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## **Effect of pornography addiction and dating anxiety in relation to mental health**

**Simran**

MA General Psychology Final Year Student, School of Humanities, Lovely Professional University, Phagwara, Punjab, India.

**Kalpana Sharma**

Assistant Professor, Department of psychology, Lovely professional University, Phagwara, Punjab, India.

**Divya Srivastva**

Assistant Professor, Department of psychology, Lovely professional University, Phagwara, Punjab, India.

**Abstract**--In the contemporary period, in the period of information and communication technology revolution, internet has been as sources, which is largely being used for dating, friendship, mate selection and sexual pleasure purposes by youths. There are many things which are available in internet and pornography is one of them. Pornography as sources of online entrainment has been addicted by youth and is a type of addiction characterized by obsessive sexual activity. The pornographic addiction and obsessive sexual activities are combined with the usage of pornographic content and materials. As the various researches have been proved that these types of pornographic content has negative physical, mental, or social repercussions. The objective of the present study is to understand and explain how pornography addiction and dating anxiety affected people's mental health and their well-beings. According to the objective of the present study, the total number of 116 participants were selected with under the age group of 18-27 which including both male and female. The samples were gathered through online mode and psychological tools were used for research including dating anxiety scale by Glickman and Greca, Problematic Pornography consumption scale by Bothe et. al, and Mental Health scale by Arun Kumar Singh and Alana Sengupta. Major findings of this study suggested that there is no link between pornography addiction, dating anxiety, and mental health. Based on the data, it is estimated that the majority of adults are addicted to porn movies; they enjoy watching porn videos in their spare time and use them to relieve stress. But it

also states that there is no relation between dating anxiety, Pornography addiction on mental health.

**Keywords**---Pornography addiction, Dating anxiety, Mental health, Youth.

## **Introduction**

### **Pornography Addiction**

The act of sexual intercourse, or conjugal act, is what puts mankind into being and sets the wheels in action for future generations. Sexual desire, like nuclear energy, is a potent force for good when properly channelled, but for bad when improperly channelled. Marriage is how societies maintain healthy stability, because it legitimises sexual intercourse, protects the offspring born of intercourse, and controls the modes of obtaining sexual pleasure, attitudes and behavior in a way that builds up (rather than) destroys society. (Patrik, 2009). "Pornography is a form of visual sexuality that distorts a person's sexual connections by objectifying them, causing changes in sexual attitudes and behaviours. Various studies suggested that pornographic addiction is a psychological state where an individual emotionally dependent on pornographic content and materials to such an extent that it affects that individual everyday life and mental well-beings. This "digital revolution" has resulted in significant improvements in terms of productivity, health, education, communication, and other good outcomes, but pornographers have also taken advantage of its potential. The price has been a further deterioration of the country and its people and families, which should be of significant concern to everyone. Though watching pornographic content is normal, however, researcher and medical professionals considers it as a hypersexual and mental disorder which includes excessive and obsessive sexual activities. Therefore, pornographic addiction remains a most psychological and controversial topic in modern period with the information and communication technology revolution. Pornographic addiction comes from circumstances and emotional helplessness. While dependence on sexual entertainment may be on a superficial level seem innocuous to some, it can genuine harm a victim's capacity to make significant connections or keep up with progressing associations with companions and friends and family. Media provocative and sexualized models have an impact on the development of behavioural scripts for how males and females should be and behave in a sexual situation. Recent research from the United States (Crimmimins et al 2014) and Europe (Van Ouytsel et al 2014) have revealed that cyber pornography is significantly linked to sexting habits. According to them adults and youths those who are more engaged in pornography are more likely to engage in sexting behaviour. Pornography has a profound impact on people's views, emotional well-being, socio-cultural life, as well as conceptions about sexual intercourse. Various studies and researcher argue that the individual who consume pornography on a daily basis are more accepting of inappropriate sexual behaviour, sexual aggressiveness, orgy, and even rape. In addition, rather than seeing themselves as dignified heirs, men, women, and even toddlers tend to see instructions for "sexual objects," "daily use objects," or "pleasure."

