

## The Relation of Adult Films to the Personality Development of Adolescents in the VUCA Era

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### ABSTRACT

Adolescence is a transition period from childhood to adulthood, where at this time a person will experience various physical, emotional, and psychological changes. Then in terms of psychic growth, a teenager has a high desire and curiosity and finds out about the sexuality he feels in himself. The method used in this study was filling out questionnaires or questionnaires. Questionnaires or questionnaires carry out data collection techniques through giving several statements to respondents. Sampling in this method was carried out on 40 adolescents as respondents with an age range of 12 to 21 years. From the results of Rhe study, it shows that the average teenager begins to know and watch adult films since the age of 15 years. The duration when they watched averaged 35 minutes. The more time they spend watching adult films and the length of time spent in one viewing, the more it affects their personality level, as well as their negative impact they feel, as well as emotional changes. Technology that provides easy access for mankind to find information today does not escape teenagers who are looking for various kinds of information about entertainment, education, teaching and so on. However, technology that makes it easier for teenagers to find out about the wider world, also has a negative side if used excessively, because the ease of accessing pornographic sites results in addiction that imprints on the psychic of the teenager. So that these teenagers lose control of their desires and have an impact on the misuse of information for personal pleasure that harms other parties. for this reason,

**Keywords:** Personality, youth, adult films, association.

### INTRODUCTION

Adolescence is a period of transition from children to adulthood. At this time a person will experience various physical, emotional and psychological changes. Then in terms of psychological growth, a teenager has a high sense of desire and curiosity and seeks to find out about the sexuality that he feels in himself. From a high sense of curiosity so that they seek information from the technology available today. The sophistication of technology today does not only have a positive impact, the internet also of course has many negative impacts, namely the misuse of internet use. Researchers divide internet abuse into two major types, namely misuse of computer networks as targets, for example hacking, hacking is breaking into computer networks,

Through the media that are often used, we are often not aware of the dangers of pornography. Even though the media has a positive side, it is also undeniable that the media has problematic or negative sides, namely sex, pornography, strong language, and violence. Children and adolescents are the most affected by this, this can have a negative impact on the behavior of adolescents, because

adolescents more often imitate what they see. However, the media has become a basic need for some human beings in today's digital era. From waking up to before going to bed, some humans definitely play with their gadgets, whether it's just to entertain themselves, work, or find information related to the life they live. Various kinds of information available make it very easy for teenagers today to access new things, including pornographic content. Thus things related to pornography nowadays have started to be normalized, even though things related to pornography should not be normalized because it will have bad consequences for teenagers. Starting from thoughts to ways of life that can change the perspective of teenagers who use gadgets. For example, addiction to viewing pornographic content results in disturbances in a person's brain when viewing pornographic content, so the brain will be filled with the hormone dopamine. When the amount of dopamine is too high, it will be difficult for someone to distinguish between good and bad things, causing emotional disturbances, and even their future will be destroyed. As for the cause of addiction, it is also a necessity of life that supports a person to dig deeper into information related to pornography, then from the information obtained, a person is inspired to do the same thing by taking bad roads to fulfill his life's needs or just to fulfill his desires. The final solution that can be done is by educating teenagers to be able to control themselves over excessive curiosity so as to avoid addiction and the consequences for their life which are fatal due to ingesting too much pornographic information.

## **METHOD**

The method used in this study was filling out a questionnaire or questionnaire. Questionnaires or questionnaires carry out data collection techniques by giving several questions to the respondents. Sampling in this method was carried out on 40 adolescents as respondents with an age range of 12 to 21 years. Not only that, in this study the research method of literature study or library research was also used. The literature study method is an activity of collecting library data, by reading, taking notes, and managing research materials (Zed, 2008).

