

EXPOSURE TO PORNOGRAPHY AS A CORRELATE TO SEXUAL BEHAVIOUR AMONG UNIVERSITY OF ILORIN UNDERGRADUATES: IMPLICATION TO MENTAL HEALTH

Magaji-Yusuf, Khadijat

&

Prof. Esere, M. O.

Department of Counsellor Education,
Faculty of Education,
University of Ilorin.

Abstract

The study examined undergraduates from the University of Ilorin's exposure to pornography as a correlate of sexual behaviour. 378 individuals from 5 randomly chosen faculties at the University of Ilorin participated in the survey-style descriptive research. With a reliability rating of 0.73, an adapted questionnaire titled "exposure to pornography and sexual behaviour questionnaire" was employed. The study's conclusions showed that University of Ilorin undergraduates had a low amount of exposure to pornography and had positive sexual behavior. Additionally, the results showed a strong correlation between undergraduates at the University of Ilorin's exposure to pornography and their sexual behaviour. Based on these findings, it was recommended that, despite the University of Ilorin undergraduates' low level of exposure to pornography, the University Counsellor should counsel students more frequently about the harmful effects of excessive exposure to pornography and that the University authorities should develop a programme through the Counseling Unit that will expose the students to sex-related information.

Key Words: Exposure, pornography, sexual behaviour, university undergraduates

Introduction

Undergraduates are being exposed to pornography at an increasing rate, whether through the internet or other ways. Pornography was first made available to the general public through pornographic publications, video cassettes, and digital video disks (DVDs), but today (2021), pornography is generally accessed through the Internet, which is widely accessible on personal computers (PCs) and cell phones. Accessing pornographic material through the Internet has broadened the range of potential customers and provided them with a diverse selection of sexually explicit content.

The Internet is at the heart of computer communication worldwide, connecting millions of computer networks and providing students with an incredible amount of information (Strasburger, Wilson, &

Jordan, 2009). Because of its fluid capabilities, the Internet has more upto-date information than books (Strasburger, Wilson, & Jordan, 2009). Despite significant differences in use between countries and socio-economic classes, young people throughout the world are rapidly accessing the Internet.

Pornography may affect the sexual socialisation of University undergraduates by influencing their view that sexual behaviours and attitudes are normative, acceptable, and rewarding, which is a major public concern about current trends in pornography exposure. Although pornography can be seen positively and can be used to explore one's sexuality, pornography frequently depicts behaviours that many adults do not consider normal or desirable.

Since the Internet gained access to the Nigerian cyberspace in 2001, many undergraduates have improved themselves to use the Internet, which has had a severe moral impact on them. Nigerians were first exposed to pornography through foreign magazines (Playboy magazine), Nollywood films with sexual scenes, and subsequently the internet. Nigeria is now the second largest country in terms of internet users, based on the rate of growth of internet users between 2000 and 2020 (see the last column of table 1). Apart from pornographic content, explicit sexual materials in the form of images and movies are available on mobile phones.

University undergraduates rarely utilise their mobile phones or computer for instructional purposes; instead, they use it to download naked photographs and videos of women while simultaneously tagging their friends on social networking platforms such as Instagram, Facebook, WhatsApp, and others. They occasionally share the URL with their friends via various social media platforms. Personally, the researchers have been linked to various websites, only to realise that they are pornographic websites when they open them.

Table 1: The Highest Number of Internet Users

TOP 2		0 COUNTRIES WITH HIGHEST NUMBERS OF INTERNET USERS - 2020 Q1				
#	Country or Region	Internet Users 2020 Q1	Internet Users 2000 Q4	Population, 2020 Est.	Population, 2000 Est.	Internet Growth 2000-2020
1	China	854,000,000	22,500,000	1,439,062,022	1,283,198,970	3,769%
2	India	560,000,000	5,000,000	1,368,737,513	1,053,050,912	11,200%
3	United States	313,322,868	95,354,000	331,002,651	281,982,778	328%
4	Indonesia	171,260,000	2,000,000	273,523,615	211,540,429	8,560%
5	Brazil	149,057,635	5,000,000	212,392,717	175,287,587	2,980%
6	Nigeria	126,078,999	200,000	206,139,589	123,486,615	63,000%
7	Japan	118,626,672	47,080,000	126,854,745	127,533,934	252%
8	Russia	116,353,942	3,100,000	145,934,462	146,396,514	3,751%
9	Bangladesh	94,199,000	100,000	164,689,383	131,581,243	94,199%
10	Mexico	88,000,000	2,712,400	132,328,035	2,712,400	3,144%
11	Germany	79,127,551	24,000,000	83,783,942	81,487,757	329%

