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Pornography: As an Addiction of Internet

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ABSTRACT

The recent proliferation of Internet-enabled technology has significantly changed the way generation encounter and consumes sexually explicit material. Once confined to a personal computer, smart phones, laptops and other electronic devices. With the growth of the Internet has come easier and more ubiquitous access to pornography. In the last few years, there has been a wave of articles related to behavioral addictions; some of them have a focus on online pornography addiction. Today the world population was estimated to have reached 7.7 billion as of March 2019 declared by Internet World Stats but just 56.3% (4,346,561,853 billion) of the use Internet worldwide. The growth rate was increase 1,104% since 2000-2019 and the world population has India is ranked 2nd among the highest number of 560,000, 000 million users till 31st March 2019 approximately 40.91% of Indian population internet users subsequent to China and their growth rate was increase 11,110% since 2000-2019. Other than the average man in the 21st century is believed to spend 40 minutes a week watching pornography which adds up to three entire months during his lifetime. According to the Porn hub 2018 Statistics 33.5 billion people visited that website means 63992 visitors every minute. This is equal number of the population of Canada, Poland and Australia. Most of the 35% users belonging 25-34 years old and the people watched porn average 10 minutes and 13 seconds globally. Whereas the comparison of India is the 3rd most traffic country over the world. On average, people spent 08 minutes 23 seconds in the watching porn and their ranked 19th over the world. 44% of the users belonging 18-24 years old most importantly 30% of the users Female means 1/3 porn watcher belonging them while only 29% percent female over the world. Online pornography use is on the rise, with a potential for addiction considering the “triple A” influence (accessibility, affordability, anonymity). This problematic use might have adverse effects in sexual development and sexual functioning, especially among the young generation. The purpose of this article gather existing knowledge on pornography addiction and review the recent literature till 2018 regarding the causes and factors, facts and statistics especially in Indian context of Internet pornography. Here the researcher tries to summarize what we know about this entity and outline some areas worthy of further research.

KEYWORDS: Pornography Addiction, Internet, Kama Sutra, CBT, Porn hub, Abuse.

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INTRODUCTION

“Lust indulged became habit, and habit unresisted became necessity.” - St. Augustine of Hippo

Pornography is the portrayal of sexual subject matter for the exclusive purpose of sexual arousal¹. Pornography may be presented in a variety of media, including books, magazines, postcards, photographs, sculpture, drawing, painting, animation, sound recording, writing, film, video, and video games. The term applies to the depiction of the act rather than the act itself, and so does not include live exhibitions like sex shows and striptease. The primary subjects of present-day pornographic depictions are pornographic models, who pose for still photographs, and pornographic actors or "porn stars", which perform in pornographic films. Various groups within society have considered depictions of a sexual nature immoral, addictive, and noxious, labeling them pornographic, and attempting to have them suppressed under obscenity and other laws, with varying degrees of success. Such works have also often been subject to censorship and other legal restraints to publication, display, or possession, leading in many cases to their loss. Such grounds, and even the definition of pornography, have differed in various historical, cultural, and national contexts².

Porn is a fantasy no different from most of the fantasies displayed in various sci-fi and epic movies. For many young people whose only understanding of sexuality is what they see online, experts say it can create a distorted vision of intimacy making it nearly impossible to maintain a real romantic relationship. Is pornography addiction a mental disorder?. No, pornography addiction is not a mental disorder, as it is not included in the Diagnostic and Statistical Manual of mental disorders. There are conflicting research and reports regarding the addictive nature of pornography. Sex addiction, sometimes referred to as hyper-sexuality or hypersexual disorder, is defined as the compulsive need to have sexual activity in spite of the ensuing potential negative consequences. Basically Goodman³ defined addiction as: “a process whereby a behavior, that can function both to produce pleasure and to provide escape from internal discomfort, is employed in a pattern characterized by first is recurrent failure to control the behavior (powerlessness) and second is continuation of the behavior despite significant negative consequences (unmanageability)”.

This manual is published by the American Psychiatric Association⁴ in order to help doctors classify and treat mental disorders. The latest version was published in 2013 (DSM-5) and it notably did not include porn addiction due to conflicting research and opinions regarding its addictive nature. This makes treatment options a lot less accessible. Pornography can be seen as a substitute for an actual multiple sex partners scenario. For porn addicts, the fantasies that are played out in porn can never be met in real life sex scenarios. According to a study in a journal of sex research, men who watch porn once a week have a greater desire for partners who talk dirty, dominate them, use sex toys and engage in threesomes.

