Mental Health with Gender Differences in Internet Pornography-Viewing-Disorder (IPD): Analysis in Educational Guidance and Counseling

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ABSTRACT: With rapid technological advances, users worldwide have access to various data and content on the internet, including pornographic content. The availability of pornographic videos on the internet harms the morale and image of adolescents and adults of both sexes. This study aims to determine the gender-specific relationship between pornography motivation, sexual arousal, and sexual satisfaction with Internet Pornography-Viewing-Disorder (IPD). This type of research is quantitative. Convenience sampling was used in conducting the approach, and 202 participants filled out the distributed Google forms. The respondents of this study were online pornography users from Malaysia and Indonesia. Data was collected using an online questionnaire through social networking sites such as Twitter, Instagram, Facebook and Whatsapp. Data were analyzed using quantitative descriptive data analysis. This involves processing and presenting data in descriptive statistics such as frequency, percentage, mean, and standard deviation. This study provides an essential understanding of the role of sexual arousal and the desire to experience pleasure in viewing online pornography. The research results show that these factors have a significant influence as a motivator for individuals who engage in these behaviours. More specifically, these findings suggest that men are more driven by sexual arousal and the desire to seek pleasure when accessing online pornography. The implications of this finding are very relevant in educational guidance and counselling. In seeking to help individuals who engage in online pornographic behaviour, counsellors and educators must understand that sexual arousal and the desire to experience pleasure can act as powerful motivators. In counselling, it is necessary to consider how these factors can influence individual behaviour and psychological health.

I. INTRODUCTION

Pornography is still a significant issue in Indonesia and Malaysia. According to a survey by the Indonesian Ministry of Communication and Information, 1,028,702 of the 1,219,904 reports of unwelcome content in Indonesia were related to pornography (Antaranews.com, 2020). Furthermore, according to the Indonesian Ministry of Women's Empowerment and Child Protection, approximately 66.6% of boys and 62.3% of girls in Indonesia have been exposed to sexual scenes through online media (Rostanti, 2021). Similar issues occur in Malaysia, where a research study discovered that the prevalence of lifetime exposure to pornography is 74.5% (Zohor Ali et al., 2021). Another study found that problematic internet pornography had a more significant psychological impact on women than on men in Malaysia (S. Tan et al., 2022). These concerns require urgent efforts by authorities and society in both countries to limit access to pornographic content and raise awareness of its harmful repercussions, particularly for children and women.

Pornography can cause human mental health to be affected. This issue is increasingly worrying and contagious in adolescents. Pornography can be pretty easy to find on the internet. Meanwhile, the effects of pornography have been discussed controversially worldwide (Campbell & Kohut, 2017);(Grubbs et al., 2017);(Harkness et al., 2015). Viewing addiction has left teens with mental health problems even, and it is yet to be confirmed. Since “porn addiction” is not recognized by the APA, no definitive diagnostic criteria guide mental health professionals’ diagnosis. Nevertheless, because...
of the ongoing discussion on the phenomenology of watching pornography, researchers thus has used Internet-pornography-viewing disorder (IPD) in exchange for “porn addiction”, which is considered one type of Internet-use disorder (Laier & Brand, 2017) and been analogized to Internet Gaming Disorder as used in the DSM-5.

Excessive consumption of pornography, also known as Internet Pornography Disorder (IPD), can significantly affect education. It can lead to reduced concentration and attention, resulting in a negative impact on academic performance (Laier, Schulte, et al., 2013); Moreover, IPD can cause anxiety and depression among students, which can further impact their academic performance and mental health (Karila et al., 2014). Excessive viewing of pornography can also lead to the development of risky sexual behaviour, which can impact student well-being and the educational environment (Wéry & Billieux, 2017); (Ikhwan, 2017). IPD can also affect peer relationships in academic settings, reducing students' ability to establish healthy social relationships (Kühn & Gallinat, 2014). From a gender standpoint, IPD can reduce masculinity and undermine men's confidence (Borgogna et al., 2019). Therefore, allowing students to experience IPD can decrease the quality of human resources produced by the education system due to the negative impact of pornography on academic performance, mental health, social relationships, and gender identity (Mohajerzad & Schrader, 2022).

