

Pornography craving – Its association with Sleep Deprivation & Sexual disappointment among boys

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ABSTRACT

Background: Pornography craving is relatively associated to disappointment on one's own sexuality and might lead to physical dysfunctions such as sleep deprivation. **Objective:** This study was aimed at exploring the level of Pornography craving (associated with cyberspace) and its association with sleep deprivation and sexual disappointment among adolescent males. **Methodology:** A correlational research design was done in this study. The study comprised of 35 boys in the age range of 18-20 (Mean age = 19.5) Questionnaires like Pornography Craving Questionnaire (PCQ) by Kryper et al (2014), Sexuality Scale (SS) by Snell et al., (1989) and Chronic Sleep Reduction Questionnaire (CSRQ) by Dewald et al., (2012) has been administered to the sample to identify Pornography craving, sexual disappointment and sleep deprivation respectively. **Findings:** Results suggested that there is no significant relationship between Pornography craving, sleep deprivation and sexual disappointment among males. The level of Pornography craving is comparatively low, but the level of sexual disappointment / depression is high on males. **Conclusion:** Pornography craving in terms of cyberspace have no association with sexual depression, sleep deprivation, loss of consciousness or irritation among males. **Unique Contributions:** This study may help boys to explore more about their sexual feelings and to reduce its comorbidities.

Keywords: Cyber Pornography craving, Sexual depression, Sleep Deprivation.

Internet addiction and pornography are to be considered serious issues with disastrous outcomes. Adults who are addicted to pornography tend to use online websites more often. People who engage in cybersex frequently are dependent on X-rated stuffs and sometimes, lead to build obscene behaviors over time ^[1].

The arrival of (X-rated) films on theatres and online websites have had a profound impact in the youth. Social surveys conducted on 1973, 1994 and those between 2000 and 2002 revealed the significance of gender and age in the use of internet pornography ^[2]. Hyper pornography and its prominence in the technological contexts signify the various sexual fantasies or urges which happened to be part of such addicted individuals. Hypersexuality is otherwise known as Sexual behaviors/hyper sexuality/hyper sexuality disorders or simply,

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sexual addiction. The extension of such urges or fantasies in hypersexuality causes major distress or affects their professional lives, physical and mental well-being, relationships etc. Use of pornography being the common symptom of hypersexuality, if left untreated, could harm the career, self-esteem, health, relationships and other people. Some other examples are masturbation, cybersex, multiple Sexual partners, paying for sex etc.

Several symptoms were mentioned whilst discussing the topic, Problematic pornography use. Excessive use of explicit sites and internet, limiting pornography use, unsuccessful attempts, pornography craving, pornographic use as a coping strategy to deal with negative emotions and the recurrent engagement in pornography even when it results in distress or other consequences ^[3]. In a review based on the PPIM model with regard to Problematic pornography use, its reflection on the extended theoretical aspects, both psychological and psychiatric in terms of dysregulated behaviors.

An interesting discovery on the perspectives of people who crave for porn shed a limelight on another fact. Watching pornography helped them reduce their stress level, bring down frustration and decrease boredom. The credits for this amazing discovery are given to Baltazal et al., (2010), Cooper, Galbreath and Becker (2004), Hald and Valainuth (2008), Mustanski, Lyons and Garcia (2011), Paul and Shim (2008), Weinberg (et al. 2010). Individuals, according to Arnett (2000), were quite confident in prioritizing their self-evaluation and experimentation of sexual values and beliefs at a very young age, say between 18-27 years ^[10]. On a survey conducted among 384 healthy men indicated that the influence of explicit contents whilst having sexual intercourse with their partners leads to a significant decrease in masturbation among adults.

Pornography is, sometimes used in two different contexts – Contemporary and Traditional. Traditional pornography paved its way through books and magazines. According to the two researchers, Peter and Valkenburg in 2010, they concluded that contemporary pornography enters with dangerous intentions. The men used their women mostly to satisfy their sexual needs. Observations (1986-1998) proved worthy enough to justify the points stated by Peter and Valkenburg. According to Daneback, Cooper and Manssen, they published their research paper and found that about 30% of men and 34% of women had experienced cybersex within the past few years of their life ^[5].

Some clinical reports suggested that the effects of pornography might end up in a lack of excitement during sexual intercourse with their respective partners. Sexual/Erectile Dysfunction (E.D) is one such common result in those who find it difficult to initiate a stimulation, in the absence of pornography/internet ^[6].

