

Exposure to Pornography through Social Media on Sexual Behavior of High School Teenagers in Metro City

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Abstract:

Background: Exposure to pornography can change an individual's mind automatically, become unfocused, lose his enthusiasm for activity, and make individuals addicted to doing negative things that lead to premarital sex or deviant sexual behavior. The incidence rate of exposure to pornography in 2017 in Indonesia is that 97% of junior high and high school students in 12 Indonesian cities have been exposed to pornography and 5.6% of students in Indonesia have had intimate relationships such as husband and wife. The impact that happened to one of the students of high school in Metro City in August 2019 was expelled from school because she had committed premarital sexual behavior that had an impact on pregnancy, when the raid was carried out, pornographic videos were found on the student's cellphone and had been dating in class. This study aims to determine the degree of exposure to pornography and the relationship of exposure to pornography to adolescent sexual behavior.

Materials and Methods: This research is a quantitative study with a cross sectional approach. The population in this study were all students of class XI high school in Metro City, amounting to 249 students. The number of samples in the study there were 154 students with a sampling technique using cluster sampling. The research data were collected using a questionnaire. The research was conducted in April 2020.

Results: The results showed that only 4 respondents (2.6%) had never seen or had never been exposed to pornography. Of the 150 respondents who were exposed to pornography, 100% male gender was exposed. Regardless of gender based on early detection instruments, the results of this study obtained that most respondents were in the grade 2 exposure group, namely 91 respondents (60.6%). The results of the bivariate analysis using the Spreaman's rho test obtained results, the value of $r = 0.276$ with a value of $p = 0.001$.

Conclusion: Exposure to pornography and adolescent sexual behavior showed an adequate relationship ($r = 0.276$), positive and significant pattern. The more adolescents are exposed to pornography will have an impact on sexual behavior on adolescents.

Key Word: Exposure to pornography, Social Media, Adolescent Sexual Behavior.

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I. Introduction

Teenagers tend to want to explore new things and dare to determine an action without careful consideration. This condition is synonymous with a great sense of curiosity in adolescents. This is due to the rapid growth and development in terms of physical, psychological and intellectual development. Actions or decisions without careful consideration in dealing with a problem can have a big impact, both in the short and long term for adolescents^{1,2,3}.

The youth group is estimated to be 1.2 billion or a quarter of the world's population⁴. In Indonesia alone, the number of the age group 10-19 years according to the 2010 population census is around 18% of the population³. The National Development Planning Agency explained that the data for Lampung Province had 25% of the total population, this caused Lampung Province to rank 18 out of 34 existing provinces⁵. The composition of the population of Metro City according to age groups shows that the young population (10-19 years) is 18.83% of the total population of 158,415 people⁶.

Adolescents are a vulnerable age group. At this vulnerable age, adolescents are at very high risk of deviant sexual behavior. The 2012 Demographic and Family Health survey data on the Adolescent Reproductive Health (KRR) component revealed that the Reproductive Health Situation of Adolescents (age 15-19 years) had started dating for the first time. The largest data is found at the age of 15-17 years. About 33% of girls and 34.5% of boys aged 15-19 years started dating when they were not yet 15 years old³.

Indonesia is the fifth country in the world after China, India, the United States, and Brazil as the country with the largest internet access in 2019⁷. Based on a survey report of Indonesian internet users in 2018, internet users were 171.17 million (64.8%) of The total population of Indonesia is 264.16 million. Among them,

91% of internet users are aged 15-19 years, thus making users with student status in second place, namely 71.8%⁸.

The island of Sumatra itself is the second largest island with internet access after Java. 91% of internet users are teenagers, accessed via smartphone with a high coverage of up to 93.9%. The most frequently accessed social media were Facebook with 50.7%, Instagram 17.8% and Youtube 15.1%. The results of a survey conducted by the Indonesian Internet Service Provider Association (APJII) of 55.9% of respondents stated that pornographic content can appear suddenly while the content is being visited⁸.

