CHAPTER 5
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CHAPTER 5----SUMMARY AND CONCLUSIONS

5.0 Prologue
This chapter takes into consideration a brief of the significant findings resulting from the present study, recommendations for future research, implications and limitations of the study. It also wraps up key suggestions for further exploration of the topic.

5.1 Summary
Pornography is an imperative subject matter of conversation these days. The computer, internet and mobile have become an essential part of our lives today, especially among the adolescents and youth. They have contributed in making life easy, but its problematic use related to physical and psychological problems has paved the way for a considerable amount of research. With the younger generation growing up on the internet and consequently being exposed to pornography at a young age, the influence of pornography may be more significant for this age group than for an older generation that did not grow up with the internet and instant access to internet pornography. Preceding studies have revealed that porn addiction is related to the student’s gender, medium, management, religion, city and personal factors. Albeit, a growing body of literature has examined the influence of porn addiction, while comparatively less importance has been given to demographic factors and personal factors. It does not need to be spelt out that it is an area that urgently needs the attention and focus of a scientific study in an Indian context. The problem of the present research was acknowledged to: “porn addiction among high school students studying IX & X standards in Saurashtra region”. The present study endeavours to investigate the relationship between porn addiction and demographic factors and personal factors. An attempt has been made to unearth the consequences of a range of porn addiction on demographic variables and personal variables. The hypotheses were framed keeping in mind the objectives of the study. The total number of hypotheses framed was seventeen, which were subjected to further analysis and tested by various statistical methods. 501 students served as participants for this study, most of them were male for lack of female students in the classes. The survey consisted of demographic variables and porn addiction scale. After collecting the responses, the data was analysed using SPSS 20, statistical method namely, correlation, ANOVA
and t-test to test various hypotheses. Some major findings of the study are that the present research is of assistance to conclude that porn addiction plays a major impact on high school students. Correlation was carried out and the result indicated that porn addiction and gender is highly and negatively associated, porn addiction and medium is highly and negatively associated. Porn addiction and city is moderately and positively associated. Porn addiction and religion, porn addiction and management showed no association. Attention is drawn to porn addiction and eating habits that is greatly and positively associated, porn addiction and guilt feeling is greatly and positively associated, porn addiction and anger/irritation is moderately and positively associated. Independent t-test results showed the effect of porn addiction on gender is significant, porn addiction and medium of instruction showed significant association. One way ANOVA result indicated that religion of students and porn addiction have significant differences. City of students and porn addiction showed no significant differences. Interrelationship results showed that medium of instruction and relationship have negative significance, eating habits and management have negative significance, guilt feeling and medium have negative significance, anger/irritation and medium of instruction, anger/irritation and management have negative significance. Sleep and attitude towards women have no significance with regard to demographic factors.

5.2 Conclusions
On the basis of results and discussion following conclusions are drawn about porn addiction among high school students studying in IX & X standards presented in the previous chapter.
1. There is a relationship and significant effect between porn addiction and gender of the high school students.
2. There is a relationship and significant effect between porn addiction and medium of instruction of the high school students.
3. There is a relationship and significant differences between porn addiction and city of the high school students.
4. There are significant differences between porn addiction and religion of the high school students.
5. There is no relationship and significant differences between porn addiction and management of the schools.
6. There is a relationship between porn addiction and eating habits of the high school students.
7. There is a relationship between porn addiction and guilt feelings of the high school students.
8. There is a relationship between porn addiction and anger/irritation of the high school students.
9. There is no association between porn addiction and relationships, sleep, negative attitude towards women, of the high school students.
10. There is a relationship between eating habits and management of the high school students’ study.
11. There is an interrelationship between guilt feelings and the medium of instruction of the high school students’ study.
12. There is an interrelationship between anger/irritation and medium of instruction of the high school students’ study.
13. There is an interrelationship between anger/irritation and management of the high school students’ study.
14. There is no interrelationship found on sleep, and negative attitude towards women with regard to demographic factors of the high students.

5.3 Implications and Recommendations
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 taboo surrounding pornography elsewhere, disappear on the internet; the internet makes acceptable and tolerable what is not acceptable and tolerable publically. Since there is a dearth of empirical studies on porn addiction in India, it is to be believed that the
findings and implications of this study will be of great importance for parents, teachers, school authorities and society at large. Understanding the impact of porn addiction on youth, especially the school going students, pertinent knowledge is essential for school students, parents, teachers and society. Changing lifestyles, massive use of electronic devices, and increasing incidents of porn addiction among adolescents is a great challenge. In order to prepare these adolescents to face these challenges, introducing sex education in the school curriculum needs to be a national priority and can allot credits for clearing the same. Inter and intra school level debates on the use of social media, internet, and mobile can pave the way to create a right judgement on the use of these electronic gadgets. Most of the school age children and adolescents are spending large amounts of time online for homework or entertainment reasons. Therefore, parents need to re-evaluate the types of media they have allowed in the home. One of the most important aspects of learning how to overcome porn addiction is to first admit that there is a problem. Only when the addict accepts and decides to stop or abstain from it, change begins. So, responsibility, honesty and ability to reach out for help is what needed. In order to create this change, the addict/student needs to be encouraged to approach a counsellor. So, a well trained counsellor needs to be appointed in every school that can help the child, the family, the teachers and the school authorities. Moreover, parents need to spend time with their children and keep the communication channels open to develop trust and cordial relationships that build healthy boundaries.

