

Pornography Addiction is Related to the Mental Status of Coastal Adolescents

***M. Akbar Nugraha, Fitriya Handayani, Darni**

Department of Nursing, Faculty of Health Science, Universitas Borneo Tarakan, North Kalimantan, Indonesia

*E-mail: makbarnugraha@borneo.ac.id

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Abstract

Pornography was one of the potential problems faced by adolescents because of sexual desire, curiosity, and effortless access. Pornography could cause psychological problems for adolescents. Adolescents in the city of Tarakan were exposed to much pornography and often watched pornographic shows. The level of pornography addiction in adolescents was not yet known, and the mental status of adolescents was unknown. This research aimed to determine and analyze the relationship between the level of pornography addiction and the mental status of adolescents in the coastal city of Tarakan. This research method was quantitative with a cross-sectional design. The data in this study was taken using a survey method with a sample size of 386 adolescents. Data were collected using the Pornography Addiction Screening Tool (PAST) and Strengths and Difficulties Questionnaire (SDQ) questionnaires. Results: Most of the female adolescent respondents were 51.8% with an average addiction level of 73.8%, and mental status results were normal at 73.3%, and there was a significant relationship between pornography addiction and the mental status of adolescents with a p-value 0,001. Conclusion: This research concluded that there was a significant relationship between pornography addiction and the mental status of adolescents on the coast of Tarakan City. The research recommended increasing digital literacy for parents in the coastal areas of Tarakan regarding the risks of the digital world, including pornography, integrating materials about the dangers of pornography addiction, mental health, and digital security into the curriculum or extracurricular activities, and developing positive community activities.

Keywords: *Addiction; Adolescents; Pornography; Psychological*

Background

Adolescents are very vulnerable to negative behaviour, such as an addiction to pornography. Pornography addiction in adolescents can be caused by the rampant pornographic content on the internet and the sexual desires of adolescents who want to know about sexual behaviour (Afriliani, Azzura, & Sembiring, 2023). Internet pornography defined as an act of a sexual nature that includes sharing and watching images and videos, chatting about sex, and behaviour to satisfy oneself, such as masturbation. (Jha & Banerjee, 2022; Malaeb, Hallit, & Obeid, 2023). Adolescents who watch pornographic content to the point of addiction cause problems for adolescents both physically, psychologically, and socially. One of the impacts that occur in adolescents is the problem of behavioural deviations to psychological or mental problems. Pornography has become one of the causes of behavioural deviations and mental problems in adolescents (Mariyati, Daulima, & Mustikasari, 2020). The survey results obtained the majority of students in Junior High Schools

(SMP) and Senior High Schools (SMA) in DKI Jakarta, DI Yogyakarta, and Aceh, adolescent accessed pornographic sites as much as 91.1% of adolescents, and 0.48% of adolescent who watched pornographic content which was divided into mild pornography addiction and 0.1% experienced severe pornography addiction (Ministry of Women's Empowerment and Child Protection, 2020).

Exposure to pornographic content may be at risk of developing compulsive behaviour and addiction (Grubbs, Perry, Wilt, & Reid, 2019). Adolescents who experience addiction or addiction are one of the problematic behaviours due to exposure to pornography (Wartberg & Kammerl, 2020). Internet addiction behaviour to pornographic objects based on Internet addiction criteria can be seen from several appropriate indicators, namely immersion, excessive time, and lack of control. Immersion here is the feeling of being immersed or engrossed in surfing the internet with pornographic content. Excessive time means that individuals always need additional duration to be able to get satisfaction in using the internet and accessing sexual content. The absence of control causes individuals to lose the power to control, reduce, or stop consuming pornographic content (Camilleri, Perry, & Sammut, 2021). The results of the study found that the amount of exposure to pornography was related to adolescent behaviour. Behavioural deviations, especially risky sexual behaviour, are very vulnerable in adolescents who are addicted to pornography (Suhrawardi, 2022). Risky sexual behaviour has profound effects, including unwanted pregnancy, sexually transmitted diseases, HIV / AIDS and mental problems due to the many stressors faced (Ali, Muhammad, Jamil, Ahmad, & Aziz, 2021; Astuti & Winarti, 2022).

