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## More women lured to pornography addiction

### Survey finds 1 in 6 caught up in steamy Web

By Rachel B. Duke - The Washington Times

Sunday, July 11, 2010



**\*\*FILE\*\*** Images of porn star Jenna Jameson has been downloaded more than a few times in America's workplaces — and homes. (Getty Images)

Researchers have long known that the Internet has contributed to pornography addiction by making it so easily accessible — no need to go out in a raincoat, pull a hat down over the face, and sneak furtively into the red-light district.

But that ease of access also has leveled the playing field between the sexes — men are known as the sexual risk-takers, after all — and psychologists and researchers have seen an increasing number of women becoming addicted to pornography on the Internet over the past 10 years.

In 2003, Today's [Christian Woman](#) found in a survey that one out of every six women, including Christians, acknowledged struggling with the same addiction.

A 2006 survey released by Internet Filter Review showed that 17 percent of women said they struggled with pornography addiction and that one in three visitors to pornography sites were women. About 30 percent of Internet pornography consumers are women, according to the 2008 Internet Pornography Statistics.

Psychologists and researchers attribute the increase to the Internet's anonymity and safety. Now a woman needn't sneak into the places good girls avoid.

"Women can still become addicted to pornography in the same way that men do," said [Douglas Weiss](#), a licensed psychologist and executive director of [Heart to Heart Counseling Center](#) in Colorado Springs. "I do think that the partial reason for this is women becoming more intelligent about usage of the Internet — going online and chatting, developing relationships and acting out sexually."

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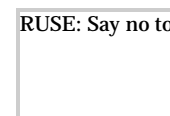
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Studies have shown that women find it easier to click a few buttons on the Internet to search for sexually alluring material. In the absence of a social context, pornography is more appealing to women because there are no social repercussions for using it.

A 2006 Internet Filter Review poll found that 9.4 million women access adult websites each month, and 13 percent of women admit to accessing pornography at work.

"The more pornography women use, the more likely they are to be victims of non-consensual sex," said [Mary Anne Layden](#), professor of sociology and women's studies at [Wheelock College in Boston](#). "The earlier the male starts using pornography, the more likely they are to be the perpetrators of non-consensual sex."

Men in general have always been considered the more visually stimulated of the two sexes. Before the advancements in technology, young women who wanted a sense of emotional gratification would live vicariously through romance novels. Young men would get some of their sexual gratification from photographs of scantily clad or nude women, or go to strip clubs.

Pornography is nothing new. However, with the introduction of the Internet, it has become much more accessible to people of all ages.



Sex is the No. 1 topic for Internet searches, according to the [Sexual Recovery Institute](#), and more than 1.3 million porn sites are available. The pornography revenue in the U.S., in 2006 alone, was approximately \$13 billion. The pornography industry is also larger than the revenues of the top technology companies combined: [Microsoft Corp.](#), [Google Inc.](#), [Amazon.com Inc.](#), [eBay Inc.](#), [Yahoo Inc.](#), [Apple Inc.](#), [Netflix Inc.](#) and [EarthLink](#).

"Pornography is the drug of the millennium and more addictive than crack cocaine," said [Donna Rice Hughes](#), president of [Enough Is Enough](#), a Virginia-based nonprofit that works to make the Internet safer for children and families. "[EIE's] goal is that there be as much protection online as there is offline."

Ninety percent of pornography addiction begins at home, [Ms. Hughes](#) said, adding that organizations like [EIE](#) can give families safeguards to help avoid addictions.

With children becoming more technologically savvy, she said, "It is no longer a question of if they will come across porn, but when."

Science has shown that the brain reacts and takes in images in a certain way and can be detrimental in the developing mind of a child. When a man or woman becomes sexually aroused, the levels of endorphins and enkephalin in the prefrontal cortex are at their highest.

Whatever a person visualizes at that point — real or imaginary — his or her body glues to, hungers for and craves, and the adrenal glands imprint that image on the mind.

