

PORNOGRAPHY: AN ALARMING PSYCHO-SOCIAL EFFECTS AMONG POST GRADUATE STUDENTS

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Abstract

Pornography viewing is gradually becoming a part of life in many countries around the world, including India. However, the role of the extensive consumption of pornography among the Indian youths has not been given much attention by the society and government. Pornography is fuel for global sex trade industry. In the contemporary world due to advancement in ICT they access to the porn is on the tip of finger which is causing Psycho-social health among youth. Main aim of the present study is to study the psycho-social effect of pornography among post graduate students in Kolhapur city and check effectiveness of pornography preventive model on PG students. The survey and experimental method was adopted by the researcher. The data was collected with researcher made questionnaire from N=325 PG students by convenient sampling method. The finding of the study are: More than 3/4 respondents suffer from following psycho-social effects of pornography: Feeling live away from society, Masturbation, Feeling guiltiness, Mental stress, increase in aggressive behaviour, Staring at women/girls as a 'Sex object'. Developed Preventive model is helpful to overcome from pornography by the PG students.

Key words: Pornography, Psycho-Social Effects, Post Graduate Students



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1. Introduction

Consumption of pornographic material refers to viewing of contents that create sexual feelings or thoughts and contains explicit images of sexual acts and so on. (Reid et al. 2011). Pornographic materials are known for displaying behaviours that many adults consider unacceptable and highly risky in terms of sexual health (Arrington-Sanders, Harper, Morgan,

Ogunbajo, Trent & Fortenberry, 2015). Research evidence has indicated that pornography is becoming a prevalent part of life in many countries around the world, including Nigeria. Cooper, Delmonico and Burg (2000) asserted that sex is the most frequently searched topic on the Internet and the rapid increase in pornography consumption has influenced the youths in an unprecedented way (Lofgren-Martenson & Mansson, 2010). The technological advancement, the availability of personal computers, smart phones and the unlimited access to the Internet, have made it easy to access and consume pornography (Buzzell,2005). The availability of these Internet-enabled devices has made it possible for people of all ages to consume.

2. Need and Rationale of the Study

There is limited research on the impact of pornography on PG students in India and Maharashtra As extensive viewing of pornography alters one's behavior, habits, attitudes and aggression. It was also crucial to understand pornography as a form of violence against women as there have been many studies showing that porn addiction can lead to sexual violence against women (The Times of India, 2018). Therefore, understanding the complexity of the surrounding issues which stems from the adverse viewing of pornographic content is very critical in generating sustainable solutions as India is a very young country with half of its population is under the age of 25.

3. Review of Related Researches

The issue of exposure to pornography has received a great deal of consideration. Studies have consistently shown that males are more likely to actively seek out and view sexually explicit materials than females (Rissel et al. 2017; Shek and Ma 2016). It has been claimed that men are regular pornography consumers due to factors such as their common behavioral aptitudes and impulsivity (Chowdhury et al. 2018). Pornography consumption has also increased as a result of the internet because it has made pornography more accessible, affordable, and anonymous (Cooper 1998; Owens et al. 2012). The increased use of mobile devices (e.g., smartphones, tablets, etc.) has also led to new ways of interacting with friends (e.g., using Facebook) and engaging in other behaviors such as listening to music (via smartphones, MP3 players) and watching streamed movies and television boxsets (e.g., Netflix). The use of these new mobile devices and new ways of engaging in leisure activities

may also be factors in the increased consumption of pornography. Other pornography consumption-related factors include when pornography was first encountered (i.e., childhood, adolescence, adulthood), where individuals live (e.g., urban or rural areas), peer influence, and type of preferred pornography (e.g., videos, photographs, sexual stories) (Chowdhury et al. 2018).

4. Research Questions

- 1) What is the current status of watching pornography among Post Graduate Students?
- 2) What are the Psycho-Social effects of watching pornography among Post Graduate Students?
- 3) What would be Preventive programme can develop to overcome from excess watching pornography?

5. Objectives of the Study

- 1) To study the current status of watching pornography among Post Graduate students.
- 2) To Study the Psycho-Social effect of pornography among Post Graduate students.
- 3) To study the effectiveness of the developed Preventive model on over watching pornography among Post Graduate students.

6. Significance of the Study

The finding of the study will be applicable and helpful to Post Graduate students, Youth Society, Educational Institutions, Government and NGO's

7. Delimitations of the Study

Due to cultural and religious issues, Female Post Graduate students were excluded from the study. The study was delimited only to male students studying at Post Graduate level in the Kolhapur City.

8. Research Methodology

8.1 Research Method: To analyze the Scopus Indexed Research papers Content Analysis Method was used by the researcher. To study the current status of watching pornography among Post Graduate students, Descriptive Survey method and to study the effectiveness of Experimental method was adopted by the researcher.

