through traditional mediums (Ybarra et al 2011). In a study of 876 young people aged 15 – 25 years in Sweden, who visited a youth centre for a period of one year, “nearly all of the participants had viewed pornographic movies (among those of 15 years of age (98% were boys and 73.5% girls). The majority of males 62.7% respond positively towards pornography, describing it as ‘stimulating’ and cool, but above all exciting” (Wallmyr.G & Welin C. 2006).

A rigorous meta-analysis of 46 studies provides clear evidence confirming that pornography exposure is one important factor contributing directly to the development of sexually dysfunctional attitudes and behaviours. The adverse effects of pornography exposure identified include developing sexually deviant tendencies, committing sexual offences, experiencing difficulties in one’s intimate relationships, and accepting rape myths, e.g. a rape victim deserved to be raped because of how she dressed (Paolucci-Oddone, E., Genius, M., Violato, C. 2000).

In-depth interviews with 458 Cambodian children 12.5-17.5 years old found that not only does pornography have a strong impact on the behaviour of the children who view it, but on other children as well, due to increased levels of physical and verbal sexual harassment of girls, and the general increase in sexualised discourse among children (Fordham 2006). Pornography is a poor sex educator. Most of it is too explicit and unrealistic for young children. Pornography neglects intimacy and romance, and is based on sex and erotic violence.
In a sample of 312 juvenile sexual offenders, more than 50% of both groups saw some form of pornography before age 10, and nearly all youth were exposed to pornography after age 10. Pornography exposure was significantly correlated with their sexual arousal toward males under 12, masochism, males and females aged 13 – 18, and sadism. Additionally pornography exposure prior to age 10 was significantly correlated with felony assault, general delinquency, theft, drug sales, alcohol use, drug use, robbery, public disorderly conduct and property damage.

**Pornography Harms Children**

Easy access and exposure to internet pornography raise concerns about children’s health and well-being. Although blocking and filtering software can prevent access, unwanted and intentional exposure is always possible. (In 2005, in a study of youth aged 10 – 17 years, 42% reported intentional and unintentional exposure to online pornography in the past year (Wolak Janis., et al. 2007). Continued exposure to pornography can have a negative impact on children and youth. Research shows that media has a tremendous capacity to teach children positively and negatively. Excessive media use, particularly where the content is violent, gender – stereotyped and/ or sexually explicit, skews children’s world view, increases high-risk behaviours, and alters their capacity for successful and sustained human relationships (Villani Susan, 2001).

Dr. Sharon Cooper, a forensic paediatrician and faculty member at the University of North Carolina School of Medicine, maintains that “imagery definitely affects children” and those children receive unhealthy sexual images from adult pornography (Duke Rachel B. 2010). Dr. Cooper argues that children and youth are more vulnerable to pornographic images than adults because of mirror neurons in the brain which convince people that they are actually experiencing what they see. Mirror neurons play an important role on how children learn. Children learn mostly by imitation, with mirror neurons involved in the process of observing what other people do and imitating those behaviours (Blakeslee Sandra 2006).
Childhood and Early Adolescent Exposure to Pornography

There is an increased exposure to explicit sexual content throughout media sources today; children and young adolescents are greatly influenced by such material. Unfortunately, through easy access to the internet, many children are overexposed to numerous sites with sexual content. It is of grave importance to supervise their internet browsing as the younger generation is becoming sexually active early in life through exposure.

Research has established a connection between early exposure to sexual content and intimacy disorders, high risk sexual activities, sexual violence and sexual misconduct. According to the Paediatrics’ Journal, there are significant associations between teenage exposure to explicit sexual content in the mainstream media and sexual activity such as sexual harassment, engaging in sexual intercourse, oral sex while in high school, and more permissive sexual norms (Straburger, Vicotr C., et al. 2010). The messages that are conveyed to youngsters through the media about sexual activity, have given wrong ideas about sex, creating a fantasy that does not highlight the risk involved, such as unplanned pregnancies, sexually transmitted diseases, rape, etc.

Research studies also demonstrated the impact of early exposure of pornography on children and adolescents. One such study of over 900 sexual addicts, reported early pornography use as a factor contributing to hyper sexuality, with 90% of male participants and 77% of female participants admitting pornography use as a prevalent factor for their addiction (Psychology Today, “Over exposed and Under-Prepared”, 2012). Early exposure to pornography can also increase the likelihood of a child becoming a victim of sexual violence, instigating sexual violence against another child, and greater involvement in deviant sexual practices, such as rape (Marshall W.L. 1988).

Pornography short-circuits and/or distorts the normal personality development process and supplies misinformation about a child’s sexuality, sense of self and body that leaves the child confused and damaged (Interview with Ann Burgess, 1997). It is important to understand the effects that could arise as a result of early exposure to
sexual content, such as pornography. They may not comprehend the content that they see, but the images viewed can have a lasting impact on their development.

**Adolescence, Pornography and Harm**

Proliferation of pornographic material and their easy access, place unwanted adult content before young people. As a result, young people are exposed to sexual information before they are developmentally capable of integrating it into a healthy sexual identity. Generally, males are exposed to more pornography as they undertake activities and socialize within environments that place them at a higher risk, and they actively seek out sexually explicit material than females; 73 percent of males (5% exposed weekly, 16% exposed every three to four weeks) compared with 4 percent of females (all exposed less than once every three months) watched X-rated videos. On a broad scale, exposure likely mirrors the biological and cognitive cycles that modulate sexual interest, desire and risk taking, as it is low in preadolescence (less than 10 years), which increases sharply in adolescence and in adulthood (Carroll et al 2008).

