



Research article



Internet Pornography Addiction and Adolescent Sexual Behavior: Is There Any Connection?

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Abstract

Addiction to pornographic content is a form of behavioral addiction that is characterized by a strong desire to access pornographic content for a long period of time and feel happy. The aim of this research is to determine the relationship between addiction to pornographic content on the internet and adolescent sexual behavior at the Yapparindo Klungkung Tourism Vocational School in 2024. The type of research is cross-sectional analysis with a sample of 39 students. Data collection uses a questionnaire. Univariate data analysis in the form of frequency distribution and bivariate using the Chi Square test with a significance level of $p < 0.05$. The research results were that most of the students were 17 years old and male. Addiction to pornographic content is mostly mild, namely 30 respondents. Adolescent sexual behavior among students is mostly mild; as many as 22 respondents. The conclusion of the research is that there is a relationship between addiction to pornographic content on the internet and the sexual behavior of teenagers at Yapparindo Klungkung Vocational School. The advice given is that parents and teachers can deepen religious values and provide education on the importance of healthy dating, as well as improve communication with students.

INTRODUCTION

Teenage psychosocial behavior is influenced by the adolescent puberty process; therefore, adolescents are the age group most affected by physical, psychological, and social difficulties. According to research, early adolescents (those between the ages of 12 and 14) depend on individuals other than their parents for love and feel that having close friends and confidants is crucial. They begin dating or changing boyfriends in mid-adolescence (15–17 years old), and they

begin serious relationships with people of the opposite sex in late adolescence (18 years or older) [1]. Because adolescent behavior contributes to a number of reproductive health issues in adulthood and old age, puberty is a crucial stage in the life cycle of humans [2]. Addiction to pornographic material is one of the aberrant tendencies in adolescence that should be monitored.

Out of the 7.697 billion people in the world, an estimated 4.437 billion used the internet

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in 2018 [3]. An estimated 3 billion people will be using the internet to access pornographic content globally in 2019. Similarly, the majority of people in Indonesia access pornography [4]. According to a 2022 poll conducted by the Indonesian Internet Service Providers Association (APJII), 77.02% of Indonesians have internet access. With 99.16% of all internet users between the ages of 13 and 18, teenagers make up the largest segment. Pornographic videos and adult content make up the most popular websites [5]. The inability to control one's overwhelming need to access pornographic content in order to feel pleased for extended periods of time is a defining feature of pornographic content addiction [6]. Teenagers are among the school-age groups that view pornography most frequently, according to the findings of a survey conducted using the Chatbot Pornography Addiction Screening Tools (PAST) based pornography addiction detection system [7].

Rettob and Murtiningsih's (2021) research revealed that 92.2% of the adolescents surveyed had access to pornographic media [8]. Dullabib (2017) discovered a link between teenage unsafe sexual conduct and addiction to pornographic content [9]. Bolstered by study by Indrijati (2017), who found a link between teenage sexual behavior and addiction to pornography. This is due to the fact that the research participants had a propensity for high sexual behavior in addition to a frequency and duration of viewing pornographic content that was fairly high [10]. Based on data from the 2018 SDKI survey, the most common sexual behaviors among teenagers (15–19 years old) are kissing and holding hands. Some teenagers also admit to touching their partner's private areas, and 3.6% of male teenagers admit for having sex [11].

Parents and educators are concerned about the abundance of pornographic content in society. The Republic of Indonesia's Ministry of Communication and Information released data in 2019 that showed how

many people were using pornographic websites and how many transactions there were. One of the top ten regions with the greatest access to pornographic websites is Bali Province. Based on information provided by the coordinator of the Kita Sayang Remaja (KISARA) clinic, a survey of 700 teenagers in Bali in 2020 revealed that 97% of them had uploaded images on social media. Only 2% of the 97% of teenagers uploaded explicit or nude images. Currently, there has never been an assessment of the relationship between adolescent sexual behavior and pornography addiction in Klungkung Regency, according to information from the Annual Report of the Adolescent Health Service Program of the Klungkung Regency Health Office.

According to early study results completed in April 2023 at the UPTD Klungkung I Health Center, there were 20 teenage pregnancy visits (4.1%) in 2022, and all of the pregnancies that did occur were undoubtedly preceded by adolescent sexual behavior. Every year, the UPTD Klungkung I Health Center experiences a gap in its scope of activity, despite the fact that every junior and senior high school in the Puskesmas work area has periodically conducted therapy sessions for those struggling with pornography addiction. Ten Yapparindo Tourism Vocational High School (SMK) Klungkung grade XI students participated in a preliminary study, and all of them reported having heard the term "pornography" and having looked up pornographic material online. Four students, or 40% of the total, admitted to having visited and watched pornographic websites. The findings of the interviews with Guidance and Counseling (BK) teachers revealed that although they now have a program in place for health education, no instruction has ever been given on reproductive health.

