

Extent of Pornographic Material Exposure and Effects on the Values Formation as Perceived by Youths in a Rural Area in Leyte

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ABSTRACT: The main objective of this study is to investigate the perceived impact of pornographic material consumption on values formation among selected youths. The study employed a descriptive-correlational research design, with data collected via a survey questionnaire developed by the researchers and distributed to 56 respondents aged 18 to 20 years. The study was theoretically supported by Cultivation theory and Social learning theory, which assisted researchers in determining the extent of influence pornography has on respondents' moral, attitudinal, cognitive, social, and emotional domains, as well as whether demographic variables such as age, gender, education, and religion influence these perceptions. The data collected revealed that, despite their limited or irregular use of pornographic material, respondents exhibited a high level of pornographic influence in all five domains. The correlation analysis also revealed that there are weak to no significant relationships between demographic variables and perceived level of influence.

KEYWORDS: Extent of pornographic material exposure, Effects on the values formation

I. INTRODUCTION

Pornography can be defined as any material that presents sexual images and/or behaviors that promote sexual arousal or fantasy (Rasmussen, 2016). The journal article "The Origins of Pornography" by Eko (2016) explores the development of pornographic material from its ancient beginnings to its modern forms. Pornography began during the Enlightenment (18th century), when the invention of printing technology enabled the creation of written and visual media. It enabled the creation of explicit content, both written and visual, catering to a wide range of social and sexual preferences. During the 1990s, the development of videodiscs (DVDs) enabled the widespread distribution of pornographic films, making them more accessible. During the same decade, with the advent of the internet, pornographic images and films became more accessible, resulting in the growth of the pornographic industry (Boyd, 2024).

The flourishing of pornography in the Philippines started in 1946 when pornographic materials were imported from the USA (Hays, n.d.). In the 1960s, Philippine magazines for women started featuring topics such as erotica, marriage, sexual orientation, and sexual health. In the same decade, through the advent of portable film projectors, pornography became more accessible. The introduction of affordable video cassettes became the channel for for-sale and rented pornographic materials, which became a popular product on local video rental shops and newsstands. In the 1970s the production of the first soft-core pornographic movie in the Philippines, titled "Uhaw," (Satria,2024) led to the production of more homemade and hardcore sexually oriented films before the arrival of CDs, VCDs, and DVDs and then later during COVID-19, the Philippines implemented social distancing, travel restrictions, community quarantine, risk communication, and testing in response to the pandemic (Macaraan,2022). Filipinos have turned to technology and social media platforms to cope with these restrictions for online engagement. Unfortunately, some individuals have resorted to pornography as a means of relieving stress and anxiety during these challenging times (Cordero, 2023). In 2022, Pornhub, a popular global porn site, reported that the Philippines had the highest average time spent watching pornographic content in a single visit (Garcia, 2021). Female viewers now constitute 58 percent of the country's Pornhub audience, an increase from 53 percent in 2022, while male viewers make up the remaining 42 percent according to Pornhub's promotional "Year in Review 2023" website article.

There have been many in-depth research studies about the reason why people consume pornography and the different effects it can have on them. Palazzolo and Bettman (2020) explored the lived experiences of self-identified problematic users of internet pornography. The study's main finding was that these participants' problematic and chronic use of pornography caused significant personal suffering and had a mostly negative impact on their mental health and ability to engage in positive, healthy relationships. It has also led them to experience a kind of dependency, not dissimilar to the experiences described by persons with substance use disorders. Many individuals with self-perceived problematic pornography use report that their pornographic use is

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outside of their conscious control and they struggle to curb, reduce, or cease their use when attempting to reduce or abstain from viewing (Sniewski & Farvid, 2020).

Values formation is a process that can be affected by various phenomena and pornography is not an exception to this. Several studies have been conducted to explore its potential influence on the values of individuals. The moral issue of watching pornography results in various negative effects such as objectification of men/women, loss of respect, lack of focus/concentration, distorted views on sexuality, and many others (Cordero, 2023). According to him, if these behaviors are not managed, they can be detrimental to one's mental health and lead to poorer psychosocial functioning. Bernstein et al. (2022) found that frequent exposure to pornography promotes the development of gendered, coercive, and aggressive sexualized beliefs and attitudes, which have the potential to influence how some people behave in sexual interactions. Furthermore, Miller et al. (2019) found that pornography can influence an individual's perceptions of social reality.

