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Impact of pornography on marital sexual life (behaviour) and Reproductive health

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It is advocated that access to pornography [briefly defined as: "print materials and films that describe (or show) sexual acts in order to cause sexual excitement") hurts adolescents and other individuals (including those are married) on several fronts. Notably, most significant (and direct) effect of pornography (and other sexually explicit materials) is on the ability to enjoy (normal) sexual pleasure. However, the author of this research [in his present capacity as Independent Researcher (Scholar), post-retirement from the Mumbai, India-headquartered SNTD Women's University] strongly ARGUES that pornography helps increase sexual pleasure, especially in situations wherein engaging partners DO NOT adequately arouse each other due to various reasons. This research statement is based on author's (a) access to published materials; (b) his experiences; and (c) sexologists, both in India and abroad, who are in his network. The author does not wish to elaborate more on this aspect; it is beyond scope and objectives of this research work.

In the very context of present work, it can be GENERALIZED that "pornography has a negative effect on marital relation" . With this in view, the author advocates that "pornography negatively impacts marital sex life" [which, in turn, is linked with reproductive health (and behavior)]. The author, further, says that pornography (among married individuals, in general, and among adolescent groups, in particular): (a) HINDERS the development of a healthy sexuality; & (b) DISTORTS sexual attitudes and social realities. In this context, it is pertinent to note that since the arrival of the internet, it (pornography) has grown to proportions no one could have imagined. It is in this context that the present research has been authored.

In terms of research methodology, (a) prime objective is to present the framework within which pornography influences marital sexual life, in particular, and reproductive behavior, in general; (b) secondary data (largely 'qualitative' in nature) have been used; & (c) nature of data analysis is: 'descriptive', involving "desk-based research approach". This work briefly concludes that in families, access to pornography leads (a) marital dissatisfaction, (b) infidelity, separation, and (d) divorce. However, it significant to note that pornography use effects are conditional: they depend on dispositional, developmental, and social differential susceptibility variables. The author summarizes by saying that: benefits of pornography comes with certain pre- requisites (most important being 'wisdom'). Both sexologists & medical professionals argue that: (a) "Pornography viewing behaviors can be challenging to overcome" (b) but if there is a desire to change, healing is possible within relationships of married individuals.

Biography

I retired on June 30, 2020 from Population Education Resource Centre (PERC), Department of Lifelong Learning & Extension [DLLE, previously known as Department of Continuing & Adult Education & Extension Work (DCAEEW)], S.N.D.T. Women's University (SNDTWU), Mumbai, India. I underwent training in demography, with award of Government of India Fellowship, during 1986-1987 from the IIPS, Mumbai, India. Also, I acquired Ph. D. from University of Patna in 1999. My other qualifications include (a) Post-Master's Diploma in Adult & Continuing Education, (b) Certificate Course on Hospital and Health Care Management, (c) Diploma in Human Resource Development, & (d) I have authored (some co- authored) (a) 5 booklets (including teaching-learning materials: published by PERC, DLLE, SNDTWU); (b) 4 books; (c) 23 book chapters; (d) 81 journal articles; (e) 2 monographs; (f) 7 research studies (published by the DLLE, SNDTWU); & (g) 56 papers for national & international conferences (some with bursary/travel grant).