Adolescents Sexual Activities And Pornography

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Abstract
This paper explores the relationship between pornography and adolescents sexual activities. Adolescents due to lack of emotional quotient are usually predisposed to varieties of sexual disorder by watching pornography. This has health related implications for them, their parents and the society, hence the need for scientific enquiry targeted at its control.
Key words: Adolescents, Sexual Activities, Pornography

Introduction
Interest in adolescents’ sexual activities and pornography has a long interesting history. This interest is intensified by the increasing wave of sexual promiscuity, especially among the young ones and its resultant effect such as the contamination of varieties of sexual transmitted diseases, like HIV/AIDS, unwanted pregnancies, abortion, school drop-out, and in most cases, death of the fetus or the adolescents. This is caused by the adolescents’ lack of emotional quotient in handling the outcome of social media.

Emotional quotient is the ability to sense, understand and apply the power and acumen (keenness and depth perception, discernment or discrimination) of emotion to facilitate high level of collaboration and productivity. Emotion is a feeling such as Happiness, Love, Fear, Anger, or Hatred which can be caused by the situation you are in or the people you are with. It is synonym with spirit, passion, soul or feeling. It is any conscious experience characterized by intense mental activity and a certain degree of pleasure or displeasure. It is sometime intertwined with mood, temperament, personality, disposition and motivation.

Emotion also involves feeling and reaction. The reaction may be overt or covert depending on one’s perception and personality. “Kendra 2018, see emotion as a complex psychological skill that involves a subjective experience, a psychological response and a behavioural or experience response”.

It helps you to leverage your awareness for effectiveness in the work place. It is not the same thing as emotional intelligence but the utility of intelligence. Emotion comprises five(5) areas of intra and interpersonal intelligence. Intrapersonal intelligence is the ability is to understand oneself, while interpersonal intelligence is the ability to understand others. The five areas are as follows:

1. Self Awareness – ability to recognize and understand your moods, emotions, and drives as well as their effect on others.
2. Self-Regulation – Ability to control, redirect disruptive impulses and moods and propensity to suspend judgment and think before acting.
(3) Motivation – Passion to work or respond not only for external or immediate gratification but for long term intrinsic value.

(4) Social Awareness – Ability to understand the emotional make-up of other people and how words and action affect others.

(5) Social Regulation – ability to influence the emotional propensity of others through unconditional love relationship and social network system.

The adolescent usually engages in sexual relationship, with their peers or relations as a result of their heightened pornography watching and lack of emotional quotient. (Nzyko, 1997). Hence this period is usually a very difficult period for some teens and their parents. The adolescents’ early sexual intercourse is usually associated with higher number of sexual partners and consequently a higher risk of contracting many sexually transmitted diseases especially the Human Immune Virus (HIV and Acquired Immune Deficiency Syndromes (AIDS). Most of these sexual excesses and preferences sometimes deviate from the accepted pattern of a given society as well as mar the health of the individual, and are, therefore, labeled sexual –risk behaviour by the society, (Omoboye, 2003).

Every Society has values and norms that are peculiar to them and guide the conduct of its members. These norms and values are necessary for healthy growth and development of the society. Any lifestyle that deviates from the accepted norm is labeled abnormal behaviour. Though sexual activities are necessary for human growth, development and perpetuation of species; however when it deviates from the accepted pattern, it is regarded as sexual-risk behavior, (Olley 2003). Due to the lower moral standard of morality in our contemporary society, as a result of high intensity of pornography watching, sexual activities among the adolescent have been in the increase. The World Health Organization, (WHO, 1993) said that Nigeria and six other countries account for half of the world’s adolescent births.

The scientific study sex in relation to pornography was impeded by myths and cultural taboos. Scientific study of human sexuality began around 19th Century, during the Victoria Age, (Bryant 1967). According to Bryant, sex is conceived as holy, being the creation and gift of God, which is only fulfilled as regulated by the law of God in marriage. According to this assertion, sex is an exclusive privilege of married adults. Any deviation from that is referred to as sexual-risk behaviour. Many scholars, however, oppose this point of view. For example, many intellectuals, philosophers, religious leaders, and law makers, have long debated the exact conception or parameters to evaluate sexual practices that can be labeled sexual-risk behaviour (Nage, l1990). According to Nagel, many Catholic and protestant scholars conceive sexual-risk behaviour as a cause and symptoms of the decaying society’s moral standard. They further argued that three general condition need to be met for proper conception of sexual risk behaviour to be desirable. First, some sexual practices may be seen as unnatural, but the differentiation between natural and unnatural is problematic. Secondly, the sexual practice must be plausibly described in some sense as unnatural, but such attraction to non-sexual objects like shoes and pants. Lastly, sexual practice will be unnatural sexual inclinations rather than merely unnatural practice, adopted not from inclination but for other reasons.
Yet, other scholars argued that sexual-risk behaviour is an intrinsic evolution of social groups. According to this school of thought, the co-evolution of genes and knowledge lead to proportion of the population being sexually deviant, (Faucauty, 2000). Nevertheless, most scholars agree that sexual-risk behaviour is a difficult concept to define or conceive accurately. They therefore, opined that it will be conceived and defined from an individual’s own perception, experience, moral and cultural orientation. What constitutes unacceptable sexual behaviour varies between societies and within society, over time and connotes issues relating to gender, age, relationship, aggression, the definition of consent and location, all influence whether a particular sexual act is considered legal (Agafanova, 1999). Sexual abstinence by adolescents and sexual intercourse between two mutually monogamous and uninfected partners are usually the only normal sexual relationship in many cultures (CDC 2002). Other practices such as voyeurism, self-masturbation, touching, massaging, hugging and use of sexual toys by adolescents are labeled sexual risk-behaviour.