The results of a survey by the Indonesian Child Protection Commission (KPAI) of 4500 junior high and high school students in 12 cities, the number who access pornography reaches 97% and children who access pornographic content will commit sexual violence to other children⁹. The results showed that exposure to pornography that occurred in SMAN 1 Belalau West Lampung had a relationship with sexual behavior, namely that most of it was exposed through reading at 76.5%, through cellphones 56.8%, through porn movies 74.1%, and via the internet for 75.3%¹⁰. The results of other studies indicate that there is a relationship between exposure to pornography through the media on adolescent sexual behavior at 2 junior high schools in Ambon City, Maluku. Just like print media, the chi-square test results also showed an effect of exposure to pornography through electronic media with a p-value of $0.001 < \alpha < 0.05$. Adolescents who are exposed to pornographic content through media have a 1.9 times higher risk of engaging in risky sexual behavior (OR = 1.9; 95% CI 1.41-2.61)¹¹. This result is also supported by research on exposure to pornography with behavioral premarital sex among adolescents aged 15-18 years in Ngaluran Village, Karanganyar District, Demak Regency¹². Exposure to pornography in adolescents has a negative impact on adolescent behavior and health. If it has entered the addictive level, it can cause damage to the brain. The results of the research in Pekanbaru stated that there was a significant relationship between the frequency of exposure to pornography and sexual behavior. Furthermore, it is known that 93.9% have risky sexual behavior due to frequent exposure to pornography¹³.

The results of the 2015 National Survey of School-Based Health in Indonesia showed that 5.6% of students in Indonesia had had sexual intercourse like husband and wife. The proportion of male students admitted to having done more than female students³. The Adolescent Reproductive Health Survey explains, 10 percent of adolescents in Indonesia have had premarital sex. This adolescent behavior has an impact on increasing cases of pregnancy in adolescents and the transmission of sexually transmitted diseases. Teenage pregnancies are at risk for unwanted pregnancies (KTD), produce premature babies, give birth to babies with low birth weight (LBW), babies with stunted growth, bleeding during delivery and even increase the risk of death¹⁴.

An interview conducted with one of the teachers of SMA N in Metro City stated that there was a porn video on the student's cellphone during the raid and there were students dating in class during recess and they were holding hands and making out. The teacher also said that in August 2019 a student had committed premarital sexual behavior which had an impact on pregnancy and finally the student could not continue her education at the school. The magnitude of the impact of exposure to pornography on adolescents, it is necessary to detect the exposure to pornography in adolescents. This study aims to determine the degree of exposure to pornography and the relationship of exposure to pornography to adolescent sexual behavior.

II. Material And Methods

This research was conducted at one of the public high schools in Metro City in April 2020. In connection with the condition of activity restrictions due to the COVID-19 pandemic in this study, the subjects were class XI students totaling 249 students, both male and female aged 15. - 19 years old.

Study Design: cross sectional study

Study Location: This research was conducted at one of the state high schools in Metro City, Lampung Province, Indonesia

Study Duration: April 2020.

Sample size: 124 Public high school students in Metro City.

Sample size calculation: The sample size was calculated using the Slovin formula with a 95% degree of confidence in order to obtain a sample size of 124 respondents from 249 students.

Subjects & selection method: Determination of the sample using cluster sampling. Researchers do not specify all members but simply register the groups that are in the population and then determine the sample based on groups by lottery.

This study uses an early detection instrument for pornographic content developed by the Center for Research on Education and Culture Policy, Ministry of Education and Culture in 2017.

Inclusion criteria:

1. Youth 15-19 years
2. Using tools to access social media
3. Students who are active in learning at school

Exclusion criteria:

1. Students registered but not actively participating in school learning

Procedure methodology

This study has received approval from the Research Ethics Committee and approval from the school marriage. The early detection instrument for pornographic content developed by the Research Center for Education and Culture Policy Team, Ministry of Education and Culture in 2017 was used as a tool to obtain data. The questionnaire includes biodata (age, parent's occupation and parental education) as well as a series of questions to detect the degree of exposure to pornography.

