

The lust of the flesh: a case study of a self-admitted pornoholic

A luxúria da carne: um estudo de caso de um pornoóico autoreconhecido

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ABSTRACT

This paper is a case study of a self-described pornoholic, or an individual who consistently watches an excessive amount of pornographic content. Pornographic material is dangerous and unlawful because it is forbidden from both a moral and religious perspective. One of the most widely circulated types of sexual exploitation is pornography. Enforcement agencies and internet-preventing technologies do not appear to provide an all-encompassing fix with regard to pornographic problems, though. The objective of this study was to provide an overview of the perceptions, motivations, implications, and actions taken to fight and combat pornography. Throughout this study, there was only one participant, and Coliazz's approach was used to analyze the data. These themes were indicated by the results: sexually preoccupied and normalcy for his perceptions; happiness, boredom, and habituation for his motivations; sexual imitation and sexual attraction for his implications; and self-control, guilt, and avoidance for his actions to fight pornography. Even though his daily existence continues to be intertwined with his dependency on pornography and he finds it challenging to refrain from seeing it, he nonetheless requires our empathy and comprehension throughout this disorganized, tempting environment.

Keywords: Pornography, Self-Admitted Pornoholic, Philippines.

RESUMO

Este artigo é um estudo de caso de um pornoholic autodenominado, ou um indivíduo que constantemente assiste a uma quantidade excessiva de conteúdo pornográfico. O material pornográfico é perigoso e ilegal porque é proibido tanto do ponto de vista moral quanto religioso. Um dos tipos de exploração sexual de maior circulação é a pornografia. Agências de aplicação da lei e tecnologias de prevenção da Internet não parecem fornecer uma solução abrangente em relação aos problemas pornográficos. O objetivo deste estudo foi fornecer uma visão geral sobre as percepções, motivações, implicações e ações tomadas para combater e combater a pornografia. Ao longo deste estudo, houve apenas um participante, e a abordagem de Coliazz foi usada para analisar os dados. Esses temas foram apontados pelos resultados: preocupação sexual e normalidade para suas percepções; felicidade, tédio e habituação para suas motivações; imitação sexual e atração sexual por suas implicações; e autocontrole, culpa e evasão por suas ações para combater a pornografia. Mesmo que sua existência diária continue entrelaçada com sua dependência da pornografia e ele ache difícil abster-se de vê-la, ele ainda assim exige nossa empatia e compreensão em meio a esse ambiente desorganizado e tentador.

Palavras-chave: Pornografia, pornoholic auto-admitido, Filipinas.

INTRODUCTION

In this new generation, teenagers are full of curiosity and desires; they are entangled in the flesh, so they want to explore and discover new things in their environment, and one of the influences is their peers, even though their parents have no idea what their sons or daughters are doing or viewing. Some teenagers encourage others to try new things and activities. And including watching pornography (10 Ways to Fight Pornography, 2010).

Pornography is defined as sexually explicit content that is produced and distributed for economic gain with "the consent of all persons involved," while displaying sexual organs and performing sexual activities, whether it be in the form of an image, video, or text. It is found on any website on the internet and other social media that connects to sexual activities via audio recording. It is so easy for a human being to find this kind of film or video; any individual adult or child can access and view pornographic videos easily because it is one of the most famous searches on the internet, and it is very so popular in this generation. (Pornography 2020).

We were exposed to certain sexually explicit clips professionally as researchers. As a result of our thirst for knowledge as well as the enthusiastic support of acquaintances and close friends, several of us have already been involved in considerably excessive pornographic movie viewing. Considering infidelity has become so prevalent throughout this age, some of us previously considered watching pornography as completely normal in our everyday routines. In addition, several of us have previously given up watching it because we recognize that it is detrimental to both our well-being and our standard of living, the fact that it causes us to engage in unhealthy behaviors, have low self-esteem, feels ashamed or guilty concerning how we behave, develops undesirable behaviors, gets too little sleep, become exhausted, have lustful desires, etc. It is also one of the causes of chronic masturbation and lusty cravings in young people like us. Additionally, we acknowledge that it is against the

will of God.