Researchers argue that watching pornography might be addictive (Karila et al., 2014). It has been reported that IPD is associated with increasing Internet use and adverse effects in life, such as school/academic/job functioning (Duffy et al., 2016); (Wéry & Billieux, 2016). IPD is a condition in which individuals use pornography compulsively, to the exclusion of other interests, whereby their persistent and recurrent activity of viewing pornography results in clinically significant impairment or distress. Meanwhile, a study by (Laier & Brand, 2017) reported that IPD was associated negatively with feeling good, awake and calm. This study also said that watching pornography is accompanied by substantial reductions in 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, Pawlikowski, et al., 2013) but only after experiencing orgasm satisfaction.

The mentioned studies allow us to learn more about Internet Pornography Viewing Disorder (IPD) and its effects on a person's personal and professional life. It is possible to develop a dependency on pornographic media. This suggests that people with IPD may display symptoms and behaviours similar to those of other addicts, including a strong desire to keep consuming pornographic material despite the detrimental effects they know it will have on their lives (Hornor, 2020). Adverse life outcomes, including difficulties in school and job, are linked to excessive internet use, a symptom of IPD (Custers, 2022). This indicates that IPD seriously affects one's standard of living. Individuals with IPD obsessively watch or read pornographic material to the exclusion of all else. This exemplifies the addictive character of IPD, in which people keep watching pornographic content while enduring clinically substantial anguish or suffering. IPD correlates with lower levels of positivity, alertness, and serenity. This suggests that the effects of pornography on people with IPD include increased feelings of anxiety, depression, and overall unhappiness. IPD is connected to the need for adventure, the drive to satisfy one's sexual urges, and the
ability to suppress or manage negative feelings. This depicts how people with IPD may turn to pornographic media to deal with emotional distress.

Since there is no consensus on the diagnostic criteria for IPD, the phenomenon's prevalence can only be estimated, particularly in terms of its propensity to have gender-based effects. Ross et al. (2012) examined a representative sample of Swedish participants. They discovered that 2% of females and 5% of males reported IPD symptoms. Meanwhile, (Cortoni & Marshall, 2001) stated that men might use sexually related activities as a coping mechanism to alleviate negative emotional states, which strengthens the need to examine whether porn users are pursuing pornography as a coping mechanism in reliving their sexual arousal and gratification, particularly in achieving the physical release through masturbation. This study seeks to ascertain the differences between males and females regarding the motivation for online pornography, sexual arousal, and IPD tendencies. This study was conducted to supplement previous research findings, which tended to focus solely on IPD's effects. This study aims to map mental health about gender differences and IPD.

II. METHOD

This quantitative research uses an online structured questionnaire via social networking sites. The data approach in this study is primary data collection through online questionnaires. The respondents of this study were online pornography users from Malaysia and Indonesia. Data was collected using an online questionnaire through social networking sites such as Twitter, Instagram, Facebook and Whatsapp. The convenience sampling method selects respondents who meet the research criteria. The collected data were analyzed using quantitative descriptive data analysis (Semiawan & Roco, 2017). This involves processing and presenting data in descriptive statistics such as frequency, percentage, mean, and standard deviation. The total number of respondents who participated in this study was 202, collected through email lists, social networking sites (Twitter, Instagram, and Facebook), and communication applications such as Whatsapp (Kaelan, 2010);(Ikhwan, 2021).

III. RESULT AND DISCUSSION

After analyzing the data of the 202 respondents who were involved in this study, the following tables were obtained:

<table>
<thead>
<tr>
<th>Variable</th>
<th>n (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Age</strong></td>
<td></td>
</tr>
<tr>
<td>18 - 30</td>
<td>198 (98.7)</td>
</tr>
<tr>
<td>31 - 40</td>
<td>1 (0.5)</td>
</tr>
<tr>
<td>41 above</td>
<td>2 (1.0)</td>
</tr>
<tr>
<td><strong>Gender</strong></td>
<td></td>
</tr>
<tr>
<td>Male</td>
<td>112 (55.7)</td>
</tr>
<tr>
<td>Female</td>
<td>89 (44.3)</td>
</tr>
<tr>
<td><strong>Hours viewing pornography</strong></td>
<td></td>
</tr>
<tr>
<td>Less than half an hour</td>
<td>109 (54.2)</td>
</tr>
<tr>
<td>1 – 3 hours</td>
<td>82 (40.8)</td>
</tr>
<tr>
<td>4 – 6 hours</td>
<td>3 (1.5)</td>
</tr>
</tbody>
</table>

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Table 1 shows the respondent’s backgrounds, with the majority of online pornography users 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.

