



Effects of Pornography on Porn Viewers

KEYWORDS

Pornography; tolerance; addiction; fore play; sex; arousal.

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ABSTRACT *Pornography is a malady, that plagues the present day youth, with its deleterious effects, encompassing various facets of the life of porn viewers. Pornography is a multi billion industry mushrooming in the net in its ugly form. All it takes to make a porn film is simple- a consenting woman, an affordable valet, a small room & a smart phone. Many companies are into this to make an easy, fast & good buck. Unless an active intervention is done by the parents, society at large & the government, it is hard to arrest this menace.*

INTRODUCTION:

Blue films- They are also called Pornography & the major problem that confronts youth & adults of the present day is Pornography. The Pornography & sex in general feel so good that they become addictive like alcohol & drugs. Porn has a tolerant effect that might lead people to pursue harder & harder forms of it to reach the same level of stimulation. People start with one form of Pornography like playboy magazine & end up later at some extreme form of porn like rape porn, or bestiality. ^[1,2,3] Pornography addiction is purported, behavioral addiction characterized by compulsive, repeated viewing of pornographic material until it causes serious negative consequences to one's physical, mental, social &/ or financial well being. There is no diagnosis of Pornography addiction in DSM-5.

^[4] The signs of Porn- addiction are as under

- Inability to stop using porn or the behaviors associated with porn, despite attempts to do so.
- Become angry, hostile & irritable if asked to stop using porn.
- Keeping all or part of porn- use secret from loved ones.
- Feeling as though living a double or secret life because of porn use.
- Continuing to view porn despite negative consequences such as broken relationships or job- loss.
- Losing large chunks of time being absorbed in porn use.

OBJECTIVE: The objective of the study is to bring awareness about the implications of habitual porn viewing and how to get rid of the porn addiction and prevention of youth from falling prey to Pornography.

DISCUSSION: ^[5] Every second 28,258 users are watching Pornography on internet. Every second \$ 3075.64 is being spent on Pornography on the internet. Every second 372 people are typing the word "adult" into search engine. Every 39 minutes, a new pornographic video is created. One third of porn- viewers are women. Daily requests for child pornography 1, 16, 000.1, 00,000 websites offer illegal child pornography. 11 yrs is the average age of first internet exposure.

Now let us consider the adverse effects of porn on porn-viewers.

— ^[6] ^[8] Young men who are addicted to porn lose interest & concentration in school-work, lag behind in studies which in turn may lead to anxiety & depression.

— ^[6] Men who use porn become introverted, narcissistic, dissociative & distractable. They have high levels of anxiety & low self- esteem.

— In Pornography, the total time taken for intercourse & size of male organ are shown in an exaggerated fashion. Whereas the actual size of an erect penis is roughly 5 and ½ inches, it is projected as 8 inches -10 inches. Young people who view the porn become anxious, seeing the inflated size of penis & are worried that they don't have one with such a size, creating doubts in their mind about their fitness for sex-life.

— Most of the porn- viewers masturbate themselves to orgasm viewing the pornographic material; when this becomes a regular habit, there is a loss of good amount of semen. Sometimes this may lead to 'Dhat- Syndrome'.

— The most dreaded outcome of porn-addiction is developing an animal- instinct to rape. We see in the society many women being raped in a heinous, horrendous & cruel way. Many Nirbhaya cases are on the record. Still rapes continue to take place unabated in India. This is one of the main social problems confronting India.

Some studies do not support this view.

— ^[6] Exposure to porn creates neural pathways. Like a path is created in the woods with each successive hiker, a neural path is created. Over the course of time they become wider as they are separately travelled with each exposure to porn. They become automatic pathways through which interactions with women are routed. They have unknowingly created neurological circuit that imprisons their ability to see women rightly as created in God's image. Porn thus inundates the image of women. Porn-viewers consider the most worthy attribute of women is their sexual hotness. This porn culture is slowly chipping away at their self- esteem and providing them with an identity that emphasizes sex & deemphasizes every other human attribute.