Social attitudes towards the discussion and presentation of sexuality have become more tolerant in Western countries, and legal definitions of obscenity have become more limited, notably beginning in 1969 with Blue Movie by Andy Warhol, the first adult erotic film depicting explicit sex to receive wide theatrical release in the United States, and the subsequent Golden Age of Porn 1969-1984, leading to an industry for the production and consumption of pornography in the latter half of the 20th century⁵. The introduction of home video and the Internet saw a boom in the worldwide porn industry that generates billions of dollars annually. Commercialized pornography accounts for over US \$12 billion in the United States alone, including the production of various media and associated products and services. This industry employs thousands of performers along with support and production staff. It is also followed by dedicated industry

publications and trade groups as well as the mainstream press, private organizations (watchdog groups), government agencies, and political organizations⁶.

Internet access and usage in the world has been proliferating year by year, with approximately 1 billion users in 2005, 2 billion in 2011, 3 billion in 2015 and 4 billion in 2018, according to the Internet World Stats⁷, indicating an upward trend in the number of digitally literate people. Such a rapid growth has been interacted with people's needs and motivation. In today the world population was estimated to have reached 7.7 billion as of March 2019 declared but just 56.3% (4,346,561,853 billion) of the use Internet worldwide. The growth rate was increase 1,104% since 2000-2019. After the more established addictions like drug and alcohol, the internet is relatively new concept as well as micro research was done as a addiction on the world platform. According to the same Internet World Stats, the world population has India is ranked 2nd among the highest number of 560,000, 000 million users till 31st March 2019) approximately 40.91% of Indian population internet users subsequent to China and their growth rate was increase 11,110% since 2000-2019. Previously the number of internet users in India is reached to 500 million in June 2018 said a report by the Internet and Mobile Association of India⁸ (IAMAI) and Kantar IMRB. Urban India with an estimated population of 455 million already has 295 million using the internet. Rural India, with an estimated population of 918 million as per 2011 census, has only 186 million internet users leaving out potential 732 million users in rural India. The report also finds that an estimated 281 Million daily Internet users, out of which 182.9 million or 62% access internet daily in urban area, as compared to only 98 million users or 53%, in rural India. There are estimated 143 million Female internet users overall, which is approximately 30% of Total Internet users.

Etymology

The word pornography was coined from the ancient Greek words πόρνη (pōrnē "prostitute" and πορνεία porneía "prostitution"), and γράφειν ("to write or to record", derived meaning "illustration", as in "graph"), and the suffix -ία ("state of", "property of", or "place of"), thus meaning "a written description or illustration of prostitutes or prostitution". The Modern Greek word pornographic is a reborrowing of the French pornographic. It was in use in the French language during the 1800s. The word did not enter the English language as the familiar word until 1857 or as a French import in New Orleans in 1842. The word was originally introduced by classical scholars as "a bookish, and therefore non-offensive, term for writing about prostitutes", but its meaning was quickly expanded to include all forms of "objectionable or obscene material in art and literature". As early as 1864, Webster's Dictionary defined the word bluntly as "a licentious painting". The more inclusive word erotica, sometimes used as a synonym for "pornography", is derived from the feminine form of the ancient Greek adjective erōtikós, derived from érōs, which refers to lust and sexual love⁹.

History of Pornography

Depictions of a sexual nature have existed since prehistoric times, as seen in the Venus figurines and rock art¹⁰. A vast number of artifacts have been discovered from ancient Mesopotamia depicting explicit heterosexual sex. Glyptic art from the Sumerian Early Dynastic Period frequently shows scenes of frontal sex in the missionary position. In Mesopotamian votive plaques from the early second millennium BC, the man is usually shown entering the woman from behind while she bends over, drinking beer through a straw. Middle Assyrian lead votive figurines often represent the man standing and penetrating the woman as she rests on top of an altar. Scholars have traditionally interpreted all these depictions as scenes of ritual sex, but they are more likely to be associated with the cult of Inanna, the goddess of sex and prostitution. Many sexually explicit images were found in the temple of Inanna at Assur, which also

contained models of male and female sexual organs¹¹. The final two thirds of the Turin Erotic Papyrus (Papyrus 55001), an Egyptian papyrus scroll discovered at Deir el-Medina, consist of a series of twelve vignettes showing men and women in various sexual positions. The scroll was probably painted in the Ramesside period 1292-1075 BC and its high artistic quality indicates that was produced for a wealthy audience¹². No other similar scrolls have yet been discovered¹³.

