

Pornography and its Unhealthy Consequences in Challenge with Favorite Lifestyle: Focus on Islamic Lifestyle

Mohammad Rabbani Khorasgani*

Department of Cell and Molecular Biology and Microbiology, Faculty of Biological Science and Technology, University of Isfahan, Islamic Republic of Iran

***Corresponding Author:** Mohammad Rabbani Khorasgani, Department of Cell and Molecular Biology and Microbiology, Faculty of Biological Science and Technology, University of Isfahan, Islamic Republic of Iran.

E-mail ID: m.rabbani@biol.ui.ac.ir

Received: September 26, 2024; **Published:** November 28, 2024

Introduction

Pornography consumption is frequent in different age groups, although it varies depending on some factors such as: genus, access rate and contents [2]. Currently, definition of pornography from researchers with different disciplines have not been expressed a common phrase, but, it can be stated simply that: pornography may be regarded as textual, visual and audio-visual sexually explicit material that is generally intended to arouse the audience and increase the sexual aerosol. Pornographic materials could also be uploaded, accessed, shared and downloaded through online platforms [8].

Exposure of young people to online and offline products of pornography has continuously increased [11]. The availability of the internet has made it easy, fast and cheap to access porn products among different ages and genders. Although viewers of porn scenes have various intentions such as obtaining sexual information, increasing stimulation during sexual intercourse, having a desirable sexual climax, and relieving fatigue and achieving relaxation, but according to the obvious consequences, porn consumption is considered as an important problem [9].

The health, societal, cultural and economic costs of pornography are astonishing. In the current article, after mentioning some quantitative and qualitative aspects of pornography damages, the effect of favorable lifestyle on reducing use of pornography and its complications is stated.

Consequences and damages caused by pornography

Negative consequences and complications of using pornography can be easily understood by focusing on the findings of studies related to the production and consumption of porn. Pornography harms children, teenagers, young people, adults, couples, families and communities. Forty million people in the United States regularly visit porn sites, and every second about 30,000 people watch porn scenes on the Internet. Every day, 37 porn videos are produced in America. 2.5 billion e-mails containing porn contents are exchanged. 68 million search queries related to pornography- 25% of total searches- are generated. 116,000 searches related to child porn were observed. About 200,000 Americans are considered addicted to porn. 35% of the total Internet downloads are related to pornography. Thirty-four percent of Internet users have experienced unwanted exposure to porn content. In February 2010, the number of people viewing sexually oriented websites using office computers was a remarkable 28% [16].

A review of 2021 statistics indicates that 32% of porn viewers in the world are women. 62% of American girls have been exposed to porn before the age of 18.

In Australia, at least 84% of men and 54% of women in the studied population have viewed pornography. In Bangladesh, about 85% of men and 15% of women have encountered pornography [9].

The effects of pornography on human health

Health hazards in pornographic performers and sex workers

Despite the activity of organized groups supporting the health of pornography performers and other related performers, their health risks including sexually transmitted infections (STIs), violence on set, stigma and so on, would not be ignored. Occupational health and health hazards faced by workers are undoubtedly compounded when performers are Black, Latinx, transgender, or identify as belonging to another marginalized group [14].

Adults working in the porn industry have a more difficult situation in terms of STD. Undiagnosed asymptomatic cases of rectal and oropharyngeal STIs are common, making these people potential reservoirs of disease transmission to sexual partners inside and outside the workplace [13]. It is believed, STDs in porn industry higher than reported [15].

Health hazards in porn users especially porn addicts

There are many reports about unhealthy effects of pornography in porn users especially porn addicts that could be classified as the following:

Gynecologic aspects

It has been observed that early exposure to pornography, especially excessive or unregulated exposure to it during the period of adolescent formation, leads to long-term destructive damage to sexual maturity, sexual behavior, and overall personality development, and it is very effective in Internet addiction [1]. Pornography disrupts the natural development of sexuality in adolescents.