Most of the studies focus on pornographic consumption and its effects on individuals, but there is little research on the relationship between pornographic consumption and psychosocial variables, particularly values. Given this, the current study will examine how exposure to pornographic materials affects individuals' values

Statement of the Problem

This study aims to investigate the influence of pornography consumption towards the values of the youths. Specifically, it aims to answer the following questions:

1. What is the demographic profile of the respondents in terms of?
 - a. Age
 - b. Sex
 - c. Educational Attainment, and
 - d. Religion
2. What are the respondents' extent of exposure to pornographic materials?
3. What are the respondents' perceived extent of pornographic material consumption influence to their values formation in terms of:
 - a) Moral Effects
 - b) Attitudinal Effects
 - c) Cognitive Effects
 - d) Social Effects
 - e) Emotional Effects
4. Is there a significant relationship between the respondents' profiles and their perceived extent of pornographic consumption influence to their values formation?
5. What data-based intervention scheme can be designed and proposed to help improve the values formation of the youths?

Hypotheses

The research aims to provide conclusions that would either reject or accept the following alternative or null hypothesis:

Alternative (Ha):

1. There is a significant relationship between the respondents' extent of exposure to pornographic materials and their perceptions on the extent of pornography influence on their values formation.
2. There is a significant relationship between the respondents' profile and their perceptions on the extent of pornography influence on their values formation.

Null (Ho)

1. There is no significant relationship between the respondents' extent of exposure to pornographic materials and their perceptions on the extent of pornography influence on their values formation.
2. There is no significant relationship between the respondents' profile and their perceptions on the extent of pornography influence on their values formation.

II. REVIEW OF RELATED LITERATURE

This chapter presents both the foreign and local literatures that are reviewed by the researchers that further the present study. The information gathered will serve as guide for the researchers to understand the topic more by exploring the facts and data that are presented by past studies. To ensure coherence and clarity, the literature has been categorized into several themes.

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Perceptions Towards Pornography

The widespread access to pornography, especially on the internet, has indeed become a worldwide concern. It instigates inappropriate sexual thoughts in the younger generation in an unhealthy way. The impact of cyberpornography on a person's moral and spiritual health can be more detrimental and damaging than that of criminal activities (Charati et al., 2020). Additionally, individuals who experience difficulties in controlling their pornography consumption exhibit higher levels of depression, anxiety, compulsivity, and lower levels of effortful control compared to those who do not have impaired control over their pornography use (Okabe et al., 2021). Moreover, students who have a strong religious background are more inclined to view pornography as a significant public health concern, and this association is influenced by their perception of pornography's addictive nature (Droubay & Butters, 2020). However, Parker (2021) states that the level of religiosity did not have a moderating effect on the relationship between negative attitudes towards pornography and depression or anxiety, but it did have a significant moderating effect on the relationship between negative attitudes towards pornography and life satisfaction. This moderation means that individuals with low levels of religiosity, there was a significant decrease in life satisfaction as negative attitudes towards pornography increased. On the other hand, individuals with higher levels of religiosity, the direction of this relationship reversed and was no longer statistically significant. Furthermore, the sexuality of young individuals is influenced by the presence of sexual imagery, which in turn impacts their sexual attitudes and behaviors (Massey et al., 2021) and the primary factor that has a notable impact on individuals' access to pornography is the communication between mothers and children regarding reproductive health for the reason that there is a substantial correlation between parental upbringing and its influence on children's development and behavior. Enhancing the communication between mothers and children regarding reproductive health will result in a positive outcome by reducing the extent of exposure to pornography.

Influence of Pornography on Values Formation

A local study conducted by Cordero (2023) entitled *The Moral Formation of Christian Millennials in the Philippines: Exploring Sociocultural Influences that Cause Sexual Immorality* explores how sociocultural influences Filipino Christian millennials experiences on sexual immorality influences their moral formation. The study utilizes a descriptive type of methodology. Through analysis of various local case studies, the researcher is able to have an in-depth study of their sexual behavior. Based from the results and discussions, Filipino teens' actuations are in one way or another are influenced by the formation of the society and culture where they belong. Their character/virtue is formed by the social interactions that they had with the people around them and the social relationships that they had established. The different norms and standards offered and imposed by society are inculcated and some are embedded upon them as their paths of attaining a meaningful life. As they interact and establish relationship within the society, the elements of intimacy and desire play an essential role in their decision-making. These forms of affectionate expressions are expected from certain relationships within settings like the family, neighbors, friends, lovers, etc. With it, emotional closeness that results to trust and openness is developed and this could pave way to sexual activity in the case of sexual intimacy for lovers. However, desire is also another element that affected their decision-making. It is that sense of longing for someone or something that is followed by the feeling of excitement and that which gives pleasure. With desire, a teen is motivated to pursue his or her goal. Sexual desire is not limited to the physiological aspect of wanting to have sex but it may be felt and communicated to a partner for various goals like deepening/strengthening of emotional commitment to one's partner. Regarding culture, the behavior of teens is developed or influenced by the distribution of knowledge about everyday life in a specific context. Language connects one's personal knowledge with meaning and thus enabling others to understand the unknown knowledge. They form concepts or mental representations of one another's actions repeatedly and this becomes a part of one's system. Now, when these meanings are made available to other members of society, the exchanged interaction is said to be institutionalized. As sexual immorality is greatly determined by the social and cultural contexts, it does not mean, however, that freedom is denied to individuals. They still exercise freedom and make their own choices with the kind of upbringing that they had and based within the confines of their personal beliefs, moralities, rituals, organizations, patterned practices, and spaces offered by contexts available to them. The teens' own mixing of patterns of beliefs, behavior, and reasons show how objective and subjective realities intersect and produce blends (Cordero, 2023).

