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THE ETHICAL IMPLICATION OF PORNOGRAPHY ON THE NIGERIAN SOCIETY: ITS EFFECTS ON RELATIONSHIPS, CULTURE, AND INDIVIDUALS

BAHAGO, Abraham Jhein
Department of Religion and Cultural Studies
Plateau State University, Bokkos
abrahamb@plasu.edu.com.ng
08132250984

Abstract
The Internet age, including cyberspace and cellular technology, has allowed the existence of pornography to proliferate in an unimaginable proportion, taking deep root in society and establishing a thoroughly mainstreamed presence. Mason in a research found out that many studies document the growing tolerance of this media genre showing trends of widening acceptability of as high as 70% among users. Various studies earlier reported between 10% and 17% of participants admitting a problem with compulsive online sexual behavior. Currently, between 20-33% of all Internet traffic is a search for sexually explicit sites. Such pornographic sites like; nollyporn, xvideos, xnxx, pornhub, xhamster, etc are commonly referred to in modern abbreviation "porn". Even though the Nigerian public is verbally intolerant of pornography due to its religious believes and cultural practices, because of the punctuation of porn in nearly every facets of society which has grown to be a significant part of people's lives, which more Nigerians log on to porn sites each day than they do to commercial sites like Jumia, Amazon, Netflix, and Google combined.

Key Words: Ethical, Pornography, Culture, and Society

Introduction

The first entries of pornography recorded in dictionaries related to the hygiene of prostitutes. Around the same time that scientists were discovering Pompeii and its delightful art, the definition of pornography changed, expanding to concern "obscene" art. Prior to this, there was no word for pornography because one had not been necessary to describe things based upon their sexual context. In the ancient world, control was a personal responsibility; while in the modern world regulation from authority constantly seeks to keep control rather than placing responsibility on the individual. The Victorians believed that sex caused disturbance in those who looked upon it, so they removed all sexual items from public view and created a slew of laws concerning the nature of obscenity. The problem associated with pornography in a pluralistic country like Nigeria is a great concern that it is believed to be the most religious country in the world. The existence of pornography from ancient Greece to the present have indeed affected many negatively to a large extent that is why in Nigeria, there is a dearth of information on how youths have been exposed to pornography on social media and the effects of this on their sexual behaviors. The media has contributed to the promotion of pornography in the society. The method used in addressing this problem by government (that is if there is any) is not sufficient enough in tackling the menace caused by this cankerworm

of the society. If really laws are made in curtailing explicit videos from circulating in Nigeria, then these laws are ineffective in dealing with the menace facing the country in attacking the youths who are the leaders of tomorrow. The building of a leader starts not in a day but a gradual process. The target of pornography is mainly on the youths who are agile and strong in doing what they want to do. Many youths have fallen victim of pornography and are still packaging their remaining pieces to get back to life again, because the negative effects of pornography is greater than the positive.

The Nature of Pornography

With the rising number of population in Nigeria, youths constitute a large proportion of internet users and the activity of their internet use ranging from examination related matters such as processing of examination forms, chatting with friends, initiating and maintaining romantic relationships, doing business, doing research, cybercrime, online sexual activities, shopping, etc. This has significant impact on the youth‘s sexual practice. On the consequent side, it portends graver implication for youth‘s social and healthy life. Exposure of youths to pornographic material has led to an increase in teenage pregnancy and school dropout, which Research attests that when one looks at pornographic pictures, there is a chemical reaction in the brain; a neurotransmitter (dopamine) is released in the brain. With the help of this hormone, pornographic materials are burned in the brain, making it difficult for the person to erase sex images seen from his brain. The hormone provokes euphoria - a feeling of exaggerated wellbeing. Pornography is a term created by Victorian science following the unearthing of Pompeii with the purpose of sexual arousal, which may be presented in variety of media, books, magazines, postcard, photographs, sculpture, drawing, painting, animation, sound recording, phone calls, writing, film, video, and video games. The term applies to the art rather than the act itself, and does not include live exhibitions like sex shows and striptease.

The concept of sexual art is not a new one, and art that displays bodies in various forms of coitus has existed for perhaps as long as humans have been able to wield the tools to depict them. Their meaning has changed so drastically over time that it is hard to interpret at the erotic art of the past without having one's opinions coloured by the way sex is perceived today. Some representations are considered art, while some are closer to what we call "pornography." If the human sexual interest were limited to the procreation or the simple physical release that marks the animals naturalistic sexual world, pornography and the pornographic world would not exist at all (Myers). Humans have long been fascinated by sexual art partially because we do not have sex purely for procreation and gain intense enjoyment from sexual acts. The idea of pornography has not always existed, which may seem counterintuitive to what was said above about the long history of erotic representations in art.

