

# Sexual Addiciton

Khuldiah Iman Mohd Ghazali P96743

Dr Shazli Ezzat Ghazali

# **Modul Ketagihan Seksual**

# Sebelum itu.....

Introducing Mr A as the helper.

Kenalkan En. A Yang akan membantu anda dengan modul ini.



Note to IT team: The Animated person will be waving and saying (if the user want) the script provided.

User have a choice to mute or unmute thus caption of the script is required

# Objektif Modul

Penerangan tentang ketagihan seksual

Mengurangkan keinginan seksual

Note to IT team: The Animated person will be waving and saying (if the user want) the script provided.

User have a choice to mute or unmute thus caption of the script is required



Penerangan tentang ketagihan seksual



Note to IT team: Focus on the first point and enlarges them

Mengurangkan keinginan Seksual

Note to IT team: The Animated person will be waving and saying (if the user want) the script provided.

User have a choice to mute or unmute thus caption of the script is required

# Lesson 1



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# Apakah itu Ketagihan Seksual?

1

Ketagihan seksual adalah kegagalan untuk mengawal keinginan seksual

2

Yang memberi kesan kepada aktiviti harian termasuk kerja, kewangan dan bersosial

3

Tingkah laku seksual ini boleh melibatkan pasangan atau pun bersendirian.

4

Tingkah laku seksual termasuk melakukan perkara yang membangkitkan nafsu dengan tujuan untuk kepuasan seksual atau orgasma/klimaks

5

Sebagai contoh, beronani, melayan pornografi, seks solo, seks oral, seks dubur dan hubungan seks dengan pasangan dan sebagainya.

6

Ketagihan terhadap seksual terajdi apabila tingkah laku seksual seperti diatas dilakukan tanpa dapat dikawal dari segi kekerapan dan kawalan sehingga mengganggu kefungsiian harian.



Note to IT team: The Animated person will be waving and saying (if the user want) the script provided.  
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# Lesson 2



Note to IT team: The Animated person will be waving and saying (if the user want) the script provided.

User have a choice to mute or unmute thus caption of the script is required



# Tingkah laku mungkin melibatkan

1. Onani kompulsif dan berterusan (**compulsive masturbation**)
2. Melihat pornografi dengan berterusan (**persistent use of pornography**)
3. Seks cyber (**Cybersex**)

Note to IT team :

- 1) Movement of a blanket in a room
  - 2) Shows a person is in front of the computer
- Both situation that shows sun changes to moon at the window showing that it is happening throughout the day. Also, the number appears changing from 1 until 15 showing that he/she is engaging in the sexual behaviour.

Note to IT team :

- 3) Shows a person laying in bed playing the phone and kissing the phone.

The emotion in all the videos shows that the person is smiling and tired.

# Tingkah laku mungkin melibatkan

1. Melanggani pelacur atau melacur (visiting prostitution or practising prostitution)
2. Menjalankan seks tidak selamat (practising unsafe sex)

Note to IT team :

- 1) A person going into a “Rumah XXX” in and out
- 2) And in the same video shows a picture of condom and cross it out indicating that that person is not practising a safe sex.

Note to IT team :

Please insert a proper gif or videos about the behaviours for education purposes for every time a point is shown.

# Tingkah laku mungkin melibatkan

- Fantasi seksual (**sexual fantasy**)

Note to IT team :

Please insert a proper gif or videos about the behaviours for education purposes for every time a point is shown.

Note to IT team :

Please insert a proper gif or videos about the behaviours for education purposes for every time a point is shown.

Tingkah laku tersebut jika dilakukan dengan kadar kekerapan yang berlebihan dan boleh mengganggu dan membahayakan kesihatan, kefunksian diri, aktiviti harian, kewangan dan sosial akan membawa kepada **KETAGIHAN SEKSUAL**

Note to IT team: The Animated person will be waving and saying (if the user want) the script provided.  
User have a choice to mute or unmute thus caption of the script is required



# Lesson 3



Note to IT team: The Animated person will be waving and saying (if the user want) the script provided.

