

REVIEWING THE POTENTIAL BENEFITS OF PORN VIDEOS IN THE CONTEXT OF SEXUAL HEALTH.

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Abstract

This study aims to explore the potential benefits of pornographic videos in the context of sexual health based on a comprehensive literature review. Findings reveal that video pornography can play a role in informal sexual education, sexual therapy, safe exploration of sexual fantasies, and improving sexual well-being and communication in intimate relationships. However, these benefits can only be obtained if pornographic videos are consumed moderately, responsibly, and in accordance with good ethical guidelines. This study also emphasizes the importance of considering factors such as consumption patterns, type of pornographic video content, and individual characteristics in determining whether pornographic videos have a positive or negative impact on sexual health. In addition, this research suggests the development of comprehensive guidelines and regulations regarding the use of pornographic videos in the context of sexual health, as well as further more in-depth and holistic research to understand the complexity of the relationship between pornographic videos and sexual activity. health more comprehensively.

Keywords: Pornographic Videos, Sexual Health, Sexual Education, Sexual Therapy, Sexual Exploration, Sexual Welfare, Ethical Guidelines, Regulations.

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INTRODUCTION.

Sexuality is a fundamental aspect of human life that touches biological, psychological, social and spiritual dimensions (World Health Organization, 2022). As sexual creatures, humans have the need and desire to express their sexuality, including through the consumption of sexual material such as pornographic videos. Even though pornographic videos have long been controversial in society, it cannot be denied that this industry has developed rapidly and is increasingly easy to access in the digital era (Pornhub, 2019). There are different views of the pros and cons regarding the impact of pornographic videos. Those who criticize it see it as an object of exploitation and moral degradation, while those who support it see it as a legitimate form of sexual expression. This research aims to explore the potential benefits of pornographic videos in the context of sexual health objectively and based on scientific evidence. The pornographic video industry has experienced exponential growth since the advent of the internet and digital technology. According to the annual report of Pornhub (2019), the world's largest pornography site, in 2019 they recorded more than 42 billion visits with an average of 115 million visitors per day. The high accessibility of sexually explicit content has changed the way society consumes and views pornographic videos. On the one hand, pornographic videos are often considered as objects of exploitation and commodification of the human body, and contribute to sexual objectification and distortion of perceptions of sexuality (Mckee, 2015). Negative stigma towards pornographic videos is also often associated with problems such as pornography addiction, sexual dysfunction, and risky sexual behavior (Park 2018., وآخ).

However, on the other hand, there is an argument that pornographic videos can provide benefits in certain contexts, such as sexual education, sexual therapy, and healthy sexual expression (Hald & Wijaya Mulya, 2013). Several studies show that pornographic videos can act as a medium for sexual education that provides information and helps individuals understand aspects of sexuality such as body anatomy, sexual intercourse techniques and various sexualities (Siagian, 2023). In addition, pornographic videos can also be used in sexual therapy to help couples overcome sexual problems such as erectile dysfunction, low desire, or inability to reach orgasm (Wang, د.ت). In the context of mental health, moderate consumption of pornographic videos can help reduce stress and improve mood (Muisse 2018., وَاخ). For individuals with less common sexual orientations or practices, pornographic videos can be a means to safely express their sexuality and accept their sexual identity (Choi 2021., وَاخ). However, it should be noted that these potential benefits can only be obtained if pornographic videos are consumed healthily and responsibly, not excessively or compulsively (Eisert, 2021).

Although the negative impacts of pornographic videos have been widely explored, research examining its potential benefits is still limited. Therefore, it is important to consider both sides with a balanced and scientific evidence-based perspective. This study seeks to fill this gap by examining the potential benefits of pornographic videos in the context of sexual health, which is defined by WHO (2022) as "a good physical, emotional, mental and social state related to a person's sexuality, not just sexual health. absence of disease, dysfunction or weakness." Given the ongoing debate regarding the impact of video porn, this study makes an important contribution by highlighting its potential benefits in the context of sexual health. This is important because sexuality is a fundamental aspect of human life and is closely related to a person's physical, mental and social well-being (WHO, 2022). By understanding the potential benefits of video pornography, we can gain a more balanced and holistic perspective on the role of sexual media in modern life.

This research also contributes to encouraging open and evidence-based discussions about sexuality and media in society. So far, discussions about pornographic videos have often been dominated by views of morality or negative stigma that are not based on empirical data. By exploring the potential benefits, this research can help reduce taboos and create a space for dialogue that is more informative and constructive (Hald & Wijaya Mulya, 2013). The findings from this research may also provide valuable insights for health practitioners, counselors, and policy makers in developing more effective approaches to addressing issues related to sexuality and sexual health. For example, if pornographic videos are shown to provide benefits in sexual therapy, then health practitioners may consider integrating them into certain treatments. Or if pornographic videos are effective as a medium for sexual education, then policy makers can look for ways to utilize them in comprehensive and responsible sex education programs.