"Obscenity" is a modern term that is difficult to define because it depends upon the opinions of the person defining it. The word is generally used to describe basically anything that violates the accepted social norms of decency: that which is considered sexually disturbing, taboo, disgusting, abhorrent, or indecent. Many aspects of obscenity are difficult to define, because every individual finds different things obscene, and defining obscenity depends on the sexual morality of the time. The Victorians found erotic art in Pompeii that was, almost without exception, "obscene" by their standards. There were depictions of sexual acts in almost every home and bathhouse, as well as many public spaces (Benneth). Some scenes portrayed mythological figures engaged in sexual acts, such as the many depictions of Pan

were of intermingled with mythology and showed deities in the act, as with the many depictions of Pan, while a large number of other depictions concentrated on bestiality.

From the psychological point of view, exposure to pornographic sexual content by the youths can be a significant factor in early sexual activities, teenage pregnancy (unwanted pregnancy), significantly increased sexual intercourse with non-romantic friends, self-esteem, and masturbation among others. Also, adolescents viewing pornography are prone to truancy, school dropout, low academic performance, deviant attitude to teachers and other school authority. It is paramount to know that youth pornographic viewing does not only affect the youths but the society at large (Sholarin & Emerenwa 15). Among the effect on the Nigerian society are increase in dependent population ratio, insecurity, overpopulation and increase in unemployment among others.

The addiction of pornography in our society today is not only concern with the youths that are involved but also among the teenagers. Most problems today encountered in our secondary schools are likely to the effect of sexual addiction that students have engaged themselves in. It is in the light of this that Dollete, made a research and found out that internet addiction could act as a negative factor that could increase pornographic viewings among students. They found out that internet addiction provides motivational influence on students' pornography. This study has found that internet addiction and its structures moderate the effects of pornography among students in their academic life (104-117). In a cross-sectional study, Nwadinigwe found in his research work that student preferred internet addiction and are highly prone to pornographic viewing in the school environment. Adolescents demonstrate internet addiction in higher rates of pornographic viewing and negative outcomes, this which often results into lower achievement scores, and higher dropout rate in the school and society at large. For high-internet addiction, online thinking is encouraged, but students who are fixated with internet are prone to pornography among secondary school adolescents (105-118).

Culture and Pornography in the Nigerian Society

Culture is a distinct form of collective societal expression. Hebdige interpreted the construct of "culture" as the result of blending semiotic or meaning-making themes in such areas as "language, experience and reality" (10). The fusion of these themes then could provide a more thorough window into how life and society intersect and unravel, or present, as he described "society's total way of life" (10). Nigerians are known for their rich cultural values, but today the case has likely changed due to the infiltration of pornography into the long cultural belief of the people, and so preservation of cultural values is very vital because of its capacity to promote the past ways of life that are useful to contemporary societies.

Arguably, the past is essentially the key to the present and platform into the future. Culture is created through symbolic representations of life and behavior. How these symbols interconnect to include and encompass all corners of life experience is what creates the benchmarks of culture. Profoundly powerful are the aesthetics of culture, being manifestations of these signs and symbols which forces a natural hierarchy of most aesthetic and most valued to least, leading to a subjective but natural conclusion of what is environmentally presented and praised. Williams argued that concepts of hegemonic rule and authoritative power need to be included in cultural analysis because they take what is
currently praised and create a new "worldview" (108-109). This force an examination of the

totality of social process, which would need to include the industry of porn, as it relates to specific distributions of power and influence. Modern technology exacerbates these dynamics of power, as technology, communication and commerce are inseparable from social influence. Technology through the view of porn has socially shapes culture and that technology becomes the stage where culture can take place. It is that power fueled by consumerism that creates the strength of pornography to inform society.

Prior to becoming part of the cultural mainstream, newer manifestations of identity creation often find their first expression among adolescents trying to step away from the trappings of parental authority and values. Initial threads of contrary expression are often seen in youth-oriented media that promote a rejection or departure from traditional heritage, religious or societal norms (Buckingham 13). Youth culture often clings to themes of rebellion, rejection of parental authority. unclear parameters, a peer-encouraged lack of responsibility and a shifting away from the markings of absolute values such as those determined by religion and heritage. Especially for teenagers who did not enjoy a secure attachment base during childhood, attachment expectations become wobbly as youths continue the psychosocial search for identity and self (Karen 19). Physical individuation from parents is highly praised as teens shift away from the dominant authority of family to form a new hierarchy of peer attachment with other teens, who might also be experiencing the same stress of identity formation.