User have a choice to mute or unmute thus caption of the script is required

# Prevalens Ketagihan Seksual di Dunia

Note to IT team:

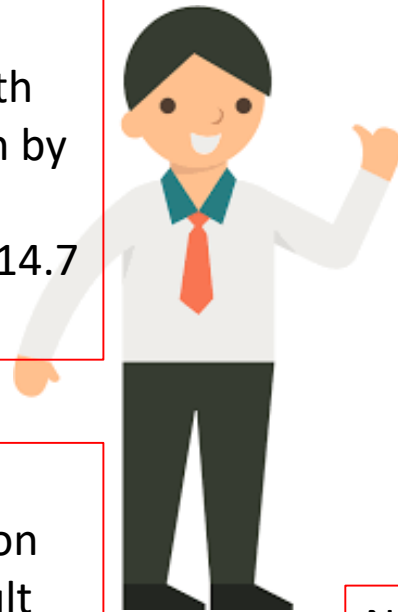
Videos and graphics shows

Research has found by Barrileaux in 2016 that 17 million to 37 millions Americans are struggling with this sexual addiction problems and other research by Krueger in 2016 shows that sexual addiction have effected 3-6 % of US adults which equates to 7.4-14.7 million adults

Note to IT team:

Videos and graphics shows a map America and icon of a person across the map that 17-37 million adult with Sexual addiction.

Then moves to showing the icon of a person indicates 3-6% of US adults (7.4-14.7 mil) adults.



Note to IT team: The Animated person will be waving and saying (if the user want) the script provided.

User have a choice to mute or unmute thus caption of the script is required

**Anda tidak bersendirian.  
Kongsikan masalah anda.  
Ambil tindakan Sekarang**

# Lesson 4



Note to IT team: The Animated person will be waving and saying (if the user want) the script provided.

User have a choice to mute or unmute thus caption of the script is required



# Simptom yang boleh dilihat seperti

- Kekerapan dalam memikirkan tingkah laku seksual atau aktiviti menjurus kearah aktiviti seksual tersebut (**Frequent preoccupation with the sexual behaviour or with activity that approaches sexual behaviour**)

Note to IT team :

A person is daydreaming and in the thinking cloud showing “SEKS”

Note to IT team :

Please insert a proper gif or videos about the behaviours for education purposes for every time a point is shown.

# Simptom yang boleh dilihat seperti

- Melakukan aktiviti seksual dalam kekerapan dan keamatan yang tinggi dan meningkat dari semasa ke semasa (Engage in sexual behaviour in a great amount of intensity and frequency)

Note to IT team :

A person is engaging in the behaviour – again a moving blanket and the number increase up to 15 and the movement of sun from moon at the window.

And changes the next day and the number increase to 20

Note to IT team :

Please insert a proper gif or videos about the behaviours for education purposes for every time a point is shown.

# Simptom yang boleh dilihat seperti

- Seringkali mencuba untuk menahan diri, mengurangkan dan mengawal diri dari melakukan aktiviti seksual (Multiple trials of stopping, control, reducing the sexual behaviour)

Note to IT team :

A person is daydreaming “SEKS” and try to wave his thoughts away and keep thinking again “SEKS”

Face show while thinking – happy

And then try to diffuse his thoughts – sad and shaking his head

Note to IT team :

Please insert a proper gif or videos about the behaviours for education purposes for every time a point is shown.

# Simptom yang boleh dilihat seperti

- Meluangkan banyak masa memenuhi keinginan seksual dan kesannya selepas itu (Spent a lot of time fulfilling the sexual needs and the recovery effects)

Note to IT team :

A clock changes from 5pm to 3am in a bedroom

Note to IT team :

Please insert a proper gif or videos about the behaviours for education purposes for every time a point is shown.

# Simptom yang boleh dilihat seperti

- Mengabaikan tanggungjawab diri sendiri dengan menghabiskan masa dalam tingkah laku seksual (**Neglecting other responsibilities by spending time on sexual behaviour**)

Note to IT team :

A digital clock showing Monday – and not going to work but instead in front the computer and by the computer the phone is ringing with “OFFICE” calling

Note to IT team :

Please insert a proper gif or videos about the behaviours for education purposes for every time a point is shown.