One of the pioneer texts The Kama Sutra is an ancient Indian Sanskrit text on sexuality, eroticism and emotional fulfillment in life. Attributed to Vaysyayana, the Kama Sutra is the oldest surviving Hindu text on erotic love, It is neither exclusively nor predominantly a sex manual on sex positions, but written as a guide to the "art-of-living" well, the nature of love, finding a life partner, maintaining one's love life, and other aspects pertaining to pleasure-oriented faculties of human life. The text acknowledges the Hindu concept of Purusharthas, and lists desire, sexuality, and emotional fulfillment as one of the proper goals of life. Its chapters discuss methods for courtship, training in the arts to be socially engaging, finding a partner, flirting, maintaining power in a married life, when and how to commit adultery, sexual positions, and other topics. The majority of the book is about the philosophy and theory of love, what triggers desire, what sustains it, and how and when it is good or bad.

The original composition date or century for the Kama sutra is unknown. Historians have variously placed it between 400 BCE and 300 CE. According to John Keay¹⁴, the Kama Sutra is a compendium that was collected into its present form in the 2nd century CE. The Kama sutra uses a mixture of prose and poetry, and the narration has the form of a dramatic fiction, it has 1250 verses distributed over 36 chapters in 64 sections and organized into 7 books as well as the Indian arts as exemplified by the pervasive presence Kama-related reliefs and sculpture in old Hindu temples. Of these, the Khajuraho in Madhya Pradesh is a UNESCO world heritage site. Among the surviving temples in north India, one in Rajasthan sculpts all the major chapters and sexual positions to illustrate the Kama sutra. According to Wendy Doniger¹⁵, the Kama sutra became "one of the most pirated books in English language" soon after it was published in 1883 by Richard Burton¹⁶.

Pornography involving children mostly adolescent and youths, however, has been consistently labeled as obscene, and possession of this type of pornography is criminal. By the 1950s and 1960s, the US Supreme Court cases began to limit censorship only to pornography considered hard-core; however, censorship of hardcore pornography would also gradually be challenged. After the film Deep Throat was released in 1972, New York's mayor ordered the theater where it was being shown closed down. Charges were also filed against Harry Reems, one of the actors in the film, for conspiracy to distribute obscene material. Reems was convicted of these charges but on appeal his conviction was overturned. Under the Miller v. California ruling considerable First Amendment protections were afforded to pornographic films. This allowed the pornographic film industry to rapidly expand and become a very profitable business. The 1980s saw pornography becoming more widely available with the invention of the VCR and VHS video tapes. This prompted a significant counterattack to the availability of pornography by religious conservatives and feminists. They formed an unusual alliance and lobbied for censorship. This was also part of the impetus behind President Ronald Reagan convening the Meese Commission¹⁷.

The world's first law criminalizing pornography was the English Obscene Publications Act 1857 enacted at the urging of the Society for the Suppression of Vice¹⁸. The Act, which applied to the United Kingdom and Ireland, made the sale of obscene material a statutory offence, giving the courts power to seize and destroy offending material. The American equivalent was the Comstock Act of 1873¹⁹. Which made it illegal to send any "obscene, lewd, and/or lascivious" materials through the mail? The English Act did not apply to Scotland, where the common law continued to

apply. However, neither the English nor the United States Act defined what constituted "obscene", leaving this for the courts to determine. Before the English Act, the publication of obscene material was treated as a common law misdemeanor *R. v Curl* case, 1729²⁰ and effectively prosecuting authors and publishers was difficult even in cases where the material was clearly intended as pornography.

In 1969, Denmark became the first country to abolish censorship, thereby decriminalizing pornography, which led to an explosion in investment and of commercially produced pornography. However, it continued to be banned in other countries, and had to be smuggled in, where it was sold "under the counter" or (sometimes) shown in "members only" cinema clubs⁵. Nonetheless, and also in 1969, *Blue Movie* by Andy Warhol, was the first adult erotic film depicting explicit sex to receive wide theatrical release in the United States²¹. The film was a seminal film in the Golden Age of Porn and, according to Warhol, a major influence in the making of *Last Tango in Paris*, an internationally controversial erotic drama film, starring Marlon Brando, and released a few years after *Blue Movie* was made²². The scholarly study of pornography, notably in cultural studies, is limited, perhaps due to the controversy about the topic in feminism. The first peer-reviewed academic journal about the study of pornography, *Porn Studies*, was published in 2014²³.