Statistical analysis

The data were analyzed in two stages. The first stage is to determine the degree of student exposure to pornographic content based on early detection instruments. Then the analysis was carried out using SPSS version 22. Spearman's rho test is part of a non-parametric analysis, used to determine the level of strength of the relationship between two variables. p value <0.05 was considered a limit or significance value.

III. Result

Respondents who actively participated in this study were 154 students of SMA N in Metro City. Respondents age between 16-18 years. Most of the 124 respondents (80.5%) were in the late stage adolescent group (aged 17-21 years) and were female, as many as 99 students (64.3%).

Table1. Respondent Characteristics

Respondent Characteristics	Frequency (N)	Percentage (%)
Age at study		
Intermediate Stage Youth (15-16 Years)	30	19,5
Late Adolescence (17-21 Years)	124	80,5
Gender		
Male	55	35,7
Women	99	64,3
Total	154	100

Furthermore, the results of this study describe the history of the respondent's first exposure to pornography. Most of the students, namely 75 respondents (48.7%), saw or were exposed to pornography starting at the age of 12-15 years. The media used for the first time when exposed to pornography were social media as many as 65 respondents (42.2%). The first pornographic exposure material seen came from video, namely 75 respondents (48.7%). The house was the first place for the most respondents to be exposed to pornography, namely 79 respondents (51.3%). Accidentally became the most reason when respondents were first exposed to pornography, namely 79 respondents (51.3%). A total of 77 respondents (50%) were first exposed to pornography in their own condition. More clearly can be seen in the following table 2.

Table 2. History of First Exposure to Pornography

History of First Exposure to Pornography	Frequency (N)	Percentage (%)
Age when first exposed to pornography		
< 12 year	27	17,5
12-15 year	75	48,7
16-18 year	48	31,2
Never seen	4	2,6
The first media exposure to pornography		
Print media	12	7,8
Internet site	59	38,3
Social media	65	42,2
Electronic media	14	9,1
Never saw	4	2,6

First pornographic exposure material		
Picture	29	18,8
Statue	1	0,6
Photo	24	15,6
Video	75	48,7
Comic	4	2,6
Reading	7	4,5
Games	4	2,6
Never seen	4	2,6
Others	6	3,9
The place where pornography was first exposed		
House	79	51,3
Cafe	38	24,7
School	27	17,5
Never seen	4	2,6
Others	6	3,9
Reasons for the First Time Exposure to Pornography		
Accidentally	79	51,3
Curiosity	54	35,1
Invite others	15	9,7
Force other people	2	1,3
Never saw	4	2,6
Friends Are First Exposed to Pornography		
Family members	6	3,9
Friends of the same age	62	40,3
Another adult	5	3,2
Alone	77	50
Never saw	4	2,6
Total	154	100

Respondents' Exposure

The results showed that only 4 respondents (2.6%) had never seen or had never been exposed to pornography. Of the 150 respondents (97.4%) who were exposed to pornography, 100% male gender has been exposed.

Furthermore, the exposure of respondents was grouped into the degree of exposure based on the early detection instrument, it was found that most of the respondents were in the second degree exposure group, namely 91 respondents (60.6%). More clearly can be seen in table 3 below.

Table 3. Distribution of Pornography Exposure Degrees by Gender

Exposure to Pornography	Gender				F	%
	Male		Female			
	F	%	F	%		
Exposure to 1 degree	13	23,6	37	39	50	33,4
Exposure to 2 degree	39	70,9	52	54,7	91	60,6
Exposure to 3 degree	3	5,5	6	6,3	9	6
Total	55	100	95	100	150	100

N=150

Adolescent Sexual Behavior

There were 40 respondents who were not dating or had never had sexual behavior with their boyfriends or the opposite sex (26%). The most common type of adolescent sexual behavior was hugging, as many as 85 respondents (55.2%). It is clearer to see the types of adolescent sexual behavior can be seen in table 4.