8.2 Sampling Method: Collection of the data from Post Graduate students studying in the post Graduate colleges and University in Kolhapur City, researcher was adopted convenient

sampling method. For the selection of the students for experimentation probability simple random sampling method was used by the researcher.

8.3 Data collection Tool: Researcher made researcher made semi structured half open-ended questionnaire was used to collect the survey data and achievement test used for collect the experimental data.

8.4 Sample Size: Sample size for survey was N=325 Post Graduate Students studying in colleges & in the Shivaji University Kolhapur. Among these N=60 (30+30) students considered for experimentation.

8.5 Source: Primary source of data (i.e. students survey) and Secondary source of data (i.e. Review o Researches).

8.6 Data Analysis- The survey data was analyzed by descriptive statistics – Percentage and the data collected through Experimentation was analyzed through inferential statistics-Mean, Standard Deviation, t test.

9. Data Analysis and Results

Objective No.1 Reviews analysis of the 40 Journals Papers.

Table No.1
Review Analysis

Review Analysis	Abroad (%)	India (%)
Pornography watching by Male	86	90
Pornography watching by Female	75	30
Device used for watching pornography- Mobile	77	90
Pornography content download among total download on internet	25	40
Pornography problems reported by the family	47	7
Treatment getting over Pornography Addiction	33	2
Divorce rate – due to pornography	58	15
Money spent on pornography among total income	12	3

(Source: Compiled by the researcher)

From the above Table No.1 It is observed that among total Male internet users, 86% Male users in Abroad and 90 % Male users in India watching pornography. Among total Female internet users, 75% Female users in Abroad and 30 % Female users in India watching pornography. Among total internet users, 77% users in Abroad and 90 % users in India used mobile as device to watch pornography.

Objective No.2 Current status of watching pornography among Post Graduate students**Table No.2****First Time Watched Porn in Age Group**

Age Group	Frequency	%
11 to 14 year	21	6
15 to 21year	291	89
22 to 27 year	13	5

(Source: Compiled by the researcher)

From the above Table No.2 It is showed that, 96% respondents first time watched pornography in age group between 15 to 21 years

Table No.3**Reasons to Watch Pornography**

Reasons to watching Pornography	Frequency	%
Relieve Mental Stress	307	94.46
Cultural Inhibition hence desperate to sex with respect to age group	187	57.53
Virtual Sexual Experience	309	95.07
Curiosity about sexuality	169	52
Entertainment	311	95.69
Pleasure	162	49.84
To reduce sexual anxiety	37	11.38
As an Aesthetic / Erotic Experience	84	25.84

(Source: Compiled by the researcher)

From the above Table No. 3 It is showed that, 95.69% respondent responded that they watching pornography for entertainment, 95.07% respondent responded that they watching pornography for virtual sex experience and 94.46% respondent responded that they are watching pornography for relieve mental stress.

Objective No.3 Psycho-Social effect of pornography among Post Graduate students**Table No. 4****Psycho-Social effect of pornography among Post Graduate students**

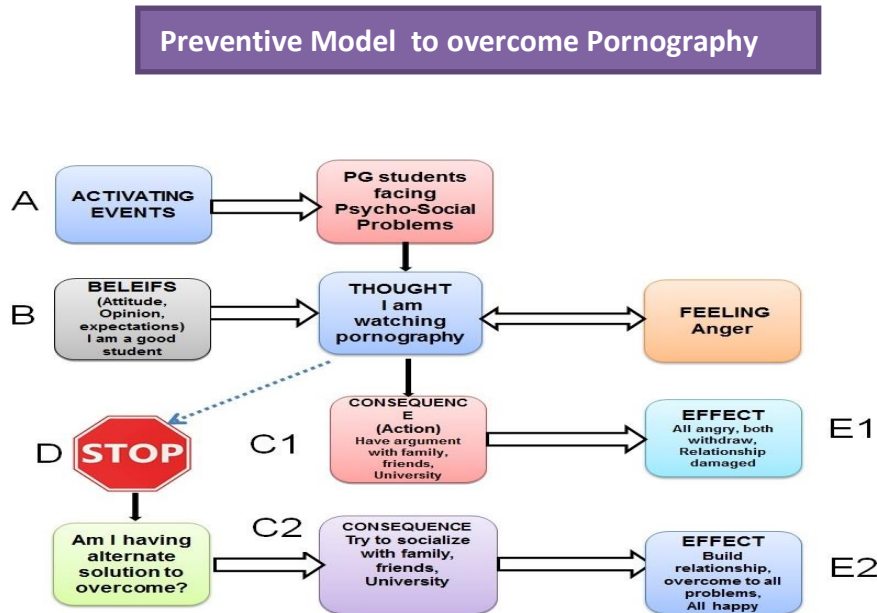
Psycho-Social Effect	Frequency	%
Introvert personality & Feeling live away from society/ family	325	100
Masturbation	3011	92.61
Feeling Guiltiness	317	97.5
Mental Stress	151	46.46
Severe Anxiety	86	26.46
Lack of Empathy (self-oriented)	299	92
Always occupied mind with sexual thought	325	100
Staring at women/girls as a 'Sex object'	325	100
Severe Depression	43	13.23
Low concentration and poor academic performance	25	7.69
Increase in aggressive behaviour	305	93.84

