The Growing Seizure of Porn Addiction on Global Population; Its Causes, Effects and Cures, with Special Emphasis on Indian Population

Oyindrila Basu, Shiva Raman Pandey

*Oyindrila Basu, ‡Shiva Raman Pandey
*eWellness Expert, India

Abstract
Addiction is a chronic disease which alters the functioning of the brain and body, significantly; a dangerous habit formation gradually transforms into a ritualistic, compulsive act, and the victim finds it difficult to quit the habit in future. Addiction comes in several forms; cigarette, alcohol, drugs are common faces of substances often abused by people since young age, however, there are several unusual addictions, which are often not identified as something harmful or chronic but they take over the rational reasoning of a person till he becomes a slave to the habit. Television, internet browsing, social media, phone, text messaging, sun tanning, nail biting, body scratching etc. are such addictions which are merely neglected as bad habits but never receive the importance of diagnosis and treatment as drug and alcohol abuse. Another, unusual and unique addiction is pornography addiction, which prevails widely across nations, but is never acknowledged openly, for social taboo, embarrassment and such reasons; hence the problem never goes up for diagnosis, therapy or treatment. The study aims to understand the causes, effects and treatment methods for porn addiction. It also navigates world statistics for recording the quotient of porn lovers in different countries across the world.

The methodology surveys two separate population groups of India; one from college between age group 17-25 and the other from mature adults between 30-50; a questionnaire is performed on the samples to find out how many of them indulge in surfing porn sites regularly, and if yes, then how many times a day, do they do it; average on findings is calculated to conclude that majority of the population groups take interest in browsing pornographic sites in between daily life tasks.

Keywords
Pornography Addiction; Slave; Chronic Disease; Alcohol Abuse; Porn Surfing; Social Taboo; Embarrassment; Bad Habit

Introduction
Besides, cigarette smoking, alcohol abuse and drug abuse which are detrimental to the neurological foundation of our body, there are several other addictions which are never directly identified as harmful. Television, internet browsing, nail-biting, texting, Facebook, video gaming, are some of them. For e.g. these days, most people are addicted to their phones and social-networking sites. Almost, always, we find people scrolling their phone screens; usually they do not know what they are specifically looking for, but they are kind of addicted, that they cannot let go off their phone; even when they are with their friends, or on a family dinner, viewing images or WhatsApp messages on phone, never ceases to take the foreground. A technical gadget becomes so important on social gatherings, that people forget to communicate and interact with their close ones, and it is extremely sad. Whenever, a text message arrives, or a notification, most people jump up to respond to them immediately; even if

© 2017 Oyindrila Basu. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

there is nothing coming, hardly we find this generation leaving their laptops, tabs and mobiles for a significant moment. Such kinds of addiction may apparently appear to be harmless, but wastes a lot of the precious time, disrupts concentration and affects cognitive functioning. They destroy social life, communication, family relations etc.

However, there are other unusual addictions which we generally do not address or acknowledge as a disease. Addiction towards hyper-sexuality is nymphomaniac, where a person indulges in sex just as a matter of habit, without any emotional or desirous involvement. Similarly, pornography addiction is a specific type of habit which is chronic, and develops usually when a person is young. “Porn addiction occurs when the person viewing pornography, with or without masturbating, loses control over whether or not he/she will engage in that behavior.”

A person addicted to porn sites, compulsively keeps surfing or browsing them, without self-control fully knowing the consequences of the habit.

Porn addicts can be identified with the symptoms of –

• Depression and guilt for indulging in porn rigorously.

• Disrupted family and social relationships.

• Inability to hold a long-term romantic relationship.

• Loss of interest in non-porn activities like schooling, college work, sports etc.

• Time wastage on porn-site browsing, sometimes, sitting there for the whole day.

• Deterioration in performance in work field, school, college etc.

• Involvement in legal and financial issues involving porn.

• Drug or alcohol abuse induced by porn videos.

• Physical injury caused due to hyper-masturbation.

• Sexual dysfunction, erectile dysfunction, inability to achieve orgasm and inability to have intimate relationship with real-life partner.

Porn addiction is a major problem that ravages the youth of many countries. A person starts watching porn out of curiosity, and then gets addicted to it; the addiction doesn’t give pleasure anymore, but becomes a compulsion for the victim, destroying his/her productiveness and natural sexual abilities.

Probable causes of Porn Addiction- A statistical analysis of reports-

Medically, it has been identified, that pornography triggers a chemical reaction in the brain just like any other substance like drug or alcohol. Watching a porn video, accelerates release of neurotransmitter, dopamine combined with oxytocin, adrenaline, serotonin and endorphins, which gives a sense of initial pleasure. A regular practice of this, enables the porn addict to abuse this usage like any other drug addict does. Intentional triggering of pleasurable feelings with pornography and sexual fantasies, comes from the addict as a way for avoiding depression, stress, panic etc.

To sustain the feelings for prolonged period, an addict continues watching porn, till it becomes an obsessive-compulsive disorder.

Genetic factors also play a role in causing porn addiction, which in turn become responsible for other psychiatric disorders, like depression, anxiety and bipolar disorders.

