



Relationship between Sadism and Addiction to Pornography and its impact on Sexual Compulsive Behavior

Maham Khalid

Department of Applied psychology
NATIONAL UNIVERSITY OF MODERN LANGUAGES
maahamkhalidd@gmail.com

Um E Kulsoom

Department of Applied psychology
NATIONAL UNIVERSITY OF MODERN LANGUAGES
umekulsoomghulamsabir@gmail.com

ABSTRACT

The aim of the study is to explore the relationship between sadism, addiction to pornography and compulsive sexual behavior among university students. There were (N=200) students in the sample ranging in age from 19-29 years. The sadistic personality was evaluated using assessment of sadistic personality scale (ASP-9) (Plouffe, Saklofske, & Smith, 2017), compulsive sexual behavior inventory (CSB-13) established by Dr. Eli Coleman and Dr. Michael Miner was used to examine the compulsive sexual behaviors and problematic pornography consumption scale (PCCS-6) developed by Beáta Bőthe, was used to assess problematic addiction to pornography.

Findings showed that sadism and addiction to pornography have significant positive relation with sexual compulsive behaviors, sexually sadistic may provide useful bases for more accurate and reliable identification of problematic sexual behaviors, (Marshal and Hucker 2006) also it was found that addiction to pornography has significant positive relation with compulsive sexual behavior, evident that excessive pornography use is a predictor of problematic sexual behaviors and sadistic tendencies, practical evidence (Kuss, Griffiths, Karila & Billieux, 2014). Findings of this study will enrich the prevailing literature of the subject matter theoretically, and will essentially help the researchers to discover more about the association between sadism, addiction to pornography and sexual compulsive behavior.

Keywords: Sadism, Addiction to Pornography, Compulsive Sexual Behavior, University Students. Adults, Assessment Sadistic Personality (ASP), Compulsive Sexual Behavior Inventory-13 (CSBI-13), Problematic Pornography and Consumption Scale (PPSC_6)

INTRODUCTION

After years of defining and demonstrating the internet, pornographic dependency has always been on considered as forbidden in Pakistan, pressed out of the public view, and separated into the dark, raggedy corners of our disciplines. We live in a society were agitating this content with anyone may frequently make utmost people feel uncomfortable. The people who are affected by porn addiction frequently suffer from a multitude of internal and social problems such as eroticism and self-esteem is lowered, relationship issues and the use of porn to relieve themselves from depression or anxiety. At this peak time, we should start considering porn dependence as a compliant and not a taboo about which people cannot talk about. (Shahabuddin, 202 Pornography use has become dominantly high since the Internet accessibility (Luscombe, 2016). But some people experience an uncontrollable compulsion to view porn can be as problematic, like other behavioral addictions (Pietrangelo, A. 2019). A study demonstrated a comparison between the men with CSB and those without it enhanced striatal reactivity for erotic videos (Voon, et al., 2014) and few functional linkages between the



ventral striatum and prefrontal cortex (Klucken, et al., 2016). These conclusions recommended connections between CSB and addictions. In Pakistan, hookups are not so common, thus usually single men are sexually addicted. This research points out growing rate of CSB among youth. (Batool & Ahmed, 2017).

Sadism is referred as psychosexual complaint in which sexual desires are gratified by the causation of pain to the other person (Harenski, C. L., 2012).

Sadism is commonly associated to masochism, in which erotic stimulation is a consequence from inducing pain, and several individualities responding in either part. A person who is not a masochist is often seen by a sadist as some of the erotic pleasure originates from the targets reluctant. A sadist's gratification may affect not from causing the actual physical pain but preferably from the inner suffering of casualty, sometime causing violence. (Britannica, 2008).

Sadism may be a factor in some violent crimes, particularly rape and murder. The term sadism is sometimes applied outside the erotic content, to depict individualities who are deliberately cruel or who feel to decide gratification from humiliating and conquering others in social situations. In this context, some moderate forms of truculence are more respectable, similar as the application of humiliating affront as a conversational tool. (Prommeet, 2008).