According to the study of Dainis Graveris (2023), there are 91.5% of men and 60.2% of women in the world are engaged in watching pornographic videos and other shows which is intended for sexual activities because of the curiosity (work et al., n.d.). The majority of porn leads to the culture and normalization of rape and intensifies misogyny in society. Almost 90% of the material in online pornography comprises severe verbal or physical violence toward women. And undoubtedly some of it is hostile and violent toward men. Violence in any form is never desirable. It leads to a culture of rape and intensifies misogyny in society (Rostad et al., 2019). Following an analysis of 304 sequences from the most watched pornographic videos of 2010, it was shown that while verbal hostility, most frequently in the form of name-calling, was present in more than 50% of the scenes, physical aggressiveness was present in almost 90% of them. Females made up the majority of these violent targets, and most of them reacted to the anger in a fun or neutral way. One of the scariest aspects of the prevalence of violence in porn is that no one can agree on what they define as violent content. The prevalence of violence in pornography can range from as little as 2% to as high as 90%, depending on the study. The connection between pornography use in general and violence toward women is very obvious (Focus for Health, 2019). So, pornography is one of the reasons why there are some women are being abused by men who experience watching way too much porn. Teenagers today watch online pornographic movies or videos that feature sounds and actions that depict every type of sexual conduct that they can possibly imagine. Watching pornographic videos in adolescence is becoming more commonplace than unusual, they considered is as a normal activity for example, according to Maheaux et al., (2021) as cited in Giordano A, (2022), there are 56% of students in high school who watch pornography in the year before in American High School, and in another study of Astle et al., (2020) as cited in Giordano, A, (2022) there are 80.3 of American teenagers admitted that they accessing pornographic video. Also, watching pornographic videos has a big impact on or negative effects on a person's mental and physical behavior, appearance, imbalance lifestyle, stress, person's behavioral addiction, and it can lead to harm a person's health through sexually transmitted infectious diseases, and it may lead to death (Pornography Affects Health, n.d.). It is alarming because many organizations and companies in this world are normalizing the viewing of pornographic videos without noticing the negative effects on them (Agency, 2019). There are some studies that considered pornography a crime or illegal because it takes advantage of many minor people involved in it and is connected to accessing porn sites which is one of the greatest factors that can ruin their lives (Pornography: A Global Problem | Free Essay Example, n.d.). Watching pornography can lead to an individual engaging in pre-marital sex, the results of the study of Damtie et al., (2022) showed that there is a connection between watching pornographic videos and pre-marital sex among young people in Ethiopia because of desires and peer pressures. Also, many studies worldwide said that watching pornography is harmful to all human beings; it can cause negative effects that can ruin a person's life because if a person watches violent pornographic videos, there is a chance that he or she will apply it and show a bad attitude to others and even can cause committing in sexual abuse or even rape (Publisher, 2016).

On the other hand, in the Philippines, when it comes to accessing or searching for pornography on a daily basis, there are 30 Filipinos ranked 26th globally and 15th when utilizing mobile devices to view pornography worldwide. (Philippines | Global Information Society Watch, n.d.). Also, the Philippines have overtaken other countries as the leading producer of child porn in Manila, with 80% of Filipino children at risk of online sex abuse brought on by porn. Children are the ones being mistreated and exploited online, and doing this can ruin their childhood and cause them trauma for the rest of their lives (Philippines Top Global Source of Child Pornography – Unicef, 2017). In addition, there are some cases in the Philippines that are intended to be porn. There are some Filipina women who have been abused by forcing them to perform online sexual activities and being raped in front of webcams to entertain foreigners. It is influenced by their parents or other people to earn money from their clients, but the trauma or the experience of the victim will never be paid because it will stay in their minds forever. It is considered a crime because some victims are minors. This case has increased rapidly during the past pandemic, especially since many people need to earn money to survive in their daily lives ("In the Philippines, the Lost Children to Online Rape," 2023).

Moreover, locally, as of 2017–2023, there were fifty-two (52) complaints filed that specifically included rape cases in Santa Cruz and Davao del Sur, and most of the victims were minors, according to the Philippine National Police (PNP). The police personnel stated that watching pornography is one of the biggest influences on why a person commits and engages in this kind of crime, and based on their recent interviews, many victims say that it has ruined their lives because of the trauma that they will carry with them throughout their lifetime. Other than pornography, there are factors that cause rape because of lust, curiosity, and desires. (Lopezillo, 2023). Thus, this study will investigate and provide an in-depth understanding of the life of a self-admitted pornoholic and their reasons for and experiences with engaging in the viewing of pornographic videos.

METHODS

This section provides a general summary of the procedures and technique used to carry out this investigation. This includes

the research design, population and sampling, data collection, trustworthiness, analysis and interpretation, and ethical consideration that were used and applied in this study.

Research Design

This study employed the qualitative research methodology, in which the researchers gathered and processed non-numerical data while interpreting its significance for the communities they were studying. Especially, a case study methodology was employed. It is an analysis of every phenomenon that incorporates fictitious situations and takes into account the degree of complexity that researchers might encounter while conducting the study. In order to analyze a case study, researchers must submit information and critical-thinking abilities that are applicable to real-world situations (Karlos and Smith, 1979). Given that the researchers' requirement for a thorough knowledge through a variety of data sources, this is chosen as the study's research strategy.

