

Cyber Pornography and Sexual Satisfaction in Early Adult Married Men

Evi Laelawati^a, Mahargyantari Purwani Dewi^b

^a*evilaelawati05@gmail.com*

^{a,b}*Faculty of Psychology, Gunadarma University
100 Margonda Raya Street, Depok 16424, Indonesia*

Abstract

Sexual satisfaction is one of the sexual aspects that must be fulfilled and is very important to be considered by married couples. However, Indonesian people have lower sexual satisfaction when compared to other countries, low sexual satisfaction can be related to the use of cyber pornography. The study aimed to determine the relationship between cyber pornography and sexual satisfaction in early adult married men. The study involved 82 early adult married men as respondents. Pearson product moment correlation was used to test the hypothesis in this study. The results showed that the hypothesis in this study is accepted, namely there is a very significant negative relationship between cyber pornography and sexual satisfaction in early adult married men.

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Keywords: Cyber Pornography; Sexual Satisfaction; Early Adult Men; Married.

1. Introduction

Every human being in his life must undergo stages of development, one of the stages of development is early adulthood. In the early adulthood stage, one important developmental task is to develop intimate relationships with the opposite sex (Erikson in Papalia & Feldman, 2014). Individuals try to get intimacy that can be realized through commitment to a relationship with another person, namely in a marriage.

The main and strong needs that encourage individuals to live family life in general are material needs, sexual needs, and psychological needs (Mappiare, 1983). In reality, men's needs are different from women. For men, sexual needs are important for their lives. Likewise the motivation of men to get married. Mostly, sex is a man's motivation to get married, while women want to get married for interpersonal relationships (Nadesul, 2009), so it can be said that what is important for women is romance, while for a man sexual satisfaction is the most important thing (Gray, 1997). This is because, in general, most men have a higher sex drive than women. Supported by a study at the Kinsey Institute which showed that 37 percent of men think about sex every 30 minutes and only 11 percent of women think about sex that often, because men get high doses of testosterone continuously so that their sex drive remains high (Pease, 1999).

Sexual satisfaction can be interpreted as a positive subjective assessment of the quality of sexual relations, which includes satisfaction with variety, time spent on warming up, overall sexual relations, love

and affection, frequency of sexual relations, and time spent on sexual relations (Leonhardt & Willoughby in Westheimer & Lopater, 2004).

Sexual satisfaction is one of the sexual aspects that must be fulfilled and is very important to be considered by married couples. This is because, with the fulfillment of sexual satisfaction can have a positive impact on marital relations, where husband and wife who are satisfied in sexual life tend to have better marital quality, lack of instability in marriage (Elder, Yeh, Wichkrama, Conger in Sajidah, Pangkahila, & Pangkahila, 2014), improving communication with partners (MacNeil & Byers in Sanchez-Fuentes, Santos-Iglesias, & Sierra, 2014), having good relationships with children and families, and higher socioeconomic status (Ji & Norling in Sanchez-Fuentes, Santos-Iglesias, & Sierra, 2014). Sexual satisfaction does not only have an impact on relationships, but personal sexual satisfaction can increase individual happiness (Dolinska-Zygmunt & Nomejko, 2011), better physical and psychological health (Scott, Sandberg, Harper, & Miller in Sanchez-Fuentes, Santos-Iglesias, & Sierra, 2014) and improve overall quality of life and well-being (Dundon & Rellini in Sanchez-Fuentes, Santos-Iglesias, & Sierra, 2014).

However, most information from various sex consultation rubrics by Boyke and marriage counseling agencies states that complaints that are often experienced by married individuals are about the problem of sexual dissatisfaction (Niswati, 2011). This is reinforced based on survey results which show that Indonesian people have lower sexual satisfaction compared to other countries (Poston, Lee, & Kim, 2018). Where, the level of sexual satisfaction in men in Indonesia aged 25 to 74 years is known to only be 36 percent (King, et al, 2011).