Pornography addiction has many impacts, including physical, psychological and social impacts. Dry eyes, headaches, lack of sleep or sleep disorders, back pain and others are the physical impacts of pornography addiction. Adolescent experience feelings of anxiety, euphoria, social isolation, emotional management disorders, and depression to mental disorders are the psychological impacts of pornography addiction (Cobos, Triguero, & Vera, 2025). Adolescent who access pornography online are more susceptible to psychological problems such as depression than adolescent who access pornography offline or in different ways. Adolescent who are addicted to pornography have the potential to experience problems that affect their quality of life, such as sleep problems due to nightmares, low self-esteem, feelings of guilt and confusion and problems related to inability and dissatisfaction with life sexually (Putri & Hernowo, 2024; Rinti et al., 2025). Preferences or tastes greatly influence adolescents' interest in pornography in terms of physical appearance and desired or preferred sexual fantasies. Exposure to pornography in adolescents causes various problems related to beliefs, attitudes, sexual behaviour, sexual violence, problems in social development, obstacles or disorders in the brain that cause learning achievement to be hampered and delays in physical development in adolescents (George, Maheshwari, Chandran, & Rao, 2019). Pornography can also cause problems in adolescents in interpersonal and intrapersonal so that they do not want to interact with the environment (Mariyati et al., 2020). Pornography addiction can also cause adolescents to be more likely to be silent and withdrawn and worsen relationships with their social environment (Setyawati, Hartini, & Suryanto, 2020; Yati & Aini, 2018).

Adolescents in coastal Tarakan are exposed to pornography and frequently watch pornographic content. The level of pornography addiction in some teens is

not addicted, but some are, and the mental status of these teens is unknown (Nugraha, Darni, & Handayani, 2025). Adolescents in the coastal area of Tarakan are a population documented to have exposure to pornographic content. However, significant empirical gaps exist: the prevalence and distribution of pornography addiction levels in this specific cohort have not been quantified. Furthermore, baseline mental health status and its impact on this population have also been poorly mapped. Therefore, this study aims to analyze the correlation between pornography addiction levels and the mental status of adolescents in coastal Tarakan. This research is urgently needed to provide baseline diagnostic data so that interventions can be evidence-based.

Methods

This research method was quantitative with a cross-sectional design. The data in this study were taken using a survey method where the population of this study was all junior high school students in Tarakan city, and the sample taken was adolescents on the coast, namely state junior high schools 10, 11, and 12 in Tarakan city. The researcher employed a multistage sampling technique, starting with selecting schools in Tarakan City located on the coast and then selecting students from within those schools. Within this multistage framework, both random techniques with Cluster Sampling and non-random techniques with Purposive Sampling were applied. The sample calculation using the Slovin formula obtained a sample size of 386 adolescents on the coast of Tarakan city.

This study used the Pornography Addiction Screening Tool (PAST) questionnaire with validity test results of 0.71 and 0.91 for reliability results. Scoring guide for the Pornography Addiction Screening Tool (PAST) questionnaire as follows: 1) 0-25 Normal sexual development & typical curiosity. 2). 26-49 Reason for concern regarding involvement with pornography. 3). 50-69 Emerging pornography addiction. 4). 70-100 Individual is addicted to pornography (Prabowo, 2021), and the Strengths and Difficulties Questionnaire (SDQ) for ages 11-18. The reliability test using Cronbach's Alpha showed a reliability value for the Strengths (Pro-social) aspect of 0.675, while for the Difficulties (Hyperactivity, emotional problems, conduct problems, and problems with peers) it was 0.705. The validity test using item analysis on the Strengths aspect showed that the discrimination value of each item ranged from 0.391 to 0.503. Scoring guide the Strengths and Difficulties Questionnaire (SDQ) as follows: Calculating the total difficulty score = E + C + H + P Score with the following assessments: 1). 0-15: Normal 2). 16-19: Borderline 3). 20-40: Abnormal. Description: Emotional Symptoms (E), Behavioral Problems (C), Hyperactivity (H), and Peer Problems (P). (Widyastuti, Cahyaningrum, Gangka, & Ramadhani, 2023). This research has been declared to have passed the ethical review based on a certificate of passing the ethical review (Ethical-Clearance) from the Ethical Review Section of the Faculty of Health Sciences, Borneo Tarakan University on May 23, 2023 with number No.014/KEPK-FIKES UBT/V/2023.