Historically, pornography use has been taboo, and it remains so for younger children. Adolescents who have high sensation seeking needs (Peter Valkenburg 2006), who enact rule-breaking behaviours or who are delinquent, commonly report higher rates of deliberate exposure (Bjornebekk 2003; Wolak et al.2007). Greater exposure to pornography is also reported of dissatisfied and depressed youth, possibly due to links with impulsivity, relief of dysphoria, poor social functioning, and offline and online victimization (Peter & Valkenburg 2006; Wolak, Mitchell & Finkelhor 2007; Ybarra & Mitchell 2005). When adolescents are exposed to pornography, it can interfere with their sexual development, and undermine physical, emotional and psychological wellbeing that may harm their natural developmental process.

**2.2.1 Effects of Exposure to Pornography**

For the last 30 years, social scientists have studied both behavioural and attitudinal effects of exposure to pornographic material. Evidence of the influence of exposure to pornography or sexual assault is inconsistent at best (Dwyer, 2008, Segal, 1994). Some of them are of the view that availability and exposure to pornography increases negative attitudes about females and sexuality. This will make the viewers oblivious
to their feelings and thoughts and increase the risk of committing sexual assault or rape. There are others who believe that pornography may be something of a catharsis for those with pent up sexual aggression and watching pornography may actually reduce the desire to engage in sex crimes such as rape, etc. The latter hypothesis has arguably received at least equal empirical support as the other alternatives (D’Amato 2006). Empirical research has also shown that some persons have greater inclination towards aggression and violence regardless of the type of media they view (Ferguson Cruz et al. 2008, Ferguson, Rueda et al. 2008).

Results of existing experimental research on the effects of pornography and sexualised violence have been viewed in several meta-analyses (Allen, D’Allessio & Emmers-Summer, 2000, Odone Paolucci, Genius & Violato, 2000, Gunter 2002). Correlational study concludes that pornography exposure may actually serve to protect the consumer against engaging in violence (Garos, Beggan, Kluck and Easton 2004). For instance, it is found that pornography protects against negative attitudes toward women. However, pornography consumers may be more prone to benevolent sexism, which involves beliefs that women should be protected from pornography consumption and negative attitude towards women. Although results are not consistent, others have found an association between pornography use and self reported sexual aggression (Malamuth, Addison & Kosh 2000, Vega & Malamuth 2007).

The results of this scholarly research regarding the relationship between exposure to pornography and sexual attitudes and behaviour reveal that the effects appear negligible, temporary and difficult to generalise.

**Pornography and its Association with Sexual Experience, Life Styles and Health among Adolescents**

An American study of male adolescents, with data collected between 1973 and 2010, reported that pornography was associated with more positive attitudes towards adolescent sex, premarital sex and extramarital sex (Wright P.J., 2013). The impact of pornography may be important for some individuals whereas others may not be affected by pornography. In Sweden, between 10% and 30% of boys, 18 years of age,
were reported watching pornography once a week or more often (Haggstrom – Nordin E., et al. (2005). Among adolescents in the Nordic Countries, 92% reported having watched pornography (Wallmyr G., Welin (2006). Adolescents perceived that pornographic messages created pressure about physical appearance and mastering sex techniques (Mattebo M., et al. 2012). The messages in pornography conveyed the idea that young girls should look sexy; bodily perfection was exemplified by sexualized ideals of young, thin and beautiful models. The underlying messages for boys were that they should be sexually dominant and objectify the female body (Papadopoulur L. 2010; Sorensen A.D, 2007).

Recently, health scientists have become interested in the positive aspects of sexual health, and it is reported that sexual health is a crucial part of general well-being (Anderson R.M. 2013). Sexual activity among teenagers may be a source of physical and mental suffering if it is forced or leads to unwanted pregnancies, STIs, social isolation or stigma. On the other hand, it can be a source of pleasure, contentment and development (Vrangalova Z., Savin – Williams R.C. 2011).

Sweden has high rates of reported Chlamydia Trachomatis infections (is a gram-negative bacterium that infects the columnar epithelium of the cervix, urethra, and rectum, as well as non-genital sites such as the lungs and eyes), with one-third of cases during 2013, occurring in adolescents aged 15 – 19 years (The Public Health Agency of Sweden 2014). There are higher rates of abortion in Sweden than in other Nordic countries and countries in Western Europe (Makenzius M., et al. 2013).

The main findings of this study were that, frequent use of pornography was associated with lifestyle problems, like alcohol, and a sedentary lifestyle. In the longitudinal analyses, it was found that frequent use was more associated with psycho-somatic symptoms compared with depressive symptoms. Perception of pornography is generally more positive among boys than girls. However, there were minor differences regarding sexual experiences between the consumption groups among male participants. The findings are in contrast with other research where frequent users of pornography have often reported sexual experience to a higher extent (Braun – Courville D.R., Rojas M. 2009). A higher proportion of girls than boys were
sexually experienced in oral sex, intercourse and anal sex, consistent with previous research in the Nordic countries (Gravningen K., Furberg A.S., et al. 2012). Finding out the differences in the result in the other studies was seen as a positive.

2.3 Pornography on Mobile Devices Fuelling Addiction, Brokenness
According to a new study from Juniper Research, a London analyst of the wireless sector, by 2017 access to pornography on smart phones and tablets will be available to 250 million people worldwide. Higher resolution screens, faster networks and personal security offered by password-protected phones and tablets will make the devices the faster-growing distribution channels for adult content since the internet was created, according to the study released on September 25, 2013.

R. Albert Mohler Jr., president of Southern Baptist Theological Seminary, wrote in an online column on October 9, 2013 that explicit images had crept into every facet of American media, including advertising and marketing. This “ambient pornography,” Mohler wrote, confronts viewers even in settings traditionally considered safe, like shopping malls and on primetime television. Mohler pointed to a book by William M. Struthers, who had pointed out that pornography disrupted the normal function of the male brain and rewired it to dismiss the normal God given desire for sexual intimacy with a spouse.

