

PORN ADDICTION AND COGNITIVE BEHAVIOR THERAPY IN YOUNG GENERATION

Zahrah Nabila Putri^{1*}, Fadullah Iqsan^{2*}, Syarifah Aini^{3*}

¹Ms, Islamic University of Indonesia, INDONESIA, zahrahnp@gmail.com

² Mr, Islamic University of Indonesia, INDONESIA, iqsanfadullah@gmail.com

³ Ms, University of Medan Area, INDONESIA, syarifahaini16@gmail.com

*Corresponding authors

Abstract

The current digital era internet users increasing widely and easily. This is evidenced by more people using digital tools such as smartphones and tablet to access any information via the internet. In addition to bringing a good impact in the form of easier communication with anyone and anywhere, but it also appears the various harms are not inevitable, especially for children and young people. Advances in technology have nowadays made it easy for teens to obtain information from the mass media. Information such as this tends to be adolescent sexual problems on pilings and sexual behavior that is not responsible, such as advertising porn and porn movie very much found on the internet. According to RP Borrang (2007), porn movies can influence the attitudes and behavior of adolescents where such attitudes and behavior may occur if there is an encouragement within teenagers to see impressions and imitated things that are contained in the porn movies. This can lead to the mistaken understanding about sex, so teenagers can get caught up in sexual behavior that deviates. The use of a vast pornography among individuals has been found problematic behavior, including addiction, disturbing some functions (Wetterneck, Burgess, short, Smith, & Cervantes, 2012). According to Hilton and Watts (2011), a neurological study of addiction suggests that not only do the chemical changes in the brain that are known to occur at the beginning of an addiction, but the anatomy and pathological changes could also occur, resulting in hypofrontality syndrome. This syndrome included: compulsively, impulsively, and emotional. Impassivity is the root of addiction that can eventually harm if it doesn't put into the processing of the right frontal lobe. Individuals with a sexual addiction have been known to relieve their sexual impulses by means of the consumption of pornography and may experience a lot of non-physical consequences of sexual addiction through the consumption of pornography (Levine, 2010).

Negative impact caused by addiction to pornography makes the researchers try to find some solutions. Some solutions have been found to overcome these things, such as Cognitive Behavioral Therapy (CBT). According to Khofifah, the level of pornography in Indonesia at this time practically the danger with drugs. The number of victims of pornography has reached 45 percent higher than the dangers of drugs. And, the impact is very large damaging future generations. The data show that the survey results from www.emarketer.com in 2014 shows that Indonesia is in sixth with the largest number of internet users in the world i.e. reaching 83.7 million people. In the year 2017, Indonesia predicted would overtake Japan who was in fifth position. This phenomenon will certainly continue to evolve and become a very serious problem if there are no actions to prevent and overcome it. Therefore, CBT becomes a preventive way for porn addiction.

Keywords: Porn Addiction, Therapy, Cognitive Behavioral Therapy.

1 INTRODUCTION

Now technology is developing so rapidly. It is proven from generation to generation. From the use of computer double click to on the mouse, to the use of smartphone in one touch on the screen smart phone that cannot be controlled discharging his by each individual. This is also supported by easily accessing all things with the internet and connection with computer and smart phone. Therefore, people as internet users service easily getting all kinds of information. It is not limited to the high or low economic status. Moreover the price for using internet in cyber café is cheap enough or relative cheaper. Because of that, using internet wont'be a problem or limited to middle to low economy class.

Technology development can give positive/decent change/impact to aspects of life, for example social and economic. The example of positive changes are we more easily communicate with others, easier get information, and also a lot of using the internet to increase their financial economically. Besides positive changes, technological development can also give negative changes/impacts to life. A lot of phenomenons have occured as a result of technological development, such as teenager problems or youth trapped in criminal case, human trafficking, and raping. These aren't entirely media's fault. These phenomenons happened because there are links which come up with pornography content and can be accesed easily through internet. When people access the internet and come up with pornography content, it can attract them and make them wondered. In the end, they try to open and finally get into the site like porn site. Children, teenagers, and youth are susceptible entangled in negative content on the internet.