Much impacts on our brain affect the reward system, thereby causing neuroplastic impairments which further extends to the meso-cortical dopamine pathway into the pre-frontal cortex regions. This implies a loss of self-control and motivation in the addicted human. The four brains behind this study were Volkow, Wang, Fowler, Tomasi and Telang. The three-stage model addiction was their attempt to assess the regions of effect [7]. Amygdala, hippocampus and frontal cortex together regulates the pleasure, memory, motivation, reward and attention regions. Any harm in these regions, like in the form of injuries or other damage, will mark a shock and results in an improper functioning of the brain. Similarly, addiction to internet pornography reduces the capacity of these regions to effectively inculcate where the outcome will a disability to control and motivate the self.

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Pornography consumption in the general population proved to be inadequate to measure. A proper assumption couldn't be made as not many were ready to cooperate, many suggested privacy issues. Since, the rise of internet, individuals are given more respect with the addition of extended privacy and ease to access. Very few thought this experience as being the cause of addiction. Those individuals denied the fact that addiction to pornography might have serious consequences and negative effects. The only existing representative samples to demonstrate this is from Australia. Out of the 20,094 participants, 4.4% of men and 1.2% of women were addicted to internet pornography [8].

Need for The Study

Insufficient education on sexuality, is a major concern among people, especially among Indians. Though the cultures considered and followed by them are surreal, the horrific occurrence in the states of Delhi, Mumbai, Kerala, Tamil Nadu etc., demands some explanation. People who suppress their sexual needs, tends to satisfy themselves indulging in internet pornography which results in sleep deprivation and addiction over pornography. This study was conducted among adolescents in order to find the level of pornography addiction, level of suffering from sexual depression and sleep deprivation.

METHODOLOGY

Aim

1. To study the relationship and impact between
2. Pornography Craving and Sexual Depression
3. Sexual Depression and Sleep Deprivation
4. Pornography Craving and Sleep Deprivation among adolescent boys.

Objectives

This study was aimed at exploring the level of Pornography craving (associated with cyberspace) and its association with sleep deprivation and sexual disappointment among adolescent males.

Hypothesis Formed

1. There will be no significant relationship between Pornography Craving and Sexual Depression among boys.
2. There will be no significant relationship between Sexual Depression and Sleep Deprivation among boys.
3. There will be no significant relationship between Pornography Craving and Sleep Deprivation among boys.

Sample

A correlational research design was employed in this study. Convenient sampling method was carried out to thirty-five adolescent males. The sample of adolescent males comprised of thirty-five college students in the age range of 18-20 (Mean age= 19.5).

Questionnaires Used

The following questionnaires were used to assess Pornography Craving, Sexual Depression and Sleep Deprivation among boys,

Pornography Craving Questionnaire (PCQ)

Pornography Craving Questionnaire (PCQ) comprises of 12 questions which are scored on a 7-Point Likert scale. This scale was formulated by Kraus S., and Rosenberg H.

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The reliability score of Pornography Craving Questionnaire (PCQ) was .82

Sexuality Scale (SS)

Sexuality Scale (SS) consists of 30 questions which are scored on a 5-point Likert scale. The scale consists of three dimensions namely

1. sexual esteem,
2. sexual depression and
3. sexual preoccupation.

Sexuality Scale was formulated by Snell W (1998) and for this study, we'd used the sexual depression dimension as we wanted specifically to study about sexual depression. For sexual depression dimension of sexuality scale (SS), the test-retest reliability score was .85- .93

Chronic Sleep Reduction Questionnaire (CSRQ)

The scale consists of 20 questions which are scored on a 3-point Likert scale. CSRQ was formulated to find out the level of shortness of sleep, irritation, loss of energy and sleepiness during the day by adolescents. Chronic Sleep Reduction Questionnaire was proposed by Dewald., Maanen., Oort., de Bruin., Smits., Short., Gradisar., Kerkhof., and Meijer (2012) and the reliability score of Chronic Sleep Reduction Questionnaire (CSRQ) was .87

Statistical Analysis

Karl Pearson's Product Correlation Coefficient (r) was used for examining the relationship between Pornography craving, Sexual Depression and Sleep deprivation on adolescent boys,

RESULTS

Table 1 Correlation Between Pornography Craving, Sexual Depression And Sleep Deprivation Among Boys.