# Simptom yang boleh dilihat seperti

- Hubungan sosial, pekerjaan dan aktiviti rekreasi berkurang kerana lebih masa diluang dengan tingkah laku sexual (Social connection, occupational and recreational activities are reduced to spend time more on sexual activities)

Note to IT team :

A message group notification, with group title “Kawan Selamanya”

And Abu “jom lepak!”

Maria “jom jom!!”

And the person dismissed the notification with shaking his head and a miserable face with black eyebags.

Note to IT team :

Please insert a proper gif or videos about the behaviours for education purposes for every time a point is shown.

# Simptom yang boleh dilihat seperti

- Meneruskan tingkah laku seksual walaupun mengetahui kesan buruk keatas diri sendiri (Continue on doing even knowing the consequences of sexual behaviour)

Note to IT team :

A digital clock showing that it is Tuesday night at 10pm but when a person is thinking of his family getting angry, and his office mate and his friends eating, but he still goes under the blanket.

Note to IT team :

Please insert a proper gif or videos about the behaviours for education purposes for every time a point is shown.

# Simptom yang boleh dilihat seperti

- Resah apabila keinginan seksual tidak dipenuhi (**Anxious when sexual needs are not met**)

Note to IT team :

A person is walking across the room back and forth showing anxious and looking at his bed and sitting and standing up walking and move to his bed laying down and standing up, focused on his face, shaking with miserable face.

Note to IT team :

Please insert a proper gif or videos about the behaviours for education purposes for every time a point is shown.



# Lesson 4



Note to IT team:

‘questioning’ act . What are the cause and factors of sexual addiction on one’s life?

Mr A can be seen reading a lot of books and wearing spectacles.

Note to IT team: The Animated person will be waving and saying (if the user want) the script provided.

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# Kesan dan punca

Note to IT :

Make an illustration based on the given text :

- The midbrain is the section of the brain that handles the body's reward system and survival instincts. As sexual activity creates a rush of dopamine, the "feel-good" chemical in the brain, this triggers the feeling of pleasure. The midbrain then mistakes this feeling of pleasure as being central to survival.

Note to IT team :

A picture of a brain of the midbrain and parts of tindak balas keseronokan and another part is tindak balas survival.

Note to IT team :

Please insert a proper gif or videos about the behaviours for education purposes for every time a point is shown.

# Lesson 5



Note to IT team:

‘questioning’ act . What are the affects of sexual addiction on one’s life?

The symptoms shows afterwards can be made as a story of Mr A felt when he was once sexually addicted.

Note to IT team: The Animated person will be waving and saying (if the user want) the script provided.

User have a choice to mute or unmute thus caption of the script is required

# Kesan yang boleh dilihat seperti

- Menyebabkan keserabutan (Causes misery in life)

Note to IT team :

A person is very miserable with messy hair and eyebag and tired

Note to IT team :

Please insert a proper gif or videos about the behaviours for education purposes for every time a point is shown.

# Kesan yang boleh dilihat seperti

- Konflik dalaman dalam memenuhi keinginan seksual (Inner conflicts in fulfilling the needs and stopping the sexual behaviour)

Note to IT team :

A person is thinking with thinking cloud between “seks” and “Stop”

Note to IT team :

Please insert a proper gif or videos about the behaviours for education purposes for every time a point is shown.

# Kesan yang boleh dilihat seperti

- Menyebabkan gangguan dalam kehidupan seperti pekerjaan, sosial dan kewangan dan keyakinan diri rendah (**Causes impairment in social, working, financial life and low self esteem**)

Note to IT team :

A person seems very tired in the office and got scolded by his boss. And shows financial and social impairment by walking down the streets and seeing his friends eating without him and shows miserable face showing low self confident.

Note to IT team :

Please insert a proper gif or videos about the behaviours for education purposes for every time a point is shown.

# Kesan yang boleh dilihat seperti

- Kajian telah mendedahkan bahawa ketagihan seksual dapat dikaitkan dengan tingkah laku berisiko dan boleh melibatkan nyawa seperti sexual Transmitted Infection (STI), kecederaan fizikal dan emosi (Studies have demonstrated a strong link between alleged sexual addiction and risk-taking. Sexual addiction may cause a person to persist in taking risk even if there may be health consequences, such as sexually transmitted infection (STI), physical injury, or emotional consequences)

Note to IT team :

A person in the middle with body scanned from the feet to the head in the scanning machine and voice over with the script.