The university of new Hampshire: researchers at the crimes against children research center pluck data from two surveys, and the result is 3000 the son of the wearer of the internet that was about 10 to seventeen years and 2000 law enforcement officers and data u.s. staggering not revealed. Online predators use guile to children in order to get the target three They Target children especially who lack confidence, do not have strong identity or weak social support. Then there are some conditions which make children vulnerable to become victim, they are who had been sexually abused in the past, often chat in chat rooms, talk about sex in online, divulging personal information in online, relations with parents are not good, and children Become a gay which has different sexual orientation.

These certainly concern for every parent. They think of a lot of sexual predators online, pornography, social network, and a number of the site that inappropriate to their children development. Parents, family or agency who pertain must surely to respon this problem sprightly so that children and any youth generation will not be entangled in terms of negative that is porn. For example, make clear rules regarding using the internet as an early intervention way. It has been a problem which many parents neglect or do not know related to the progress of internet use by their children. It caused by several factors of parents and family Limited in terms of education so that parents don't know technological development which makes children or youth generation trapped in a bad content or unfit to watched.

Based on a survey conducted by Indonesian child protection commission (kpai) against 4.500 junior high school students and high schools in 12 big cities Indonesia, showed 97 percent of respondents had accessed the pornography content and also watched a porn over the internet. In addition, kpai also found 92,7 percent of respondents do kissing and oral sex, 61 percent junior high school students intercourse out of wedlock and 21.2 percent of SMU was an abortion. According to director general application information, Ashwin Sasongko, one of them is caused by the world the internet (okezone.com).

Information such as this tends to outmanoeuvre teenagers on problems sexual and sexual mannerisms irresponsible, as for advertising porn and many porn movies can be found in the internet. The internet allows the user to experience intense anonymity as well as to enjoy greater access to the site which allowed them to look at pornography printed source. This is not surprising if many researchers started exploring about addicted to pornography and the impact on daily life. With access which is easier to pornographic material, many individuals find themselves by exploring online site which allow them to engage in sexual exploration (Cooper et al., 2001), that has been found to have a negative impact daily life individual (Brand et al., 2011). According to RP borrong (2007), porn movies can affect teenagers' attitudes and behavior where the attitudes and behavior can occur if there was encouragement in teens to watch impressions and imitation things that were found in porn. This can cause the wrong understanding about sex education so that teenagers can stuck in sexual behavior that deviates.

The widespread use of pornography between individual cause behavior troubled, including addicted to, who some annoying functioning areas (Wetterneck, Burgess, pendek, Smith, & Cervantes, 2012). Other psychological research prove many problems as a result of pornography addiction. According to Hilton and Watts (2011), a study neurological addicted to shows that not only do chemical changes are known to occur

in the brain at the beginning of addiction, but anatomy and pathological amendment can be also happened, resulting in hypofrontality syndrome. These syndrome consist of compulsivity, emotional, and impulsively. Impulsivity is the root of addiction that eventually can disadvantage if it is not incorporated into processing of the frontal lobe properly. Individual who has sexually abused known to relieve sexual urge such consumption pornography, and can experienced many non-physical consequences of sexual abuse through pornography consumption (Levine, 2010).

Investigators pornography found that impulsivity and compulsivity are more destructive to individual that experienced the use of troubled internet porn, or addicted to, than those who do not use pornography with the same severity (Wetterneck, Burgess, pendek, Smith, & Cervantes, 2012). Becoming a serious problem as that affects individual by addicted to, need to diagnosis better. Certain number of people who shows addictive behavior are not identified because lack of diagnosis target impulsive (Tamam, Zeingin, Karakus, & Ozturk, 2008). Individual who addicted to sexual have been known to relieve their sexual urge by consuming pornography and experiencing many non-physical consequences of addicted to sexual through consumption pornography alone (Levine, 2010).