Study Participants and Sample

As we filter out the best participant that fits this case study, the researchers set criteria for choosing the participant wisely. The participant must admit that he watches far too many pornographic videos. Only one male teenager aged 18 and up was chosen as a participant living locally in Sta. Cruz Davao Del Sur who met our criteria.

Sampling Method

In this study, the researchers used the purposive sampling methodology. Judging, selective, or subjective sampling is a sort of non-probability sampling in which researchers select members of the general public to participate in their study based on their own judgment, standards, and criteria. (Alchemer, 2021). To find a participant, a purposive sampling technique was used. The best participant who fits has the experience, and has gone through the phenomenon is typically chosen by the researchers.

Data Collection Procedure

Before conducting the interview, the researchers asked the participant's permission by giving him an "informed consent," or the student's opinions, to be part of the study. Then he was informed of his confidentiality, what the study was all about, the goals, and its significance. The researchers conducted a face-to-face interview in a private setting. The researchers gathered the data and the response of the participant through audio recording via cellphone and listed down the important details in notes.

Analysis and Interpretation

Following the interview, the researchers listened to the audio files and translated the participant's native language to English using the conversation. To ensure the translation's accuracy, the conversation was sent to a professional translator. The procedure of collating was employed by the researchers to analyze the data. The acquired data was gathered together during collation. To fully comprehend the messages included in the text, the researchers read the transcripts numerous times. And then, to collect the data properly and identify the emergent themes of the responses of our participant in our study during the interview, the researchers used Colaizzi's method, which is diligent and strong. The researchers used it to discover, broaden, and depict the experiences of a self-admitted pornographer. In qualitative research design, it is used to analyze and interpret the data that we gathered during the interview, ensuring its validity and accuracy. It was also used to learn the fundamental principles behind a specific event and to better comprehend the participants' experiences as a self-admitted pornoholic. (Lisa Wirihana, 2016). The research advisor received the identified data and checked to see if it had been correctly and impartially examined.

Trustworthiness

To ensure trustworthiness, we rely on four general criteria in their approach, as asserted by Lincoln and Guba (1985). These are credibility, transferability, dependability, and confirmability. Each of these factors is considered, and we also consider the opinions of other authors who have written about the validity of qualitative research. (Stahl & King, 2020). Credibility is a key indicator of a qualitative study's truth value, or whether the findings are correct and truthful. It largely depends on our chosen research methodology as well as how reliable the researchers are. (The Farnsworth Group, 2022). As researchers, many of us have already experienced watching pornographic videos in our lives. We have seen the advantages and disadvantages, the positive and negative effects, and the consequences. Also, we understand the status of our participant and that it is hard for him to share his experiences of watching pornographic videos; we know this because we experience it ourselves. So, to ensure his trust, validity, and reliability, we need to obtain credibility. To ensure that there is credibility, we had members

check and debrief our outputs to check the information we listed. Our participant was shown the conclusions from the investigation. To confirm the accuracy of the data, we requested their consent. For during the debriefing, we enlisted the aid of our research teacher to review and assess our manuscript. Finally, we proved our legitimacy by checking with members. To prevent personal bias on our part, we let our participants read and evaluate our findings.

Transferability is the extent to which findings from qualitative research can be extrapolated, used, transferred, and applied to different situations and settings. (What Is Transferability in Qualitative Research and How Do We Establish It? - Statistics Solutions, 2017). By adhering to the guidelines of a case study research methodology, we presented a thorough account of the phenomena of self-admitted pornoholic in order to promote transferability. We talked about the selection process for the informant and how we gathered, examined, and interpreted the information and response that he has given to us. Each emerging theme was described and reinforced by a transcript of the participant's comments. We use pseudonyms to protect our participant's identities and public figures because this study may transfer or can be used as related literature by future researchers.

Dependability is the capacity of a third party to monitor and evaluate the research process. As stated by Sandelowski (1986), In addition, it refers to the degree to which research methods are documented as well as the consistency and dependability of the study findings (Moon et al., 2016). To apply dependability, we conduct a face-to-face interview in a private setting wherein the participant's feedback and response are safe. Moreover, during the interview, we created an audit trail that comprised our field notes, audio recordings, and notes. To assure validity, we examine the data using a professional translator's assistance in translating the participant's original tongue to English. This was done throughout the data analysis, and we made sure to identify the similar themes that emerged from their answers. We offered substantiating data in the discussion section of the literature.

Confirmability is when data are double- and triple-checked throughout the collected data and processing, results are more likely to be repeatable by other researchers and ensured the manuscript of the participant's responses, which ensures the confirmability of qualitative data, it needs to be read numerously to ensure the results of our study are valid (Springer, J. n.d.). The interview's original texts were preserved and offered in the form of field notes and voice recordings of the steps we took. We improved adaptability and through our member checks, where we permitted our participant to authenticate the accuracy of the correctness of the results. We let our participant to read our manuscript to avoid bias.