2.4 Violence and Negative Attitudes towards Women
Studies on sexual violence in the media indicate that youth accept, learn from and may emulate behaviours portrayed in the media as normative, attractive and without risk (Rich Michael 2009). A 2010 study of 50 popular pornographic films suggests that popular pornography contains high levels of physical and verbal aggression (Bridges Ana J., et al. 2010). The study found that only 10.2% of pornographic scenes did not contain an aggressive act. Physical aggression occurred in 88.2% of scenes and verbal aggression in 48.7%. Men committed 70.3% of all aggressive acts and 94.4% of aggression was directed towards women (Hald GertMartin., et al. 2009).

A 2001 to 2004 study of middle and high school youth found 76% of boys who reported committing some form of sexual harassment also reported use of sexually explicit media (Brown & L. Engle 2009). A 2006 to 2008 survey of youth aged 10 –
15 found that youth who reported exposure to pornographic material were 6.5 times more likely to report sexually aggressive behaviour (Ybarra Michael L., et al. 2011). Because of modern trends in pornography consumption and production, sexualized media, sex crime, sexually transmitted diseases, online sexual predators, internet dating services, and sexualized cyber bullying, the women of today live in a world more sexually distorting, daunting, and aggressive than ever before, and developmentally, much earlier. (Manning, 2010). In February 2009, a study was conducted by Susan Fiske, professor of psychology at Princeton University. She used MRI scans to analyze the brain activity of men viewing pornography. The result showed that, after viewing pornographic images, men looked at women more as objects than as humans. Three separate studies found a strong association between pornography consumption and engaging in oral and anal sexual intercourse among adolescents (Roglala C., Tyden T, 2003).

There is harm to the women who do not participate in it but are denied their own, supposedly non-pornographic sexuality, because they are encouraged to perform the acts depicted in it by men who are acculturated by it; and they claim harm in the sense that the depicted acts can lead directly to conditions of physical endangerment for all women, Morgan (1980), Dworkin (1981), Brownmiller (1975), & MacKinnon & Dworkin (1988).

Affects Healthy intimate Relationships:
Establishing a romantic and sexual relationship is a normal developmental task in the life of youth and young adults. Socialization theory suggests that a frequent exposure to gender and sexual behaviour can affect a young person’s sense of what is expected sexually for men and women and may also affect later behaviour (Brown & L. Engle 2009). Sexual content on television often sends messages about sexuality that are distorted, stereotypical and potentially harmful. Frequent viewing of sexually oriented TV content like soap operas, music videos and prime time programmes are associated with greater acceptance of common sexual stereotypes and dysfunctional beliefs about relationships (Ward L Monique & Kimberly Friedman 2006).
2006 survey of high school youth aged 14 – 15 found regular media use was associated with support of sexual stereotypes and that youth who reported watching television for companionship were more likely to agree that sex is recreationally oriented, men are sex driven and women are sexual objects. Media images also offer information about sexual relationships without addressing the risks and responsibilities of sex, such as pregnancy and STIs (Chandra Anita et al 2008).

**Pornography Addiction can Harm Relationship**

A new study, by Nathan D. (2017) in the Journal of Sex Research, has found that people who perceive themselves to be addicted to pornography can face problems with pursuing and maintaining romantic relationships, regardless of how often they actually view pornography. The study of 350 men and 336 women found that heightened relationship anxiety regarding pornography use was linked to higher pornography use, a greater perception of pornography addiction and religiosity. One of the major findings of the research was that religious individuals are more likely to believe themselves to be addicted to pornography, regardless of how often they are actually using it. Another major finding was that believing themselves to be addicted to pornography, far more than using pornography, was connected to being hesitant to pursue romantic relationships and more likely to be uncomfortable disclosing pornography use. The study concluded that the reason could be religious individuals who are often told pornography is wrong, are more likely to experience negative emotions like depression and shame from pornography use. The combination of unwanted sexual feelings and poor coping with negative emotions may eventually lead religious individual to believing that their pornography use is uncontrollable. Basically, those who believe themselves to have a problem with pornography start to believe they are undesirable as a romantic partner or “damaged goods” in the dating market (PsyPost.org/April 10, 2017 & The Indian Express, April 18, 2017).

**2.5 Women’s Attitude toward Porn**

Both men and women can be physiologically aroused by viewing sexual activities online. Women’s use of pornography differed from men’s pornography use. Allen et al, 2007 theorized that the different gender experiences of pornography might be due to the fact that men and women have similar physiological responses to different
types of pornography, but women have more negative psychological response. For example, women were more likely to rate a pornography scene as disturbing, wrong or degrading, regardless of their physiological arousal. Bridges, Bergner & Hesson – Mcinnis (2003) conducted a study that revealed that women experience a negative view of themselves, their partner, and their relationship once they learn of their partner’s pornography use.

A study conducted on college students by Megan Maas (2012) revealed that young women who are repeatedly exposed to pornography, may be influenced by themes of degradation and objectification of women and may develop negative attitudes toward themselves and women as a whole.

2.6 Pornography and Mental Health
Recently, pornography addiction was rejected as a disorder from the upcoming edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM –V) (Robinson, 2011), despite numerous studies indicating the negative effects that excessive pornography use has on an individual. Several studies have indicated that both sex and pornography are addictive behaviours (White & Kimball, 2009; Kwee, Dominques & Ferrel, 2007; Levine, 2010, Young, 2008; Carenes, Murray & Charpentier, 2005) that need to be better understood. Mental health disorders that have been associated with pornography usage include depression (Schneider, 2000; Ybarra & Mitchell, 2005), global severity of psychological symptoms (Brand, Laier, Pawlikowski, Schachtle, Scholer & Altstotter-Gleich, 2011), and anxiety (Levin, Lillis & Hayes, 2012; Morrison, Harriman, Morrison, Bearden && Ellis, 2004). Additionally, individuals with narcissistic personality disorder have been found to experience more fleeting romantic relationships lacking intimacy and commitment than non-narcissistic individuals ( Twenge, 2007) something which pornography users also suffer from (Lambert, Negash, Stillman, Olmstead & Fincham, 2012).

