



BSc Psychology
Department of Psychology

Women and Pornography: Do Women Watch
Pornography and what are their Experiences in
their Sexual Lives?

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Foreword

Submitted in partial fulfillment of the requirements of the BSc Psychology degree, Reykjavik University, this thesis is presented in the style of an article for submission to a peer-reviewed journal.

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Abstracts

This study examines whether women experience pornification from their sexual partners in their sexual lives and if they think that pornography can influence their sexual behaviors. With new technology and a fast internet connection, access to pornography has become easier than ever before. Young people can easily look for ideas and education from porn. Mostly all research emphasizes on men and their porn viewing. This study emphasizes on women and their porn viewing. 522 women answered a questionnaire about their sexual experiences and their attitudes about pornography. The requirement to part take in the study was to be a heterosexual/bisexual woman between the ages of 18-35. The results show that 91.4% of women watch porn and over half of them have experienced pornification both from their romantic partners and partners they are having sex with for the first time. The research questions were: Do women watch pornography and for what purpose? Also to what extent do women experience and exhibit behaviors consistent with pornification in their sexual relationships, and how do these experiences and behaviors vary between different types of partners (romantic versus first-time sexual partners)?

Keywords: *Pornography, Women, Women's experience, pornification*

Útdráttur

Í þessari rannsókn er kannað hvort konur upplifi klámvæðingu frá bólfélaga sínum í kynlífi sínu og hvort þær telji að klám geti haft áhrif á kynferðislega hegðun þeirra. Með nýrri tækni og hraðari nettengingu hefur aðgengi að klámi orðið auðveldara en nokkru sinni fyrr. Ungt fólk getur auðveldlega leitað að hugmyndum og að fræðslu úr klámi. Flestar rannsóknir leggja áherslu á karlmenn og þeirra klámáhorf. Þessi rannsókn lagði áherslu á konur og klámáhorf þeirra. 522 konur svöruðu spurningalista um upplifanir sínar í kynlífi og þeirra viðhorfs til kláms. Krafa til að taka þátt í rannsókninni var að vera gagnkynhneigð/tvíkynhneigð kona á aldrinum 18-35 ára. Niðurstöðurnar sýna að 91,4% kvenna horfa á klám og yfir helmingur þeirra hefur upplifað klámvæðingu, bæði frá rómantískum maka sínum og maka sem þær stunduðu kynlíf með í fyrsta skipti. Rannsóknarspurningarnar voru: Horfa konur á klám og í hvaða tilgangi? Einnig að hve miklu leyti upplifa konur og sýna hegðun í samræmi við klám í kynferðislegum samböndum þeirra og hvernig er þessi reynsla og hegðun mismunandi milli mismunandi tegunda maka (rómantíksambönd á móti bólfélugum í fyrsta sinn)?

Lykilorð: *Klám, Konur, Upplifun kvenna, Klámvæðing*

Women and Pornography: Do Women Watch Pornography and what are their Experiences in their Sexual Lives?

The accessibility to pornographic material has become easier with the new technology and fast internet connection. With this development, it has become easier for young curious children to gain access to pornographic material to educate themselves about sex and sexual behaviors (Altintas & Gul, 2022; Sanz-Barbero et al., 2023; Tintori et al., 2023). Porn is mostly tailored for men. How both men and women are portrayed in porn can be harmful and give the viewer the wrong idea of what sex is actually like (Tintori et al., 2023). These acts and behaviors that can be seen in pornography are often carried over to people's sexual lives, and that is called pornification (Paasonen, 2016).

Pornography is sexual material that can be shown in many forms. Some researchers say that porn is any material that displays nudity, this can include videos, photographs, magazines, and even things that are not intended for sexual pleasure such as mugs or t-shirts. Some researchers define porn as material that is only used for sexual purposes or pleasure (Mckee et al., 2020; Fritz & Paul, 2017). However, other researchers define porn as harmful material that focuses on the pleasure of men while humiliating and hurting women (Case & Coventry, 2018). Porn can be divided into two categories, soft-core porn and hardcore porn. Soft-core porn is defined as sexual acts that don't show the genital areas, or it's not their main focus, such as sex scenes in movies and TV shows. Hardcore porn is however when all sexual acts are shown, this can include genital- and oral sex. Hardcore porn is usually the material that is found on mainstream porn sites but it's also illegal material as child- and animal pornography (George et al., 2019).