Nigeria has a projected estimate of 67,101,452 user of the internet as of July 01, 2014, with 37.59% penetration of the 178.516.904 estimated populations (www.InternetliveStats.com) which the youths in Jos are also part of this great percentage. Here, Internet User is an individual, of any age, who can access the Internet at home, via any device type (computer or mobile) and connection. With a population of 167 million (estimated at 178,516,904 by 2014) and 67,319,186 million Internet users as at December 2013, Nigeria is the biggest Internet market in Africa. Of the 115 million mobile telephone subscribers in the country, 35 million use their handheld devices to access Internet data services (Business Day, 2013). Between 2000 and 2012, Internet penetration grew from a paltry 0.06 percent to 34 percent, and there are indications that this trend will continue well into 2020. Nigeria will remain the largest Internet market on the continent because it has a large youth population (one-third of the population is between the 10-24 years age bracket) and a growing middle class estimated at 23 percent (approximately. 39 million) of the population. Researchers have investigated the relationship between young adults' involvement in online sexual activities such as chats, quest for romantic and sexual relationships and the development of their sexuality. Researchers have argued that the general social context of Internet use and the place of access in particular, have implications on how the Internet is used (Murdock and Golding, 20). Although a study found that the majority of Internet users in Nigeria access the Internet from cafés, away from the prying eyes of adults, the reality in Nigeria, today, is in sharp variance. With availability of Internet on mobile devices, uses of cybercafés have become secondary (Kunnuji 3).
Internet sexuality does not depend solely on proficiency in the use of the Internet or intent to access sex related information. A study shows that 25 percent of adolescent Internet users had

been exposed to web-based pornography, even when they were not planning to do so and 20 percent had received sexual solicitation online. Also, documents transfer online are initiated romantic encounters to real life instances, identifying the use of instant messaging, time spent online and positive social self-concept as predictors (Barbovschi 410-14). Wolak et al. shows through a study of young person's within the age bracket of 10 to 17 years that youths

involvement in online sexual activities often leads to real life sex crimes in which the young people are abused. Findings of the research indicate that most Internet-initiated sex crimes involve adult men who meet adolescents online and seduce them into sexual encounters (111-28).

Sexual behaviour among youths has been studied in varied situations. Ojo and Fasubaa (2) opine that adolescents' sexual behaviour in Nigeria and sub-Saharan Africa is seriously going through transformation from what it used to be in the past. They attributed this to the effect of modernization caused by education, exposure and enculturation through importation of various foreign cultures, which were alien to the people, particularly Nigerian culture, which before now, the major deterrents against these vices were previously cultural orientation and religious beliefs. Unfortunately, the Internet, more than any other agent of social change has contributed in no small measure to the removal of guilt, fear and shame associated with unconventional sexual activities. This is facilitated by the anonymity which the Internet medium provides (Okafor et al. 103).

The impact pornography is having on young people is alarming. It used to be that when you would ask someone when they first saw pornography they would tell you a story about seeing a porn magazine at a friend's house when they were in middle school or high school. Now a child in primary school has already seen images that were only available in an adult bookstore a few years ago. At one time these images were inaccessible to youth; now they are merely a mouse click away. The average age of first exposure to Internet pornography is 11 years old. And the largest consumer of Internet pornography is the 12-17 age groups, which has increased a strong appetite among young adults in Jos to explore sex activities. They go out of their way to negotiate sex. Children involved in hawking wares to assist in making ends meet at home sometimes fall victim to the lure of older children or young adults who expose them to Internet pornography in the quest to awaken their sexual responses on the Internet. Emeozor raised an alarm on the possible relationship between access to pornographic contents on the Internet and risky sexual tendencies that can lead to the spread of HIV/AIDS and other sexually transmitted infections (27). Adebayo et al examined the relative contributions of gender and Internet use, as well as their interactive influence on young adults' sexual behaviours in Nigeria .They established a correlation between the use of the Internet by males and risky sexual behavior (742-52).