— ^[6] ^[7] Porn makes real sex & even the real world boring in comparison with the fantasized sex. It anaesthetizes the

emotional life of a man. When they become porn-addicts & they are left with a confusing mix of supersized expectations about sex & numbed emotions about women. He does emotionless sex with his partner, which does not entail good relationship with the result their relationship becomes quite mechanical. This mechanical marital relationship of the couple has its deleterious effect on the emotional growth of their children as well.

ONE MAY NOT GET AROUSAL WITH ONE'S SPOUSE

^[7] Because of pavlovian conditioning of brain the arousal in porn is associated with an image, an idea or a video rather than a person. When you don't watch & save yourself until marriage, then all of those chemicals & hormones are released for the first time when you are with your spouse & they help you to bond intensely to your spouse. But when you spend a lot of time teaching your brain to associate arousal & release with Pornography, your brain can't associate arousal & release with a person anymore. Often people can "complete the act" but it is not intense for them the way porn is.

Thus porn ravages the marriages by wrecking the arousal process in the brain.

PORN WRECKS YOUR LIBIDO

^[7] People who use porn, virtually have no libido when it comes to making love to their spouse. The spouse doesn't turn them on & so natural drive we have for sex is transferred somewhere else.

PORN MAKES ONE SEXUALLY LAZY

^[7] In porn there is no foreplay & everyone is aroused all the time. If one's spouse is not aroused one starts to think it is her fault. He does not think it is due to lack of foreplay. He thinks she is frigid. He thinks sex is meeting his needs met- itsn't about meeting someones else needs.

PORN TURNS "LOVING" INTO A FOREIGN CONCEPT

^[7] Those arousal centres and pleasure centres in our brain are supposed to associated sex with physical pleasure and intimacy but intimacy doesn't happen with porn & so the pleasure is all that it registers.

^[7] Thus sex becomes about the body & not about intimacy. In fact the idea of being intimate isn't even sexy anymore. People who use porn extensively often have difficulty experiencing any intimacy during sex, because those arousal & pleasure centres zero in only on the body.

^[7] God made sex to unite & draw us together. He gave us a binding hormone that is released at the orgasm so that we would feel closer. But if the hormone is released when no one is present, it stops having its effects. Sex no longer bonds you together.

PORN MAKES REGULAR INTERCOURSE BORING

^[7] Just like tolerance develops in alcoholism, in sex also tolerance develops. Porn teaches us sex is all about body not about intimacy, then the only way to get the greater high is to watch weirder & weirder porn. When we are used to watching such weirder forms of porn, regular sexual intercourse with spouse looks boring naturally.

PORN MAKES IT HARD TO BE TENDER WHEN YOU HAVE SEX

^[7] Because of viewing rough rushed sex in Pornography without any foreplay, the sensitive feelings & sensitive coital behavior are lost. Porn is often violent. There is no

waiting for the arousal of partner. Being tender means to be loving, it is to give & express affection. Because these things are not paired with sex in the brains of Porn-users tenderness & sex no longer go together.

PORN TRAINS ONE TO HAVE IMMEDIATE GRATIFICATION

^[7] With porn when one is aroused one reaches orgasm very quickly because porn users tend to masturbate at the same time. Thus orgasm tends to be very fast. The porn user hasn't trained his body to give time to his spouse to arouse. His body is programmed to orgasm quickly. Many porn users suffer from premature ejaculation. Some porn users have difficulty in erection because stimulation is not enough. In this case orgasm can take eternity.

PORN GIVES ONE A WARPED VIEW OF WHAT ATTRACTION IS

^[7] Sex is supposed to bond one physically & spiritually with one's spouse. But porn has made the chemical pathways in one's brain go haywire, then sex becomes only about the body. Porn shows one that only certain body types are attractive it's not about the whole person, it is just a certain type of person. Even if a woman gains ten pounds she is no longer attractive. Her/ His spouse has difficulty getting aroused.

PORN MAKES SEX SEEM LIKE TOO MUCH WORK

^[7] All this combines to make sex with one's spouse too much work. One finds ones spouse unattractive. Sex is blah. Sex requires one to make an effort while one is used to immediate gratification.

PORN CAUSES SELFISHNESS

^[7] Porn causes a spiral of selfishness, where the person ignores his spouse's needs & is focused only on what he wants & that too instantly. Often this manifests itself in other areas of relationship as well. The spouse becomes annoyed if he has to wait for something or if he doesn't get what he wants.

