



Gender Differences In Pornography-Viewing-Disorder (IPD)

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Abstract. The rapidly increasing sophistication of technology has allowed users around the world to access a wide variety of data and content on the internet, including pornographic and sexual videos. These pornographic videos that are readily available on the internet are making the minds of young people and adults, that is, regardless of gender increasingly polluted with imaginations and fillings that corrupt their morals. Thus, these studies aim to determine the differences between gender on pornography motivation and sexual arousal and gratification in the tendencies toward Pornography-Viewing-Disorder (IPD). Quantitative research with convenience sampling was used in this study and there was a total of 202 people answered the distributed google form. This study revealed that sexual arousal and seeking pleasure while viewing online pornography are significant factors in the use of online pornography among online pornography users. The implication is also discussed in this study.

Keywords: Pornography, Gender, Pornography Motivation, Sexual Arousal, Sexual Gratification



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Introduction

Pornography can be fairly easily to find in the internet. Meanwhile, the effects of pornography has been discussed controversially worldwide (Campbell & Kohut, 2016; Grubbs et al., 2016; Harkness et al., 2015). It is important to note that watching online pornography leads to addiction, however, it is yet to be confirmed (American Psychology Association, APA, 2013). Since the existence of “porn addiction” is not recognized by the APA, no definitive diagnostic criteria guide mental health professionals in its diagnosis. Nevertheless, because of the ongoing discussion on the phenomenology of watching pornography, researchers thus has used Internet-pornography-viewing disorder (IPD) in exchange with “porn addiction” which is considered as one type of Internet-use disorder (Laier & Brand, 2017) and been analogized to Internet Gaming Disorder as used in the DSM-5 (APA, 2013).

Researchers argue that watching pornography might be considered as addictive (Kraus et al., 2016; Love et al., 2015). It has been reported that IPD associated to increasing using times of Internet and negative effects in life such as school/academic/job functioning (Duffy et al., 2016; Wéry & Billieux, 2015). IPD is a condition of which individuals use pornography compulsively, to the exclusion of other interests, whereby their persistent and recurrent activity of viewing pornography resulting in clinically significant impairment or distress. Meanwhile, a study conducted by Laier and Brand (2017) reported that IPD was associated negatively with feeling generally good, awake and calm. This study also reported that unsurprisingly after watching pornography, it is accompanied by strong reductions of sexual arousal and the need to masturbate. Generally this shows that IPD is linked to excitement seeking (Laier & Brand, 2017), the motivation to find sexual gratification and to avoid or cope with aversive emotions (Laier & Brand, 2014), but only after experiencing orgasm's satisfaction.

Since there are no agreement on the diagnostic criteria of IPD, the prevalence of the phenomenon can only be estimated especially its prone effects on gender. A study examined a sample representative from Sweden found that 2% of the female and 5% of the male participants reporting symptoms of IPD (Ross, Mansson, & Daneback, 2012). Meanwhile, Cortoni & Marshall (2001) stated that there is a possibility that man actually use sexually related activities as a coping strategy to alleviate negative emotional states, which further strengthen the need to test whether porn users are pursuing pornography as coping mechanism in relieving their sexual arousal and gratification, especially in achieving the physical release through masturbation. Thus this study then aims to determine the differences between male and female on the motivation to online pornography, sexual arousal and gratification on tendencies towards IPD.

Method

This study is a quantitative research by using online structured questionnaire through social networking sites. The study applied convenience sampling method focused on Malaysian online pornography users who possessed the following criteria; (1) 18 years old and above, and (2) internet pornography use in the past six months that received during the filling of consent form. The total number of respondents participated in this study were 202 people, and they were all collected through email lists, social networking site (e.g., Twitter, Instagram, and Facebook) and Whatsapp, a communication application. Meanwhile, the data were gathered through online questionnaires using Google Form.

Result

Table 1. Respondent's Background

| Variable | n (%) |
|----------------------------------|------------|
| Age | |
| 18 - 30 | 198 (98.7) |
| 31 - 40 | 1 (0.5) |
| 41 above | 2 (1.0) |
| Gender | |
| Male | 112 (55.7) |
| Female | 89 (44.3) |
| Hours viewing pornography | |
| Less than half an hour | |
| 1 – 3 hours | 109 (54.2) |
| 4 – 6 hours | |
| More than 6 hours | 82 (40.8) |
| | 3 (1.5) |
| | 7.0 (3.5) |

Table 1 shows the respondent's background with majority online pornography users are among those aged between 18-30 years old (98.7%) compared to those aged 31 – 40 years old (0.5%) and 41 years old and above (1.0%). Meanwhile on gender, 55.7% of respondents are male and 44.3% are female.