Cooper, Griffin-Shelley, Delmonico and Mathy (2001) found that a high percentage of individuals with online sexual problems or troubles related to pornography usage, not seen in the average individual, reported having current or prior contact with a mental health professional for both present and past psychiatric medication and
counselling. According to pornography research, both impulsivity and compulsivity have been found to be more damaging to individuals who experience problematic internet pornography usage, or addiction, than those who do not use pornography with the same severity (Wetterneck, Burgess, Short, Smith & Cervantes, 2012).

Research (Bryden & Grier, 2011) addressed the suspicion that pornography was one of the causal factors of rape. Mulac et al. (2002) indicated that their study contained some evidence that men who viewed sexually explicit material treat women in a more demeaning and degrading manner than those who did not view pornography at all.

The purpose of the study was to discover the co-morbidity between pornography addiction and mental health disorders and whether or not individuals who understand their pornography usage as an addictive behaviour differ significantly from those individuals who do not consider their usage to be addictive. Data were collected from individual students who sought counselling through a University’s paraprofessional counselling centre in the southern United States in the academic years 2010 – 2011 and 2011 to the spring semester of 2012. Individuals answered questions on the Spiritual Assessment Inventory (SAI), the Cyber-Pornography Use Inventory (CPUI), The Ottawa Self-Injury Scale (OSI) and the Brief Symptom Inventory 18 (BSI 18). Participants included those aged 18-25 years. Following were the Research Questions:

- Will pornography usage (current, non-active and non-existent) have a significant impact on scores of Depression, Somatisation, Anxiety, Spiritual Narcissism/Grandiosity, Global Severity, (or general mental health), Compulsivity/ Addiction and Non-Suicidal Self-Injurious thoughts?
- Will individuals who have never viewed pornography significantly differ in scores of Depression, Anxiety, Somatisation, Spiritual narcissism, Global Severity Index and Non-Suicidal Self-Injurious thoughts than those individuals who have not viewed it within the last 30 days?
- Will individuals who currently view pornography significantly differ in scores of Depression, Anxiety, Somatisation, Spiritual narcissism/Grandiosity, Global Severity Index, and more Non-Suicidal thoughts than those individuals who have not currently viewed or have never viewed pornography?
• Will those individuals who report higher levels of compulsive use significantly differ from those individuals who said that they are not addicted to pornography in scores of Depression, Somatisation, Anxiety, Spiritual Narcissism/Grandiosity, Global Severity Index, and Non-Suicidal Self-Injurious thoughts?

It is noteworthy that this study had done an exploratory analysis before beginning the data analysis in order to get a better idea of the individuals being assessed. Pornography usage was found to have a significant impact on several of the variables of the first, second and fourth research questions asked, while the scores differed in the third research question.

The most interesting part of the study is that the findings suggest that the scores of those individuals who have a likelihood of being addicted to pornography and are compulsive in their usage, strongly correlate with mean scores of depression.

Due to the nature of this study, a time order relationship was not established to study those individuals who were once addicted to pornography but later stopped their usage altogether. Hence it was difficult to determine whether the act of pornography led to mental health issues or if psychological disorder led a person into viewing pornographic material.

2.7 Porn Addiction and Brain
In his book, porn circuit (free E-book on the Science of Porn use) Sam Black describes that while having sex on watching porn, dopamine is released into a region of the brain responsible for emotion and learning, giving the viewer a sense of sharp focus and a sense of craving. Norepinephrine is also released, creating alertness and focus. It is the brain’s version of adrenaline. Sex or porn also triggers the release of oxytocin and vasopressin. These hormones help to lay down the long term memories for the cells. The body releases endorphins, natural opiates that create a ‘high’, a wave of pleasure over the whole body. A sexual release serotonin levels also change, bringing a sense of calm and relaxation.
Multiple problems happen when porn is used. First, instead of forming a deep connection to a person, the brain ends up “bonding” to a pornographic experience. A person’s brain remembers where the sexual high was experienced, and each time the person desires sexual stimulation, feels a sharp sense of focus, to go back to the porn.

According to Hilton and Watts (2011), a neurological study of addiction shows that not only do chemical changes occur in the brain at the onset of addiction, but anatomical and pathological changes can also occur, resulting in hypo frontal syndromes. These syndromes include: compulsivity, impaired judgement and impulsivity.

Willaim M. Struthers, associate professor of Psychology at Wheaton College, wrote that pornography is a type of long-acting poison to the male brain because images and sounds taken in cannot be unseen or unheard. Pornography becomes a drug, Struthers wrote, and like most drugs, its repeated use builds up tolerance requiring higher and higher doses to achieve the same level of pleasure. The simple name for the practice is addiction, researchers in Great Britain say. The rise in addiction to pornography led the researchers to study the brain. In the process, researchers from Cambridge University found that the MRI scan of 19 self-described addicts was nearly identical to those alcoholics and drug addicts.

DSM -V published in May 2014 contains the diagnosis of Hypersexual Disorder, which includes problematic compulsive pornography use. In the review on Mental Health and pornography, it was reported that pornographic addiction was rejected as a disorder from the upcoming edition of the Diagnostic and Statistical Manual of Mental Disorders. It is noteworthy that finally it has been accepted in the diagnostic criteria. Bostwick and Bucci, in their report out of Mayo Clinic on treating internet pornography addiction with naltrexone, wrote “cellular adaptations” in the pornography addict’s PFC result in increased salience of drug associated stimuli, decreased salience of nondrug stimuli, and decreased interest in pursuing goal directed activities central to survival.
Valerie Voon, the lead scientist featured in the documentary, told The Sunday Times in the UK, “We found greater activity in an area of the brain called the ventral striatum, which is a reward centre, involved in processing reward, motivation and pleasure. Voon noted “when an alcoholic sees an advertisement for a drink, their brain will light up in a certain way and they will be stimulated in a certain way. The same kind of activity is seen among the users of pornography. Cambridge University researchers found that compulsive porn users react to porn cues in the same way that drug addicts react to drug cues (Valerie Voon, 2014).

