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## Analysis of factors associated with pornography viewing habits among adolescents

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### Abstract

**Background:** Advances in digital technology have provided broader access to various types of information, including content that is inappropriate for certain age groups, such as pornography. A cross-national survey in Europe involving 10,930 adolescents found that in Indonesia, approximately 94% of adolescents are exposed to pornography; at the Mensiku Community Health Center, 17 cases of pornography consumption were recorded. Continuous exposure to pornography can have negative effects on adolescents.

**Purpose:** To identify the factors associated with the habit of watching pornographic films among adolescents.

**Method:** A quantitative research method with a cross-sectional design. The study population consists of all students at Junior High School 1 Binjai Hulu, with a sample of 69 respondents selected using proportional random sampling, analyzed via the Chi-Square Test.

**Results:** A significant association between knowledge ( $p$ -value = 0.004), access to information ( $p$ -value = 0.001), the influence of peers ( $p$ -value = 0.012), and parental supervision ( $p$ -value = 0.001) and the habit of watching pornography among adolescents.

**Conclusion:** Factors associated with the habit of watching pornographic films among adolescents include knowledge, access to information, the role of peers, and parental supervision.

**Keywords:** Pornography; Teenagers; Viewing Habits.

### INTRODUCTION

The high number of young internet users can have both positive and negative effects. On the one hand, the internet provides broad access to information and educational opportunities; on the other hand, exposure to inappropriate content such as pornography, misleading information, and cyberbullying presents challenges that must be addressed (Patriani, Haryaningsih, Andriani, Sari, Maulana, & Pratiwi, 2023). Pornographic material is becoming increasingly accessible, enabling adolescents to engage in the types of activities depicted in such content. Although pornography is primarily consumed by men, data from the Indonesian Child Protection Commission (ICPC) in 2016 shows that 90% of adolescent boys and girls have viewed pornography. Pornography can be accessed through

various media, including social media, print, electronic media, and the internet (Rizqy & Hidayat, 2021).

A cross-national survey in Europe involving 10,930 adolescents aged 14–17 from six countries (Greece, Spain, Poland, Romania, the Netherlands, and Iceland) found that exposure to online pornography is very common (Andrie, Sakou, Tzavela, Richardson, & Tsitsika, 2021). According to data from InternetWorldStats, as of March 2021, the number of internet users in Indonesia reached 212.35 million. Of that total, 75.50% or approximately 160.28 million users were young people aged 13 to 18 (Sugiono, 2016). The majority of internet users are between the ages of 19 and 34 (49.52%), and the majority of those using the internet are between the ages of 13 and 18 (75.5%). As a result, 94% of

Indonesian teenagers are exposed to pornography (Sari, 2021). According to 2021 data, 66.6% of boys and 62.3% of girls aged 13–17 in Indonesia have been exposed to online pornography (SohlB, 2024).

This figure shows that the majority of internet users are teenagers, making them the most active group in accessing the digital world. In the service area of the Mensiku Community Health Center, out of 359 students, 17 cases of pornography consumption were recorded (10% male and 1% female) (Markus, 2025). Constant exposure to pornography can have negative effects, such as leading to the imitation of sexual scenes, impairing memory, and lowering intelligence in adolescents. Pornography consumes brain cell energy and protein, and stimulates excessive sexual fantasies (Farwati, Ikhtiar, & Mahmud, 2023).

## RESEARCH METHOD

Quantitative research with a cross-sectional design. Quantitative research is an approach based on a specific sample, in which data collection is conducted using research instruments, and the analysis is quantitative or statistical in nature, with the aim of testing the established hypotheses. This study was conducted at Junior High School 1 Binjai Hulu, Binjai Hulu Subdistrict, Sintang Regency. The population comprised all 242 students. The sample size was determined using Lemeshow's proportion estimation formula, resulting in a minimum sample size of 69 respondents. The sampling technique used in this study was proportional random sampling. The

study employed bivariate analysis using the chi-square test to examine the relationship between the independent variables (knowledge, access to information, the influence of peers, and parental supervision) and the dependent variable the habit of watching pornography.