Effects of Pornography in the Nigerian Society

Hundreds of thousands of experimenters around the world are quitting internet pornography in the hope of resolving their symptoms. These "researchers" are members (or lurkers) in online recovery forums, typically founded by non-religious young men, which Research has shown that when one views pornography, there is a chemical reaction in the brain; a neurotransmitter (dopamine) is released in the brain. With the help of this hormone, pornography images are burned in the brain, making it difficult for the person to erase such images from his or her brain. The hormone "provokes euphoria- a feeling of exaggerated

well-being and when combined with sexual arousal and orgasm it becomes the 'perfect recipe' for an addiction". (The Truth Magazine. 9).

Pornography consumption has more than just psychological and familial ramifications. There are numerous clinical consequences to pornography use, including increased risk for significant

physical and mental health problems and a greater likelihood of committing a sex-based crime which in turn affects the individual, relationships and society at large. Here are some of the effects of pornography on an individual and society:

1. Academic Effects

Pornography greatly affects the performance of a student, whereby the attention needed for him/her to put in academics is been given to pornography and that will definitely if not taken care of affect the future of that individual. The student gradually loses concentration on his or her academics, because of the amount of time been spent on watching porn. It is in this light that Young observed that in media literature, concerns have been expressed about the academic performance of young people who spend a lot of time with certain media. Media use, especially in large amounts, has been suggested to decrease the time that needs to be spent with school work or the time that could be spent with cognitively stimulating activities; media use is thus expected to elicit a time displacement that leads to lower academic achievement, which indeed the time devoted to pornography consumption takes time away that could have been spent with cognitively important activities (21-37).

Literature on brain development confirms that sexual stimuli trigger sexual arousal and subsequently also short-term needs of (sexual) gratification, thus discouraging engagement in activities with long-term goals, such as studying. The arousal that comes from using pornographic Internet content may impede academically oriented activities and may consequently impair academic performance.

2. Social Effects

One thing that pornography does silently is destroying the sincere love that one has since it affects normal relationship as well as undermines the value of sex. Essentially, the goal of pornography is to arouse sex for the sake of sex and not for the sake of love and procreation. For this reason, it reduces sex to its basest level where sex is sought primarily for immediate gratification; as in the case of lower animals. It makes it more difficult for people who indulge in it to be in a mutually respectful relationship with others without lusting after the opposite sex or sexually harassing the opposite sex. A person who consumes pornography finds it difficult to differentiate between genuine love and sexual arosement. Pornography attacks a man's call to love and protect women and to sacrifice for them. It undermines a woman's capacity to love and cherish another human being as a gift and to receive them as a gift. Research shows that majority of those who watch pornography often act out what they watch. Thus, pornography often lead to rape, incest, sexual harassment and marital infidelity which affects one's relationship with people around and society in general. Patrick F. Fagan, a Senior Fellow and Director of the Center for Marriage and Religion Research, Family Research Council, Washington, D.C. believes that pornography as a visual misrepresentation of sexuality, distorts an individual's concept of sexual relations by objectifying them, which, in turn, alters both sexual attitudes and behavior. It is a major threat to marriage, to family, to

children, and to individual happiness (42). Social scientists, clinical psychologists, and biologists have begun to clarify some of the social and psychological effects of pornography, and neurologists are beginning to delineate the biological mechanisms through which pornography produces its powerful effects on people. Pornography's power to undermine individual and social functioning is powerful and deep. Patrick didn't stop there, but he gave four effects that pornography has on the social life of an individual;

i. **Effect on the Mind:** Pornography significantly distorts attitudes and perceptions about the nature of sexual intercourse. Men who habitually look at pornography have a higher tolerance for abnormal sexual behaviors, sexual aggression, promiscuity, and even rape. In addition, men begin to view women and even children as "sex objects," commodities or instruments for their pleasure, not as persons with their own inherent dignity.
ii. **Effect on the Body:** Pornography is very addictive. The addictive aspect of pornography has a biological substrate, with dopamine hormone release acting as one of the mechanisms for forming the transmission pathway to pleasure centers of the brain. Also, the increased sexual permissiveness engendered by pornography increases the risk of contracting a sexually transmitted disease or of being an unwitting parent in an out- of-wedlock pregnancy.
iii. **Effect on the Heart:** Pornography affects people's emotional lives. Married men who are involved in pornography feel less satisfied with their marital sexual relations and less emotionally attached to their wives. Women married to men with a pornography addiction report feelings of betrayal, mistrust, and anger. Pornographic use may lead to infidelity and even divorce. Adolescents who view pornography feel shame, diminished self-confidence, and sexual uncertainty (1-2).