Despite her earlier findings, Voon says it is probably too early to put compulsive porn users in a box with people who suffer from drug or alcohol problems..., we need more studies to clearly state that it is an addiction.

**Teens are Craving Porn**

According to reports, more than 80% of Indian high school students have been exposed to porn. In a survey of 300 children under the age of 13 in India, 6% admitted to accessing porn sites, most by their cell phones (Cathnews India, October 2, 2011). Studies show that the average age of first internet exposure to pornography happens at 11 years of age. The largest consumers of internet pornography are teenagers between 12 to 17 years old. It is also proven that 90% of teenagers view porn on the net while doing their homework.

Though the psychiatric world has not yet classified porn addiction as ‘addiction’, evidence suggests that porn addiction produces changes akin to those seen in the brains of alcohol and drug abusers, gaming and food addicts. It also produces similar withdrawal effects like fatigue, depression, anxiety, etc., indicating that porn addiction is a serious problem in teenagers and needs to be addressed. The adolescent age is where the brain develops. Neuro-imaging studies indicate that the adolescents use the limbic system or the emotional part of the brain to interpret emotional information rather than the frontal cortex or the thinking part of the brain unlike adults; that is why they may have trouble modulating emotional responses. The frontal cortex of our brain matures throughout adolescence and undergoes pruning and re-organisation of new neuronal connections.
The reward circuit of the adolescent brain governs the pleasure and the award response that go up to the rational brain. This is the part that gets activated when it comes to any addiction, and dopamine is the craving chemicals that activates the reward circuit and makes the adolescent engage in repetitive behaviour leading to addiction. Dopamine makes the teenager want more and neurochemicals like the opioids help them feel the pleasure. With time the reward circuitry becomes numb and more and more dopamine is required by the individual to experience the same pleasure. This leads to more craving and finally addiction.

2.8 Indian Studies related to Porn Addiction

**Pornography and its Devastating Consequences on Youth and Women in the Nation of India**

Research indicates that many of the youth in India who have been engaged in pornography, have acted out on innocent victims to the point of molesting and raping them. There have been several instances of men acting out with their wives what they saw in pornography; thus treating their wives as sex objects and commodities. This family situation contributes to separation and divorces. A university of New Hampshire study found that two thirds of junior high school students surveyed, looked at porn on the internet when they were supposed to be studying. About 34% go on to have a problem of internet porn addiction.

40% of women have problems with sex addiction from online interactions (Rochester City Newspaper, 2011). 90% of 8-16 year olds have viewed porn online (online 2011). More than 80% of Indian high school students have been exposed to porn (Indian Express 2013). A year-long-survey found that 5% of pre-university students in rural areas of India were addicted to porn (The Indian Express 2013). In a survey of 300 children under the age of 13 in India, 67% admitted to accessing porn sites, most by their cell phones (Cathnews India, 2011).

**Internet Pornography among Children in India**

The culturally and intentionally prohibited and prevented areas of age inappropriate material give the children a different view of the world. Often, breaking the law
becomes a part of their innovation. Exposure to pornography and unwanted material is a child’s blotch of curiosity. They want to know what is happening outside of them and inside them. The curious children who hardly have any information on sex and sexuality in the Indian society find it alluring and easily end with accessing a lot of adult material. These result in behavioural and attitudinal changes.

The availability of pornography on the internet is one of the major reasons that make the children access the same either at home or elsewhere. The top ten reviews in 2006 show that the average age of first internet exposure to pornography is 11 years. 80% of 15-17 year olds have multiple hard-core exposure and 26% of children’s character names are linked to thousands of porn links including Pokemon and Action Man.

India has a wide platform for accessing pornographic material. Google trend for the search string Sex has Chennai and Delhi in the top two slots from where the search query is arising. The search query “sexy pics” and “nude pics” has six Indian cities in the top 10; they are Delhi, Mumbai, Chennai, Bangalore, Hyderabad and New Delhi. Rapidshare, the top 11th popular website in India, which is not a porn site, is used for uploading most of the porn material (Muhmmedunaiz, www.cplash.com, 2009).

This study is based on interviews of 40 English medium school children between the age group of 12 and 16 years, at National Capital Territory of Delhi with a purpose of accessing internet pornography and its effect on children in the Indian context. Among the 400 children interviewed using the questionnaire survey, 100 children who got exposed to pornographic sites were analysed. The study shows that boys are more exposed (65%) to internet pornography than girls (35%). A good majority of children (71.7%) have the information on the effect of accessing porn materials on internet, at the same time more than one fourth of the children (28.3%) access internet pornography without having any knowledge of the negative effects on them. Compared to boys (81.3%) less number of girls (54.3%) have the information on the effect of internet pornography.

It is a significant finding that a number of children think that accessing porn material is normal. It indicates that they are less inhibited to view porn sites, the after effects of
which will impact the attitude and behaviour of the children with an adverse effect on the culture.

2.9 Sex Education for Youth in India – Emerging Evidence from a National Survey

Sex is a sensitive subject and is considered taboo in Indian society. Introducing sex education at the school level is always a huge task because it attracts objections and apprehensions from many quarters. Family Life Education (FLE) or sex education refers to a broad programme to impart knowledge/training regarding values, attitudes and practices affecting family relationship (Motihar R. 2003). The aim of this training is to develop qualities and attitudes for a successful family life, and the transformation of a male child into a responsible man and of a female child into a responsible woman.

Many psychologists believe that sex education begins at an early age and continues throughout the life of an individual. Sex education should facilitate integration between the physical, emotional and mental aspects of the personality, and the adjustment among individuals and groups. Sex education also delivers the essential information about conception, contraception and sexually transmitted diseases. It is a continuous process of developing attitudes, values and understanding situations and relationships in which people play roles as male/female (D’Souza A.A. 1979).