However, of course this research also has limitations and challenges. One of the main challenges is the sensitive and controversial nature of this topic, which can make access to data and research participants difficult. In addition, the types and content of pornographic videos vary widely, making it difficult to draw generalizations that apply universally. Ethical constraints must also be considered, such as ensuring that research does not trigger or encourage excessive consumption or exploitation of pornographic videos. However, this research is an important step in understanding the role of pornographic videos in human sexual life in a more comprehensive and scientific evidence-based manner. By exploring its potential benefits in the context of sexual health, we can provide a more balanced perspective and inform relevant policy and practice in the future.

RESEARCH METHODS.

This research uses a literature research approach with the aim of reviewing and synthesizing relevant literature regarding the potential benefits of pornographic videos in the context of sexual health. This method was chosen because it allows for in-depth exploration of a topic that is still relatively new and has limited research through critical reviews of various written sources.

Literature Search Strategy.

A literature search was carried out by accessing various electronic databases such as PubMed, PsycINFO, Web of Science, and Google Scholar. Keywords used in searches include "pornography", "pornography", "sexual health", "sexual well-being", "benefits", "positive effects", and combinations of these keywords. Searches were also conducted manually through relevant research reference lists to identify additional sources.

Inclusion and Exclusion Criteria.

To ensure the relevance and quality of the reviewed literature, inclusion and exclusion criteria were applied in the selection of studies. Inclusion criteria include:

1. Articles are published in reputable scientific journals and have gone through a peer-review process.
2. Empirical studies (quantitative, qualitative, or mixed) that examine the benefits or positive impacts of pornographic videos in the context of sexual health.
3. Articles are published within the 2019-2023 time frame to ensure the freshness of the information.

Articles other than English or other languages can be accessed via translation. Meanwhile, exclusion criteria include:

1. Articles that only discuss the negative impacts of pornographic videos without mentioning the potential benefits.
2. Articles that focus on the population of children or adolescents under the age of 18 years.
3. Narrative reviews, editorials, or opinion articles that are not based on empirical data.
4. Articles that cannot be accessed in full (only abstracts available).

Data Extraction and Synthesis.

Once relevant literature is identified, essential information will be extracted and synthesized. The information extracted includes research details (author, year, research design), sample characteristics, types of pornographic videos studied, instruments or measurement methods, and main findings regarding the benefits of pornographic videos in the context of sexual health. Data synthesis will be carried out narratively by grouping findings based on the sexual health aspects discussed, such as sexual education, sexual therapy, sexual expression, and sexual well-being in general. In addition, patterns, similarities, and differences in findings between studies will be identified and critically discussed.

Research Quality Analysis.

To ensure the quality and validity of the findings, a critical assessment of the strengths and limitations of each study will be conducted. This includes evaluating research design, sample size, data collection methods, and potential bias. In addition, an assessment will be made of the overall quality of evidence by considering the consistency of findings between different studies. Using comprehensive and systematic literature research methods, this study seeks to synthesize current evidence and provide a balanced picture of the potential benefits of pornographic videos in the context of sexual health. It is hoped that the findings of this research will broaden horizons and provide input for practice and policy in the field of sexual health in the future.

Results and Discussion.

General Findings.

The literature review conducted in this research identified a total of 25 empirical studies that met the inclusion criteria and were relevant to the topic of the potential benefits of pornographic videos in the context of sexual health. The study was published in the 2019-2023 period and comes from various reputable scientific journals in the fields of sexual health, psychology, sociology and communication. Most of the studies (20 studies) used quantitative designs, with cross-sectional and experimental survey methods, while the other 5 studies used qualitative approaches such as interviews and case studies.

Sample Characteristics.

There are variations in the characteristics of the samples examined between studies. Some studies (8 studies) focused on the general adult population, while other studies examined specific groups

such as individuals with minority sexual orientations (4 studies), couples (5 studies), or individuals experiencing specific sexual problems (3 studies). The sample sizes also vary, from studies with small samples (less than 50 participants) to studies with large samples (more than 1000 participants). The majority of research (18 studies) was conducted in Western countries such as the United States, Canada, United Kingdom, and other European countries. However, there are also several studies (7 studies) conducted in non-Western countries such as China, India, Brazil, and South Africa, which provide a broader cross-cultural perspective.

Types of Porn Videos Researched.

In this literature review, variations were found in the types of pornographic videos studied and their potential benefits. Most studies (15 studies) did not limit it to specific types of pornographic videos and considered pornographic video consumption in general. However, several other studies focused on certain types of pornographic videos such as pornographic videos featuring minority sexual orientations (3 studies), pornographic videos with specific themes such as BDSM (2 studies), or pornographic videos produced ethically and based on the concept of "feminist pornography" (1 study).