Signs and Symptom of the Pornography Addiction

Both men and women can become addicted to porn. However, statistics show that men are five times more likely than women to watch porn in the first place. But whether male or female, the signs of porn addiction are essentially the same. According to a study on hypersexual disorders, "When this drive becomes intensive and leads to 'out-of-control' sexual activity despite negative consequences and risk of harm to one's emotional and physical health, its protective and evolutionary values are diminished. Similarly, if sexual activity hinders completion of non-sex-related vital tasks, this evolutionarily positive drive has become negative and arguably turned addictive. Males often engage in sexual activity for pleasure and esteem reasons". So how do you find out if you are addicted to porn? Here are some most common warning signs and a symptom of pornographic addiction that you may be addicted includes:

1. Live a double life
2. Suffer from sexual dysfunction
3. Become anti-social
4. Inability to stop despite negative consequences
5. Feel ashamed, guilty or depressed
6. Increasingly bizarre content
7. Distorted sense of what intimacy and sexuality
8. Internet use is affecting your work and home life

Causes and Factors Influencing Porn Addiction

Sexual addiction, like porn addiction, can develop due to factors that encompass all aspects of an individual's life. These include:

Biological

1. You may have a genetic predisposition to impulsivity, emotion dysregulation, or sensation-seeking behavior.
2. You may have a predisposition to other characteristics that are associated with sexual addiction, like anxiety or depression.

3. As you might expect, higher levels of sex hormones like testosterone or estrogen can affect libido. If you are inclined towards impulsive behavior and have high levels of sex-related hormones, you may be more likely to engage in excessive or compulsive porn watching.

Psychological

1. Early-life environmental factors, including adverse events like abuse or exposure to sexual content, can contribute to some of the underlying traits involved in porn addiction behaviors.
2. Mental health:
 - Anxiety.
 - Depression.
 - Personality disorders.
 - Poor impulse control.
 - Performance anxiety.
 - Other mental health issues might contribute to porn addiction behaviors.

Social

1. Rejection in relationships and social circles can lead to other, less healthy ways to find sexual gratification.
2. **Social isolation:** Not only does social isolation increase one's likelihood of seeking inappropriate ways of being sexually gratified, it also leads to a host of other problems—like depression and physical maladies—that can contribute to porn addictions or unhealthy sex behaviors.
3. **Social learning:** Watching others perform a behavior, or “modeling,” is one way to learn something new—especially when you “like” or “identify” with that person. So having a friend, or a group of friends, who engage in excessive sexual activities or porn viewing can influence you in a very subtle, yet powerful, way.
4. **Peer influence:** If others around you are doing something, you are more likely to do it, too. Having a friend, or a group of friends, for example, who engage in excessive porn viewing can influence your behavior²⁴.

Effects of Pornography Addiction

The “digital revolution” has led to great strides in productivity, communication, and other desirable ends, but pornographers also have harnessed its power for their profit. The cost has been a further weakening of the nation's citizens and families, a development that should be of grave concern to all. The social sciences demonstrate the appropriateness of this concern. Pornography changes the habits of the mind, the inner private self. Its use can easily become habitual, which in turn leads to desensitization, boredom, distorted views of reality, and an objectification of women. There are also numerous clinical consequences to pornography use, including increased risk for significant physical and mental health problems and a greater likelihood of committing a sex-based crime.

1. Sexual Transmitted Disease and HIV
2. Anxiety, Depression, Stress
3. Distorted perception of Reality
4. Aggression, Assertiveness, Irritability
5. Desensitization, Habituation, Boredom
6. Anger and Abuse
7. Sex Addiction
8. Effects on the Mind, Body, and Heart.

SOME RESEARCH AND REVIEWS OF THE PORNOGRAPHY

A 2005 study, conducted by Lo and Wei²⁵, examined the relationship between exposure to sexually explicit material and sexual behaviors of 2,001 Taiwanese adolescents. This study indicated that exposure to sexually explicit material increased the likelihood that adolescents will accept and engage in sexually permissive behaviors.

Another study in 2005, Haggstrom – Nordin et al²⁶ examined the sex lives and pornography consumption of high school students (N = 718) in Sweden. 98% of male and 76% of female respondents reported having consumed pornography, 75% of the overall sample had engaged in sexual intercourse, and 71% had used a contraceptive at first intercourse. Having intercourse with a friend, group sex, oral sex, and anal sex were all associated with frequent exposure to sexually explicit material. In addition, 71% of adolescents believed that sexually explicit material influenced the sexual behaviors of peers but only 29% of adolescents believed that sexually explicit material influenced their own sexual behaviors. This study also suggested that adolescents who were more frequently exposed to sexually explicit material had their first experience of sexual intercourse at an earlier age than adolescents who were not frequently exposed.

In 2009, Brown and L'Engle²⁷'s findings supported the studies of Haggstrom - Nordin et al. 2005 and Kraus & Russell 2008, specifically, that early exposure to sexually explicit material increases the likelihood that both male and females adolescents will engage in oral sex and sexual intercourse earlier than their non-exposed peers. In this study, 66% of male and 39% of female adolescents (N = 967) reported that by the age of 14, they had been exposed to sexually explicit material in the previous year. In addition, 90% of the adolescent males reported having oral sex and 88% reported having sexual intercourse.