In teenagers with repeated exposure to sexual content, the chance of pregnancy increases up to two times.

Adolescents watching porn are disoriented during the developmental phase, when they need to learn how to manage sex. Adolescents exposed to a large amount of pornography have a lower level of sexual self-esteem. It may induce sexual misconduct, especially at a young age.

In adults, it causes deviation in sexual attitude and adverse social consequences. It causes abnormal expectations that interfere with natural sexual development [16].

A research on a young population has shown that frequent use of pornography is associated with a greater tendency to variety of sexual relationships such as group sex, sex between friends and anal sex.

A research on the relationship between sexual violence and the use of pornography indicates that frequent use of porn with the intention of sexual violence is associated with other risk factors.

The rate of STDs and hepatitis virus is higher among different age and sex groups of porn users in the world [8].

Other unhealthy aspects

It increases the risk of depression. In teenagers, there is a significant relationship between frequent use of porn and feelings of loneliness and major depression development [8].

It is also associated with mental health problems due to the effect on memory loss. The porn industry is the platform for the formation and development of mental health poverty and the portrayal of unrealistic body standards.

In women who continuously watch porn scenes, the probability of feeling dissatisfaction with their body image is higher. Achieving the beauty features promoted in the porn industry is not naturally achievable for most women, so when they see porn videos, they think that they are not sexy and attractive enough. Therefore, women who use pornography may experience a feeling of dissatisfaction with their bodies, which in turn can lead to more problems in life, such as low self-esteem, depression, shame, and a general decrease in quality of life [7].

Family/marital pornography stats

Pornography is considered to increase sexual stimulation and orgasm responses, focus more on sex, accept different types of sexual activities and increase sexual experiences [4]. It increases the access to sexual satisfaction outside of intercourse with the spouse and raises unconventional expectations from the spouse. It is reported that in 2010, pornography has been a problem in the 47% of families in the United States. The use of pornography increases the rate of infidelity in marriage by 300%. About 40% of people diagnosed with sex addiction have lost their spouses. In 68% of divorce cases, one of the parties has an Internet connection with a paramour.

Pornography affects the sexual relations of both people (the porn user and her sexual partner). In a study, it was found that watching porn in adolescence causes the development of unrealistic attitudes about sex and sexual relations. A qualitative study indicates that the partners of men who watch porn suffer from the problem that the men demand a variety of sexual relations and that sex is more physical than romantic in their opinion [8].

Pornography can affect women who do not consume graphic content themselves. Porn users, if they don't use it, have problems with sexual stimulation, and their partner's sexual enjoyment is also challenged, and both individuals experience a decrease in sexual satisfaction and emotional closeness [1,10].

Social aspects

Evidence suggests that there is a relationship between the use of pornography and sexual violence [6]. The amount of rape and violence in the use of pornography shows an increase of about thirty percent [9].

Economic costs of pornography

In the USA, about 3,000 dollars per second is spent on pornography on the Internet. 85% of people known as sex addicts have suffered significant economic losses and about 33% of them have lost their jobs [16].

The effects of Islamic lifestyle against pornography

Some recommendations and orders of sexual lifestyle in Islam prevent or control the tendency to pornography watching. Islam has fought pornography with two categories of negative and affirmative actions.

Affirmative actions

Abrahamic religions, especially the religion of Islam, have basic guidelines for good sexual relations, which definitely have positive effects on sexual health [12]. Some recommendations and orders of sexual lifestyle in Islam prevent or control the tendency to porn. In

Islam, the satisfaction of sexual needs is accepted and it is emphasized to provide it in time and with appropriate method, i.e. legitimate marriage. Therefore, sex is considered as a basic human need and one of the most pleasurable, legitimate and halal things in Islamic culture, and optimal solutions in accordance with human nature to achieve a healthy sex life for men and women are given in Islamic texts. The basis of the sexual lifestyle in Islam is: not sexual deprivation, not sexual promiscuity, but legal (*halal*) sexual activities that are limited to marriage [5].