Table 2. Mean of the tested variables

<table>
<thead>
<tr>
<th>Variable</th>
<th>Mean</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pornography Motivation</td>
<td>50.36/75.00</td>
</tr>
<tr>
<td>Sexual Arousal – While Viewing Online Pornography</td>
<td>64.85/100</td>
</tr>
<tr>
<td>Sexual Arousal – Need to masturbate while viewing online pornography</td>
<td>69.96/100</td>
</tr>
<tr>
<td>Sexual gratification – Satisfaction after an orgasm</td>
<td>56.77/100</td>
</tr>
</tbody>
</table>

Based on Table 2, pornography motivation recorded a mean value of 50.36, which shows 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 satisfaction after orgasm from watching online pornography.

Table 3. Differences between gender and tested variables

<table>
<thead>
<tr>
<th>Variable</th>
<th>Mean</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Male</td>
</tr>
<tr>
<td>Sexual arousal – While viewing online pornography</td>
<td>52.09</td>
</tr>
<tr>
<td>Sexual arousal – While viewing online pornography</td>
<td>70.54</td>
</tr>
<tr>
<td>Sexual arousal – Need to masturbate while viewing online pornography</td>
<td>77.57</td>
</tr>
<tr>
<td>Sexual gratification – Satisfaction after an orgasm</td>
<td>62.38</td>
</tr>
<tr>
<td>Internet pornography – viewing disorder</td>
<td>32.49</td>
</tr>
</tbody>
</table>

Pornography motivation recorded a significant value between gender and pornography motivation, t = 2.02, p = 0.028, with males showing a higher pornography motivation (M = 52.09) than females (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 in 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 indicates that males seek online pornography for self-satisfaction, especially in satisfying their sexual needs, compared to females.

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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 in the first place. However, it is alarming as males are more prone to watch online pornography for sensational seeking.

According to this study, there are significant gender-related differences in pornographic motivation, with men displaying higher levels of pornographic reason than women. High results in the pornography motivation test show that the motive for using internet porn is highly relevant. According to this finding, males are more likely than women to search for pornographic content online to satisfy their sexual desires.

Furthermore, the study found significant differences in gender and sexual arousal when watching pornography online. Men get higher scores in this variable, indicating that men are more likely than women to be sexually aroused when watching pornography online. Similarly, men have a greater need to masturbate when viewing pornography online and higher sexual satisfaction after orgasm than women.

Emotional avoidance, sexual curiosity, chasing arousal, and sexual pleasure have been recognized as four motivators for pornographic behaviour. There were no substantial gender differences in the disruption caused by internet pornography viewing. This is concerning because men are more likely than women to seek sensation by viewing pornographic content online.

**Mental Health with Gender Differences in Internet Pornography-Viewing Disorder (IPD)**

This study aimed 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 critical factors in the consumption of online pornography a (Laier & Brand, 2017) that shows excitation seeking and emotional avoidance are the primary motivations for watching online pornography, further closely associated with IPD. Therefore, this study thus indicates that it is more than enough for us to start acknowledging addiction to pornography; subsequently, it may lead to a potential disorder – Internet Pornography-viewing-disorder, as a problem of mental health (Prabowo, 2022).

Men, for example, maybe more motivated by the desire for sexual pleasure, whereas women may be inspired by the urge to avoid or cope with destructive emotions. Understanding these motivational variations can aid in the creation of more effective and gender-specific therapies to combat IPD. The study underlines the relevance of understanding how sexual arousal and sexual satisfaction link to an individual's propensity to develop IPD. Individuals who experience increased sexual arousal while watching pornography may be predisposed to IPD. Similarly, the sexual satisfaction experienced while watching pornography can influence how much a person relies on pornography to meet their sexual needs (Tan et al., 2022).

In this study's terminology, IPD refers to a disease characterized by compulsive pornography usage and characterized by adverse effects on social and occupational functioning. A better understanding of gender differences in pornography motivation and the role of sexual arousal and satisfaction in the propensity to IPD can help researchers and therapists design more effective intervention strategies. Mental health professionals, educators, and politicians can work together to create effective sexual education and therapy programs for people with IPD if they treat it as a mental health problem.
illness (Schwank et al., 2019);(Holloway et al., 2023). Programs like these can aid people with IPD in addressing the causes of their condition, limiting the harm that comes from seeing pornographic material in excess, and improving their quality of life overall. This research is helpful because it delves deeper into the gender differences in pornographic motivation, sexual arousal, and sexual satisfaction concerning the propensity for IPD. This knowledge can be used to create more effective and gender-specific therapy for this problem.