The important thing that must be known is, children, teenagers, and youth is milestone estafet nation change for the construction of a nation. Youth supposed to do a lot of positive activities for future changes in order to achieve great things. Through these great things, they will also have an impact on changes in a nation with creative idea, solution, and active. Youth should understand that learning by finding something new of learning process far more beneficial. This could be done by promoting the treatment in the form of therapy that is cognitive behavior therapy.

2 THEORY

2.1 Porn Addiction

2.1.1 Definition

An addiction to pornography is a common form of sexual addiction. Simply put, porn addiction is a problematic preoccupation with sexualized imagery that lasts six months or longer and causes significant problems in the user's life. As is the case with sexual addiction, pornography addiction is not officially listed as a disorder in the American Psychiatric Association's *Diagnostic and Statistical Manual of Mental Disorders (DSM-5)*. However other professional organizations, particularly the American Society of Addiction Medicine, are more accepting of behavioral addictions, including addiction to pornography. Generally speaking, there are three main criteria in diagnosing porn addiction:

a. Preoccupation to the point of obsession with sexual imagery

Porn addicts typically spend at least 11 hours per week searching for and looking at pornography.

Sometimes they dedicate double or even triple that amount of time.

b. Loss of control over the use of pornography

Porn addicts often try to quit or limit their use of porn, but without success. They may stop for a day or two. They also often discarding their entire collection and stopping online subscriptions, only to quickly return to it.

c. Negative consequences directly related to the compulsive use of pornography

Porn addicts eventually experience many consequences as harm as alcoholics, drug addicts, compulsive spenders, compulsive gamblers and other addicts deal with.

Pornography addiction is often combined with compulsive masturbation, another common form of sexual addiction. Many porn addicts and compulsive masturbators also engage in other forms of sexually addictive behavior. For example virtual sex games, webcam mutual masturbation sessions, serial affairs (online or in-person), casual and/or anonymous sex (online or in-person), strip clubs and prostitution. It was said that a significant percentage of porn addicts are hooked primarily or even completely on the rush they get from looking at and fantasizing about erotic imagery (www.addiction.com)

2.1.2 Impacts and Characteristic

According to Book 500 waves a porn tape in Indonesian several effects arising caused by pornography:

1. Escalation Effect

Escalation effect is the effect that will be experienced by addict pornography. They don't only want variation position but also, homo diverges like "gang bang" or "bestially". These variations initially considered to be disgust, but the higher addicted to pornography so now become "goods favorite" who much sought by consumers' pornography. Indonesian also found many cases namely men are sexual behavior strange each more than happy masturbate have sex with his wife.

2. Globalization Effect

Mass media participate in developing pornography matter. Access to pornography can be undertaken transparently and free. This is called globalization effect. At this stage, material pornography exploded in the market. Starting from children up to teenagers can get free pornography content without any laws governing. Pornography is proving to be the needs of young children. Pornography will enter easily through lifestyle. Style, fashion, music, and movie. Dressed sexily is exploit beauty physical into a mere a spectacle, sex became entertainment. Thus, sexual perversion would be considered as a just variation.

2.2 Cognitive Behavioral Therapy (CBT)

According to Beck, CBT is psychotherapy based on the model of cognitive that is individu way to receive the situation more closely connected to their reaction than the situation itself. One important part of CBT is helping clients turn of their thought that will help them and behavior that leads to perennial improvements in their mood and serves (beck institute, 2016). CBT containing many morality psychotherapies, which are dialectical behavior therapy, acceptance and commitment therapy, a gestalt therapy, affection focused therapy, attention, focused therapy solution, interview motivation, positive psychology, interpersonal psychotherapy, and when it comes to personality disorder, psychotherapy psycho dynamic. CBT have been learned extensively and been a efficacious psychological treatment to disorder panic (the level of 1) (Katzman et al, 2014).

