

PORNOGRAPHY USE AND ITS EFFECTS ON MEN AND WOMEN

BY

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The dissertation of Lauren Nicole Zanutto, “Pornography Use and its Effects on Men and Women,” approved by Jana Price-Sharps, PhD, has been accepted and approved by the Faculty of the California School of Forensic Studies, Fresno campus, is in partial fulfillment of the requirements for the Degree of Doctor of Philosophy in Forensic Psychology.

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ABSTRACT OF THE DISSERTATION

Pornography Use and its Effects on Men and Women

by

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This study investigated the effects of pornography and its effects on both men and women who view the explicit material. More specifically, this study was conducted to find out if there is a relationship between viewing pornography and an increase in aggression, hostility and degradation towards females in both men and women. While prior research regarding the effects of pornography is available, it is broad and very few studies include the female population. Both men and women above the age of eighteen were included in the study, divided into gender categories as well those who view pornography and those who do not. All participants completed the Acceptance of Modern Myths About Sexual Aggression (AMMSA) assessment tool, a self-report measure of their pornography use and a demographics questionnaire.

It was hypothesized that as the volume of pornography watched by males increases based, so will their level of aggressive physical and verbal behavior towards females; this hypothesis was supported by the data ($F= 14.245, p= ns$). It was further hypothesized that Regardless of age or level of education obtained, men who watch pornography will evidence more aggression and negative attitudes towards females than females who view pornography. This hypothesis was supported in that significant interaction between genders and levels of aggression were demonstrated ($F= 15.804, p= ns$). Hypothesis three stated that both men and women with higher education who report watching pornography will have a lower aggression score than those with lower education and report viewing pornography. Significance was found between education levels and levels of aggression which supports this ($F= 10.451, p< .001$). Finally, it was hypothesized that women under thirty years of age will evidence a lower aggression score towards females than females over the age of thirty. The results did not demonstrate statistically significant difference between women under thirty and women over thirty in their aggression scores ($t=.321, p= ns$). The results of the current study suggest that viewing pornography does increase aggression, hostility and degradation towards females in both men and women.

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Chapter 1

INTRODUCTION

Pornography and its effects is a problem that needs to be addressed, as they are not encapsulated or miniscule. Pornography has become more widespread as technology advances and allows greater ease of access (Frontline, 2002). One must now be on alert when watching late night shows due to pornographic infomercials being shown, and looking up topics of interest on the Internet may even pose a risk due to pop-ups of racy images. In our Western culture, pornography has become a topic of interest on both sides of the spectrum, whether for it or against, and continues to be prevalent in many aspects of society (Mooallem, 2007). It is a topic hard to completely ignore because of its graphic nature. It is shown to create many negative effects in the lives of those who use it and those close to the people that watch it also (Maltz, 2010). Pornography has a stronghold in the lives of Americans as witnessed by the statistics of high frequency use and the age at which people are beginning to view it (Powell, 2010). Many studies have been done to demonstrate the harmful effects of pornography, yet its addictive qualities allow it to continue and even flourish (Klein et al., 2009, Thornburgh et al., 2002).

As Lemonik and Jenkins state, pornography is not a new creation by man, but has been evidenced through the ages in various forms (2011, 2003). Originally depicted as art, pornography was seen to have an influence in the Greek culture (Jenkins, 2011). Later, books were developed depicting sexual positions and the naked form of both men and women which would be called the Kama Sutra, bringing forth a further influence of pornographic images into everyday life (Lemonik, 2003). Both examples demonstrate

the beginnings of pornography and how it started as something beautiful and enlightening within that culture. As time has progressed, along with technology, man has taken the origins of expressing the nude human figure as an art form into something that is no longer pure in nature, but more perverse in its intended purpose. Pornography is not an instructional tool that is meant to educate on proper relationships or sexual actions, yet the effects it has on its viewers directly reflect these principles.

Statement of Problem

Pornography has developed through time into an industry of such variety that there is said to be one new genre film produced daily (Familysafemedia, 2011). Transition between generations of people and the evolution of pornography is evidenced by researching trends in pornographic films (Dibbals, 2010). It has grown from magazines hidden due to the shame surrounding sex to something that is now so prevalent and diverse one cannot escape its mention within society (Dwyer, 1995). Pornography is not quiet in its message of graphic images and newer genres, which include violence and fetish interests. As pornography has developed alongside human nature, it has followed trends of allowing more violence and aggression within the home and making these actions appear common place and acceptable (Parvez, 2006, Caroline, 2011). As the violence within these films becomes more prevalent and mass produced, pornography shifts from displaying acts of sexual intercourse to films depicting abuse towards females as ok and appropriate (Flood, 2010).

Researchers have found that in general, pornographic films do more harm to females and relationships, surpassing even the positive enjoyment male viewers experience (Blunt 2010, Davis et al., 2006, Itzin, 1992, Kingston et al., 2008, Mappes &

Zembaty, 1997). Females who have viewed pornography films report having lower self-esteem in both their appearance as a woman and in the bedroom, because they feel they do not measure up to the women portrayed in the films (Coward, 1984). These films create a feeling of inferiority towards females based on the women appearing vulnerable and solely used by men for sexual enjoyment (Kort, 2010). Within the films, women are depicted as mere sex objects, in which their standards of beauty are so stringent, that most American women do not compare. Women are forced to act in a manner that portrays them as weak and disposable once the man has been pleased (Miller-Young, 2010). Pornographic films rarely give women a respectable character or any sort of empowerment, and thus these films destroy the self-image of women who view them and create unrealistic expectations of female sexual behavior for the men who view them (Miller-Young, 2010).

Recent studies conducted that analyzed pornography state that over 80% of the time an act of physical abuse occurs within the films and 20% of the time rape is portrayed and the perpetrator is never apprehended (Cowan et al., 1988). These acts of aggression and violence within the films reaffirm the rape myth and that women are objects. They encourage the idea that men find it acceptable to have sexual intercourse with a woman against her will because they believe she is lying when she says “no,” or that society will not apprehend him if he does rape her. The studies also found that even if the director of the pornography is a female, at least 70% of the time acts of aggression, both verbal and physical, were witnessed within the films. The developing aggressive nature of pornography is so rampant that even women are willing to portray their own gender as inferior and vulnerable to please their clients (Bridges, 2010).

In men who utilize pornography, it creates more than just aggression problems within their lives. Pornography use has led to depression within children and adolescents and the decay of mature and stable relationships. In addition, pornography use has created unhealthy expectations towards sexual behaviors and what is considered normal in society (Brooks, 1995, Schneider, 2009, Shepher, 2009). Researchers have found that when children and adolescents become exposed to pornography and explicit images at a young age, they do not know how to process the experience. These unidentifiable emotions can result in unhealthy body images and unrealistic expectations to what sexual encounters should be. They also may become confused in general as to how they can relate to these films (Ybarra, 2005). Brooks discussed that viewing pornography destroys the desire for mature relationships that do not resemble the relationships the viewers see within their films. Pornography creates a desire for relationships that are about instant gratification and not grounded in reality (1995). Pornographic films also demonstrate unrealistic sexual behavior in that the frequency of sexual acts witnessed is far greater than the average individual engages in within their real life (Shepher, 2009).

Research that has been gathered from studies and literature relevant to aggressive pornography illustrates strong correlations between viewing sexually explicit material with higher levels of aggression and hostile behaviors (Vega et al., 2007). Results of a study done by Kingston et al. demonstrates that recidivism rates for sexual offenders correlated with the frequency of which they viewed pornographic material; as their frequency increased so did their predictions for re-offending (2008). Within these films and images, the aggressor is most often male with the actions directed toward the female

counterpart. Exposure to such content has been shown to correlate with acceptance of both violence and aggression towards women in many meta-analyses (Vega et al., 2007).

Researchers indicate that around eighty percent of visitors to adult content sites are male. Out of those men, around forty-six percent of them are married, with an average age of forty-one years old (Forrester Research, 2011). Most of the research that has been done on pornography and its effects has focused on males, the reason being that statistically, more males view the material. Thus, if there are more participants for a given study it lends more accuracy and an easier population to gather. In a study done by Forrester Research, there was a twenty percent unaccounted group, which were females. From this study it is shown that while there are fewer numbers of females who have reported watching pornography, they are still viewing it. In comparison to how many males are registered users, or go out and buy videos, women are still a smaller consumer but show an adequate force of users that offer a new population to be studied and to establish what effects such material has on the female mindset and behaviors.

In addition to behavioral and affect variations between genders, brain differences and biological functions also separate men and women. Based on these variations it can be presumed that there would be a disparity between how the genders view porn and how it affects them (Moir & Jessel, 1991). As past and current researchers have shown, men are more driven by visuals, and in general pornography statistics show men are more attracted to “hard core” or graphically intense images and films (Quora, 2011). With a need for more extreme and powerful imagery, men are also driven by a more intense sexual hormone, which has also been shown to raise aggression and negativity in men (O’Connor et al., 2004). Statistics have also shown that, in general, women look for

reality based interactions in their adult rated material, with romance and without the use of degrading females or any brutality (Quora, 2011). In addition, women produce less testosterone, but instead manufacture estrogen within their body. While all the effects of estrogen are unknown, it has many positive correlations within a woman's body, including increasing serotonin, and the number of serotonin receptors in the brain and modifying the production and the effects of endorphins, which cause an overall good feeling in the body (New York Presbyterian Hospital, 2008). Based on genetics and biology, women may be more inclined to act less aggressively towards others and also evidence less negativity due to the differences in their sex hormones.

In addition to genetic differences, education plays a major role in how one internalizes and reacts to what is viewed on screen. Even in entry-level college courses, an individual can gain insight into how the body functions and what it can do (Blackledge & Hunt, 1985). In addition, students may be exposed to how others live their lives and that there is not one mindset or fixed lifestyle (Common Wealth Foundation, 2009). A new way of thinking can emerge to become more tolerant and less condemning of others because they have been introduced to differing viewpoints and may begin to understand that others are not solely one dimensional, but that humans are complex and such should be treated with respect (Vincent, 2003).