"If a man or woman ejaculates to pornography on a regular basis they will actually attach to sex as object relationships as opposed to intimate relationships," [Mr. Weiss](#) said. "So they will actually

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Times

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hunger for object relationships, creating over time what we call intimacy anorexia.”

Sex, in its ideal sense, is relational, and object sex does not fulfill the relational aspect of that, said Mr. Weiss. A person doesn't get that full satiation, but gets a different kind of buzz with object sex because it's a different kind of sex.

With someone having to visualize that object in order to achieve sexual gratification, barriers are created, even at a young age, said Ms. Hughes.

“If they're an addict, they stop developing spiritually, relationally and morally, at the age of the onset of the addiction,” said Mr. Weiss.

Pornography has become more interactive since leaking into other kinds of media and social networks. A “Campus Kiss and Tell” University and College Sex Survey in 2006 found that 87 percent of those students polled confessed to having virtual sex using mainly Instant Messenger, webcam and telephone.

Christian women aren't safe from the influence and addictive qualities of pornography, either.

“I'm less and less surprised by it,” said Joshua Harris, author of the book “Sex Is Not the Problem (Lust Is)” and pastor at Covenant Life Church in Maryland. “Seven years ago, when I was writing that book, I was so surprised at how many women struggle with lust as much as men do.”

Many expectations and desires are set by society at an early age, which makes it easier for people to shrug off pornography as no big deal, Mr. Harris said.

Pornographic material, under the Constitution, can be put into two categories: soft-core and hard-core. Hard-core pornography is prosecutable under the law. Organizations like EIE are fighting to save children, teens, and parents from porn addiction by trying to get it off the Internet, Ms. Hughes said.

“If you don't think you can fall into any kind of sexual temptation, you're either godlier than David, wiser than Solomon, or stronger than Samson,” said Ms. Hughes.



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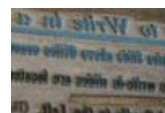
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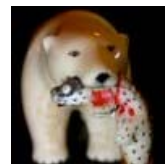


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Betsy Singh-Anand

I get so sick and tired of articles like this. To quote from a book I once read: "Sex is nice and pleasure is GOOD FOR YOU!" I enjoy pornography. I enjoy sex. The fact that I enjoy these things does NOT make me more likely to be taken against my will, without my consent. Putting myself in certain situations does, and those situations have nothing to do with looking at internet pornography in the comfort of my own home. Nor does it in any way interfere with my ability to pair bond. I have been happily monogamous, and I have been happily non-monogamous.

Frankly, I am HIGHLY suspicious of this whole notion of sex and porn "addiction". It seems to me that there is a great big bunch of money to be made by telling people they are "addicts" (because in this society, the "only" acceptable addiction is to work/money) and then admitting them to very costly programs to cure them of their despicable propensities. Let's see how long it takes for someone to tell me I am in denial of my own greasy addiction... LOL

Yesterday 01:59 PM 5 Likes

Like Reply



e

You got it, baby! It's ALL a scam. The entire field of analytical psychology is a scam. There may be some value in psychiatric medical therapeutics ... but the rest of it is pure money-scam. Think, organized religion. The parallel is very close.

Yesterday 04:14 PM in reply to Betsy Singh-Anand 3 Likes

Like Reply



TJ Buonomo

How Christian science works:

- (1) Start with your Bible-based normative conclusion;
- (2) Conduct research;
- (3) Interpret the research to support the conclusion you started with;
- (4) Publish a study designed to make people feel guilty for enjoying a harmless physical sensation, thereby impressing upon them the need to ask forgiveness from your deity and join the ranks of the sexually repressed.

Yesterday 05:44 PM 1 Like

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TJ Buonomo

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Yesterday 05:43 PM 1 Like

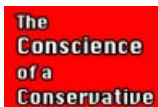
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JustADominantGuy

Why does it seem that whenever someone speaks about women and men, it leads to the statement that the

on faith's path



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woman is more likely to become a "victim" of non-consensual sex and the male is more likely to be a perpetrator? What is surprising to me here is that this idea, based in Christianity, is being espoused by liberal professors...what happened to the idea, both in Christianity and outside Christianity, that we are adults who are responsible for our OWN decisions? A grown-up adult woman decides to look at porn or even participate in porn and she is now a "victim"? Why? Because she is a woman and therefore somehow less responsible for her choices?