In a meta analysis, CBT is more favored significantly than medicine for treatment of disorders panic (Roshanaei-moghaddam et al, 2011). In a meta-analysis of 42 students showed that cognitive therapy and other technical CBT are the best and consistent evidence for the treatment of panic disorders (Katzman et al, 2014). Another meta-analysis found that CBT is a superior interoception to therapy relaxation to symptoms panic (Siev & Chambless, 2007). CBT can effectively deliver in either of an individual and groups (Katzman et al, 2014). The point key of CBT process is we can see change symptoms preceded by change of confidence for therapy. Then change its beliefs and avoidance behaviour (Katzman et al, 2014). Psychotherapy cognitive-behavioral is short therapeutic which includes structured session and particular purpose. CBT is done based on explicit purpose and duties and each patient and therapist having an active role. The object is to connect interpretation of disaster events and the condition of fear patients, sensation sensory, and avoidance behavior. Patients taught to have strategy to face disorder and advised to have face-to-face conversation and relations. Less time spent with connection online, do some sports and breathing deepened all possible means of overcoming. From the perspective of behavior of view, patients undergo lack of cell phone controlled. A 'reality approach' also is advisable. Therapist tells a patient to focus on his/her own behavior and using motivational interview. Diaries in which participants can record the use of their mobile phones every day has also proposed.

Behavioral therapy doesn't exist as a distinct therapeutic technique. The term "cognitive-behavioral therapy (CBT)" is a very general term for a classification of therapies with similarities. There are several approaches to cognitive-behavioral therapy, including Rational Emotive Behavior Therapy, Rational Behavior Therapy, Rational Living Therapy, Cognitive Therapy, and Dialectic Behavior Therapy. However, most cognitive-behavioral therapies have the following characteristics:

1. CBT is based on the Cognitive Model of Emotional Response

Cognitive-behavioral therapy is based on the idea that our thoughts cause our feelings and behaviors, not external things, like people, situations, and events. The benefit of this fact is that we can change the way we think to feel / act better even if the situation does not change.

2. CBT is Briefer and Time-Limited

Cognitive-behavioral therapy is considered the most rapid in obtaining result among other therapies. The average number of sessions clients receive (across all types of problems and approaches to CBT) is only 16. Other kinds of therapy, like psychoanalysis, can take years. What enables CBT to be briefer is its highly instructive nature and the fact that it makes use of homework assignments. CBT is time-limited so that we help clients understand at the very beginning of the therapy process that there will be a point when the

formal therapy will end. The ending of the formal therapy is a decision made by the therapist and client. Therefore, CBT is not an open-ended, never-ending process.

3. A therapeutic relationship is necessary for effective therapy, but not the focus. Some kinds of therapy assume that the main reason people get better in therapy is because of the positive relationship between the therapist and client. Cognitive-behavioral therapists believe that it's important to have a good and trusting relationship, but it's not enough. CBT therapists believe that the clients change because they learn how to think differently and they act on that learning. Therefore, CBT therapists focus on teaching rational self-counseling skills.

4. CBT is a collaborative effort between the therapist and the client

Cognitive-behavioral therapists seek to learn what their clients want out of life (their goals) and then help their clients achieve those goals. The therapist's role is to listen, teach, and encourage, while the client's role is to express concerns, learn, and implement that learning.

5. CBT is not based on aspects of stoic philosophy

Not all approaches to CBT emphasize stoicism. Rational emotive behavior therapy, rational behavior therapy, and rational living therapy emphasize aspects of stoicism. Beck's Cognitive Therapy is not based on stoicism. Cognitive-behavioral therapy does not tell people how they should feel. However, most people seek for therapy but they don't want to feel what they have been feeling. While stoicism approachment teach the benefits of feeling. Even at the worst time, we can keep calm when confronted with undesirable situations. They also emphasize the fact that we have our undesirable situations whether we are upset about them or not. If we are upset about our problems, we have two problems — the problem, and our upset about it. Most people want to have the fewest number of possible problems. So when we learn how to more calmly accept a personal problem, we don't only feel better, but we usually put ourselves in a better position to make use of our intelligence, knowledge, energy, and resources to resolve the problem.

