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CHAPTER 3—— METHODOLOGY

3.0 Introduction
This chapter details the research methodology for the present study. My study intends to explore the extent of porn addiction among high school students. After a careful and extensive search, the title selected for this study is “A Study of Porn Addiction among High School Students in Saurashtra Region.” The work consists of a lot of information on porn addiction, opinions, deliberations, etc. and it would be a great resource to the readers. It explains the research objectives and a suitable methodology to achieve these objectives. The objectives of this study were to know the extent of porn addiction among high school students and explore the way it affects them. This involved an exhaustive study of the demographic factors and correlation of those factors across all the variables. Further it was also intended to study the effect of porn addiction on relationships, sleep, eating habits, attitude towards women, guilt, anger/irritation. The research methodology needs to be robust in order to minimise errors in data collection and analysis. Thus, this chapter gives the information regarding the participants of the study, objectives, hypotheses, instrument used for the study, procedure used for data collection, research design and the data analysis of the entire study.

3.1 Research Problem
A high school student is an adolescent who attends his/her secondary education that usually includes grades 9 or 10 through 12. Adolescence is a stage of transition in which girls and boys grow physically and mentally into adulthood. They experience a lot of confusion and curiosity of growing up, including excitement and stress. The internet is an effective medium of socialization. Just a couple of words and a mouse to click, everything is within arm’s reach. There has been a tremendous growth in the use of the internet not only in India but also worldwide. This statement is justified with the report of 42 million active internet users in urban India in 2008 as compared to 5 million in 2000. It can be misused by some to indulge in pornography, excessive gaming, chatting and for gambling, which in turn leads to addiction. Adolescents with internet addiction exhibit more impulsivity than control and have various co-morbid
psychiatric disorders, which could be associated with the psychopathology of internet addiction (Cao et al... 2007).

Most parents, cultures and societies frown at discussing sex with their adolescent children. Sex education is necessary because the adolescent needs to have an in-depth knowledge about sex. When they do not get information on sexual 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. A recent survey shows that most Indians rely on their friends (59%) for sexual knowledge, followed by magazines (58%). The internet is also one of the major sources of information (60%) and for those who have no access to the internet to get information, books (46%) are another 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 facts or details. 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).

A rising brigade, 30 percent of the country’s adolescents living in cities, born after 1996- when the internet first came to India – 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 on chats, chatter, SMS, Twitter or Facebook: ‘LoLv’ (lots of love) (India Today, Sex Survey 2015).

A number of studies have been conducted across the world, especially among adolescents with respect to internet addiction, mobile devices and its abuse, sex crimes, pornography and mental health. As a new concept of life styles and habits, porn addiction is one of the major issues to be looked at. The only study that has been
conducted on porn addiction among high school students was at Kollam, Kerala, and the other in Delhi on internet pornography consumption among children between the age of 12 and 16 years. There have been no other studies on porn addiction among high school students so far in Rajkot, Gujarat. Therefore, this study on porn addiction among high school students is very significant.

### 3.2 Objectives of the study
1. To know the effects and relationship of porn addiction on the students in the context of the gender they belong to.
2. To find out the impact and relationship of porn addiction among English medium and vernacular medium students.
3. To investigate the effect and relationship of porn addiction with regard to the aided, and unaided school students.
4. To probe into the differences in porn addiction with reference to religion - Hindu, Muslim, and Christian students.
5. To look into the differences in porn addiction with regard to students from different cities of Saurashtra region.
6. To know the effects of porn addiction on relationships, sleep, eating habits, guilt feeling, anger/irritation, and negative attitude towards women.
7. To know the correlation of porn addiction on demographic variables with regard to relationships, sleep, eating habits, guilt feeling, anger/irritation and negative attitude toward women

### 3.3 Hypotheses
The following hypotheses are formulated based on the research objectives:
1. Porn addiction is higher among male students than female students.
2. Porn addiction is higher among English medium students than vernacular medium school students.
3. Porn addiction is greater among unaided school students than aided school students.
4. Porn addiction is higher among Hindu, Muslim students than Christian students.
5. Porn addiction is higher in Rajkot city than Surendranagar, Jamnagar and Bhavnagar.
6. Porn addicted students have greater difficulty in maintaining relationships as compared to those students who are not addicted to porn.
7. Porn addicted students have difficulty in sleeping than those students who are not addicted to porn.
8. Porn addicted students have difficulty in their eating habits than those students who are not addicted to porn.
9. Porn addicted students experience guilt feelings more than those students who are not addicted to porn.
10. Porn addicted students feel more angry/irritated more than those students who are not addicted to porn.
11. Negative attitude towards women is high among porn addicted students than those students who are not addicted to porn.
12. Porn addiction has greater association on demographic variables with regard to relationships.
13. Porn addiction has greater relationship on demographic variables with regard to sleep.
14. Porn addiction has greater correlation on demographic variables with regard to eating habits.
15. Porn addiction has greater association on demographic variables with regard to guilt feeling.
16. Porn addiction has greater relationship on demographic variables with regard to anger/irritation.
17. Porn addiction has greater correlation on demographic variables with regard to negative attitude towards women.

3.4 Variables
3.4.1 Independent variable
1. Demographic variables like gender, standard, English medium, vernacular medium, aided and unaided schools, religion, cities.
2. Personal variables like relationship, sleep, eating, guilt feeling, anger/irritation and negative attitude towards women.
3.4.2 Dependent variable

Porn addiction

3.5 Research Design

Research design is the plan, structure and strategy of the investigation conceived so as to obtain answers to research questions and to control variance. Present study employed ex post facto research design. Kerlinger (1973) defined ex post facto research as systematic empirical enquiries in which the scientists do not have direct control of independent variables because their manifestations have already occurred or because they are inherently not manipulable.