Living arrangements were categorized into adolescents living with parents and those living with other family members. Knowledge was classified as low when respondents had limited understanding of the studied topic based on questionnaire scores below the predetermined cutoff point, while good knowledge referred to adequate or high understanding with scores meeting or exceeding the cutoff point. Access to information was considered low when respondents rarely obtained information from sources such as media, the internet, schools, or health workers, whereas high access indicated frequent exposure to information from various reliable sources. Parental supervision was categorized as high when parents actively monitored adolescents' activities, friendships, and internet use, and maintained regular communication, while low supervision indicated minimal parental involvement. The habit of watching pornography was classified as usual when respondents frequently or routinely accessed pornographic content, and unusual when they rarely or never accessed such content. The role of peers was categorized as negative when peer groups encouraged risky or inappropriate behaviors, and positive when peers promoted healthy behaviors and supportive social interactions.

## RESEARCH RESULTS

Table 1. Distribution of Respondent (N= 69)

| Variable                                  | Results            | P-Value | OR (95%CI) |
|-------------------------------------------|--------------------|---------|------------|
| <b>Age (n/%) (Mean±SD) (Range) (Year)</b> | (13.6±0.9) (12-15) |         |            |
| 12                                        | 6/8.7              |         |            |
| 13                                        | 29/42.0            |         |            |
| 14                                        | 20/29.0            |         |            |
| 15                                        | 14/20.3            |         |            |
| <b>Gender (n/%)</b>                       |                    |         |            |
| Male                                      | 37/53.6            |         |            |
| Female                                    | 32/46.4            |         |            |
| <b>Living Arrangements (n/%)</b>          |                    |         |            |

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|                                            |         |       |                 |
|--------------------------------------------|---------|-------|-----------------|
| With parents                               | 44/63.8 |       |                 |
| With family                                | 25/36.2 |       |                 |
| <b>Knowledge (n/%)</b>                     |         |       |                 |
| Low                                        | 24/34.8 | 0.004 | 5.4 (1.7-16.4)  |
| Good                                       | 45/65.2 |       |                 |
| <b>Access To Information (n/%)</b>         |         |       |                 |
| Low                                        | 40/58.0 | 0.001 | 21.5 (5.9-78.2) |
| High                                       | 29/42.0 |       |                 |
| <b>Parental Supervision (n/%)</b>          |         |       |                 |
| High                                       | 41/59.4 | 0.001 | 6.4 (2.1-19.0)  |
| Low                                        | 28/40.6 |       |                 |
| <b>Habit of Watching Pornography (n/%)</b> |         |       |                 |
| Usual                                      | 34/49.3 |       |                 |
| Unusual                                    | 35/50.7 |       |                 |
| <b>Role of Peers (n/%)</b>                 |         |       |                 |
| Negative                                   | 28/40.6 | 0.012 | 12.8 (4.3-37.5) |
| Positive                                   | 41/59.4 |       |                 |

The table presents the demographic characteristics and factors associated with pornography viewing habits among adolescents. The respondents had a mean age of  $13.6 \pm 0.9$  years, with an age range of 12–15 years. Most respondents were 13 years old (42.0%), followed by 14 years (29.0%), 15 years (20.3%), and 12 years (8.7%). Based on gender, the majority were male (53.6%), while females accounted for 46.4%. Regarding living arrangements, most adolescents lived with their parents (63.8%), whereas 36.2% lived with other family members. In terms of knowledge, 65.2% of respondents had good knowledge, while 34.8% had low knowledge. Statistical analysis showed a significant relationship between knowledge and pornography viewing habits ( $p = 0.004$ ), with adolescents who had low knowledge being 5.4 times more likely to engage in pornography viewing habits compared to those with good knowledge (OR = 5.4; 95% CI: 1.7–16.4).

Regarding access to information, 58.0% of respondents had low access to information, while 42.0% had high access. There was a significant association between access to information and pornography viewing habits ( $p = 0.001$ ). Adolescents

with low access to information had a 21.5 times greater risk of pornography viewing habits compared to those with high access (OR = 21.5; 95% CI: 5.9–78.2). Parental supervision was categorized as high in 59.4% of respondents and low in 40.6%. A significant relationship was found between parental supervision and pornography viewing habits ( $p = 0.001$ ). Adolescents with low parental supervision were 6.4 times more likely to have pornography viewing habits than those with high parental supervision (OR = 6.4; 95% CI: 2.1–19.0). Regarding pornography viewing habits, 49.3% of respondents were categorized as usual viewers, while 50.7% were categorized as unusual viewers. The role of peers was positive in 59.4% of respondents and negative in 40.6%. Statistical analysis demonstrated a significant association between peer role and pornography viewing habits ( $p = 0.012$ ). Adolescents with negative peer influence had a 12.8 times higher likelihood of pornography viewing habits compared to those with positive peer influence (OR = 12.8; 95% CI: 4.3–37.5).