Haste in marriage is emphasized, and if there is a fear of committing a sin, it is forbidden not to marry. Moreover, encouraging the chastity is an ethical principle in Islam.

Negative actions

In Islam, the production and distribution of obscene images is considered as impermissible (*haram*) and punishable work. Preventing sexual relations with unsuitable characters and unnatural and illegal (*Haram*) sexual activities (adultery, pederasty and same sex relationships) and preventing reckless sexual behavior in the public scene.

From the Islamic point of view, open conversation about sexual relations between people is prohibited, except for the conversation between two spouses.

It is forbidden to have sex in front of others, including children, and it is emphasized not to reveal the details of individual sexual relations to others.

Prohibition of alcoholic beverages consumption and thus prohibiting uncontrollable behaviors and punishing overt illegal (*haram*) sexual relations as well as sexual crimes are effective in preventing of pornography [5,12].

Conclusion

It is necessary to pay attention to astonishing cost of pornography in different aspects of private and common sides of human life and necessary of beneficial use of different approaches and favorite activities to reduce it. Using of optimal sexual lifestyle especially Islamic lifestyle would be regarded for reducing use of pornography and its complications.

Bibliography

1. Adarsh H and Sahoo S. "Pornography and its impact on adolescent/teenage sexuality". *Journal of Psychosexual Health* 5.1 (2023): 35.
2. Ballester-Arnal R., et al. "Pornography consumption in people of different age groups: An analysis based on gender, contents, and consequences". *Sexuality Research and Social Policy* 20 (2023): 766-779.
3. Borgogna NC., et al. "Is women's problematic pornography viewing related to body image or relationship satisfaction?" *Sexual Addiction and Compulsivity* 25.4 (2018): 345-366.
4. Hakkim S., et al. "Pornography—Is It Good for Sexual Health? A Systematic Review". *Journal of Psychosexual Health* 4.2 (2022): 111-122.
5. Khorasani MR. "Effectiveness of the lifestyle modifications in prevention and control of sexually transmitted diseases (STDs): Focus on Islamic lifestyle". *Clinical Journal of Obstetrics and Gynecology* 1 (2018): 56-57.

6. Lim Megan SC., *et al.* "The impact of pornography on gender-based violence, sexual health and well-being: what do we know?" *Journal of Epidemiology and Community Health* 70.1 (2016): 3-5.
7. Lucero J. "Pornography and the harmful effects it has on women". *The Prospector* (2022).
8. Mohamad Jodi KH., *et al.* "Pornography and its effects on children from Islamic and scientific perspectives". *Journal of Integrated Sciences* 4.1 (2023): 56-91.
9. Mahmoud AJ., *et al.* "Gender differences in pornography use and associated factors among high school students: A Cross-Sectional Study". *medRxiv* (2023).
10. Owens EW., *et al.* "The impact of internet pornography on adolescents: A review of the research". *Sexual Addiction and Compulsivity* 19.1-2 (2012): 99-122.
11. Paulus FW., *et al.* "The impact of Internet pornography on children and adolescents: A systematic review". *Encephale* (2024).
12. Rabbani Khorasgani M. "Lifestyle and infectious diseases". In book: *Research Trends of Microbiology*, Publisher: MedDocs Publishers LLC Online edition (2019).
13. Rodriguez-Hart C., *et al.* "Sexually transmitted infection testing of adult film performers: is disease being missed?". *Sexually Transmitted Diseases* 39.12 (2012): 989-994.
14. Rothman EF. "The occupational safety and health of pornography performers". In book: *Pornography and Public Health* (2021): 187-208.
15. "STDs in porn industry higher than reported". *Los Angeles Daily News* (2017).
16. "Internet Pornography by the Numbers". *WEBROOT*.

Volume 13 Issue 12 December 2024

©All rights reserved by Mohammad Rabbani Khorasgani.