6. CBT uses the Socratic Method

Cognitive-behavioral therapists want to gain a very good understanding of their clients' concerns. That's why they often ask questions. They also encourage their clients to ask questions of themselves, like, "How do I really know that those people are laughing at me?" "Could they be laughing about something else?"

7. CBT is structured and directive

Cognitive-behavioral therapists have a specific agenda for each session. Specific techniques or concepts are taught during each session. CBT focuses on the client's goals. We do not tell our clients what their goals "should" be, or what they "should" tolerate. We are directive in the sense that we show our clients how to think and behave in ways to obtain what they want. Therefore, CBT therapists do not tell their clients what to do — rather, they teach their clients how to do.

8. CBT is based on an educational model

CBT is based on the scientifically supported assumption that most emotional and behavioral reactions are learned. Therefore, the goal of therapy is to help clients unlearn their unwanted reactions and to learn a new way of reacting. Therefore, CBT has nothing to do with "just talking". People can "just talk" with anyone. The educational emphasis of CBT has an additional benefit, that is leading to long term results. When people understand how and why they are doing well, they know what to do to continue doing well.

9. CBT theory and techniques rely on the Inductive Method

A central aspect of rational thinking is that it is based on fact. We often upset ourselves about things when, in fact, the situation is not like we think. If we knew that, we would not waste our time upsetting ourselves. Therefore, the inductive method encourages us to look at our thoughts as being hypotheses or guesses that can be questioned and tested. If we find that our hypotheses are incorrect (because we have new information), we can change our thinking to be in line with how the situation really is.

10. CBT theory and techniques rely on the Inductive Method

When you attempted to learn your multiplication tables you spent only one hour per week studying them. Then you might still be wondering what 5 X 5 equals. You likely spent a great deal of time at home studying your multiplication tables, maybe with flashcards. It's the same as the case with psychotherapy. Goal achievement (if obtained) could take a very long time if a person were only to think about the techniques and

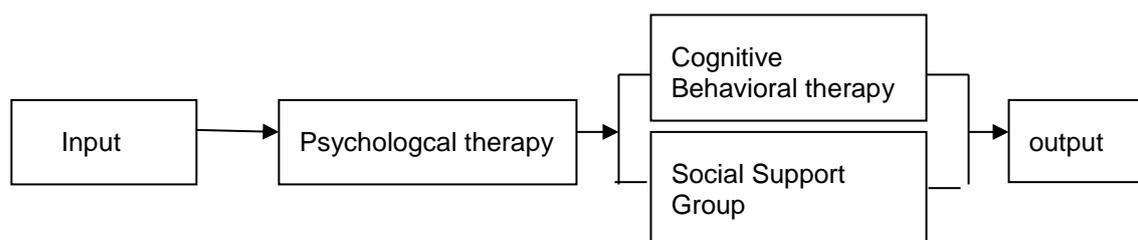
topics taught was for one hour per week. Because of that, CBT therapists assign reading assignments and encourage their clients to practice the techniques learned.

3 THERAPIES

3.1 Support Group Therapy

Wynee (2008) explained group counseling is a counseling done in a group situation where each member of the group has the ability in a comfortable condition and did not intervene. Sweetland, et al (2004) describes support groups as the individual with the same problems and needs who can share experiences and help each other through tough times so that can obtain health and better welfare for all members. Support groups also called the "healing place" for people who are in it and need it. They will heal themselves and help each other to do the same thing (Sweetland, 2004). Therapeutic support groups (Nayak, 2007) is almost the same as the self-help group that focuses on the same issue. The difference is in the handling of a support group where treatment was handled by a professional or legal counseling agency. There are three advantages of group therapy supporter by Townsend (2009), which are openness among group members for members and receive information and opinions of other members, the willingness of the group to put the interests of the group by pressing personal interests in order to achieve the group's goals, and the latter is ability to emotionally disclose the rules and norms that have been agreed upon by the group. Besides the advantages there are also weaknesses. The existing weakness namely caused by the time when the therapy which requires time does little to convey the detail. Another weakness is there must be a distance between group members apart to be of quality and quantity (Townsend, 2009).