PORN CREATES AN EMOTIONAL BOND WITH ARTIFICIAL WORLD.

^[8] All people have a critical need for intimacy and emotional connection with others. When someone views pornography, they end up creating an intimate bond with an artificial fake world and can actually lose the ability to bond with real people.

UNSATISFYING

^[8] Pornography use may result in a short term high, but it eventually results in feelings of emptiness, low self-esteem and deep loneliness. It ultimately creates emotional distance in relationships.

INFLUENCE OF HORMONES ON BRAIN WHILE VIEWING PORN

^[9] In men, there are some chemicals involved in the sexual arousal & response. Testosterone seems to drive sexual interest. Testosterone is an enabler of sex drive & its production is triggered by the brain through a hormonal process that can be adjusted throughout the day in response to what is going on in the environment. When sexual cues are identified by the brain, a surge of Testosterone production is triggered. This Testosterone surge heightens sexual anticipation & prepares the body for sexual encounters. These cues can be produced by Pornography or through sexual fantasy.

[9] [10] 2nd player in this is Dopamine. Dopamine is a neurotransmitter that underlies all drugs of addiction. Dopamine is referred to as pleasure chemical. Its levels are increased when we do things that generally perpetuate our lives.

For eg: - satisfying hunger by eating a meal, satisfying thirst by drinking water & satisfying the sex drive by engaging an intercourse levels. External & internal sexual cues can trigger, the release of dopamine in key brain regions, that are also sensitive to Testosterone. Dopamine directs us to resolve tension produced by sexual images. It provided the rush that men feel when they view Pornography.

[9] Another neurotransmitter involved in heightening this rush is Norepinephrine. Norepinephrine is a significant player in promoting sexual arousal. It helps the body prepare for sexual activity. In addition it readies the brain to remember how the sexual drive is being met. Norepinephrine helps to store the memories of the event firmly in the brain.

[9] While dopamine & Norepinephrine provide the immediate rush that men get from viewing the porn, the key factor which decides its habit formation is the release of endogenous opioids produced during sexual release. Feelings of transcendence & Euphoria in the sexual release are related to the release of endogenous opioids that are involved in pain relief & pleasure. This ability of orgasm to produce euphoria is what provides the psychological reward to the sexual drive.

CONCLUSION

Thus porn affects individuals not only in their biological domain but in their social, professional, occupational & personal domains as well.

To arrest this menace of Pornography, a concerted effort should be made by the parents, the police and the government. From the parents point of view, they have to supervise their children carefully as they fall an easy prey to Pornography. They should keep an eye on the movements of their children, who they move with, whether there are good or bad, and keep aside bad friends. If the children are adolescents they should be briefed about the adverse effects of Pornography as the adolescents are enticed to Pornography more easily. Sex education is to be imparted to the children at appropriate age. How much of sex education & at what age it is to be imparted should be decided by the Psychiatrist, Child Psychologist, Paediatrician & Sociologist. While rearing the children parents should not show any partiality towards either sex. The view that boys & girls are equal is to be inculcated in the minds of boys right from the childhood so that when they grow up they do not consider women inferior to men & denigrate them. Porn viewers disparage women and view them as sex toys. For children to pursue education with single mind devotion certain goals are to be set up & they should be made to emulate great heroes of our history.

To sublimate sexual & aggressive instincts, a chunk of time of children is to be apportioned for play activity.

To filter the deleterious pornographic material in the net, now a days some software companies are launching a software which may be installed in the houses & in public net cafes. The government must do well to take appropriate steps to curb this menace & protect citizens of tomorrow from this public health hazard.

[11] It is truly inspiring to see the changes porn users report when they have been off of porn for a few weeks to a month. Improvements continue for months.

As their brains return to normal sensitivity, erectile dysfunction fades, their taste for extreme materials / acts with mates evaporates, they find social interactions easier and more rewarding, they laugh more readily, they feel less depressed and more optimistic, they can focus better, they feel like they are in control of their lives and they feel more confident. On the part of the police, they should make regular raids of those net cafes which have become vulnerable places for porn viewing by the youth. They should seize licenses of such net cafes. For those running net cafes, use of porn filtering devices must be made mandatory.

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