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New Study Reveals Why Porn Is More Beneficial To A Man's Health Than Previously Thought

Watching this much porn can actually deter erectile dysfunction.



by Dan Pritchett

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Stocksy

Can watching too much porn ruin a relationship? Is porn addictive? These are a couple of the secret questions men have been googling on incognito for years. Extensive scientific research has been looking into porn's influence on a man's mental and physical health and romantic relationships, and finally, one answer has emerged.

Jim Pfaus, co-author of the study and professor of psychology at Concordia University, and Nicole Prause, a research scientist at UCLA, teamed up to study the porn watching habits of 280 men and [published](#) their findings in the journal *Sexual Medicine*. Their objective was to debunk the myth that the more porn a man watches, the more likely it is for him to experience erectile dysfunction. After taking a hard look at the facts, they proved the myth to be unfounded.

The study discovered that men who watch 25 hours of porn a week, or three hours daily, have "higher sexual arousal" than men who watch less. In other words, the more porn a man watches, the easier it is for him to get aroused. Pfaus and Prause's conclusion may have also accidentally given millions of men a reason to start watching more porn than ever before.

An awkward part of the study included participants being brought into a lab where they watched a couple having sex rating how turned on they were--but hey, anything for science.

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So that brings us to the overarching question: Can watching 25 hours of porn a week negatively affect a romantic relationship? Sort of. The answer's not crystal clear because every man (and woman) is different. Addiction can absolutely test a romantic relationship. But every person has a different predisposition to how easy it is for them to be addicted to things such as masturbation. Since masturbation and porn go hand-in-hand in today's day and age and both are addictive to a certain degree, many believe it's true that they can destroy romantic relationships. But some experts believe otherwise.

Dr. David Ley is a clinical psychologist and he believes porn and masturbation don't affect a relationship; it's the person, not the act. "Porn is never a cause of problems," he [wrote](#) in *Psychology Today*. "When there are problems, porn is a symptom. Diagnosing porn addiction is like telling a person with a cold that they have a sneezing disorder."

Although the science behind how porn affects mental health is still murky at best, according to this report, if a man wants to avoid having any chance of having erectile dysfunction than he is free to try watching three hours of porn a day. Finding a girlfriend that will tolerate that much porn is another story.

We've all heard the cliché that "too much of a good thing is bad" and Ed Smith, writer for *Vice*, would wholeheartedly agree. He [reported](#) that his addiction to porn kept him from being productive and after quitting, his life drastically improved.

I got work done, I kept my house clean, I finished off personal projects that procrastination had always forbid me from finishing. I realized that a self-enforced period of blue balls can actually be a lot better for the mind, body and soul that I'd first assumed.

Pfaus was quoted in Smith's piece saying that quitting masturbation can deprive a man from important self-discovery. "Plus, it does our sex lives the world of good to learn our sexual rhythms," Pfaus said. The good news for men is that these scientists believe their research proves that masturbation and watching porn can be beneficial to man's health, both physically and mentally. But if a man watches over three hours of porn daily, science is no longer on his side.



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