Results

The results of the analysis of respondents' characteristics are in the form of age and gender. Bivariate analysis is the level of pornography addiction, the mental status of adolescents and the relationship between the level of pornography

addiction and the mental status of adolescents. The results of the analysis are shown in the following table:

Table 1. Frequency distribution of respondents' age, gender, addiction level and mental status

Variables	Total	Percentage (%)
Ages		
Mean, median, SD, min-max	13,67, 14, 0,742, 12-15	
Gender		
Male	186	48,2%
Female	200	51,8%
Addiction Level		
Normal	285	73,8%
Concern Pornography	79	20,5%
Emerging Pornography	16	4,1%
Addicted Pornography	6	1,6%
Mental Status		
Normal	283	11,7%
Threshold	58	15%
Abnormal	45	73,3%

Age characteristics can be concluded by the median value of respondents being 13.60 years old, with the lowest age being 12 years and the highest being 15 years. The SD value shows that the diversity (variability) of age in this study is very low or uniform. Gender characteristics can be concluded that the majority are female, namely 200 respondents or 51.8%. The results of the level of pornography addiction showed that the majority of 285 respondents or 73.8% were in the normal category. The results of the mental status of the majority of adolescents were normal, with a total of 283 (73.3%).

Table 2. Results of pornography addiction and mental status by gender

Variables	Male	Female
Addiction Level		
Normal	117 (62,9%)	168 (84%)
Concern Pornography	56 (30,1%)	23 (11,5%)
Emerging Pornography	10 (5,4%)	6 (3%)
Addicted Pornography	3 (1,6%)	3 (1,5%)
Mental Status		
Normal	120 (64,5%)	163 (81,5%)
Threshold	34 (18,3%)	24 (12%)
Abnormal	32 (17,2%)	13 (6,5%)

The results of pornography addiction based on gender showed that men had the highest exposure to pornography at normal levels; namely, 117 (62.9%) and 56 people (30.1%) experienced pornography concerns. Exposure to pornography addiction levels in women was 168 people (84%) at normal levels and 23 people (11.5%) at pornography concern levels. The results of mental status in men were mostly normal, as many as 120 people (64.5%) and in women, the majority were normal, as many as 163 (81.5%).

Table 4. Relationship between pornography addiction and mental status of adolescents

Variable	P-Value	Correlation Coefficient
Pornography Addiction and mental status of adolescents	0,001	0,162

The results of the addiction relationship showed that there was a significant relationship between pornography addiction and mental status. A correlation of 0.162 suggests a very slight tendency for the two variables to move together, but this link is weak and likely overshadowed by many other important factors.

Discussion

This study found that there is a significant relationship between pornography addiction and mental health in adolescents. This was researched by there was a significant relationship between mental health and pornography use. These results align with research that suggests adolescence is a period of rapid neurodevelopment and psychosocial change. During this period, exposure to pornography and its potential compulsive use can intersect with complex mental health developments. The literature suggests a link between higher levels of internet pornography use or pornography-related problems and poorer mental health outcomes in adolescents, including symptoms of depression and anxiety, irritability, sleep disturbances, and decreased psychosocial functioning (Setyawati et al., 2020; Shrivastava, Agarwal, Vora, & Sethi, 2022).

Specifically, the findings in this study's sample, which consisted mostly of adolescent girls, showed a normal pattern. This indicates that on the coast, addiction levels and mental status are still within the normal range, although some adolescents have abnormal levels of addiction and mental status. The majority of adolescents in this study were female with normal levels of pornography addiction and normal mental status. One of the most striking findings of this study highlights how these impacts differ by gender. The results of the study showed that female adolescents who frequently consume pornographic content are associated with mental status, namely symptoms of depression and anxiety (Kohut & Štulhofer, 2018). Another study found that the age of first accessing and watching pornography was during elementary school or junior high school. Adolescents are prone to losing control over their actions in watching pornography, so it becomes a habit that causes addiction or addiction (Setyawati et al., 2020). Another study found that adolescents access pornography unintentionally, namely through sites, suggestions or the appearance of pornographic advertisements on the page being accessed (Astuti & Winarti, 2022). Female adolescents who are exposed to pornography will be susceptible to free-sex behaviour because they are influenced by the pornographic shows they watch (Astuti & Winarti, 2022). Researcher argue that although the level of “addiction” was detected as normal, the “impact” on mental health was detected as abnormal, and this was particularly evident in female adolescents.