(Source: Compiled by the researcher)

From the above Table No.4 It is showed that, Among all respondent 100% i.e. All respondents responded that they are feels an introvert personality & feeling live away from society / family, Their mind is always occupied with sexual thoughts, They feels like they are staring at women / girl as a 'sex object'. 99.38% respondent responded that they feels negative attitude about purpose of human sexuality, 97% respondents feels guiltiness, 93.84% respondents feels increase in aggressive behavior, 92.61% respondents responded that they do masturbation & 92% respondents responded that they feels lack of empathy about their close ones.

Objective No. 4 Preventive Model for PG Students to overcome pornography.

Figure No.1



(Source : Dr.Albert Elis)

Steps involved in the Preventive Model:

Step-A	Activating Events for the students	Session for PG students to overcome Pornography
Step-B	Beliefs of the students	Session regarding Knowing the students beliefs about the watching pornography - Acknowledgement of the truth of compulsion and/or addiction to pornography use—without denial, rationalization, or minimizing
Step-C	Consequences Identification of the students	Consequences / dilemmas Identifying of the students with respect to their Educational responsibility, Family responsibility,
Step-D	Stop and Find the alternative solution on pornography effects	Solution suggested and actual take in practice for definite period and rigorously followed it. Activities for Students - Stop feeding the addiction. Destroy all pornographic material and immediately stop visits to places of temptation—pornographic movies, websites, or adult bookstores. • Determine boundaries of acceptable internet use. • Change any relationships that have encouraged the compulsion and/or addiction to pornography. • Join a support group. Attend a group facilitated by a professional where you can receive support and discuss the compulsion and/or addiction. • Tell someone you trust! Patrick Carnes writes, “The enemy of sexual health is silence.” Telling on your problem will help take away its power. • Establish an accountability relationship with a friend of the same

sex to talk with and contact when you have an urge to access pornography. This will help alleviate the pressure and isolation you are experiencing.

- Install an internet filter such as Cyber Patrol or Net Nanny to block adult content.

- Thanks to your all support system to release from this compulsion and/or addiction.

Step-E	Effect of the alternative solutions	Evaluation of the efforts impact- - Introspection and Experience sharing - Interviews -paper pencil achievement test
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Objective No. 4 To study the effectiveness of the developed Preventive model on over watching pornography among Post Graduate students.

Table No.5

Hypothesis Testing

Group	N	Mean	SD	df	Calculated 't' value	Table 't' Value	Level of Significance	Result
Control	30	16.3	1.68	58	8.549	2.011	0.05	Null Hypothesis rejected
Experimental	30	21.33	2.75					

(Source: Compiled by the researcher)

Calculated t value is 8.549 which is greater than t table value i.e. 2.011 hence Null hypothesis rejected it means there is significant difference between the mean of pre test and post test score of the two groups in over watching by the PG students. The prepared prevention model is helpful to overcome from watching pornography by the PG students.

10. Major Findings

- 1) More than 3/4 Male users in Abroad and in India watching pornography.
- 2) More than 3/4 of users in Abroad and in India used mobile as device to watch pornography.
- 3) 96% respondents was first time watched pornography in age group between 15 to 21 years
- 4) All respondents responded that they feels an introvert personality & feeling live away from society / family, Their mind is always occupied with sexual thoughts, They feels like they are staring at women / girl as a 'sex object'.

- 5) More than 3/4 respondents suffer from following psycho-social effects of pornography: feels negative attitude about purpose of human sexuality, feels guiltiness, feels increase in aggressive behavior, they do masturbation & feels lack of empathy about their close ones.
- 6) All respondents responded that they are watching porn and they decided to stop it but could not leave this habit.
- 7) More than 3/4 responded that they are watching porn to relieve mental stress, Cultural Inhibition hence desperate to sex with respect to age, to get virtual sex education, to entertainment and reduce sexual anxiety.

11. Suggestions

1. PG students should identify their interest & hobbies for stress coping strategies.
2. PG students should utilize time to participate in socially productive activities e.g. awareness camp, social work, etc.
3. Mentor should help to the PG students to channelize their energy in positive way

12. Conclusion

Pornography is an alarming psycho-social effect among PG students. Hence, Its need of time to overcome from pornography with preventive model and channelize their energy in a constructivist way

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