If an individual has a greater sense of who he or she is, the individual can also appreciate the complexities in life and others, as well (Farquhar, 2010;). As a person's gains more education, so may their sense of respect for others because they are able to understand that his or her reality is not for everyone, nor does the person feel other ways of life are inferior (Common Wealth Foundation, 2009). With regards to one's ability to

think with a more educated perspective, it would also be easier to separate what is on their television or in a magazine, from what they know to be realistic. Once an individual has been educated on the biology and nature of men and women, it becomes far easier to understand that pornography is a man-made expression of what the male gender desires, and not necessarily how a woman truly behaves or what a sexual encounter is realistically like (Boodram, 2009). A higher level of education may mean then that an individual can separate media from their real life. Through furthering his or her learning, a person may be better at deductive reasoning. This may be possible due to having been educated on what is true in science, psychology and in world cultures.

Furthermore, with each new generation, new levels of acceptance and standards have begun to emerge; standards that have shifted from past ideals. A gradual change can be seen in each generation in the attitudes, the technological advances, and even in the moral values that society upholds (Dwyer, 1995). Within a few decades, we as a society have raised our morals and ethical principals in that we now have higher standards for human treatment, have less tolerance for racism and less tolerance for violence (Paul, 2008). However, with these same higher standards some talk about, it is important to look at what has changed within the past hundred years to understand where we stand as a society currently, compared to what our forefathers deemed acceptable, or even understood to be a possibility. Being homosexual is now acceptable, when until recently it was actually considered a mental disorder and was removed from the *Diagnostic and Statistical Manual of Mental Disorders* (DSM) in 1974 (Herek, 2012). Also, adolescents and young adults now consider the practice of “sexting,” in which nude pictures are sent via phone messages, as appropriate (Tsaliki, 2011). And in a recent and

new cultural values survey, 2,000 American adults participated in a questionnaire given by the Culture and Media Institute, and it was found that around 74 percent of all the participants believe American moral values are declining. In addition, it was found that 64 percent of the participants believed that news and entertainment media play a direct role in the deterioration of these values (CMI, 2007).

Purpose of Study

Due to the extensive research within this area, it is hypothesized that as the volume of pornography watched by males increases so will their level of aggressive physical and verbal behavior towards females. Despite the information available for the male gender, much is left unanswered for the growing field of female pornography viewers, but this study attempts to create a comparison between the two genders and the current research. There is a need for more research in this area, as most information related to the topic may indicate pornography should be addressed on a more serious level and could potentially create more problems in the future (Coward, 1984; Kort, 2010; Parvez, 2006; Parvez, 2006).

Chapter 2

Literature Review

Introduction

Pornography and the viewing of explicit images and cinematography is not a new concept. Originally, the word *pornography* was derived from the Greek *porni*, “prostitute,” and *graphein*, “to write.” Both were utilized in categorizing any work of art or literature depicting the life of prostitutes (Jenkins, 2011). The idea of looking at nude images has been around for centuries within books, most notably the Kama Sutra, and became even more popular as technology advanced (Lemonik, 2003). Books became easier to access and as print became more readily available the invention of the camera opened the door for photographing real people, and thus, smut magazines and print evolved (Wentland et al., 2010). Technology advanced further, making cinematography possible and the invention of pornographic films arrived. Throughout the decades, the topic of sex and nudity has shifted between being controversial within discussion, to a free expression of one’s self that is admired and running rampant (Dibbals, 2010; Dworkin, 1985). As the decades have progressed, the idea towards sex cinematography has followed as well.

Definition of Pornography

Pornography by definition is the representation of sexual behavior in books, pictures, statues, motion pictures, and other media that is intended to cause sexual excitement (Jenkins, 2011). A further separation is noted in the difference between pornography and erotica (Dillon, 1998; Wentland, 2010). Pornography is described as

content that is unmoral and controversial, whereas erotica is deemed more acceptable and broadly based on artistic or abstract concepts (Erotica, 2011). As Jenkins stated, both terms are subjective in nature and are more of a reflection of the society in which they are based. While erotica is not the focus of most studies, it is noteworthy in its contribution to the controversy and its effects on women.

Past pornographic films and imagery can be used as historical documentation of the beliefs towards sex. One can witness the transitions between generations of people and the evolution of pornography (Dibbals, 2010). It has grown from magazines hidden due to the shame surrounding sex to something that is now so prevalent and diverse one cannot escape its mention within the media. Pornography is a lucrative industry that creates millions in revenue each year and is no longer a topic that is kept behind curtains in the back corners of video stores (Money, 1977).

Just as Americans want variety in their lives, they have expressed a profound interest in their variety of pornography available. Pornography, as an umbrella term for all the genres it encompasses, is controversial due to its explicit content (West, 2004, Williams, 1988). In regards to the nature of pornography and the material within it, the vastness of genres available to consumers does not quiet those against it. While there is basic pornography readily accessible to the public that includes men and women being filmed, many subsets of interest have been made available as well (Blunt, 2011). Within the controversy of making films with explicit and adult content others have been raised at the creation of new genres in which activities occurring on film include violence, fetish interests and incorporation of degradation (Blunt 2011; Longino, 1980). As these films are put into the market, the demand for further films encompassing the same ideas are

able to be fulfilled and even given more options as to what is available. Pornography has been described as a limitless industry in which so long as there is a desire there will be product to fill that demand.

It seems so obvious: If we invent a machine, the first thing we are going to do—after making a profit—is use it to watch porn. When the projector was invented roughly a century ago, the first movies were not of damsels in distress tied to train tracks or Charlie Chaplin-style slapsticks; they were stilted porn shorts called stag films. VHS became the dominant standard for VCRs largely because Sony wouldn't allow pornographers to use Betamax; the movie industry followed porn's lead. DVDs, the Internet, cell phones, you name it, pornography planted its big flag there first, or at least shortly thereafter. (Brown, 2009)

Pornography has changed from its simple beginnings, in which films portrayed basic sexual acts to films that can express any desire imaginable. As more cinematography is produced that depicts violence, aggression and degradation of the women within the films, more films containing the same ideas are requested (Hill, 1987). The idea that showing these concepts towards women is acceptable in one film, gives way to the belief continuing in such acts are appropriate (Blunt, 2011). Many researchers have long posed the question surrounding violent video games and whether they influence their users, the same question may be posed to those that engage in viewing violent and aggressive pornography.

In one article, a group of feminists stated that it was not the question of immorality being depicted within the films, but the effect of viewing them that it had on women (Scoccia, 1996). In 1986, in its completed report, the Attorney General's Commission established that research both experimental and clinical demonstrated that viewing sexually aggressive and violent material increases the behavior of aggression toward women (West, 2004). Mappes and Zembaty reported, "the available evidence strongly supports the hypothesis that substantial exposure to sexually violent

materials...bears a causal relationship to antisocial acts of sexual violence and, for some subgroups, possibly to unlawful acts of sexual violence" (1997). Within their study, Mappes et al., go on to attest that in addition, "non-violent, but degrading pornographic material" created effects "similar to, although not as extensive as that involved with violent material"(Mappes et al., 1997; West, 2004).

As time progresses, it is evident that pornography has become more acceptable and more is made every day to fill the growing demand (Dibbals, 2010). The issue is not simply with the immoral acts being depicted on film, but the effect it is having on the audience. More demand for "hardcore" sex is seen throughout Internet searches and more money is being spent not only on production of pornography, but in purchasing it as well. Within one year, over four million dollars will be spent on pornographic films and millions more will be spent on pornographic websites (Familysafemedia, 2011). Baird and Rosenbaum discuss the issue of pornography being a right or a problem within society. They state that while we are guaranteed certain inalienable rights, pornography causes more problems within the home and in relationships than it serves as part of a freedom to better enjoy life through (1991).

Researchers have found that pornography consumption may contribute to how men view women based on the images they see within the films they watch. Pornographic films are intended for sexual arousal, but are also shown to increase violent and aggressive behavior towards women by the men who watch them (Davis et al., 2006, Itzin, 1992, Kingston et al., 2008). Pornography is multifaceted in its effects and does not simply trigger sexual impulses. Although it is traditionally viewed with a pleasure

principle in mind it can elicit negative behaviors within those who view it and cause more harm than gratification (Berlin, 1969; Dworkin, 1981).

Pornography Statistics

For every second in the day, over three thousand dollars is spent on pornography. Within this time frame almost thirty-thousand individuals are using their computers, and now their smart phones, to log onto the Internet and view pornographic films (Powell, 2010). In less than one hour a new film is produced within the United States (FamilySafemedia, 2011). While these statistics pertain only to the United States, our country is listed as the fourth top manufacturer of pornographic material. China and South Korea are ranked as the top two producers, and the statistics on production and viewing are much larger. At least twenty percent of men admit to viewing pornography while at work, ten percent admit to believing pornography is an addiction and over 40 million Americans were reported to have visited a pornographic site within a two-week period (Bosker, 2011). The pornography industry is reported to net a larger revenue than the top technology companies combined, including Microsoft, Google, Amazon, eBay, Yahoo!, Apple, Netflix and EarthLink (FamilySafemedia, 2011).

A study created by Laulik et al., investigated the pathology of pornography consumers to identify common links within individuals who view these films. Laulik reported that those who participated in the study all displayed marked differences in three PAI scales as compared to a sample of individuals who do not watch pornography. The results indicate discrepancies lie within the Warmth, Dominance and Depression scales between those who watch pornographic films and those who do not. Laulik states that these results may suggest that pornography consumers could experience deficits in

interpersonal functioning and affective difficulties (2007). Within this study significant correlations were identified with frequency of use and PAI scales assessing Schizophrenia, Borderline Features, Depression, and Warmth (Laulik, 2007). While these statistics are not based on a large sample size, it is important to note the similarities within the participants and the importance of the results for future studies regarding pathology and pornography.

The largest group of consumers of pornography is male, aged 35-49. Although men more frequently and openly admit to viewing pornography at least seventeen percent of women admit to struggling with an addiction to it as well (Famylsafemedia, 2011). As one author blatantly stated, “Porn doesn't have a demographic—it goes across all demographics” (Frank, 2001). As society has progressed a more acceptable view of the use of pornography has been evoked, which is evident through an increase of female viewers. In years prior, women viewing pornography was seen as more taboo, but a new era of sexual freedom has given rise to the female viewer population (Wendell, 1983).