Pornography further misshapes this already dysfunctional sexuality, and the consumption of pornography can become a destructive addiction as well. This sexual malformation not only affects the consumer of pornography, but also weakens those close to him or her. Habitual consumption of pornography can break down the relational substrates of human life and interaction-family, friends and society. As such, reinforcing these relationships is the surest guard against such destructive sexual tendencies.

Healthy relationships yield additional positive sexual outcomes. Some research indicates that young married couples have the most frequent, and conservative protestant women have the most enjoyable, sexual relations. The supreme and tragic irony is that, while the desire for the highest levels of sexual fulfillment are likely the motive for many adolescents' first peek into pornography, the attainment of that universal longing is most likely to be had through monogamy and regular participation in religious worship.

3. Aggression and Abuse

Intense use of pornography is strongly related to sexual aggression, and among frequent viewers of pornography, there is a marked increase in sexual callousness. A significant portion of pornography is violent in content. A study of different pornographic media found violence in almost a quarter of magazine scenes, in more than a quarter of video scenes, and in almost half (over 42 percent) of online pornography. A second study found that almost half the violent Internet scenes included nonconsensual sex (Barron & Kimmel 163-65). The data suggest "a modest connection between exposure to pornography and subsequent behavioral

aggression" (Manning 136). Though when men consume violent pornography (i.e. depicting rape or torture) they are more likely to commit acts of sexual aggression. Dangerously pornography strongly affects psychotic men, who are more likely to act out their impulses. Consumption of nonviolent pornography also increases men's self-acknowledged willingness to force compliance with their particular sexual desires on reluctant partners. And though there are conflicting data on the relative effects of violent versus non-violent pornography, there is little doubt that the consumption of pornography leads to a significant increase in "rape myth acceptance," which involves a reduction of sympathy with rape victims and a trivialization of rape as a criminal offense a diminished concern about child sexual abuse, short of the rape of children, 100 and an increased preparedness to resort to rape (Zillman 439).

One study at a rape crisis center interviewed 100 sexually abused women to determine if pornography played a role in any past incidences of sexual abuse. While 58 percent could not say, 28 percent stated that their abuser had in fact used pornography. Of this 28 percent (women who were aware that their abuser used pornography), 40 percent (or 11 percent of the total group) reported that pornography actually played a role in the abusive incident they experienced. In some cases the abuser had watched pornography before abusing the woman, in one case he used pornography while committing the abuse, and in yet some other cases he forced his victim to participate in the making of a pornographic film (Patrick 17).

4. Sexual Addiction

Pornography and "cybersex" are highly addictive and can lead to sexually compulsive percent behaviors (that decrease a person's capacity to perform other major tasks in life). Over 90 of therapists surveyed in one study believed that a person could become addicted to "cybersex." In an American survey, 57 percent of frequent viewers used online sexual activity to deal with stress (Cooper et al. 225). A 2006 Swedish study of regular Internet pornography users found that about six percent were compulsive users and that these compulsives also used much more non-Internet pornography as well. Addictive pornography use leads to lower self-esteem and a weakened ability to carry out a meaningful social and work life. A survey of pornography addicts found that they disliked the "out of control" feeling and the time consumption that their pornography use engendered. All of the sexual compulsives reported they had felt distressed and experienced impairment in an important aspect of their lives as a result of their addiction. Almost half of the sexual compulsives said their behavior had significant negative results in their social lives, and a quarter reported negative effects on their job. In another survey, sexual compulsives and sexual addicts were 23 times more likely than those without a problem to state that discovering online sexual material was the worst thing that had ever happened in their life. No wonder then that severe clinical depression was reported twice as frequently among Internet pornography users compared to non-users (Ybara & Mitchell, 479).

5. Sexually Transmitted Diseases and Out-Of-Wedlock Pregnancies

Since pornography encourages sexually permissive attitudes and behavior, users of pornography have a higher likelihood of contracting a sexually transmitted disease or fathering an out-of-wedlock pregnancy. Pornography's frequent depiction of intercourse without condoms (87 percent of the time) is an invitation for the promiscuous to contract a exually transmitted disease to have a child out of wedlock and to have multiple sex partners. Pornography also promotes sexual compulsiveness, which doubles the likelihood of being infected with a sexually transmitted disease (Deneback et al. 59-60).