## **RESULTS**

From the results of the study, it shows that there is a significant relationship between adolescents exposed to pornography and premarital sexual behavior. Adolescents who are exposed to pornography, which consists of: pornographic images, pornographic videos/films, with knowledge about sexual behavior have a relationship with their personality problems when in adolescence, which can trigger bad or risky actions. In the case of viewing addiction, usually one of the factors is caused by the environment and the most influential environment is the family environment. This can happen if parents do not provide strong religious education to their children so that they are easily influenced by negative things that damage their souls. And the average time spent by teenagers in one viewing is 35 minutes. In one month they can watch about two to 4 times. Which means the average teenager spends 70 to 140 minutes a month just watching adult movies. And adult movies have the potential to cause addiction. If you are addicted, without realizing it, it can have a negative impact on your body and psychological condition in the long run.

## **DISCUSSION**

According to HB Jassin, pornography is any series of words or pictures that are deliberately created with the aim of sexually stimulating. Pornography makes the imagination see, leads to sensitive areas so that lust develops. Harney (2010) explained that there are groups of porn site users. This group is divided into 5 sections, namely:

1. Recreational Users – Appropriate  
Namely users who access porn sites only use internet sex only to increase knowledge.
2. Recreational Users – Inappropriate  
Namely users who access porn sites also use internet sex for something bad. For example spreading sexual photos to others as entertainment or jokes.
3. Problematic Users - Discovery Group  
In this category, users browse porn sites which in their life, they never know about it.
4. Problematic Users Predisposed Group  
In this category, people who have fantasies about sex are carried over to real life, but they never do it until they open a porn site.
5. Problematic Users Lifelong Sexually Compulsive Group  
In this category, users are at an extreme stage, where users engage in sexual scenes without viewing pornographic sites.

According to Croiler (1992) examples of his behavior, namely in the form of whistling, dirty jokes, showing inappropriate pictures, making comments related to a person's sensitivity, dropping self-esteem (kissing, hugging, poking, to pinch) and showing genitals to women. Whereas sexual harassment according to Utamadi and Utamadi in 2001 is any form of behavior that leads to things that have a negative connotation or leads to sexual things that are done unilaterally by someone who is not expected by the person being targeted, thus causing negative reactions, in the form of shame, anger, hatred, to feel offended by someone who is a victim of the harassment.

## **THE LINK BETWEEN PORNOGRAPHY AND ADOLESCENT BEHAVIOR**

There is a significant relationship between adolescents who are exposed to pornography and premarital sexual behavior. Adolescents who are exposed to pornography, which consists of: pornographic images, pornographic videos/films, with knowledge about sexual behavior are related to personality problems when they are growing up, which can trigger actions that are not good or risky including: watching movies, websites, or Pomo reading to satisfy sexual appetite, stimulate vital organs, masturbate or masturbate to satisfy sexual appetite to vent problems experienced and vent sexual activity with friends, ex-boyfriends and girlfriends (Rismawan, 2014). So that the consequences of the behavior of teenagers who are exposed to pornography can be said to damage the morale as well as the future of the teenager.

The linkages that influence the habit of watching pornographic films in adolescents are peers, technological sophistication, oneself, an interest in watching pornographic films, lack of facilities and infrastructure and containers that accommodate the talents of the adolescents themselves, environmental influences, diversions and lack of habit. taking advantage of free time, sexual needs, the request of a partner, family. Because adolescence is a period of developmental transition between childhood and adulthood, which involves biological, cognitive, and socio-emotional changes.

Adolescents want to know many things and want to always try new things and want to know various information about sexuality, because it relates to changes and developments in the physiological aspects they experience.

Therefore, at this time, adolescents began to be interested in exploring knowledge about sexuality from various sources, including accessing it from pornography, one of which was pornographic films because it was considered more arousing adolescent sexual arousal. In addition, pornographic films also influence the concept of "masculinity" when adolescents want to show their knowledge and skills and want to be recognized by their peers. The basic needs of the individual, namely physiological needs, the need for security and peace, the need for love and a sense of belonging, and the need for self-esteem (self-actualization). And physiological needs related to physical conditions such as eating, drinking, shelter, sexual gratification or sexual exploration, fresh air, rest and so on.