Ethical Considerations

For ethical consideration, we assured that we would maintain anonymity and confidentiality and protect the rights of any potential participant. We also secured informed consent by giving him a form that outlines his rights as part of our study and asking them to sign it. To maintain confidentiality and the public figure of the participant, we encoded the name of our participant using pseudonyms, also known as "also known as" (AKA). Any additional information, including the residence and educational institution of the participant, was kept private. We need to ensure that our step-by-step interview is compatible with our participant's status, and if he feels uncomfortable, we need to make an adjustment. Though the participant is an acquaintance, we permitted the usage of any language to let them feel at ease sharing. We must obtain the participant's permission to record our conversation and take notes on the information he provides. And after listening and collecting the data from the audio recording, we will delete all of the recorded conversations and all evidence like field notes to avoid putting our participant at risk and keep him safe.

RESULTS

Participant's Background

Peter Recmar (not his real name), who is currently residing locally in Santa Cruz, Davao del Sur, is the main participant in this study. He was 19 years old at the time of the interview and the only child of his parents, and he stated that their family relationship was stable and that he was happy with it because his parents could buy and provide for his needs as a student and a solo parent. He is a Christian, and part of their teaching is that watching pornographic videos is forbidden by God. Mr. Recmar was interviewed in a confidential setting someplace in Santa Cruz, and his answers were recorded and kept for the safety and anonymity of his responses.

Moreover, Mr. Recmar is currently studying in a senior high school somewhere in Sta. Cruz, Davao del Sur. According to him, his academic status is stable even though his grades are not high enough to impress his parents, but he keeps continuing to do the best that he can to make his parents proud. He also struggles in participating in class because of a lack of confidence, and he is also afraid to be judged by the others because he is not good at socializing and participating in oral recitations.

On the other hand, the participant had been involved in watching pornographic videos since his elementary school days because of the influence of his peers and his curiosity. During his teenage development, he often watched pornography and it worsen as the time goes by. It became a part of his lifestyle, and he felt that his day is incomplete without watching pornography. When he watches pornography, he also commits masturbation, and he said that it gives satisfaction to his body, and he felt happy with it. He also stated that there are times that he wants to experience sex just like the scenes in pornographic films. He knew that in the Bible, watching pornography is forbidden by God because it drives our impulses and desires toward sex. There were times that he wanted to stop watching it by deleting all pornographic videos on his phone and making himself busy with more important things like his studies, health, and family, but his desires and lust cannot be stopped because of the many pornographic sites that he can freely search when he gets bored. Mr. Recmar also stated that his parents are too busy with their work, so he was alone in their house most of the time, which is one of the reasons that he can do whatever he wanted in his room because no one would be there to guide and monitor the activities that he does in his room. He continued to commit those wrongdoings in silence, unnoticed by his parents.

Furthermore, according to Mr. Recmar, there were times that he wanted to change his lifestyle to become a better person for himself and to build his manpower as a Christian. He knew that watching pornography is a sin, but it is hard for him to stop watching it, and that as a Christian, he needed to become a better person to become a true servant of God. He also feared God's punishment if you commit a mistake that is forbidden to Him. After he watched pornography and committed masturbation, he felt ashamed of God because he knew that it was a sin; he also felt guilt and dirt in his body about it, he added. He was acutely aware that watching pornography might end up with him spending every moment of eternity in hell or the abyss, but he persisted since he was enmeshed in it.

In addition, Mr. Recmar's condition towards watching pornography had worsened when his parents become busy at work and no one can monitor his activities; he watches pornography day by day and, most of the time at night. He committed chronic masturbation, which, according to him, creates satisfaction and happiness. Those actions also helped him relieve stress and forget his problems. He also stated that he perform masturbation 5-7 times a week or more and it continues until in the present time. And there were times that he spent his entire days only to view pornographic videos because of his addiction towards pornography. He admits that he enjoys watching it and it gives him satisfaction that the other things can't do. He also stated that watching porn becomes his comfort zone that keeping his happiness that satisfied him in every circumstances. Lastly, Mr. Recmar was not totally active in their church because he thinks that he is not worthy to be a Christian because he is a sinner. He is not also attending gatherings, conferences, or even Sunday services at their church. He wanted to become a servant of God, but how can he do that if he's still entangled in the flesh and in this world? He tried to avoid sinning by taking steps to stop watching porn and come back to serving the Almighty God, forgetting all the worldly passions that could eventually ruin his life. But it is so hard for him; he also knows what his future will be like if he continues those wrongdoings.