In recent decades, the production of pornography has increased enormously. Content that suits everyone can be found in less than a minute. Pornhub is the biggest porn website in the world. Every year they provide statistics about their consumers (Gunnoo & Powell,

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2023). Their statistics show Iceland is not ranked in their top 20 consumer countries. They show that 73% of Icelandic consumers are men and 27% are women. They also report that 28% are between 18-24 years old, 28% are between 25-34, 12% are between 35-44, 12% are between 45-54, 11% are between 55-64 and 9% are 65 or older. However, they do not provide numbers of underage consumers. Icelandic women's most search category compared to men was "female friendly", which is described as pornography where more romance is shown and less emphasis on the man's pleasure (Gunnoo & Powell, 2023; *Scandinavian Women Insights - Pornhub Insights*, 2020). Studies show that there is a gender difference in the usage of porn. Boys tend to start watching pornographic material at a younger age than girls (Sommet & Berent, 2023). Most studies find that the user frequency is higher among men than women, but it's about 60-90% of men and 30-90% of women (Tintori et al., 2023). These numbers count for all types of exposure to porn, meaning it is also for unwanted exposure for instance pop-up advertising (Tintori et al., 2023).

The unrealistic stereotypes that are shown in pornographic material can be hurtful to women and affect their behaviors during sexual activities (Tholander et al., 2022). There has been research on the amount of violence that is shown against women in pornographic material. Women are strangled, their butt is slapped, their hair is pulled, and they are even spit on. An analysis of four thousand porn videos that displayed heterosexual acts on mainstream porn sites, showed that 97% of them had aggressive acts toward women (Fernández-Ruiz et al., 2023; Lim et al., 2016). It is important to know where the boundaries lie and to know when these acts are something that the individuals want to do or if it is something that they think they must do to please their partner.

Young women were interviewed about their sexual experiences, and they found that they often performed acts for their first-time sexual partners that they did not find enjoyable. These acts included the violent behaviors that were named before (Tholander et al., 2022).

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Another study performed by Vera Cruz & Sheridan, (2022) showed that 77.6% - 89.2% of men have partaken in some sort of violence in their sexual lives in the last year. The same study showed that 63.1% of women found that violent acts in their sexual lives hurt their self-esteem and mental health (Vera Cruz & Sheridan, 2022). However, another research did find that women who have been married for a longer period want their partners to see them as sexual objects. This raises the question of whether women can find these violent-like acts in their sexual lives enjoyable, but it has to be with their long-term partner that they can trust (Prause, 2019).

Children are a large audience for pornography, even though it is legally prohibited for children under the age of 18. It is difficult for the sites to know the consumer's age and therefore forbid them from entering their site. What many of them do is clarify the age limit when people enter their site (Testa et al., 2023). Since the availability of pornography has become easier, sex education must be strong and taught early for both children and their parents. Research shows that young children who have become curious are starting to look for answers on the internet (Adarsh & Sahoo, 2023). Some ideas therefore shape their minds before they have received general sex education from their parents or at school (Manning, 2018). The sexual education that schools and parents provide emphasizes mostly on puberty, sexually transmitted diseases, and how to prevent pregnancies. Although these factors are important, sexual education needs to provide more information about pleasure and communication (Fang et al., 2022). The stigma about sex is still there. Studies show that it is important for both parents and schools to have a positive discussion about sex and also have a clear distinction of the difference between sex and porn, to contribute to healthy positive sex lives (Grubbs et al., 2023; Manning, 2018; Tintori et al., 2023).