Table 4. Types of Adolescent Sexual Behavior

Types of Adolescent Sexual Behavior	Frequency (N)	Percentage (%)
Not dating	40	26
Hug	85	55,2
Cheek Kiss	16	10,4

Kiss on the lips	7	4,5
Kiss in sensitive areas	1	0,6
Masturbation / Masturbation	5	3,2
Total	154	100

The results of the bivariate analysis using the Spreaman's rho test obtained results, the value of $r = 0.276$ with a value of $p = 0.001$. This result means that the relationship between exposure to pornography and adolescent sexual behavior shows a sufficient relationship ($r = 0.276$), has a positive and significant pattern. This means that the more exposed adolescents to pornography will have an impact on sexual behavior on adolescents.

Table 5. Results of the Correlation Analysis of Pornography Exposure and Adolescent Sexual Behavior

Exposure to pornography and adolescent sexual behavior	<i>Correlation Coefficient</i>	0,276**
	Sig (2-tailed)	0,001
	N	154

IV. Discussion

The results showed that only 4 respondents (2.6%) had never seen or had never been exposed to pornography. Of the 150 respondents who were exposed to pornography, 100% male gender was exposed. The average age of the respondents was 17.1 years, with the youngest being 16 years old and the oldest being 18 years old. Regardless of gender based on early detection instruments, the results of this study obtained that most respondents were in the grade 2 exposure group, namely 91 respondents (60.6%). This value is higher in proportion and the degree of exposure when seen from the results of research conducted by 1340 junior high and high school students in DKI Jakarta and Banten Indonesia, where most students have been exposed to grade 1 pornography (94.5%)¹⁵. The results of this study are very worrying because Metro City is a small city in Lampung province, when compared to DKI Jakarta and Banten as cities that have facilities and easy access to pornography.

Exposure to pornography is one of the impacts of the use of social media, so pornography is currently difficult to avoid¹⁶. Therefore, pornography is an inseparable part of the life of young adults, including teenagers in their daily lives^{17,18,19}. In pornography begins with a high curiosity about sex, on the other hand sex education obtained in the family environment is very minimal. The majority of adolescents stated that they were less comfortable conversing with their parents about sex²⁰.

The dynamic growth and development of adolescents causes adolescents to start experimenting with almost everything they can find in social life. Both positive and negative things. Social changes that occur in adolescents play a major role in determining individual activities and variations based on gender²¹. In the adolescent period, this desire for sexual behavior increases due to the maturation of the reproductive organs, including sexual maturity, physical changes, sex hormones, and sexual fantasies^{22,23}.

Sexual behavior is all actions and behavior that arise due to high sexual desire for other individuals²⁴. This behavior arises as a result of the biological response and impulse that exists in adolescents to be able to "enjoy" their partner's body for sexual satisfaction. Sexual behavior is related to reproductive functions or identity by stimulating sensation receptors located around the reproductive organs²⁵.

Sexual behavior in adolescents does not occur naturally, but is supported by the habit of seeing and hearing whether it happens intentionally or not. This is a manifestation of adolescents' curiosity for new information. Listening (hearing and seeing) can enrich adolescent information in their cognitive structure. This condition is a positive thing because adolescents can analyze, synthesize, and evaluate the merits of the information obtained, including information related to sexual behavior. But it can backfire when the intention to listen aims at a more intimate biological domain. The reproductive organs will be highly stimulated, when the efferent nerves carry signals from the central nervous system to the muscles and this is the forerunner to the birth of sexual deviations in adolescents^{22,26}.

The development of information technology has had a major impact on the availability, management and dissemination of information. The rapid development of technology has made exposure to pornography vulnerable to access in various media. Social media is the first place that causes teenagers to be exposed to pornography^{11,27}. Adolescence is a phase where individuals are in an unstable condition, emotions often explode and moods often change. Curiosity and high curiosity are one of the driving forces for adolescents to get information from various sources. Initially, it might be because teenagers are accidentally exposed to pornographic content, but from this situation it can cause curiosity so that it arises a high curiosity. After passing this stage and teenagers feel comfortable, they can end up in a state of addiction or addiction. Addiction to pornography goes through seven stages. Each of these stages has a common behavior that differentiates between

each stage. Differences are based on compulsiveness, frequency and intensity as well as beliefs that individuals form about themselves. At stage one the level of involvement with pornography is considered the lightest. This stage is marked by the factor of accidentally watching pornography. The stage where compulsive behavior becomes impulsive occurs at level three. The individual is in a state of fantasy and experience. The next stage of the individual there is an effort to reduce it but it is difficult to stop it, they do not even know how to stop it. The seventh stage is the last stage. Individuals after watching pornography feel out of control, often lie about their involvement with pornography, their thoughts are dominated by pornography²⁸.

