

The Destruction of Gender Paradigms through Porn Addiction: A Study Based On the Impact and Effects of Porn Addiction on the Life of Indian Women and Society

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Abstract: *The porn industry is becoming part of popular Indian culture. The popularity of internet widened the possibilities of the porn industry. The availability of internet has changed the world perception and even an adolescent can exceed their limits. It destructs gender roles by promoting violence against women in an unconscious way. Indian society started breaking taboos related to porn and such explicit contents. They are more interested in the virtual sexual world. Even porn stars gained celebrity status in our country where moral policing is considered as normal and necessary to safeguard women. The addiction towards pornographic content creates both psychological and social impacts. It affects the thought processes and creativity of a generation. The case study method is used to examine the scenario with examples and real-life samples.*

Keywords: Pornography, addiction, gender roles, moral policing, Indian women

1. Introduction

The socially constructed idea called gender becomes a fundamental constituent in all the existing social interactions. In its social, historical and cultural aspects, gender is a function of the power relationship between men and women where men are always considered superior to women. As per ancient Hindu lawgiver Manu:

“Women are supposed to be in the custody of their father when they are children, they must be under the custody of their husband when married and under the custody of her son in old age or as widows.”

In no circumstances she should be allowed to claim her identity, that's an unwritten rule followed in India. As we know technological advancements revolutionized the entire society and there are several positive instances which prove the rise of feminine gender. The influence of media, especially the information explosion due to the internet changed the world view of each individual. The 4-inch screen provides information and entertainment with a very low cost. Gender roles get affected by the addiction to videos related to sex which directly or indirectly promotes violence and suppression of woman. The increasing number of violence and molestation faced by kids is an aftermath of porn addiction. Both personal and other social relationship changes due to addiction to violence videos. The major area of concern is the interference of the impact of pornography in bonding and attachment of an individual mainly in the gender arena of both family and society of an individual and their relationship with people from the opposite gender.

It also paves its way to the general objectification of women. The problematic influences which constitute the negative views on sexuality may sometimes work mutually as positive and sometimes outside the relationships which

may change with circumstances. The unhealthy practices and tendency to imitate becomes a villain in several relationships. The increasing number of marital rapes remains hidden in our country because the gender stereotypes taught a woman to obey their husbands and worship them as goddesses. But the medium of cinema discussed this issue in a different way. But after portraying the troubles of woman, they show a macho image that comes to save a weak woman. This reinstates the gender hierarchy.

In a survey conducted by an NGO in Coimbatore says 70% of students start to watch porn from the age of 10 years. Besides, 31% of the boys who were interviewed watched violent porn content and 93% of the boys admitted that porn was as addictive as drugs while 86% of the boys admitted that watching porn does lead to sexual activities (The Times of India).

In union with the effects on individuals and relationships, its social impact which destructs women's rights and a growing tendency in the direction of violent and dehumanizing content material started to change the gender roles in society. Ladies uncovered to pornography as kids are accepting rape myths. Further to the societal effect that's considered pervasive, there are many studies with comparable findings, but lesser expertise about how pornography may also have an effect on courting.

It is vital that the arena should be aware of the damaging results of pornography. What we want to do first is to make those statistics come to the limelight. The outcomes from these kinds of research and researches performed on the concern, the society ought to be given that pornography is dangerous. These consequences display us that how porn is harmful to our brain, harming relationships and affect the society in a negative way.

Studies have found out that the brains of those who have frequent access to pornographic materials are lesser connected, lesser active and even differ in size in some areas. Sometimes porn can create long-lasting pathways in the brain. Moreover, porn marks an extreme competitor for actual sex with a real partner. Porn can sometimes overmaster the brain's ability to having real sex. Dr Norman Doidge of Columbia University explains that porn creates the perfect set of chemicals and conditions that could make lasting changes on your brain. Unlike any addictive substances, porn triggers the release of dopamine into a reward centre (reward pathway or system) which comes to a part of the brain. The basic function of this reward centre is to make you happy whenever you do healthy things. The high you get pave it to repeat the act again and again since our brain compels us to do things that are healthy and have the ability to increase our chance of survival. But the truth is that relieving from porn addiction is not as easy as any other addiction.