Due to growing incidences of HIV/AIDS (Human Immune Virus/Acquired Immune Deficiency Syndrome), TRIs/STIs (Trichomoniasis/Sexually Transmitted Infection) and teenage pregnancies, there is a need to impart sex education among the youth. The problem of overpopulation also demands family life education, including family planning as a priority, as many of the young people will marry and should be aware of the responsibility they have. A study on child abuse in India, conducted by the Ministry of Women and Child Development, reports that 53 percent of boys and 47 percent of girls surveyed, faced some form of sexual abuse (Government of India, 2007).

Adolescence (10 – 19 years) is an age of opportunity for children marked with a time of transition from childhood to adulthood, wherein young people experience
substantial changes in their physiology after puberty, but do not imbibe the various roles, privileges and responsibilities of adulthood. This crucial period in the lives of young people presents prospects to promote their development and equip them with appropriate knowledge, attitudes, beliefs and skills to help them successfully navigate through various nuisance and vulnerabilities of life and realise their full development potential (UNICEF, 2011).

Adolescents and youth in India experience several sexual and reproductive health outcomes such as early and closely spaced pregnancy, unsafe abortions, STI, HIV/AIDS and sexual violence at an alarming scale. One in every five women aged 15-19 years experiences child bearing before 17 years of age that are often closely spaced; risk of maternal mortality among adolescent mothers was twice as high as compared to mothers aged 25-39 years (Santhya K.G., Jejeebhoy SJ, 2003).

Controversy over Introducing Sex Education in Schools
Recognizing the need of the time, the Government of India has experimented with the provision of Adolescent Education Programme (AEP) to lay the foundation for a responsible life style, including healthy relationships and safe sex habits among adolescents and youth. However, this initiative had mixed reactions from different sections of the Indian society. A scheme for adolescent education programme in the school curriculum was promoted by the National AIDS Control Organization and the Ministry of Human Resource Development, Government of India, which led to a major controversy in 2007. The opponents argued that sex education in schools corrupts the youth and offends Indian values (Gentleman A, 2007). They contended that it may lead to promiscuity, experimentation and sexual behaviour (Vishnoi A. Thacker T. 2009). The critiques suggested that sex education might be indispensable in western countries but not in India which had rich cultural traditions and ethos. The fundamentalists also came up with opposition arguing that it might degrade the tender minds and destroy the rich family system in India. Though a few politicians and religious leaders have opposed the introduction of sex education in schools, studies have shown that Indian adolescents and youth do not have sufficient information about sexual matters, thereby increasing the possibility of falling prey to various forms of sexual violence.
India has become the second largest hub of HIV/AIDS pandemic in the world. In a survey of college students conducted by the All India Educational and Vocational Guidance Association, it was reported that 54 percent of males and 42 percent of females did not have adequate knowledge regarding matters of sex. About 30 percent of males and up to 10 percent females are sexually active before marriage, though social attitudes clearly favour cultural norms of premarital chastity (Jejeebhoy S J. 1998). We are living in a complex world. Preventing access to pornographic movies or erotic content on television shows is not prudent, but adding a single chapter to the school curriculum is relatively simple and practical (Yashwantha C.P. 2010). Internet is the biggest culprit which makes pornography easily accessible and available. Studies have shown that a vast majority of parents do not accept the responsibility for providing sex education to their sons or daughters.

Ideally home is the best place for sex education and the attitudes of parents are of vital importance. If a parent is embarrassed to talk to their child about sex, the child will sense their hesitation. As a result, when a child finds the subject is forbidden, he/she is curious to know about it and looks up the internet which can lead to an abundance of information that the child is not able to comprehend. The study strongly argues the necessity of formulating approximate policy for scientific learning/training regarding family/sexual life among adolescents/youth.

**Sex and the Indian Teen**
A rising brigade, 30 percent of the country’s adolescents living in cities, born after 1996, when the internet first came to India – they are India’s children of a global world: ambitious and articulate, competitive and confident, outspoken and opinionated. They have a clear idea of the adult mind: sex before marriage won’t make parents mad, but poor grades will. So who cares for virginity? Sex is for fun, friendship and they are constantly in chats, chatter, SMS, Twitter or Facebook: ‘LoLv’ (lots of love).

The 12th India Today Group Sex Survey was conducted by Marketing and Development Research Associates (MDRA) among urban boys and girls in the age
group of 18 to 19 with regard to their sexual activities and behaviour. The survey was conducted across 19 cities – Delhi, Gurgaon, Noida, Ludhiana, Lucknow, Mumbai, Jaipur, Pune, Ahmedabad, Bhopal, Kolkata, Bhubaneshwar, Ranchi, Patna, Raipur, Bangalore, Chennai, Hyderabad and Kochi. The respondent’s first hand sexual experience was not mandatory while designing the sampling plan. Only their opinions pertaining to their lifestyle were solicited. The fieldwork was done between October 28 and November 20, 2014. A total of 4,042 people were interviewed, of which 2,027 were male and 2,015 female. Margin of error is 1.04 percent.

The findings of the survey reveal that three out of 10 students of class X have had sex, 46 percent teens have seen discarded condom packs in school or on college campus and 25 percent know a teen who was pregnant.

While comparing and contrasting, the Sex Survey of India Today 2008, just one out of ten had confessed to encountering sex at that age. About 15 to 16 is the age of the first sexual encounter, now. Men and women, in the first sex survey in 2004 had mentioned 18 to 26 years as their age of first sexual experience. Unlike the previous generations, teens now have unlimited access to the internet. About 26 percent send or receive sexually explicit messages, 46 percent watch pornography online, and six percent have had sex with social network friends.

2.9.1 Parents’ Attitude towards Sex and Sex Education

Most parents, cultures and societies frown at discussing sex with their adolescent children. Sex education is necessary because the adolescent needs to have adequate knowledge about sex. When they do not get information through sex education and sexual health from their parents, they turn to the internet or mass media. Knowing about sex and sex related issues arms them with tools to understand themselves better in relation to the immediate environment, and the threats that could emerge from such interactions.