Cline explained that there are stages of the effects of pornography for those who consume pornography, namely addiction, escalation, desensitization and act-out. The addiction stage causes a person to be addicted to pornographic content, then the escalation stage occurs an increase in the pornographic content that someone is looking for will seek sexual material that is more explicit, more sensational, more deviant than what he was used to consuming. Next is the desensitization stage, someone will consider previously taboo material to be ordinary material to be seen and enjoyed. The last stage is the act-out, where someone will apply what is seen from the exposure to pornography²⁹.

Addiction to pornography is the same as addiction to drugs. Addiction to pornography causes serious brain damage in both adults and children. In adolescents, brain development involves two main processes: growth and significant changes in the prefrontal cortex and increased connectivity between the prefrontal cortex and limbic system regions. These changes are thought to support higher-order cognitive functions, such as reasoning, interpersonal interactions, perceptions of short- and long-term risk and reward, and regulation of behavior and emotions^{30,31,32}.

The part of the brain that is damaged by being attacked by pornography is the Pre Frontal Cortex (PFC). The condition for brain damage in pornography is the same in people who are in a car accident at breakneck speed. For humans this part is an important part, making humans have ethics compared to other creatures. PFC functions to organize emotions, focus concentration, understand and distinguish right from wrong, self-control, think critically, think and plan for the future, shape personality and behave socially^{32,33}.

Exposure to pornography can automatically change a teenager's mind. Teens become unfocused with what they are obliged to do and lose enthusiasm in doing more positive activities. More severe conditions made these students addicted to negative things that lead to premarital sex, such as: kissing, tongue kissing, holding breasts, holding penises, touching the vagina, sexual intercourse, and oral sex²⁰. Early exposure to pornography can significantly affect mental health, sexual behavior and attitudes, and viewing patterns in adulthood³⁴. Behavior can change when the stimulus given exceeds the original stimulus or can convince the organism. Changes in behavior depend on the quality of the stimuli that communicate with the organism. The success of the behavior change that occurs is largely determined by the quality of the source. This needs to be a concern considering that the higher the stimulation or exposure to pornography that a person receives, the higher the risk of a person engaging in deviant sexual behavior³⁵.

The results showed that as many as 97.4% were exposed to pornography accompanied by sexual behavior and male respondents were declared exposed as a whole. The heaviest sexual behavior in this study was kissing in sensitive areas by 1 respondent (0.6%) and masturbation / masturbation by 5 respondents (3.2%). Other studies suggest that the negative impact of early sex may be a product of sexual conservatism and gender sexuality³⁶, and is not even related to problematic behavior at all³⁷. Male students were exposed to the full and at-risk categories of addicts compared to female students³⁸. Adolescents who engage in deviant sexual behavior can have an impact on many aspects including psychological impacts, physiological impacts, social impacts and physical impacts^{2,34}.

The results confirmed that adolescents at a younger age who engage in sexual activity are associated with the impact of risky sexual behavior on reproductive health and life in adulthood. Early sexual impact is associated with risky sexual behavior³⁹, increased number of sexual partners^{40,41}, increased unsafe sexual activity⁴⁰, higher risk of STIs⁴². In adolescent girls other than sexually transmitted diseases, the deviant sexual behavior of adolescents will lead to increased sexual harassment⁴³ and unwanted pregnancies⁴⁰. The psychological impact felt by adolescents will feel embarrassed to depression due to pregnancy outside of marriage⁴⁴.

V. Conclusion

Exposure to pornography and adolescent sexual behavior showed an adequate relationship ($r = 0.276$), positive and significant pattern. The more adolescents are exposed to pornography will have an impact on sexual behavior on adolescents.

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