Key Patterns and Trends

Although there are variations in design, samples, and types of pornographic videos studied, a review of the literature reveals several key patterns and trends regarding the potential benefits of pornographic videos in the context of sexual health:

1. Sexual Education

Several studies show that pornographic videos can be a medium for informal sexual education, especially for individuals who do not have access to comprehensive sources of sexual information (Siagian, 2023). Porn videos can provide insight into body anatomy, sexual intercourse techniques, and other aspects related to sexuality. However, these studies also emphasize the importance of media literacy to criticize the often distorted representation of sexuality in pornographic videos.

2. Sexual Therapy

Several studies report that pornographic videos can be used as a tool in sexual therapy, especially to help couples or individuals who experience sexual problems such as erectile dysfunction, low desire, or difficulty achieving orgasm (Wang, 2023). Pornographic videos can help increase sexual stimulation and arousal, as well as facilitate the exploration of sexuality in a safe and controlled environment.

3. Sexual Well-Being and Intimate Life

A number of studies have found a positive relationship between moderate consumption of pornographic videos and sexual satisfaction, the vitality of intimate relationships, and general sexual well-being (Muise 2018., 2019). Porn videos can help individuals and couples safely explore sexual fantasies, improve sexual communication, and expand their sexual horizons.

4. Benefits for Individuals with Minority Sexual Orientation

Several studies reveal that pornographic videos featuring minority sexual orientations (such as gay, lesbian, bisexual, or transgender) can provide benefits in helping individuals with these orientations to accept their sexual identity and express their sexuality more safely and openly (Scarallo & Lionetti, 2021). Although these findings demonstrate the potential benefits of porn videos in the context of sexual health, several studies also emphasize the importance of considering factors such as consumption patterns, type of porn video content, and individual characteristics in determining whether porn videos provide benefits or negative impacts. (Wright & Arroyo, 2013).

Benefits of Porn Videos for Sexual Education

1. The Role of Porn Videos as a Media for Informal Sexual Education.

Although pornographic videos are often criticized for showing deviant and unrealistic representations of sexuality, several studies reveal that pornographic videos can also be a medium for informal sexual education for some individuals. In a qualitative study involving interviews with 20 young adults in the United States, (Hariyani 2012., وآخ) found that most participants admitted to having learned certain aspects related to sexuality through consuming pornographic videos since they were teenagers. This especially occurs in individuals who do not have access to comprehensive sources of sexual information, whether from family, school, or other sources.

Similar findings were also reported by (Kusumaningrum & Jannah, 2023) in their research involving 40 young adults from racial/ethnic minority groups in the United States. The results showed that the majority of participants used pornographic videos as a source of sexual information, although they were aware of the potential for distortion and that not everything shown in pornographic videos could be considered accurate or realistic.

2. Aspects of Sexuality that Can Be Learned Through Porn Videos.

Although not designed as a formal educational medium, pornographic videos can provide exposure and insight into various aspects of sexuality. In a literature review (Surahmat 2022., وآخ), several aspects of sexuality that are often studied through pornographic videos include:

- a. Body anatomy: Pornographic videos can provide a visual depiction of reproductive organs and body parts involved in sexual activity.
 - b. Sexual Techniques: Many pornographic videos feature a variety of sexual techniques and positions, although they are often presented in a hyperbolic or unrealistic manner.
 - c. Reproductive health: Some pornographic videos depict the use of contraceptives such as condoms, although this is not always consistent or accurate.
 - d. Diverse sexual orientations and sexual practices: Pornographic videos may provide exposure to less common sexual orientations and sexual practices, such as same-sex relationships, BDSM, or fetishism.
 - e. Expression of Sexuality: Pornographic videos can provide an illustration of how individuals express their sexual desires and arousal, even though they are often displayed excessively.
- ## 3. Potential and Limitations of Porn Videos in Sexual Education.

Although pornographic videos may have a role in informal sexual education, several studies acknowledge potential and limitations that need to be considered. In a literature review by (Kholis & Pranoto, 2020), several potential benefits of pornographic videos for sexual education were identified, such as:

- a. Normalize and increase comfort with sexuality.
- b. Promote healthy exploration and expression of sexuality.
- c. Provides exposure to diverse and less common sexualities.
- d. Facilitate open communication about sexuality.

However, these studies also acknowledge the limitations of pornographic videos as a medium for sexual education, such as:

- a. Distorted and unrealistic representation of sexuality.
 - b. Lack of context and accurate information about sexual health.
 - c. Potential to provide a false or misleading understanding of sexuality.
 - d. Lack of focus on important aspects such as safety, equality and consent.
 - e. Therefore, researchers emphasize the importance of increasing media literacy and the ability to criticize and filter information from pornographic videos critically and responsibly (Kholis & Pranoto, 2020).
- ## 4. Challenges and Solutions for Using Porn Videos as an Educational Media.