Neurologists have established the biological mechanisms, through which we can understand how pornography has a profound impact on human's emotions and well-beings. It secretes hormones that operate as one of the mechanisms that lead to the brain's hedonic centre. Furthermore, pornography's enhanced sexual freedom raises the chance of contracting sexually transmitted illnesses and accidentally becoming parents of illegitimate births, as well as having an emotional impact. Married men engaged in pornography are unhappy and dissatisfied with their material sexual relationships and have less emotional attachment to their wives and family.

A woman who marries a porn-addicted man reports betrayal, suspicion, and anger. Pornography can lead to infidelity and divorce. Teens watching pornography experience shame, loss of self-confidence, and sexual anxiety. Pornography ruins marital relationships and upsets wives. Husbands say they love their wives less after spending a lot of time looking at (and seeking) women in pornography (Zillmann & Bryant 1998). Schneider (2000) found that "more than half of those who engaged in cybersex—sexually explicit interaction between two people over the Internet—had lost interest in sexual intercourse, while one-third of their partners had lost interest as well. In one-fifth of the couples, both husband and wife or both partners had a significantly decreased interest in sexual intercourse". In other words, only one-third of couples retained interest in sexual intercourse with one another when one partner was involved in "cybersex." When a married person craves for porn, she/he may start looking for another room from and if their partner asks them about it, they can apologize or be defensive.

Porn addicts can lose a lot of time watching porn and spend most of the day achieving everything. People who are porn addicts may find themselves lethargic and haven't achieved much these days. They may not care or appear to be very indifferent to others. People who suffer from porn addiction develop abnormal unrealistic ideas about sex. This makes them uncomfortable and more sophisticated in the bedroom. They easily get frustrated and alienated from their partners. This makes their partner insecure, feel physically and emotionally uncomfortable. Also, their partner may express that 'you have lost charm'. Porn addiction can create unrealistic beauty expectations that affect your partner. These kind of circumstances leads to a conflicting situation between the two partners. Their partner start feeling hurt about their appearance and it effects their self-esteem. Some people who suffer from porn addiction spend money on content that they think is of higher quality. When this happens, they can quickly fall into relationship and financial distress. This seems to be because they are more complaining about money issues but do not want to disclose the exact nature of those issues, one becomes angrier, like any other addiction, those who suffer from porn addiction can easily get frustrated when they abandon pornography. Delaying the viewing of pornography can reduce your patience for certain behaviours. This makes it easier to attack your partner. Porn addicted person becomes more frustrated, upset, and even unpredictable.

Their partner may notice a major change in their personality and will no longer feel the same person they previously loved. Some people use pornography because

of boredom and fatigue. Some treatment strategies include: Psychotherapy: This helps to understand the relationship with pornography, identify unfulfilled sexual desires, and develop strategies for coping with psychological stress. Couple counselling helps partners talk about their values, determine if pornography is in a relationship, and foster deeper trust. One person may use pornography to deal with another condition. Drug therapy is also helpful in treating the underlying problem.

Results of various study has shown that teenagers' perceptions and emotions of sexual stimulation caused by Internet pornography have changed. They are always eager to review those photos or videos, which causes them to have sleep disturbances due to imagining the scene of intercourse (Setyawati et. al, 2020). Even age is not a bar in addiction, 69 years old retired married man is addicted to porn videos with the help of medicine he is able to cope up with this addiction (Souise 2019). According to the findings, "over two-thirds (67%) of young men and half (49%) of young women feel that viewing pornography is acceptable, while nearly nine out of ten (87%) of young men and nearly a third (31%) of young women have used pornography" (Souise, 2019). The narrative of a 17-year-old boy visiting a neighbour was the centre of (Nurul et al 2018) inquiry report in which girl played a pornographic video and persuaded the boy to practice the content in the video with her. Another research studies found porn addiction to be a reason for Learning Disabilities, lack of listening, speaking, reading, writing, reasoning, or math skills (Norhaslinda et al 2019). A couple who are addicted to pornography have a bad impact on relationships (Darrell et al 2012). Both men and women are affected by pornography, though differ significantly in their preference of using pornography, the types of pornography they consume, and their attitudes toward pornography. "Men are more than six times as likely as women to watch pornography and they are more likely to watch it for longer periods of time duration" (Stack et. al 2004), means they spend more time watching porn videos.