Hunter et al.²⁸ examined the relationship between exposure to pornography prior to age 13 and four negative personality constructs in 2010. This study surveyed 256 adolescent males with a history of sexual criminal behavior; the authors found a relationship between early exposure to pornography and antisocial behavior, likely the result of a distorted view of sexuality and the glorification of promiscuity. In a similar study discussed previously, Alexy et al. studied the pornography consumption patterns of juvenile sexual offenders as they related to various forms of aggressive behavior. Those who were consumers of pornography were more likely to display forms of aggressive behaviors such as theft, truancy, manipulating others, arson, and forced sexual intercourse.

However, research published the next year found contradictory results; specifically noting evidence that exposure to sexually explicit material was unrelated to high-risk sexual behavior²⁹. Using a subpopulation of Swiss adolescents (n = 6054), these researchers found that “the majority of risky sexual behaviors, such as early sexual initiation, multiple sexual partners or a history of pregnancy were not associated with sexually explicit material exposure whether it was voluntary or not”.

Ybarra and Mitchell³⁰ in 2005 used data from the Youth Internet Safety Survey to examine the pornographic seeking behavior of adolescents (n = 1,501) for cross sectional linkages in the use of sexually explicit material and psychosocial characteristics. Their findings suggest that, for the majority of males, frequent exposure to sexually explicit material cannot be linked to increased levels of sexual aggression. However, among males “who have ‘predisposing risk levels’ towards aggressive sexual behavior, those who frequently consume pornography have more than four times greater levels of sexual aggression compared to their peers who infrequently seek out pornography”.

FACTS AND THE STATISTICS ABOUT PORNOGRAPHY

World

In the late 1980s, it is thought there were just three kinds of people using the internet: civil servants, academics and people looking for pornography. Presumably, they were not mutually exclusive either. It is students we have to blame, or thank. From the beginning, the 'internet' – then a rudimentary platform rooted in bulletin board systems and file transfer protocol – was being harnessed on college campuses across America as much for research purposes as it was for the sharing of explicit, copyrighted images from the porn industry. Where there was demand, supply followed, and it grew. Over the next few years, sex sites began pioneering every incoming technological development, adopting text and visuals before many other sectors, innovating file sharing, and making huge amounts of money. By 1995, when the US entrepreneur Gary Kremen (that's Kremen like 'Werder Bremen', not Kremen like 'semen') registered sex.com, the industry was already a dominant force.

A 2015 study by researchers at the University of California³¹ found a rare positive correlation between porn watching and libido, but the consensus is on the opposite side. The average man in the 21st century is believed to spend 40 minutes a week watching pornography – which adds up to three entire months during his lifetime. In the past, studies have suggested such consumption is harmful, with the rise in porn viewing often linked to a decrease in desire for genuine sexual encounters. However, a new study suggests that porn consumption by males may not have such a detrimental effect on their appetite – or capacity – for sex. Scientists at the University of California asked 280 men to record their porn viewing habits while tracking their libido. They found that there was a positive correlation between the amount of time spent viewing porn and the desire to have sex. Men who watched no porn were found to score just over 40 on the researcher's arousal matrix. In contrast, men who did watch porn scored over 50. Those who watched more than two hours of porn per week were found to have the highest level of arousal. They had more desire for 'solo-sex' and sex with a partner.

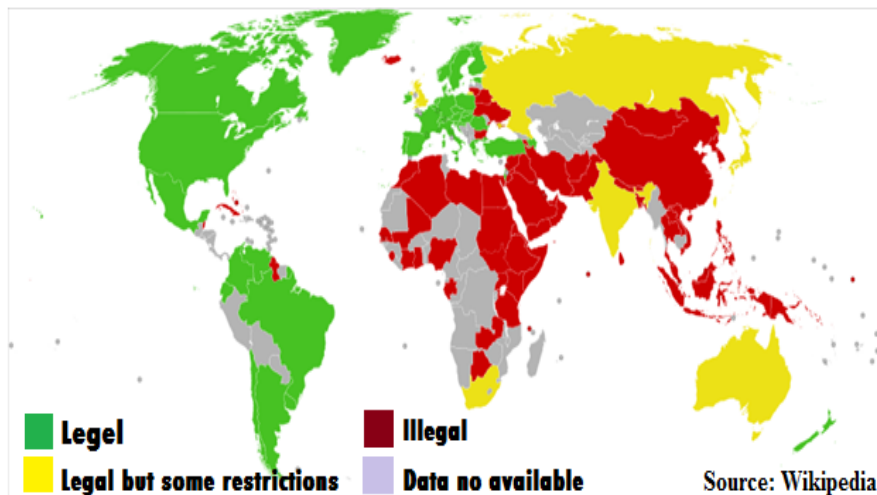


Figure 01: Legality about Pornography over the World in 2019

According to the Kassia Wosick, Assistant Professor of Sociology at New Mexico State University source by the NBC News, today it is believed the online porn sector is worth around \$97 billion industry and about \$12 billion of that comes from the United States. It reaches more people, and younger people, every year³².