Let me make myself clear...I am against rape. I am against any sort of non-consensual sex. As a dominant, I am reluctant to participate in any sort of "consensual NON-consensual play" with anyone but known and trusted partners because of the confusion that can take place even with discussion and negotiation. BUT...the women I deal with are adults and understand the difference between their choice and someone else's forcing things on them. Quite a few of them resent the idea that because they chose to look at porn and/or engage in wanton behavior, they were doing so as a victim because their "being a woman" made them one.

07/21/2011 10:27 AM 3 Likes

Like Reply



e

The average male does not understand women, nor what they really want. You and I do. The laws of this country are made by mostly average males.

Yesterday 04:32 PM in reply to JustADominantGuy

Like Reply



Anonymous

I'm soooo tired of women being portrayed as the victim. I've been on internet porn/dating sites for several years. I feel empowered by sex. I'm a MILF/Cougar and proud of it. And I don't hear any of my boytoys complaining.hehehe

07/13/2010 08:43 PM 9 Likes

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Steve Johnson

That...depends. How much do you charge?

01/17/2012 06:09 PM in reply to Anonymous 1 Like

Like Reply



Anonymous

Of course there are scoffers at this article, but one must remember that the masculinization of women has been going on for a few generations now. Most posters are too young to remember stay-home moms and the wholesome atmosphere everyone enjoyed as a result, not to mention the lack of gender confusion. Governments love to put women to work to generate taxes and create a government-dependant population of children. So women looking at pornography, a normally male preoccupation? Not surprising.

07/16/2010 03:09 AM 7 Likes

Like Reply



e

Why didn't you mention the pussification of American males?

Yesterday 04:37 PM in reply to Anonymous 1 Like

Like Reply



Anonymous

"The more pornography women use, the more likely they are to be victims of non-consensual sex," said Mary Anne Layden, professor of sociology and women's studies at Wheelock College in Boston. "The earlier the male starts using pornography, the more likely they are to be the perpetrators of non-consensual sex."

What nonsense. It's no wonder kids come out of college dumber than when they went in.

07/13/2010 05:21 AM 6 Likes

Like Reply



Anonymous

There is no pleasure that one can have that cannot be characterized as an addiction. Doubtless even before

Puritan days the world was filled with people who were tortured by the knowledge that somewhere out there there was somebody who was enjoying themselves. Some people like food, some sex, some art, some blogging, some work, some gaming - there are endless things out there that people like to do. Save us from the do-gooder busy-bodies who know so much more about us than we know about ourselves who will seek to use the power of the state to control us for our own good.

07/14/2010 10:06 AM 5 Likes

Like Reply



Anonymous

The research is very straightforward: yes, both males and females who are involved with porn do get caught up more readily in the evils of "non-consensual sex" (rape - let's call it what it is). They also have other problems (drugs, promiscuity and resulting STDs, psychological problems including the inability to connect to/trust another human being in a healthy way, etc.). The fault is on those who claim (like those below) that this is a load of hogwash and that "it's completely normal" - because when individuals like these are found among our teachers of young people, parents of young people, and producers of our media, youth inevitably get bombarded with the view that there's nothing wrong with it, all so that those adults sending that message don't have to feel guilty about using it themselves! The result is a new generation who gets burnt after watching the previous generation stick their hands in the fire and say it's "normal."