### **Dating Anxiety**

Research studies conducted in US indicates that dating anxiety disorders are the most common psychological disorder in the country, affecting 18% of the adult population. It's natural to feel a butterfly on your stomach before plan or go for a date. You may be thinking about that person, whether the date works or not, according to as planned. However, if the date causes inappropriate anxiety, consider cancelling it, and even do it, you may be suffering from dating anxiety. It's a real problem that affects many people around the world. It's a serious issue that affects a lot of individuals all over the world. Yoni with his colleagues tried to see how social anxiety and sensation played a role. The findings of their study demonstrated that social anxiety, not sensory seeking or gender, is the most important factor determining the usage of internet dating apps to find sexual partners (Yoni et al 2018). There is another similar research focusing on the complex associations between romantic relationships and social anxiety during adolescence by Greca et al (2016). This research is about loneliness and dating anxiety among young adult university students and results states that there was a "significant difference in levels of internet use according to gender and levels of problematic internet use were significantly higher among male students than female student" (Hatice et al 2010).

## **Mental health**

'Mental Health refers to cognitive, behavioural, and emotional well-being'. It affects our way a person thinking, feeling and behaviour. It also helps us determine the way to cope with stress, relate to others, and make healthy choices. Mental state is vital at every stage of life, from childhood to adolescence to adulthood. The term "mental health" is usually accustomed indicate that there's no mental state. Mental and physical health are equally important components in a person's life. For instance, depression increases the likelihood of several sorts of physical health problems, particularly long-lasting conditions like diabetes, cardiopathy (CVD) and stroke. Similarly, the presence of chronic conditions can increase the chance for mental disease. An early sign of a problem may be one or more of the following feelings or behaviours-detachment from people and normal activities, low or no energy, feeling of numbness and lack of attention. The presence of pains and pains of unexplained nature, Feelings of helplessness or hopelessness, excessive smoking, alcohol or drug use, feeling unusually confused, forgetful, annoyed, angry, upset, anxious, or fearful, shout or fight with family and friends, experiencing severe mood swings that cause relationship problems, constant thoughts and memories that are impossible to get out of my head, thinking about hurting yourself or others and inability to complete everyday tasks such as looking after your children or commuting to work or school.

According to Sarah et.al (2013) "men and women experience different kinds of mental health problems, and the conceptions of masculinity and femineity affect major risk factors for internalizing and externalizing problems". Thomsee (2012) indicatedthat "frequent use of mobile phone use is a prospective risk factor for reporting sleep disturbance in the men and symptoms of depression in both sexes". Childhood trauma is related with health outcomes in adults with comorbid substance abuse and mental health disorders. Excessive use of pornography is also responsible for distorted perception of reality. It results in "an exaggerated perception of the general population's level of sexual desire, a heightened estimate regarding incidence of premarital and extramarital sexual activity, as well as increased assessment of male and female promiscuity, an inflated estimation of almost all sexual activities performed by sexually active adults,and an overestimation of the general prevalence of perversions such as group sex, bestiality, and sadomasochistic activity." (Zillmann 2000). As a result of these distortions, several negative beliefs are formed like, sexual relationships are amusing in nature,males are more sexually motivated, and women are sex objects or commodities.These assumptions are referred to as "permission-giving beliefs" because they lead to the assumption that one's behaviour is normal, acceptable, and commonplace, and so does not harm others. Masturbation while watching pornography, a common activity among those who use pornography to cope with stress, deepens and reinforces these attitudes (Sylvain, 2002). All of these inaccuracies represent a significant misunderstanding of sexuality and relationships, as well as a harmful misunderstanding of the nature of social life.Those who believe pornographic sexual scenes depict reality are more accepting for sexual permissiveness than those who do not. Long-term exposure to pornography instils the perception that sexual inactivity is harmful to one's physical and mental health (Zillmann 2000).