Furthermore, the findings of this study suggest that treatment plans be implemented to reduce symptoms associated with mental health problems related to online pornography consumption among users. This is a significant issue that, if not addressed, can cause serious injury. Counselling and psychological methods for pornography addiction can be beneficial. It is critical to recognize that pornography addiction is a genuine and severe issue that can have substantial consequences for an individual’s mental health and well-being (Charzyńska et al., 2021).

Psychotherapy, system support, and psycho-pedagogic services are one way to address IPD issues. Additionally, counselling services such as cognitive-behavioural counselling can assist people in overcoming their porn addiction by addressing underlying thoughts, beliefs, and behaviours. (Castro-Calvo and colleagues, 2020) Cognitive-behavioural counselling techniques can help people develop coping skills and self-control while resisting the impulse to watch pornographic information. Family counselling can also improve interpersonal skills and create support structures (Goldberg et al., 2008; Gibbons et al., 2020).

In addition to the preventive actions that need to be taken by the government and society to limit access to pornographic content, each individual also needs to take preventive actions to avoid becoming a victim of pornography. One way to avoid exposure to pornography is by engaging in positive activities such as learning religion, exercising, helping parents, and remembering God (Grant Weinandy & Grubbs, 2021). By dedicating time to meaningful activities, individuals can divert their attention from pornography and develop healthier and more positive thought patterns.

Individuals must also filter or avoid information that generates sensations of sexual excitement. One method is to keep or use programs that limit access to adult material websites. Many tools and applications are available to assist individuals in blocking access to these websites. This can assist people in maintaining their mental purity and health.

Finally, people must continue to raise awareness about the risks of pornography and the impact it has on mental health and well-being. Education and social campaigns can help with this (Tomozii & Topală, 2014);(Ikhwan et al., 2020). Individuals can better prepare themselves to face the temptation of pornography and take appropriate preventive measures by raising awareness about the dangers of pornography. The role of family, schools, and social surroundings in this attempt is also critical in assisting individuals in understanding the detrimental effects of pornography and assisting them in creating positive and healthy thought patterns and behaviours.

**Implications in Educational Guidance and Counseling**

Observing online pornography may be a risk factor for developing IPD. It has been suggested that viewing online pornography has been used to alleviate tension related to mood or depression. This study also highlights viewing pornographic content online...
for sexual stimulation and pursuing pleasure only after masturbation. This raises awareness that pornographic content viewed online can cause IPD or addiction and affect society as a whole (Lewczuk et al., 2022). More research is required on the effects of pornography, particularly on the individual's mood and the impact of online pornographic viewing hours on IPD (Testa et al., 2023).

In addition, the adverse effects of pornography on mental health and well-being are not restricted to individuals (Hanseder & Dantas, 2023). Additionally, pornographic media consumption can be detrimental to society as a whole. There is a relationship between pornographic exposure and an increased risk of sexual assault, sexual harassment, and gender-based violence. This can significantly affect society, resulting in a collapse of relationships and trust and contributing to a more violent and unequal society (Wright et al., 2023). Therefore, we cannot only solve problems at the individual level but also must try to solve them as a group in society.

Finally, pornography is a problem that is not simple and has multidimensional impacts. Therefore, it requires serious handling involving multiple strategies (Elbert et al., 2022). While studies suggest that watching pornography for mood enhancement or sexual arousal may harm one's mental health, it is also essential to consider the impact of pornography on society as a whole (Kadavala et al., 2021). We may endeavour to reduce the destructive impact of pornography on individuals and society by conducting more research on the consequences of pornography and creating policies and programs that promote healthy sexual activity.

IV. CONCLUSION

This study reveals significant gender differences in pornographic motivation, with males exhibiting higher motivation levels than women. Men exhibit greater sexual arousal when viewing pornography online, a greater desire to masturbate when viewing pornography online, and greater sexual gratification after orgasm than women. This suggests that males are more likely than women to seek pornographic content online to satisfy their sexual needs and desire for sensation.

As a result, mental health issues caused by pornographic viewing should not be undervalued and left unchecked, as they contribute to adverse mental health effects. Nevertheless, it is crucial to recognize pornography as a form of violence, particularly against women. Therefore, early preventative measures should be taken, and religious interventions also play a significant role in combating this issue more effectively.

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VI. REFERENCES


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