An ex post facto research design is a method in which groups with qualities that already exist are compared with some dependent variable. It is also known as “after the fact” research. An ex post facto design is considered quasi-experimental because the subjects are not randomly assigned; they are grouped based on a particular characteristic or trait. Ex post facto experiments are probably better conceived as surveys, useful in the derivation of hypotheses to be tested through more conventional experiment approaches. In order to collect the data, survey method has been used by face to face distribution of paper survey to a group. The sample included male and female students from IX and X standards. This study has been used a non random sampling design. Test – retest of Gujarati version questionnaire on porn addiction was conducted to know the reliability over two week period based on 30 students. The research design has been employed to examine the extent of porn addiction on students and its effects on other areas of their life in Saurashtra Region. Ex post facto method of research is correlation. The correlation method of research is not merely a statistical device of calculating degrees of relationships between certain data. It analysed the relationship between data, between variables and some results in such a way that the underlying pattern of relationships become clear. Correlation, t-test, and ANOVA, are used to compute the calculation.

3.6 Participants

Participants in this study consisted of IX & X standard students from various schools of Saurashtra Region. The participants were from IX & X standards of different
schools such as Gandhi Mandir School, Shree Ganesh School, St. Mary’s School, St. Paul’s School, Daya Mai Matha School, St. Xavier’s School from Rajkot, Surendranagar, Jamnagar, and Bhavnagar cities, respectively. A total of 510 students participated in this study, of which 9 responses were incomplete. Therefore those numbers were not included in this study. A total of 501 survey responses were used in the final data analyses. The age of participants in the sample ranged from 14 – 16 years. Female students comprised 37.13% ($n = 186$) of the sample, while male students constituted 62.87% ($n = 315$) of the sample from urban areas.

3.7 Instruments

3.7.1 Porn Addiction Scale

Porn addiction scale was used in this study to measure the extent of porn addiction among the high school students. It was developed by Dr. Puthenveed Jose, (2013) IPSS College of Social Sciences, affiliated to Martin Luther Christian University, Meghalaya. The scale consists of 32 items, with ‘Yes’ and ‘No’ choices, Yes carries 2 point value, and No carries 1 point value. According to Dr. Puthenveed Jose, (2013) the Porn Addiction Scale has strong reliability and validity. The reliability of Porn Addiction scale found to be .78 which is very good.

In the current study test-retest reliability has been done of Gujarati version of Porn Addiction Scale, and the reliability was found to be .74

3.8 Procedure

Both English and Gujarati medium students from IX & X standards were the participants of the study. The original English version questionnaire on porn addiction was translated into Gujarati in order to help the participants to have the right perception, clarity and precision. To check the reliability of the Gujarati questionnaire test-retest was conducted on 30 Gujarati medium students from IX & X standard students. After two weeks, the same procedure was done on the same participants.

Data collection began from July to October 2016 among the schools of Suarashtra region. The researcher used non random purposive sampling. In most of the classes,
boys outnumber girls and so among the participants there were more boys. Permission was obtained from the respective school authorities. In spite of ensuring that anonymity would be preserved in reporting the research, most of the schools refused to permit the survey, fearing that their reputation would be tarnished. Entry into any of the government schools from rural areas was not permitted because the study to be conducted was on pornography. The apprehension seemed to be regarding the safety of the students, fearing, that they would be curious to go and check about pornography later, if they remained participants of the study. It was a herculean task for the researcher to convince the school authorities in many schools as generally ‘sex’ is treated as an ‘indecent’ topic not to be discussed in schools.

The only schools that granted permission to carry out the research were aided and unaided schools from the urban area of Saurashtra region, both English and vernacular mediums. The principals of the schools were personally contacted by the researcher to establish rapport and the purpose of the study was explained. The principals of the schools were interested to see the questionnaire and the investigator showed the questionnaire to the concerned principals, so the entire process was very transparent. Once the concerned school principals were clear about the purpose of the study, the researcher took an appointment to meet the students for the study. On the allotted days, the researcher went and met the students of class IX and class X separately and explained to the students the purpose of the study. They were assured strict confidentiality and that they need not reveal their identity. The questionnaire was given to the respondents personally by the researcher, to collect maximum responses in limited time as well as for the researcher to have a direct observation of the respondents as pornography is generally treated as a sensitive topic in the Indian culture.

After getting the informed consent, the questionnaire was distributed to the students in the class room and they were asked to first fill in the socio-demographic profile and then to continue with the questionnaire. The doubts of the questionnaire were cleared wherever needed by the investigator. During the administration of the questionnaire, the teachers were not allowed in the class room, to ensure confidentiality of the
identity of the students. The management, teachers and the students showed keen interest and cooperated throughout the data collection period.

3.9 Data Analysis
The data from the questionnaire was analysed by entering it into a statistical analysis programme (SPSS 20 version). To examine the first, second and third objectives to know the effects and relationship of porn addiction and gender, porn addiction and medium and porn addiction and management, independent t-test and correlation were used to analyse the data.

To examine the fourth and fifth objectives to know the differences in porn addiction with regard to religion, porn addiction and cities, correlation and ANOVA were used to analyse the data.

The sixth and seventh objectives to know the effect of porn addiction on relationship, guilt feeling, eating habits, sleep, attitude towards women and anger /irritation, also in context with demographic factors correlation were used to analyse the data.