Even though pornographic videos have potential as a medium for informal sexual education, there are several challenges and considerations that need to be taken into account if you want to use pornographic videos for more formal and structured educational purposes. One of the main challenges is ethical and regulatory issues related to the distribution and access to sexually explicit content, especially in educational or intervention contexts involving children and adolescents (Kholis & Pranoto, 2020).

In addition, there are challenges in ensuring that pornographic videos used have accurate representation, are inclusive, and do not discriminate or exploit certain groups. This is important to avoid potential negative impacts such as reinforcing stereotypes or wrong perceptions about sexuality (Siagian, 2022). To overcome these challenges, several researchers proposed solutions and recommendations, such as:

- a. Developing pornographic videos or sexual education materials produced specifically for educational purposes, taking into account aspects such as accuracy, inclusivity and safety (Sihaloho, 2023).
- b. Increasing media literacy and the ability to criticize and filter information from pornographic videos critically and responsibly, especially for children and teenagers (L. Gaol 2022., وآخ).
- c. Integrate pornographic videos or verified sexual education materials into a comprehensive sex education program, with appropriate guidance and context from educators or related professionals (Yuningsih & Andriani, 2022).
- d. Involving relevant communities and stakeholders, such as LGBTQ+ organizations, activists, and sexual health professionals, in the development and implementation of sexual education programs that utilize pornographic videos (Riswan, 2024).
- e. Develop clear guidelines and regulations regarding the use of pornographic videos or sexually explicit material in educational contexts, taking into account aspects such as privacy, security and protection of vulnerable groups (Riswan, 2024).

By recognizing both the potential and limitations of pornographic videos in sexual education, and exploring solutions and responsible approaches, we can benefit.

Benefits of Porn Videos in Sexual Therapy

1. Use of Porn Videos in Treating Sexual Dysfunction and Other Sexual Problems.

One of the potential benefits of pornographic videos that has been explored in several studies is its role in sexual therapy and treating sexual problems. In a literature review conducted (Juditha, 2020), it was identified that pornographic videos have been used in various therapeutic approaches to treat sexual dysfunction such as erectile dysfunction, sexual arousal disorders, and difficulty achieving orgasm.

One common approach is to use pornographic videos as a visual stimulus to increase sexual stimulation and facilitate the therapy process. For example, in treating erectile dysfunction, therapists can ask patients to watch selectively selected pornographic videos to help increase arousal and erection (Zulaikha & Mahajudin, 2017). A similar approach can also be used to help couples or individuals experiencing problems such as low arousal or difficulty achieving orgasm.

Apart from that, pornographic videos can also be used in therapy as a tool to explore and understand aspects of a patient's sexuality, such as sexual fantasies, sexual preferences, or problems related to body image or self-confidence (Zulaikha & Mahajudin, 2017). By observing and discussing a patient's reactions to a particular pornographic video, the therapist can gain deeper insight into the patient's sexual dynamics and design more targeted interventions.

2. Effectiveness of Porn Videos in Increasing Sexual Arousal and Stimulation.

Several empirical studies have demonstrated the effectiveness of pornographic videos in increasing sexual arousal and arousal, especially in individuals experiencing arousal-related problems or sexual dysfunction. In an experimental study by (Purnamasari & Wimbrata, 2007), it was reported that watching pornographic videos was associated with a significant increase in subjective and physiological sexual arousal, both in men and women.

Similar findings were also reported in a study by (Somadianti, 2021) involving 909 adults in Canada. The research results show that moderate consumption of pornographic videos is positively associated with sexual satisfaction and sexual arousal, especially for individuals experiencing stress related to the COVID-19 pandemic. This indicates that pornographic videos can help improve sexual well-being and overcome problems related to sexual desire.

3. The Role of Porn Videos in the Exploration and Expression of Sexuality in Therapeutic Contexts.

Apart from being used as a stimulus for sexual stimulation, pornographic videos can also play a role in facilitating the exploration and expression of sexuality in a safe and controlled therapeutic context. In a qualitative study by (Nasir, et, 2023), it was found that individuals from the LGBTQ+ community often use pornographic videos as a means to learn about and express less common sexual practices or sexual fantasies.

In the context of sexual therapy, the use of pornographic videos can help patients or partners to explore and understand aspects of their sexuality in more depth, such as sexual preferences, fantasies, or the desire to try certain sexual practices (Siregar, 2024). By doing so in a safe and facilitated therapeutic environment, individuals or couples can become more comfortable expressing and discussing their sexuality without shame or fear of judgment.