In addition, low sexual satisfaction can be related to the use of cyber pornography (Muusses, Kerkhof, & Finkenauer, 2015). The prevalence of internet-based pornography or so-called cyber pornography is the consumption of sexually explicit internet material (Ferron, Lussier, Sabourin, & Brassard, 2017). Meanwhile, according to Cooper, Dana, Lpn, and Sylvain (in Carroll, 2007), cyber pornography is a search for satisfaction from sexual desires or impulses involving physical, mental, and emotional using the internet or computer media.

Cyber pornography is often assumed to be consumed only by unmarried people as a means of channeling their sexual desires, but some of those who are married continue to use cyber pornography to improve their well-being and sexual life (Blais-Lecours, Vaillancourt-Morel, Sabourin, & Godbout, 2016). This is consistent with research showing that the use of internet pornography among community-based samples about 57 percent of compulsive users engage in romantic relationships (Daspea, Vaillancourt-Morelb, Lussierc, Sabourind, & Ferronc, 2018). A survey conducted by Pornhub found that in 2015 and 2016 Indonesia showed the second rank of accessors of pornography after India (Anonymous, 2018), and the majority of cyber pornography users are men, which is around 75 to 85 percent (Maltz & Maltz, 2008).

Previous study on cyber pornography and sexual satisfaction was carried out by Muusses, Kerkhof, and Finkenauer (2015), regarding internet pornography and sexual satisfaction among newlyweds. The results show that there is a negative relationship between internet pornography and sexual satisfaction. Where, greater use of internet pornography is associated with a decrease in sexual satisfaction in the husband but not in the wife.

Another study conducted by Wright, Steffen, and Sun (2017) examined the relationship between pornography consumption frequency and lower sexual satisfaction in men and women in the UK and Germany. The results show that the use of pornography can negatively affect sexual satisfaction caused by frequent consumption. Low levels of pornographic consumption have no effect on sexual satisfaction, and that negative effects begin only when consumption reaches a certain frequency.

In addition, Perry and Whitehead (2018) also conducted study on religion, pornography use, and sexual satisfaction among American men. The results of this study indicate that there is a negative relationship between the use of pornography and sexual satisfaction which is more visible in men who have strong ties

with religion.

Based on the explanation that has been presented previously, the hypothesis that can be developed in this study is that there is a negative relationship between cyber pornography and sexual satisfaction in early adult married men.

2. Research Methods

This research used quantitative research method. The study involved 82 early adult married men as respondents. All study respondents were early adult married men and used cyber pornography during marriage. The age of respondents ranges from 18 to 40 years.

2.1 Research instrument

The research instrument used consisted of two scales, cyber pornography scale and sexual satisfaction scale. Cyber pornography is all activities related to pornography that are carried out when connected to the internet. The cyber pornography scale used in this study adapts and modifies the scale that has been compiled by Arifani (2016), based on aspects of cyber pornography according to Grubbs, Sessoms, Wheeler, and Volk (2010). One example of a item on this scale is "Even when I don't want to see pornography online, I can't help myself and still see it". The answer choices range from 1 (Very Not Suitable) to 5 (Very Suitable). This scale is 31 items with a reliability value of 0.927.

Sexual satisfaction is the peak of physical and emotional satisfaction felt by individuals in their sexual activities. The sexual satisfaction scale used in this study adapts and modifies the scale that has been compiled by Tahalele (2018), based on the dimensions of sexual satisfaction according to Stulhofer, Busko, and Brouillard (2010). One example of a item on this scale is "My ability to be passionate, aroused, and enjoy sex". The answer choices range from 1 (Not at All Satisfied) to 5 (Extremely Satisfied). This scale amounts to 20 items with a reliability value of 0.975.

Respondents in this study were willing to voluntarily participate in this research. A signature of readiness was given at the beginning of the questionnaire provided. Research data is also kept confidential by the researcher so that research ethics in this research have been upheld.

2.2 Data analysis

The data analysis to test the hypotheses in this study used Pearson product moment correlation technique. Full calculation is done with the help of the SPSS statistical computer program.

3. Results

The results of the correlation analysis between cyber pornography and sexual satisfaction in early adult married men can be seen in Table 1. In Table 1, the correlation coefficient is $r = -0.3393$ with a significance value of 0.000 ($p \leq 0.01$). These results indicate that there is a very significant negative relationship between cyber pornography and sexual satisfaction.