12	Philippines	79,000,000	2,000,000	109,581,078	77,991,569	3,950%
13	Turkey	69,107,183	2,000,000	84,339,067	63,240,121	3,455%
14	Vietnam	68,541,344	200,000	68,541,344	200,000	34,250%
15	United Kingdom	63,544,106	15,400,000	67,886,011	58,950,848	413%
16	Iran	67,602,731	250,000	83,992,949	66,131,854	27,040%
17	France	60,421,689	8,500,000	65,273,511	59,608,201	710%
18	Thailand	57,000,000	2,300,000	69,799,978	62,958,021	2,478%
19	Italy	54,798,299	13,200,000	60,461,826	57,293,721	415%
20	Egypt	49,231,493	450,000	102,334,404	69,905,988	10,940%
TOP 20 Countries		3,241,273,512	251,346,400	5,233,377,837	4,312,497,691	1,289%
Rest of the World		1,332,876,622	109,639,092	2,563,237,873	1,832,509,298	1,216%
Total World		4,574,150,134	360,985,492	7,796,615,710	6,145,006,989	1,267%

Source: www.internetworldstats.com/top20.htm

From the Table 1, Nigeria ranks 6th, among the top 20 nations out of the 232 countries on earth that are using the internet. Vatican has the least internet users of 480 with a population of 800 and occupies the 232nd position globally (www.economywatch.com). As a result, an Internet User can be defined as a person of any age who can access the Internet using any type of device, such as a computer or a mobile phone.

Nigeria has a projected population of 167 million people (estimated at 178,516,904 by 2014) and 67,319,186 Internet users, according to Clementina, Efetobor, and Apeh (2015). (www.InternetLiveStats.com). Nigeria has Africa's largest Internet market. 35 million of the country's 115 million mobile phone subscribers use their handheld devices to access Internet data services (Business Day, 2013). Between 2000 and 2012, Internet penetration in Nigeria increased from 0.06 percent to 34 percent, and as of 2020, 46.6 percent of Nigerians are online (www.statista.com). It also has a large population, with 32 percent of teenagers aged 7 to 18 years old, which is an important fact to note (Antoinette, 2014) in Clementina, Efetobor, and Apeh (2015).

Every second, 28,258 Internet users view pornography, according to the TopTenREVIEWS survey (Ropelato, 2010). 372 Internet users type adult search terms into search engines at the same time. Sex, adult dating, porn, sex toys, teen sex, adult DVD, free sex, adult sex, sex ads, group sex, XXX, free porn, sex chat, anal sex, cyber-sex, XXX videos, playboy, teen porn, nude, and sexy are among the top 20 adult search requests. (Ropelato, 2010; Ropelato, 2010; Ropelato, 2010; Ropelato, 2010). It's worth noting and worrying that among the top 20 adult search requests are requests for teen sex and teen pornography (Antoinette, 2014).

Internet-enabled devices have indiscriminately allowed people of all ages to encounter, consume, create, and distribute sexually explicit content, according to Häggström-Nordin, Sandberg, Hanson, and Tydén (2006), Flood (2007), and Wolak, Mitchell, and Finkelhor (2007), with growing evidence that these phenomena are becoming increasingly common among university undergraduates

worldwide. Ojedokun (2002) investigated the use of the Internet by University of Botswana students, finding that 77 per cent of those surveyed had done so. In a study of first-year clinical and nursing students at the University College Hospital in Ibadan, Nigeria, Ajuwon (2003) discovered that 60% of the respondents had used the Internet. Odusanya and Bamgbala (2002) discovered that 58 per cent of the medical and dental students they studied in their final year at the University of Lagos, Nigeria, had used the Internet.