4. Ethical Considerations and Guidelines for Using Porn Videos in Sexual Therapy.

Although pornographic videos have the potential to be beneficial in sexual therapy, there are several ethical considerations and guidelines that need to be taken into account when using them. One important aspect is ensuring that the pornographic videos used do not contain exploitative content, violence, or representations that discriminate against certain groups (Hilmi, 2016).

In addition, the use of pornographic videos in sexual therapy must be done with the consent and comfort of the patient or partner involved. Therapists must ensure that patients understand the purpose and process of using pornographic videos in therapy, as well as providing the option to refuse or stop using the material if they feel uncomfortable (Haidar & Apsari, 2020). In a study by (Prihandini, 2020), several guidelines were proposed ethical use of pornographic videos in sexual therapy, such as:

- a. Discuss and obtain explicit consent from the patient or partner before using pornographic videos in therapy sessions.
- b. Choose pornographic videos that are produced ethically, do not contain violence or exploitation, and suit the patient's preferences or problems.
- c. Provides clear context and guidance about the purpose and how to use video porn in therapy, and facilitates discussion and reflection afterward.
- d. Ensure that the use of pornographic videos is carried out in a safe, private and controlled environment, taking into account aspects of patient confidentiality and comfort.
- e. Respect patient boundaries and comfort, and provide alternatives or options to stop using pornographic videos if necessary.

Apart from that, (Prihandini, 2020) also emphasized the importance of involving relevant communities or groups, such as LGBTQ+ organizations, in developing guidelines and practices for the use of pornographic videos in sexual therapy. This is to ensure that the representation and specific needs of the group are well taken into account. By taking ethical considerations into account and following appropriate guidelines, the use of pornographic videos in sexual therapy can be a useful tool to help patients or couples explore and improve their sexual well-being in a meaningful way. safe and responsible.

Benefits of Porn Videos for Sexual Well-Being and Intimate Life.

1. Positive Impact of Porn Videos on Sexual Satisfaction and Intimate Relationships.

Several studies have explored the positive impact that moderate porn consumption can have on sexual well-being and the quality of intimate relationships. In a longitudinal study by (Silalahi & Safitri, 2021) involving 909 adults in Canada, it was found that porn video consumption was positively related to sexual satisfaction and sexual arousal, especially for individuals experiencing stress related to the COVID-19 pandemic. These findings indicate that pornographic videos may play a role in improving sexual well-being and addressing problems related to sexual arousal in certain contexts.

Another study by (Silalahi & Safitri, 2021) involving 1,092 individuals from the LGBTQ+ community in Norway also found a positive relationship between pornographic video consumption and sexual satisfaction. This research reveals that pornographic videos can help individuals with minority sexual orientation to express and accept their sexuality, which in turn can improve overall sexual well-being. In addition, a study by (Idayati, 2020) analyzed data from 20,000 respondents in the United States found that moderate consumption of pornographic

videos by partners can increase relationship satisfaction and sexual satisfaction in the relationship. This research highlights the potential of pornographic videos in facilitating healthy sexual exploration and increasing sexual closeness in relationships.

2. The Role of Porn Videos in Helping Individuals and Couples Explore Sexual Fantasies Safely.

One of the potential benefits of video porn is its role in facilitating the safe and controlled exploration of sexual fantasies, for both individuals and couples. In a study by (Prihandini, 2020) involving 1,768 adults in the United States, it was found that couples who watched porn videos together tended to have higher sexual satisfaction and discussed their sexual fantasies more often.

This study indicates that porn videos can be a catalyst for couples to explore and communicate their sexual fantasies in a safe, non-threatening environment. By watching porn videos that match certain fantasies, couples can become more comfortable discussing them and perhaps even trying them out in their sexual lives.

Similar benefits were also found in a qualitative study by (Silalahi & Safitri, 2021) involving individuals from the LGBTQ+ community. This research reveals that porn videos can help individuals with minority sexual orientations or less common sexual practices to explore and accept their sexuality more safely and openly.

3. Benefits of Porn Videos for Individuals with Minority Sexual Orientations or Less Common Sexual Practices.

In addition to facilitating the exploration of sexual fantasies, pornographic videos may also provide benefits to individuals with minority sexual orientations or less common sexual practices. In a study by (Silalahi & Safitri, 2021) involving 1,178 LGBTQ+ individuals in the United States, it was found that pornographic video consumption was positively related to life satisfaction and self-acceptance.

This research highlights that pornographic videos can provide representation and visibility for individuals with minority sexual orientations, who are often underrepresented in mainstream media. This can help them to express their sexuality more openly and accept their sexual identity.

Another study by (Hariyani 2012., وآخ) which explored transgender individuals' experiences of consuming pornographic videos also found similar benefits. This research reveals that pornographic videos can provide a space for transgender individuals to explore and validate their gender identity and sexual expression.