The beginning of acquaintance with pornography in adolescents can be intentional because of curiosity or unintentional because of the influence of the environment or advertisements that appear when accessing the internet. This study found that the mental status of adolescents is primarily normal. Researchers have argued that normal (using the SDQ) is the baseline or starting point for this population. This suggests that adolescents in coastal Tarakan face a variety of difficulties (emotional, behavioral, or peer issues) that may not be directly related

to pornography. These results are in line with other studies showed that psychological problems in adolescents who are addicted to pornography include problems with beliefs, attitudes, and sexual behaviour, vulnerability to experiencing or committing sexual violence, negative self-concepts to low self-esteem, brain problems and developmental disorders in adolescents which include competence or developmental tasks of adolescents (George et al., 2019). Pornography can also caused much worse psychosocial health and problematic relationships with parents. Moreover, addiction to pornography in adolescents leads to an attitude of agreeing with promiscuous behaviour that is risky to health, problems with feelings and affectionate relationships, problems with trust in others or problems with love (van Oosten & Vandenbosch, 2020). If exposed continuously, pornography can gradually hurt changes in attitudes or behaviour. Negative impacts also occur on psychological, social and academic achievement. In a more severe stage, pornography addicts tend to experience feelings of dissatisfaction with what they get, especially pornography, which ultimately leads to increased access to pornography addiction and deviant behaviour in adolescents.

Another study found that students who consume pornography with neurotic personalities are more likely to experience mental health problems (Camilleri et al., 2021; Mattebo, Tydén, Häggström-Nordin, Nilsson, & Larsson, 2018; Razzaq, Rafiq, Sana, & Mahmood, 2018). A person's mental health is affected by pornography addiction, which causes students to have thoughts filled with sex. Sexual ideas will dominate their subconscious. Individuals will then be mentally upset and challenged to try as a consequence. Adolescents with pornography addiction who experience emotional stress, anxiety, and unhappiness describe psychological changes caused by watching pornography (Imawati & Sari, 2019; Tampubolon & Abidin, 2021). Adolescents tend to be quiet and withdrawn and worsen relationships with their social environment because they have social inter and intra-personal problems, so they do not want to interact with the environment (Chavan & Khandagale, 2021).

Adolescents with low self-control, who may be more susceptible to excessive pornography use, often exhibit poorer mental health, substance-related problems, and interpersonal difficulties (Simak & Meo, 2023). Pornography's impact can directly compromise self-esteem and psychological well-being, factors that are particularly critical during adolescent development. This potential causal relationship raises concerns about the risks of using pornography to satisfy sexual curiosity versus healthier, more informed pathways (Kohut & Štulhofer, 2018). Excessive interest in sexually explicit material can predict symptoms of compulsive use among adolescent boys, suggesting that early onset of such behavior may have long-term effects on development and mental health (Cobos et al., 2025). Compulsive behavior can trigger feelings of shame and guilt, which in turn increase mental health.

The geographical context, particularly in coastal areas, adds another layer of complexity to the relationship between pornography addiction and mental health. Environmental and sociocultural dynamics in coastal regions might facilitate greater access to online pornography. This increased access, combined with potentially less robust digital literacy programs and support systems, can amplify the risks of adverse mental health outcomes (Sujatmiko, Wismandanu, & Indraswari, 2020). In coastal communities, traditional social structures may be

shifting due to urbanization and globalization, exposing adolescents to conflicting cultural values and peer influences that might exacerbate the adverse effects of pornography on mental well-being. This multifactorial relationship suggests that targeted mental health interventions and media literacy programs are crucial, particularly in coastal regions where unique environmental factors may intensify these risks. It can be concluded that pornography addiction is related to mental status, where the higher the level of pornography addiction, the worse the mental status becomes, which causes problems with adolescent mental health.

Conclusions

The conclusion of this study is that there is a significant relationship between pornography addiction and mental status in adolescents on the coast of Tarakan City. The research results recommended increasing digital literacy by conducting educational programs for parents in the coastal areas of Tarakan regarding the risks of the digital world, including pornography, integrating materials about the dangers of pornography addiction, mental health, and digital security into the curriculum or extracurricular activities, developing positive community activities or spaces (sports, arts, religion) as an alternative diversion from addictive behavior and designing an intervention program (for example, a psychoeducational program or group therapy) and testing its effectiveness.

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