Influence of Pornography on Youths

According to the: *Perceived Problematic Pornography Use Amongst Young People* by Richards (2023), Pornography use is prevalent amongst young people, with technology developments meaning that it is now available like it has never been available before. Research to date has indicated that for a minority of users that this may be problematic for them. However, there had been no research interviewing those who experience this difficulty. This thesis explores the experience of young people with self-perceived problematic pornography use. Semi-structured interviews were conducted with nine 16-24-year-olds with self-perceived problematic pornography use. The data was analyzed from a social constructionist paradigm following Braun and Clarke (2022) reflexive thematic analysis. There were seven themes constructed which are: 1. What is problematic use? Too much or too extreme? 2. Using porn as a coping strategy, 3. The shame/guilt associated with pornography use, 4. The negative effect of problematic

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pornography use on relationships, 5. Things can get better, 6. People minimizing the problem, and 7. A lacking in education. The experience of self-perceived problematic pornography use is not a stand-alone issue. It is important when working with people who present with this experience that counselling psychologists hold this in mind, understanding this is not just an individual problem but also a relational one, and that understanding what the client exactly means about the problem is key to supporting them. This thesis has a very broad scope, and the respondents were not a homogenous group aside from age and self-perceived problematic pornography use and the research questions were very open. It could be useful for future research to either look into particular identity groups, or to broaden the research more to people of all ages. It could also be interesting to do quantitative research to investigate whether there is a relationship between pornography use and beliefs about sexual education.

Another Philippine case study was conducted by Prof. Elmer G. De Jose of the Polytechnic University of the Philippines regarding the sexual attitudes and behaviors of Filipino teens. His study was participated by 1,412 undergraduate students enrolled in various courses in the largest state university in the country. Results revealed positive attitude in the following items: male masturbation (45.8%); necking (40.8%); and kissing in public (27.8%). Although 36.9% favors premarital sex, a slightly higher percentage (37.4%) disclosed disapproval. Furthermore, the adolescents who revealed negative attitude outnumbered those who indicated positive attitude on the following items: viewing/reading pornography through internet or other media (47.8%); cohabitation (45.2%); expressing one's sexual feelings with a partner (41.8%); same-sex sexual relationship (41.6%); petting (45.1%); and female masturbation (38.9%) (De Jose, 2013). Anna Bocar and Noeme Perez, both faculty members of the College of Arts and Sciences in La Salle University, Ozamiz City, also conducted a related study which was administered to 120 respondents. Its major aim was to examine the insights of college students on premarital sex and this also includes the concern on what source the respondents obtain much of their information about sex. Findings reveal some sort of liberality among male teens which they have gotten from mass media while the females said they got theirs from the sex education class in the school (Bocar & Perez, 2013).

There are limited data in the recent literature regarding the influence of Internet pornography on adolescents' self-concept and body image. While they do not address the issue of pornography, Peter and Valkenburg (2010) asserted that communicating with others online may provide adolescents with increased degrees of self-esteem. The Internet can provide three essential elements of self-regard: control over one's environment, approval from others, and acceptance by others. These factors may speak to adolescents' frequent use of the Internet as a means of communication employed qualitative methodology to explore and describe the use of pornography by adolescents in an attempt to gain a greater understanding of how this population uses pornography, as well as its influence on them. Eighteen respondents, 10 females and 8 males, shared their perceptions through individual interviews. The respondents ranged in age from 16 to 23, and were recruited from a local youth center in Sweden.

Factors that contributed to the rise of pornography

The traditional forms of pornography are those seen in newspapers, periodicals, and comic books. According to the study "Attitudes and use of pornography in the Norwegian population 2002" by Træen et al. (2004) of the 90% of young people who said they had ever viewed pornography, 76% had done so through a pornographic magazine, 67% had done so through a pornographic movie, and 24% had done so online. Gender variations in reporting were significant. There was a low percentage of both men and women who reported using pornography frequently. The study distinguished three aspects of attitudes toward pornography: the social atmosphere surrounding it, its utility for sex enhancement, and its moral implications. These attitude qualities served as a bridge between the frequency of pornographic material consumption and demographic variables (age, gender, and educational attainment) in path models. The models explained 21% of the variance in the frequency of pornographic online viewing, 36% of the variance in the frequency of pornographic movie viewing, and 35% of the variance in the frequency of pornographic magazine reading.