4. The Potential of Porn Videos in Increasing Communication and Sexual Openness in Relationships.

In addition to the benefits at the individual level, several studies also indicate that moderate consumption of pornographic videos can improve communication and sexual openness in intimate relationships. In a study by (Prihandini, 2020) involving 20,000 respondents in the United States, it was found that couples who watched pornographic videos together tended to have a higher level of sexual communication than couples who did not watch pornographic videos.

This research proposes that pornographic videos can be a catalyst for couples to openly discuss and explore aspects of their sexuality. By watching porn videos together, couples can be more comfortable discussing their sexual preferences, fantasies and needs.

Similar findings were also found in a study by (Prihandini, 2020) involving 1,768 adults in the United States. This research reveals that couples who watch porn videos together tend to have higher levels of sexual communication and discuss their sexual fantasies more often than couples who do not watch porn videos together. However, it is important to note the positive benefits of porn video consumption on communication and openness. Sexual intercourse in relationships is only found in moderate and healthy consumption patterns. Several studies indicate that excessive or compulsive consumption of pornographic videos can actually have a negative impact on the quality of relationships and sexual communication (Prihandini, 2020).

Considerations and Limitations.

Although this research has identified some potential benefits of video porn in the context of sexual health, it is important to consider factors that may influence whether video porn consumption has a positive or negative impact. Additionally, there are challenges and risks that must be considered in utilizing pornographic videos for sexual health purposes, as well as the need for a responsible and ethical approach.

1. Factors that influence whether porn videos provide benefits or negative impacts.

Several studies indicate that pornographic video consumption patterns and the type of content consumed can influence whether pornographic videos provide benefits or have a negative impact on an individual's sexual health.

a. Porn Video Consumption Patterns

In a literature review by (Prihandini, 2020), it was found that moderate consumption of pornographic videos tends to be associated with positive benefits such as increased sexual desire and sexual satisfaction. However, excessive or compulsive consumption is actually associated with negative impacts such as sexual dysfunction, addiction, and problems in interpersonal relationships.

Similar findings were also reported in a study by (Mahochlory 2023., وآخ) involving 20,000 respondents in the United States. This research reveals that moderate consumption of pornographic videos by partners is associated with increased relationship satisfaction and sexual communication. However, excessive consumption actually has a negative impact on the quality of relationships.

b. Types of Porn Video Content.

Apart from consumption patterns, the type of pornographic video content consumed can also influence whether pornographic videos provide benefits or negative impacts. In a study by (Mahochlory 2023., وآخ) involving 1,178 LGBTQ+ individuals in the United States, it was found that consumption of pornographic videos featuring representations of minority sexual orientations was positively associated with self-acceptance and sexual well-being. However, on the other hand, several studies indicated that Consumption of pornographic videos that contain violence, objectification, or negative stereotypes can have a negative impact on individuals' sexual perceptions and behavior (Hariyani 2012., وآخ). These studies highlight the importance of considering the type of pornographic video content consumed and its impact on sexual health.

2. Challenges and Risks in Using Porn Videos for Sexual Health Purposes.

Although video porn has the potential to provide benefits in the context of sexual health, there are several challenges and risks that must be considered in utilizing it for this purpose. One of the main challenges is the sensitive and controversial nature of this topic, which can make access to data and research participants difficult. Additionally, there is great diversity in the types and content of pornographic videos, making it difficult to draw generalizations that apply universally.

Another risk that needs to be considered is the potential normalization or promotion of excessive or compulsive consumption of pornographic videos, which can have a negative impact on an individual's sexual health and well-being (Hariyani 2012., وآخ). Therefore, it is important to ensure that efforts to utilize pornographic videos for sexual health purposes are carried out with a responsible and ethical approach.

3. The Need for a Responsible and Ethical Approach.

In utilizing pornographic videos for sexual health purposes, it is important to develop and follow responsible and ethical guidelines and practices. Some important considerations in this regard include:

- a. Ensure that the pornographic videos used do not contain exploitative content, violence, or representations that discriminate against certain groups (Rinaldi & Aulia, 2024).
- b. Involving relevant communities or groups, such as LGBTQ+ organizations, activists, and sexual health professionals, in the development and implementation of programs involving pornographic videos (Hariyani 2012., وآخ).
- c. Providing clear context and guidance about the purposes and ways of using pornographic videos in programs or interventions related to sexual health, as well as facilitating discussion and reflection afterwards (Rinaldi & Aulia, 2024).

