

Determination of the Level of Influence of Active Pornography Exposure on Psychosocial Wellbeing of Teenagers in Secondary Schools in Ruiru Sub-County, Kiambu County, Kenya

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ABSTRACT

The availability and use of pornography has become almost ubiquitous among teenagers. It has become a routine among children and teenagers, with a range of notable and often troubling effects. The aim of this research is to determine the influence of pornography exposure on psychosocial wellbeing of teenagers in Ruiru Sub-County, Kiambu County, Kenya. The objective of the study isto determine the level of influence of active pornography exposure on psychosocial wellbeing of teenagers. Social learning theory by Bandura was used. The study was guided by mixed methods approach. The researcher employed a convergent parallel mixed method design. Convergent parallel design is done when both qualitative and quantitative data is collected concurrently and are equally prioritized. The target population was 6475 teenagers and 33 G/C teachers drawn from secondary schools in Ruiru Sub-County. Stratified sampling was used to select two strata which are public day schools and private schools. From the two strata purposive sampling was used to select eightday public schools and two private boarding schools. A sample of 377 teenagers was derived from 10 purposively sampled schools. Proportionate sampling was applied in distributing the sample to the selected schools. The researcher purposively sampled 10 G/C teachers. A questionnaire and interview schedule was used to collect data. Piloting was done in 2 schools to a certain the reliability. Validity was tested by requesting experts from the department of psychology to assess whether the questionnaire content is relevant. Reliability which was determined by use of Karl Pearson where if the coefficient was above 0.8 then the instrument was considered reliable. Thematic analysis was used to analyze qualitative data. Quantitative data was analyzed using inferential statistics specifically the ANOVA to determine the level of significance at 95% confidence interval which was used to accept or fail to accept the null hypothesis. Frequency distribution tables, percentages, pie and bar charts and inferential statistics were used to present the data. Data analysis was done using SPSS software version 26. The research findings shown that a bigger percentage of teenagers are exposed to online pornography and that active and passive pornography exposure had influence on psychosocial wellbeing of teenagers. In order to help teenagers make sense of their use of internet in healthy ways care givers, schools and other stakeholders can play a crucial role.

Date of Submission: 12-01-2023

Date of Acceptance: 28-01-2023

I. Introduction

1.1 Background to the Study

Teenage years could be a period of enormous curiosity as well as significant perplexity. This is happens because the development of sexuality in teenagers opens them up to a variety of lingering questions, desires, and cravings that they have never experienced before Beyens, I., Vandenbosch, L., & Eggermont, (2015). Numerous changes occur during this vital period, for instance, teens' hormonal levels rise and their bodies experience alterations that mark a shift from childhood to adulthood. Teenagers' interest in gender and sex increases throughout this time. A teen's brain is ready for unconventional and risky behavior at this period, and the adult film industry has harmed this developmental stage through targeting teenagers as possible victims Owens, E. W., Behun, R. J., Manning, J. C., & Reid (2012).

Pornographic content accounts for around 12 percent of the internet, according to (Twohig & Crosby 2010). The growth in sexually explicit material is what renders pornography so easy to cross into the lives of teenagers. The pornographic content can also be made bare inadvertently when teenagers use the internet to look up for other information (Braun-Couville and Rojas 2009). Pornography viewing is becoming more common in Kenya, as it is around the globe, as a result of the emergence and cheap pricing of pornographic content (Communication Commission of Kenya (CCK), (2004). As per the CCK (2013), Kenya's citizens numbered

21.2 million in December 2013, accounting for 52.3 % of the country's population. As a result, an expansion in unrestricted internet could cause a rise in unfettered pornography consumption, particularly among teenager. Whilst research on the incidence of pornography watching and the contributing factors to it have been undertaken in industrialized nations, statistical evidence from undeveloped nations is limited. This is despite its rapid technological development that considerably aid in the accessibility, dissemination, and sale of pornographic content.

1.2 Active pornographic exposure and psychosocial wellbeing

Despite the numerous types of pornography available on the internet, such as regular hardcore material to strange and occasionally illegal stuff, Ogas and Gaddam (2012), discovered that 80 percent of people's sexual interests tend to revolve around 20 different desires. This includes teen (18+), gay, oral, anal, and other sexual orientations. Pornography, according to Paul (2006), is the first location where boys learn about sex and gain a knowledge of their own whims and desires. They start to gain a feel of what's out there, and it serves as a portal to their wants. It is during this stage that the human brain goes through a period of neutral plasticity. During this pliable time, billions of synaptic connections are formed in the brain. This makes youngsters vulnerable to external influences and causes their brains to be wired around the events and knowledge they encounter during this time Bessant, (2008). The media is one part of the environment that has a significant impact on teenagers. Long before children are emotionally, sexually, and cognitively mature, the media delivers a sort of sex education that hyper sexualizes their environment. This portrays sex as casual with no repercussion encouraging sexual activity (Ross 2012).