6. Sex Offenders

Pornography viewing and sexual offenses are inextricably linked. One study of convicted Internet sexual offenders reported that they spent more than eleven hours per week viewing pornographic images of children on the Internet. Laulik et al, carried out a study in comparing two groups of offenders: those convicted of Internet collection and distribution of child pornography images, and those who commit real life child sex abuse. The results showed that a majority of those who were convicted of only Internet-based offenses also had committed real life sexual abuse of children. Moreover the study also found that real life offenders had committed an average of over thirteen different child sex abuse offenses, irrespective of whether they had formally been convicted of any real life incident (527) A study of sex offenders and non-offenders revealed significant differences in adolescent pornography use as well as current use. Significant proportions of different types of rapists and molesters had used hard-core pornography (depictions of non- consensual acts) during their adolescence: 33 percent of heterosexual child molesters, 39 percent of homosexual child molesters, and 33 percent of rapists. The current use of hard core pornography was even greater for these groups: 67 percent of heterosexual child molesters, 67 percent of homosexual child molesters, and 83 percent of rapists, contrasted with 29 percent of non-offending pornography viewers. About a third of the sex offenders reported using pornography as a deliberate stimulus to commit their sexual offenses (Marshal 279).

Another study by Patrick examined the beliefs of three groups: real life, "contact-only" child sex offenders, Internet-only child sex offenders, and mixed offenders (contact and Internet). While all groups were more likely to minimize the gravity of their offense, the Internet-only group was more likely than the contact-only group to think that children could make their own decisions on sexual involvement and to believe that some children wanted, even eagerly wanted, sexual activity with an adult (18).

7. Marital Effects

Pornography causes marital dissatisfaction. Pornography use undermines marital relations and distresses wives. Husbands report loving their spouses less after long periods of looking at (and desiring) women depicted in pornography (Zillman & Bryant 439). In many cases, the wives of pornography users also develop deep psychological wounds, commonly reporting feelings of betrayal, loss, mistrust, devastation, and anger in

responses to the discovery or

disclosure of a partner's pornographic online sexual activity. Wives can begin to feel unattractive or sexually inadequate and may become severely depressed when they realize their husbands view pornography. The distress level in wives may be so high as to require clinical treatment for trauma, not mere discomfort. Viewers of pornography assign increased importance to sexual relations without emotional involvement and consequently, wives experience decreased intimacy from their husbands. The emotional distance fostered by pornography and "cybersex" (interactive computer contact with another regarding pornographic sexual issues) can often be just as damaging to the relationship as real-life infidelity, and both men and women tend to put online sexual activity in the same category as

having an affair. The estrangement between spouses wrought by pornography can have tangible consequences as well: when the viewing of pornography rises to the level of addiction. 40 percent of "sex addicts" lose their spouses, 58 percent suffer considerable financial losses, and about a third lose their jobs. In a study on the effects of "cybersex" a form of sexually explicit interaction between two people on the Internet researchers found that more than half of those engaged in "cybersex" had lost interest in sexual intercourse, while one-third of their partners had lost interest as well, while in one-fifth of the couples both husband and wife or both partners had a significantly decreased interest in sexual intercourse. Stated differently, this study showed that only one-third of couples maintained an interest in sexual relations with one another when one partner was engaged in "cybersex.". Prolonged exposure to pornography also fosters dissatisfaction with, and even distaste for, a spouse's affection. Cynical attitudes regarding love begin to emerge and "superior sexual pleasures are thought attainable without affection toward partners." (Zillman 41-44). These consequences hold for both men and women who have had prolonged exposure to pornography, with the decline in sexual happiness being primarily due to the growing dissatisfaction with the spouse's normal sexual behavior. Finally, pornography users increasingly see the institution of marriage as sexually confining, have diminished belief in the importance of marital faithfulness, and have increasing doubts about the value of marriage as an essential social institution and further doubts about its future viability. All these naturally diminish the importance for them on having good family relations in their own families.

8. Sexual Performance Difficulties

These include abnormally low sexual desire for real partners (sometimes self-perceived as "asexuality," even when the consumer is climaxing very frequently to internet pornography), loss of morning erections, difficulty climaxing with a partner (delayed ejaculation, anorgasmia), difficulty achieving or maintaining erections during partnered sex (and therefore difficulty using condoms safely), escalation to pornographic material that is more extreme or does not match original tastes or sexual orientation, often because the user is experiencing difficulty sustaining arousal or erections with familiar material, and "flatlines" shortly after quitting internet pornography (temporary loss of libido, lifeless

genitals).55

9. Mood and Concentration Symptoms Effects

Common mood and concentration symptoms reported include severe, often uncharacteristic. social anxiety, difficulty concentrating, lack of motivation, depression, emotional numbness, depersonalization, lack of confidence, unexplained low energy or fatigue, disturbing pornography flashbacks during everyday encounters, doubts about one's sexual identity, increased anxiety, and exacerbation of obsessive compulsive tendencies.