Considering the importance of information on reproductive health, especially sexual behavior in adolescents, various problems that can arise from addiction to

pornographic content in adolescence, as well as literature study data and preliminary study results are the basis for researchers to conduct research on the Relationship between Addiction to Pornographic Content on the Internet and Sexual Behavior of Adolescents at Yapparindo Klungkung Tourism Vocational School in 2024.

METHODS

The study methodology is cross-sectional, quantitative, and employs an analytical observational design.

The 450 pupils from SMK Pariwisata Yapparindo Klungkung who were included in the student statistics for 2023 made up the study's population. Proportional random sampling [12] with inclusion and exclusion criteria was the sample strategy employed. A method was also used to determine the sample size up till a total of 39 respondent were gathered.

A previously validated questionnaire that was further modified by the researcher to gather primary data was the instrument or data collecting technique utilized in this investigation. Primary data are those that are directly collected from respondents by having them complete surveys.

The delivery of the research objectives, a description of the procedures, and the receipt of informed consent, which indicates the respondents' willingness to engage in the study, signal the start of the data collection stage. After that, the researcher gave the respondents the questionnaire and gave them instructions on how to complete it. Following data collection, all research variables underwent editing and coding stages of data processing, which was then followed by data input, processing, and cleaning. With the aid of computers, the data acquired from the data gathering results were processed. Univariate and bivariate analysis were used to further analyze the data.

A frequency distribution table presents univariate analysis. The association between teenage sexual behavior and internet pornographic content addiction was examined using bivariate analysis. Adolescent sexual behavior was the dependent variable and internet pornographic material addiction was the independent variable in this statistical test result analysis using the Chi-square test [13]. Since every variable under test was categorical in nature, the Chi Square (χ^2) statistical test with $\alpha = 0.05$ was employed for analysis. A meaningful (significant) association between the variables exists if the test result is $p \leq 0.05$; if the test result is > 0.05 , no relationship between the variables exists.

RESULT

Based on table 1, it is found that the age of most students is 17 years (69.2%). Most respondents are male, namely 24 respondents (52.4%). Most respondents are addicted to mild pornographic content, namely 30 respondents (76.9%). Most respondents have mild adolescent sexual behavior, namely 22 respondents (56.4%).

Data normality test was conducted before conducting the analysis to determine whether adolescent sexual behavior was normally distributed or not. Data normality test using Kolmogorov-Smirnov. Based on the results of the normality test, the data on age, gender and addiction to pornographic content obtained the results, namely age $p: 0.001$, gender $p: 0.000$, addiction to pornographic content $p: 0.000$. All p values < 0.05 , so this means that the data is normally distributed so that the data analysis uses the Chi-Square test.

Based on table 2, for addiction to pornographic content with the curiosity category, all students (23.1%) have never had adolescent sexual behavior, namely 23.1%. While those who are addicted to pornographic content with a mild category, most (56.4%) have mild sexual behavior.

And there was no addiction to pornographic content and adolescent sexual behavior with severe and very severe categories. The results of the bivariate analysis using the Chi-Square test and obtained a p value of 0.000 (<0.05). This means that there is a relationship between addiction to pornographic content on the internet and adolescent sexual behavior at SMK Pariwisata Yapparindo Klungkung.

Table 1
Frequency Distribution of Age, Gender, Pornographic Content Addiction, and Adolescent Sexual Behavior

Indicators	f	%
Age		
16 years old	12	30,8
17 years old	27	69,2
Sex		
Male	24	52,4
Female	15	47,6
Pornographic Content Addiction		
Curiosity	9	23,1
Mild	30	76,9
Adolescent Sexual Behavior		
Curiosity	17	43,6
Mild	22	56,4
Total	39	100

Table 2
The Relationship Between Pornography Addiction and Adolescent Sexual Behavior

Indicators	Adolescent Sexual Behavior				Total		p
	Never did		Light		f	%	
	f	%	f	%			
Pornographic Content Addiction							
Curiosity	9	23,1	0	0,0	9	23,1	0,000
Mild	8	20,5	22	56,4	30	76,9	
Total	17	43,6	22	56,4	39	100	

DISCUSSION

At SMK Pariwisata Yapparindo Klungkung, the majority of grade XI students are 17 years old (69.2%) and 16 years old (30.8%). According to Yunengsih & Setiawan (2021), teens who are exposed to pornography on a regular basis develop addictions. Five areas of the human brain are affected by pornography, but the Prefrontal Cortex (PFC), which is important for cognitive function and behavioral control and only reaches maturity at age 20, is most vulnerable [14]. According to Gassó & Bruch-Granados (2021), there is evidence to suggest that the earlier a person is exposed to pornography, the greater the effect. This means that if a person is exposed to pornography at a young age, the effect will be greater than if they are exposed as adults, and it will have an impact on gender equality

and sexual development as well as cause changes in sexual behavior [15].