As information technology advances, social media platforms have become essential to our everyday lives as primary sources of information, entertainment, and interpersonal communication. Their introduction and growth have also changed the landscape of online involvement (Gola et al., 2016). Even if these platforms provide never-before-seen possibilities for communication and information sharing, they also pose problems since they complicate intricate social dynamics and give rise to serious worries about their wider effects on society. Because of its accessibility, affordability, and anonymity, researchers contended that children and adolescents are more likely to be exposed to online pornography than traditional pornography. In contrast to traditional media, the internet offers readers a secure environment in which to access this kind of information. While most people consider pornography to be amusing, some people require treatment for behavior they believe is out of control. According to Mckee et al. (2022), youngsters under the age of sixteen were readily exposed to pornographic content. The results of the study indicated a favorable correlation between the propensity to engage in sexually aggressive behaviors and the intake of pornography. Increased sexual arousal and cybersex addiction were linked to internet pornography consumption, according to Brand et al. (2011). Additionally, pornographic materials—written or visual works that represent sexual behaviors in an attempt to evoke sexual feelings—can be used in both legal and socially inappropriate ways (Heather Wood, 2017). Such materials are problematic in mental

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health settings when someone feels forced to use them and exhibits characteristics of addictive behaviors, such as increased importance, increased tolerance, and negative effects on relationships, employment, or finances. Viewed material might also allude to a chronic paraphilia, like fetishism. Forensic professionals find pornography problematic when it is produced, distributed, or used illegally, or when it is thought to represent a practice run for sexually violent fantasies that could be enacted in real life.

Pornography and Values Formation

The study by Peter and Valkenburg (2016) provides a thorough examination of the ways in which exposure to pornography affects teenage attitudes and values. But there are still unanswered questions about certain facets of this phenomenon: firstly, is the Longitudinal Impacts: Although the study sheds light on the immediate and short-term effects, it does not thoroughly examine the long-term implications of exposure to adolescent pornography, particularly with regard to how it affects the quality and values of adult relationships. Second, Cultural and Social Contexts: How socioeconomic, religious, and cultural variations mitigate the influence of pornography on the development of values is not sufficiently covered in the research. Teenagers from diverse cultural origins may have varying reactions to and interpretations of explicit information. Third is the Role of Interventions: Although the study highlights the need of sexuality education, it neither assesses nor offers empirical data regarding the efficacy of such interventions in reducing the harmful effects of pornography and the fourth is the Gender Differences: The impact of pornography on the formation of values has not received much attention, raising concerns about whether men and women experience and absorb these effects in different ways and lastly is the Positive Counter-Narratives: Although the study concentrates on the detrimental consequences of pornography, it makes no attempt to examine how educational initiatives or positive media portrayals can mitigate these effects and encourage constructive relationship attitudes. According to Peter and Valkenburg's (2016) research, pornography consumption might influence how teenagers view intimacy, relationships, and sexuality by normalizing objectification and permissive sexual attitudes. Their work greatly advances our understanding of how media shapes values, especially by emphasizing how pornography's shallow emotional content can impede the growth of virtues like empathy, respect, and dedication. Adolescence is a crucial time for moral and identity formation; thus this is extremely important. These findings are supported by existing work, which highlights how attitudes and behaviors are shaped by erroneous sexual scripts propagated by pornography. Research such as Wright (2011) also emphasizes how frequent exposure to explicit content can undermine the value of emotional intimacy in relationships and perpetuate irrational sexual expectations. Nonetheless, the research also suggests possible safeguards. For example, thorough sexuality education and parental supervision can provide teenagers the critical thinking abilities they need to evaluate and mitigate the harmful consequences of pornography. Research gaps point to the need for additional studies on successful interventions and how social, gender, and cultural settings affect these impacts. Future studies should investigate the long-term effects of early exposure to pornography, create focused educational plans, and assess the efficacy of constructive counter-narratives to help teenagers build wholesome, morally sound relationships.

