



[Pornography on the Internet - a necessity?](#) by [Joanne Green](#)

This article attempts to scrutinise if internet pornography is a necessity for today's existence. Locating statistical popularity of internet pornography from reliable sources was difficult and much of the research of the effects of pornography was paediatric and animalia.

2005 research in America of a 1500 National Sample identified two in five 10-17 year olds had been 'exposed to online pornography' in 2004, and for 415 of those the exposure was unwanted (Wolak, Mitchell, & Finkelhor, 2007). They defined unwanted exposure as,

'being exposed to pictures of naked people or people having sex without seeking or expecting such pictures, when doing online searches, surfing the web, opening email, or instant messages or links in messages.'

One in four of the original sample had experienced unwanted exposure when file sharing or downloading internet images. The participants did not disclose or describe the effects of the

unsolicited exposures upon their wellbeing. However males (in the UK) are more likely to use the internet than women (Office for National Statistics, 2013), consequently download more than women from the internet. In Wolak et al's research males had the highest unwanted exposure prevalence rate and concluded further research is required of potential impact of exposure is needed noting,

'youth with certain vulnerabilities, depression, interpersonal victimisation, and delinquent tendencies, have more exposure.'

Research by Twohig & Crosby, 2010, found not all men accepted internet pornography and that some viewers of pornography found it disrupting and problematic whereby problems impacted upon their work, personal and social relationships. This type of problematic behaviour is also termed Sexual Addiction and its treatment consists of behaviour change and utilising coping strategies. These researchers offered these treatments by way of one and a half hours per week of Acceptance & Commitment Therapy (Twohig & Crosby, 2012) to their research subjects noting an 85% reduction in pornography viewing. Relapse rate at three months was 2%. World Health Organisation define addiction as being unable to control ones behaviour without the substance which controls that behaviour. There has been a call to the Diagnostic and Statistical Manual to categorise sexual addiction as a mental illness, however, twenty years ago there was a call for internet addiction to be classified as a mental illness too. Given there are so many blogs and interactive internet sites and regular internet use is at all ages below sixteen to over seventy-fives this may categorise everyone as internet addicts and in effect defeat its dissimilarity objective.



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