

EFFECT OF PORNOGRAPHY AND PORNOGRAPHIC LAW

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ABSTRACT

Sex is a questionable subject in the social texture of India, frequently being connected to unethical on moral grounds. Isn't it ironic that a country where talking about 'sex' is taboo ranks 6th amongst the top most porn-watching countries in the world? The current law in India criminalizes selling, distributing and publicly displaying obscene or pornographic content. However, such regulations lead to the infringement of individual freedom and moral autonomy of an individual who wishes to watch porn as his right to view. Those who argue that watching porn has a positive effect say that porn helps make one aware of their sexual needs and preferences while those who are against watching porn argue that porn leads to unemotional sex between partners. It can be said that porn has negative as well as positive effects on the mindset of an individual. With all the debates going around the world about banning pornographic sites, let's look into the darker side of porn and how it affects society. This Journal will investigate how people make porn a source of entertainment and gratification and how pornography affects our brains without realizing it. Furthermore, before we discuss its effects and consumption, we would like to mention that porn is a significant cause of sex trafficking. America's Development of Justice and the National Center for Missing and Exploited Children agree that more than 80 percent of women in the porn industry are brought into the sector through sex trafficking, initially by physical abuse and sexual exploitation in hostile environments. They are exploited and then forced to shoot porn videos, so promoting and normalizing pornography is tantamount to promoting sex trafficking.

Keywords: Pornography, Internet, Covid-19, Child Pornography, Porn Addiction.

INTRODUCTION

The term pornography comes from the Greek pornographic world meaning writing about prostitutes. The critical explanation of pornography in modern times is as sexually explicit substantial (verbal or graphic) i.e. firstly planned to produce a sexual buzz in viewers.

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Pornography is defined as sexually precise material delineated to produce sexual arousal in customers that are not good in various ways when value judgments are added to this explanation. "PORNOGRAPHY", literally means "**writing about prostitutes**". Pornography has been defined as the sexually explicit depiction of persons, in words or images, created with the primary proximate aim and reasonable hope, of eliciting significant sexual arousal on the part of the consumer of such material. Porn is sexually explicit material (verbal or pictorial) that is basically intended to create sexual excitement among viewers. Porn is no new to Indian society however with the invention of photography and the expansion of the internet access to porn and pornography came to rise as well. Porn, a multi-billion-dollar industry has become a form of business to society. People are indulging in pornographic content to gain economic benefits from them. Though the porn industry is becoming one of the fastest growing industries in the world almost 40% type of porn is a form of rape, pornography is one of the primary reasons for reinforcing sexist views and attitudes towards women. It can be correctly stated that the bulk of online pornography is exploitation that directly or indirectly increases violent sexual behaviour in the real world. However, one cannot ignore the fact that watching porn behind four walls in a private space is no crime as it comes under the ambit of freedom of speech and expression, which protects the freedom of the individual. Porn refers to pictures, recordings, or words that are sexual and are made or shared to make someone else physically invigorated. Porn may simply show individuals' sexual body parts or it might show individuals having intercourse.

MEANING OF PORN AND REASONS FOR WATCHING

Researcher Beata Bathe's article, published in the American Psychological Association, suggests that the primary and most common reason for pornography consumption is "Arousal". It is natural to have sexual desire because porn companies target such consumer needs. Still, in the same pornography, it is also mentioned that viewing their content may affect the consumer's personal life. Regular porn consumers tend to idealize the scene depicted in pornography so much that natural stimuli are not enough for them. To gradually meet their needs, they consider pornography as their fulfillment zone. World's renowned relationship experts Dr. John and Dr. Julie Gottman say that due to excessive porn consumption, relationship satisfaction starts decreasing between couples. Eventually, separation and hate start increasing in the couple's life. Dr. Sameer Parikh, Director, Mental Health and Behavioural Sciences, at Fortis Hospital, New Delhi, explains that porn addiction