Data Analysis – Formation of Emerging Themes

Based on Table 1 showing the data analysis on how we formulated the emerging themes in accordance with the four research questions that we've obtained. The following were the findings of our study: (a. perceptions towards watching pornographic videos – sexually pre-occupied and normalcy; (b) motivations to watch pornographic videos – happiness and boredom; (c) implications of watching pornography – habituation, sexual imitation, sexual attraction; and (d) actions have been taken to stop watching pornography – self-control, guilt, and avoidance.

Table 1: Data Analysis – Formation of Emerging themes

	Emerging themes
Perceptions towards pornographic videos	Sexually - Preoccupied
	Normalcy
	Happiness
Motivations to watch pornographic videos	Boredom
Implications of watching pornography	Habituation
	Sexual Imitation
	Sexual Attraction
Actions have taken to stop watching pornography	Self- Control
	Guilt
	Avoidance

Perceptions towards pornographic videos

Sexually – Preoccupied

The main emphasis is on irrational sexual fantasies, urges, or actions. Employment, relationships, health, and other aspects of your life could all suffer as a result, causing you trouble. Numerous sexual interactions, many of which are satisfying, might be part of compulsive sexual behavior (Mayo Clinic, 2017). The perceptions of our participant about pornography are crucial; he knows everything when we talk about pornographic videos; he can imagine so many things when he watches pornography; and he desires the sexy actress of the pornographic film who acts the sexual interactions because of his fantasies, and sometimes he wanted to imitate the sexual activities that he watches but he kept his self for not doing it. It is one of the results of watching way too many pornographic videos. The following are the participant's statements during our interview:

"It has a nice posture; sexy girls are pleasing to my eyes. I really want to imitate what I saw in the video like having sex. But I'm trying to hold myself back. Based on what I have seen in the video, they are applying sexual activities." (Participant's Translated Responses)

Normalcy

Normalcy is being in a normal study or anticipated state. (Differences: Normalcy or Normality? n.d.). As time goes by, our participant's perspective about watching pornographic videos was totally normal when he reaches adolescence. Most of the teenagers in this generation viewed pornographic videos and considered it normal (Giordano, 2022). Our participant's knowledge about pornography is not broad because of the lack of knowledge from parental support and time to guide them and monitor his status. He was a Christian before, and their religion teaches that watching pornography is a sin, but without proper guidance, he left his religion to pursue his desire towards watching pornography. For him, watching pornography is totally normal and he doesn't care about the opinion of other people because, for him, it is his choice, and it is his opinion, and no one can judge it. The following is the participant's statement during our interview.

"Before, I know that it is a sin, but when the time goes by it become normal in my own mindset, for me it is totally normal, I don't care for the other's opinion, for me indeed it is totally normal." (Participant's Translated Responses).

Motivations of watching pornography

Happiness

Happiness can be characterized by a variety of feelings, including elation, fulfillment, bliss, and a sense of completion. Although there are many ways to define happiness, it is frequently thought to involve joy and delight in one's life (How Do Psychologists Define Happiness?, n.d.). According to our participant, when he watched pornographic videos, it gives him indescribable satisfaction and happiness that can lead to chronic masturbation, and he said he felt so good when he performs or engages in those things that give him sexual pleasure. When a person views any kind of pornography, his or her body produces a hormone called dopamine that promotes happiness and satisfaction (Can Watching Porn Cause Depression?, 2021).

"It's ok, I always masturbate, I watch porn, and I'll be happy about it." "Ahm, I feel like I'm happy, I like it, then my body gets hot, but when I think in my mind get used to it. Then I will feel joy and happiness, I will be really happy." (Participant's Translated Response)

Boredom

Boredom is the condition of being so bored as to be worn out and restless (Definition of BOREDOM, n.d.). According to our participant, he was the only child of his parents, and his parents were too busy to monitor his status, so he got bored and watched too many pornographic videos to entertain and delight himself to avoid loneliness. It gave him the satisfaction that relieved his sadness because of being alone in his room. He did not like to go outside and socialize with others; instead, he wanted to be alone rather than have so many friends. According to the study of Bothe et al. and Grubbs et al. (2019) as cited in Moynihan et al. (2022), viewing pornography has been connected to psychologically avoiding boredom, which is subsequently offset by excitement and sexually gratifying desire.