In Summary, it is undeniable that pornographic material remains prevalent, and that the industry consistently grows. A large part of the audience are children under 18 years old,

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which means that it is likely they see porn before they have their first sexual encounters, and it can shape their minds about what sex is and what sexual roles they must play in their sexual experiences. In recent years sexual education mostly emphasized what happens to the body during puberty, and how to prevent sexually transmitted diseases and pregnancies. Even though these factors are important to know, is it important to also teach about what sex is, that it is supposed to be pleasurable for both partners, and that consent and communication is a key factor. Encouraging open conversations and allowing children to discuss sex is an important factor for parents, which can prevent them from seeking answers on the Internet. The idea and fantasy that porn gives of both men and women in porn is unrealistic. The amount of violence seen in porn can carry over into sex that both parties do not necessarily realize. Women often experience themselves as an object in their sex lives and feel like they are only there for their male partner's satisfaction and not for their pleasure. Men often feel like they must have control, last for a long time without having an orgasm, and always be ready for sex.

This study aims to find out whether women do watch pornography and for what purpose. Also to what extent do women experience and exhibit behaviors consistent with pornification in their sexual relationships, and how do these experiences and behaviors vary between different types of partners (romantic versus first-time sexual partners)?

Methods

Participants

The participants for this study were women aged 18-35 who have had sexual encounters with men. Therefore, the inclusion criteria for this study were that the participants had to be heterosexual/bisexual women between the ages of 18-35 years old, who speak Icelandic. They were random individuals who voluntarily answered a questionnaire through a

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link that was posted on Facebook and therefore, a convenience sample was used for this study. There were 522 ($n = 522$) women who answered the questionnaire. The participants were not compensated for their participation and were informed that they could withdraw their consent and quit any time during the study.

Materials

The measurement of the study was a 25-question questionnaire that was presented on Google Forms. The questionnaire contained questions about age, relationship status, opinions about porn, and experiences in their sexual lives. The researcher found inspiration from Fernández-Ruiz et al., (2023) when making the questionnaire but made up questions that fitted with the research. Because the study was conducted in Iceland, the questions in the questionnaire were in Icelandic. To see the full questionnaire, see Appendix A.

The questionnaire started with two questions, “*Age? / Aldur?*”, where participants could choose between three different age gaps, “*18 – 23*”, “*24 – 29*”, and “*30 – 35*” and “*Relationship status? / Sambandsstaða?*” where the participants could choose “*In a relationship / Í sambandi*”, “*Not in a relationship / Ekki í sambandi*” or “*I don’t want to answer / Ég vil ekki svara*”. These were the independent variables for this study. The following questions were asked to get the women’s opinions and experiences about pornography and sexual experiences. “*Where did you learn about sex and sexual behaviors? / Hvar lærðir þú um klám og kynhegðun?*” where they could choose multiple options. “*Have you watched porn? / Hefur þú horft á klám?*” and the participants could choose “*Yes / Já*”, “*No / Nei*” or “*I don’t want to answer / Ég vil ekki svara*”. “*If yes, for what purpose did you watch it? / Ef já, í hvaða tilgangi hefur þú horft á klám?*”, more than one option was allowed in this question. The next four questions were very similar. “*Have you experienced sexualization with someone you’re in a relationship with? / Hefur þú upplifað klámvæðingu í kynlífi með maka?*” and “*Have you experienced sexualization with someone you’re having*

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sex with for the first time? / Hefur þú upplifað klámvæðingu í kynlífi með einhverjum sem þú ert að stunda kynlíf með í fyrsta skipti". The answers to those questions were the same: "Yes / Já", "No / Nei", "I don't know / Ég veit ekki" and "I don't want to answer / Ég vil ekki svara". If the participants' answer to these questions was "Yes / Já" a follow-up question was asked "If yes, what? / Ef já, hvað?" and a list of options was presented to them. The last question was "Have you shown pornographic behavior while having sex? / Hefur þú sýnt klámlíka hegðun í kynlífi?" and the answers were "Yes / Já", "No / Nei", "I don't know / Ég veit ekki" and "I don't want to answer / Ég vil ekki svara". Same format was used for "If yes, what? / Ef já, hvað?", and the participants could choose between a list of things and could write down their own answers.

Research design

The current study is a quantitative, cross-sectional, and descriptive study in the form of a survey. The study explored two independent variables, age, and relationship status. Also, whether the women are more likely to experience pornification with a romantic partner or with a first-time sexual partner.