## **CAUSES OF ADULT FILM ADDICTION**

Habit comes from the word ordinary, which means repetition or frequent doing. Parea (1987), habits occur through repetition. In accordance with the statement, if an action or behavior that is carried out by someone repeatedly in the same case, it will become a habit. Meanwhile, according to Witherington (1982), habit is a way of acting that has been mastered which is resistant to testing, uniform and more or less automatic. The habit of watching pornography is caused by environmental factors and the most influential environment is the family environment. This can happen if parents do not provide strong religious education to their children so that they are easily influenced by negative things that damage their souls. In addition, most parents cannot filter and even free access to all kinds of social media so that pornographic things can be easily accessed. there are 2 factors that cause a person to be in the habit of watching porn movies, namely the existence of internal factors and external factors. spare time with positive activities. While external factors are parenting patterns, environmental influences, the influence of friends, technology and requests for partners (in Nur daniati 2010). According to Greenfield (2004) that pornographic films have an effect on teenagers or the Anthropos community: *Journal of Social and Cultural Anthropology* 4 (1) (2018): 31-4441 whose boundaries cannot be determined, because it is very difficult to make firm lines. However, the influence of pornographic films or pornography is influenced by factors such as the following:

1. Oneself, a person can actively consume pornographic media on impulse with reasons because he wants to know or is curious
2. Technological sophistication, this technological sophistication makes it easy for someone to search for or access pornographic media
3. Peers, teenagers who are active with pornographic media are usually influenced by their peers who are also actively looking for porn data and in general after finding pornographic data they will generally watch or be seen with other people (friends).
4. Family, lack of supervision from the family and lack of communication relations, especially in terms of sexuality education and sexual experiences provided by the family.
5. Lack of facilities and infrastructure and containers that accommodate the talents of the youth themselves

Based on the factors described above, some of the factors that can be revealed or the many facts of events that have occurred in the field are clarified here, the factors that are still implied by some teenagers.

## **AVERAGE TIME SPENT WATCHING**

From the research we conducted on 40 teenagers, the length of time they spent varied. However, from all data, the average time spent by teenagers in one viewing is 35 minutes. In one month they can watch about two to 4 times. Which means the average teenager spends 70 to 140 minutes a month, just to watch adult films. They do this just for fun or to fill their free time.

And from several existing studies, pornography is currently very easy to obtain through any media and ironically, this fact has an impact on the rise of sexual behavior by students due to exposure to pornography. In October 2016 researchers conducted by Elis Suci interviews about sexual behavior with five students who admitted to having watched pornography. The five students have different frequencies of consuming pornography, some rarely to often. One of the students the researchers interviewed, A, a third semester student who does not have a boyfriend, admitted to seeing pornography about 2-3 times in a span of two weeks. Initial J, who is a final year student who doesn't have a girlfriend, admits to watching pornography once a week or maybe more, depending on the mood and the weather. If the weather is cloudy or cold, J will watch pornography more often, he has even watched pornography every day. If the weather is hot, J usually only watches it once a week.

Currently, the subject complains that he has a problem that bothers him, namely the tendency to engage in maladaptive behavior in the form of watching adult films on the internet. The intensity he carries out these activities is 4-5 times a week with a frequency of 3-4 hours, then the effect he feels is that he becomes lazy to continue his daily activities such as work.

The subject's behavior in watching adult films on the internet began with the subject's curiosity after seeing adult pictures in the newspaper when he was still in junior high school. Apart from that, the subject was a quiet and closed person so that during school he was often teased and shunned by his friends. These conditions make the subject feel alone and uncomfortable, so that when he sees adult films on the internet he becomes more relieved and a certain satisfaction emerges after watching. Of course, no one else knows that the subject enjoys watching pornography on the internet. This is because he tends to close himself and is embarrassed if other people know about his bad habits.

The subject's worst condition for being involved in these activities was during high school until he was in his 20s. The intensity is fairly frequent with a very long frequency the subject spends time just doing that activity. The subject feels a certain satisfaction and relief after watching and will feel anxious when he doesn't watch it in a day, that's what makes the subject do this behavior repeatedly. Until now, the subject is still unable to resist the urge to view pornography on the internet. However, in recent months the subject has been trying to control himself which resulted in a change in intensity from almost every day to 4-5 times per week.