Artificial substances like illegal drugs, behaviors like exercise, and purposeful biological processes like orgasm can all be employed to reduce the unfriendly impacts of unpleasant emotions. These unpleasant feelings have been proven to predict the use of internet pornography, according to We'ry et al., (2018). Kalisch et al., (2006) established viewing pornography and masturbating can also be used to divert from negative emotions. Despite the fact that distraction is less potent than other tactics, it has been shown to be beneficial in lowering unpleasant feelings. According to Skinner (1938), if this distracting conduct is successful in diminishing the aversive experience, such as negative feeling, it is more likely to be repeated according to operant conditioning. Pornography viewing in Kenya, just like elsewhere in the world is becoming widespread due to its availability and affordability of pornography materials. (Communication Commission of Kenya, 2004). Today, the majority of teenagers are exposed to internet before the age of 18years (Sabina et. al.2008). This new trend is most likely due to teenagers beginning regular use of internet in their preteen years (Freeman-Longo 2000)

1.3 Statement of the Problem

Kenyan's have recently witnessed incidents that have been extremely upsetting. Teenagers have been caught in the act of sexual activity in buses when going home after schools closes. The surroundings in which teens live appear to be too overtly sexual. According to an Australian research on pornographic content usage Katie (2012) states, males who were regular pornography consumers had their initial exposure between the ages of 11 and 13.

Teenagers have easy access to electronics and SEM owing to the availability of the internet and online pornographic content, subjecting them willingly or unwillingly. Most of the researches done is on pornography in relationships. There also exist literature on the pornography use and crime as well as deviant behavior. Not much has been done on pornography exposure to teenagers especially in Kenya. Therefore the main aim of this research is to investigate whether teenagers are exposed to pornographic content and, if so, what influence such exposure has on their psychosocial wellbeing.

1.4 Purpose of the Study

The purpose of the study was to assess the influence of pornography exposure on psychosocial well-being of teenagers in secondary schools in Ruiru Sub-County, Kiambu County, Kenya.

II. Research methodology

Mixed method approach guided the study. This approach comprises of quantitative and qualitative study methods. Questionnaires and interview schedules were used to collect data.. The questionnaire helped the researcher generate quantitative data while interview schedules produced qualitative data. The researcher employed a convergent parallel mixed method design. Convergent parallel design is done when both qualitative and quantitative data is collected concurrently and are equally prioritized (Creswell, 2008). This research was carried out in secondary schools in Kiambu County-Kenya, precisely in Ruiru Sub- County. Stratified sampling was used to divide the population into public day schools and private schools. From the two strata purposive sampling was used to select eight day public schools and two private boarding schools because there are no

boarding public secondary schools in Ruiru Sub-County. The accessible population was 3472 from which proportionate method was employed to select 377 students from the 10 schools.

Collected data was edited, coded, and analyzed. Qualitative data was derived from the interview schedules, then the quantitative data was acquired from the closed – ended questionnaires items. Piloting was done in two schools which are; Juja Secondary Schools and Mugutha secondary schools with a sample size of 45 which form 12% of the sample size because a sample of 10% has been documented as appropriate (Mugenda et al.,2003). SPSS software (version 26) was used in analyzing the data. Qualitative data was categorized into themes, then presented in form on narratives. Quantitative data was analyzed using inferential statistics specifically ANOVA to establish if there was any significant influence of pornography exposure on psychosocial wellbeing of teenagers.