Procedure

This study was conducted by a psychology student at the University of Reykjavik. A questionnaire was compiled using Google Forms about women's attitude about pornography and their sexual experiences. It was then shared on Facebook, the researcher's personal page, and a closed group called "Beauty Tips" with over 40.000 members. The questionnaire was put out on March 28th and was taken down 24 hours later due to the high response rate. The requirements to participate in the study were that the participants were women from the age of 18 to 35 and had had sexual encounters with men.

Before answering the questionnaire, the participants were informed that their participation was anonymous and untraceable. They were also informed that partaking was

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not required and that they could quit anytime. By partaking in the survey gave participants their consent, see Appendix B. There was no need to get permission from VSN for this study.

Data analysis

Data collection was performed by using Google Forms and data analysis was performed using Jamovi version 2.3.21.0. A chi-square test explored the relationship between the independent variables and women's experiences. A descriptive analysis was also used in the study.

Results

Descriptive statistics

The research aimed to explore women's experiences and attitudes about pornography. Overall, 522 women took part in the study, with the ages ranging from 18-35 years old. The majority of the participants were from the ages 18-23, or 61.5% ($n = 321$); ages 24-29 followed by 28.2% ($n = 147$); and lastly, the participants from ages 30-35 were 10.3% ($n = 54$) of the participants. 68.7% ($n = 355$) of the participants were in a relationship and 31.3% ($n = 162$) were single.

Table 1 shows that the participants received their sexual education mostly in school or 78.5% of them, 77.2% from friends, and 68.2% from the Internet. It seems that sexual education in school has increased overall over the years. Participants were least likely to have received their sexual education from their religious community with only 0.2% of participants citing that as a source of education, 10.5% got their sexual education from their siblings and 23.8% from their parents. There was a significant difference in school, from friends, from social media, movies, and TV shows and nowhere.

Table 1

Frequencies and chi-square test for sexual education

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	Total (N = 522)	18-23 (N = 321)	24-29 (N = 147)	30-35 (N = 54)	In a relationship (N = 355)	Single (N = 162)
In school	78.5%	81.3%	78.9%	61.1%	78.0%	79.6%
Parents	23.8%	26.2%	18.4%	24.1%	23.1%	23.5%
Siblings	10.5%	10.9%	10.9%	7.4%	9.3%	12.3%
Friends	77.2%	77.3%	81.6%	64.8%	75.5%	80.9%
Religious community	0.2%	0.3%	0.0%	0.0%	0.3%	0.0%
Internet	68.2%	66.4%	74.1%	63.0%	67.9%	68.5%
Social media	49.8%	54.8%	48.3%	24.1%	47.0%	55.6%
Books	26.8%	23.4%	32.0%	33.3%	27.9%	23.5%
Pornography	37.5%	35.2%	40.8%	42.6%	37.2%	37.7%
Movies/TV shows	61.3%	59.8%	69.4%	48.1%	58.0%	68.5%
Other	4.8%	3.7%	7.5%	3.7%	5.6%	3.1%
Nowhere	1.3%	0.9%	0.7%	5.6%	1.4%	1.2%

Note: The bold numbers show where there was a significant difference

When participants were asked whether they have watched pornography intentionally 91.4% said yes. Table 2 shows for what purpose the participants used pornography. 69.3% of the participants used pornography for masturbation with women between 24-29 years old with the highest percentage of 77.6. There were 57.1% that said they watch pornography out of curiosity with women between the ages 18-23 having the highest percentage or 58.9. There was a significant difference in the use of pornography for masturbation in the age categories.

Table 2

Frequencies and chi-square test for reasons for watching porn

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		18-23	24-29	30-35 (N	In a	Single (N =
	Total (N =	(N =	(N =	= 54)	relationship	162)
	522)	321)	147)		(N = 355)	
Learn sexual behavior	13.8%	14.6%	12.2%	13.0%	12.7%	16.7%
To find ideas	19.0%	16.5%	22.4%	19.0%	18.3%	20.4%
Out of curiosity	57.1%	58.9%	57.1%	46.3%	58.6%	54.3%
For masturbation	69.3%	65.7%	77.6%	68.5%	67.3%	74.1%
For sex with other	13.0%	8,40%	16.3%	31.5%	13.8%	11.1%
Other	1.9%	1.6%	1.4%	5.6%	2.3%	1.2%

