

# Exposición a la pornografía y su influencia en la asertividad sexual

Pau López Ferrer

## Resumen

La pornografía se ha vuelto más accesible desde la llegada de internet, la banda ancha y los teléfonos inteligentes. La exposición a la pornografía puede tener consecuencias psicológicas y conductuales negativas. Por otra parte, la asertividad sexual actúa como factor de protección ante conductas sexuales de riesgo, abusos y victimización sexual. El objetivo del presente trabajo es analizar la relación entre la voluntaria e involuntaria exposición a la pornografía y la asertividad sexual. En el estudio participaron 190 personas, 59,5% mujeres y 40,5% hombres, de entre 18 y 30 años (Media=21,56 y DT=3,249). De manera anónima y autoadministrada, respondieron la adaptación española del ISST, Cuestionario de Adicción al Cibersexo, (Ballester, Gil, Gómez y Gil, 2010) y la Escala de Asertividad Sexual (Salusex, UJI), junto a preguntas ad hoc sobre exposición involuntaria y frecuencia de exposición voluntaria. Los resultados muestran correlaciones positivas entre la exposición voluntaria y la escala de asertividad sexual. Al clasificar a los participantes, se comprobó que las mujeres eran en un 94% consumidoras recreativas. Los hombres lo eran al 61%, siendo el 35% usuarios de riesgo y un 4% adictos (Chi cuadrado=31,422,  $p<,001$ ;  $V=,405$ ). Los sujetos con un consumo de riesgo y adictivo presentaron perfiles más pasivos y violentos en la escala de asertividad sexual. Las mujeres presentaron perfiles más asertivos que los hombres. Del presente estudio parece poder deducirse que la exposición involuntaria a la pornografía no guarda relación con la asertividad sexual, mientras que la voluntaria sí. El estudio no permite sacar conclusiones de causalidad entre la exposición voluntaria a la pornografía y la asertividad sexual. Los resultados sí que sugieren una diferencia de género en el perfil de uso y cantidad de horas de exposición al cibersexo.

**Palabras clave:** pornografía, exposición voluntaria, exposición involuntaria, asertividad sexual, internet.

## Abstract

Pornography has been more available since the arrival of the Internet, broadband networks and smartphones. Pornography exposure may lead to negative psychological and behavioral consequences. Besides, sexual assertion plays a role against risky sexual behaviour, sexual abuse and victimization. The aim of this study is to analyze the relation between wanted and unwanted exposure to pornography and sexual assertion. 190 people took part in the survey: 59.5% women and 40.5% men, aged 18-30 (Mean=21.56 and SD=3.249). Anonymously and self-managed, they answered the Spanish version of the Internet Sex Screening Test, (Ballester, Gil, Gómez and Gil, 2010) and the Sexual Assertion Scale (Salusex, UJI), together with ad hoc questions related to unwanted pornography exposure and the frequency of wanted exposure. The results show positive relations between the wanted exposure and sexual assertion. Classification of participants reflected that 94% of women used pornography recreationally while only 61% of men did so. Also, 35% of men were risky users and 4% were addicted (Chi squared=31.422,  $p<,001$ ;  $V=,405$ ). The individuals with risky and addictive consumption showed more passive and violent profiles in the sexual assertion scale. Women showed more assertive profiles than men. From this study, it doesn't appear to be a relation between the unwanted exposure to pornography and sexual assertion, whereas there seems to be evidence of a relation between wanted exposure and sexual assertion. The results do not allow to conclude that there are relations of causality between wanted exposure to pornography and sexual assertion. However, the findings suggest a gender difference regarding user profile and amount of time of exposure.

**Keywords:** pornography, voluntary exposure, involuntary exposure, sexual assertion, Internet.

# Pornography Exposure and its Influence on Sexual Assertion

Pau López Ferrer (Tutor: Rafael Ballester)

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## INTRODUCTION

Never before had pornography been so ubiquitous and easily accessible as it is in the Internet era, with broadband browsing and smartphones (Cooper, 1998 ; D'Orlando, 2011).

Pornography web pages such as XVideos or Pornhub are among the most sought ones, with millions of visits every day (Visual Capitalism, 2019).

A bigger unwanted pornography exposure and new habits of online pornography consumption suggest possible changes in sexual behaviour (Flood, 2009).

## OBJECTIVE

This study aims to **analyse the relations between pornography exposure and sexual assertion.**

**Hypothesis 1: The longer time of exposure, the less assertion.**

**Hypothesis 2: Men consume more pornography than women do.**

## METHOD

**Participants:** 190 individuals: 113 women (59.5%) and 177 men (40.5%). Aged 18 - 30 (M=21.56 and SD=3.249).

### Instruments:

- **Ad hoc questionnaire:** sociodemographic variables
- **Ad hoc questions:** unwanted exposure (frequency and age of exposure)
- **Internet Sex Screening Test (ISST)** (Delmonico, 1997): wanted exposure (Measured by means of the Spanish version by Ballester, Gil, Gómez and Gil, 2010). Reliability 0.85 in the present study. The item "Weekly hours on sex web pages" was added.
- **Sexual Assertion Scale** (Salusex, UJI): sexual assertion (Assertion: reliability 0.84; Passivity: reliability 0.81; Violence: reliability 0.84)

**Procedures:** online self-managed measure instruments

### Statistical Analysis:

- Spearman correlation between all variables
- Chi square table for categorical variables
- Mann-Witney U test (comparison between groups, nonparametric test)
- Kruskal-Wallis test (comparison between groups, nonparametric test)