impacts sexual relationships. Due to this, emotional distancing, unrealistic expectations, and lack of intimacy also increase in the year. The second primary reason that is very common among teenagers and working professionals is experiencing uncomfortable feelings. According to Bertha Bothe, another primary reason for increased porn consumption among adults is distraction or suppression from stress, anxiety, and emotional conflict. Basically, High school and college-going teens and adults experience a variety of emotional struggles. Teens and adults attending high school and college experience different emotional struggles. Due to their inability to resolve these conflicts, they find ways to suppress them. Because of the ready availability of this pornography, an individual makes it a quick source of distraction and stress reduction. Not addressing the emotional discord can prove deficient in the long run. According to studies, people who use porn as a medium of stress reduction or distraction may be victims of future emotional and mental health problems. Depression and anxiety are significant health concerns worldwide, and you will be surprised to know that being addicted porn habit can exacerbate these mental health issues. For example, two friends, Jack and Sam, are both in the second year of college and dealing with assignments, exams, careers, relationships, and emotional distress. Sam deals with these things by communicating and working on them. On the other hand, Jack ignores all these things and starts running after instant gratification. Jack gradually starts engaging in porn, alcohol, and drugs to escape his emotional discomfort. In addition, at the end of the final year, Jack falls victim to depression and anxiety disorders due to his inability to cope with the challenges. Due to dealing with things and managing well, Sam will get an excellent job with good marks. Therefore, consuming anything more than the limit can harm a person's physical and mental health. But the dependence on the Internet has made it necessary for everyone to have a smartphone, and now accessing porn websites has become extremely easy. In 2019, India was ranked top in smartphone traffic in an analytical report published by Pornhub. 89% of the traffic coming to the website from India was mostly from smartphones. Rising porn consumption in India and increasing smartphone penetration can be attributed to cheaper data plans and significant price drops in high-end smartphones. In India, 1 GB of data is given at a low price of ₹ 7, while in the US, it is ₹ 257 per GB, and in the UK, it is ₹ 109 per GB. A report by Top 10 VPNs in the year 2019 reported that VPNs in which banned websites could be accessed and downloaded anonymously have increased by 405 percent in India between 2018 and 2019. Various porn websites target India's vast internet user base, and porn companies launch alternative mirror porn websites that work when the original website is banned or function as a loophole for channel bans.

POSITIVE AND NEGATIVE SIDES OF WATCHING PORN

• POSITIVE SIDES OF WATCHING PORN

Pornographic entertainment can have a positive effect on a person's sexual wellbeing, emotional well-being, connections, body acceptance, confidence, sexual knowledge, increase in safer sex practice, and self-acceptance in gay, lesbian, sexually unbiased and other sexual minority people. For certain individuals there are without a doubt benefits of approaching sexual material, seeing erotic entertainment, and involving porn with regards to their relationship or for masturbation. Pornography also helps in understanding what one desires sexually. Pornography can give us a protected way free from judgment to know where the individual interest lies across the sexual range. Watching porn releases muscle tension, and helps in dealing with stress and anxiety.

• NEGATIVE SIDES OF WATCHING PORN

Normal physical issues that porn users experience with real-life partners are an inconvenience in getting and keeping an erection, requiring obscene pictures to ejaculate, and trouble having an orgasm. During real sex, a man might feel disengaged from his partner. Women are depicted as an assortment of orifices, ready at any time for anything sexual the man might need, and with no human or sexual requirements of her own. She is neither given nor deserving of fundamental human poise and regard; rather, she is generalized and utilized for men's satisfaction. Numerous porn users find themselves turning out to be easily irritated at things that didn't use to disturb them and feeling discouraged or furious. A portion of the normal harming impacts of pornographic entertainment for users can incorporate addiction, disconnection, expanded hostility, contorted convictions and discernments about connections and sexuality, gloomy sentiments about themselves, and disregarding different parts of their lives.