Sales and Revenue

During a seven-year span in the late 90s, the number of new hard-core titles released each year increased by 500%. In the early part of this decade, over 7,000 new adult movies were produced and released on DVD (Schlosser, 1997). It is reported that in 2002, both the sale and rental of pornography and adult video sales in the U.S. was responsible for 29.1% of revenue in stores, which accounted for a volume of over \$3.95 billion (Free Speech Coalition, 2005). In 2004, Citizens for Responsibility and Ethics in Washington (CREW) estimated that around 40% of hotels have adult movie options available, and these films make up about 90% of pay-per-view revenue (Schlosser, 1997).

In 2005, the Video Software Dealers Association, VSDA, reported that around 42% of the 60,000 home video retail outlets within the United States offers adult titles (Free Speech Coalition, 2005). In 2005, Kagan Research stated that television companies, such as Direct TV and Comcast, grossed just under \$800 million a year from adult movie subscriptions and pay-per-view orders alone, which equates to an estimate of 40% of pay-TV on-demand revenue (Richtel, 2007).

The business commonly and largely referred to as Internet pornography is estimated at earning three billion dollars a year and ranks as one of the top ten American Industries of this decade (Mooallem, 2007). When researching the statistics on pornography it was shown that “*The adult Internet is the fastest expanding segment of the U.S. adult entertainment market*” (Free Speech Coalition, 2005). In early 2002, a documentary titled, “American Porn” by Frontline news featured the creator of *Hustler* Magazine, Larry Flynt, and Danni Ashe, a former stripper and, at the time, holder of the “Guinness World Record for most downloaded woman on the Web.” Both Flynt and Ashe credit the 1990s explosion of adult material to the ease of viewing and ordering porn from the Internet (Frontline, 2002). The creation of the Internet has allowed pornography to flood the homes of Americans with continual streams of film and a never-ending access to adult entertainment.

Crossing the Age Barrier

Children and adolescents have demonstrated that age does not limit to access explicit material. With the creation of smart phones and faster Internet providers, minors are able to access pornographic websites and images at their leisure (Powell, 2010). The 8-16 age group is a comparatively large section of pornography consumers and most

admit to visiting sex chat rooms along with sex sites on the Internet. Among those that admit to visiting pornographic sites, they state that access is acquired during homework time or when they are unsupervised at home (Famylsafemedia, 2011). Within this age category most came from single parent homes and had low SES status (Jackson et al., 2007). In a study done by Jackson it was found that pornography use through Internet access peaks at three months for adolescents. Within this time frame it was found that adolescents used the Internet to access pornography at high volumes, but after the three month time frame frequency of use began to decline rapidly (2007).

It has been found that currently children and adolescents, nine to seventeen year-olds, spend approximately nine hours a week on online social networking activities. This same generation tends to spend 10 hours watching television, making these two activities now roughly equal in time consumption (Gaines, 2002). It is estimated within these nine hours spent online that 60% of the time their social networking included search terms such as “sex,” “XXX” and “porn” (Jackson, 2007). In an anonymous survey published in the *Journal of Adolescent Health* an astonishing 96% of teens interviewed had Internet access, and of those, 55.4% stated they had visited a sexually explicit website (Kirth, 2009). Children and adolescents exposed to adult and explicit sites that depict nudity are found more likely to have multiple lifetime sexual partners, more likely to have had more than one sexual partner in the last three months, and have increased risk for using alcohol or other substances during their sexual activities (Thornburgh et al., 2002). It is reported that as much as 20 to 30 percent of the activity generated on pornographic websites is due to children and adolescents, aged 12-17. Based on the results of a study cited in the *Washington Post*, it is estimated than 11 million teenagers view Internet pornography on

a regular basis and most are able to access the material through Peer to Peer file sharing. It is estimated that 35% of all P2P downloads are related to pornographic material (Ropelato, 2009).

In 2009, Michael Leahy conducted a study that included 29,000 individuals in North American universities. The study was published in *Porn University: What College Students Are Really Saying About Sex on Campus*, and Leahy was able to produce the breakdown of pornography and its users within his sample. Leahy found that around 51% of male students and around 32% of female students first admitted to viewing pornography before they were 12 or younger. Around 35% of the students' admitted first exposure was through Internet or computer-based access in comparison with the 32% from magazines, 13% from VHS or DVD, and 18% from Cable or pay-per-view (2009). Leahy's study found that around 51% of male students and around 16% of female students spent less than five hours per week online for sex. 11% of male students and 1% of female students spend 5-20 hours a week online for Internet sex (2009). In another study conducted in 2007 by researchers at Brigham Young University, it was found that around 21% of male college students view pornography "every day or almost every day," and another 27% view pornography "1 or 2 days a week" (Peters, 2009).

In 2009, Edleman did a study in relation to the demographics of pornography. It was found that there was a greater frequency of subscriptions to porn sites in zip codes that were more urban than rural and netted a higher average household income. Edleman also found that pornography consumption became higher with a greater density of young people aged 15-24 within the household. Higher frequency of use was also found to be correlated with a higher proportion of people with undergraduate degrees, in those who

engage in volunteer activities or participate in community projects and also those who have enacted conservative legislation on sexuality, such as “defense of marriage” amendments or have conservative positions on religion, gender roles, and sexuality (Edleman, 2009). Within his study, Edleman found that pornography usage went down in areas that had experienced an increase in marriage rates and divorce rates. However, individuals within the area also had a higher percentage of graduate degrees and a higher percentage of elderly people aged 65 and older (2009).

Aggression within Pornography

Pornography has become a very marketable industry in which any sexual interest has become available to the consumer (Cowan et al, 1988, Familysafemedia 2011). Throughout generations, pornography has evolved from basic sexual encounters to more elaborate and specific interests, including fetish pornography and violent or aggressive cinematography. Pornography has always offered a way for individuals to find their unique arousal trigger within the privacy of their own home, and because of this, may also offer more than just sex. Pornography has opened the doors to allow aggressive and abusive behavior within the home and portrays to its audience that this is allowable and even encouraged (Bridges et al., 2010).

Aggressive pornography is described as sexually-explicit imagery that is viewed in various forms of media, such as images in magazines or film depicting physical or verbal acts of hostile, violent, blatantly coercive and rough behavior (Hald et al., 2010). For the purpose of this study, only legal forms of pornography have been reviewed and addressed. In 1976, a content analysis was done on mainstream adult books, which produced high frequencies of aggressive and violent behavior. It was discovered that

20% involved rape and less than 3% of the attackers were given consequences (Cowan et al., 1988). Within the recent decade, more films and images depict aggression and degrading actions both physical and verbal in nature (Bridges et al., 2010). Popular pornographic videos were found to have very high levels of aggressive content with over 87% demonstrating a physical act of abuse and aggression and almost 50% depicting verbal abuse (Bridges et al., 2010). One study found that within adult videos almost one-quarter of those depicts some sort of aggression, either verbal or physical (Cowan et al., 1988). These statistics vary from older films, when aggression was not so prevalent (Malamuth et al., 1982).

In 1967, the issue of sexually explicit material and its anti-social effects was brought to the attention of the U.S. Congress (Malamuth et al., 1982). The Commission on Obscenity and Pornography was established to review all relevant information regarding the topic, and in 1970 issued a statement that based on their findings they could not substantiate any anti-social effects were caused by viewing the material (Malamuth et al., 1982). Many groups found controversy within this declaration and have since gathered more findings relevant to the topic. More recently, meta-analysis studies have shown that through exposure to pornography men's attitudes toward women become more aggressive (Davis et al., 2006, Kingston et al., 2008). More research has been gathered from studies and literature relevant to aggressive pornography that illustrates strong correlations between viewing sexually explicit material with higher levels of aggression and hostile behaviors (Vega et al., 2007).

Results of a study done by Kingston et al. demonstrates that recidivism rates for sexual offenders correlated with the frequency of which they viewed pornographic

material, as their frequency increased so did their predictions for re-offending (2008).

Within these films and images the aggressor is most often male with the actions directed toward the female counterpart. Exposure to such content has been shown to correlate with acceptance of both violence and aggression towards women in many meta-analyses (Vega et al., 2007). Results of a study done by Malamuth et al. indicate that aggression in pornography in which the perpetrator did not receive consequences for his actions significantly increased male viewers' acceptance of violence and aggression towards females (1982). While in the research there are strong findings demonstrating the effects of pornography on males' acceptance of aggression towards females, there is much caution regarding the results. Kingston et al., and Malamuth et al. warn against over generalization to the male population as a whole and state that most research in this area has been done in controlled settings and not in the natural environment.

Effects on Viewers and Actors

While not all critics agree that viewing pornography is immoral or goes against society it is largely agreed upon that these types of film harm women and can negatively affect those who view it (Blunt, 2011). More recently, within the pornography industry women have begun to direct and produce films. Within these films high frequencies of aggression and violence were noted being directed toward female actresses. Content of both male and female directed pornographies were compared and results found that in both, aggressive behavior toward females within the films were encouraged and the women within the films rarely reacted negatively to the violence or made a request to stop it (Sun et al., 2008). Society has made pornography so acceptable that now it is not

only men depicting degrading and violent behavior towards females, but also female directors and producers have bought into the idea as well (Sun et al., 2008).

Degrading Factors within the Films

Women often do not have a voice on the topic of pornography because it has been such a male-based industry for many years (Cornell, 2000, Hardy, 2001). Most users of pornography are male, and therefore most pornography is produced catering towards male demographics and interests (Parvez, 2006). In an article written by Parvez, it is stated that within these pornographic films the women are portrayed in such an unrealistic manner that women who view them do not find any sexual satisfaction while watching them (2006). It is noted that most women find these films to be a significant misrepresentation of female sexuality and that women are portrayed as inferior to the male actors (Kort, 2010). Most women who admit to indulging in pornography state that these films induce a feeling of inadequacy within their own love life because they do not experience a sexual climax with the same ease as the women within the films (Coward, 1984).

More often than not, women are depicted as vulnerable within pornographic films, which encourages the same idea to be represented in real life to both men and women who view them (Caroline, 2011; Parvez, 2006). There is no strong sense of empowerment towards the female gender within pornography, but the idea that women have loose morals and can be used for male sexual enjoyment (Devlin, 1968, Dworkin, 1981). Women are seen as hypersexual and disposable within the films and are held to unrealistic expectations in regards to their limits of sexual performances and stereotypes (Miller-Young, 2010).