The most significant facet of the sadistic personality is the experience of the hedonic pleasure from the suffering of another person (Baumeister, 1997; Foulkes, 2019). Evidence researches on sadism measures are exquisite therefore making indeed further query that what measure and what element structure is best applicable to apply. Maybe the greatest striking matter, still, is that numerous particulars involved in sadism measures don't really knock into the one most significant important point of the sadistic personality the experience of hedonic pleasure in reaction to other person's pain or suffering (Foulkes, 2019).

Sadism encompasses getting pleasure when the other person is humiliated or hurt. A study indicates that if social norms are broken by someone, our brains will handle them as minor individual. This causes it to become simple for us to discipline humans who break morals of behavior. Humans harm other people exactly as they distinguish them as individuals who don't want to endure pain, humiliation or declination (Jones, 2020).

There is evidence that sadism encourage pornography use, which then promotes antisocial sexual behaviors. Also, pornography stimulates the conversion of sexual fantasy to offence plan behavior, but it is viable that pornography causes sadistic behavior, which then encourages pornography use (Williams et al., 2009).

Pornography is a printed or visual material, often illegal and condemned, that contains the overt portrayal or display of sexual organs and activity, envisioned to arouse erotic rather than pleasing or passionate feelings. (Zamperini, P., 2008). Porn Addiction is a behavioral problem or biopsychosocial disorder driven by compulsively seeking something with the desired effect (Shahabuddin, 2020)

Addiction to pornography is described as a broad term that involves excessive masturbation, virtual sex, pornography consumption, erotic behavior leading to problematic behaviors. (Karila et al., 2014). Pornography is the depiction of sexual subject matter for the exclusive purpose of sexual arousal. (Leon F. S., 2011).

The new way (virtual way) of accessing and consuming pornography has a clear impact on sexual behavior, gender relationships, sexual aggression, and compulsive behavior, especially on minors, who are sensibly vulnerable to pornographic content, as they are developing their sexuality (Peter & Valkenburg, 2016).

The main reason our young people suffer from this condition are national, social, and cultural barriers, and Pakistan has secured its position in the top five countries of the world with the highest number of viewers on pornographic sites. (Batool & Ahmed, 2017). Some users experience a compulsive cycle of using online pornography, which has a significant impact on their well-being (Rissel et al., 2017) Compulsive use of online pornography is most often taken into consideration to be a behavioral addiction (Walton et al., 2017). Compulsive use of pornography is widely seen as a clinical problem



that reflects something problematic at the level of behavior or at the level of the person's underlying psychological functioning, there is a lack of consensus on how to conceptualize this phenomenon. (McDonald M. & O'Connor J, 2021).

Compulsive behaviors are a need to decrease anxiety triggered by inner emotional state an individual desires to refrain from or control (Wikipedia contributors, 2021) Compulsive sexual behavior disorder has been recommended in the ICD-11 for addition as an impulse control disorder (Grant, et al., 2014). It is categorized as intense and tedious sexual impulses or persistent patterns which fail to control the impulses, resulting in long-term repetitive sexual behavior eg, professional or other important functional areas. (Kraus, Krueger, & Briken, et al., 2018)

A study conducted in Mozambique investigated whether men who watch pornographic videos more often behave sadistically toward their partners during sexual intercourse than men who watch pornographic videos relatively rarely. The results showed that frequent exposure of men to pornography correlates with men's sadistic behavior towards women. (Vera Cruz, G., 2016).

From a psychological point of view, sexual behavior is used to escape emotional or physical pain or to deal with stressors in life. (Kafka & Prentky, 1997). Ironically, sexual behavior becomes the primary means of dealing with and coping with problems, which generates a sequence of difficulties and increases despair, shame, and anxiety. (Fong, 2006).