"I watch it alone. Sometimes because of boredom or because I don't have something to do at home. I know It's a sin but it is difficult to hold myself back." "ahh, nothing, I just thought about it. Maybe because of my addiction and boredom." (Participant's Translated Response)

Habituation

Habituation is a term describing the drop in response that takes place after numerous exposures to a stimulus. On the other hand, habituation involves "getting familiar with an occurrence or stimulus," and this lessens its potency, according to the American Psychological Association (Cherry, 2022). Our participant's repetitive exposure to pornographic videos became a lifestyle or habit. He got willing about it and become part of his daily routine that his day cannot be completed when he doesn't watch pornographic videos, it gives him a temporary satisfaction and happiness. When he watches pornographic videos, all his problems and struggles in life will vanish, it standsto him as a stress relief. It is quite appealing. The brain gradually tends to hunt for new thrills and releases less dopamine when it becomes addicted to watching pornographic content or indulging in any other habit that releases dopamine regularly. (Porn Addiction: How to Stop Watching Porn in 6 Steps, n.d.).

"Yes, because I'm coiling. It gives me happiness and willingness; all my stress will disappear." (Participant's Translated Response)

Implications of watching pornography

Sexual Imitation

The act of copying what another individual does is known as imitation. A researcher is more interested in imitation since it is adaptive and important for the continued existence of the organism, whereas a psychologist has a greater fascination with the mechanics underlying imitation (Zentall, 2006). According to our participant, there are several times that he wanted to copy or imitate the sexual activity that he watched in pornographic videos, and it is one of the greatest influences on why his sexual desires are increasing when he watches pornographic videos. Although he cannot easily control his desires, he did his best to avoid them and control them. He also stated that he will hold himself back from doing those things for his own good as a human in this generation. The findings of the study by Rustan, E. (2020) suggested that many children imitate sexual gestures in a sexual way.

"Ahm, I really like to imitate what I saw, but I really don't want to. I am also encouraged to do it." (Participant's Translated Response).

Sexual Attractions

The desire to engage in sex with another individual may come from the sensation of sexual attraction. The subsequent description of sexual attraction demonstrates that a desire for sex always follows from sexual attraction, as it implies that you'd like to have sex with someone in addition to finding them attractive (What is "Sexual attraction"? n.d.). Our participant claimed that when he sees a beautiful woman, he is attracted to her and desires to have sex with her. He has had numerous thoughts involving gorgeous women, yearning and craving them, but he has managed to restrain himself since he is aware that doing so would be sinful and would ruin his life. He therefore made an effort to restrain his flesh. Usage is a common tactic for suppressing sexual preferences. Particularly in the United States, about 90% of young males claim to routinely watch pornographic videos. Many of these videos show erotic desires that the subjects may never actually engage in (Porn Addiction | Psychology Today n.d.).

"There is none, but when I see sexy and beautiful girls, it will cross in my mind that I want them, but I don't want to do it because it will cause me to sin." (Participant's Translated Response).

Actions taken to stop watching porn

Self-Control

Self-control is the capacity to exercise behavioral control in order to resist temptations and accomplish objectives; the capacity to postpone pleasure and withstand compulsive or undesirable tendencies; a finite resource that can be exhausted

(Cherry, K. 2019). Our participant claimed that one of the ways he keeps himself in check when watching too many pornographic videos is by using technology. He attempted to remove all pornographic videos off his phone, but it was ineffective because he had unrestricted access to search for and download any videos he desired from pornographic websites. He added that he can control it and that he is already aware of the advantages and disadvantages of his imitation. He tried to stop watching porn, but he was unable to do so; instead, he could only manage how often he watched porn and when. According to the study of Hardani et al. (2018), there is a direct link between limitation and pornographic activity. The power of varying self-control to lessen pornographic conduct was also established. Self-control is the capacity to protect oneself from anything unpleasant. Restraint on teenagers' aids in lowering pornographic activity.

"For me, I always make sure to delete the videos on my phone but I can download and search for videos. I really want to stop it but I can't"

"Yes, I can control it because I know my limitations"

(Participant's Translated Response).

Guilt

Similar to humiliation, embarrassment, or pride, guilt has been described as an unpleasant, self-conscious emotion that includes self-reflection. People may feel guilty for a variety of reasons, including as deeds they have done—or deeds they believe they have planned to do—or failed to perform, as well as inaction or morally dubious thoughts (Today, P. 2020). According to our participant, he has taken so many actions to stop watching pornography out of shame or guilt. He wanted to lose his phone to avoid viewing porn to repent and fix his life as a good and faithful servant of God, but he can't do it. He really wanted to change and become a better person for himself, but it is hard for him to stop because there are so many things and ways that can lead him to view pornographic videos. Whenever individuals only indulge in their secret sexual urges when viewing porn, such as kink, group sex, or same-sex encounters, they frequently experience shame as well as guilt about those elements that constitute their sexuality (Ley, 2021).

"Yes, I want to lose my phone because it is one of the reasons why I can watch porn. I want to change myself and become a good servant of God. I want to avoid committing sins." (Participant's Translated Response).