Learned Sexual Ideas and Behaviors

Women who have admitted to watching pornography have expressed that these films increase an attitude of sexist and unhealthy notions of sex and relationships (Flood, 2009). As Flood states, when individuals, especially boys and young men who are the largest consumers of pornography, view such material it increases attitudes in support of sexual coercion and increases their likelihood of perpetrating assault (2010). Within this group of consumers at least ninety-percent of children and adolescents aged 8-16 admit to viewing pornography (Famylsafemedia, 2011). Flood and Tsitskia et al., state that children and adolescents are sexual beings regardless of their age and require age-appropriate materials on sex and sex-education. Pornography does not serve as an education tool, but rather fills their young minds with unrealistic and dangerous ideas regarding how to behave towards their partner and sex (Tsitsika et al., 2009).

In a study done by Klein et al., it was found that men who view pornography that depicts both normal and aggressive behavior towards females show a correlation in their attitudes supporting the rape myth (2009). This study utilized the Burt's Rape Myth Acceptance Scale and supports the belief that pornography consumption increases the behavior of violence and coercion towards females.

In 2004, before a Senate subcommittee Mary Anne Layden stated that, Once [the pornography actresses] are in the industry they have high rates of substance abuse, typically alcohol and cocaine, depression, borderline personality disorder. . . . The experience I find most common among the performers is that they have to be drunk, high or dissociated in order to go to work. Their work environment is particularly toxic. . . . The terrible work life of the pornography performer is often followed by an equally terrible home life. They have an increased risk of sexually transmitted disease including HIV, domestic violence and have about a 25% chance of making a marriage that lasts as long as 3 years. (Layden, 2004)

Layden makes the statement that many others have made regarding the pornography industry and its effects, which not only affect those who are consumers, but those who are actively involved in its production. It is a toxic environment to be immersed in, regardless of the nature of the involvement. Pornography does not lead to psychological or sexual health, but rather skews our ideas of what is acceptable and how to live a normal, function life (Sobel, 1985).

In an article written by Zillmann in the *Journal of Adolescent Health*, the effects of prolonged exposure to pornography is shown to lead to an exaggerated perception of sexual activity within society (2000). Pornography leads its consumers to believe that sexual activity is more rampant than it truly is and creates an illogical reality for its viewers. High frequency of pornography consumption has also shown to diminish the trust and relational bonds within intimate couples and make some abandon the belief that monogamy within a relationship is possible (Zillmann, 2000). The images and relationships shown within pornography do not enhance real life relationships due to the promiscuity of their nature. Indulging in pornography has shown to increase the belief that abstinence and sexual inactivity are unnatural and people should engage in more sexually promiscuous behaviors (Zillmann, 2000). Zillmann's article has also demonstrated that when people engage in high frequency use of pornography they begin to doubt a true need for love or affection, which includes the idea of marriage being sexually confining. These results also support the loss of attraction to family and child rearing (2000).

In 2005, a sociologist named Jill Manning found six trends within his research on pornography consumption. He found that as pornography use goes up in frequency

marital distress increased along with risk of separation and divorce within couples. His study further indicated that pornography use leads to a decrease in marital intimacy and sexual satisfaction along with an increase in the risk of infidelity. Those who participated in Manning's study displayed an increase in their desire for more graphic types of pornography and sexual activity associated with abusive, illegal, degrading or unsafe practices (2005). Common attitudes amongst participants were found in that most displayed a devaluation of monogamy, marriage and child rearing, which was also found by Zillmann in 2000. Within his study, Manning concluded that within this society there is now an increasing number of people struggling with compulsive and addictive sexual behavior (2005).

Both Zillmann and Manning demonstrate the effects of pornography as damaging to relationships and to the core of human relational dynamics. Statistics released from the American Academy of Matrimonial Lawyers stated the most prevalent factors in divorce cases, finding that 68% of divorcees depicted one party meeting a new lover over the internet; 56% stated that one party had an overly active interest in pornographic websites, and around 33% admitted to being involved in chat rooms where online sex was involved (Fagan, 2009). Pornography has an active role in the decay of relationships as evidenced by these statistics.

A study done by Focus on the Family in 2002 demonstrated that within the home around 47% percent of families said pornography is a pervasive problem (Yarhouse, 2004). Participants admitted that pornography had been made a prevalent issue within their family dynamics and that they would like to see its influence removed from their lives. Yarhouse further states that within his study he found 42% of participating adults

stated that their partner's use of pornography made them feel insecure. Almost half admitted that they had experienced a loss in self-esteem or felt less attractive as a result of their partner's pornography use (Schneider, 2009). Pornography reinforces the unrealistic ideas of how women should perform and appear during sex, which can make women feel inferior to the images on the screen and within their relationships.

In a survey done by Schneider in 2009, it was found that there are severe negative effects brought about by the use of pornography. Schneider's results indicate that the spouses and partners of pornography users develop serious psychological harm. Spouses and partners reported feelings of betrayal, sadness, inferiority, mistrust, degradation, anger, and sexual inadequacy (2009). Within the survey it was also shown that those who indulge in cyber sex and frequent pornography use eventually lost interest in real sexual intercourse, and their partners lost interest, as well (2009). The negative effects of pornography are not so minimal they can be overlooked; pornography invades relationships and breaks the bond of true intimacy between partners.

Unrealistic Expectations

Within pornography there are varying degrees of genres and content within films or print. Brooks demonstrates what he observes as a "pervasive disorder" linked to the consumption of even soft-core pornography. Brooks discusses the five main symptoms of the disorder he believes individuals can manifest when they indulge in pornographic films. One of the symptoms listed is voyeurism, which Brooks describes as an obsession with looking at women rather than interacting with them (1995). Brooks says that this concept can be applied to other issues and not just pornography. He goes on to mention the way in which the media can objectify a women's body and promote unrealistic

images. He states this can feed the male obsession with visual stimulation and minimize other mature features of a healthy relationship (1995).

Brooks also discusses four other symptoms men can experience as a result of viewing pornography. He states that men can resort to objectification of women, in which they view women as mere objects with their value based on their size and pleasing appearance. Brooks states this causes pornography users to live in a sexual fantasy and creates emotional unavailability and dissatisfaction within reality (1995). Most pornography users will experience the idea of needing to validate their masculinity by surrounding themselves with beautiful women. These men, however, base the standard of beauty on physical appearance only and will only feel validated so long as their partner or spouse maintains these unrealistic standards. Brooks brings up the idea that beautiful women are “collectibles” who demonstrate to the world the man has value and is able to obtain such a trophy. Brooks states that pornography reinforces the “women’s-bodies-as-trophies mentality,” and creates unrealistic goals for women to have to strive to reach (1995). Lastly, Brooks discusses the final symptom being a fear of true intimacy. He states that pornography places importance of a man’s sexual needs over the need for true intimacy within relationships. Pornography can lead men to develop a preoccupation with sexuality, which can remove their ability to maintain a healthy relationship (Brooks, 1995).

The effects of pornography for adults and within relationships are well-established, and it is also important to look at how pornography can change the mind of a child or an adolescent when they are subjected to viewing explicit content. In a study by Ybarra et al., the specific effects have been documented when a child or adolescent is

exposed to pornographic material. Ybarra stated that lasting negative or traumatic emotional responses to the material have been noted by those who view pornographic films. Within the study, Ybarra discusses how exposure to these films results in an earlier onset of the child or adolescent's first sexual intercourse experience?. Among the participants, the belief that sexual satisfaction could be acquired without "having affection for one's partner" was expressed along with the idea of humans as objects (2005).

Similar effects, such as those found in Zillmann and Manning's studies, were found by Ybarra in that marriage and having a family became less favorable to those who view pornography. Participants were found to have an increased likelihood of developing sexual compulsions and addictive behavior. As children and adolescents were exposed to pornography it was found that they had unrealistic expectations to the prevalence of less common practices, such as group sex, bestiality or sadomasochistic activity (Gaines, 2002). Ybarra states that there is a significant relationship between frequent porn use and feelings of loneliness and major depression in children and adolescents aged 10-17 (2005).

Pornography creates lasting negative effects in the lives of the people who use it and in their romantic relationships. In a quote from Dr. MaryAnne Layden, she states that within her years of clinical experience she has seen a deterioration in and damage done to the sexual lives of pornography users. She states that those who invest much of their time in watching these films experience problems with premature ejaculation and erectile dysfunction. Layden states that these problems are a result of the individual continually living in a virtual reality in that their real life sexual experiences can no longer please

them. They experience difficulties with sexual intercourse with a real human because they have unrealistic ideas of what sex should be and can be between two people (2004).

Shepher and Reisman state that within pornography lies the message that men are meant to have multiple sexual partners and the idea that polygamy is an inherent disposition that most men face (2009). Shepher et al., state that because of this message pornography sends out it can create “frustration and even aggressivity toward the female in general and monogamous patterns of sexuality in particular” (2009). It can be argued then, Shepher et al., go on to say, that due to the nature of pornography it can cause males to be suspicious of female fidelity as well and condemn even heterosexual relationships (2009). As Manning states, the research reveals the negative effects of pornography that are damaging the already vulnerable state of both marriage and family. Manning goes on to discuss that while we have generated considerable information and data on pornography and its effects, “first generation Internet users” are not yet fully grown so the actual limits of negative effects have not yet been reached (2005).

Throughout the extensive research done on pornography, many authors point out the negative repercussions it has for the individual who watches it, along with how it begins to change them; “Pornography tells me . . . that none of my thoughts are bad, that anything goes” (Strossen, 1995). In pornographic material, “depictions of other basic aspects of human sexuality—such as communication between sexual partners, expressions of affection or emotion (except fear or lust) . . . and concerns about . . . the sexual consequences of sexual activities—are minimized” (Brosius et al., 1993).

Taking a Look at Gender Differences

In a report conducted in 2001, it was shown that almost eighty percent of visitors to adult content sites are male. Out of those men, around forty-six percent of them are married, with an average age of forty-one years old (Forrester Research). Most of the research that has been done on pornography and its effects has been done on males for the simple reason that statistics show more males view it, and if there are more participants for a given study it lends more accuracy and an easier population to gather. But out of the study done by Forrester Research, the twenty percent unaccounted for are females. From this study, then, it is shown that while there are fewer numbers of females who have reported to consuming pornography, they are still viewing it. In comparison to how many males are registered users, or go out and buy videos, women are still a smaller consumer group, but show an adequate force of users that offer a new population to be studied.