Note to IT team :

Please insert a proper gif or videos about the behaviours for education purposes for every time a point is shown.

# Kesan yang boleh dilihat seperti

- Masalah ini boleh menjadi lebih besar dan boleh membawa kepada jenayah merogol atau pedophilia (jenayah seksual kanak-kanak)  
(This problem can progress to rape or pedophilia)

Note to IT team :  
Show a person in a jail outfit in the court  
with the script.

Note to IT team :  
Please insert a proper gif or videos about the  
behaviours for education purposes for every  
time a point is shown.



# Lesson 6



Note to IT team:

‘questioning” act . CAN YOU GET BETTER?

Note to IT team: The Animated person will be waving and saying (if the user want) the script provided.

User have a choice to mute or unmute thus caption of the script is required

# Lesson 6

Note to IT team:

A journey of Mr A ready and committed to change can be shown. Together with disciplined and a determined face.



Note to IT team: The Animated person will be waving and saying (if the user want) the script provided.

User have a choice to mute or unmute thus caption of the script is required

# Ayuh Kita Uji Pengetahuan Anda !



# Quiz (1<sup>st</sup> Set)

# Soalan 1

Adakah kenyataan di bawah betul atau salah?

“Ketagihan seksual adalah kegagalan untuk mengawal keinginan seksual”

Betul

Salah

Note to IT team:

Answer is “Betul” - “Tahniah! Anda Berjaya... Ayuh ke soalan seterusnya”

“salah” – “Jawapannya adalah Betul... jangan risau ayuh cuba soalan seterusnya”

# Soalan 2

Adakah kenyataan di bawah betul atau salah?

“Beronani adalah salah satu bentuk tingkah laku ketagihan seksual”

Note to IT team:

Answer is “Salah” - “Tahniah! Anda Berjaya Onani sahaja tidak membawa kepada ketagihan seksual. Onani secara kompulsif dan berterusan merupakan tingkha laku ketagihan seksual... Ayuh ke soalan seterusnya”

“Betul” – “Jawapannya adalah Saslah kerana Onani sahaja tidak membawa kepada ketagihan seksual. Onani secara kompulsif dan berterusan merupakan tingkha laku ketagihan seksual ... jangan risau ayuh cuba soalan seterusnya”

Betul

Salah

# Soalan 3

Adakah kenyataan di bawah betul atau salah?

“ketagihan seksual memberi kesan kepada kefunksian dan kehidupan harian, pekerjaan, kewangan dan sosial”

Note to IT team:

Answer is “Betul” - “Tahniah! Anda Berjaya ! ... Ayuh ke soalan seterusnya”

“Salah!” – “Jawapannya adalah Ssalah ... jangan risau ayuh cuba soalan seterusnya”

Betul

Salah

# Soalan 4

Adakah kenyataan di bawah betul atau salah?

“Salah satu kesan ketagihan seksual adalah mempunyai konflik dalaman dalam memenuhi keinginan seksual”

Note to IT team:

Answer is “Betul” - “Tahniah! Anda Berjaya ! ... Ayuh ke soalan seterusnya”

“Salah!” – “Jawapannya adalah Ssalah ... jangan risau ayuh cuba soalan seterusnya”

Betul

Salah



# Soalan 5

Adakah kenyataan di bawah betul atau salah?

“Ketagihan seksual tidak dapat dikurangkan”

Note to IT team:

Answer is “Salah” - “Tahniah! Anda Berjaya ! ... Ayuh ke soalan seterusnya”

“Betull” – “Jawapannya adalah Salah ... ketagihan seksual dapat dikurangkan dengan rawatan dan disiplin”

Betul

Salah

# Quiz (set 2)

# Soalan 1

Adakah kenyataan di bawah betul atau salah?

“Ketagihan seksual berlaku apabila tingkah laku seksual dilakukan tanpa dikawal sehingga mengganggu kefungsi harian”

Note to IT team:

Answer is “Betul” - “Tahniah! Anda Berjaya... Ayuh ke soalan seterusnya”

“salah” – “Jawapannya adalah Betul... jangan risau ayuh cuba soalan seterusnya”

Betul

Salah

# Soalan 2

Adakah kenyataan di bawah betul atau salah?