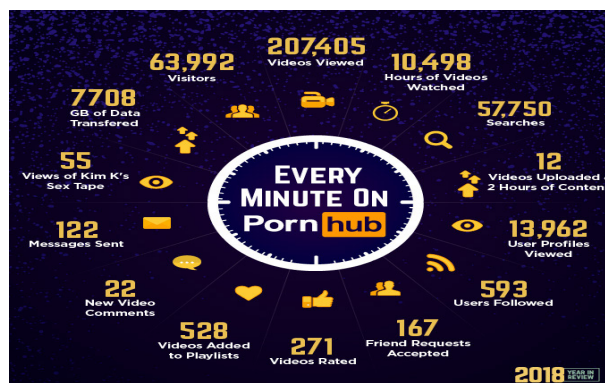


Figure 02: What happened in Every Minute on Porn hub 2018

The analytics report in 2018 of just one website, Pornhub³³, revealed that 33.5 billion people visited in 2018. That means 92 million visitors daily and 63992 visitors every minute. This is equal number of the population of Canada, Poland and Australia. Most of the 35% users belonging 25-34 years old while an average age of 35.5 years. Same as 30.3 billion searched in 2018, estimated 962 searching per seconds. In the same duration 7,791,799 videos uploaded in this website means 01 million Hours videos that are equal of 115 years time. Example is, if you started watching in 2018's videos after the Wright Brothers first flight in 1903, you would still be watching today. Meanwhile, for another year, porn users in the Philippines spent the most time per visit, clocking up a full 13 minutes and 50 seconds on average while the world average 10 minutes and 13 seconds. Second one of the lists is South Africa (10 minutes 57 seconds) and then United States of America in the list that spent 10 minutes 37 seconds.

4403 Peta Bytes of data transferred during this process. That means 12,700,800 Giga Byte per day, 529,200 Giga Byte per hour, 7,708 Giga Byte per minute and 174 Giga Byte data transferred per seconds. It works out at 574 Mega Byte for every person on the planet, or about 283 photos worth. 29% proportion of female visitors worldwide in Porn hub. United States of America is the most trafficked country of the world and only top 20 traffic countries maintain 80% daily traffic. Porn sites receive more regular traffic than Netflix, Amazon, & Twitter combined each month. 35% of all internet downloads are porn-related. 34% of internet users have been exposed to unwanted porn via ads, pop-ups, etc. The "teen" porn category has topped porn site searches for the last six years. At least 30% of all data transferred across the internet is porn-related. It's a very thorough report, and fascinating. In the site's ranking of the most popular search terms, 'lesbian' once again conquered all.

India

By stopping the demand for porn, we are putting an end to something that harms consumers, destroys relationships, and affects our society as a whole. It's time to change the stats. Stopping the demand starts here, with us spreading the facts. Context in the Indian scenario, on 27th September 2018 the Hon' ble Uttarakhand High Court³⁴ had ordered to Indian Government (regarding Writ Petition (PIL) No. 158 of 2018....#Order attached in reference) to make sure that 857 websites with adult content are banned. The bench had ordered "ultimate access to these adult sites if required to be blocked/curbed to avoid an adverse influence on the impressionable minds of children". In their ruling, the Bench had said that if any ISP failed to ban adult content, then their license will be snatched, and they would be asked to stop their services. As per Section 25 of the Information Technology Act 2000, the license of ISPs can be terminated. Since that order was passed, Ministry of Electronics and IT (MEITY) had been looking into this issue, and they found that out of 857 adult

websites mentioned, 30 portals didn't have any objectionable content. Hence, these websites have been 'spared', and the rest 827 websites have been blocked.

India had already tried to ban porn websites in 2015 but was unsuccessful. Even though the Indian government banned 827 porn websites in October 2018, it has still not stopped anyone from consuming pornography. In fact, research shows that porn consumption in India (which is the third highest consumer of pornography in the world) has only increased. A study conducted by SimpleWeb³⁵ has revealed that the number of visits to porn sites in the months of November and December in 2018 has been significantly higher compared to the numbers between January and October. The visits to these banned sites had come down by 50 per cent to 0.8 billion visits after October but the study credits the use of proxy networks for the drastic increase in the consumption of pornography from various websites. It said that these other websites saw 0.6 million visits between January and October. However, in November and December, there were at least 2 billion visits. So this brings us to the question, has the porn ban really stopped Indians from consuming the content? The answer is no because there are so many other websites which haven't been banned and since pornography hasn't been criminalized in the country, people will still be able to access the content through different sites if not from those which have been banned.