While males produce easier populations to sample from, females are still admitting to viewing pornographic material and, thus, should be accounted for as well. Female pornography consumers are a growing market and as such, new types of pornography have been created for the appeal of women. One website boasts of pornography for the common house wife, “porn for the bride,” and “porn for the new mom” (Trend Hunter, 2010). While this website is not entirely serious on the adult nature of the content, it still describes how their images and videos are made to arouse women and strictly appeal to the female sexual appetite.

A Growing Population

In an article written to educate the public on pornography risks, it discusses the more serious nature of the growing trend of females who have begun to watch pornography on a steadier basis. As statistics have shown, up until recently it was often presumed that pornography's mass consumption and addiction solely affected males. In general, when the media discusses the issue of pornography addiction, the focus is normally male and usually young (Education, 2012). Additionally, having a sexual predilection is generally considered to be a masculine trait by society. If women then become more expressive in their sexuality or start to talk about viewing and even enjoying pornography, they can be labeled as "promiscuous," or looked down on due to society's view of how a woman should behave (Education, 2012; Duke, 2010). The labels people and society place on females creates a shame or fear factor that makes women less likely to speak up about their addictions. However, with the population of women who view pornography rising to about one third of all visitors online, it can be assumed that the problems males exhibit that view porn, such as more aggressive and negative behaviors towards females, may be exhibited by women as well (Duke, 2010; Education, 2012).

As time moves forward, the female population is increasingly using pornography and closing the gender gap. Statistics are showing that online pornography use is rising for females and as more utilize the Internet for these images and movies, researches are reporting that the risk of addiction will rise, and they may find themselves with the same problematic behaviors as their male counterparts (Education, 2012; Duke 2010). What that being said however, while there is an obvious rise in females viewing of

pornographic material, men at large are still the overall leaders in consumption of the material and also responsible for the bulk of production.

Genetics

While the numbers of female viewers is growing in today's society, there are a few scientific and genetic reasons as to why men will still watch pornography in larger numbers than women and why they will also exhibit stronger reactions to viewing the material and suffer a greater addiction to it. Women are led more so by emotion, while men are genetically predisposed to using visuals and having stronger reactions to those visuals (Brizendine, 2010). In addition, one of the most noted differences between the male and female brain is that men have a "sexual pursuit area" that is 2.5 times greater than that of a female (Brizendine, 2010). In an article written by Zaidi, the author is able to break down some individual differences between male and female brains. Zaidi states that men appear to think with the grey matter of their brain, which has many active neurons within that space. However, Zaidi states that women think with the white matter of their brain, which has more of the connections between the neurons (2010). Because of the differences in the way the two gender's brains are set up, a woman's brain typically is more complicated in its arrangement; with a more complex arrangement, however, it may create a faster brain than a man's (Zaidi, 2010). In addition, the sections of the frontal lobe, accountable for problem solving and decision-making, and the limbic cortex, responsible for regulating emotions, were larger in women as Zaidi illustrates. However in men, the parietal cortex, which does spacial perception, and the amygdala, which regulates sexual and social behavior, was larger compared to women.

On top of having a greater amount of cognitive space dedicated to thinking about procreating, men are driven largely by a hormone that they possess in far greater quantities than women: testosterone. As men have more of a desire to act on their sexual cognitions then, fueled by a chemical in their body telling them they need sexual release, it is understandable that while some females find pleasure in pornography, men will still greatly surpass their consumption. In a study done by O'Connor, Archer and Wu (2004) they looked at the effects that testosterone had on males. In their study, utilizing 28 males, they were able to find that testosterone can increase anger and hostility, increase their sexual drive, and reduce fatigue; all of these findings could help prove why men are more capable of having a more negative attitude towards females having watched pornography, and could explain why some men accept the rape myth. If the chemicals in men's bodies drive them to have sex and also increases their anger and ability to act on that feeling, men could be more accepting of the rape myth.

When looking at gender differences and aggressive behavior in general, partners, boyfriends, and husbands are more often than not the perpetrators of physical and sexual abuse against their female counterpart. In addition, women are at a higher risk of being emotionally, sexually, and physically assaulted while in relationships in comparison to their male counterpart (Tjaden & Thoennes, 2000). As Zaidi discussed in his article, men are genetically predisposed to acting less on emotion and have more brain matter dedicated to the "fight or flight" reaction, creating more aggression in comparison to a female brain. In addition to their brain structure, as O'Connor et al. describe the effects of higher testosterone levels, men are more likely than women to express themselves in impulsive and aggressive ways, based on what they see in front of them (2004). There

are many reasons why pornography consumption affects the male gender more strongly and each reason may create a more negative affect for the male viewing the material.

In two studies done almost a generation apart, researchers show that the majority of pornography viewers and individuals that indicate they suffer from a sexual addiction are most often married, male heterosexuals (Buzzell, 2005; Davies, 1997). As indicated, in general studies that focus on the effects of pornography on relationships and individuals have largely focused on the male user (Ayers & Haddock, 2009). What the researchers found through these studies is that pornography creates a negative experience for the woman in the relationship, and it caused a loss respect, trust in their partner, a loss of self-esteem, and discord within their emotional connection with their partner or spouse (Bergner & Bridges, 2002; Schneider, 2000). In general, it is more often the female that suffers due to their partners use due to the fact that men are at the large the overall consumers.

Female Interests

As mentioned previously, as there is a rise in females who view pornography, there are now more sites dedicated to “female users.” On average, some of the most used phrases for porn sites are “hard core” or referring to young women being treated abusively or roughly (Famylsafemedia, 2011). These statistics are based largely on the male viewers, however, and reflect desires to fuel their visual needs of intense sexual activity, possibly created by hormones and a large cerebral area dedicated to sexual gratification. In recent searches and research conducted on “pornography for females,” key words such as “female friendly,” “romantic,” “run by female website,” “Laid back and relaxed site,” “real women,” “normal interactions,” and “real emotional expressions”

dominated the results for what females asked for (Quora, 2011). This is a direct reflection in the differences between the genders and their ideals of what pornography is. Men in general focus on more intensive, less emotion and more male domination of females in their choices, whereas women focus on emotional aspects such as romance, and want realistic representations of sexual intercourse.

Through brain differences resulting in variations in functions between men and women, to what fuels a desire for action, men and women tend to differ in how they seek justice or hand out punishment. In a research study conducted in 2009 utilizing 950 Greek students, it was found that women were less likely to tolerate any acceptance of attitudes rationalizing rape than men. In addition, women were more likely to reject attitudes of "blaming the victim" more so than men, and viewed rapists more negatively than men (Gari et al., 2009)

With anatomy, brain differences and biological functions that separate men and women, among other variations between the sexes, it can be presumed that there would be a disparity between how the genders view porn and how it affects them. As past and current research has shown, men are more driven by visual stimuli, and, in general, pornography statistics show men are more attracted to "hard core" or graphically intense images and films (Quora, 2011). With a need for more extreme and powerful imagery, men are also driven by a more intense sexual hormone, which has also been shown to raise aggression and negativity in men (O'Connor et al., 2004). Researchers have found that in general women look for reality based interactions in their adult rated material, with romance and without the use of degrading females or any brutality (Quora, 2011). In addition, women produce less testosterone, but instead manufacture estrogen within

their body. While all the effects of estrogen are unknown, it has many positive correlations within a woman's body. This may include increasing serotonin, and the number of serotonin receptors in the brain. It may also modify the production and the effects of endorphins, which cause an overall good feeling in the body (New York Presbyterian Hospital, 2008). Based on genetics and biology then, women are more inclined to act less aggressively towards others and also evidence less negativity due to the differences in their sex hormones.

Education Effects

Years of education play a very important role in the way individuals view the world around them and also helps shape their opinions. Depending on the experience one has had with human sexuality classes or even anatomy or biology, it can reshape one's attitude about how to treat the human body, what it is capable of and being able to appreciate individuals on a deeper level (Blackledge & Hunt, 1985; Vincent, 2003). The more education one has, the more it can be assumed that there would also be less negativity and less aggression associated with viewing pornography and ideals of women; as one has more education, one is more inclined to have his or her own opinions separate from what the media portrays, and would generally have more insight into how a person thinks and can understand the difference between what they see on the television screen versus reality (Boodram, 2009).

In a study by Farley et al., in 2011, the researchers took into account a large sample of men in Scotland and looked at numerous variables, including education. The men in their sample were mainly included to study their aggression and belief in the rape myth, however, the researchers also found inadvertently that the men in their study with

an education above high school evidenced a lower aggression rating and in general did not support the rape myth. While education effects were found inadvertently and were not the main effects the study aimed at measuring, it was still a large sample and found to be significant.

Learning Delayed Gratification

When seeking gain a higher education, or extending one's academic career past a high school diploma, it is in generally understood that the process will be challenging and quite time consuming. On top of the educational components that can be strenuous for a student, higher education is a costly endeavor. It is a great feat when an individual decides to move up in his or her education because of all these demands. However, with all that is required of a student as he or she earns new degrees, the student also learns life lessons in the process. As West discusses in her book, a person must have motivation to further their education because it is a great effort (1996). Through the process of achieving higher education, other learned values may be obtained, such as a decrease in the need for instant gratification due to the fact that achieving higher education in itself is a lengthy process. As one pursues higher education, one may begin to interact with more people from varying walks of life, which generally helps to foster respect for other worldviews and variations in how people live (Farquhar, 2010). West states that those who further their education go on to develop emotionally and intellectually in a way that they might not have been able to without the knowledge given to them to open their minds. In addition, higher education allows for greater opportunities in life, including the ability to travel and to further expand on one's current skill set. It is a way to create more meaning, authenticity and agency within one's life (West, 1996).