**Objectives:**

1. To study the effect of pornography addiction on mental health
2. To study the effect of Dating anxiety on mental health
3. To study relationship between pornography addiction and dating anxiety on mental health

**Hypothesis**

1. There will be effect of pornography addiction on mental health.
2. There will be effect of Dating Anxiety on mental health.
3. There will be effect of pornography addiction and dating anxiety on mental health.

**Research Methodology****Variable:**

1. In this study, we examine psychological variables (porn addiction, dating anxiety, mental health).
2. Gender (male, female), age (18-27 years), and family type (atoms, joints) are demographic variables.

**Sampling:**

A sample of 116 adults (male, female) is selected from online mode. The sample is extracted according to the actual sampling procedure. Convenience sampling is also known as an availability sample.

**Procedure:**

After the sample selection and informed consent from the subjects we handed over the scales to them. Instructions were given to them as required. Data was organized and Pearson correlation technique was used for statistical analysis for the above data.

**Psychological tools that are used for research:**

1. Dating anxiety scale by Glickman A.R. and La Greca, A.M.
2. Problematic pornography consumption scale by Bothe et. al
3. Mental Health scale by Arun Kumar Singh and Alpana Sengupta

**Results and Interpretation**

Table 1

*Showing relation between the pornography addiction and dating anxiety*

Pornography Addiction	Dating a
Pornography Addiction	1.089
Dating anxiety	1

This table shows correlation between the pornography addiction and dating was .089. There is no significant correlation between pornography addiction and dating anxiety.

Table 2: *Showing correlation between pornography addictions, fear of negative evaluation, social distress, social distress (group).*

Pornography addiction	Fear of negative evaluation	Social distress	Social distress(group)
Pornography addiction	1	0.67	.027
Fear of negative evaluation		1	.329*
Social distress			1
Social distress(group)			1

This table shows correlation between pornography addictions, fear of negative evaluation, social distress, social distress (group). Here correlation Pornography addiction and fear of negative evaluation was .067, correlation between Pornography addiction and social distress was .027, correlation between pornography addiction social distress(group) .046. Correlation between fear of negative evaluation and social distress was .329 (significant). Correlation between fear of negative evaluation and social distress(group) was .158. Correlation between social distress and social distress group was .159.

Table 3 - *Showing correlation between pornography addiction and mental health.*

	Pornography addiction	Mental Health
Pornography addiction	1	-.037
Mental health		1

The above table shows correlation between pornography addiction and mental health was - .037 There is no significant relation between pornography addiction and mental health.

Table 4 – *Showing correlation between pornography addiction, dating anxiety and mental health.*

	Pornography addiction	Mental health	Dating anxiety
Pornography addiction	1	-.037	.089
Mental Health		1	.054
Dating anxiety			1

Table 4 shows correlation between pornography addiction, dating anxiety and mental health. Correlation between mental health and pornography addiction was -.037, correlation between pornography and dating anxiety was .089, correlation between dating anxiety and mental health was found to be .054.

The findings of the study revealed that there is no relation between pornography addiction, dating anxiety and mental health. Also, there was no correlation

between dating anxiety and pornography addiction and mental health. So, the hypotheses were rejected.

### **Conclusion**

Pornography alters one's mental habits, as well as one's inner private self. The addiction of pornography can quickly become habitual, resulting in desensitisation, boredom, altered perceptions of reality, and objectification of women. To stimulate frequent users, a greater number of sexual stimuli is required, causing individuals to seek out increasingly deviant kinds of pornography to satisfy their sexual cravings. The objectives of present study were to assess the effect of pornographic addiction and dating anxiety on mental health and to find relation between pornographic addiction, dating anxiety and mental health on the basis of demographic variables (age & gender). On the basis of results, it is observed that majority of the adults are addicted to porn videos, they like to see porn video in their free time, they release their tension by watching porn videos. Result indicates that there is no correlation between pornographic addiction, dating anxiety and mental health.

### **Limitations**

1. Sample size was small for this research so we cannot generalize the result.
2. Data collection done through online mode which might cause some biasness.

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