10. Indications of Addiction Effects

Recovery forum members frequently report escalation to more extreme (or forbidden) genres of IP, inability to quit despite negative consequences, loss of interest in activities they once enjoyed, and repeatedly returning to IP even after recovering from severe symptoms after quitting. They also often report withdrawal symptoms during the weeks (and even months) after quitting IP use, such as irritability, insomnia, mood swings, headaches, panic attacks,
depression, sweating, lack of focus, lethargy, suicidal ideation, or uncontrollable cravings to use IP. Incidentally, functional magnetic resonance imaging and neuropsychology studies published in the last few years lend strong support to the hypothesis that IP addiction exists and involves brain changes similar to those found in substance addicts (Wilson 213).

Pornography can go to the length of separation and divorce in marriage. Given the research already cited, it is not surprising that addiction to pornography is a contributor to separation and divorce. In the best study to date (a very rudimentary opportunity study of reports by divorce lawyers on the most salient factors present in the divorce cases they handled), 68 percent of divorce cases involved one party meeting a new paramour over the Internet, 56 percent involved "one party having an obsessive interest in pornographic websites," 47 percent involved "spending excessive time on the computer," and 33 percent involved spending excessive time in chat rooms (a commonly sexualized forum). Cybersex, which often takes place in these chat rooms, was a major factor in separation and divorce: In over 22 percent of the couples observed the spouse was no longer living with the "cybersex" addict, and in many of the other cases spouses were seriously considering leaving the marriage or relationship (Schneider 56).

Possible Solutions to Pornography Infiltration and Addiction in the Nigerian Society

Obviously, it is possible that in any individual forum member, symptoms such as those listed in the previous paragraphs may be arising from underlying disorders rather than overuse of internet pornography. However, Wilson has compiled the above symptom lists from recovery self- reports. That is, multiple former pornography consumers have reported that each of these symptoms improved, or remitted entirely, after giving it up, suggesting that overuse of internet pornography was causing or exacerbating their symptoms. This

anecdotal evidence, gathered from thousands of self-reports on various online recovery forums, suggests that formal research needs to assess the effects of internet pornography viewing by removing the variable of internet pornography consumption.

Monitoring of pornography consumers' self-reports on recovery sites began shortly after streamed pornography appeared on so-called "tube sites" at the end of 2006. For the first time in the history of pornography dissemination, these sites offered video on-demand. That is, internet pornography viewers no longer needed to download special applications or risk computer viruses and could easily erase evidence of their visits from their computers. They could open multiple tabs with pornography videos and click from item to item without pausing. Indeed, for the first time ever, consumers could click to novel internet pornography genres during a masturbation session, augmenting the risk of escalating to more extreme material. Users report learning to masturbate with their non-dominant hand so that they could click freely with their dominant hand. Widespread smartphone access marked a second jump

in users reporting problems as younger users gained easy access to streamed pornography. More teens then began to register on these recovery forums seeking help and advice (Wilson 213).

Although members of online recovery forums experiment with quitting internet, pornography for a variety of reasons, most of the impetus for this ongoing experiment stems from young men who have developed sexual dysfunctions they suspect are internet pornography-related. Unexpectedly, many of those who quit because they are desperate to heal sexual dysfunctions
also report major improvements in other areas of their lives: mental clarity, improved marks at school, energy, motivation, self-assurance and charisma, hunger for and enjoyment of social contact, a wider range of emotions, improved mood and optimism, deeper faith, and decreased depression and general anxiety. Many report increased desire to be in a relationship, more pleasure from intimacy, and a very different, more human, perception of potential mates. It is likely that these benefits, like, the initial symptoms, are the result of neuroplastic changes (Park et al. 17). Some 4,000 recovery self-reports gathered from online recovery forums can be viewed at www.yourbrainonporn.com (Your Brain on Porn).

From the above discovery of pornography effects, indeed pornography has dire consequences for individuals, families and the societies. Increasingly, it contributes to acquire the status of being a high ranking cause of family and marital dysfunction today. On account of the negative ramifications to individuals and the society at large, should it be allowed to continue? Clearly, regulation or a complete elimination from homes and society is now required. Laws that restrict /criminalise the production, marketing and possession of pornography should be enacted and strictly enforced. Since the pornography industry is global in nature, global solutions should be developed and local enforcement modalities put in place to stop the spread of pornography especially via the internet.