Upon completing high school, many students may still be unaware of who they are and are lacking in complex decision skills due to their frontal lobe not being fully developed (Knox, 2010). This area of the brain is dedicated to higher functioning and complex processing, which allows humans to make rational and sensitive decisions, form lucid opinions and utilize their acquired knowledge (Zaidi, 2010). This part of the brain does not fully develop until an individual reaches his or her twenties and is shaped largely by experience, education and the environment (Heilman & Valenstein, 2011). After high school, one has many options of where to go in one's life and some choose to go on to college and develop their own set of decision making skills through higher education, and as West put it, to give more authenticity and a sense of agency in their lives.

Gaining Insight

Currently, upon entering either a community or state college there are certain entry-level classes one must take to fulfill requirements to go on to more experienced and advanced courses. These classes in general are culturally based, critical thinking or explore the human body on a sexual or biological level (Smart, 2010). These classes help broaden the way an individual thinks that they may not have been introduced to if they were not furthering their education. Even in entry-level classes on the road to higher education, an individual can gain insight into how the body functions and what it can do (Blackledge & Hunt, 1985). In addition, students are exposed to how others live their lives and may learn that there is no one set mindset or one fixed lifestyle (Vincent, 2003). A new way of thinking can emerge to become more tolerant and less condemning of others because they have been introduced to differing viewpoints and may begin to

understand others are not solely one dimensional, but that humans are complex and such should be treated with respect (Common Wealth Foundation, 2009).

If an individual has a greater sense of who they are, they can also appreciate the complexities in life and others, as well (Farquhar, 2010; Vincent 2003). As their educational level rises, so may the student's sense of respect for others because they are able to value that their reality is not for everyone, and nor do they feel other's way of life is obsolete (Common Wealth Foundation, 2009). In regards to one's ability then to think on a more educated field, it would also be easier to separate what is on the student's television or in a magazine, from what they know to be realistic. Once an individual has been educated on the biology and nature of men and women, it becomes far easier to understand pornography is a man-made expression of what the male gender desires, and not necessarily how a woman truly behaves or what a sexual encounter is realistically like (Boodram, 2009). A higher level of education would allow an individual to separate media from their real life because through furthering his or her education, the person is able to use better deductive reasoning and would have been educated on what is true in science, psychology and in world cultures.

Age Effects

A gradual change can be seen in each generation, in the attitudes, technological advances, and even in the moral values that society upholds (Dwyer, 1995). Some people may state that in the past few decades, we as a society have raised our morals and ethical principals in that we now have higher standards for human treatment, have less tolerance for racism and less tolerance for violence (Paul, 2008). However, it is important to look at what has changed within the past hundred years to understand where we stand as a

society currently, compared to what our forefathers deemed acceptable. In current society, it is now acceptable and legal for same sex marriage to happen. However, looking back, homosexuality was actually considered a mental disorder and was removed from the *Diagnostic and Statistical Manual of Mental Disorders* (DSM) as recently as 1974 (Herek, 2012). However, in 1980 a new diagnosis, *ego-dystonic homosexuality*, made it into the DSM's third edition in 1980. This diagnosis is detailed by: 1) a persistent lack of heterosexual arousal, which the patient experienced as interfering with initiation or maintenance of wanted heterosexual relationships, and (2) persistent distress from a sustained pattern of unwanted homosexual arousal (American Psychiatric Association, 1987). This diagnosis was not removed in its entirety until 1986, which still brought about much controversy for those who believed these sexual practices were outrageous (Herek, 2012).

Americans and the rest of the world in general have ethical principles that are practiced and believed. However, within approximately twenty years, something deemed inappropriate and risqué has been brought into our daily lives and made normal. Even though some articles discuss the lack of tolerance for violence, in American culture and globally, people are entertained by watching two men fight. In addition, many voice how the world is becoming more accepting of sexual orientation, sex, and individual lifestyle choices (Paul, 2008). This new acceptance of sexual activities, illustrate a different mentality of what newer generations deem acceptable. Sexual material, lifestyles and activities are increasingly more brutal, explicit and tolerated because it is now deemed as appropriate, and with technology people can access whatever they want (Dwyer, 1995).

Less Conservative Views

In a recent study, perceptions of the young American religious persons were examined and they were found to be more liberal than older evangelicals. Young evangelicals were found to have more liberal attitudes on same-sex marriage, premarital sex, cohabitating, and pornography (Ferrel, 2011). This study is important because within most teachings and doctrines of several religions, sexual morality is a critical foundation. Younger generations then appear to allow vital elements of their faith to be subjected to media and current societal values, and accept things that were not proper before their time.

Nowadays, young people are not only watching pornography, due to technology making it both easier and more prevalent, but also have come to accept pornography as more acceptable. Because of this attitude of acceptance and sexual curiosity, the younger generations are also engaging in creating their own form of pornography called “sexting.” In Greece, a study was done with a large sample of adolescent participants who gave their opinions and experiences with both pornography and “sexting” (Tsaliki, 2011). Tsaliki et al. made some shocking discoveries in that many of the participants admitted to viewing pornography and sending or receiving nude pictures through their phone at the age of seven. In addition, the majority felt that when they were younger they understood their actions were wrong or risqué, however, as they aged and were exposed to more adult content, the participants reported less concern over viewing pornography or “sexting.”

In a recent and new cultural values survey, 2,000 American adults participated in a questionnaire given by the Culture and Media Institute. It was found that around 74 percent of all the participants consider America as declining in moral values. In addition,

it was found that 64 percent of the participants felt that the news media and entertainment play a direct role in the deterioration of these values (CMI, 2007). In early media, such as television, shows attempted to portray wholesome images and to teach ethical principles to those that watched them. Shows that families watched as recently as forty years ago, portrayed values such as, families eating dinner together, learning to do well in school, telling the truth, and being an overall good citizen. There were no graphic images on television, and there were no rating systems involved because television was appropriate for all ages. In 1990, a rating system developed to ensure appropriateness for the age of the viewer, ranging from youth appropriate to mature audiences (A&E, 2012). Currently, television includes even youth engaging in mature and sometimes sexual behaviors, which encourages those who view it to mimic the same actions, and to accept them as suitable, which is a vast difference from the mentality of the generations before them (Saltus, 2001).

It is important to look at the way our world impacts us, and to understand we can be affected in either a positive or negative way by our environment. With this being said, we gain an understanding of how events and things affect us by interpreting how we feel about said events or things and by looking at how they affect others, as well (Blackmore, 2010). To understand the prevalence and the extent of the impact pornography use currently has, Ayers and Haddock interviewed 99 clinicians to see what their experience was in dealing with pornography issues. The study showed that over seventy five percent of respondents had seen individual clients and seventy four percent had seen couple clients dealing with pornography issues. In addition, over one third of the clinicians reported over that over ten percent of their clients had disclosed pornography

consumption within the last year. In general, the clinicians reported that in their past year at least thirteen percent of their clients had reported to coming in for pornography related issues (Ayers & Haddock, 2009). Additionally, a meta-analysis of 46 published research studies investigating the results of being exposed to pornography is incorporating over twelve thousand participants in the United States and Canada combined, which demonstrates the vastness of the pornography's impact. Being exposed or coming into contact with pornographic material was shown to correlate with significant negative outcomes, including "the development of sexually dysfunctional attitudes and behaviours," and "increased risk for developing sexually deviant tendencies, committing sexual offenses, experiencing difficulties in one's intimate relationships, and accepting the rape myth" (Oddone-Paolucci et al., 2000, 48-59). It is important to recognize, then, that pornography has been shown to negatively affect those that view it, and those that are close to them.

Within the debate of pornography and its content lies the issue of how it portrays relationships. While most conflict about pornography centers on its explicit nature, it is important to understand that it also demonstrates relational dynamics (Ybarra, 2009). It is critical to acknowledge that pornography not only serves as entertainment in a sense, but that it is also brought into homes and the lives of individuals who are fathers, brothers, teachers, friends and members of society who engage and interact with other members of society (Frank, 2001). Additionally, for years many individual and couple therapists thought pornography consumption was basically harmless, and could actually serve as potentially beneficial (Slade, 2001). Many thought that viewing pornography as a couple could produce psychosexual development within the relationship or further

increase marital intimacy through experiencing it together (Zitzman & Butler, 2005).

Since the growth of the pornography industry, clinicians now are evidencing the negative effects of pornography consumption on relationships. There has been a large increase in the numbers of couples that have begun accessing therapy services, stating pornography consumption as the primary presenting issue, and discussing the damaging individual and relationship effects (Schneider & Schneider, 1996; Zitzman & Butler, 2005).

Conclusion

Not every mention of pornography induces negative reactions, nor does every individual who watches a pornographic film become entangled in sexually deviant behaviors, but there is strong evidence that pornography does not enhance the lives of those who are involved with it. Currently, the terms “sexual addiction” or “porn addiction” are not present in diagnostic manuals. As Manning states, there is currently a debate within the development of *Diagnostic and Statistical Manual of Mental Disorders* (DSM-V) if either terms will be included in the new edition (2005). While there is not an agreed upon clinical definition, psychologists and psychiatrists treat individuals who are suffering from some sort of habitual porn use on a regular basis, which demonstrates the severity of the problem. Even though there is no clear definition of this issue, it is very much prevalent and a negative factor in society. Leading experts in the field of sexual addictions contend that online sexual activity is “a hidden public health hazard exploding, in part because very few are recognizing it as such or taking it seriously” (Manning, 2005).

In men, prolonged exposure to pornography creates and enhances sexual callousness toward women. . . . Prolonged exposure to pornography, it must be remembered, results in both a ‘loss-of-respect’ for female sexual autonomy and

the disinhibition of men in the expression of aggression against women. (Dr. James B. Weaver, 2004)

Chapter 3

METHODOLOGY

Rationale

Pornography has become a widespread phenomenon and more prevalent as technology advances and allows greater ease of access (Frontline, 2002). It has been an area of interest, as evidenced by the extensive research and studies done to understand its effects (Davis et al., 2006; Kingston et al., 2008). The majority of past work, however, has primarily limited the focus to men viewing pornography without looking at how pornography use changes the participants.

The focus of this study is how pornography influences the female population. This study integrates both men and women who view pornographic material and analyzes the effects it has on their behaviors. In addition, age and education levels of both men and women were analyzed as additional variables in order to determine if a relationship exists between those factors and how men and women react to pornography. What is the difference between males and females that view pornography and their level of aggression towards females, taking into account the effects of age and education? Also, what is the difference between participants who view pornography, taking into account the effects of age and education? In addition, how do these factors influence the participant's levels of aggression towards females?