Given how much time many university undergraduates spend on the Internet, it is critical that they are made aware of the impact of its contents on their behaviour, well-being, and development. According to social learning theory, university undergraduates who are exposed to certain inappropriate behaviors can acquire and absorb them as acceptable behaviours. According to a study conducted by Goodson et al (2001) in Adebayo et al (2006) among university students, respondents' attitudes toward accessing sex knowledge and sexual entertainment differed depending on how often they used the Internet. As a result, the researcher is interested in learning more about the level of pornographic exposure and sexual behaviour among University of Ilorin undergraduates.

Research Questions

Based on the foregoing, this study provided answers to the following research questions:

1. What is the level of exposure to pornography among university of Ilorin undergraduates?
2. What sexual behaviour does university of Ilorin undergraduates exhibit?

Hypothesis

This hypothesis was formulated and tested in the study:

There is no significant relationship between exposure to pornography and sexual behaviour among university of Ilorin undergraduates.

Methodology

The study adopted a descriptive research design of correlational type. University of Ilorin undergraduates (49,651) were the total population and students in five faculties constitute the target population for the study. Simple random sampling technique was used in the selection of 378 students from the five faculties.

An adapted questionnaire titled "Exposure to Pornography and Sexual Behaviour Questionnaire" was used with psychometric properties of content validity and reliability index of 0.73. The data collected from the questionnaire were analysed using percentage and Pearson's Product Moment Correlation (PPMC) was used in testing the hypothesis and to measure the degree of correlation between the variables.

Results

Research Question 1: What is the level of exposure to pornography among University of Ilorin undergraduates?

Table 2: Level of Exposure to Pornography among University of Ilorin Undergraduates

S/N	University of Ilorin undergraduate's exposure to pornography	High (%)	Low (%)	Remarks
1	I can hardly stay two days without watching Pornography	28.9	71.1	Low
2	I can hardly have arousal without watching pornography	29.1	70.9	Low
3	I cannot do without watching blue films till late hours	21.1	78.9	Low
4	I forget my painful experiences watching pornography	24.1	75.9	Low
5	I am unsure if I enjoy sexual intercourse without watching blue films	25.2	74.9	Low
6	I am relaxed watching pornography	28.6	71.4	Low
7	I think that life without pornography will be boring	25.4	74.6	Low
8	I am hardly at ease staying out of pornography	23.3	76.7	Low
9	I derived satisfaction watching pornography than going out with friends	21.7	78.3	Low
10	I always look forward to watching pornography anytime	24.1	75.9	Low
11	I spend more time watching pornography	20.1	79.9	Low
12	I am always excited reading materials on pornography	29.4	70.6	Low
13	I enjoy savouring pictures of human nakedness	25.4	74.6	Low
14	I am depressed when not watching pornography	18.0	82.0	Low
15	I spend money buying pornography materials	20.4	79.6	Low

Table 2 revealed the responses of the participants on each of the items measuring the level of exposure to pornography among University of Ilorin undergraduates. All responses falling on very true of me and true of me rated high while responses falling on rarely true of me and not true of me rated low. Therefore, it is indicated that, all the items were rated to be of low level. The percentages of the items ranged from 28.9 to 20.4 fall on high level. With 70.0% of the responses falling on the low level, it can be concluded that, level of exposure to pornography among University of Ilorin undergraduates is low.

Research Question 2: What sexual behaviour does university of Ilorin Undergraduates exhibit?

Table 3: Sexual Behaviour Exhibited by University of Ilorin Undergraduates

S/N	Sexual behaviour of University of Ilorin undergraduates	High (%)	Low (%)	Remarks
1	I always feel like having sex during and after watching pornography	35.7	64.3	Low
2	I always cum when watching pornography	30.1	69.9	Low

3	I always find it difficult to control my sexual urge after watching pornography	29.4	70.6	Low
4	Watching pornography exposed me to various sexual styles	40.2	59.8	Low
5	Watching pornography has helped me to understand the level of my sexual urge	64.3	35.7	High
6	I always fantasied about sex while watching pornography	36.5	63.5	Low
7	Watching pornography increases my sexual urge	27.5	72.5	Low
8	Watching pornography has made me create sexual scenes in my head	38.3	61.7	Low
9	Pornography has removed shyness to sex in my life	71.2	28.8	High
10	Pornography has removed all the myths surrounding sex	68.5	31.5	High
11	I always get wet while watching pornography	29.6	70.4	Low
12	Watching pornography makes me satisfied sexually	26.7	73.3	Low
13	Watching pornography makes me feel more in control when I am having sex with my boy/girl friend	28.8	71.2	Low
14	Watching pornography arouses my sexual urge	37.0	63.0	Low
15	Watching pornography does not allow me to focus on other things except sex	27.8	72.2	Low