Another aim of this study was to show how common it is for women to experience being sexualized by a partner they are having sexual encounters with for the first time and with partners, they are or have been in a relationship with. Overall 83.3% of the participants said they had experienced pornification from their romantic partners. The most common act was butt slapping with a percentage of 78.4, followed by hair pulling being 71,8%, and being choked thereafter with a percentage of 67.0. The participants from the ages 18-23 scored highest in every category with 81.0% having had their butt slapped, 74.5% their hair pulled and 72.6% being choked. These acts decreased as the age increased. There is a significant difference between butt slapping, being choked, and having their hair pulled in the age categories.

Table 3

Frequencies and chi-square test for pornification with a partner

		18-23	24-29	30-35 (N	In a	Single (N =
	Total (N =	(N =	(N =	= 54)	relationship	162)
	522)	321)	147)		(N = 355)	
Butt slapped	78.4%	81.0%	77.6%	64.8%	76.5%	79.4%

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Been choked	67.0%	72.6%	62.6%	46.3%	69.1%	65.9%
Hair pulled	71.8%	74.5%	71.4%	57.4%	73.5%	71.0%
Spit on	19.7%	20.9%	20.4%	11.1%	22.2%	17.7%
Other	9.8%	8.7%	10.9%	13.0%	12.3%	8.5%

Overall 53.9% of the participants said that they had experienced pornification from sexual partners they were having sex with for the first time. Butt slapping was the most common act with a percentage of 46.7, being choked following with a percentage of 40.0, and hair pulled thereafter being 38.7%. There was a significant difference for butt slapped, being choked and hair pulled in the relationship status category.

Table 4

Frequencies and chi-square test for pornification from a sexual encounter for the first time

	Total (N = 522)	18-23 (N = 321)	24-29 (N = 147)	30-35 (N = 54)	In a relationship (N = 355)	Single (N = 162)
Butt slapped	46.7%	47.4%	46.3%	44.4%	56.2%	42.3%
Been choked	40.0%	41.1%	40.1%	33.3%	48.1%	36.1%
Hair pulled	38.7%	38.0%	41.5%	35.2%	46.9%	34.6%
Spit on	8.0%	7.8%	9.5%	5.6%	8.0%	7.3%
Other	3.6%	3.4%	3.4%	5.6%	31.1%	3.9%

Table 5 shows the pornographic-like behavior the participants showed. Overall 64.5% said that they had shown pornographic behavior in their sexual lives. The most common act with 55.7% was to pretend to have an orgasm. Loud and exaggerated moans are the second most common with a percentage of 45.0.

Table 5

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Pornographic-like behavior

	Total (N = 522)	18-23 (N = 321)	24-29 (N = 147)	30-35 (N = 54)	In a relationship (N = 355)	Single (N = 162)
Loud and exaggerated moan	45.0%	42.1%	53.1%	40.7%	42.0%	46.2%
Positions and acts to please	43.7%	43.6%	46.9%	35.2%	40.1%	45.1%
Raise his self-esteem	33.7%	32.7%	37.4%	29.6%	34.6%	33.2%
Pretend to have an orgasm	55.7%	54.2%	59.9%	53.7%	57.4%	54.9%
Other	1.7%	1.9%	1.4%	1.9%	1.2%	2.0%

Discussion

The goal of this study was to determine whether women generally watch pornography and for what purpose they use it. It also aimed to explore whether women experience pornification in their sexual lives, both with their romantic partners and their first-time sexual partners, and whether they exhibit porn-like behaviors in their sexual activities.

This study found that 91.4% of the participants said that they had intentionally seen pornography before, however, according to Pornhub's statistics only 27% of their Icelandic consumers are women (*Scandinavian Women Insights - Pornhub Insights*, 2020). A Danish study, similar to this one, conducted by Litsou et al., (2022) found that 79.5% of women had seen pornography. According to these results and results from other studies, were women more likely to watch porn than the statistics from Pornhub led to believe. It could also be that women don't use Pornhub as much as men but other platforms for their porn viewing.

