

Chapter 5

Intra–Interpersonal Consequences of Pornographic Addiction in Youth

Ayush Dwivedi

 <https://orcid.org/0009-0001-2103-7342>

Graphic Era University, Dehradun, India

Ravindra Singh

 <https://orcid.org/0000-0003-3062-1812>

Magadh University, Bodh Gaya, India

Aditya Ratna Tripathi

 <https://orcid.org/0009-0001-7011-7242>

Graphic Era University, Dehradun, India

ABSTRACT

Addiction is not having control over doing something to the extent that it is harmful to an individual. Recent studies show pornographic addiction can also lead to such compulsivity in behavior. The technological advancements and long quarantine period of the COVID-19 pandemic have caused a significant increase in the user base of pornographic materials. It is estimated that about 74% of men and 41% of women watch porn. The purpose of this study is to examine the consequences of pornographic addiction on the life of an individual. This is a systematic review paper and it is based on data collected from Research Papers Existing literature on pornographic addictions shows that it can lead to impairments in the psychological well-being (Feelings of loneliness, frustration, guilt, etc.) of an individual. Additionally, it can

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lead to depression, stress disorders, mood disorders, etc. Pornographic addiction also hampers one's ability to sustain good social relationships. Moreover, it was also reported by previous studies that pornography hurts the sexual life of an individual.

1. INTRODUCTION

The concern about intra- and interpersonal consequences of Pornographic addiction among youth and adolescents has become a growing concern in contemporary society. This book chapter attempts to explore the psychological, emotional, and social ramifications of excessive pornography consumption. Additionally, it is also keen to understand how pornography affects the various cognitive phenomena (e.g., self-perception, emotional regulation, cognitive functioning, and relationship dynamics). High Pornography content consumption has been normalized in the modern digital era. The excessive engagement with Pornography material can lead to detrimental consequences, particularly among impressionable youth. The accessibility, availability, affordability, and anonymity of online pornography content force compulsive consumption patterns and foster a cycle of addiction.

Addiction is not having control over doing something to an extent that it is harmful to an individual. Addiction can be substance-related (drugs and alcohol) and also to primary needs like food and sex. The DSM-5-TR heavily associates addiction with substance abuse with non-substance-based addictions being limited to gambling addiction. However, pornography addiction is a recent diagnostic label that helps define patients with a propensity and tendency to frequently view pornography. Alongside, these patients show signs of distress when not allowed access to pornographic images and videos (Ley et al., 2014). Products that are used commercially to encourage or induce sexual pleasure and are fictitious in nature are termed *pornography* (Kumbhare, 2022). Pornography has mainly two kinds, hard-core porn and soft-core porn (George et al., 2019). Modern technological developments are the key reason for the widespread availability of pornography among the young generation. As, current digitalization process has made the internet so effortless, it has inflated the exposure of pornographic content all around the world (Astuti & Winarti, 2022). Considering the appearance of pornography on the internet, its affordability, anonymity, and accessibility (AAA) have attracted millions of users (Kühn & Gallinat, 2014). Although it is difficult to measure the rate of consumption of pornography. A study by Rich (2001) has evaluated that a capital of 10 to 14 billion dollars is generated from pornography. Which is mostly from pay-per-view movies on satellites and cable, in room hotel movies, internet websites, porn networks, sex toys and magazines, phone sex etc. (Rich, 2001). It was estimated that nowadays pornography has become a bigger business than

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