When some users develop a boring tolerance towards porn, it changes to increasing behaviour. Usually, they compensate it by spending more time watching porn or switching over to more hard items that could keep up their excitement. Users find the themes of violence, aggressive behaviours from these which would have an influence over their porn habits and fantasies. But whatever it may be the content has a huge market waiting for it, with no regard of its emotions that are portrayed. There is harm that the fantasy causing women is not contained to just the male's imagination. According to Catherine MacKinnon, an anti-pornography legal scholar, "Pornography harms all women because it defines women as subordinate to men. Pornography violates and possesses women, and by sexualizing this concept male dominance becomes perceived as sexy."

According to MacKinnon's theory, pornography works by first endorsing and sexualizing women being harmed in order to please men sexually. As a result, the woman's status becomes reduced in relation to their male counterparts. They become ingrained in men as normalized, and their actions towards women from sexist remarks to rape help to create a world in which men are superior. Pornography feeds a larger system of male supremacy. As a result, violence against women occurs because of the misconception that one sex must assert dominance and control over the other.

Recent studies state that unlike the other means of online entertainments such as gaming and social networking, pornography tends to be the most addictive. When it enters the brain, it activates the reward centre which starts pumping more dopamine, which later starts to erupt a set of chemicals including a protein called DeltaFosB. This protein builds the way that connects what you are watching and your feeling, i.e., the porn and the pleasure that is felt. These connections make the other one's week and make it easier to circum-navigate porn through your brain.

With a constant overdose of dopamine, the porn users start to feel that they cannot be normal without a high level of

dopamine. Sometimes they may feel anxious or mentally depressed till they get back to porn. As they got more and more addictive to porn, gradually their porn interests also shift to hardcore and whenever they try to break through their porn habits, they find it difficult to make it balanced.

The reward centre has truly great work to finish. When it gets attracted to health and life-supporting habits, a completely negative effect would be taking place when it happens to get connected to something harmful. Porn users are not actually being entertained by contents that are sexually explicit, but also, they are building connections with the feelings that arose from them and what is happening on the screen. When they get used with the porn that they had already seen, they must have to move to more extreme forms of pornography to get satisfied. The type or extent of pornographic materials that an individual see definitely changes overtime.

2. Findings and Suggestions

According to every other result of a survey which becomes performed amongst 1500 adult men, 56% admitted that their flavour in porn had modified to a really out of the standards. It's far pretty a typical that those people with unique porn tastes, not reply to their actual sexual companions, even though they may be made answered to pornographic contents. When the user starts shifting to watch such dangerous and extreme sexual acts, what they once believed to be disgusting or not applicable, changes to a normal act that causes the individual to try the same. To list out includes intercourse with non-humans or violent sex. When a person feels that the act is ordinary and not anything intense or supernatural, the probabilities of creating a try is quite high. Researchers had found that porn and addictive substances consisting of tobacco had like consequences on a character and on the mind. They're also one of a kind from the way how the mind reacts to the times which can be each natural and healthy. Our brain had a build in off system when you are satisfied with the thing which you had great carving. But addictive drugs can cause a straight hit to the dopamine levels where our brains cannot have a break. That is the reason why it feels hard to stop the drug after the first use. The reason is that, with the first use more dopamine flows to his brain and he urges more and more to the matter. The strangest case is that people who can easily gain pleasure from a video clip fails to derive satisfaction from a real relationship with partner.

Being virtual truth pornography lowers bonding in real lifestyles relationships. Research display that pornography immediately hyperlinks with arousal, appeal and overall performance in their sexual life. Porn leads to lesser sexual satisfaction within a relationship. Researchers proved that there's an immediate hyperlink between low sex power, erectile dysfunction and hassle attaining orgasm with porn use. In many such cases, people with a habit of high ended porn usage have a easiness of getting satisfied with porn rather than in real sex. Studies have also pointed out that porn is the reason behind low sexual desire among a random sample of high school students. These issues are mainly vulnerable to teens and adults. The time while mind can be growing up and preparing for vital attitudes,

alternatives and expectations for the destiny could be overthrown by porn and addictions change their thinking ways and life patterns and it creates damage in their social relations also.