4 DISCUSSION



Effective treatment of porn addiction typically follows the same basic approach that has proven in the treatment of sexual addiction and substance use disorders. If you or a loved one decides to work with a therapist or counselor, treatment will likely involve counseling such as [cognitive behavioral therapy \(CBT\)](#), coupled with group therapy, 12-step and other social support groups and perhaps alternative therapies such as art therapy, equine therapy (working with horses), [EMDR \(eye movement desensitization and reprocessing\)](#).

4.1 Committing to a Contract

The biggest difference between recovery from sexual addiction in general and porn addiction in particular lies in the definition of sobriety. Sex addicts typically focus on behavior change (eliminating problematic sexual behaviors while agreeing to engage in non-problematic sexual behaviors moderately and appropriately), while porn addicts want to permanently and completely abstain from porn use. If the porn addict is also engaging in other addictive sexual activities, then he or she must look at those — usually with the help of his/her treatment team — to determine which are problematic and which aren't. The porn addict then commits in a written "sexual sobriety contract" to change his or her behavior. It's important to understand that the definition of "sexual sobriety" varies from addict to addict. Some may have only one problem to eliminate — such as porn use — while others may struggle with other sexual activities. As such, sexual behaviors that are problematic for one addict may be perfectly acceptable, perhaps even healthy, for another.

Early treatment for porn addiction usually focuses on two main issues: first, separating the porn addict from his or her addiction; second, combating the denial the addict uses to make his or her behavior acceptable (in his or her own mind). As mentioned above, CBT is the backbone of most porn addiction treatment regimens, especially early on. CBT differs significantly from forms of psychotherapy that typically examine how someone's past is affecting his or her present. CBT is much more focused on the here and now, attempting to stop the addict's problematic behavior before dealing with other, longer-term issues. CBT specifically looks

at things that trigger emotional discomfort and the desire to escape through compulsive porn use and sexual fantasy. Then therapist and client will identify ways to short-circuit this pattern. In short, CBT teaches porn addicts to recognize when they're triggered to act out, and to then stop their sexual fantasies and porn use by thinking about and/or doing something else — whether that's calling a supportive friend in recovery, going to a 12-step meeting, cleaning the house, meditating, journaling, going to the gym or another activity.

4.2 Finding Support and Understanding

As with other addictions, recovering porn addicts tend to do best with the support of others who are also in the process of healing. To this end, sex and/or porn addiction-focused group therapy is often useful. In most groups for sex/porn addiction, a treatment specialist (sometimes more than one) works with between six and 10 addicts. Addicts learn that their problem is not unique, which helps with the shame, guilt and remorse almost all feel, and that triggers their desire to act out. Group therapy is also ideal for confronting and overcoming the denial that drives porn addiction. Addicts often rely on their rationalizations and justifications so that they think their behavior seem okay in their own minds.

5 REFERENCES

- Aditya, R. (2013, September 24). Survei: 97% Remaja Indonesia Mengakses Situs Porno. *Okezone*. Diakses dari <http://techno.okezone.com/read/2013/09/24/55/870832/survei-97-remaja-indonesia-mengakses-situs-porno>
- Borba, Michele. (2009). *The Big Book of Parenting Solution. 101 Answers to Your Everyday Challenges and Wildest Worries: Printed in The United States of America*
- Hilton, D.L.Jr, & Watts, C. (2011). Pornography addiction: A neuroscience perspective. *International Journal of Neurosurgery and Neurosciences*, 2(1), 87-90
- Levine, S.B. (2010). What is Sexual Addiction. *Journal of Sex & Marital Therapy*. 36(3), 261-275
- Wetterneck, C.T., Burgess, A.J., Short, M.B., Smith, A.H., & Cervantes, M.E. (2012). The role of sexual compulsivity, impulsivity, and experiential avoidance in internet pornography use. *The Psychological Record*, 62(1), 3-18