Figure 03: Top 20 Traffic Countries on Porn hub

Figure 04: Porn hub Insight Statistics of India

Still India is the 3rd most trafficked country of the world according to report of Pornhub³³. On average, people spent 08 minutes 23 seconds in the watching porn and their ranked 19th over the world. Most of the people searched MILF as a porn category and the Sunny Leone has top searched Porn star in India. 44 percents of the users belonging 18-24 years old and their average age of 29 years and most importantly 30 percents of the users Female means 1/3 porn watcher belonging them while only 29 percent female over the world. 90 percent of the users use mobile or smart phones for watching porn; it is the highest number over the world.

In China too, adult websites have been completely banned. Last month, 4000 websites with adult content were banned, all across China. In total, more than 22,000 websites have faced a ban in China, over this issue. As per a recent report by University of Toronto-based Citizen Lab along with the Canadian Broadcasting Corporation, India is among the top 10 nations to block content on the Internet. Enjoying real-life sex less is perhaps the best-known consequence of porn over-

consumption, and a well understood problem in the 21st century³⁶. In the 1980s, anti-porn protesters always argued it would turn men into monstrous pests. If anything, it seems to have done the opposite; it is not uncommon to hear of young men so accustomed to viewing porn of whatever variety, whenever they want it, that the labour of having actual sex is seen as unnecessary. Then there's a physiological impact.

At the NIMHANS Clinic in Bangalore, Dr. Manoj Sharma Kumar sees some extreme cases of addiction among teenagers – a 16 year old spends 12 hours on weekends and seven hours on school days playing games, and a 17 year old whose addiction to pornography lead to high risk behavior with sex workers. The most common symptoms he sees are teenagers becoming irritable, letting their academic scores fall and becoming violent if technology is withheld.

Pornography Legislation

In India watching or possessing pornographic materials is legal, although the distribution of such materials is illegal. Likewise, the publication or production of X- rated materials is illegal. The Information Technology Act, 2000 (IT Act) Chapter IX Paragraph 67, the Government of India clearly specifies that online pornography is a punishable offense. The Indian Penal Code, 1860 section 293 also specifies, in clear terms, the law against the sale of obscene objects to minors. The law as it pertains to pornography or obscenity is laid down in Section 292 of the Indian Penal Code, which was amended by the IT Act to include electronic data (Then Indian Penal Code, 2013). Sec. 292 of the Indian Penal Code, which came about by Act 36 of 1969, watching or possessing pornographic material is legal, but distributing such material is illegal and banned. Section 67 of the IT Act deals with “publishing obscene information in electronic form”; this law has been interpreted to criminalize the posting of pornographic content online. However, accessing obscene content privately is not illegal. The IT Act was amended by the Parliament in 2008, and Section 67B was inserted which criminalized browsing, downloading, creation, and publishing child pornography. Child anime porn is also explicitly criminalized. Child pornography in India is illegal. In February 2009, the Parliament of India passed the “Information Technology Bill” banning the creation and transmission of child pornography. The bill enables India's law enforcement agencies to take strict action against those people who seek child pornography. For example, browsing for child pornography on the internet can lead to a 5 year term of imprisonment and a 40 lakh fine.

STAGES OF PORNOGRAPHY ADDICTION

There are 5 types of porn addiction include:

1. **Early exposure:** Most people who get addicted to porn start early. They see the pornographic material when they are very young, and it gets lodged within them.
2. **Addiction:** Later comes addiction, they keep coming back to porn. It becomes a regular part of their life. They find that they want to quit, but cannot. They are hooked
3. **Escalation:** After a while escalation begins. They start to look for more and more graphic porn. They start using porn that would have disgusted them when they started. Now it excites them.
4. **Desensitization:** Eventually, they start becoming numb. Even the most graphic, degrading porn does not excite them anymore. They become desperate to feel the same thrill again but cannot find it.
5. **Acting out Sexually:** At this point they make a dangerous jump and start acting out sexually. They move from paper and plastic images of porn to the real world.

HOW TO AVOID THE ADDICTION OF INTERNET PORNOGRAPHY

Viewing pornography can be an unhealthy habit that puts a strain on your life and your relationships. A search for "porn" on Google provides millions of results. Then try removing any access you have to the material and find positive ways to stop yourself from being tempted.