However, we cannot neglect the socio-economic causes responsible for inducing this addiction among the youths.

Lack of proper sex-education, ambiguous knowledge about the human physiology, social taboo and hush-hush attitude toward sex-related topics, insufficient training during puberty can be some of the social factors responsible for arousing the curiosity among young people for porn sites.

South Asian countries, especially India, have social taboo associated with sex related topics; it is never discussed publicly, or in front of elders. The more a topic is covered up, greater is the urge to know about it. Also, practice of natural sex in India is socially permitted only after marriage, which doesn’t happen any time before 26-30, irrespective of gender; hence we can assume that a person suffers sexual denial for a long time after puberty; people do accommodate with their repressed desires, and porn watching becomes a means of expressing their physical desires, which can become an addiction for many.
The individual’s environmental situation also plays an important role in development of porn addiction. If a person is abused during childhood, he or she can resort to porn for overcoming the guilt and trauma of the abuse, especially because he or she is unable to express or talk about it to anyone. Also, if a person was exposed to an environment of porn watchers, since a very tender age, he or she could develop an addiction towards it.

Again, parenting becomes important here. A person neglected by parents, has higher chances of becoming a porn addict, as he or she will indulge in it as a pass time, due to open access to internet; this may also happen if a person is not properly trained or educated from the right age about sexual matters, oral or hygiene habits etc.

In spite of sexual taboos, legal regulations and prohibitions, porn industry happens to be one of the biggest economies in the digital world adjoining YouTube and such places. Earlier, porn would be expensive, because DVDs were sold at high prices in shops, and this was true for most countries, but now the internet is a source which has made the availability of porn very cost effective for everyone. Many websites offer the videos for free; they often use cheap thrills like ‘teasers’, ‘thumbnail galleries’ and ‘amateur images’ to attract the target audience. By the early 2000s there were more than 3,000 porn sites, most of them tiny, subscription-based outfits. Making money was simple: set up a website with some pictures, control access using billing software and see the bank account fill up.

“With most porn on the internet now free and easy to find, the number of adult sites, and traffic to them, have exploded. The web boasts an estimated 700m-800m individual porn pages, three-fifths in America. PornHub, Mindgeek’s biggest tube, claims to have had nearly 80 billion video viewings last year, and more than 18 billion visits”.

When it comes to numbers, India is now ranking third among PornHub’s top twenty countries, knocking out Canada, from the position in 2015. The website claims that India brings about 300 million web users’ traffic to the site, and most of them love “teen porn”, especially, “Indian porn”. It is unnecessary to mention here, why Sunny Leone, adult-star turned Bollywood actor, happens to be the most-searched personality on Google.

It is amazing, that India also has a huge woman population watching porn, “Within our top 20 countries, the proportions are up across the board as well. The Philippines still holds in down with the largest share of female viewers at 35 per cent, up from 34 per cent last year. India’s proportion went up from 26 per cent in 2014 to 30 per cent this year,” said the site.

Thus, we cannot negate the economic factor, where porn industry stands as a profitable business across the globe, for being responsible for pornography addiction, as this makes the substance easily available to public, that too in large volumes.

At the same time, the rejection stamp on sexual issues by the Indian society seems to be the reason for the growing craze for porn addiction.

Karnataka, a state in South India stands third in porn culture within the nation. The Times of India, reports about an IT professional Amit Singh, who earns well and has a good settlement, but was about to lose everything to porn addiction, when his personal relationship with wife and family, was almost at the verge of falling apart.

“I had become extremely withdrawn. I didn’t think addiction was even possible. I would stay up all night to watch porn and I had even started viewing it at work. This started affecting my work. I didn’t feel like going out and started distancing myself from my family as well,” says Amit. With professional counselling and medication, he was able to revive and get back to normal life. An educationist, Ali Khwaja, attributes this to the wider availability of internet facilities; today we have internet even in phones so we do not even care about people being around, when browsing our interest videos. Even MLAs were found watching porn videos in the Karnataka Assembly, confirms the learned.

Methodology

Based on the hypothesis, that Indians are more prone to get addicted to pornography, a field survey was executed on a group 12 young college goers in Kolkata, India, falling between age group 17-25, irrespective of gender. Yet we noted the gender of the student (M/F) by their ids.

Research questions asked-
1. Do you watch porn?
2. How many times a day do you browse porn sites?
3. Do you search Sunny Leone?
It was observed that 10 out of 12 people watch porn, i.e.
Average- (10/12)*100= 83.33
and only 2 out of 12 did not indulge in porn i.e. an average of
Average- (2/12)*100= 16.66.

The same study with same research questions was performed on another group of 12 adults between age group 30-50, who belong to different work fields and ages. A similar ratio of males to females was maintained.
Results
The survey shows that in the first sample group 9 out of 12 students indulged in porn watching, which means that 75% of young students reported of being interested in porn. Though female porn watcher’s number has been considered high in India by PornHub, our research shows that 2 out of 5 female candidates responded negative to the first question. Interestingly, almost all candidates confessed watching or surfing Sunny Leone images, videos, movies etc. Including those who did not watch porn in general.