It is important to understand the function of hormones in compulsive sexual behavior. Areas of reward and joy can be regulated by these hormones by promoting or increasing sexual response and desire. (Fong, T. W., 2006). Some symptoms of compulsive sexual behavior occur when the ego is unable to suppress excessive libido and energy cannot find a suitable exit for sexual activity. It suggests that there is a possibility of doing so. (Giugliano 2003). The development of such compromises or solutions found is peculiar and can be seen as a result of an individual's unique personal life story. (McDonald & O'Connor, 2021)

Sadists and psychopaths attempt to meet erotic desires virtually (such as watching cybersex or pornography) and perform fantasy to escalate erotic arousal and motivation (Baughman, et al., 2014; Shim, Lee, & Paul, 2007). Sadists may also attempt to supplement the requirement for poison that cannot be achieved in the real world in the online context (O'Meara, Davies & Hammond, 2011).

The study is conducted to explore the concept of sadism and compulsivity in sexual behaviors in relation to addiction to pornography to add to the prevailing literature particularly with reference to Pakistan. Furthermore, in the present era pornography consumption has exceeded and has led to serious consequences with increase in sadistic traits and compulsive sexual behaviors so, it marked our particular area of interest.

MATERIALS AND METHODS

Aimed Objective:

1. To explore the relationship between sadistic personality and addiction to pornography with sexual compulsive behavior
2. This study aims to explore the relationship between sadistic personality and addiction to pornography with sexual compulsive behavior among university students specifically males.

Hypothesis:

1. There will be positive relationship between sadism and addiction to pornography
2. Pornography will be positively correlated with sexual compulsive behavior
3. Sadism will be positively correlated with compulsive sexual behavior
4. Pornography will positively moderate the relationship between sadism and compulsive sexual behavior.

Sample:

The study for this study consisted of males(N=200)' age range from 18-29 years (M=22.32, SD=2.613)



The sample was selected from National University of Modern Languages Islamabad, SZABIST, Bahria University and University of Lahore. The sample included students of different educational levels having 12 years of education ($n=45$), 14 years of education ($n=73$), 16 years of education ($n=82$). Respondents are from different family structures including Nuclear ($n=92$) and joint family structure ($n=107$). The sample include participants with the exposure of different social media apps including YouTube ($n=29$), Instagram ($n=70$), twitter ($n=10$) and WhatsApp ($n=91$). Sample include participants of income group.1 (Rs. 12,000 to Rs. 60,000) ($n=73$), income group.2 from (Rs. 70,000 to Rs. 1,25,000) ($n=66$) and income group.3 from (Rs. 1,26,000 to Rs 1,000,000) ($n=45$) These groups were categorized on the bases of monthly income.

Operational Definitions of Variables

The variables of interest are defined operationally as;

Sadism

The source of pleasure by spitefulness and inflicting pain, humiliation and other forms of misery on people, here it means sexual Sadism. A person who embarrasses others, displays ancient patterns of cruelty or disparaging behavior to others, or purposely inflicting physical, sexual, or psychological pain on others to emphasize power and dominance or for pleasure (O'Meara, Davies & Hammond, 2011) Sadistic personality scale is used to measure sadism (Saklofske & Smith, 2017). High score on this scale indicates presence of high sadistic traits and low score indicates low sadistic trait.