Pornography Among the Youth

The wide distribution and integration of pornography in the past 20 years, notably via the Internet, have impacted youth culture and teenage growth in unique and varied manners (McNair, 2002). Evidence in research indicates that adolescents are able to acquire sexual behaviors by observing actions in sexually explicit content (Hunter et al., 2009). Haggstrom-Nordin et al. (2006) confirmed prior studies showing that adolescents view sexually explicit material as a potential source of information but also recognize its potential to distort their understanding of sexuality. This research expanded on these results by showing that pornographic content communicated specific expectations and requirements for behavior. A study by Lo and Wei (2005) investigated how exposure to sexually explicit content influences the sexual behaviors of 2,001 adolescents from Taiwan.

This research showed that being exposed to sexually explicit content can make it more likely for teenagers to accept and participate in sexually permissive activities. Braun-Courville and Rojas (2009), Brown and L'Engle (2008), Lam and Chan (2007), and Peter and Valkenburg (2016) provide additional support for these findings. Haggstrom-Nordin et al. (2005) studied the sexual behaviors and porn viewing habits of 718 high school students in Sweden. 98% of males and 76% of females admitted to watching pornography, 75% of the total group had participated in sexual intercourse, and 71% had used contraception during their first sexual experience. Engaging in sexual activities such as intercourse with a friend, group sex, oral sex, and anal sex was linked to regularly being exposed to sexually explicit material. Moreover, 71% of teens thought that sexually explicit content affected the sexual actions of their peers, while only 29% believed it impacted their own sexual behaviors. This research also indicated that teenagers who were regularly exposed to sexually explicit content had their first sexual intercourse at a younger age compared to teenagers who were not frequently exposed.

Ybarra and Mitchell (2005) analyzed data from the Youth Internet Safety Survey to investigate the seeking of pornographic material among adolescents (N = 1,501) to explore connections between the use of sexually explicit content and psychosocial traits. Their research indicates that most males who are frequently exposed to sexually explicit material do not show higher levels of sexual aggression. Nonetheless, in males with a tendency for aggressive sexual behavior, frequent consumers of pornography have over four times higher levels of sexual aggression compared to those who rarely seek out pornography (p. 483).

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While there has been some examination of adolescent Internet pornography use in the literature, the research is limited and raises more questions than it provides answers for. Before addressing the deficiencies in the literature, we need to focus on the research process, including research design and protecting human subjects through Institutional Review Boards (IRBs). Gathering information on the risks and advantages of the research is essential in order to develop a scientifically informed method for educating IRB members when assessing studies in unfamiliar areas (Caskey & Rosenthal, 2005; Mustanski, 2011). Future research would profit from studies that include more advanced methods that go beyond basic correlation analysis and one-time designs. For instance, research that evaluates mediating and moderating factors, along with causal impacts, will greatly contribute to the current pool of knowledge.

Synthesis

The collection of studies shows that perceptions towards pornography, influence of pornography on values formation, influence of pornography on youths, factors that contributed to the raise of pornography, pornography and values formation, and pornography among the youth are associated to one another. However, it is evident that most of these studies failed to examine the direct correlation between various internal and external factors to the sexual attitudes, preferences and beliefs of the youths. Since most of the studies focus on pornographic consumption and its effects on individuals, there is little research on the relationship between pornographic consumption and psychosocial variables, particularly values. Also, since most of the studies were administered on Western countries, the influence of pornography may vary from countries such as the Philippines since it is considered as a conservative place. Additionally, since there are more Filipino pornography users, there is a need to have more local studies related to pornographic consumption.

As Cordero (2023) and other studies recommended, it is crucial that the duration of pornographic consumption must be taken into consideration and the different factors that affects the perceived extent of influence of the viewers must be observed. It's also recommended to examine the relationship between pornographic consumption and the different psychosocial variables. Focusing on these factors will help in examining the relationship between extent of phonographic consumption and values formation.

II. METHODOLOGY

This chapter presents a detailed description of the methods and procedures used to collect and analyze data which includes the research design, research locale, respondents and sampling of the study, research instrument, validation of the instrument, ethical considerations, data gathering procedures, methods of scoring, and statistical analysis of the data.

Research Design

The researchers utilized the descriptive correlational design. This approach was chosen because it involves a systematic investigation of relationships between two variables without manipulating them (Salkind, 2010). This design will help the researchers to identify patterns and connections in the data but does not establish causation. By analyzing and sharing the findings from the study's data, the researchers aimed to ascertain the validity of their hypotheses. Descriptive correlational was deemed appropriate for this project since its purpose was to investigate the significant relationship between the respondents' profile and their perceived extent of pornographic consumption influence to their values formation.

Sampling Procedure

This study employed simple random sampling to determine the sample size. Following the guidelines of Krejcie and Morgan's sample size table, the researchers identified the appropriate sample size for a population of 64. While the closest value in the table is 65, which corresponds to a sample size of 56, this was deemed suitable for the study (Kenpro, 2016). Consequently, data will be collected randomly from the identified 56 respondents, ensuring a representative sample for the research.

