

CONSUMPTION OF SEXUALLY EXPLICIT MATERIALS AMONG ADOLESCENTS: DO PARENTING STYLES OR CHILD REARING PATTERNS MATTERS

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ABSTRACT--*The term pornography has been coined from two Greek words, “porni” means prostitute and “graphein” means to write. That means, pornography is “representation of the action of prostitutes”. Check & Guloine (1989) has termed it “Sexually Explicit materials”. This case report attempts to understand the experiences, factors and consequences of the adolescents who are exposed to such material during their childhood. Two participants were interviewed personally for the study, aging 18 years, residing in Delhi NCR currently but belong to different part of the country, India. It became evident through an analysis that male and female both have the equal exposure of such content because of the availability and accessibility of the resources. Among males, it was found that the need to involve themselves into such content were curiosity, maladaptive behaviours, youthful appearance in an old person, balancing life, stress and many more. Whereas among females, platform to express emotions, urge to fulfil bodily sensation, pleasurable feeling etc. The most important and common facet among young male and female is the hazardous practices at the safe place which is the role of parenting and the relationship matters which has influenced upon the exposure of adolescence towards sexually explicit materials.*

Keywords--*Adolescence, Child-rearing practices, Consumption, Sexually explicit material,*

I. INTRODUCTION

Internet has brought easy accessibility not only in terms of fetching information but also in terms of communication, convenience of paying bills, banking and shopping. Furthermore, it has given an opportunity to explore the various facets of sex exposure to all the people across the world.

When we make a discussion in this area, we often come across with three terms:

- a. Erotica: it refers to the sexual love and is defined by the materials which arouse sexual feelings that portrays sexual acts.
- b. Obscenity: it is based on offence to accepted standards of sexual morality
- c. Pornography: it has been derived from Greek words where ‘prone’ means whore and ‘graphein’ means to write.

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Braun-Courville and Rojas (2009) defined pornography websites as those that “describe people having sex, displays clear pictures of nudity (1). Peter and Valkenburg (2009) defined pornography as content which displays sexual activities in exhibitionistic patterns such as close pictures of the genitals or vaginal penetration” (2). Recent studies suggest that approximately 20000 indecent images of children are being uploaded on the internet every week (NSPCC, Press Release 2009) and so number of websites containing such pictures are increasing at a rapid rate (Davidson & Gottschalk, 2011) (3). Pornography is the material that create sexual pleasure or arousal when a person watch, hear or read it. Like every coin has two sides, in the similar way, watching pornography has both positive and negative effect on the individual and his or her surroundings.

1.1 Disadvantages of watching pornography

Pornography addiction has now a days become a threatening action and people are more addicted to it just like they are addicted to alcohol or any such substance. It creates a lust action within you towards an opposite sex with the wildest fantasy turning ahead to the shameful acts.

It contributes to psychological and social problems: according to Gail Dines (1993), young men who are addicted to porn are more likely to neglect their school works and become isolated from others, and suffer from depression.

It is an addiction: when an individual is watching porn on daily basis and if at a certain situation, he or she unable to access it, then his or her condition is same as drug addicts. Sometimes the person even adds on certain things to make that situation hotter such as use of alcohol while watching porn.

It is doom for marriage: In pornographic movies, men are portrayed as handsome with unbeatable stamina and women as hot, with a shiny body. If couple do not find their partners as they watch into pornographic movies, they seem to be less interested to have a sex and this leads to divorce.

It will lead to erectile dysfunction: When there is high erection in penis due to the excessive amount of watching porn, then it can lead to erectile dysfunction and low sperm count in an individual. After which you are unable to satisfy your partners and problem arises in producing a baby.

It increases health risks: When you are watching too much porn, you are likely to ignore your daily routine works and social life. It will affect your lifestyle and your body. It will directly affect your eyesight and your body can become the house of diseases.

1.2 Advantages of watching SEM

It relieves our stress: when we are in a stressful situation, our brain releases cortisol that blocks the pathways of problem solving and we are unable to thin clearly. Many researches show that when men are in stress and they view the images of naked women, their cortisol level cut down into half.