Compulsive Sexual Behaviors

It is an excessive preoccupation with sexual fantasies, with difficulty controlling one's sexual feelings, sexual impulsivity (Barth & Kinder, 1987), hypersexuality (Kafka, 1997; Orford, 1978; Reid, 2010), and compulsive sexual behavior (Coleman, 1987), and behaviors. underlying erotic conduct that is problematic to regulate (Hook, Hook, Davis, Worthington & Penberthy, 2010). Impulses of conduct that is challenging to regulate, cause suffering or adversely effects life. It is considered as consistent forms of disappointment to regulate strong, repetitive erotic desires or needs, resultant in tedious sexual behavior' (WHO). In the ICD-11,

CSBD is considered as a consistent pattern of disappointment to regulate strong, repetitive sexual impulses or urges, resultant in repetitive erotic conduct over an prolonged passé (6 months or above) that reasons noticeable suffering or weakening in individual, domestic, societal, instructive, work-related, or other vital areas of operation (Kraus et al., 2018). Compulsive sexual behavior inventory (CSBI-13) is used to measure the compulsive sexual behavior. High scores indicate presence of compulsive sexual behavior vice versa

Addiction to Pornography

Porn addiction states that an individual becoming emotionally reliant on on pornography to the fact that it inhibits with their everyday life and their capability to function. Pornography addition is a compulsive need to view pornography despite negative consequences. Pornography consumption between early grown-ups and pre-adolescent children has started to upsurge in the past decades (Lewczuk, Wojcik, & Gola, 2019; Price, Patterson, Regnerus, & Walley, 2016). problematic pornography and consumption scale is used to measure addiction to pornography high score indicates addiction to pornography vice versa.

Instruments

The following tools are used to complete the objectives of the present study. The instruments administered to all participants will self-reported, paper, pencil and questionnaires.

Inclusion

The sample included young adults having social media exposure, ranging from 19 to 29 years of age.

The Assessment Sadistic Personality (ASP)

The Assessment of Sadistic Personality Scales (Plouffe, Saklofske, & Smith, 2017) contains 9-item that



measures three aspects of sadism: subjugation (suppression), pleasure-seeking (hedonism), and unemphatic. Items are evaluated along a 5-point scale from strongly disagree to strongly agree. Options from 1 to 5 with strongly disagree (1), disagree (2), neutral (3), agree (4), and strongly agree (5). The range for Cronbach's alphas is 0.73 to 0.96. This scale has a very high internal consistency ($\alpha = 0.96$) (Buckels & Paulhus, 2014).

Compulsive Sexual Behavior Inventory-13(CSBI-13)

The compulsive sexual behavior inventory (CSBI-13) established by Dr. Eli Coleman and Dr. Michael Miner was used to measure the core features of functional damage or distress related with difficulty monitoring one's sexual feelings, sexual impulsivity (Barth & Kinder, 1987), hypersexuality (Kafka, 1997; Orford, 1978; Reid, 2010), and compulsive sexual behavior (Coleman, 1987), and behaviors underlying sexual behavior that is difficult to control (Hook, Hook, Davis, Worthington & Penberthy, 2010). It is a 5-point rating scale with response options from never to very frequently. Answer weightage is never (1), rarely (2), occasionally (3), frequently (4) and very frequently (5). Internal consistency for the total scale score is (Cronbach's $\alpha = .90$). (CSBI; Coleman, Miner, Ohlerking & Raymond, 2001)

Problematic Pornography and Consumption Scale (PPSC_6)

The PPCS-6 is used to measure Problematic Pornography Use via 6 items with one item per each component: salience, acceptance, mood modification, relapse, withdrawal, and conflict. The PPCS-6 was developed based on the original, long form of the Problematic Pornography Consumption Scale (PPCS-18) by selecting the most adequate items from each factor considering both theoretical and statistical approaches. The PPCS-6 had positive, strong associations (ranging from .96 to .97) with the PPCS-18 in three independent samples, and its validity was also established with such constructs as the frequency of pornography use, pornography use duration, masturbation frequency, and hypersexuality. Participants point out their responses on a seven-point Likert scale (1 = never; 7 = very often) regarding the past six months. Response weightage is never (1), rarely (2), occasionally (3), sometimes (4), often (5), very often (6) and all the time (7). The PPCS-6 established adequate reliability in the present study ($\alpha = .84$) (Beáta Bóthe, Ph.D., Department of Psychology, Université de Montréal)