Table 1. Hypothesis Test Results of Cyber Pornography and Sexual Satisfaction

		Cyber Pornography	Sexual Satisfaction
Cyber Pornography	Pearson Correlation	1	-0.393
	Sig. (1-tailed)		0.000
	N	82	82
Sexual Satisfaction	Pearson Correlation	-0.393	1
	Sig. (1-tailed)	0.000	
	N	82	82

Descriptive sexual satisfaction test results based on the last education showed that early adult married men with the last education postgraduate were in the high category, while the last education elementary school, junior high school, senior high school, and Associate's Degree were in the moderate category. A clearer description of the results can be seen in Table 2.

Table 2. Description of Sexual Satisfaction Based on Last Education

Last Education	Total	Mean Sexual Satisfaction	Category
Elementary School	1	56,00	Moderate
Junior High School	11	68,45	Moderate
Senior High School	33	71,85	Moderate
Associate's Degree	24	64,00	Moderate
Postgraduate	13	76,15	High

Furthermore, the results of a descriptive sexual satisfaction test based on marriage age show that the sexual satisfaction of early adult married men with a marriage age of less than 1 year, 1-4 years, 5-10 years, and more than 10 years is in the moderate category. A clearer description of the results can be seen in Table 3.

Table 3. Descriptions of Sexual Satisfaction Based on Marriage Age

Marriage Age	Total	Mean Sexual Satisfaction	Category
Less than 1 year	26	73,04	Moderate
1-4 years	34	68,44	Moderate
5-10 years	13	67,69	Moderate
More than 10 years	9	66,67	Moderate

Other findings related to the descriptive sexual satisfaction test based on sexual activity carried out every month showed that early adult married men who always engaged in sexual activity were in the high category, while early adult married men who frequently, sometimes, and never had sexual activity were in the moderate category. A clearer description of the results can be seen in Table 4.

Table 4. Descriptions of Sexual Satisfaction Based on Sexual Activity

Sexual Activity (Every month)	Total	Mean Sexual Satisfaction	Category
Never	4	45,75	Moderate
Sometimes	32	67,31	Moderate
Frequently	22	69,09	Moderate
Always	24	77,04	High

In addition, the results of the descriptive sexual satisfaction test based on the type of cyber pornography content that are usually in search show that early adult married men who used to look for soft-core pornography content were in the high category, while early adult married men who used to look for hard-core pornography, violent pornography, rape type content pornography, incest, group sex, necrophilia, and the latest pornography are in the moderate category. A clearer description of the results can be seen in Table 5.

Table 5. Descriptions of Sexual Satisfaction Based on Type of Cyber Pornography Content

Type of Cyber Pornography Content	Total	Mean Sexual Satisfaction	Category
Soft-core Pornography	31	74,65	High
Hard-core Pornography	35	66,46	Moderate
Violent Pornography	5	67,00	Moderate
Rape Pornography	4	64,75	Moderate
Incest	1	62,00	Moderate
Group Sex	4	72,50	Moderate
Necrophilia	1	58,00	Moderate
Latest Pornography	1	62,00	Moderate

4. Discussion

Based on study results, it is known that there is a very significant negative relationship between cyber pornography and sexual satisfaction in early adult married men. The test results obtained indicate that the increasing use of cyber pornography by early adult married men can reduce sexual satisfaction. So the results of this study are in accordance with the results of previous studies (Muusses, Kerkhof, & Finkenauer, 2015; Wright, Steffen, & Sun, 2017; Perry & Whitehead, 2018).

Pornography may seem exciting but pornography does not lead to real sexual satisfaction (Maltz & Maltz, 2008). Some evidence shows that consumption of pornography can have a detrimental impact on the sexual satisfaction of individuals and their partners (Corvino & Gallagher, 2012). Porn users will compare their sexual partners with ideal people who appear in pornography so they are not satisfied with their partners' availability, skills, physical appearance, desires, and sexual arousal (Muusses, Kerkhof, & Finkenauer, 2015).