Avoidance

Changing our behavior in an effort to stifle unfavorable thoughts or feelings is known as the maladaptive coping method of avoidance dealing, also referred to as avoidant management, tactics for avoidance, and getaway resilience. In other words, the goal of avoidance coping is to prevent stress, not to manage it (Scott, 2022). Our participant claimed that he tried a lot of different things to quit and avoid watching pornographic videos, but no matter what he did, he was unable to stop. He believed that the elimination of pornography would be one of the most effective strategies to dissuade people from engaging in and seeing activities that can lead to addiction. He wanted to see pornography completely eradicated from the globe. He desired it not just for his own benefit but also for the sake of everyone else who excessively views pornographic videos and thereby jeopardizes their future. There were so many ways to stop watching pornography; one of the most effective is to try to limit access to the content, remove all the factors that cause porn viewing, make yourself busy, and create some effective restraints. Pornography can turn into a dangerous habit that interferes with your relationships and daily life. And if you're having trouble forgetting and stopping watching porn, you must do those things (Ccftp, 2022).

"Yes, I'm willing so that no one will get addicted to porn. I want porn to disappear because there are so many people who get addicted to porn, like me." (Participant's Translated Response).

DISCUSSION

The participant interviews were rewarding for us as researchers as well. We got a lot of knowledge that improved our mental clarity. We gained insight into our participant's genuine situation as a self-admitted pornoholic by sharing and receiving thoughtful comments from him. We were aware of the difficulties he faced because of the numerous setbacks he experienced during his life. We additionally discovered his real name and his background, and that he had admitted to developing a pornographic addiction.

The results of our interviews, observations, and summary of the struggles and effects of watching pornographic videos are as

follows:

1. Watching pornographic videos can cause indescribable joy, satisfaction, and fantasies. According to our participant, every time he views pornographic videos, it gives him an indescribable joy and happiness that can satisfy his desires while performing chorionic masturbation at the same time. There's a lot of study considering that watching porn is beneficial to the consumer or individual who views and searches it. A new study found that women who view porn are definitely happier. The study found that women had greater "contentment with life" ratings than people who weren't familiar with X-rated materials (DC Correspondent, 2018). In addition, any kind of pornographic video or film stimulates the human body to release the happy neurotransmitter dopamine, which encourages fulfillment and happiness in the viewer (Can Watching Porn Cause Depression?, 2021). So, our participant highly admitted that pornography gives him unusual happiness and satisfaction that can reduce his stress. Porn may quickly and temporarily reduce levels of stress, comparable to a sugary snack or a meaningless TV program (Rose, 2022). According to the study of Arabatzis, (2022), pornography and stress management strategies are tightly related, especially when it comes to compulsive viewing. Regardless of the positive aspects or benefits associated with consuming pornographic material, people need to be conscious of the negative aspects while opening their perceptions towards the other consequences. Not all repercussions of watching pornographic material may render someone comfortable while helping someone forget their issues.
2. Pornography can cause sexual attraction and the desire to imitate sexual activities. He occasionally desired to carry out the sexual activities he watched on the video with the other teenage women he admired, attributable to the psychological influence of watching pornographic materials. subsequently encounters a sexual connection with a gorgeous woman every time he encounters her. Multiple research studies demonstrate that whenever another individual watches pornographic material, they are inclined to make use of it to generate a sense of sexual arousal towards other people who they admire. Porn addicts are more likely to look for further deviant sexual images in order to satisfy their cravings and develop a sex addiction (Does Porn Damage Sex Life? | LloydsPharmacy Online Doctor UK, n.d.). Porn addicts are more likely to look for additional unconventional sexual imagery as a way to satisfy their cravings and develop an obsession with sex (Sarin, 2020). Usage is a strategy frequently employed to repress sexual preferences. About 90% of young men, especially in the United States, claim to regularly watch pornographic videos. In a lot of these movies, erotic fantasies are displayed that the subjects may never fulfill (Porn Addiction | Psychology Today, n.d.). This negative impact is the most crucial part when a person engage or watch pornographic videos, that there is a sexual attractions and sexual imitation. Pornography use is dangerous to teenagers or even adults because they may not control their desire and can cause a crime that is forbidden by the law and even by Almighty God.
3. You will realize that pornography is a part of your lifestyle because it will become a habit. Our participant became addicted to porn and it become a part of his lifestyle by the time goes by, during his elementary days and even now in the present time. He watched porn day by day and he also experience that he spend his days of watching it because of his desires in it. He watches it day and night. He knew a lot of pornographic sites and his favourite is blonde and asian girls. His day is not complete when he don't watch pornographic videos. In the meantime, Voon believes that there's substantial proof connecting disproportionate porn consumption with "habituation," or the desire for new stimulation (Is Porn Bad for You?, n.d.). Many acknowledge that, at least in some people, a number of behaviors that might have a negative effect on the reward pathways in human brains cause an absence of control and other signs of addiction (Love et al., 2015). If someone concentrates on additional endeavors that can help them grow so they can eventually live an improved existence, this detrimental influence can also ruin their life due to the fact that it could consume an excessive amount of their precious time, although there are too many opportunities outside. It will crush a person's hope for a better life that is consistent with God's will.
4. Watching pornography is too hard to stop, and it is hard to control when an individual is entangled in it. When our participant wanted to stop watching porn, it was difficult for him because he got engrossed in it and could not resist the urge to continue viewing it day by day as time went by. According to the results of the other studies, it says that watching pornography is too hard to stop if you get involved in it. It's more than just concerning the powerful attraction of habits, like with most addictions; it's equally about your brain. The pleasure areas in your brain's midbrain have been altered by excessive porn consumption (Addicted to Porn? How to Get Back in Control | Psychology Today, n.d.). According to Maltz & Maltz (2006), as cited in Brower (2023), some of the typical adverse impacts of pornography on users include addiction, social exclusion, more aggressive behavior, distorted beliefs and assumptions about relationships and sexuality, negative emotions about one another, and