Research Instrument

The researchers of this study created a survey questionnaire which underwent face and content validation to ensure its reliability and. It is divided into two parts: part one is about the respondents' duration of exposure to pornographic materials, and part two is divided into seven categories; each category focuses on a specific aspect. These aspects are the moral, attitudinal, cognitive, social, and emotional aspects.

After the validation process with the experts the researchers conducted a dry run to determine the factors affecting the youths' values formation and also gather a pre-result that helped the research questionnaire more detailed; after conducting a dry run, the researchers also conducted a pilot testing of the questionnaires to the youth which does not belong to the sample to ensure the reliability of the study.

Data Gathering Procedure

The researchers of this study disseminated a survey questionnaire to the youth, aiming to ensure the receipt of high-quality responses. To initiate this process, the researchers initially prepared the survey instruments. They engaged in communication with the barangay officials and submitted formal letters seeking permission to conduct the study. As part of the data collection procedure,

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the researchers also discussed the ethical aspects of their research with teachers, who contributed to refining the research methodology. Moreover, the researchers first obtained consent from the study respondents. To ensure the respondents' comfort, ample time was allocated to complete the survey, allowing for a more comprehensive and thoughtful response process.

Data Analysis and Interpretation Strategies

The researchers utilized a descriptive-correlational research approach to help answer the research questions. For questions number 1, 2, and 3 the researchers utilized descriptive statistics, and for question number 4 if the collected data is normally distributed the researchers will utilize Pearson's R correlation to determine if there is a significant relationship between the two variables, if the data is not normally distributed, the researchers will use a non-parametric statistical tool which is the Wilcoxon Signed-rank test to test if there is a significant relationship between the variables

Interpretation:

A. Extent of Pornographic Exposure

- 5+ times / 10+ hours = Very High Extent of Exposure
- 3-4 times / 7-9 hours = High Extent of Exposure
- 1-2 times / 4-6 hours = Very Low Extent of Exposure
- None / 0-3 hours = Low Extent of Exposure

Weighted Mean

$$\bar{x} = \frac{\sum x}{n}$$

\bar{x} = weighted mean

\sum = "Sum of"

X= weight based on scale

N= number of respondents/sum of frequencies

The weighted mean will be interpreted following the matrix below:

Figure 1. Matrix for weighted Mean Interpretation

Extent of Pornography Influence			
Scale	Weighted Mean Range	Description	Interpretation
4	3.50-4.00	Strongly Agree	Very high extent of pornography influence
3	2.50-3.49	Agree	High extent of pornography influence
2	1.50-2.49	Strongly Disagree	Very low extent of pornography influence
1	1.00-1.49	Disagree	Low extent of pornography influence

III. RESULTS

This chapter is the compilation of the data gathered by the researchers from the respondents, the analysis of their answers, and the corresponding review of related literature.

Demographic Profile of Respondents

This section presents the frequency and percentage distribution of respondents according to their demographic profiles, including sex, age, religion, and educational attainment.

Table 1. Frequency and Percentage Distribution of Respondents According to Profile

Demographic Variable	Category	Frequency	Percentage
Sex	Male	22	39.3%
	Female	27	48.21%
	Not Indicated (N/A)	7	12.5%
Age	18	18	32.14%
	19	8	14.3%

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	20	24	42.9%
	Not Indicated (N/A)	6	10.71%
Religion	Catholic	30	53.6%
	Not Indicated (N/A)	26	46.42%
Educational Attainment	High School	12	21.42%
	Senior High School	2	3.6%
	College	10	17.86%
	Not Indicated (N/A)	32	53.6%

According to the data acquired, the majority of respondents are female, accounting for 48.21% (n=27), while male respondents make up 39.3% (n=22). However, 12.5% (n=7) of respondents did not specify their sex. In terms of age, the majority of participants 42.9% (n=24) are 20 years old, followed by those aged 18 (32.14%) and 19 (14.3%), with 10.71% (n=6) failing to disclose their age. In terms of religion, more over half of respondents (53.6%) identify as Catholic, although a sizable proportion (46.42%) preferred not to state their religious affiliation. In terms of educational achievement, 21.42% of respondents reported having completed high school, 17.86% had gone on to college, and only 3.6% were in senior high school. Notably, 53.6% of the participants failed to disclose their educational history, making this the most incomplete category.

Frequency and Duration of Pornographic Material Exposure

This section details the respondents' self-reported frequency and duration of exposure to pornographic material.