Table 3 revealed all the sexual behaviour exhibited by university of Ilorin undergraduates. All responses falling on very true of me and true of me were rated high while responses falling on rarely true of me and not true of me were rated low. Therefore, it is indicated that, items 5, 9 and 10 which were watching pornography has helped me to understand the level of my sexual urge, pornography has removed shyness to sex in my life and pornography has removed all the myths surrounding sex were rated high and which are considered to be positive sexual behaviour, while all other items were rated low which are also considered to be negative sexual behaviour. This indicate that University of Ilorin undergraduates have positive sexual behaviour.

H₀₁: *There is no significant relationship between exposure to pornography and sexual behaviour among University of Ilorin undergraduates.*

Table 4: Relationship Between Exposure to Pornography and Sexual Behaviour

Variable	N	\bar{X}	SD	df	Cal. r-value	Cal. p-value	Decision
Exposure to pornography	378	26.02	12.92	376	.791	.000	Rejected
Sexual behaviour	378	28.86	13.54				

Table 4 revealed that the calculated mean of University of Ilorin undergraduates' exposure to pornography (26.02) and mean of sexual behaviour (28.86), computed at 0.05 alpha level. Since the calculated r-value (.791) is greater than the calculated p-value (.000), the hypothesis is hereby rejected. This implies that there is a significant relationship between exposure to pornography and sexual behaviour of University of Ilorin undergraduates.

Discussion of the Findings

The study looked at pornography exposure as a predictor of sexual behavior among University of Ilorin students. The first research question revealed that undergraduates at the University of Ilorin had little exposure to pornography. This finding is consistent with that of Ann, Merecia, and Margaret (2014), who investigated the prevalence and factors influencing pornography viewing among male students at a few Kenyan universities, and found that the respondents had little exposure to sexually explicit materials. On the other hand, Ohuakanwa, Omeje, and Eskay (2012) discovered that pornography addiction was widespread among university students in Lagos State. This means that the differences in the findings could be due to the respondents' different locations, environments, and parental upbringing.

The findings of research question 2 revealed that the main sexual behaviours of University of Ilorin undergraduates include understanding the level of their sexual desire, removing shyness to sex from their lives, and dispelling all sex myths. This means that while exposure to pornography has had a positive impact on the lives of University of Ilorin undergraduates in terms of self-awareness, social life relating to sex, sex beliefs, and having complete control over their body expression, their sexual behaviour has had nothing to do with it.

There was a significant relationship between exposure to pornography and sexual behaviour among University of Ilorin undergraduates, according to the findings. This finding agrees with Clementina, Efetobor, and Apeh (2015), who found that exposure to Internet pornographic materials is highly correlated with sexual behaviour among Nigerian undergraduates. This finding contradicts Morrison, Ellis, Morrison, Bearden, and Harriman (2007), who discovered a significant negative correlation between internet pornography exposure and genital and sexual esteem. This means that undergraduates at the University of Ilorin have a wide range of sex education, which has aided them in gaining information and motivation to make healthy decisions about sex, sexuality, and sexual behaviour.

Implications of the Findings to Counselling Practice

The findings of this study have important implications to counselling practice in terms of understanding the level of exposure to pornography which has been found to be of low level among university of Ilorin undergraduates despite that, the exposure to pornography among undergraduates can not be ignored.

Counsellors should also understand that there is a significant relationship in the exposure to pornography and sexual behaviour among university undergraduates which means that the study might be useful in designing and implementing sexual risk-reduction programs in university-based counselling unit to assist the students not to fall prey.

Conclusion

It can be concluded that University of Ilorin undergraduates are not exposed to pornography, thereby they have positive sexual behaviour. This implies that the participants have relatively low level of exposure to pornography that can invariably affect the sexual behaviour.

Recommendations

Based on the findings of this study, the following are recommended:

1. It is recommended that, though the level of exposure to pornography is low, the University Counsellor should give more counselling to students as regards the negative effect of too much of exposure to pornography;
2. The university authorities should design a programme through counselling unit that will expose the students to sex related information

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