REASONS FOR PORN CONSUMPTION INCREASING SO FAST

In India and worldwide, porn websites are coming on top searches on the internet. Although countries like the UK and the US, where the internet is costly and people there have a lot of knowledge about sex education, these countries are in the number one and two positions in the traffic report of the Pornhub website. 2As soon as it is released, we start experiencing a relaxed or feel-good state, and this reward system escalates more than limiting pornography.

Due to the easy access to porn, the person's brain starts craving more dopamine again and again, but later the same thing becomes even more deadly due to the setup. Each time your brain starts craving more dopamine, your satisfaction slows down, and you begin to explore more sexual fantasies. But while on the one hand, your cravings are increasing, on the other hand, essential parts of your brain and its functionality start decreasing. A part of the prefrontal cortex, part of our brain anatomy, separates us from the rest of mammals. The prefrontal cortex controls our logical thinking, regional decision-making, and calculation abilities. It tells us when we have to put a stop to our needs and desires. For example, if you are watching something on Netflix and you have to go to college or the office the next day, then, on the one hand, your reward system will force you that you will be on Watch the episode. In contrast, your prefrontal cortex, on the other hand, will make you feel it's worth sleeping in for the time being. Similarly, the prefrontal cortex plays an essential role in breaking unhealthy habits. But the matter does not end here. In a brain scanner study of porn-addicted consumers, frontal brain matter appears to decrease, called hypo-frontality. Here hypo means less than usual; hypo-frontality develops in these individuals. They have also developed impaired decision-making and less control over brain impulses, one of addiction's four significant hypofrontality hallmarks. You will be surprised that over 100 studies have found hypo-frontality in excessive porn users. This means that excessive consumption of porn destroys the prefrontal cortex to such an extent that it will not be able to break such unhealthy habits. It is not only concerned with form but also with everything that provides instant gratification. After all, the brain is configured so that it appears to have very short-term rewards and pleasure rather than long-term rewards. The brain rewards things that provide immediate gratification in the brain, creating pathways that stick to that obscene path. Many students are involved in gaming and addiction by not paying attention to their communication and learning skills. All things like career, relationships, and financial security are achieved after a long struggle. Still, people who are only engaged in instant gratification due to hypo-frontality are never able to focus on the long term. In extreme cases, people become so addicted that they lose their ability to morally justify their actions and commit severe teen crimes such as individual rape and sexual violence to achieve sexual persuasion. Several studies on pornography show that for individuals who are already sexually aggressive and consume a lot of sexually aggressive pornography, their chances of rape and sexual hostility are also increased. But in India, the subject of sex is seen as taboo, due to which porn addiction goes unnoticed in most cases. Dr. Roshan Jain, Deduction Specialist, at Apollo Hospitals, says many young people today suffer from porn addiction. But people cannot talk

about it because of the shame associated with porn. Ironically, in India, where the Kamasutra originated, sexuality is being repressed so much that it has become different to openly discuss. Dr. Jain believes this problem can be tackled by introducing sex education in Indian schools. According to sex impractical science experts, sex is such a subject that teenagers are most curious about it if they do not get the proper sex education. Because of this, this curiosity gets channelized into other alternatives, i.e., porn websites. Dr. Sudhir Krishna Murthy, director of Andromeda Andrology Center Hyderabad, says that people's ignorance about sex has become the primary factor in porn addiction today. Dr . Sudhir believes that people must know about healthy lovemaking.

THE DARK AND HIDDEN TRUTH BEHIND PORNOGRAPHY

Many individuals treat porn as a confidential issue, one managing profane material. Unfortunately, this isn't true. Considering how recordings are made and connected to illegal exploitation, erotic entertainment is an issue of civil rights. Often it is misunderstood that the performers are performing acts with consent and nobody is getting hurt, well this is not always the case. Many, many individuals are wounded by this industry. This begins with the mental impacts on the viewers. In one review, a survey stated that in well-known obscene recordings, 88% of them contained violence against women. In one review, 80% of overcomers of prostitution say that clients showed them sexual pornographic content to show what they needed. An extra component of the pornography industry is child porn: taking advantage of minors and making graphic recordings of their abuse. Young children are getting into the trap of human trafficking because of child pornography or pornography as a whole.