Hypothesis 1 is: as the volume of pornography watched by males increases, so will their level of physical and verbal aggression toward females. Hypothesis 2 is: that regardless of age or level of education obtained, men who watch pornography will

evidence more aggression and negative attitudes towards females than females who view pornography. Hypothesis 3 in this study is that those participants with higher education in each group (male or female) who view pornography will have a lower aggression score towards women than those with less education. Hypothesis 4 in this study is that women under thirty years of age who view pornography will evidence a lower aggression score towards females than females over the age of thirty.

Variables

The dependent variables are aggressive behavior, both verbal and physical accounts of aggression in which the man or woman may say demeaning, degrading, threatening or any words intended to harm the woman or actions involving intentional harm, pain, violence, degradation or abuse towards women.

The independent variables are: pornography use as defined by viewing films, images or magazines with nudity, sexual content over “R” rating, and sexual intercourse. Additional independent variables are gender, education (years of school completed), and age (measured in years).

Participants

Participants were solicited from volunteers found within local train stations, local coffee shops around the valley, e-mail, through an online survey generator (Qualtrics) and from prior thesis data relating to the same topic. Participants were of both male and female population, of legal age and English speaking.

224 participants were divided into the four categories of those who do not view pornography, men and women, and for the category of those who do watch pornography, men and women.

Instrumentation

To assess pornography use, a demographic instrument was used in order to determine whether or not the participant has watched pornography. Participants were also asked if they have viewed pornography within the past year. In addition to their pornography use, participants were asked if they have a high school education, diploma or an equivalent, or if they have any further education. Additional demographic information was requested including gender and age.

To assess the levels of aggression the men and women experience, the Acceptance of Modern Myths About Sexual Aggression (AMMSA) Assessment tool followed their self-reporting survey on pornography use (see Appendix A). This assessment was designed to explore the acceptance towards rape and the attitudes and behaviors expressed by the men who believe rape and aggression towards women is acceptable. This assessment utilizes a Likert scale to measure the participants' answers and is thirty questions in length.

Across four studies (total N=1,279), the reliability and validity of parallel German and English versions of the AMMSA scale will be examined. The results show that both language versions are highly reliable; compared with a traditional RMA scale, means of AMMSA scores are higher and their distributions more closely approximate normality. Cross-sectional and longitudinal analyses provide evidence for the AMMSA scale's concurrent and predictive construct validity.

Bohner, G. (2007). Acceptance of Modern Myths About Sexual Aggression [Database record]. Retrieved from PsycTESTS. doi: 10.1037/t02749-000.

Gerger, Heike, Kley, Hanna, Bohner, Gerd, & Siebler, Frank (2007). The acceptance of modern myths about sexual aggression scale: Development and validation in German and English. *Aggressive Behavior*, Vol 33(5), 422-440. doi: 10.1002/ab.20195

Procedures

An informed consent document was given to each participant that communicates the purpose and procedures, including time commitment of the subject, risks and benefits of the study, a statement describing how the confidentiality of records identifying the subject will be maintained, the subject's rights in participating in the research, and the freedom to decline to participate without consequences. The individual was also given the opportunity to obtain further information and answers to questions related to the study. The consent form provided contact information for the primary investigator and the IRB Chair to enable the subject to ask questions after the consent form is signed. Participants were asked to fill out both the demographic questionnaire and the AMMSA. Participants were also encouraged to answer all questions as thoroughly and honestly as possible. Participants were informed that they will be participating solely on a voluntary basis and that no compensation would be provided for their cooperation. In addition, participants were debriefed on the nature of the assessment once it was completed.

To place the participants in their correct category of either those who have viewed pornography or those who do not, a self-reporting survey was answered that is attached to the AMMSA. This self-reporting tool asked them to state if they either watch or do not watch pornography, or have within the past year.

Analysis

Data was organized into four categories reflecting men and women who view pornography or have within the past year, and those who do not. Each entry was grouped with both the self-reporting survey of frequency and use and the AMMSA of each participant, and assigned a number.

Descriptive statistics were run for all categories of men and women to find the average age and average number of years of schooling for each. For hypothesis one and two, the effects of watching porn and gender on aggression were examined by a 2x2 factorial ANOVA. For hypothesis three, education effects, by category, was examined by a one-way ANOVA and hypothesis four looking at age effects on women, was also examined by an independent samples t-test.

Chapter 4

RESULTS

Data was collected from 224 individuals, who filled out a questionnaire while waiting at a local train station, local coffee shops, through email correspondence (Qualtrics), and through convenient samples. Of the 224 collected questionnaires, 61 of the protocols were incorporated from a prior thesis regarding the same information and found to be useable for data entry purposes. From Qualtrics, 203 participants were gathered. Non-useable forms were rejected based on unfilled in answers, missing demographic information, or unclear answers. Out of the 203, 183 total protocols were found to be useable for data entry purposes. Demographic information and summations of test scores were recorded from the protocols into Statistical Package for the Social Sciences (SPSS), Version 19. Data frequencies and descriptive information were analyzed using SPSS.

To determine the level of aggression and negative views of women, the participants rated thirty questions on the survey pertaining to their views of rape, who has control in the relationship, and the extent that biology plays on males needing to have sexual intercourse. Certain questions were based on eliciting the participant's attitude on how far is too far during interaction with a female, and others targeted their conceptualization of sex and its role in society. In general, items on the survey were not place in a particular order or by domain, but varied from being very specific to the individual and possibly pertaining to their own lives, or being broad and applying to society and media in general.

The effect of gender and amount of pornography watched on level of aggression was analyzed using a 2x2 factorial ANOVA. There was a statistically significant difference between males who reported to watching pornography and their aggression ratings in comparison to the males who did not report viewing pornography ($F= 14.245$, $p= ns$); males who viewed pornography evidenced higher aggression scores than those who did not. In addition, there was a significant interaction between genders and levels of aggression ($F= 15.804$, $p= ns$), such that men who watched pornography displayed higher levels of aggression towards women, than women who watched pornography. When pornography usage is removed, both genders demonstrate about the same levels of aggression.

Further significance was found between education levels and levels of aggression when examined by a one-way ANOVA ($F= 10.451$, $p< .001$). As the results were found statistically significant, Tukey's HSD post hoc test revealed that the categories of College ($M=100.57$, $SD= 24.894$) and Higher Education ($M=105.74$ $SD= 27.593$) are significantly different from high school ($M=130.39$ $SD= 20.999$). However, college and higher education did not differ significantly from each other. Effects of gender and age on aggression levels were analyzed by an independent samples t-test. There was not a statistically significant difference between women under thirty and women over thirty in their aggression scores ($t=.321$, $p= ns$).

For the descriptive statistics, the average age of the male participant was 36.37 years, with a standard deviation of 12.029 years. Ages ranged from 18 years old to 74 years old, due to the legal age minimum of 18 to watch pornographic material. The average age of the female participant was 30.51 years, with a standard deviation 8.969

years. Ages ranged from 21 years old to 61 years old; for both male and female categories it is varied enough that it could provide a broader applicability than just college or elderly alone. In regards to pornography use, a total of 95 men and 61 females reported to watching the material within the past year, for a total of 134 participants. In comparison, 39 men and 29 women denied viewing pornography, for a total of 90 participants. For the category of education, 18 participants reported a high school education or equivalent, 95 reported one to four years of college, and 50 reported over four years of college. A total of 163 participants were reported for education, as those included from prior thesis data were not asked about academic information.

Chapter 5

DISCUSSION

General Discussion

It was hypothesized that as the volume of pornography watched by males and females increases so will their level of aggressive physical and verbal behavior towards females. In addition, those with higher education and older individuals were hypothesized to display lower levels of aggression towards females. The outcome of this study indicated that there is a statistically significant relationship with the data gathered in regards to gender and education, thus indicating to reject three of the null hypotheses. This study found that men in general, and men who view more pornography, might react more aggressively towards women. In addition, both men and women with higher education may be less aggressive than those with less education.

There were no statistically significant findings pertaining to aggression levels and age, thus failing to show a relationship between the two. Results of this study were not able to demonstrate a relationship between age and levels of aggression evidenced within women. In regards to this study, the original age cutoff intended to be studied was forty years old. Once the statistics were run, however, the two groups were highly unbalanced and the decision was made change the age cutoff to thirty. The statistically significant findings, however, support the researcher's views stated within the literature. The results support that watching pornographic material enhances the view of women as objects, and that they enjoy being humiliated, hurt or degraded. These concepts lead to increase levels

of aggression and negative views towards females (Sobel, 1985, Manning, 2005, Zillmann, 2000).

Because this explicit material is so prevalent in today's society, it is important to understand these results in a real world context that viewing this material does pose problems with those that indulge in watching it. As Mappes and Zembaty report, substantial exposure to sexually violent material bears a causal relationship to antisocial acts of sexual violence and, for some subgroups, possibly to unlawful acts of sexual violence (1997). If such a significant result was found within a convenience sample, it may be proposed that the problem could be greater than previously imagined and requires attention for future research.

Recommendations for Future Studies and Clinical Applicability

Changing the frequency of pornography use into a measurable variable may yield separate categories to measure, between high frequency and low frequency, and also varying results. This may allow greater insight into where behavioral changes begin and if there is a possible threshold for danger in those who view it.

In addition, for future use, it is possible that the questionnaire could be modified to use more simple words, or to even extract questions that had a tendency to confuse participants or ones that went unanswered. Upon consent from the original author, questions could be adapted, removed, or added to further increase the sensitivity and the power of the questionnaire in eliciting true aggression ratings. Furthermore, the first questions on the survey regarding pornography use could also be reworded to be less controversial to people, and made to be more user-friendly and encourage honest answers and more participation.

While this study was found to be statistically significant, in order to sustain the credibility of the results, the experiment should be expanded. Pornography use is not localized to the central valley or California, but on an international basis. This type of research could easily be duplicated in different states and different countries to assess the levels of aggression in men all over the world and see if they correlate or are similar with California. If more research is done on the issue, it could encourage those who have a problem with pornography use to seek help and also help with more effective treatment options.