This study found that women got their sexual education mostly from their school, their friends, and the internet. A lot of studies emphasize that children get their sexual education from pornography, however, according to this study only 35.7% of the participants say that they received their sexual education from porn (Altintas & Gul, 2022; Sanz-Barbero

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et al., 2023; Tintori et al., 2023). It can be questioned whether the participants realized that their porn-viewing could shape their way of thinking and influence how their behavior is shaped as a result. And even though they watch porn, they do not consider it sexual education and therefore did not check that option in the questionnaire

Past studies have placed more emphasis on men and their usage of porn. Porn is designed to please men with fantasies that often belittle women's pleasures and satisfactions (Tintori et al., 2023). It is interesting to see that according to this study, women use porn more often than not for the same purpose as men, for masturbation (Litsou et al., 2024). This study found that 69.3% of women use porn for masturbation, 57.1% also use it to feed their curiosity. Litsou et al., (2024) had similar results as this study. According to these results, it seems that pornography can influence both women's and men's sexual lives since both use it for masturbation and sexual pleasures.

This study wanted to find whether women are experiencing pornification in their sexual lives, both with their romantic partners and their first-time sexual partners. According to Tholander et al., (2022) study, women often find themselves not being the main character in their sexual lives with their first-time partners, but rather playing a role for their partner's pleasure. This study did however find that 53.9% of the participants had experienced pornification from their first-time sexual partners. Which is less than the researcher presumed. 83.3% of the participants had however experienced pornification from their romantic partners, this was expected since Prauses, (2019) study found that women who had been in longer relationships found it important to be seen as sexual beings by their partners. It was important in this study to emphasize that these violent behaviors were not interpreted as sexual violence, that is another very important research topic.

This study also aimed to find what porn-like behaviors women show in their sexual lives. 64.5% of the participants said that they had performed porn-like acts in their sexual

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lives. 55.7% said that they had faked an orgasm and 45.0% had exaggerated moaning and sounds to enhance the illusion of their pleasure. Tholander et al., (2022) found that women often find themselves doing these acts to make their partner's experiences better but not for their own pleasure. Since these acts are very often seen in pornographic material, it can be assumed that both men and women find them to be a normal part of their sexual lives.

These findings suggest that porn affects women's sexual lives. It affects both how their sexual partners treat them during sex and what behavior they exhibit during sex. Porn has always been a significant aspect of human culture in some form, with increased access, it seems to be a part of most people's daily lives according to research studies. It is therefore important to improve sexual education for both parents and children. It's also important to study the effects that porn viewing can have on people's sexual behaviors.

Strengths and Limitations

While this study may have its limitations, it offers valuable insights into the social development of pornography in women's lives. Previous study shows that there is more emphasis on men, their porn viewing, and the effects it may have on women. This study does however give a deeper understanding of the impact that comes from women's consumption of pornography in their sexual lives and on their sexual behaviors. While ensuring participants only discuss consensual sexual behavior, this research is crucial to shed light on sexual violence that occurs because of pornification.

Like other studies, this one had its limitations. The primary is the questionnaire. Since the researcher developed it, it lacks reliable testing which can be crucial for future research. Additionally, there were no resources available for the researcher, so a convenience sample was used. That could have led to a less diverse participant group and the result might not represent certain groups of women. Even though there were 522 participants, the age range of the participants did not meet the study's criteria for adequacy.

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Conclusion

Research has shown that women do think pornography influences their partner's sexual behaviors. They also believe that porn can affect their own sexual behaviors. This study found, based on a sample of 522 women, that 91.4% watch pornography, 69.3% use it for masturbation and 57.1% view it out of curiosity. This answers the research question of whether women watch porn and for what purpose. Since porn is mostly tailored for men and the behaviors that are portrayed are made for their pleasure, it can be assumed that women do not get the same satisfaction in sex, and often find themselves displaying behaviors that are more for the man's pleasure rather than for themselves.