The media have played a crucial role in providing information and this may not always be reflective of the core societal and family values. This leads to conflicts and various forms of social issues such as deviant sexual behaviours, pornography and
teenage pregnancy. A majority of young Indians get their sex education from friends and from porn. A recent survey shows that most Indians rely on their friends (59%) for sexual knowledge, followed by magazines (58%). The internet is one of the major sources of information (60%) and for those who have no access to the internet, (46%) books are a major source of information for Indians. Only 18% said they had received any sort of guidance from their parents (Nita, 2009).

Cultural factors, discomfort and lack of proper knowledge are the reasons for not having open discussions about sex. People term such information as ‘shameful’ and protect the youngsters from finding out information. Recently an article in the Guardian, UK, expressed its perplexity over India’s stand on sex education. It quoted a parliamentary committee saying that India’s “social and cultural ethos is such that sex education has absolutely no place in it” (Nita, 2009). Research indicates that young people who receive sex education are better equipped to delay sexual activity as well as adopt safe behaviours (Thampuraj, J.S., Satish Kumar S.K., Edwin A et. al, 2000).

The study is an ex post facto research design using qualitative analysis. The sample consists of 30 married adults having children both male and female living in Chennai city. A questionnaire on sexuality that consists of 50 items including parental attitudes towards sex and sex education was given to the participants. The result of the study reveals that most of them strongly identify with their cultural background. They said that culture has created a very strict and disciplined atmosphere where enjoyment of sex is viewed negatively. Even socializing with the opposite sex in a friendly manner is looked down upon and not encouraged. Most of the respondents reported that they were provided the information on sex by no one in particular and they learned it on their own. Questions related to puberty, pregnancy, intercourse, childbirth and lust were raised, and the answers given were biologically oriented and some mentioned that it was inappropriate to discuss this with children.

The investigator used drop analysis data in the study which was innovative and very crucial to the study because of the discomfort revealed by the participants in answering questions pertaining to sex and sex education.
Some of the limitations of the study noticed were: if the investigator had included the adolescents to know their minds on sex education, the findings of the study would have been even more informative. Participants’ cultural upbringing itself was a block in openly answering most of the questions. Some of the respondents failed to return the questionnaire. Respondents filled the questionnaire in the absence of the researcher; therefore reliability of the response is doubtful.

Similar studies were conducted on sex education by India Today, (Sex Survey 2015, pg.50-51), which show that the parents feel awkward or embarrassed to talk to their children regarding sex or sexuality. Delhite, Shalini Seth, a mother of a 14 year old, says that she would rather let her son discover about “it” himself. “Won’t it be awkward? I can’t speak to him about it” (Maroosha Muzaffar, 2015). Research shows that talking about sex does not make teens more likely to engage in sex. On the contrary it offers them more meaningful and accurate information than they might be picking up from peers and the media.

2.10 Facebook Addiction and Self Regulation

A 2011 study by Meera Neelkanthan, a student of psychology from Coimbatore, presented a paper entitled “Relatedness Between Facebook Addiction and Self-Regulation” in the national meet of the Indian Association of Clinical Psychologists. She found out that the ratio of those getting hooked to the site was higher in adolescents and youngsters than others. She also pointed out that due to peer pressure the networking sites had a large number of users below 18 years of age.

The investigator has done enough preliminary study to understand the magnitude of the problem. A number of studies have been conducted across the world, especially among adolescents with respect to internet addiction, and the studies revealed that the internet use for males was higher than females. A similar study was conducted among medical students of Guntur, Andhra Pradesh, by Venkata Venu Gopala Raju Srijampana et al, 2014, which revealed that males were using social networking predominantly when compared to females.
According to Dr. Sharma from NIMHANS, Bangalore, teenagers are becoming irritable, letting their academic scores fall and becoming violent if technology is withheld. They do not know how to manage their time or to face a Facebook rejection, among other such coping mechanisms. Poornima Mahindru, a clinical psychologist who works with Dr. Sharma, observes that a number of people she meets in her clinic have nomophobia, the fear of being out of mobile phone contact.

2.11 Born to Porn

A research conducted by A. G. Maxwell, faculty at IPSS College, finds that a large number of minors are exposed to porn. School children are seriously addicted to porn. In India, Delhi tops in online search, and 1 in 5 mobile users download porn. St. Joseph’s Guidance and Counselling Centre study reveals that there are at least some ways to treat drug and alcoholic addicts but not porn addicts. Many studies reveal that watching porn result in sexual crimes and offences.

Mysore based moral awareness group “Rescue” reveals that many village boys are being forced into porn by the town boys and if they do not fall in line, they are ridiculed. It is revealed by the industry insiders that the Kerala State is the largest producer of porn videos in India compared to all other states. Brain research scientists revealed that when people are addicted to porn it causes changes in the brain, which can later cause damage to the brain. Studies have also revealed that people addicted to porn are likely to suffer from depression, anxiety, attention deficit disorder and personality disorders.

A study conducted in Kollam, Kerala, selected 750 high school students randomly from seven schools. The non-experimental method used descriptive and correlation design. Porn Addiction Scale was prepared by 2011 – 2013 batches MSc students of Counselling Psychology of MLCU (Martin Luther Christian University) affiliated to IPSS College of Social Sciences, Kollam, under the guidance of Dr. Jose Puthenveed. The scale contained 32 questions. The reliability coefficient of the scale was calculated using split-half method. Ethical principles were taken care of while conducting the study.
The findings of the study revealed that out of 750 high school students, 146 are not affected, 502 students are highly affected, 88 students are seriously affected, and 11 students are chronically affected. The mean score of the school, age, standard, gender, religion, medium, management and location variable were compared with scores of porn addiction. It was found that the mean was significantly different at 0.01 levels.

The primary purpose of the study was to explore whether the school students in Kollam District are affected by porn addiction. The result indicates that many children are affected that draws the immediate attention for measures to deal with them. Those children who are affected require urgent professional awareness and psychotherapeutic intervention. Denial and silence are a dangerous signal.