Base on Table 2, pornography motivation recorded a mean value of 50.36, which shows a high motivational relevancy in watching pornography. Meanwhile, sexual arousal while viewing online pornography ($M = 64.85$) and sexual arousal on the need to masturbate while viewing online pornography ($M = 69.96$) also show a high rate. Finally, sexual gratification was slightly above average ($M = 56.77$) with moderate level of satisfaction after an orgasm due to watching online pornography.

Table 2. Mean of the tested variables

| Variable | Mean |
|--|-------------|
| Pornography Motivation | 50.36/75.00 |
| Sexual Arousal – While Viewing Online Pornography | 64.85/100 |
| Sexual Arousal – Need to masturbate while viewing online pornography | 69.96/100 |
| Sexual gratification – Satisfaction after an orgasm | 56.77/100 |

Table 3. Differences between gender and tested variables

| Variable | Mean | | t | p |
|--|-------|--------|-------|--------|
| | Male | Female | | |
| Sexual arousal – While viewing online pornography | 52.09 | 48.18 | 2.020 | 0.028* |
| Sexual arousal – While viewing online pornography | 70.54 | 57.68 | 3.559 | 0.000* |
| Sexual arousal – Need to masturbate while viewing online pornography | 77.57 | 60.38 | 3.773 | 0.000* |
| Sexual gratification – Satisfaction after an orgasm | 62.38 | 49.71 | 2.636 | 0.000* |
| Internet pornography – viewing disorder | 32.49 | 27.60 | 3.294 | 3.294 |

Pornography motivation recorded a significant value between gender and pornography motivation, $t = 2.02$, $p = 0.028$, with male shows a higher pornography motivation ($M = 52.09$) compared to female ($M = 48.18$). A high score presents high motivational relevance for Internet-pornography use. Pornography motivation also covers four aspects, 1) emotional avoidance, 2) sexual curiosity, 3) excitement seeking and 4) sexual pleasure. Meanwhile, the results also showed significant differences between gender to sexual arousal - while watching online pornography; $t = 3.559$, $p < .05$, sexual arousal - need to masturbate while viewing online pornography; $t = 3.773$, $p < 0.05$, and sexual gratification - satisfaction after an orgasm; $t = 2.636$, $p < .05$ with male respondents showed higher mean on all these variables tested (refer to Table 3). This shows that male seek online pornography for self-satisfaction especially in satisfying their sexual needs as compared to female. Surprisingly, there is no significant difference reported between gender on internet pornography – viewing disorder as this might be explained by the intention of viewing pornography at the first place. However, it is quite alarming as male are more prone to watch online pornography for sensational seeking.

Results and Discussions

The objective of this study was to determine the differences between gender on pornography motivation, and sexual arousal and gratification on the tendencies towards IPD. It is concluded that sexual arousal and pleasure seeking while viewing online pornography are the key factors to the consumption of online pornography among the online pornography users. The results are in line with a study conducted by Laier & Brand (2017) that shows excitement seeking and emotional avoidance are the main motivation to watch online pornography that further closely associated with IPD. Therefore, this study thus shows that it is more than enough for us to start acknowledging addiction to pornography hence subsequently it may leads to a potential disorder – Internet Pornography-viewing-disorder, as a problem.

It has been suggests that watching online pornography has been use to cope with depressive mood or stress, however, this habit might be considered to be a risk factor for developing IPD (Cooper et al., 1999). This study also bring highlight on watching online pornography for the purpose of sexual arousal and pleasure seeking only after masturbation. Thus this bring awareness of how watching online pornography not only will bring to IPD or addiction, it may also endanger the society as a whole. It is now then important to conduct more studies on the effects of pornography especially focusing on individual's mood and the impact of hours viewing online pornography to IPD.

Conclusions

Often, issues on pornography are taken as trivial, unimportant, and should never be talked about especially in a collective society which it may be seen as taboo. However, it is important to understand pornography as a form of violence especially against women. Thus, knowing the implications on the addiction of pornography, it is a must that we start treating it as a problem and figure out ways to effectively counter it.

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