III. Results and Finding

3.1 Influence of Active Pornography Exposure on Psychosocial Wellbeing of Teenagers in Secondary Schools

Descriptive Analysis on the Level of Influence of Active Pornography Exposure on Psychosocial Wellbeing of Teenagers

Table 1: Level of Influence of Active Pornography Exposure on Psychosocial Wellbeing of Teenagers

	Strongly Agree		Agree		Never		Strongly Disagree		Disagree	
	F	%	F	%	F	%	F	%	F	%
I feel that online pornography is a drug to me	106	34.8	54	17.7	58	19.0	54	17.7	33	10.8
I have lost some important relationships because of watching porn site	41	13.6	53	17.6	98	32.6	61	20.3	48	15.9
I watch porn sites in contexts where I should not (e.g. at school, in other people’s homes)	32	10.5	36	11.8	101	33.2	91	29.9	44	14.5
Porn sites make me feel less alone	55	18.1	42	13.8	77	25.3	67	22.0	63	20.7
I have continued watching pornography sites despite some negative consequences	67	22.3	72	23.9	71	23.6	56	18.6	35	11.6
The thought of watching pornography makes me to be sexually aroused.	74	24.4	78	25.7	75	24.8	55	18.2	21	6.9
If I were watching pornography right now I would feel energized.	48	15.8	69	22.8	75	24.8	72	23.8	39	12.9
When I start watching pornography I am not able to stop	73	24.2	53	17.5	61	20.2	75	24.8	40	13.2
My heart starts beating fast when I start watching pornography	68	22.4	61	20.1	67	22.0	70	23.0	38	12.5
I want to watch pornography right now	30	9.9	39	12.8	89	29.3	91	29.9	53	17.4

Source field Data (2022)

The study found that the majority of the students strongly agreed that they feel that online pornography is a drug with a response rate of 106(34.8%), followed by those students who indicated never, who had a response rate of 58(19.0%). There was low count of the students who disagreed that pornography was a drug who had a response rate of 33(10.8%). Most of the teenagers indicated that they had never lost some important relationships because of watching porn sites which was represented by 98(32.6%). Further, 61(20.3%) and 48(15.9%) strongly disagreed and disagreed respectively, while 41(13.6%) and 53(17.6%) strongly agreed and agreed that they had lost some important relationships because of watching porn sites respectively. Most of the students had never watched porn sites in contexts where they should not have been (e.g., at school, in other people’s homes), which were presented by 101(33.2%) respondents. In comparison, 91(29.9%) of the respondents indicated strongly disagree with visiting porn sites in contexts they should not have been (e.g., at school, in other people’s homes), followed by those who disagreed with a response rate of 44(14.5%). A 10.5% and 11.8% respondents agreed strongly and agreed to the parameter respectively. 25.3% of the students indicated that pornography sites never made them feel less alone, followed by 67(22.0%) indicated that they strongly disagreed and 63(20.7%) disagree that porn sites made them feel less alone. 18.1% and 13.8% indicated that they felt less alone with a response of strongly agree and agree, respectively.

Most of the students indicated that they have continued to watch pornography despite some negative consequences which was represented by a response rate of 72(23.9%), followed by those who indicated never, who were denoted by a response rate of 71(23.6%). 67(22.3%) strongly agreed to have continued to watch despite the negative consequences. Few respondents who didn't continue to watch pornography were indicated by 56(18.6%) and 35(11.6%) respondents indicating strongly disagree and disagree. A high number of students indicated that the thought of watching pornography makes them sexually aroused, which was represented by a response rate of 78(25.7%) while 74(24.4%) respondents represented those who strongly agreed. Those who indicated never, strongly disagree and disagree were 75(24.8%), 55(18.2%), and 21(6.9%) respectively. In terms of feeling energized after watching pornography, the study found out that most of the students responded never, which was represented by a response rate of 75(24.8%), followed by those who indicated strongly disagree and agree, who were represented by 23.8% and 22.8% respondents respectively.

The study established that majority of the teenagers strongly disagreed that when they start watching pornography they were not able to stop, with a response rate of 75(24.8%), followed by those who strongly agreed, who had a response rate of 73(24.2%) while a low response rate of 40(13.2%) was noted among students who indicated disagree. Most students disagreed that their hearts started beating fast when watching pornography. This was represented by 70(23.0%) respondents, followed by those who strongly agreed with a response rate of 68(22.4%). Most of the students indicated that they didn't want to watch pornography, which was represented by a response of 91(29.9%). In comparison, to those who responded with strongly agree and agree to the parameter "I want to watch pornography right now" who were 30(9.9%) and 39(12.8%) respondents respectively.

According to Reid et al., (2012), the most evident reason teenagers watch pornography is to produce sexual arousal and excitement, which almost invariably involves masturbation, with 83% of male teenagers and 55% of female teenagers reporting masturbation while watching pornography. The outcome of successful masturbating is orgasm Boies (2002). The regions of the brain responsible for processing emotions shrink during orgasm. Males and females both undergo a brief trance-like state; the famous French term "la petite mort" (the tiny death) still applies Georgiadis and colleagues (2006). The release of pleasant chemicals like norepinephrine, dopamine, and serotonin follows. Because these chemicals are linked to the brain's reward circuits, orgasm was wanted and this is likely to make the teenager to continue watching pornography. The situation was not any different in this study as the students who felt sexually aroused were represented by a response rate of 78(25.7%).