## RESULTS

### Spearman Correlations

- The age of unwanted exposure (UE) correlates only with the frequency of UE ( $\rho=-0.351$ ,  $p=0.000$ ). The frequency of UE correlates with the number of hours of wanted exposure (WE) ( $\rho=0.218$ ;  $p=0.002$ ) and the total score in the cybersex scale ( $\rho=0.218$ ;  $p=0.003$ )
- The hours of WE correlate with the total score in the cybersex questionnaire ( $\rho=0.747$ ;  $p=0.000$ ), with passivity dimension in the assertion scale ( $\rho=0.328$ ;  $p=0.000$ ), and with violence dimension ( $\rho=0.222$ ;  $p=0.002$ ). The total score in the cybersex scale correlates with the passivity dimension in the sexual assertion scale ( $\rho=0.375$ ;  $p=0.000$ ) and with the violence dimension ( $\rho=0.499$ ;  $p=0.000$ )
- The passivity dimension in the assertion scale bears a positive correlation with the violence dimension ( $\rho=0.464$ ;  $p=0.000$ ) and a negative one with the assertion dimension ( $\rho=-0.499$ ;  $p=0.000$ )

Figure 1

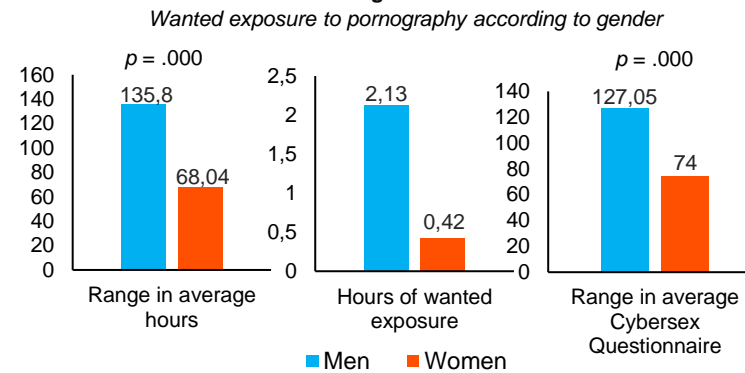


Figure 2

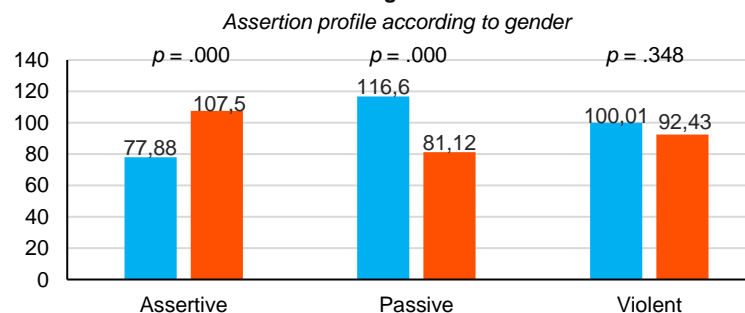


Figure 3

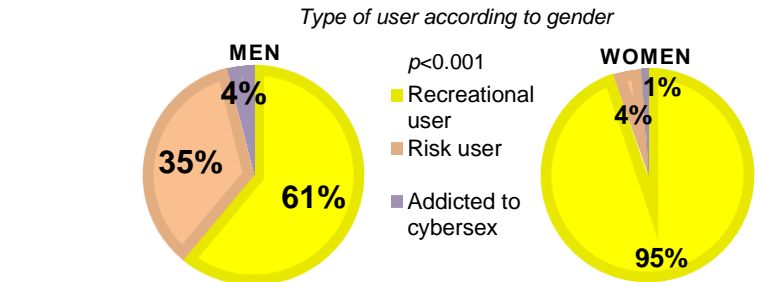
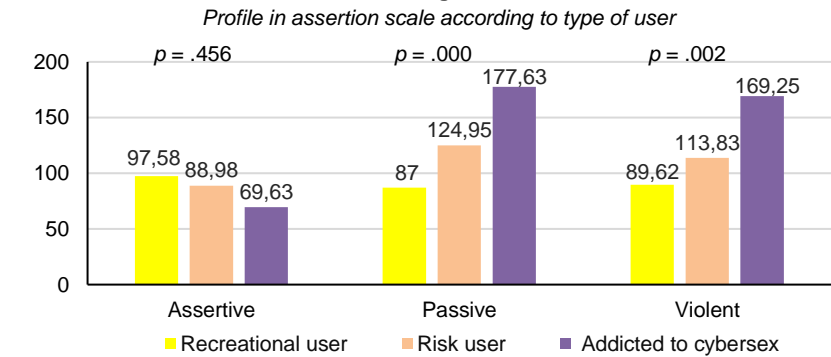


Figure 4



## DISCUSSION/CONCLUSIONS

The results of the present study indicate that:

- there seems to be no evidence of a significant influence of unwanted pornography exposure on sexual assertion
- there are significant statistical relations between wanted exposure to pornography and sexual assertion
- there is a gender difference regarding user profile and amount of time of pornography exposure: Hypothesis 2 has been confirmed (Harper & Hodgins, 2016).

The study does not allow to conclude that there are relations of causality between wanted exposure to pornography and sexual assertion. Besides, there are limitations like the small size of the sample.

Alumno: Pau López Ferrer      Tutor: Rafael Ballester Arnal

TFG: Exposición a la pornografía y su relación con la asertividad sexual

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