disregarding other aspects of their daily lives.

5. Lack of family attention can cause boredom and loneliness, which can lead one to view pornography and other things to entertain oneself, as Moynihan et al. (2022) stated. One of the biggest reasons our participants engage in watching pornographic videos is a lack of family attention, his parents provide for his needs as an only child. But it is useless for him because he needs special care and attention that cannot be provided by his parents because they are both too busy with their careers and businesses. There's a lot of study considering that loneliness of a person can lead to watching pornographic videos. Consuming porn encourages someone to forfeit devotion to maintaining a harmonious family environment (The, 2017). The results of the study of Nadziroh (2018) demonstrated how parents may prevent their kids from viewing porn by (1) implementing strict interpersonal rules prohibiting youngsters from utilizing technology and obtaining porn, as well as establishing instances of exemplary conduct and family members' values; (2) encouraging interactions with children; and (3) encouraging good moral character. Family members should also be aware that it is illegal to access pornographic material because religion opposes this prohibition and regulations, and (5) acknowledge that pornographic material is not appropriate in certain cultures. Maybe pornography gives entertainment that can satisfy a lonely person; many individuals are trying to watch it out of curiosity, and once they learn how good it is, they will continue to satisfy their urges to masturbate while viewing porn. But we need to consider that porn is a dangerous form of content.

These factors, which we gathered from the responses of our participants and from other supported literature and studies, ensure the credibility and validity of the results of our study.

CONCLUSIONS

This study concentrates on the perceptions, motivations, implications, and actions taken to combat pornography. The findings describe the perceptions towards pornographic videos, and those are sexually preoccupied and normal. Nevertheless, happiness, boredom, and habituation are the best motivations for viewing pornographic videos. And the implications and experiences of watching pornography include sexual imitation and sexual attraction. Lastly, the actions have taken to combat pornographic viewing are self-control, guilt, and avoidance, which are the best things to do to stop watching pornographic videos. The results of the study may serve as a warning not only to adolescence but also to adults, to conserve and develop their knowledge about the negative effects of engaging and viewing those pornographic films. It will help a lot of people in order to combat pornography addiction and lead them to a good path. This study contains a lot of valid information based on the answers to our problem statement. Too much pornographic video viewing is a problem that both individuals and their households have to attempt to address. Actually, the individuals who indulge in their consumption of those types of pornographic material have essentially been demonstrated by difficulty and expertise, although at the same time is a strong motivator for them to keep thinking about the obsession. Considering this form of dependency often occurs in quiet and poses a threat of greater harm to both oneself and society, the problem is made worse when civilization refuses to take it into consideration. In addition to offering recommendations that specialists or counselors can make in order to assist individuals get back to their normal life, this page has provided an explanation of each of the experiences, factors, and effects of watching too many pornographic videos. Being a porn addict is not a joke; rather, it is a severe mental condition that calls for specialized care, including attention and sound direction, in order to assist the individual instead of passing judgment on them based on their circumstances. They require our empathy in order to support themselves and overcome their addiction to pornography. They also require our understanding and acknowledgment. Although pornography is not illegal, it is not a crime, but it is forbidden by Almighty God and He hates those kinds of sin, it is also may wreck a person's life if it is ignored, so let's assist others in overcoming pornography addiction. Lastly, we have been optimistic and believe these results will be beneficial to not only the participant but also other individuals in the current generation who watch too many pornographic videos. They might take into consideration their words of wisdom and insights to keep leading joyful lives devoid of pornography but with the fulfillment that comes from the Almighty God.

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