WAYS PORNOGRAPHY HARMS CHILDREN

Normalizes Sexual Harm

Research shows that “media has a tremendous capacity to teach.” Excessive media use, particularly where the content is violent, gender-stereotyped, and/or sexually explicit, skews children’s worldviews, increases high-risk behaviors, and alters their capacity for successful and sustained human relationships. Dr. Sharon Cooper, a forensic pediatrician and faculty member at the University of North Carolina School of Medicine, maintains that “imagery definitely affects children” and that children receive unhealthy sexual images from adult pornography. According to Dr. Cooper, pornography normalizes sexual harm by portraying a

lack of emotional relationship between consensual partners, unprotected sexual contact, and, in some instances, violence and rape. Dr. Cooper argues that children and youth are more vulnerable to pornographic images than adults because of mirror neurons in the brain, which convince people that they are actually experiencing what they see. Mirror neurons play an important role in how children learn. Children learn in large part by imitation, with mirror neurons involved in the process of observing what other people do and imitating those behaviors. Pornography may have stronger effects on children and youth than other forms of media because it shows a much higher degree of sexual explicitness.

Promotes Aggression towards Women

Pornography is arguably more sexist and hostile towards women than other sexual images in the media. The aggression and violence towards women found in much of today's popular pornography can teach boys and young men that it is socially acceptable, and even desirable, to behave aggressively towards and demean women. Pornography also portrays people and sexual relationships that do not accurately reflect how real people look and act and behave in intimate relationships. Unrealistic expectations of intimate partners may impede youths' ability to build and maintain healthy relationships.

Shapes Negative Attitudes and Behaviors towards Women

Studies on sexual content and violence in the media indicate that youth accept, learn from, and may emulate behaviors portrayed in the media as normative, attractive, and without risk. This is particularly concerning in light of the number of pornographic materials that portray violence toward women. Past studies of the content of pornography concluded that the typical sexual script focuses on the sexual desires and prowess of men. A 2010 study of 50 popular pornographic films suggests that popular pornography contains high levels of physical and verbal aggression. The study found that only 10.2% of pornographic scenes did not contain an aggressive act. Physical aggression occurred in 88.2% of scenes and verbal aggression in 48.7%. Men committed 70.3% of all aggressive acts and 94.4% of aggression was directed toward women. A 2009 analysis of studies on pornography and violence toward women reveals a significant relationship between pornography consumption and attitudes supporting violence toward women. The relationship is much stronger for violent as compared to nonviolent pornography. A 2001-2004 survey of middle and high school youth found 76% of boys who reported committing some form of sexual harassment also reported

the use of sexually explicit media. A 2006 to 2008 survey of youth aged 10-15 found that youth who reported exposure to pornographic materials were 6.5 times more likely to report sexually aggressive behavior. Youth who reported exposure to nonviolent material was more than three times as likely to report sexually aggressive behavior, while youth who reported exposure to violent material were 24 times more likely to report sexually aggressive behavior.

Affects Healthy Intimate Relationships

Establishing romantic and sexual relationships is a central developmental task for youth and young adults. Exposure to sexual content can compromise their ability to establish and maintain healthy intimate relationships. Sexual socialization theory suggests frequent exposure to consistent themes about gender and sexual behavior can affect a young person's developing sense of what is expected sexually for men and women and may also affect later behavior. As mentioned earlier, for example, studies show a significant correlation between the use of pornography and aggressive attitudes and behaviors toward women. Sexual content on television often sends messages about sexuality that are distorted, stereotypical, and potentially harmful. Frequent viewing of sexually oriented TV content like soap operas, music videos, and prime-time programs is associated with greater acceptance of common sexual stereotypes and dysfunctional beliefs about relationships. A 2006 survey of high school youth aged 14-18 found regular media use was associated with support of sexual stereotypes and that youth who reported watching television for companionship were more likely to agree that sex is recreationally oriented, men are sex-driven, and women are sexual objects. Media images also offer information about sexual relationships without addressing the risks and responsibilities of sex, such as pregnancy and STIs. If television can have such negative effects on children and youth, pornography, with its more violent and graphic images, can have an even greater impact. Research shows that young adults who are repeatedly exposed to pornography may have lower levels of trust in intimate partners and may lose hope of finding sexual exclusivity with a partner.