It can be concluded that men and women are similar in their porn viewing and that porn is influencing their sexual behaviors. It can also be concluded that women are more likely to experience pornification from their romantic partners. However, that does not mean that they do not experience pornification with their first-time sexual partners. Previous studies found that women do experience pornification from their partners. This study found that the most common act was having their butt slapped. This act was the most common for both women who had experienced pornification with their romantic partners, and from their first-time partners.

Since this study found that most women got their sexual education from school, it can be concluded that there is a need to make it better by increasing and improving education about porn for both parents and children. Even though schools are teaching children about sex and the dangers that can come with porn viewing, it does not seem that their viewing is decreasing. Children must know that there is a clear distinction between pornography and real sexual experiences, especially before their first sexual encounters. Making this distinction may reduce the performance pressure people sometimes feel and the instances of coerced consent, often seen in today's community.

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Directions for future research

To have a more diverse age range can be an important factor for future studies. It could give a better insight into what effects pornography has on these various age groups and whether present technology and greater accessibility are affecting the younger generation more than the older generation who did not have the same access growing up. It could also be interesting to research the difference between men and women. Since this study found that women do generally watch porn and they use it mostly for the same reason as men, it could be interesting to find out how porn impacts women differently from men.

Since past studies have found that a large audience of porn are children under the age of 18, it is important to find out what long-term impact it can have on their sexual development. Whether these violent acts that are seen in porn are so normalized that they emerge at the start of their sexual journeys with other people.

It was difficult to find a reliable questionnaire for this study. It's important to make this study larger to have a questionnaire that has been measured for reliability. There is a great lack of research with an Icelandic sample. It's important to study the cultural differences in different countries to understand better the influence porn has on the world.

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Appendix A – The full questionnaire in Icelandic

1. Aldur?

18 - 23

24 - 29

30 - 35

2. Sambandsstaða? (Hér er átt við rómantískt samband)

Er í sambandi

Er ekki í sambandi

Vil ekki svara

3. Hvaða menntun hefur þú lokið?

Grunnskóla

Framhaldsskóla

Grunnnám á háskólastigi

Meistaránámi

Doktorsnámi

Vil ekki svara

4. Hvar lærðir þú það sem þú veist um kynlíf og kynhegðun? (má velja fleiri en einn valmöguleika)

Í skólanum

Af foreldrum/forráðamönnum

Af systkinum

Frá vinum

Frá trúarsamfélagi

Á internetinu (t.d. google)

Frá samfélagsmiðlum (t.d. instagram, twitter, facebook)

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Í bókum

Með klám áhorfi

Frá bíómyndum og þáttum

Hvergi

Annað (skrifa)

5. Ef annað, hvað?

6. Hefur þú horft á klám? (Hér er átt við að horfa á klám vísitandi)

Já

Nei

Vil ekki svara

7. Ef já, í hvaða tilgangi hefur þú horft á klám? (má velja fleiri en einn)

Til þess að læra kynferðislega hegðun

Til þess að finna hugmyndir

Fyrir forvitni

Til að örvast fyrir sjálfsfróun

Fyrir kynlíf með öðrum (t.d. til þess að örvast)

Í öðrum tilgangi

8. Ef í öðrum tilgangi, hvaða?

9. Á hvaða aldri varstu þegar þú sást klám í fyrsta skipti?

8 – 10 ára

11 – 14 ára

15 – 18 ára

Eldri en 18 ára

10. Hver er þín skoðun á klámi?

Þetta er ólöglegt efni af gildri ástæðu

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Þetta er siðferðislega flókið efni

Það er hjálplegt

Það er fræðandi

Það er skaðlegt

Ef annað, hvað?

11. Trúir þú að klám geti haft áhrif á kynferðislega hegðun þeirra sem nota það?

Já

Nei

Veit ekki

Vil ekki svara

12. Ef já, klám hefur þau áhrif að maður (má velja fleiri en einn valmöguleika)

Klámvæði þann sem maður sefur hjá

Verði **samdauna (normalization)** klámvæðingu þegar maður verði fyrir henni

Verði öruggari í kynlífi

Verði óöruggari í kynlífi

Stundi fjölbreyttara kynlíf

Stundi einhæfara kynlíf (t.d. að kynlífs athafnir séu í sömu rútínu)

Annað

13. Ef annað, hvað?

14. Trúir þú að það séu skýr kynjahlutverk í klámi?

Já

Nei

Veit ekki

Vil ekki svara

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15. Ef já, hvaða? (má velja fleiri en einn)

Það er skýr **valdefling** kvenna (útskýra valdefling?)