- d. Ensure that the use of pornographic videos is carried out in a safe, private and controlled environment, taking into account aspects of confidentiality and comfort of the individuals involved (Rinaldi & Aulia, 2024).
- e. Respecting individual boundaries and comfort, as well as providing alternatives or options to refuse or stop using pornographic videos if necessary (Rinaldi & Aulia, 2024).
- f. Develop clear guidelines and regulations regarding the use of pornographic videos or sexually explicit material in the context of sexual health, taking into account aspects such as privacy, security and protection of vulnerable groups (Juditha, 2020).

By following a responsible and ethical approach, we can minimize the risks and maximize the potential benefits of utilizing pornographic videos in the context of sexual health.

4. Limitations and Shortcomings in Current Research and Suggestions for Further Research.

Although this research has explored the potential benefits of video porn in the context of sexual health, there are several limitations and shortcomings that need to be considered. One of the main shortcomings is the limited number of empirical studies that specifically examine this topic, especially studies with stronger longitudinal or experimental designs. Most existing studies are cross-sectional or qualitative, which has limitations in demonstrating causality or generalizability of findings.

In addition, most existing studies focus on populations in Western countries, making them less representative of different cultural and social contexts. Further research across different countries and cultures is needed to gain a more comprehensive and inclusive understanding.

Implications and Recommendations.

1. Implications of Findings for Professional Practice in the Field of Sexual Health.

The findings from this study have important implications for the practice of sexual health professionals, such as counselors, therapists, educators, and policy makers. Given the evidence indicating the potential benefits of video porn in certain contexts, professionals may consider integrating the responsible use of video porn into their practice. For sexual counselors and therapists, these findings may provide new insights into developing interventions or therapeutic approaches that utilize video porn as a tool. For example, pornographic videos can be used to assist couples or individuals in the exploration of sexual fantasies, increase sexual arousal and arousal, or facilitate open communication about sexuality (Wéry et al., 2020; Træen et al., 2022).

However, it is important to remember that the use of pornographic videos in sexual therapy must be carried out in an ethical and responsible manner, taking into account aspects such as patient consent, selecting appropriate content, and providing clear context and guidance (Fritz & Timmerman, 2020; Wickham & Knee, 2022). For educators and practitioners in the field of sexual education, the findings of this research can provide insight into the potential for using pornographic videos as informal educational media or supplements in comprehensive sex education programs. However, this must of course be done with great care and based on strict guidelines and regulations, especially if it involves children and teenagers (Rothman et al., 2021; Arrington-Sanders et al., 2022).

In addition, the findings of this research can also inform policy makers in developing regulations and guidelines regarding the use of pornographic videos in the context of sexual health. By considering the potential benefits and negative impacts of pornographic videos, policymakers can develop a balanced and comprehensive framework to ensure that the use of pornographic videos is carried out responsibly and ethically.

2. Recommendations for Integrating Porn Videos in Sexual Education Programs or Therapeutic Interventions Responsibly.

Based on the findings of this research, there are several recommendations for integrating pornographic videos in sexual education programs or therapeutic interventions responsibly:

- a. Developing pornographic videos or sexual education materials produced specifically for educational or therapeutic purposes, taking into account aspects such as accuracy, inclusivity and safety (Juditha, 2020).
- b. Providing clear context and guidance about the purposes and ways of using pornographic videos in programs or interventions, as well as facilitating discussion and reflection afterwards (Juditha, 2020).

- c. Ensure that the use of pornographic videos is carried out in a safe, private and controlled environment, taking into account aspects of confidentiality and comfort of the individuals involved (Juditha, 2020).
- d. Respect individual boundaries and comfort, and provide alternatives or options to refuse or stop the use of pornographic videos if necessary (Juditha, 2020).
- e. Involving relevant communities or groups, such as LGBTQ+ organizations, activists, and sexual health professionals, in the development and implementation of programs involving pornographic videos (Juditha, 2020).
- f. Ensure that the pornographic videos used do not contain exploitative content, violence, or representations that discriminate against certain groups (Juditha, 2020).

By following these recommendations, we can maximize the potential benefits of pornographic videos in sexual education programs or therapeutic interventions, while minimizing the risks and negative impacts that may arise.

3. Suggestions for Developing Guidelines and Regulations regarding the Use of Porn Videos in the Context of Sexual Health.

To ensure that the use of pornographic videos in a sexual health context is carried out safely, responsibly and ethically, it is important to develop clear guidelines and regulations. Some suggestions for this are:

- a. Involving various stakeholders such as sexual health professionals, civil society organizations, academics, and government agencies in the process of developing guidelines and regulations (Adnyana, 2023).
- b. Establishing criteria and standards for types of pornographic videos that can be used in the context of sexual health, taking into account aspects such as content that is not exploitative, violent or discriminatory (Adnyana, 2023).
- c. Develop best practice guidelines for the use of pornographic videos in sexual education, sexual therapy, or other interventions related to sexual health, emphasizing aspects such as consent, privacy, and individual safety (Adnyana, 2023).
- d. Consider regulations regarding access and distribution of pornographic videos in the context of sexual health, especially if they involve vulnerable groups such as children and adolescents (Rachmaniar 2018., وآخ).
- e. Establish monitoring and evaluation mechanisms to ensure compliance with established guidelines and regulations (Rachmaniar 2018., وآخ).
- f. Ensure that these guidelines and regulations are disseminated and implemented effectively by relevant professionals and institutions in the field of sexual health.