It builds up your relationship: when two partners view pornography together they are more likely to open up with the new sexual possibilities and are able to satisfy each other in terms of setting guidelines and much confident enough to deal with it.

It increases your libido: A study was conducted by university of California in 2015 to assess the level of libido while watching sexual stimuli. It was found that there is a positive correlation between porn and a man's

sex drive. Also, men who watch pornography for more than 2 hours have higher desire for sex as compared to those who just masturbated.

1.3 Parenting styles and Child-rearing patterns

Baumrind (1971,1989) has classified parenting styles in two dimensions, i.e. demandingness and responsiveness. Demandingness means the extent to which parents are being demanding, shows control over a child whereas responsiveness refers to the way in which parents displays warmth, affection and love towards their children. Based on these two-dimension, four categories have been classified (4):

- A. Authoritarian parenting style: The parents are demanding but not responsive. This group has no open communication, low level of trust and engagement towards the child.
- B. Authoritative parenting style: The parents in this group are both demanding and responsive. This group has higher involvement of parents, open communication and trustworthy bond.
- C. Neglected parenting style: In this group, parents are neither responsive nor demanding. The group do not support or encourage the child's behaviour.
- D. Permissive parenting style: The parents are responsive but not demanding. The group has warmth parent-child interaction and attitude towards the child is child centred.

Figure1: Based on these two-dimension, four categories have been classified

II. METHODS

2.1 Participants

In the present study, participants (n=2) were interviewed personally. One participant was male and other participant was female aging 18-19 years old adolescents residing in Delhi NCR Currently but belongs to different part of the country, India. Male participant was born in Assam and currently living in flat in Delhi NCR from past 3 years. Whereas female participant was born in Nepal and made a frequent migration. She is currently residing in Delhi NCR from past 3 years. The present cases will contribute in understanding the factors affecting the consumption of Sexually explicit Materials among adolescents and do parenting or child rearing practices matters in such context.

2.2 Procedure

As an interviewee, a lot of problems has been faced while recruiting the Indian

participants. Participants were so reluctant while disclosing their information on viewing Sexually explicit materials. Such topic is a limitation in developing country. They feel good while engaging themselves into such activities in their private rooms but when given an opportunity to express themselves, they are very reluctant. Interviews took place in personal. The aim and purpose of the study has been explained and informed. Consent for

the tape recording was taken from the client. The interviews were in-depth, semi-structured that encouraged the client to share their information to the depth. Each interview was transcribed and was verified by the second author. Transcriptions were coded by line by line reading and codes or the factors were attained.

III. CASE STUDIES

Through the following cases, we tend to highlight the various aspects which leads an individual to view such content even after been banned from various accounts.

3.1 Case I

Mr X, an 18 years old male child, belonging to Assam, presently residing in

Delhi NCR from past 2 years, living in PG/flat with his friends. He is the only child in the family. He involves himself in a pornography material when he is alone and bored at night. As in morning and afternoon, he is involved with group of people. He watches such content 1200 min a day (3 times*40 min). Searching for a perfect video takes him around 20-30 minute and looking for a video, he extends as much as possible. Because he wants to feel more and more with every stroke. He watches it when he is under heavy stress during examination. According to him, perfect video depends on his mood: correlating to the position, i.e., which positions seems more attractive in thumbnail. Example: If he is angry/ hyper, he would look for a porn, where doggy style is more prominent: that sort of. He had his first encounter of sex/sexual activities at the age of 6 years when he went to his cousin's house. Where his male cousin has introduced him with the playboy videos and he masturbated for the first time at that age. He enjoyed that part as he had no stress at that time. He also had his first gay experience with his cousin. He doesn't regret any activity he was involved in because he enjoyed all those activities. He belongs to a family where moral and values are emphasized, strong sense of justice was developed early on. Hence leading to suppression and repression of emotions, further leading to stress which he didn't understood at young age. When introduced to pornography, he discovered that it's an easy way out. He felt really good. All the bad feelings were negated. He was balanced. His relation was not going smoothly. He didn't feel the same arousal like he used to witness while watching pornography. He broke after a month, reason for break up: "Higher the unnatural expectations, difficult will be the intercourse".