1. Avoid negative reinforcement and physical punishment
2. Take a break from the internet
3. Evaluate the problem
4. Seek the help of a therapist
5. Replace the bad habit with a good one
6. Adjust where you spend your time in public
7. Set up blocks and filters on your own devices
8. Do not open spam emails
9. Run a security check on your computer
10. Set up an internet censor.

WAYS TO FIGHT PORNOGRAPHY

A recent study asked a group of kids how often their peers look at porn online. They responded that it was often. The study also asked what parental controls were in place on their devices, and almost all said none-- because their parents trusted them. These parents have no idea what their children are seeing. Why are controls so critical? First, the average age of a child's first exposure to pornography is 11. So if that's the average, some children are seeing it much earlier. Furthermore, research is beginning to give us the full, frightening picture of what porn does to a brain and to a life much like substance abuse. It sets our children up to have a distorted view of sex and suffers from a desire that can't be satisfied. Here are 8 ways to fight addiction of pornography:

1. Admit you have a problem.
2. Avoiding excessive alone time and idleness
3. Invite trusted friends to encourage you and hold you accountable.
4. Finding resources and educating yourself
5. Set boundaries with your mobile device.
6. If you have offline pornography at your disposal, destroy it.
7. Take all forms of media seriously.
8. Realize that you didn't just become addicted to porn.
9. Engaging in meaningful activities
10. Strengthening your social support network

TREATMENT FROM PORN ADDICTION

Porn addiction can have serious effects on a person's life and the lives of those around them. In most cases, professional addiction treatment is necessary to overcome it. If you believe you are suffering from porn addiction, rehabilitation is essential to gaining back control and living a healthy sexual life. But Yes, Porn addiction, like other addictions and mental health issues, can be treated through a number of different approaches²⁴.

1. Individual/Group Therapy

Individual or group therapy with a qualified mental health professional is always a safe approach. Individual therapy will usually consist of 30-60 minute sessions, focusing on your behaviors related to porn addiction and any related issues.

2. Cognitive-Based Therapy (CBT)

CBT is based on the concept that our thoughts, emotions, and behaviors are all related, and when these become “dysfunctional” or overwhelmingly negative, it leads to serious consequences in our lives. CBT will often focus on negative thoughts about oneself, others, and the world (e.g., “I will never stop watching porn”) and work to change these into more positive, or functional, thoughts (e.g., “If I work at it, I will be able to stop watching porn”).

3. Motivational Interviewing (MI)

An MI approach will work on “meeting you where you are at” in your current addiction and help you make your own decision when, and if, you are ready to make a change in your life. MI is a less confrontational approach between the therapist and patient, but it can have a powerful, dramatic, and long-lasting effect on one’s behavior.

4. Mindfulness-Based Therapies

Mindfulness-Based Therapies incorporate “mindfulness” as a key ingredient in treatment. Mindfulness is the cultivation of attention that is present-focused and nonjudgmental. This allows these “temporary” and “fleeting” experiences to rise and pass away instead of letting them control one’s behavior.

5. Psychodynamic Therapy

Psychodynamic therapy works under the assumption that unconscious drives, conflicts, and memories are influencing our behavior. This therapy will traditionally explore early-childhood life events and their contribution to creating habits or “patterns” in one’s life; however, it can also be present-focused and help the patient identify what is currently keeping them “stuck” in a certain behavior, in this case porn addiction.

CONCLUSION

Considered together, the available data about pornography addiction and consumption seems to rule out a causal relationship, at least with respect to pornography availability because no perfectly data available to causing an increase in the incidence of rape. According to Criminological theories since human beings have come on earth, crime is happening since then. As long as human lives on this earth, this crime will continue to happen. Porn and Sex both is different Subject but one is common of psychology. And both are the motives achieve desire and mental satisfaction. Although available research and official statistics might provide evidence for the watching of pornography huge adverse effect; and the explanation is, the fact remains that crime in general, and rape specifically, has increased substantially for the last years. Above these data give the impression of a catharsis effect; that exposure to pornography may actually provide a means to alleviate sexual aggression. Any relationships are purely correlation by nature and inferring cause is a very precarious endeavor. Of course, this association parallels a broader downward decline in violent crime in general, as well as increasing depictions of violence in the media in general. It may still be the case that this type of pornography does present a concern to those worried about violent and sex related crimes. There are still arguments that greater limits need to be placed on the media and the Hon’ ble Supreme Court and High Courts of India continues to hear cases about the debate over definitions of obscenity and amendment protections. It is also likely that these topics will continue to be of import to crime etiology.

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