## **IMPACT OF PORNOGRAPHY**

For some teenagers, adult films are a must to watch. Some of these teenagers think that watching adult films is a sign that they are cool people. However, many of them do not understand the

dangers of watching these adult films. Maybe even some of them do not realize that the negative impact of pornography has attacked them. The following are the impacts arising from pornography:

1. Can damage the brain

Professor Greenfield from Oxford University explained that the brain is an organ changeable human. Experiences or things that are done can substantially shape the brain. The network of nerve cells that form parts at the microcellular level, the brain actually changes in response to experiences and some stimuli (Greenfield, 2008; Sherwood & Smaers, 2013; Verendeev & Sherwood, 2017). In other words, at an early age, the brain can be formed. The impact of addiction to adult films and pornography is the same as that of illegal drugs, both of which can damage the brain and mind. When someone watches adult films, the skeletal structure of the brain can change by shrinking brain tissue, over time, the brain will experience reduced size and permanent damage to the Pre Frontal Cortex (PFC).

2. Become addicted to pornography

At the age of adolescence, adolescents will experience physical growth, where their genitals will also experience growth, even at that age, adolescent genitals have reached maturity. Where anatomically, their genitals have reached a perfect shape, which means that their genitals are also functioning perfectly. It is during these times that adolescents have the right to be guided by knowledge about sex, otherwise adolescents will lead to deviant behavior, namely by watching adult films. This can cause teenagers to become addicted.

3. Enabling to become a sex offender

Pornography not only poisons and makes a person addicted, but teenagers are also very likely to become perpetrators of sexual violence as a result of watching adult films, it is even possible that teenagers will not have sex with children who are younger than them or even their peers who are weaker. Diana & Meyritha, 2019; Novita, 2018).

4. Difficult to focus and concentrate

For teenagers who have a high IQ, they will experience difficulty concentrating, so they have a disturbing feeling of anxiety. However, teenagers who have a low IQ will experience more extreme disturbances, they will not be able to concentrate and will always be surrounded by anxiety.

## **PSYCHOLOGICAL INFLUENCE**

Film Adults have the potential to cause addiction. If you are addicted, without realizing it, it can be bad for your body's condition in the long run. As a result, it can interfere with one's daily activities. Reported by the Very Well Mind website, PMO activity can trigger an addictive effect that makes sufferers want to repeat the same thing over and over again. This of course can make it difficult for someone to concentrate and focus, so that it can interfere with their daily activities. Reported by the Healthline website, often watching porno movies or masturbating excessively can cause mental disorders, including anxiety and anxiety. This anxiety comes from the guilt that a person experiences as a result of masturbating or watching porno content. PMO.

In the research we have done, if the more time they spend watching adult films, and the longer the duration of time used in one viewing, the more it affects the level of personality as well as the negative impact they feel, as well as significant emotional changes.

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## CONCLUSION

The psychological growth of a teenager has a high sense of desire and curiosity and seeks to find out about the sexuality that he feels in himself. Children and adolescents are the most affected by this, this can have a negative impact on the behavior of adolescents, because adolescents more often imitate what they see. As for the cause of addiction, it is also a necessity of life that supports a person to dig deeper into information related to pornography, then from the information obtained, a person is inspired to do the same thing by taking bad roads to fulfill his life's needs or just to fulfill his desires. There are 2 factors that cause a person to be in the habit of watching porn movies, namely the existence of internal factors and external factors. spare time with positive activities. Adolescents who are exposed to pornography, with knowledge about sexual behavior, are related to personality problems when they are growing up, which can trigger bad or risky actions, and the associations that affect the habit of watching pornographic films in adolescents are peers, technological sophistication, themselves. , there is an interest in watching pornography. In accordance with the statement, if an action or behavior that is carried out by someone repeatedly in the same case, it will become a habit. So the right solution is by educating teenagers to be able to control themselves over excessive curiosity so as to avoid addiction and the consequences for their life which are fatal due to consuming too much pornographic information.

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