“Melihat Pornografi adalah salah satu bentuk tingkah laku ketagihan seksual”

Note to IT team:

Answer is “Salah” - “Tahniah! Anda Berjaya ! Melihat pornografi sahaja tidak membawa kepada ketagihan seksual. Onani secara kompulsif dan berterusan merupakan tingkha laku ketagihan seksual... Ayuh ke soalan seterusnya”

“Betul” – “Jawapannya adalah Saslah kerana Melihat pornografi sahaja tidak membawa kepada ketagihan seksual. Onani secara kompulsif dan berterusan merupakan tingkha laku ketagihan seksual ... jangan risau ayuh cuba soalan seterusnya”

Betul

Salah

# Soalan 3

Adakah kenyataan di bawah betul atau salah?

“Tingkah laku ketagihan seksual akan dilakukan secara meningkat dari segi kekerapan dan keamatan “

Note to IT team:

Answer is “Betul” - “Tahniah! Anda Berjaya ! ... Ayuh ke soalan seterusnya”

“Salah!” – “Jawapannya adalah Ssalah ... jangan risau ayuh cuba soalan seterusnya”

Betul

Salah

# Soalan 4

Adakah kenyataan di bawah betul atau salah?

“Salah satu kesan ketagihan seksual adalah berisiko dan boleh melibatkan nyawa seperti sexual Transmitted Infection (STI), kecederaan fizikal dan emosi”

Note to IT team:

Answer is “Betul” - “Tahniah! Anda Berjaya ! ... Ayuh ke soalan seterusnya”

“Salah!” – “Jawapannya adalah Ssalah ... jangan risau ayuh cuba soalan seterusnya”

Betul

Salah

# Soalan 5

Adakah kenyataan di bawah betul atau salah?

“Komitmen dan disiplin diri penting dalam rawatan ketagihan seksual”

Note to IT team:

Answer is “Betul” - “Tahniah! Anda Berjaya ! ... Ayuh ke soalan seterusnya”

“Salah” – “Jawapannya adalah Betul ... ketagihan seksual dapat dikurangkan dengan Komitmen dan disiplin diri yang tinggi”

Betul

Salah

- Note to IT team:

The results is shown here with the audio of Clapping regardless of the total mark with “Tahniah. Ayuh kita teruskan ke bahagian seterusnya”



Penerangan tentang ketagihan seksual

Menangani keinginan seksual



Note to IT team: Focus on the second point and enlarges them

Note to IT team: The Animated person will be waving and saying (if the user want) the script provided.

User have a choice to mute or unmute thus caption of the script is required

A page that link the module with recording the given homework. Period diary apps can be used as reference. – link to the system and interface can be taken and referred like the period diary apps in the phone or warga ukm website.



Note to IT team: Mr A reminds the user to download the apps to their phone so that it will be easier for them to record the homework given.

# Week 1



Note to IT team:

Mr A is counting out and showing the calender. And show the document link in the page.



Note to IT team: The Animated person will be waving and saying (if the user want) the script provided.

User have a choice to mute or unmute thus caption of the script is required

# Week 2



Note to IT team:

Mr A is counting out and showing the calender. And show the document link in the page.



Note to IT team: The Animated person will be waving and saying (if the user want) the script provided.

User have a choice to mute or unmute thus caption of the script is required

# Week 2



Note to IT team:

Mr A is doing a lot activities such as sports activities, drawing, meeting up friends, dancing, fishing and so on.

Note to IT team: The Animated person will be waving and saying (if the user want) the script provided.

User have a choice to mute or unmute thus caption of the script is required

# Week 2

Note to IT team:

Mr A is questioning the user about their activities and shows the link to the apps.



Note to IT team: The Animated person will be waving and saying (if the user want) the script provided.

User have a choice to mute or unmute thus caption of the script is required

# Week 3

Note to IT team:

Mr A is sitting as a therapist in questioning them about their feedbacks.



Note to IT team: The Animated person will be waving and saying (if the user want) the script provided.