Parents and teachers are called to relentlessly pursue their children to elicit responsible behaviour. Life skills training by professional psychologist or school psychologist must be incorporated along with relaxation techniques, meditation, physical exercises, yoga and interpersonal relationship skills in every school. Mental health professionals play key role in guarding the society and welfare of the young. So a treatment strategy can be promoted with the help of professionals like a counsellor, psychiatrist and a social worker to deal with children who are addicted.

Rules and regulations should be implemented strictly to make sure that no one is taking them for granted. Strict governance is required so that no one is promoting the habit of indulging in illegal act. Across the country porn addiction is on stride, so
transparency and coordination among governments of different states is highly recommended so that the required action can be implemented meticulously.

On the basis of the findings of this preliminary study, the researcher believes it is reasonable for teachers to explore the behaviour with any of the warning signs of porn dependence and may be able to assume a more preventive, as opposed to a reactive role. It may be of best interest to those who work as school counsellors to start a dialogue with school administrators, who would like to explore the problem in depth.

5.3.1 A Conceptual Model of Public Service Campaign for Creating Awareness on Porn Addiction among the Students

A strong coordination and transparency on issues related to porn addiction and prevention should be encouraged between influential personalities and youngsters and various stakeholders. These stakeholders can be teachers, who are directly connected with the students, doctors, psychiatrists, clinical psychologists, counsellors and social workers who have direct or indirect contact with students, policy makers who are responsible for implementing law and order, and parents who use social media at home. All of them can join hands together to create awareness of the impact of porn addiction and measures to prevent the youth from getting addicted to porn. The given below model explains how various stakeholders can be connected with a normal individual who uses the social media:

- They can educate the students about porn addiction and security measures to safeguard the welfare of the students.
- Doctors, psychiatrist, clinical psychologist, counsellors and social workers can create link between parents and teachers to provide sex education to the students.
- Parents and teachers can encourage the students to have an open dialogue and discussion with other stakeholders to acquire adequate knowledge on safe surfing of internet.
Pornography is not going to go away from the media, but the focus is on decreasing the use of porn and to decrease the demand for porn through education. Education alone is not going to solve the problem but definitely a place to start. Hence educating the children from primary school has to be accorded importance. Workshops can be conducted in schools for both students and parents for better understanding on safe surfing of internet. The more attention is given the better people are aware of it and take steps to protect one self and others whom they love. It is clear that more and more research needs to be done and more awareness needs to be spread about the consequences of pornography.
5.4 Limitations

1. This study may have a few limitations in the context of the discrepancies between students’ perceived understanding about pornography and actual use of pornography. Students may have been uncomfortable providing an open and honest assessment of their use of pornography for the topic itself is very sensitive and the taboo attached to it. Therefore, they may have answered based on what they believed was socially desirable.

2. The type of students that participated in this study were from urban areas only. Caution should be applied in generalizing these findings to the broad spectrum of students who are from rural areas. They may differ in their opinions.

3. The work is restricted only to the geographical location of the Saurashtra region of Gujarat in India and the results may or may not be applicable elsewhere in the world. Hence, generalization must be made with caution and prudence.

4. The participants of the study were more male than female, and the entire Saurashtra region representation is missing from the study and therefore the findings of the study should be generalized with caution.

5. The study does not account for the socio-economic status or cultural influences of participants and their families, parents’ profession because these variables might have influenced the result.

6. Owing to non-experimental nature of this study, statistical analysis could only be provided on the degree of the relationship between the independent and dependent variables.

5.5. Recommendations for Further Research

The work done so far has helped the researcher formulate a few recommendations that can be of greater help to researchers for prospective studies.

1. The present study discussed about porn addiction in relation to gender, medium of instruction, management, religion and city. Porn addiction is also discussed in relation to relationships, sleep, eating habits, guilt feelings, anger/irritation, and negative attitude towards women. It is recommended that future research can be done to explore the relation between porn addiction and academic performance.
2. It is recommended that future research should concentrate on pornography use as a social, behavioural, and health issue, in order to fully understand its impact on society and human sexual development.

3. The sample population must be much larger to take account of a larger general population to formulate its reliability.

4. The study must also be done across various geographical regions.

5. It is highly recommended that future research may be taken among students studying in XI and XII standards and college students.

6. Family dynamics including parents’ profession, education, marital relationships, and sibling relationships may be explored to see if these characteristics affect porn addiction.

7. Future research needs to explore parents’ attitude towards sex education and their ability to converse with their children on human sexuality.

8. It is recommended that future research can be undertaken in the urban and rural contexts.

9. It is highly recommended to dedicate space for research and debate on porn addiction just as there are specialist journals, conferences, book series and book collections enabling considerations of other areas of media and cultural production.

10. Future research would indeed incorporate self reports, interviews and case studies. These resources may help readers understand more about the opinion and perspective of participants.