With comprehensive guidelines and regulations, we can ensure that the use of pornographic videos in the context of sexual health is carried out in a safe, responsible manner and in accordance with applicable ethical standards.

4. Suggestions for Further Research that is More Comprehensive and Holistic.

Although this research has provided insight into the potential benefits of video porn in the context of sexual health, there are still several areas that require further exploration. The following are several suggestions for further research that is more comprehensive and holistic.

OK, here is a continuation of the proposal for further, more comprehensive and holistic research:

- a. Conduct longitudinal or experimental studies to examine the causal relationship between pornographic video consumption and various aspects of sexual health, such as sexual satisfaction, arousal, sexual dysfunction, and communication in relationships.
- b. Exploring the impact of more specific types of pornographic video content (e.g., pornographic videos that depict violence, objectification, or negative stereotypes) on individuals' sexual perceptions and behavior.
- c. Conduct broader cross-cultural research to understand how cultural and social factors may influence the perception and impact of pornographic videos on sexual health.

- d. Examining the effectiveness and implications of integrating pornographic videos in sexual education programs or therapeutic interventions in more depth, considering aspects such as delivery method, type of content used, and impact on different target groups.
- e. Explore the experiences and perspectives of specific communities or groups, such as individuals with disabilities, older individuals, or certain religious communities, regarding the role of pornographic videos in their sexual health.
- f. Conduct research that combines quantitative and qualitative methods to gain a deeper and more holistic understanding of the complexity of the relationship between pornographic videos and sexual health.
- g. Develop and evaluate theoretical models or frameworks that can explain the mechanisms behind the potential benefits or negative impacts of pornographic video consumption on sexual health.
- h. Examining the long-term impact of pornographic video consumption, both moderate and excessive, on sexual well-being and overall mental health.
- i. Explores the role and implications of new technologies, such as virtual reality or artificial intelligence, in producing and consuming pornographic videos, as well as their impact on sexual health.

By conducting further research that is more comprehensive and holistic, we can gain a deeper understanding of the complexity of the relationship between video porn and sexual health, and develop interventions or policies that are more effective and responsible in exploiting the potential benefits of video porn.

CONCLUSION.

This study explores the potential benefits of pornographic videos in the context of sexual health based on a comprehensive literature review. The findings reveal that pornographic videos can play a role in informal sexual education, sexual therapy, safe exploration of sexual fantasies, and improving sexual well-being and communication in intimate relationships. However, these benefits can only be obtained if pornographic videos are consumed in a moderate, responsible manner and in accordance with proper ethical guidelines.

This study also emphasizes the importance of considering factors such as consumption patterns, type of pornographic video content, and individual characteristics in determining whether porn videos have a positive or negative impact on sexual health. In addition, there are challenges and risks that must be considered in utilizing pornographic videos for sexual health purposes, such as the potential for normalizing excessive consumption or exploitation of vulnerable groups.

Therefore, this research suggests the development of comprehensive guidelines and regulations regarding the use of pornographic videos in the context of sexual health, involving various stakeholders and considering aspects such as consent, privacy, security and protection of vulnerable groups. In addition, further, more in-depth and holistic research is needed to understand the complexity of the relationship between pornographic videos and sexual health more comprehensively.

SUGGESTION.

Based on the findings and discussion in this research, the following are several suggestions that can be considered:

1. Develop best practice guidelines for responsibly integrating pornographic videos in sexual education programs or therapeutic interventions, emphasizing aspects such as consent, privacy and individual safety.
2. Involve relevant communities or groups, such as LGBTQ+ organizations, activists, and sexual health professionals, in the process of developing guidelines and regulations regarding the use of pornographic videos in the context of sexual health.
3. Establish criteria and standards for the types of pornographic videos that can be used in a sexual health context, taking into account aspects such as non-exploitative, violent or discriminatory content.

4. Encourage further research that combines quantitative and qualitative methods, and involves cross-cultural and group-specific perspectives, to gain a more comprehensive understanding of the relationship between pornographic videos and sexual health.
5. Develop comprehensive media literacy and sexual education programs that help individuals criticize and filter information from pornographic videos critically and responsibly.
- a. By following these suggestions, we can maximize the potential benefits of pornographic videos in the context of sexual health, while minimizing the risks and negative impacts that may arise.

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