07/16/2010 07:58 AM 3 Likes

Like Reply



Anonymous

I went to a conference for women on women's issues once that included one small break-out session on porn. One of the stories the speaker told us shocked me: the speaker is a counselor of porn addicts, and she was asked once to do an interview with the magazine "Seventeen" about porn use among teen girls. She does this often and readily accepted. But when the interview started, she quickly got the vibes that the "Seventeen" writer was coming at the topic from a different angle than she was, and asked her what exactly the focus of her article was. The answer: "we get our girls writing in about their porn use all the time, with their boyfriends or by themselves, and a lot of them ask if what they're doing is ok. We just wanted to let them know that it happens all the time and that it's completely normal." The counselor told us she stopped here and told the journalist she'd go on with the interview on one condition: that she acknowledge in her article that the teen girls in question are minors, and therefore the porn use that she was writing about is ILLEGAL. The journalist refused - refused to even write briefly to vulnerable young female readers that porn use for them is simply against the law. Her reason was simple: "it's too common for us to care."

07/16/2010 07:50 AM 3 Likes

Like Reply



Anonymous

Thanks for a thoughtful treatment of a very complex subject. ""If they're an addict, they stop developing spiritually, relationally and morally, at the age of the onset of the addiction," said Mr. Weiss."" I'm sure it's a matter of degree, but human sexuality is one of the greatest forces on the planet, and it resides, of course, in each of us. It can be a source of joy, fun and children! But it can also be an addiction, many studies have proven that. Maybe not a subject for regulation by the Nanny State, but like tobacco, legal pot and alcohol, a subject for awareness, maturity and self-control...and healing from addictive behavior. More, please.

07/15/2010 10:34 AM 2 Likes

Like Reply



Anonymous

DavidOnTheMedia - "This attraction to porn is only an extension of Christian programming. At the base level Christianity knows how to keep people addicted to slavery on all levels, not just sex, and therefore makes the almighty dollar. If you want answers to your questions about this issue, you need look no further than your local Bible and church." Yes, just blame it all on the Christian programming. How about the the liberal point of view of "openness"? I love the way the left always says that they are so "open". Well have you ever thought that you are so open that everything has FALLEN OUT, including your moral compass? Christian values may be, just as you say, "one reason", but you make it sound like it is the major cause of what the article tries to address. I am a child of the 50's and 60's, an artist and very progressive thinking individual, but for you to say to dig no further than your local Bible or church is just plain ignorant. There is a younger generation that was not brought up with any kind of Christian up bringing and perhaps that is part of their problem, as they run amuck!

07/12/2010 10:50 AM 2 Likes

Like Reply



Anonymous

David and Bcre8f2: There certainly ARE victims of pornography -- most notably children. As the article points out, "If they're an addict, they stop developing spiritually, relationally and morally, at the age of the onset of the addiction," Other people stop being seen for their relational and spiritual worth, and become merely the means to physical gratification. Most people don't choose their first encounter with pornography; it is thrust in front of them by a chance encounter, or another person. Many can overcome that initial impulse, but others are drawn into the titillation of what is portrayed. Your bias against Christianity is quite misplaced, and equally ignorant.

07/12/2010 09:37 AM 2 Likes

Like Reply



Anonymous

I hate it when people that are doing something are made to look like the victim. People CHOOSE to take actions and with those choices come consequences. Free people have choice. By creating false victims, those in power are able to remove those freedoms and enslave people. It's not rocket science people.....just common sense and what is happening in the US today. Refuse to be a victim!!!

07/12/2010 08:44 AM 2 Likes

Like Reply



Anonymous

I am afraid materials presented in the Washington Times article above are extremely questionable:  
<http://www.psychologytoday.com...>

It is saddening that "anti-porn" wing of the debate, who are the people I personally would very much like to side with, are the ones known for rampant methodological abuse and outright fabrication.

07/19/2010 10:26 PM 1 Like

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Anonymous

There is one effect the article does not mention. Have you noticed that young men now are now more shy about their bodies? Anyone who looks at porn will choose to look at the better looking people. Naturally people are becoming connoisseurs of bodies, however those people will grow to assume that others will also be evaluating their own in the same way.

I think most bodies are beautiful, with all of their little differences, but I doubt everyone takes on such an "everyone is beautiful" point of view. So too many young people are now nervous critics running around in "glass houses".

07/13/2010 07:24 AM 1 Like

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TonyPhyrillas via twitter

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Yesterday 12:37 AM

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