3.2 Case II

Ms. Y, an 18 years old female child, belonging to Rajasthan, presently residing in Delhi NCR from past 3 years, living in PG/flat with her friends. She involves herself in the pornographic material. She watches it with her current partner and while masturbating. The duration of watching the content is 1 hour out of which it takes her 40 minutes to browse for a perfect video. She usually watches such content very late at night because it's very hard to fall asleep at night. According to her, perfect video should be in such a way that details should not look fake. And it should have a story to it. She had her first encounter of sex/ sexual activities at the age of 4 years during the role play game of Gf/BF with the female cousin. She had developed a sexual feeling from then and there. They are 5 members in a family i.e. mother, father, elder sister, she and younger brother. She has no connection with her family. So, they didn't even get to know about anything like what she is doing and how she has been. Her bonding

with her siblings is really good. Also, there is a strong emphasis to follow certain norms and regulations. Also, there is compulsion to rely upon the family members for each and every decision. In terms of career and dating issues, she has no right to take her own decisions.

She has been dating someone from past 2 years. Her relationship is almost like every other relationship i.e. they fight and make things up. They go everywhere almost together and share everything. They didn't really start dating exactly when they met but they had a very strong connection the day they met. Pornography helped us to explore new things sexually but except that there is no connection with such content.

IV. RESULTS AND DISCUSSION

Table 1: Factors or core themes extracted from the transcripts of participants

Core Themes	Sub-themes
Family Dynamics	Strict child rearing practices, no support on the discussion of sexual development, no privacy or openness in the family, neglected child, fear of authority figure, Inequality for making decisions
Relationship experiences	Higher the unnatural expectations, difficult will be the intercourse, sexual dissatisfaction with the partner, Lack of emotional connect in a relationship, Social insecurity, unhappy relationships
Contentment	seeking delight, eagerness to satisfy one's pleasure, Tranquility
Solitary	Alone and monotonous life, Loneliness because of overthinking or catastrophic thinking, Boring life
Coping strategy	Stress, Not given open expression of emotions, Substituting negative feelings, Guilt feeling

As innovation in technology are progressing at a faster pace than academics can contemplate it, the notion of media and internet are continually evolving and growing. Long time back, Internet was only accessed through ISPs or through the computer. Now, mobile phones, tablets are accessible mode for the people across the world. Sexually explicit materials can provide various attitudes and beliefs to the adolescents which may be different from the attitudes and beliefs instilled by the families and schools (Peter & Valkenburg, 2008) (5). The aim of the study was to highlight upon the development of factors of an image of the sexual existence of the young people who are accessing erotic content. For this purpose, two adolescents were interviewed using purposive sampling method.

The findings of the study define the 'factors' or 'core themes' which leads an adolescent towards the desire for sexually explicit materials.

A total of 5 core themes: 21 sub-themes were extracted from the analysis of the transcripts which are as follows:

The study works on extraction of themes highlighting upon the factors leading an adolescence for watching Sexually Explicit Materials (Table 1). Family dynamics, Experience in relationships, Contentment or satisfaction, solitary and coping strategy were found to be major themes from the analysis of the transcripts of the participants.