Most of the students indicated that they continued to watch pornography despite some negative consequences, who were represented by a response rate of 72(23.9%) of those who agreed, and 67(22.3%) strongly agreed.

The study findings are in agreement with what We'ry et al., (2018) who observed that these unpleasant feelings have been proven to predict the use of internet pornography. On the contrary Kalisch et al., (2006) established viewing pornography and masturbating can also be used to divert from negative emotions. Despite the fact that distraction is less potent than other tactics, it has been shown to be beneficial in lowering unpleasant feelings. According to Skinner (1938), if this distracting conduct is successful in diminishing the aversive experience, such as negative feeling, it is more likely to be repeated according to operant conditioning.

Inferential Statistics on the Level of Influence of Active Pornography Exposure on Psychosocial Wellbeing of Teenagers

Hypothesis testing was done Using a multiple linear regression and the results were presented in 3 tables which composed of ANOVA summary, regression summary model and bivariate model summary on table 2, 3 and 4 respectively.

Table 2: ANOVA Summary on the Level of Influence of Active Pornography Exposure on Psychosocial Wellbeing of Teenagers in Secondary Schools

ANOVA ^a							
Model		Sum of Squares	Df	Mean Square	F	Sig.	
1	Regression	7.586	10	.759	.597	.000 ^b	
	Residual	359.504	283	1.270			
	Total	367.090	293				

Source field Data (2022)

Analysis of variance was determined and presented on table 2 and the researcher concluded that there existed a statistical relationship between independent and dependent variables since $F(10,283) = 0.597$, $p < 0.005$ hence the researcher established that there existed a statistically significant relationship between active pornography exposure and psychosocial wellbeing of teenagers in secondary schools in Ruiru Sub-County, Kiambu County. From the findings the researcher rejected the null hypothesis. The significance value was 0.000 this indicated the goodness in model fitting at 95% that the researcher was confident that for any teenager exposed there was a significance level of influence of active pornography exposure on psychosocial wellbeing. This is consistent with other findings that shows teenagers exposed to pornographic material are at risk of a broader range of maladaptive behavior and psychopathology (American college of pediatricians)

Table 3: Regression Summary on the Level of Influence of Active Pornography Exposure on Psychosocial Wellbeing of Teenagers

Model	Unstandardized Coefficients			t	Sig.
	B	Std. Error			
1	(Constant)	3.159	.264	11.963	.000
	I feel that online pornography is a drug to me	-.039	.054	-.718	.474
	I have lost some important relationships because of watching porn site	.009	.064	.143	.887
	I watch porn sites in contexts where I should not (e.g. at school, in other people's homes)	-.015	.067	-.225	.822
	Porn sites make me feel less alone	.053	.057	.926	.355
	I have continued watching pornography sites despite some negative consequences	-.029	.058	-.502	.616
	The thought of watching pornography makes me to be sexually aroused.	.079	.066	1.190	.235
	If I were watching pornography right now I would feel energized.	-.072	.061	-1.178	.240
	When I start watching pornography I am not able to stop	.063	.056	1.123	.262
	My heart starts beating fast when I start watching pornography	-.062	.056	-1.103	.271
	I want to watch pornography right now	-.018	.018	-.983	.327

Source field Data (2022)

A multiple linear regression was fitted and the results were tabulated according to table 9 above. From the table 4 the researcher concluded that there exists a statistical relationship between active pornography exposure on psychosocial wellbeing of teenagers in secondary schools since the significance value was 0.000 and is less than 0.05. The study found out that the parameter "*The thought of watching pornography makes me to be sexually aroused*" had the highest correlation of 0.079 followed by "*When I start watching pornography I am not able to stop*" with a correlation of 0.063, while the parameter "*If I were watching pornography right now I would feel energized*" had the least correlation of -0.072. This shows that the factors with highest correlation need to be checked since they are the major factors that shows active pornography exposure has negative influence on psychosocial wellbeing of teenagers in secondary schools. The following linear regression was formulated on the prevalence of each factor used to determine the level of influence of active pornography exposure on psychosocial wellbeing of teenagers in secondary schools.