In regards to clinical applicability, this study offers insight into behavior for both individual work and couples. By understanding how pornography affects men and women, issues relating to body image, inabilities to maintain sexually healthy relationships and negative views of women may be processed more effectively within therapy. As this issue is becoming more prevalent for both genders, it would prove beneficial for the therapeutic process to recognize it is no longer a male problem. The population of female users is steadily rising and has introduced new implications within therapy that have yet to be addressed. It is also important to appreciate how impacting the issue can be for the individual and within couples. Pornography has addictive characteristics that can make treatment difficult and also prove resistant towards change. Thus, with its broad range of influence, pornography use should be treated seriously within therapy, not limited to one gender or seen as a phase within a person's life.

Limitations

There were limitations to the current study that was conducted. One limitation is that while the data was collected through various methods and from various populations,

all participants' locations were not detectable. Thus, the scope and range of the participant's locations could not be identified, which limits the applicability of the results. Despite the sample size in total being adequate, certain variable categories were uneven. In regards to gender, there was a greater amount of men who participated, and for both genders there were more people who admitted to viewing pornography than those who did not. The variable of education had very disproportionate categories, with a very small amount of participants reporting having a high school education or lower. Most participants indicated having some college experience or higher education and were over represented for this variable.

Out of the original 203 questionnaires filled out online via Qualtrics for this current study, only 183 were suitable for data entry purposes. A limitation of dispersing a questionnaire via the Internet is the fact the participant may quit and choose not to respond. A larger sample would be needed in order to gain a more accurate and stable picture of how pornography affects people across all categories. A larger sample size would lend to a greater confidence in what was found in this study.

Furthermore, frequencies of use among participants who had reported to viewing pornography within the past year was not labeled in a way that yielded numerical results, and thus could not be accurately measured or used in a way to further break down the results of those who do view pornography in regards to their AMMSA scores. This lack of information diminishes the ability to draw results about how the amount of pornography watched influences men's view of women.

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APPENDIX A
Consent Form

Alliant International University
 Fresno Campus
 5130 East Clinton Way,
 Fresno, CA 93727

DESCRIPTION: You are invited to participate in a research study on pornography and how viewing it may affect your views of women. You will be asked to take a brief survey on your attitude towards women and to list some information that will allow you to be categorized anonymously. This survey is anonymous. Do not write your name on the survey. No one will be able to identify you or your answers, and no one will know whether or not you participated in the study. Should the data be published, no individual information will be disclosed. This study is part of a Master's Thesis at AIU by Lauren Zanutto, BA, under the supervision of Dr. Jana Price-Sharps.

RISKS AND BENEFITS: There are no foreseeable risks involved with this study other than the discomfort anticipated in the research which is not greater than that ordinarily encountered during the performance of routine physical, psychological, or educational examinations or tests. The benefits which may reasonably be expected to result from this study is utilizing the data from your results to help understand the effects pornography has on attitudes toward women. We cannot and do not guarantee or promise that you will receive any benefits from this study.

TIME INVOLVEMENT: Your participation in this experiment will take approximately 10 minutes to complete.

PAYMENTS: There is no payment for your participation in this study.

PARTICIPANT'S RIGHTS AND CONFIDENTIALITY: If you have read this form and have decided to participate in this project, please understand your participation is voluntary and you have the right to withdraw your consent or discontinue participation at any time without penalty or loss of benefits to which you are otherwise entitled. Your individual privacy will be maintained in all published and written data resulting from the study. All information obtained will be stored in a locked area with restricted access to only those involved in this study. Your name will never be connected to your results or responses. Instead, a numerical identification code will be assigned to your response sheet to allow for organizing of data. Any information that could be used to identify you will not be released in the report or allowed out in any way. Data, in the form of recorded answers with numerical identification code, will be accessible to those working on the project, as well as to future researchers who request it. However, if a statement is found regarding abuse or neglect regarding a child or dependent adult, I will be forced to contact relevant services to report this.

CONTACT INFORMATION:

Questions, Concerns, or Complaints: If you have any questions, concerns or complaints about this research study, its procedures, risks and benefits, or alternative courses of treatment, you should ask the Protocol Director, Lauren Zanutto. You may contact her now or later at LZanutto@alliant.edu , or (559) 9162718 or Dr. Jana Price-Sharps at J-pricesharps@alliant.edu, or by phone at (559) 253- 2241.

Independent Contact: If you are not satisfied with how this study is being conducted, or if you have any concerns, complaints, or general questions about the research or your rights as a participant, please contact sfoster@alliant.edu. A participant may request a summary of the aggregate results of the study once the study has been completed, if the participant desires.

 Signature of Adult Participant

 Date

APPENDIX B
Questionnaire Form

Dear Participant,

First of all thank you for your willingness to participate in our study.

We assure you that all information will be held strictly confidential and anonymous. Please answer all questions honestly and carefully, as this is of great importance for the success of our study.

Age _____

Gender _____

Highest Level of Education Obtained:

___ High School Diploma or Equivalent ___ Years of College or Education Past High School Completed

Have you watched pornographic material within the past year? Yes ___ No ___

Please state to the best of your ability, how often you watch pornography if answered yes to previous question.

___ Multiple times daily ___ Daily ___ Weekly ___ Monthly ___ Yearly

You will be presented with a set of statements and asked to indicate the extent to which you agree or disagree with each. There are no right or wrong answers – we are only interested in your personal opinion.

Please read each statement carefully and then circle that number from 1 to 7 that you feel best represents your opinion. The points on the scale have the following meaning:

1 = completely disagree

2 = disagree

3 = disagree somewhat

4 = neutral

5 = agree somewhat

6 = agree

7 = completely agree

For example:

It snows in winter.

completely disagree 1 2 3 4 5 6 7 completely agree

In this example the answer of 5 would indicate that you agree somewhat with the statement but not entirely (for example, because it does not snow everywhere and all the time in winter).

Please use the complete range of the scale to express your exact opinion.

1. When it comes to sexual contacts, women expect men to take the lead.

completely disagree 1 2 3 4 5 6 7 completely agree

2. Once a man and a woman have started "making out", a woman's misgivings against sex will automatically disappear.

completely disagree 1 2 3 4 5 6 7 completely agree

3. A lot of women strongly complain about sexual infringements for no real reason, just to appear emancipated.

completely disagree 1 2 3 4 5 6 7 completely agree

4. To get custody for their children, women often falsely accuse their ex-husband of a tendency towards sexual violence.

completely disagree 1 2 3 4 5 6 7 completely agree

5. Interpreting harmless gestures as "sexual harassment" is a popular weapon in the battle of the sexes.

completely disagree 1 2 3 4 5 6 7 completely agree

6. It is a biological necessity for men to release sexual pressure from time to time.

completely disagree 1 2 3 4 5 6 7 completely agree

7. After a rape, women nowadays receive ample support.

completely disagree 1 2 3 4 5 6 7 completely agree

8. Nowadays, a large proportion of rapes is partly caused by the depiction of sexuality in the media as this raises the sex drive of potential perpetrators.

completely disagree 1 2 3 4 5 6 7 completely agree

9. If a woman invites a man to her home for a cup of coffee after a night out this means that she wants to have sex.

completely disagree 1 2 3 4 5 6 7 completely agree

10. As long as they don't go too far, suggestive remarks and allusions simply tell a woman that she is attractive.

completely disagree 1 2 3 4 5 6 7 completely agree

11. Any woman who is careless enough to walk through "dark alleys" at night is partly to be blamed if she is raped.

completely disagree 1 2 3 4 5 6 7 completely agree

12. When a woman starts a relationship with a man, she must be aware that the man will assert his right to have sex.

completely disagree 1 2 3 4 5 6 7 completely agree

13. Most women prefer to be praised for their looks rather than their intelligence.

completely disagree 1 2 3 4 5 6 7 completely agree

14. Because the fascination caused by sex is disproportionately large, our society's sensitivity to crimes in this area is disproportionate as well.

completely disagree 1 2 3 4 5 6 7 completely agree

15. Women like to play coy. This does not mean that they do not want sex.

completely disagree 1 2 3 4 5 6 7 completely agree

16. Many women tend to exaggerate the problem of male violence.

completely disagree 1 2 3 4 5 6 7 completely agree

17. When a man urges his female partner to have sex, this cannot be called rape.

completely disagree 1 2 3 4 5 6 7 completely agree

18. When a single woman invites a single man to her flat she signals that she is not averse to having sex.

completely disagree 1 2 3 4 5 6 7 completely agree

19. When politicians deal with the topic of rape, they do so mainly because this topic is likely to attract the attention of the media.

completely disagree 1 2 3 4 5 6 7 completely agree

20. When defining "marital rape", there is no clear-cut distinction between normal conjugal intercourse and rape.

completely disagree 1 2 3 4 5 6 7 completely agree

21. A man's sexuality functions like a steam boiler – when the pressure gets too high, he has to "let off steam".

completely disagree 1 2 3 4 5 6 7 completely agree

22. Women often accuse their husbands of marital rape just to retaliate for a failed relationship.

completely disagree 1 2 3 4 5 6 7 completely agree

23. The discussion about sexual harassment on the job has mainly resulted in many a harmless behavior being misinterpreted as harassment.

completely disagree 1 2 3 4 5 6 7 completely agree⁴

24. In dating situations the general expectation is that the woman "hits the brakes" and the man "pushes ahead".

completely disagree 1 2 3 4 5 6 7 completely agree

25. Although the victims of armed robbery have to fear for their lives, they receive far less psychological support than do rape victims.

completely disagree 1 2 3 4 5 6 7 completely agree

26. Alcohol is often the culprit when a man rapes a woman.

completely disagree 1 2 3 4 5 6 7 completely agree

27. Many women tend to misinterpret a well-meant gesture as a "sexual assault".

completely disagree 1 2 3 4 5 6 7 completely agree

28. Nowadays, the victims of sexual violence receive sufficient help in the form of women's shelters, therapy offers, and support groups.

completely disagree 1 2 3 4 5 6 7 completely agree

29. Instead of worrying about alleged victims of sexual violence society should rather attend to more urgent problems, such as environmental destruction.

completely disagree 1 2 3 4 5 6 7 completely agree

30. Nowadays, men who really sexually assault women are punished justly.

completely disagree 1 2 3 4 5 6 7 completely agree