Procedure

After finalizing scales and samples, data was collected from university students on printed questionnaires and also through online google docs. 200 participants were involved. They were given a set of questionnaires comprising of consent form, demographic information, Assessment of Sadistic Personality Scale (ASP), Sexual Behavior Inventory (CSBI-13) and Problematic Pornography Consumption Scale (PPCS-6). They were asked to respond to the best suited option. Then directions were given to them for carrying out the forms. While collecting data all principled guidelines were charted and they were given assurance that their provided information will only be used for study commitments and reserved confidential. After getting the questionnaire filled their participation was acknowledged. After data assembly was accomplished, statistical package for social sciences (SPSS-21) was used for analyzing the results. The collected information was marked in SPSS for inferential and descriptive statistical analysis.

Table 1

Alpha Reliability Coefficient and Descriptive assessment of sadistic personality scale, compulsive sexual behavior inventory and problematic pornography consumption scale (N=200)

<i>variables</i>	<i>No. ofa</i>	<i>M</i>	<i>SD</i>	<i>skewness</i>	<i>kurtosis</i>	<i>Range</i>
<i>Items</i>						
						<i>Actual Potential</i>



ASP	9	.73	21.13	6.22	.521	.351	9-45	9-45
CSBI	13	.84	28.55	10.03	.471	-.028	13-65	13-65
PPCS	6	.89	13.51	8.88	1.36	1.21	6-42	6-30

Note: ASP= assessment of sadistic personality; CSBI= compulsive sexual behavior inventory PPCS= problematic pornography consumption

Table 1 indicates alpha reliability and descriptive of the scales. Assessment of sadistic personality 9 of items ($\alpha=.735$), compulsive sexual behavior inventory based on 13 items ($\alpha=.846$) and alpha reliability of problematic pornography consumption scale based on 6 items was ($\alpha=.895$) this shows the good internal consistency of the scales.

Table 2

Correlation Matrix of social media exposure, compulsive sexual behavior, problematic pornography consumption scale and assessment of sadistic personality scale among University Students (N=200)

Variables	1 EM	2 XCSBI	3 XPCCS	4 XASP
1 EM	-			
2 XCSBI	.11	-		
3 XPCCS	.16*	.53**	-	
4 XASP	-.05	.33**	.29**	-

EM=exposure to media, CSBI=compulsive sexual behavioral scale, PPCS=problematic pornography consumption scale, ASP=assessment of sadistic personality* $p \leq 0.5$ level, ** $p \leq 0.01$ level

Table 2 indicates Pearson’s correlation among the variables. variables were correlated with one another. Exposure to social media was significantly correlated with problematic pornography consumption scale, there is no significant correlation between Assessment of sadistic personality and compulsive sexual behavior scale with exposure to social media.

Table 3

This table shows moderation analysis of the relation between sadism and compulsive sexual behavior with addiction to pornography as a moderator (N=200)

Predictors	β	P	SE	95 %CL	
				LL	UL
Constant	15.56	.00	3.54	8.56	22.55
XASP	.23	.16	.17	-.10	.57
XPCCS	.54	.02	.24	.06	1.03
R ²	.37				
ΔR^2	.00				



F

39.65

Note; CI=Confidence interval LL=Lower limit, UL= upper limit, SE= social media exposure

Table 3 The study indicates that the effects of sadism and compulsive sexual behavior are non-significant, sadism is acting as an independent variable and compulsive sexual behavior as a dependent variable, which indicates that addiction to pornography modifies the relation between sadism and compulsive sexual behavior.