Moreover, sex is natural and normal, at the same time as porn is a fabricated from marketing techniques. Their sole purpose is to have economic gain and with no regard for humanity. People who are professional in this field of porn enterprise have an entire time to take care of them; right from their appearance, until make up and lighting, even plastic surgeries. These forty-five-minute gestures can also take approximately 3 days of shoots wherein everything desires to be perfect from the angles to the sounds that make it look natural. Porn has no consideration to both man and women. Their acts sound to be violent, painful and degrading. All they need is the market for his or her product that is definitely unnatural.

Research shows how pornography is linked with less relationship stability and greater chances of divorce. Men, who are highly exposed to porn, feel that they are not getting the satisfaction while watching porn while having sex with their partner. They find their partners less attractive and less in love with them. From a recent study that was conducted in couples, porn was the second indicator that would suffer marriage. These porn users have less love and trust in a relationship towards their partners.

Dr. Gary Brooks, a psychologist who has worked with porn addicts for the last 30 years, says;

“The more one uses pornography, the lonelier one becomes any time spends much time with the usual pornography usage cycle, it can't help but be a depressing, demeaning, self-loathing kind of experience.”

The real thing is that porn changes the expectations of men on how women should look like in terms of their beauty. As writer Naomi Wolf points out, “Today real naked women are just bad porn.” Even though porn is termed as an adult material, its end users are basically those under the prescribed legal age. In fact, many of the young adults are becoming intercourse training from those substances, whatsoever its way. Researchers unearth that teens with extra porn watching tendency has a greater chance of having early and unnatural sexual act. They're additionally prone to sexually transmitted sicknesses and other associated ailments. According to Sociologist Dr Michael Kimmel, guys gets closely inspired with the aid of porn and depressed whilst their partners are not coming to their manner of sexual acts that was shown inside the films. This would eventually attain them to prostitutes. Research amongst that organization of people suggests that their customers typically show them the photos of these sexual postures which they want to make out. This trend also paves its way to human trafficking to sexual slavery. Porn can't be claimed to be non-consensual. The actual facts are simply opposite to ethics. All the studies point out those porn visitors are much less stable and less committed to their partners and in their relationships. They may be more cynical about marriage, love and relationships to be said in

popular. Most of the porn functions guys as superior and women as lesser submissive and doing what they are made to do. Gradually they feel it extra not unusual and natural with these instances. It additionally paves their way to humiliation, abandonment and betrayal in relationships. Researches show that people who is watching non-violent porn has also the mentality to support violence against women and children. When a team compiled all the available materials on the topic, they found out that “little doubt that, on the average, individuals who consume pornography more frequently are more likely to hold attitudes conducive to sexual aggression and engage in actual sexual aggression. Internet porn changes in terms of its aggressiveness and presentations. These business persons try to grab attention by featuring more and more unnatural behaviours in intercourses. Dr. Norman Doidge, a neuroscientist and writer of ‘The brain that changes Itself’ writes;

“Thirty years in the past ‘hardcore’ pornography normally meant the express depiction of sexual intercourse. In this post-modern world, soft-core is now what hardcore turned into some many years in the past, the comparatively tame soft-core photos of yesteryear ... now display up on mainstream media all day lengthy, within the pornification of the entirety, which includes TV, films, cleaning soap operas, advertisements, and so forth.”

The dependency of pornographic content should be handled in a critical way. It is very hard to rewire it in one's brain.

Technology has changed the total attitudes of an individual from what to watch and when and how to watch. Time has come to shift lights to the harmful effects of porn. What we can do is to provide right sexual schooling and fight against the industry that harms the human nature. What the human race deserve is real love and now not the sexual interest that arouse from the interests of pornographic materials. The female representations ought to no longer be created to satisfy male gaze's. Porn addiction is a growing addiction and harmful extra than alcohol, because it absolutely changes the perspectives of an individual and his idea of gender. Knowingly or unknowingly it promotes violence against ladies. To prevent the ill effects of porn addiction and gender misconceptions each person must guard their own mind.

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