Interpretation Guide:

5+ times / 10+ hours = Very High Extent of Exposure

3-4 times / 7-9 hours = High Extent of Exposure

1-2 times / 4-6 hours = Very Low Extent of Exposure

None / 0-3 hours = Low Extent of Exposure

Table 2. Frequency of Pornographic Material Exposure

Frequency of Exposure	Number of Respondents (n)	Percentage (%)	Interpretation
5 times or more	3	5.4%	Very High Extent of Exposure
3-4 times	15	26.8%	High Extent of Exposure
1-2 times	28	50 %	Low Extent of Exposure
No exposure	10	17.9%	Very Low Extent of Exposure

As indicated in Table 2, the frequency of pornography exposure varied among the respondents. The largest proportion of respondents, 50% (n=28), reported exposure "1-2 times every month," which is categorized as a low extent of exposure. Following closely, 26.8% (n=15) reported exposure "3-4 times every month," falling into the high extent category. 17.9% (n=10) indicated "No exposure," interpreted as a very low extent of exposure. A smaller segment, 5.4% (n=3), reported watching pornographic materials "5 times or more every month," representing a very high extent of exposure.

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Table 3: Duration of Pornographic Material Exposure

Duration of exposure	Number of respondents (n)	Percentage (%)	Interpretation
10 hours or more	2	3.8%	Very high
7-9 hours	5	9%	High
4-6 hours	13	23.3%	Low
0-3 hours	36	64.2%	Very Low

Table 3 shows that the majority of respondents engaged with pornographic materials for shorter periods. 64.2% (n=36) reported exposure for "0 to 3 hours," which signifies a very low extent. Another 23.3% (n=13) engaged for "4 to 6 hours," categorized as a low extent. In contrast, 9% (n=5) reported a high extent of exposure (7 to 9 hours), while 3.8% (n=2) engaged for "10 hours or more," indicating a very high extent of exposure.

Perceived Extent of Pornographic Material Consumption Influence on Values Formation

This section details the respondents' perceived extent of pornographic influence on their values formation.

Table 4. Perceived Extent of Pornographic Influence on Values Formation

<i>Domain</i>	<i>Overall Weighted Mean</i>	<i>Interpretation</i>
Moral	3.41	High extent of pornography influence
Attitudinal	3.40	High extent of pornography influence
Cognitive	3.34	High extent of pornography influence
Social	3.33	High extent of pornography influence
Emotional	3.31	High extent of pornography influence

Table 4 presents the perceived level of pornographic influence on values formation in all domain. The findings revealed that respondents perceived a high extent of influence of pornography across all five domains: moral, attitudinal, cognitive, social, and emotional. In the moral domain, respondents believed that pornography is acceptable when done privately and can help in understanding what is appropriate in relationships (3.41). For the attitudinal domain, they agreed that pornography contributes to sexual confidence, mood improvement, and open communication about sexual needs (3.40). In terms of cognitive influence, participants believed that consuming pornographic material helped them become more self-aware of their preferences, open-minded about intimacy, and more capable of discussing intimate topics (3.34). The social domain findings showed that respondents felt pornography improved their interpersonal skills, discipline, and ability to manage stress in relationships (3.33). Lastly, in the emotional domain, respondents agreed that pornography helped them relieve stress, understand emotional needs, feel loved, and appreciate relationships (3.31).

Relationship between the Respondents' Demographic Profiles and the Perceived Extent of Pornographic Consumption Influence on Values Formation

This section details the relationship between the respondents' demographic profile and the perceived extent of pornographic consumption influence on their values formation.

Table 5. Relationship Between Respondents' Demographic Profiles and the Perceived Extent of Pornographic Consumption Influence on Values Formation

<i>Variables</i>	<i>r-value</i>	<i>Interpretation</i>
Age vs Overall Influence	-0.248179356	Weak negative correlation
Sex vs Overall Influence	-0.008135228	No correlation
Education vs Overall Influence	-0.192060247	Weak negative correlation
Religion vs Overall Influence	0.045891194	Very weak positive correlation

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The study sought to determine the relationship between the respondents' demographic profile and their perceived influence of pornographic material consumption on values formation. Using Pearson's *r* correlation, the results revealed weak to no correlation across all variables. Specifically, age showed a weak negative correlation with the overall influence score ($r = -0.248$), indicating that as respondents grow older, the perceived influence of pornography on their values slightly decreases, though not significantly. Similarly, education also had a weak negative correlation ($r = -0.192$), suggesting a slight decline in perceived influence with higher educational attainment.

On the other hand, sex exhibited almost no correlation with the influence score ($r = -0.008$), implying that gender does not affect how individuals perceive the impact of pornography on their values. Religion presented a very weak positive correlation ($r = 0.046$), indicating an almost negligible relationship. These results suggest that the demographic variables such as age, sex, education, and religion, do not significantly affect how young people perceive the influence of pornography on their values.