$$y = \beta_0 + \beta_1x_1 + \beta_2x_2 + \beta_3x_3 + \beta_4x_4 + \beta_5x_5 + \beta_6x_6 + \beta_7x_7 + \beta_8x_8 + \beta_9x_9 + \beta_{10}x_{10} + \epsilon$$

$$y = 3.159 - .039x_1 + .009x_2 - .015x_3 + .053x_4 - 0.029x_5 + .079x_6 - .072x_7 + .063x_8 - .062x_9 - .018x_{10} + \epsilon$$

- Where x_1 = I feel that online pornography is a drug to me
- X_2 = I have lost some important relationships because of watching porn site
- X_3 = I watch porn sites in contexts where I should not (e.g. at school, in other people's homes)
- X_4 = Porn sites make me feel less alone
- X_5 = I have continued watching pornography sites despite some negative consequences
- X_6 = The thought of watching pornography makes me to be sexually aroused.
- X_7 = If I were watching pornography right now I would feel energized.
- X_8 = When I start watching pornography I am not able to stop
- X_9 = My heart starts beating fast when I start watching pornography
- X_{10} = I want to watch pornography right now

Multiple linear regression is used to determine and predict the value of a (dependent variable) based on the value of two or more other variables (independent variables). From the equation the study predicts the influence of active pornography exposure on psychosocial wellbeing of teenagers on the parameters used. This helps the research and any other individual who may want to use the same model to predict the active exposure of the teenager on psychosocial wellbeing where beta value explains the relative contribution of each of the predictors to the total variance explained. The study found out that *“I feel that online pornography is a drug to me”* had the least correlation of -0.039 hence lower variation of the active pornography exposure on psychosocial wellbeing of the teenagers, while *“The thought of watching pornography makes me to be sexually aroused”* had the highest correlation of 0.079 hence high variation of active pornography exposure on psychosocial wellbeing.

Bivariate analysis on the Active Pornography Exposure on Psychosocial Wellbeing of Teenagers on self-esteem, Body Image and interpersonal relationship.

Spearman’s rho was performed on the active exposure on the psychosocial wellbeing of teenagers on self - esteem, interpersonal relationship and body image among the teenagers who were found to engage on pornography watching and the results obtained were tabulated on table 4 below.

Table 4: Bivariate analysis on the Active Pornography Exposure on Psychosocial Wellbeing of Teenagers on self-esteem, Body Image and interpersonal relationship.

		Correlations				
		Self Esteem	Inter personal	Body Image	Active	
Spearman's rho	Self Esteem	Correlation Coefficient	1.000			
		Sig. (2-tailed)	.			
		N	170			
	Inter personal	Correlation Coefficient	.503**	1.000		
		Sig. (2-tailed)	.000	.		
		N	170	170		
	Body Image	Correlation Coefficient	.248**	.178*	1.000	
		Sig. (2-tailed)	.001	.020	.	
		N	170	170	170	
	Active	Correlation Coefficient	.042	.126	.078	1.000
		Sig. (2-tailed)	.582	.101	.315	.
		N	170	170	170	170

** . Correlation is significant at the 0.01 level (2-tailed).

* . Correlation is significant at the 0.05 level (2-tailed).

Source field Data (2022)

The study indicated that all the teenagers who were found to engage in pornography watching had a positive correlation. A positive correlation of 0.126 was found to exist between active pornography exposure and interpersonal relationship, followed by the correlation of body image which was found to be 0.078 and finally the correlation between active pornography exposure and self-esteem which was indicated by a correlation of 0.042. This means that the teenagers who experienced active pornography exposure had a 12.6% higher chances of having low interpersonal relationship compared to those who didn’t engage, while 7.8% had higher chance of being uncomfortable with their body image compared to those who didn’t and finally a 4.2% higher chance was established of teenagers having low self –esteem compared to teenagers who didn’t engage in active pornography exposure.

The study concluded that self- esteem, interpersonal relationship and body image of teenagers who were found to be exposed to pornography was negatively affected. This study sheds light on the need for intervention measures to be put in place to mitigate against negative influence of active pornography watching.

Thematic Analysis on the Level of Influence of Active Pornography Exposure on Psychosocial Wellbeing of Teenagers

The G/C teachers had different sentiments on the various aspects of pornography consumption among the teenagers. The following were some of the major factors highlighted by the G/C teachers on active pornography exposure;

“Online tools, platforms, and practices used online in general, and particularly how teenagers engage with the online world had exposed them to unwanted and sometimes harmful content. A crucial aspect of children and teenager's daily lives and relationships is online and connected without knowing some of the major draw backs that might be contributed by this platforms.”