Það er skýr valdefling karla

Að konan þurfi að vinna meira fyrir ánægjunni (passív gefandi)

Að karlinn þurfi að vinna meira fyrir ánægjunni

Annað (skrifa)

16. Ef annað, hvað?

17. Hefur þú upplifað klámvæðingu í kynlífi með maka (t.d. rassskellingar, hártog, kyrkingar, hrækt á þig og fleira)

Já

Nei

Veit ekki

Vil ekki svara

18. Ef já, hvað af eftirtöldu? (má velja fleiri en einn)

Verið rassskellt

Verið kyrkt eða tekin hálstaki

Togað í hárið

Hrækt á þig

Annað

19. Ef annað, hvað?

20. Hefur þú upplifað klámvæðingu í kynlífi með einstakling sem þú ert að stunda kynlíf með í fyrsta skipti? (t.d. rassskellingar, hártog, kyrkingar, hrækt á þig og fleira)

Já

Nei

Veit ekki

Vil ekki svara

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21. Ef já, hvað af eftirtöldu? (má velja fleiri en einn)

Verið rassskellt

Verið kyrkt eða tekin hálstaki

Togað í hárið

Hrækt á þig

Annað

22. Ef annað, hvað?

23. Hefur þú sýnt klámlíka hegðun

Já

Nei

Veit ekki

Vil ekki svara

24. Ef já, hvaða? (má velja fleiri en einn)

Háar ýktar stunur

Sett þig í óþægilegar stellingar eða tekið þátt í kynlífi/kynlífsathöfnum til að gera honum til hæfis

Að upphefja hans sjálfsálit (t.d. með að hvetja áfram, hrósa)

Þykjast fá fullnægingu

Annað

25. Ef annað, hvað?

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Appendix B – Information letter

Markmið rannsóknarinnar er að kanna upplifun kvenna í kynlífi. **Pessi rannsókn er aðeins ætluð fyrir konur frá aldrinum 18-35 ára sem hafa stundað kynlíf með karlmonnum.**

Rannsóknin er hluti af BSc-verkefni Katrínar Jónsdóttur við sálfræðideild Háskólans í Reykjavík. Leiðbeinandi og ábyrgðaraðili rannsóknarinnar er Áslaug Kristjánsdóttir, hjúkrunar- og kynfræðingur.

Þátttaka í rannsókninni felst í því að svara rafrænum spurningalista sem snýr að bakgrunnsupplýsingum, upplifun í kynlífi og upplifun á klámi. Gert er ráð fyrir að svörun spurningarlistans taki 5-10 mínútur. Vonast er til að þátttakendur svari spurningalistanum samviskusamlega þar sem öll svör skipta máli. Þátttakendum er þó heimilt að sleppa því að svara einstöku spurningum og er þeim frjálst að hætta þátttöku hvenær sem er án útskýringa eða eftirmála.

Svörun spurningarlistans jafngildir upplýstu samþykki fyrir þátttöku í rannsókninni. Upplýsingum um rannsóknina og slóðinni að spurningalistanum verður deilt á facebook.

Rannsakendur telja enga áhættu felast í þátttöku í rannsókninni.

Öll gögn verða meðhöndluð sem trúnaðarmál og skráð á rannsóknarnúmerum. Ekki verður beðið um persónugreinanlegar upplýsingar og svör verða því ekki rakin til einstaka þátttakenda.

Rannsóknargögn verða varðveitt á læstu vefsvæði sem aðeins rannsakandi og ábyrgðaraðili hafa aðgang að. Eftir að rannsókn lýkur mun ábyrgðaraðili rannsóknar hafa umráðarétt yfir gögnunum þar til þeim verður eytt, fimm árum eftir lok rannsóknar.

Með kveðju og von um góðar undirtektir,

Áslaug Kristjánsdóttir, ábyrgðaraðili rannsóknar og hjúkrunar- og kynfræðingur.

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