Under the domain of the Family dynamics, male participant has reported that 'I belong to a family where moral and values are emphasized, strong sense of justice was developed early on. Hence leading to suppression and repression of emotions leading to stress which I didn't understand at my young age. My mother keeps a check on everything'. 'I don't like to attend my parents call because each call will take more than minutes. So, I ignore their calls at majority'. And 'I was always discouraged by my parents, teachers and everyone not to talk to people all about the concept of sex. I never told anything about my school life and my thoughts to my parents'. Whereas female participant has mentioned 'I have no connection with my family. So, they didn't even get to know about anything like what I do and how I have been ', 'But with my mother there are a lot of ups and downs. It's very hard to stay connected because she doesn't understand my opinion or the way of my life or my emotions as well. But its not her fault also as most of the time she lives alone and she also try to express her love and care towards me'. 'In my family, no-one has equal chance to take decisions. Also, cannot sit together to discuss over the issues. I have not been given opportunities to explain my point of view. Also, there is a strong emphasis to follow certain norms and regulations. Also, there is compulsion to rely upon the family members for each and every decision. In terms of career and dating issues, i have no right to my opinions in my life.' The evidences reported by the participants were supported by the Nelson, L. J., et al. (2010) compared the young men who view pornography with the ones who do not view on the parameters of family relationships, religiosity and personal characteristics. The study was done on 192 males aging 18-27 years. The results revealed that the users of pornography had reported the lower quality of parent-child relationship, lower level of closeness towards the maternal as compared to pornography non-users (6).

Under the second domain, experience in relationship male adolescent reported 'I was unable to feel the same feeling with my partner while having sex like I feel in pornography such as erection of penis' whereas female adolescent reported that 'Pornography has helped us to explore new things sexually but except that there is no connection with such content'. Under the third core- theme, contentment or satisfaction, male adolescent reported that 'I don't regret any of the moment of my gay experience at the age of 6 years. I was exploring and mere liye yehi acha tha' or 'I extend watching pornography as much as I can because I want to feel more and more with every stroke' whereas female participant expressed that ' the need to watch pornographic material is for a better stimulation for myself, for self-pleasure'. This is supported by the research done by Morgan, E. M. (2011) explored the relationship between the consumption of SEM and sexual satisfaction and the other variables. For the study, 782 college students had participated the study by filling up the questionnaires online. The study revealed that higher the frequency of Sem, lower will be the sexual and relationship satisfaction. (7) Bridges, A. J., & Morokoff, P. J. (2011) completed an internet survey on 217 heterosexual couples. It was found that higher the usage of sexual media among men, negative would be the relationship satisfaction, whereas higher the women's use of such media,

positive would be the relationship satisfaction. Also, Men reported that they use sexual media for self-gratification, while women reported as part of sexual intercourse with their partners. (8)

Under the fourth factor, 'Solitary' is one of the factors which lead them to access SEM. Male participant mentioned that 'In morning and afternoon, I am involved with group of people. During night time, I have no one to talk to and so I get bored. There is no compulsion on me, it's just that I am bored and alone'. On the other side, female participant has reported that 'I usually watch such content very late at night because it's very hard to fall asleep at night. I sometimes feel so lonely that it helps me to fall asleep without thinking over the other issues.' Efrati, Y., & Amichai-Hamburger, Y. (2019) studied the consumption of online SEM and how the use is compensated with the social ties and loneliness among 713 Israeli adolescents aging 14-18 years. The findings of the study revealed that higher the frequency of SEM, higher would be the loneliness. (9)

Last but not the least, fifth factor, coping strategy, both the participants mentioned that they view sexually explicit materials to cope their daily life stressors such as examination stress or because they have been not given the open expression of emotions. Male participant reported that 'I watch it when I am under heavy stress during examination', 'When introduced to pornography, I discovered that it's an easy way out. I felt really good. All the bad feelings were negated. I was balanced, bad feelings= good feelings. Life is okay.' Whereas female participants have reported 'It's not acceptable in society, but in a normal life, you are unable to express yourself well. And that's like your personal space.'

Maddox, A M., Rhoades, G. K., & Markman, H. J. (2011), in their research termed "Sexually Explicit materials (SEM)" which includes all the forms of the such content, i.e. text, videos, magazines, comics, and other forms of media (10). The qualitative measure was taken to look upon the bigger and wider perspective of a human being in the same context. This study proves that the child rearing practices matters a lot in terms of child's exposure to Internet or usage of media. The parenting in the above cases were authoritarian and neglected style. These patterns of parenting have low response towards child's roles and responsibilities. Hence, leading to such activities provides them comfort and helped them to cope with the daily life stressors. Hence, it is recommended that the parenting programmes should be undertaken to teach the parents about providing sex educations to their children and to be open in child rearing practices.

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