In addition, consumers of pornography may be disappointed when their partners do not respond positively to the sexual behavior they see responding positively in pornography, they may be disappointed if they model sexual behavior in pornography, but do not personally feel the same level of sexual pleasure that is displayed by the offender in pornography when engaging in such behavior (Wright, Steffen, & Sun, 2017).

This shows that the use of cyber pornography by married men can lead to unrealistic expectations related to sexual relations with a partner, causing sexual satisfaction to be low.

Other findings in this study show that early adult married men to the last postgraduate education had high sexual satisfaction. That is because, early adult men who are highly educated have high knowledge as well, so they have a better insight in meeting the needs including sexual needs in marriage. In accordance with study conducted by Carpenter, Nathanson, and Kim (2009), which shows that a high level of education is generally associated with high sexual satisfaction. This is because, differences in educational levels affect the ability of individuals to meet their needs, desires, and aspirations.

Furthermore, the results of this study indicate that sexual satisfaction based on the age of marriage is in the moderate category, which can be interpreted that early adult men with short and long marriage ages both experience sexual satisfaction. That is because, early adult men with a short marriage age have a large level of sexual arousal, with the presence of greater sexual arousal in a relationship, can cause feelings of satisfaction in sexual relations. In harmony with the theory of the triangle of love (The Triangular Theory Love), which states that passion can immediately arise when attracted to the opposite sex. Passion can immediately increase quickly reaching a peak point. Passion can make someone want to be physically close, enjoy / feel physical touch, or have sexual relations with their life partners (Sternberg, 1988). Meanwhile, early adult men with a longer marriage age have a more intimate relationship with their partners, where the man already knows his partner well which causes relationships with partners to become closer. The existence of a more intimate relationship with a partner can cause long-term sexual attraction so that men still feel satisfaction in their sexual relationships. In accordance with the theory of the love triangle (The Triangular Theory Love), which states that couples who have been in contact with a long time have high intimacy. The component of intimacy refers to feelings of closeness, connectedness, and bond in a love relationship (Sternberg, 1988). In addition, the relational aspect is one of the important aspects that can affect individual sexual satisfaction. In a relationship there is usually a reciprocal relationship with each other. The reciprocal relationship is part of individual skills to complement each other emotionally and sexually with partners and to get satisfaction in sexual life (Ojanlatva, et al, 2005).

Early adult married men who always engage in sexual activity have high sexual satisfaction. That is because, early adult men who always engage in sexual activity have a higher frequency of sexual activity, causing the man to feel more satisfied with sexual relations in his marriage. According to Tavis and Sadd (in Mahoney, 1998), the greater the frequency of sexual activity, the greater the sexual satisfaction. For men, greater sexual pleasure is associated with a greater number of different sexual partners, a younger age, and a higher frequency of sexual relations each month.

This study also show that early adult married men who are usually looking for types of soft-core pornography content have high sexual satisfaction. That is because, type of soft-core pornography content that is usually look for by early adult married men does not have a bad influence on sexual satisfaction, because type of soft-core pornography content is that displays fewer explicit sexual scenes compared to other types of content. According to Sulianta (2010), soft-core pornography is less content that displays sexuality openly, such as writing, sound, exotic dances, and kissing lips. In addition, the cast is often naked, but sex organs are usually not shown. This is also consistent with study conducted by Stulhofer, Busko, and Landripet (2010), which shows that there are negative effects of early exposure to pornography on male sexual satisfaction, where only users of paraphilic pornography (violence/coercion) moderate the impact of initial exposure pornography to male sexual satisfaction.

5. Conclusion and Suggestion

5.1 Conclusion

Based on the results of the study, it can be concluded that there is a very significant negative relationship between cyber pornography and sexual satisfaction in early adult married men. The increasing use of cyber pornography by early adult married men can reduce sexual satisfaction.

5.2 Suggestion

There are several suggestions that can be raised related to the results of this study. First, consider other research subjects such as those of women, wives or newlyweds. Second, determine the age of marriage as a characteristic of respondents.

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