In the second sample group, almost everybody responded positively to the first question and agreed upon watching porn, 10 out of 12 candidates to be precise, which means an average of 83.33% of adults, and only two said they did not watch porn, and both were females. In this group, everybody confirmed watching and liking Sunny Leone.

Discussion
From the results, it is quite clear, that most of the population of India, young or old, male or female watches porn, however, the number of female watchers are less, according to the study conducted, possibly, because women tend to apply their creativity when it comes to time pass; it is also possible that they have some other addictions like television, gaming or social networking; a primitive conservation forms the basic nature of Indian women, and this can be a major reason for them, participating less in porn. The few candidates, who reported not watching porn, may not be having easy internet access, or can be too busy to indulge; one or two may not be knowing about Sunny Leone as a celebrity figure.

In the first group, the duration or frequency in which students watched porn was higher than that of second group; the score never crossed 6 for mature adults, while for teen students, it was as high as 9 times per day, or even for hours which the participant could not calculate. It shows, that duration of indulgence in porn activities, is greater for young people, than mature adults. The reasons could be- longer internet-usage time for study materials, more free time than office goers or family people, less responsibilities, less exposure to sexuality, more curiosity to know the unknown. While the second group of mature adults are more consistent porn watchers; the percentage is higher, but duration or frequency in a day for each individual is lower.

However, it is interesting to note, that those who reported of not watching porn, are equally interested in watching Sunny Leone in both groups, including the female participants. This establishes that women also watch and surf Sunny Leone, and take pleasure in her, which is symbolic of their heterosexual nature.

Effects of porn addiction-
A small town in Assam reported that their students were seeking out porn sites for entertainment; when a small town where internet access is limited, has such a population of porn addicts, then what about big cities like Bangalore, Delhi, Kolkata and Mumbai! Effects of porn addiction can be bad to drastic.

People are unable to have a normal sex life, completely opposite of what is believed to be. They cannot be stimulated without watching porn, as the body responds to that particular stimulus, for having sex.

Social withdrawal is very frequent, associated with depression, anxiety, guilt complex and several other psychiatric disorders.

In Effects of Prolonged Consumption of Pornography, a review of pornography research conducted for the Surgeon General of the United States in 1986, Zillmann noted that inconsistencies in the literature on pornography exist, but overall concluded that “extensive viewing of pornographic material may produce some sociological effects he argued were negative, including a decreased respect for long-term, monogamous relationships, and an attenuated desire for recreation.” Porn addiction can make a person violent and aggressive about sexual matters.

The link between pornography and sexual aggression has been the subject of multiple meta-analyses. Meta-analyses conducted in the 1990s suggested to researchers that there might not be an association of any kind between pornography and rape supportive attitudes in non-experimental studies. However, a meta-analysis by Hald, Malamuth and Yuen (2010) suggests that there is a link between consumption of violent pornography and rape-supportive attitudes in certain populations of men, particularly when moderating variables are taken into consideration.

A meta-analysis conducted in 2015 found that pornography “consumption was associated with sexual
aggression in the United States and internationally, among males and females, and in cross-sectional and longitudinal studies. Associations were stronger for verbal than physical sexual aggression, although both were significant. The general pattern of results suggested that violent content may be an exacerbating factor.”

Kiran Bedi, retired Indian police official, a former tennis player and social activist, who is currently, Lieutenant Governor of Puducherry, has openly blamed Sunny Leone, to be responsible for spoiling the youth of the country and accelerating rape instances. “You have not seen the animalistic poses and images, sub-human activities enacted by Sunny Leone, whose videos are raging on the web” (translation), drawing a connecting link between porn addiction and growth of sexual violence in a nation.

However, several other studies and literature reviews have reported that liberalization of pornography can actually reduce cases of sexual violence like rape, child abuse, domestic aggression and the like, yet there is no strong proof of either perspective, regarding the effect of pornography in stimulating violence, and the results are inconclusive.

**Treatment of Porn Addiction**-

Porn Addiction can be treated with a methodical approach as it does in case of other addictions like drug or alcohol abuse. Cognitive Behavioral Therapy (CBT) is extremely effective if coupled with other group therapies. It can be alternated with art therapies, or equine therapies to get better results.

Sometimes, EMDR (eye movement desensitization and reprocessing) can be implemented in certain cases by psychiatrists to relax the patient neurologically.

Like any other addiction, a commitment from the patient’s side is very important for curing porn addiction too, and it is often induced by his/her counsellor. You need to promise yourself, that you will quit the addiction. Trying competitively, to avoid the stimulus definitely helps, however, it takes a certain amount of time. Social support from friends and family is imperative to make psychiatric counselling a success, for porn addicts.

**Conclusion**

The research, thus, concludes that most of the people in India and other countries of the world, are inclined towards porn stuff, even though everyone may not be an addict. Men are more prone to porn addiction than women, in general, as they star watching it out of curiosity, which becomes a habit. India ranks third in bringing traffic to porn sites like PornHub as because social taboo associated with sexual topics increase the curiosity in population. Porn addiction destroys a person’s personal relationships, social life and work performance along with damaging physical health, but it can be treated with proper counselling methods.

**References**