RESULTS

This research was conducted to probe the association among Sadistic personality, compulsive sexual behavior, and addiction to pornography among university students. Data was analyzed using applicable statistical analysis. Alpha reliability analysis was applied to check internal consistency of the functional scales. Person's correlation was used to probe the association and its direction. Independent t-test was used to find variance between different demographic variables (i.e. gender, family structure) on study variables. Results are charted as follow:

DISCUSSIONS

This current research was intended to find out the association between sadism addition to pornography with compulsive sexual behavior among university students and the part of social media exposure in determining of these variables predictive role of addiction to pornography and exposure to social media was also examined major hypothesis of the study were there is a positive association of sadism to addiction to pornography and compulsive sexual behavior. It was also hypothesized that respondents of high social media exposure will be intended to involve in more sexual behaviors also education level will be positively associated with addiction to pornography and sexual compulsive behavior. And pornography is moderating the relationship between sadism and sexual compulsive behavior. Pearson product moment correlation was used to test these two hypotheses regarding association of sadism with addiction to pornography and exposure to social media in determining the involvement in more sexual behaviors independent sample t-test was used to test the major hypothesis

Findings of the study proposed that sadism and addiction to pornography have positive significant relation with sexual compulsive behaviors (see table.1) these finding were reinforced by a study conferring to which sadism was correlated with virtual sex (Kircaburun, 2018)

Findings of the study propose that addiction to pornography have positive significant relation with compulsive sexual behavior (see Table.2) The study provide evidence that excessive pornography use was a predictor of problematic sexual behaviors and sadistic tendencies, practical evidence (Kuss, Griffiths, Karila & Billieux, 2014). The study provides evidence that some percentage of population is snagged in problematic sexual behaviors online. Dark personality traits are associated with asocial virtual actions including cyberbullying and online trolling and also fulfilling colorful cerebral requirements via various means (Craker & March, 2016; Garcia & Sikstorm, 2014; Panek, Nardis & Konrath, 2013)

The results depict that sadism is positively correlated with compulsive sexual behavior (see Table.2). the study provides evidence that sexually sadistic may provide useful bases for more accurate and reliable identification of problematic sexual behaviors, (Marshal and Hucker 2006)

The results depict that the effects of sadism and compulsive sexual behavior are non- significant, sadism is acting as an independent variable and compulsive sexual behavior as a dependent variable, which indicates that addiction to pornography modifies the relation between sadism and compulsive sexual behavior (see Table 3). According to Carnes and Coleman (1990), The pornography use is both a cause or a symptom of behavior that arouse or sedate an individual. It depends on their conditioning and neurochemistry. Solomon's (1980), proposed that more behavioral excess can lead to dependence



on that behavior to feel normal. Marshall (1989), proposed that the more explicit the images are, it will leave a stronger influence on an individual. And for the results of present study, pornography can be instrumental in developing addicting or sexual compulsive behavior by either triggering the behavior through explicit images or videos or through changes in neurochemistry.

Limitations and suggestions

There are some possible limitations rooted in present study. This study was focused upon a targeted sample of specific age range 18-29 years were taken; the sample size was limited ($N=200$). This study was focused upon the male participants only. Social media and its effects are just studied as a side aspect with no theoretical evidence.

Thus, the variance across diverse age groups would be studied on these variables. A larger sample will be appreciated. It would be appreciated to study female sample in future researches (comparison studies) to increase the result generalizability.

Implications

The findings of present study helped us to understand positive relationship between sadism, addiction to pornography and sexual compulsive behavior among male population. This finding will enrich the prevailing literature of the subject matter theoretically, but it will also essentially help the researchers to discover more about the association between sadism, addiction to pornography and sexual compulsive behavior. This finding also going to help see if social media contribute to the positive relationship between variables, and it helps to understand the consequences of high social media exposure at young age and unmonitored social media use

Conclusion

In this research we have intended to conclude that there was considerable positive relation between sadism, addiction to pornography and sexual compulsive behavior. The key associated factors were male students, addiction. Pornography is moderating the relationship between sadism and sexual compulsive behavior



MDSRIC - 2023, 06-07 Dec 2023 Wah/Pakistan





MDSRIC - 2023, 06-07 Dec 2023 Wah/Pakistan