## DISCUSSION

The results of the Chi-Square statistical test yielded a P-value of 0.004 ( $<0.05$ ), indicating a

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significant relationship between knowledge and the habit of watching pornographic films among adolescents. The subsequent test results showed an OR of 5.4, meaning that respondents with poor knowledge were 5.4 times more likely to have a habit of watching pornography compared to respondents with good knowledge. A relationship between knowledge and sexual behavior among adolescents (Kusumawardani, Herniyatun, Amin, Pangaribuan, & Perestroika, 2024). Yielded a p-value of 0.029, indicating a relationship between knowledge and behavior (Destariyani & Dewi, 2025).

Research findings indicate that a person's level of knowledge is closely linked to their habit of watching pornography. Adolescents with little knowledge of the negative effects of pornography tend to be more permissive and watch it more frequently, whereas those with a good understanding of the issue are better able to avoid it because they are aware of its harmful consequences. According to research findings, a person's level of knowledge is closely linked to their habit of watching pornography (Fitriyanti, Suroyo, & Silaen, 2024).

The results of the Chi-Square statistical test yielded a p-value of 0.000 ( $<0.05$ ), indicating a significant relationship between access to information and the habit of watching pornographic films among adolescents. The subsequent test results showed an OR of 21.5, meaning that respondents with high information access were 21.5 times more likely to have a habit of watching pornography compared to respondents with low information access.

A relationship between "Access to Pornographic Information and Adolescent Sexual Behavior in Pekanbaru," with a p-value of 0.004, indicating that there is a relationship between access to pornographic information and adolescent sexual behavior (Mariani & Arsy, 2017). Yielded a p-value of 0.029, indicating a relationship between knowledge and behavior (Nurhayati & Fajar, 2017).

According to research findings, the ease of accessing the internet, social media, and adult websites makes teenagers increasingly vulnerable to watching pornography. The easier access becomes without filters or restrictions the greater the likelihood that this behavior will develop. The results of the Chi-Square statistical test yielded a p-value of 0.012 ( $<0.05$ ), indicating a significant relationship between the role of peers and the habit of watching

pornographic films among adolescents in 2025. The subsequent test results showed an OR of 4.0, meaning that respondents with a negative peer role were 4.0 times more likely to have a habit of watching pornographic films compared to respondents with a positive peer role (Saputra, 2018).

A relationship between adolescent sexual behavior in pekanbaru with a p-value of 0.002, indicating that there is a relationship between the role of peers and adolescent sexual behavior (Al-Insyirah, 2016). Yielded a p-value of 0.000, indicating a correlation between the influence of peers and the frequency of pornography consumption (Gayatri, Shaluhiah, & Indraswari, 2020). According to research findings, teenagers who are part of a peer group that frequently accesses or watches pornography tend to feel pressured to do the same due to peer influence. Social pressure or the desire to be accepted by the group makes it increasingly difficult to avoid watching pornography (Maisaroh, 2022).

The results of the Chi-Square statistical test yielded a P-value of 0.001 ( $<0.05$ ), indicating a significant relationship between parental supervision and the habit of watching pornographic films among adolescents. The subsequent test results showed an OR of 6.4, meaning that respondents with low parental supervision were 4.0 times more likely to have a habit of watching pornography compared to respondents with high parental supervision. A relationship between "Adolescent Sexual Behavior Among Students at State High School 2 in Banda Aceh" and a p-value of 0.031, indicating that there is a relationship between parental roles and adolescent sexual behavior (Idawati, Arbi, & Liana, 2020). Yielded a p-value of 0.036, indicating a correlation between parental supervision and the frequency of pornography access (Yuliva, Yusevni, & Azian, 2020). A lack of parental supervision can leave the door open for teenagers to freely access pornographic content without any restrictions. Conversely, parents who actively provide supervision, guidance, and open communication can help curb their children's tendency to fall into the habit of watching pornographic videos (Djannah & Pratiwi, 2021).

## CONCLUSION

Most respondents demonstrated good knowledge (65.2%), high access to information

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(58.0%), high levels of parental supervision (59.4%), and a positive influence from peers (47.8%). However, 49.3% of respondents still reported watching pornography. The results of the statistical analysis collectively validate the hypothesis that all variables examined—including knowledge ( $p = 0.004$ ; OR = 5.4), access to information ( $p = 0.001$ ; OR = 21.5), the role of peers ( $p = 0.012$ ; OR = 4.0), and parental supervision ( $p = 0.001$ ; OR = 6.4), have a significant association with the habit of watching pornography among adolescents.

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