**Pornography** is a Greek word meaning prostitution, with Porn meaning “prostitute” and Graphy ‘to write’. Pornography is an Art work or literature depicting the life of prostitute. It is the portrayal of sexual subject matter for the exclusive purpose of sexual arousal. Pornography may be presented in a variety of media, like books, magazines, postcards, photographs, sculpture, drawing, painting, animation, videos and video game. Researchers have found that too much pornography could rewire the brain and alter its structure and function. Watching pornography cause increase in Dopamine secretion in the brain which is a neurotransmitter responsible for emotion and pleasure.

Broken sexuality has been before our eyes continuously in the form slogans and headline. It has been a steady repeated revelation of sexual abuse and scandals in our social media. This appear in consonance with Saint Paul’s assertion thus; “therefore God gave them up in the lust of their hearts to impurity, to dishonoring of their bodies among themselves”.

It has so many implications which include, Changes habits and mindsets, Desensitization, Boredom, Distorted view of reality and objectification of women, mental health problem, addiction and rape, pedophilia and zoophile.

Many victims of pornography may have either failed to internalize their parental teachings due to peer influences; or are brought up in dysfunctional families characterized by hostility and abandonment. The deprived individual grows up with the feeling of abandonment not only to his nuclear family but to others. The acceptance of self helps to improve self-esteem and clear sense of identity, role expectation and affective response. An affective response is the ability to response to a range of stimuli with appropriate quality and quantity of feelings. Such responses include welfare feelings and emergence feelings, Rado 1961. Welfare emotions are exemplified by such responses as love, tenderness, happiness and joy. While emergence emotion is by fear, anger, sadness, disappointment, depression e.t.c. people who can respond approximately with love and tenderness but never with feeling of anger, sadness or disappointment are usually irrational in their thinking and distorted in their behaviour. They are usually victim of manipulation and exploitation.

Our generation is the age of mobile devices which has increases the accessibility
to porn of all times in all places. Scholars see pornography as a destruction of the purpose of sex, which is the expression of intimate relationship between two adult married partners for personal fulfillment and procreation. They also found that porn addict resemble drug addicts in that they fit the model of “wanting it more”. In the 80s most people search the internet for knowledge or information but today, Sex.com has registered as booming sex marketing industry and the industry is already a dominant force, making large sum of money. Many people, both young and old, do patronize porn sector every year. In fact it was reported that 92 billion people watched it in 2016 with 64 million people watching porn on daily basis. This has ugly responses on people. For example study has shown that pornography triggers brain activity in sex addict as in drug addicts. It has an incredible damaging effect on the mental and physical wellbeing of individual. Such damaging consequences include: Change mind habit, Objectification of women, misrepresentation of sexuality, distortion of attitudes and perception, rape, promiscuity, addiction e.t.c. It can also cause infidelity, divorce, unwanted pregnancy, Sexual transmitted diseases and AIDS as well as cervical cancer.

In order to control the menace of this ugly trend, I recommend adolescence and victims of pornography should as matter of urgency do the following:
1. Install Anti-porn software
2. Disable the internet access whenever possible
3. Engage yourself with beneficial activities
4. Identify the triggers
5. Avoid such triggers
6. Think alternative self-enhancing thought
7. Do self-monitoring
8. Seek professional help

The parents on their part should give attention, love and concern to the upbringing of their children. Religious leaders should intensify the moral teaching on the evil effect of immoral living especially the watching of pornography. The Non-governmental agencies should organize seminar, workshop and awareness campaigns on the ugly consequences of pornography. The government should discourage pornography by censoring the films and other social media. When all hands are on deck in controlling pornography, sanity and decorum will be restored in the populace.

References