Interpersonal relationships of teenagers involved in pornography viewing was negatively affected. Most of them had challenges working in groups in their classes. Their self esteem and body image was relatively low compared to teenagers who were not exposed

Availability of internet had made pornography content easily accessible

They also observed that knowledge of being online and connected while avoiding some of the significant drawbacks that these platforms would cause was essential.

Adolescent curiosity about sexuality is a normal and healthy aspect of human development. It's critical for parents and other adults to be able to start discussions with teenagers about their online activities. In order to be aware of the current online risks and opportunities that teenagers may encounter, parents and other adults who are responsible for them are urged to educate themselves about the internet and social media. If parents and other adults are aware of the risks associated with the internet and actively participate in the teenager's digital life, they are more likely to be of help to them.

IV. Summary, Conclusion and Recommendation

Summary of the Level of Influence of Active Pornography Exposure on Psychosocial Wellbeing of Teenagers

According to table 10 Analysis of variance was determined and the study concluded that there existed a statistical relationship in the level of influence of active pornography exposure and psychosocial wellbeing of teenagers. This means that teenager's self-esteem, self-image and interpersonal relationship is affected when they are exposed to active pornographic content. This is consistent with other findings that shows teenagers exposed to pornographic material are at risk of a broader range of maladaptive behavior and psychopathology (American college of pediatricians).

This necessitates advocacy for safety and wellbeing of the teenagers, which can be done through the campaigns for wellbeing of teenagers through public policy and open discussion where the teenagers discuss their problems either in class or in their life skills lessons. This will reduce the power of addiction since the teenager will learn about the negative influence that pornography has. It will further help the teenagers to talk freely without any hindrance hence helping in treating the silent epidemic. Pornography, according to Paul (2006), is the first location where boys learn about sex and gain a knowledge of their own whims and desires. It is during this stage that the human brain goes through a period of neural plasticity according to this study a high number of students indicated that the thought of watching pornography makes them sexually aroused, which was represented by a response rate of 78(25.7%) while 74(24.4%) respondents represented those who strongly agreed. Sexual arousal is the greatest driver for teenagers to watch pornography. It is at teenage when they start to gain a feel of what's out there, and it serves as a portal to their wants.

V. Conclusion

The statistics and discussions presented in this research denotes that pornography exposure has psychosocial effects on teenagers Due to the increased use of the internet, this study showed that teenagers are consistently exposed to pornography, with online exposure posing the biggest danger. The research findings established that a majority of the teenagers were exposed to online pornography at their teen years, with some getting exposed as early as eleven years and below. Though a majority of them believed pornography is a drug they continued to watch. The findings also showed there was significance level of influence of active and passive pornography exposure on psychosocial wellbeing of teenagers

At active levels of exposure, pornography has been associated with externalizing problem scales, in particular rule-breaking and violent conduct. Pornography thrives within a larger social environment where sexism, sexual objectification, gender stereotypes, and attitudes that condone violence are also present. The best way for parents, guardians, and instructors to deal with children being exposed to pornography is to promote open dialogue, discussion, and critical thinking among teenagers while also being knowledgeable about the internet and social media.

The demographic characteristics reveal that both male and female teenagers are exposed although males had a higher percentage. The findings further indicated most teenagers were exposed in form three with an average age of sixteen years

VI. Recommendation

Considering that there was a percentage of teenagers exposed at an early age possibly through their parents and relatives gargets. There is need for psychoeducation on the possible harm that this exposure can cause.

Parents and care givers need to be educated about this serious threat to their teenager's wellbeing, and get equipped with the skills needed to have courageous conversations with their teenagers.

Parents may want to look into monitoring software programs like Spector Soft because teens are frequently more tech-savvy than their parents and can work around filtering software. These programs actually take screen

shots of the websites accessed, allowing parents to see what their teenagers are actually viewing rather than just the URL addresses.

Given the high rate of exposure, and the fact that much of it is unwanted, more research is necessary to determine the potential effects of internet pornography on teenagers.

It is highly recommendable towards the essential that mental health professionals play a significant role in advocating for the safety and wellbeing of young people given the scope of this social issue. Practitioners who engage with teenagers must support appropriate public policies and open discussion of the issue as new information emerges.

While deliberately exposing teenagers to pornography in order to study its effects may be unethical, it may still be possible to conduct additional longitudinal studies of the outcomes of teenagers who were known to have access to pornography or carry out more in-depth qualitative case-study research.

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