Furthermore, continued awareness on the problems associated with pornography should be the focus of parents/guardians and schools. These must work together first to keep the youths, who fall under the risk of getting involved in pornography form materials that would constitute harm to them and secondly, to deal with cases of addiction amongst those who are already caught up web of pornography addiction. Parents, guardians, teachers, counselors and mentors must freely discuss this existential reality with the youths since acknowledging the problem is essential in a bid to make real efforts towards overcoming it; only an identified challenge can be corrected.

Pornography addicts can engage in fruitful and fulfilling things or activities like exercising volunteering, gardening, studying, etc which can help in filling the emptiness that might be felt when one is going through rehabilitation. Spending more quality time with family, and friends and an active involvement in building healthy relationships, is the key to keeping oneself from idleness, which could further predispose one to seek comfort in pornography. This keeps the mind and thoughts of the individual focused in and on the right places. Besides talking to someone one can trust and afford him the necessary help for those already addicted to pornography.

In a Quick Reference Gide provided by the Office of Student Life, Bethel University, it offered some solutions to the addiction of porn, which are as follows:

a. Acknowledge the truth of compulsion and/or addiction to pornography use without denial, rationalization, or minimizing.

b. Stop feeding the addiction. Destroy all porno-graphic material and immediately stop visits to places of temptation-pornographic movies, websites, or adult bookstores.

c. Determine boundaries of acceptable internet use

d. Change any relationships that have encouraged the compulsion and/or addiction to pornography.

e. Join a support group. Attend a group facilitated by a professional where you can receive support and discuss the compulsion and/or addiction.

f. Tell your problem to someone especially a counselor to help you in overcoming pornography addiction, because the enemy of sexual health is silence

g. Establish an accountability relationship with a friend of the same sex to talk with and contact when you have an urge to access pornography. This will help alleviate the pressure and isolation you are experiencing.

h. Install an internet f

i. ilter such as CyberPatrol or Net Nanny to block adult content.



7. Pray and enlist God's help in release from this compulsion and/or addiction.

These solutions preferred above if taken serious by the Nigerian youths, will greatly help in overcoming porn addiction (see: https://www.bethel.edu/undergrad/student-life/community/qrg- pornography.pdf).

Conclusion

The cultural censure of disordered sexuality that enables stable family life has faded with the proliferation of Internet pornography. As a result, the effects of hyper-sexualization permeate society. Today's teenagers are reaching puberty earlier, engaging in sexual intercourse sooner while "Emerging Adults" are cohabiting more, having children out of wedlock, and getting married significantly later or not at all. The key to militating against these damaging patterns and to protecting against the effects of pornography is to foster relationships of affection and attachment in family. The first and most important relationship is between the father and the mother. The second is engaged parents who love their children. In today's technological society, this means limiting, monitoring, and directing children or young men and women from the use of the Internet. This, in turn, provides an invaluable shield against Internet pornography, and allows room for a healthy sexuality to unfold in a natural and socially supported way. In our over-sexualized culture, with a longer pre-marriage period, children need the capacity for abstinence if their sexuality is to be channeled into stable marriage, procreation, and healthy family life for their children. Strong families remain the best defense against the negative effects of pornography, especially when aided by regular religious worship with all the benefits it brings (Nicholas 48).

Contemporary society is alarmingly sexualized, and the traditional sexual taboos of a well-

functioning society have broken down. It is a general believe that the idea of the proliferation of pornography viewing in our society has been allowed. This is because the government has turned a blind eye to copyright infringement which is curious and deserves examination. Copyright cases involving porn companies have failed to receive copyright protection because the work product has traditionally involved practices that contradict laws prohibiting any kind of sex for sale. Remember the youths are the future of our great nation Nigeria, and so our present and future families need protection from this insidious enemy of love, affection, and of family and social stability (Pornography).
Finally, the fundamental role of government (including the courts) is to protect innocent citizens, most especially children and adolescents, and to protect the sound functioning of the basic institutions of family, church, school, marketplace, and government. They are all interdependent. Pornography, clearly, undermines both marriage and the family, and has a host of ill effects. It is time for government to reassess its laissez-faire attitude towards the proliferation of pornography, especially on the Internet.

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