Note: Respondents with incomplete demographic information were excluded from the correlation analysis to preserve data validity.

Proposed Intervention Scheme

Intervention Plan: "Living Our Values: A Journey to Self and Society"

Purpose

- To nurture in youth a strong foundation of personal values—such as respect, responsibility, empathy, and integrity—through reflective practice, meaningful interaction, and action-based learning.

Target Group

- Youth aged 18–20 years (adaptable by age band)

Duration

- 6 sessions (1 to 2 hours per session), delivered weekly or biweekly

Core Objectives

1. Encourage self-awareness and the identification of personal values
2. Promote ethical thinking and value-based decision-making
3. Strengthen interpersonal skills rooted in mutual respect and empathy
4. Foster a sense of social responsibility and global citizenship

Activities

Figure 2. Outline of the Workshop Sessions

<i>Sessions</i>	<i>Activities</i>	<i>Key Focus</i>
Session 1: Who Am I, What Do I Value?	Values reflection prompts, identity collage, personal storytelling	Self-awareness and value exploration
Session 2: What Shapes Me?	Influence circles (family, media, peers), values ranking, guided group reflection	External factors shaping beliefs and behavior
Session 3: Choices and Consequences	Moral dilemma case studies, decision tree mapping	Practicing ethical reasoning and accountability
Session 4: Empathy in Action	Role-switching games, perspective journaling, group feedback circles	Building compassion and active listening
Session 5: Values in the Digital World	Screen-time audit, online role-play scenarios, creating digital value pledges	Integrity and kindness in virtual spaces
Session 6: Living Our Values	Group service project planning, personal commitment statements, peer affirmations	Applying values through leadership and community engagement

Extension Options

- Mini-campaigns on kindness, honesty, or sustainability
- Creative outputs like poetry, artwork, or video diaries on values
- Community dialogues inviting families, mentors, or elders for intergenerational learning

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Evaluation & Feedback

- Entry/exit reflective surveys on values awareness
- Group debriefings and feedback cards
- Creative journals or portfolios tracking personal growth

CONCLUSIONS

The findings of the study show that even low or irregular exposure to pornographic materials can have a significant impact on young people's values formation, particularly in the areas of morality, attitudes, cognition, social interaction, and emotional regulation. This is supported by Massey et al. (2021) study which states that the sexuality of young individuals is influenced by the presence of sexual imagery, which in turn impacts their sexual attitudes and behaviors. This suggests that pornographic consumption, regardless of frequency and duration, has the potential to shape attitudes over time (Wright, 2011), reinforcing sexuality-related ideas, beliefs, and behaviors.

This supports the theoretical foundations of the study. This conclusion is based on Cultivation Theory, which states that repeated exposure to media content gradually shapes people's perceptions of reality (Perera, 2023; Riddle, 2010). Even if the exposure is not constant or excessive, regular engagement with pornographic depictions can cause people to internalize and normalize them. According to Busselle and Bulck (2019), such exposure fosters a shared sense of social reality, which may lead viewers to accept the media's portrayal of intimacy and sexual behavior as normal or acceptable. Social Learning Theory (Bandura, 1977) provides a framework for understanding how people learn behaviors and attitudes by observing and imitating others. Bandura emphasized that attention, retention, reproduction, and motivation all contribute to learning. In this context, young people may adopt behaviors and values based on what they see in pornographic media, especially when it appears to provide emotional gratification, relational satisfaction, or personal identity exploration.

The study rejects the null hypothesis that there is no significant relationship between the respondents' extent of exposure to pornographic materials and their perceptions on the extent of pornography influence on their values formation. The findings revealed that pornography had a high extent of influence on moral, attitudinal, cognitive, social, and affective domains, even in circumstances of low or irregular exposure. As a result, the alternative hypothesis, indicating a large influence, is accepted. However, it rejects the second alternative hypothesis which states that there is a significant relationship between the respondents' profile and their perceptions on the extent of pornography influence on their values formation because the results showed very weak to no correlation across all tested variables. Specifically, age and education displayed a weak negative correlation. Thus, the second null hypothesis which states that there is no significant relationship between the respondents' profile and their perceptions on the extent of pornography influence on their values formation is accepted.

RECCOMENDATIONS

Based on the findings of this study, the following recommendations are proposed:

1. Future studies should use a significantly larger and more geographically diverse sample size, extending beyond a single localized area to improve the generalizability of findings.
2. Future studies should try to utilize and assess the efficacy of the proposed intervention plan.
3. Future studies should recognize and address additional inherent limitations encountered in this study, such as potential self-report biases, the correlational nature of the findings, and any unanticipated external factors that may have influenced respondents responses.

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