Majority of the students find it difficult to overcome porn, one third find it difficult to control watching porn and their studies and sleep are affected as a result of the addiction. Those who feel controlled by porn constantly feel guilt and shame, and their self-esteem suffers a lot. They are also alienated from faith and spiritual practices. Considering the amount of damage done to these future citizens of the nation, it is time to educate them to make healthy choices for their lives, teaching life skills training like self control, self regulation, self structuring of time and relaxation techniques.

2.12 Parishes and Counsellors Battle ‘Plague of Pornography’

The first seminar to battle the plague of pornography in the country was conducted by Snehalaya Family Service Centre, founded by the Bombay Archdiocese, which caters to people of all faiths. More than 103 counsellors, youth animators, priests, nuns and therapists from various parishes and secular counselling centres took part in the seminar, pondered a patient history titled ‘Mathew's story’. This seminar was the result of a six-month-long survey on porn-viewing habits in 16 parishes, seven colleges and eight corporate offices. The survey showed that the habit was widespread and on the rise. Despite aiming for a representative faith-wise sample, more than 50% of respondents were Christians. At the seminar too, 70% of attendees were Christians. "Our stand is zero porn," said Fr Cajetan Menezes, who conducted part of the seminar and is the director of Snehalaya. "Even if you watch 20 minutes of porn a week, it will
alter your pattern of behaviour and brain structure," he added. Additionally, there is a correlation between porn and violence against women, said Menezes. "For us, pornography is an extension of sex exploitation, and women trafficking, which is why we are taking a hard-line stance on the issue. Other city counsellors and therapists have also seen a marked uptick in porn viewing. Clinical psychologist Seema Hingorrany reported that every second patient that walks in has a porn obsession; last year, it was a 30% jump. Developmental paediatrician, Samir Dalwai, reported that one of the big causes of academic deterioration today is pornography. In one instance, a seven-year-old boy's behavioural and academic problems, including hitting other children, were traced to porn. Doctor reported that the father was watching porn and didn't delete the sites from the browser thinking the kid was too small. One of the worst cases Hingorrany has ever treated was an engineering student, who was watching porn 14 hours a day. He failed in his exams, bruised himself by masturbating excessively and was suffering from depression and hallucinations. Several experts, though, say that not everyone gets addicted. In fact, sexologist Prakash Kothari doesn't see any harm in using porn as an aphrodisiac if it's in moderation. Unfortunately some people are turned off by over exposure.

The number of women watching porn is also on the rise. Hingorrany said that for every 10 male addicts, she had three female patients. In one case mentioned during the seminar, porn addiction was mistakenly diagnosed as post-partum depression until the patient came clean. Another side-effect of excessive porn use can be impotence or erectile dysfunction. Family therapist Yolande Pereira, who conducted part of the seminar, was of the opinion that ninety per cent of men and women, who come to the centre with erectile dysfunction or low libido, after visiting sexologists and urologists without improvement, have a long history of viewing pornography (Times of India, Bombay, 2015).

After completing the survey in Mumbai, the Archdiocese of Bombay has started a nationwide online survey that looks at understanding viewers of pornography in India. It is an online survey (http://survey.snehalayafamily.com) which seeks responses from people in the age group of 15 to 25 years, as well as those over 25 years, a year-long survey. The study aims to understand how males and females use porn. The other
aspects of the study will be the place of access of porn, how deep the users go into it, the genre, role of porn in marriage and life, post-porn effects, methods tried to de-addict, being open about watching porn, money and time spent, inclination towards religion and the self-esteem of the person (Daily News Analysis (DNA) Tue, 3 Jan 2017)

2.13 Suffering from Porn Addiction

When a 22 year old joined a yoga class, his family was shocked, because he used to stay holed up in his room all day glued to his laptop. He started watching pornography as a high school student. But when it escalated to spending hours masturbating while watching porn videos and failing his fourth year engineering exams, he realized that his hobby has gone out of hand. So he decided to join in the hope that it would help wean off his addiction to pornography.

Porn addiction is usually described as an addiction to consistent and compulsive sexual activity with constant use of visual pornographic material, while ignoring the far reaching outcomes of physical, material, emotional and financial well-being in life. According to Dr. Bharat Shah, Psychiatrist, Lilavati Hospital, it is not only laptops or computers but also 4G and 3G connection that make sure that the next fix is ready.

It is a common myth that it is men alone who watch porn but Mumbai Mirror columnist Dr. Mahinder Watsa says there has been a substantial increase in the number of women watching and getting hooked to pornography. The survey also revealed that India is the third-largest porn watching country in the world. Porn addicts have complained of exhaustion, numbness and about the mind being in overdrive. A person who spends hours watching graphic sexual content and drawing sexual gratification from it will have virtually no desire to have sex with his/her partner. This often leads to conflicts in the relationship. As with other addictions, a lot of time and energy is spent, and many people abstain from work regularly to indulge in their addiction, (Ektaa Malik, The times of India 2016).
A number of studies have been conducted worldwide especially among adolescents with respect to internet addiction, mobile devices and its abuse, sex crimes, pornography and mental health. Most of the literature about the threat and harm of online pornography, especially for children and young people are available from developed countries. But very little information is available on the use of pornography among children in the Indian context. With regard to the concept of new life styles and habits, porn addiction is one of the major issues to be looked at.

However, in the current Indian situation there is a paucity of data and scientific studies on pornography addiction. The only studies that have been conducted in India are one in Kerala on porn addiction among high school students at Kollam district, and the other in Delhi on internet pornography consumption among children between the age of 12 and 16 years. The first seminar to battle the plague of pornography in the country was conducted by Snehalaya Family Service Centre, Bombay Archdiocese, which caters to people of all faiths. There have been no studies on porn addiction among high school students so far in Gujarat and this would be the first doctoral study to be conducted among high school students. Hence this study on porn addiction among high school students is very relevant. The study is a preliminary step towards understanding porn addiction among high school students in Saurashtra Region, Gujarat.