	PCQ	SS – SD	CSRQ
PCQ	1		
SS – SD	.3223 ^{NS}	1	
CSRQ	.3285 ^{NS}	.3736 [*]	1

[PCQ- Pornography Craving Questionnaire, SS- SD -Sexuality Scale (Sexual Depression) & CSRQ- Chronic Sleep Reduction Questionnaire]

NS- Not Significant, * - Significant at $p < .05$

1. Correlation between Pornography Craving and Sexual Depression among boys ($r = .3223$, $n = 35$, $p > .05$) revealed that there's no significant relationship between Pornography Craving and Sexual Depression among boys. Although it is a positive correlation, there's no significant relationship among these two. Hence, the first hypothesis (1) was accepted.
2. Correlation between Sexual Depression and Sleep Deprivation among boys ($r = .3736$, $n = 35$, $p < .05$) revealed that there is a significant relationship between Sexual Depression and Sleep Deprivation among boys. As it was a positive correlation, the level of sleep deprivation increases when the level of sexual depression increases. As it was a positively significant relationship between Sexual Depression and Sleep Deprivation among boys, the second hypothesis (2) was rejected.
3. Correlation between Pornography Craving and Sleep Deprivation among boys ($r = .3286$, $n = 35$, $p > .05$) revealed that there is no significant relationship between

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Pornography Craving and Sleep Deprivation among boys. Even though it is a positive correlation, there is no significance between pornography craving and sleep deprivation. Hence, the third hypothesis (3) was accepted.

DISCUSSION

The present study helps adolescent males to know the level of pornography craving they are experiencing and its relationship with sexual depression and sleep deprivation.

Pornography Craving and Sexual Depression

The results indicated that there was no significant relationship between pornography craving and sexual depression on adolescent males. As the similar neurons are activated during any sexual behaviors and upon the use of addictive drugs within the same reward system, this eventually helps to explain the relationship between Sexual Preferences and brain areas such as basolateral amygdala, NAC etc. the use of Internet Pornography and drug use are widely considered normal and is accepted socially. The reason behind the gradual adaptation of men to blend their sexual perspectives with their sexual differences. Nonetheless, no previous researches were able to connect the relationship between Pornography Carving and Sexual Depression so far [Park. B. Y, 2016].

Sexual Depression and Sleep Deprivation

The results suggested that there was a significant relationship between sexual depression and sleep deprivation on adolescent males. The increased level of sexual depression may lead a person to do ways in order to look good and to reduce the level of depression. The familiar phases, REM sleep, non-REM sleep, the division of REM sleep into N₁, N₂ & N₃ sleep stages evaluates the mental health of a human being. Sleep-related erection (SRE) occurs in healthy males during REM sleep, a work begun by Karacass. Some Urologists suggested that various psychological factors that can affect SREs, such as depression, anxiety & fatigue [Jae Wook Cho].

Pornography Craving and Sleep Deprivation

The results suggested that there was no significant relationship between pornography craving and sleep deprivation. Although it is a positive correlation, there is no significant relationship between these two. This indicates that the level of sleep deprivation increases if the level of craving of pornography increases, but it has no clear-cut direct significant relationship between pornography craving and sleep deprivation among adolescent males. The irregular sleep timings and deprivation of sleep was common for the author (Braden Jenks). As a teenager he fell for the trap of porn addiction. And for him, his obsession on porn was highly productive sleeping pill. The secretion of Oxytocin and Prolactin simultaneously, as it provides both extreme pleasure and relaxation which is enough for an addictive individual to fall asleep [Braden Jenks, 2018].

CONCLUSION

This study was aimed to find out the relationship between pornography craving, sexual depression and sleep deprivation among adolescent males. Results revealed that there was a significant relationship between sexual depression and sleep deprivation among adolescent males and there was no significant relationship between pornography craving & sexual depression and pornography craving & sleep deprivation among adolescent males.

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Implication

1. For adolescents to identify the level of sleep deprivation and its association with sexual depression,
2. Adolescents can able to know the level of pornography craving and sexual depression and it may help them to reduce the levels of both.
3. This study may help them to know where their pornography craving comes from and how to reduce it.
4. Relaxation techniques, stimulation control, Cognitive-Behavioral Therapy (CBT) can be done in order to reduce the level of sleep deprivation on adolescent males.

Limitations

1. Size of the sample is too small.
2. Gender difference shouldn't be considered.
3. Demographic variables have to be considered.

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Conflict of Interest

The author declared no conflict of interest.

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