User have a choice to mute or unmute thus caption of the script is required

# Week 3

Lebih baik



Lebih buruk

Note to IT team:

User need to click on “lebih baik” or “lebih buruk”

if “lebih baik” – “Tahniah, Teruskan Usaha anda”

If “lebih buruk” – “tidak apa, terus mencari aktiviti yang betul boleh membantu anda”

Note to IT team: The Animated person will be waving and saying (if the user want) the script provided.

User have a choice to mute or unmute thus caption of the script is required



# Week 3

Note to IT team:

Showing the calendar and is circling few dates in the next week.



Note to IT team: The Animated person will be waving and saying (if the user want) the script provided.

User have a choice to mute or unmute thus caption of the script is required

# Week 4

Imbasan Badan

Teknik Penafasan

Teknik imaginasi



Note to IT team:

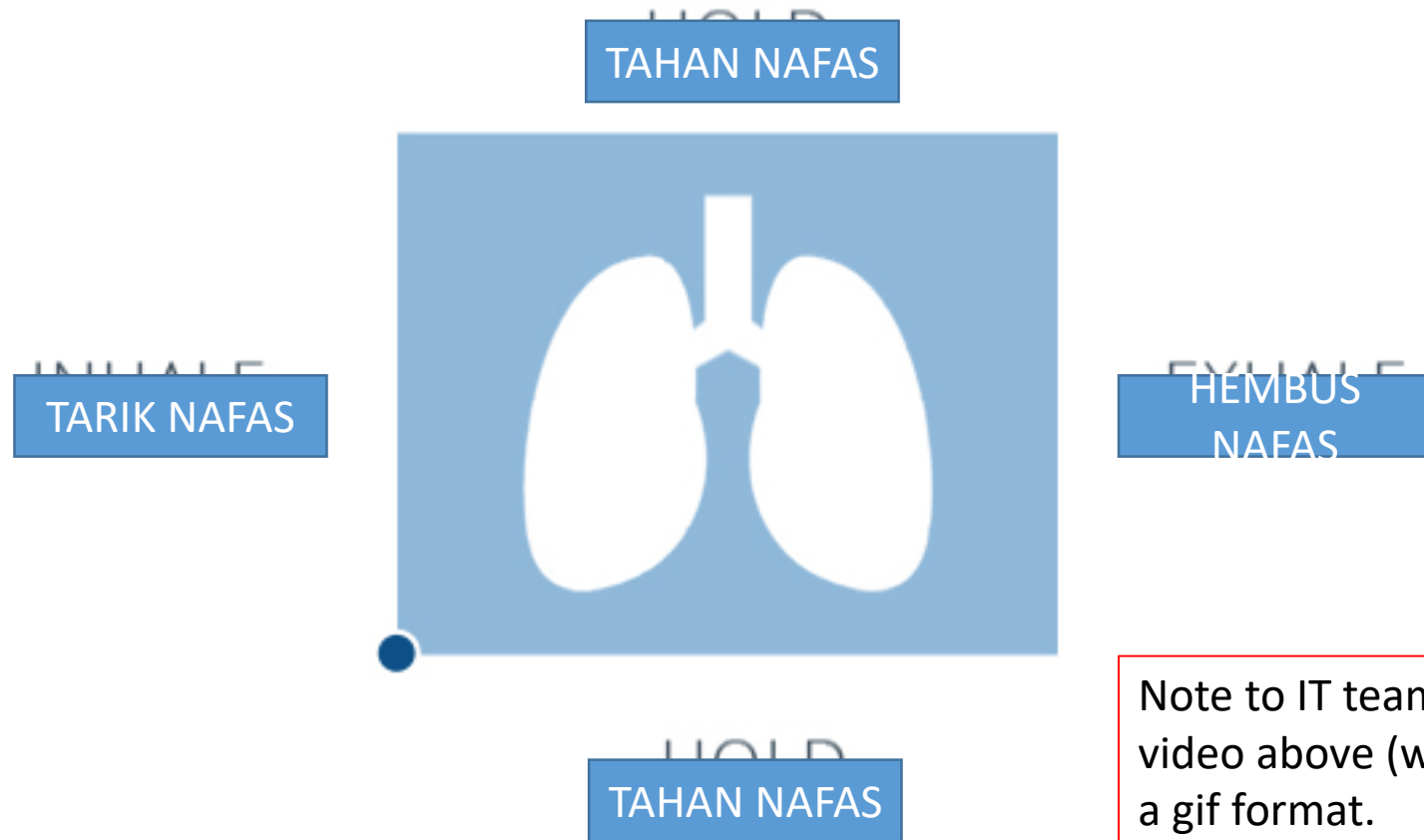
Mr A is relaxing.