The gender distribution of 11th grade students at SMK Pariwisata Yapparindo Klungkung is as follows: 61.5% of the students are male, and 38.5% of the students are female. This indicates that male students make up the majority of the student body. Thirty respondents (76.9%) reported mild addiction to pornographic content, compared to nine respondents (23.1%) who fell under the curiosity group at SMK Yapparindo Klungkung. The majority of youngsters (47.1%) claimed that they had accidentally seen pornography for the first time. While browsing the internet, they unintentionally or inadvertently came upon sexual content. Adolescents may inadvertently download explicit movies from friends who share them on WhatsApp,

piqueing their curiosity enough to watch the content. Adolescents' natural curiosity stems from their developing sexuality, as they typically show interest in learning about adult sexuality and even wish to experience physical intimacy. This demonstrates that peers are the ones who first introduce them to and allow them to watch porn, making it incredibly simple for teenagers to become addicted to pornographic content on the internet [16].

There were 22 responses (56.4%) in the light category for sexual behavior among students at SMK Yapparindo Klungkung, but there were only 17 respondents (43.6%) in the teenage sexual behavior group. Adolescents engage in a variety of sexual behaviors, including holding hands, giving hugs, and engaging in sexual activity. Sexual activity is typically engaged in by teenagers who are dating or in relationships. Curiosity and preexisting stimuli stimulation may lead to sexual conduct or engagement. Teenagers who are exposed to porn from an early age are more vulnerable than adults, which can have an impact on their sexual development and gender equality as well as lead to changes in their sexual behavior. [11].

The results of this study indicate that addiction to pornographic content on the internet is mostly mild, namely 30 respondents (76.9%). The Chi-Square statistical test and the results obtained p value = 0.00 where <0.05 , it is stated that there is a Relationship Between Addiction to Pornographic Content on the Internet and Sexual Behavior of Adolescents at Yapparindo Tourism Vocational School, Klungkung. According to Setyawati et al., (2021), pornography has a negative influence that will change behavior and attitudes because they imitate the appearance. In the next stage, addiction to pornography tends to increase, which ultimately leads to deviant sexual behavior in adolescents [17]. According to this study, the majority of teenage sexual behavior is mild and includes holding hands, kissing the

forehead and cheeks, and kissing the lips or neck region when a couple is together (76.9%). Because of the growing actual impression of sexual forms in pornography, people who access it run the risk of developing a level of addiction to it.

Yundelfa and Fitri (2020) found a correlation ($p = 0.006$) between premarital sexual behavior and exposure to pornography in their study of teenagers at SMK Taman Siswa Padang [18]. A different investigation by Haslan et al. (2021) found a 0.0001 p-value correlation between teenage premarital sexual behavior and exposure to pornographic media [19]. Research by Yunengsih and Setiawan (2021) further supports this, as it demonstrated a link ($p = 0.000$) between unsafe sexual conduct and addiction to and exposure to pornography [14]. According to studies conducted by Pirrone et al. (2022), teenagers who used different kinds of pornography displayed distinct patterns of sexual behavior development [20]. According to Grubbs et al. (2020), adolescents who watch a lot of pornography also tend to engage in more sexual behavior over time than adolescents who watch less pornography. Cultural variances in attitudes on gender, sexuality, and relationship disparities demonstrate the moral variations in healthy sexual behavior that exist around the world [21].

CONCLUSION

According to the study's findings, the majority of the teenage respondents at SMK Yapparindo Klungkung in 2024 had modest internet addictions to porn and engaged in moderate amounts of sexual activity. There is a connection between teenage sexual conduct at SMK Pariwisata Yapparindo Klungkung in 2024 and internet addiction to pornographic content.

Addiction to pornographic media can negatively affect the mental health of teenagers. It is expected of students to engage in more constructive activities and continue interacting with others in order to

prevent bad habits like free sex and pornography addiction. Health professionals and educators have a duty to educate students about proper sexual behavior, paint a clear picture of the risks associated with it, and constantly provide them with information to ensure that they only use the internet for good—that is, to watch educational or morally-based content.

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