User is given 3 option of relaxation technique. They can always go back to this page and use other relaxation technique.

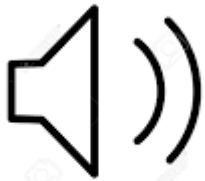
Note to IT team: The Animated person will be waving and saying (if the user want) the script provided.

User have a choice to mute or unmute thus caption of the script is required

# Penafasan Dalam

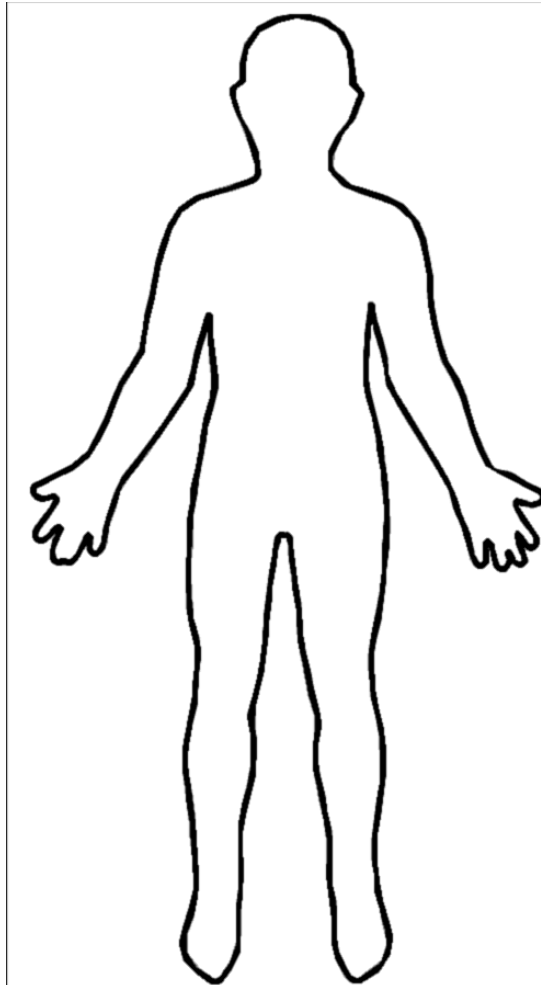


# Imbasan Badan



**AUDIO**

A voice over of body scan will be played once they clicked on Body Scan



Insert like a gif or a video that shows a colour moving slowly from feet -> calves -> thighs -> pelvis -> stomach -> chest -> shoulder -> arms -> hand -> fingers -> neck -> head.

And the movement continues from head back to feet.

# Teknik imajinasi



**AUDIO**

A voice over of the imagery relaxation will be played once they clicked on it.

# Week 5



Note to IT team:

Mr A is reminding them to do their homeworks

Note to IT team: The Animated person will be waving and saying (if the user want) the script provided.

User have a choice to mute or unmute thus caption of the script is required

# Week 6



VectorStock®  
VectorStock.com/24444827

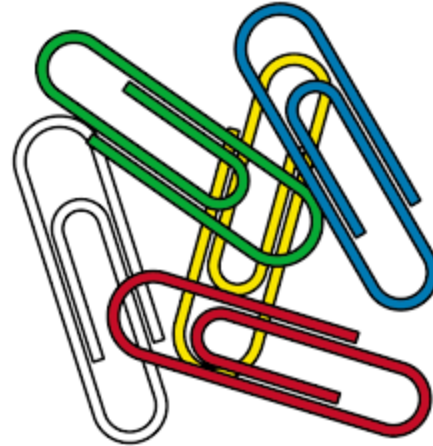
Note to IT team:

Sexual addiction screening tools are given once again.

# Week 6

Yes

No



Note to IT team:

They will be linked into a support group therapy regarding their sexual addiction and given option yes or no.





# Week 6



Yes

No

Note to IT team:

They will be linked into a individual psychotherapy regarding their sexual addiction and given option yes or no.