Can Lead to Addiction

Addiction is a risk for children and youth who continually access pornographic materials. In simple terms, addiction involves an activity that was once enjoyable and eventually evolves into a necessity. Addiction is an extension of reward-based learning that can physically alter the brain and affect later behavior. It is traditionally characterized by an uncontrollable urge,

often resulting in loss of control, preoccupation with use, and continued use despite problems caused by the behavior. The medical field has recognized that pornography consumption can be problematic. The recently updated DSM-V includes the diagnosis of Hypersexual Disorder, which includes the compulsive use of pornography. Children and teens are capable of developing compulsive sexual behaviors, which can lead to sexual addiction. A research article published in 2000 found an increasing number of children and youth seeing mental health professionals for issues related to online sexual activities. The time a child or youth spends online may indicate a disorder when it results in clinically significant impairment or distress. Failure to resist the urge to view pornographic images, despite the negative effects the behavior has on social or recreational functioning, is a sign of impairment. Medical literature supports the premise that a person with one addiction is likely to have another. Youth are more likely than adults to be diagnosed with more than one mental health issue, including sexual acting out, substance abuse, and other disorders. Personality disorders, mood and anxiety disorders, and substance abuse and dependence are associated with sexual compulsivity. People recovering from drug addiction are at risk for sexual addiction, as they may “engage in substitute behaviors that serve similar pleasurable functions.” Physical, sexual, family and social trauma can also lead to the development of sexual addiction or compulsivity. A history of sexual behavior problems is another potential indicator of online sexual addiction. Sexual addiction for children and youth “likely sets up a life-long struggle” in which the youth’s focus, biological reward system, and behavior are interwoven with “themes of sexual pleasure.” Lack of impulse control (a consequence of addiction) may lead those addicted to pornography and/or other online sexual activities to engage in sexually inappropriate or deviant material. Addiction can also impact other areas of a person’s life. For example, excessive use of the Internet for nonacademic purposes has been linked to poor academic performance.

DEFINITION AND MEANING OF CHILD PORNOGRAPHY

The crime of pornography is considered to be legally and morally wrong. The term pornography does not have its customary definition, but it is defined in terms of an obscene character. The application of whether pornographic content is obscene or not is given by the US Supreme Court in three-point in the case of Miller v. California. These areas: a) whether the person applying present community excellence would find that work, looks like the salacious interest, b) whether the works display or defines, in a manifestly offensive way,

sexual mien accurately explained by the relevant state laws, c) whether the work considered as a whole, deficits serious literary, political or scientific value. This method was considered a standard but the debate on this method is still going on the internet. In the case of *R. v. Hicklin*, under common law, the court for the first time applied the test of obscenity. It was defined by Lord Cockburn that, "whether the content recognized as obscene inclined to deprave and corrupt those whose minds are open to such unethical impacts and into whose hands a proclamation of this type may fall." Child pornography is considered to be one of the fastest-growing internet activities and is increasingly ubiquitous in present-day societies. In contrast to producers, possessors of child pornography do not actively participate in the physical and sexual abuse of children. But, these possessors are viewers of this abuse and rape and hence might be responsible for the perpetual victimization of innocent youth. In recent years one of the most controversial topics on the internet is how child pornography should be regulated. There have been many attempts made by the government to limit the availability of child pornographic content on the internet and legal implementation bodies all over the world. The internet has made an exciting, new world of information and communication for anyone with an approach to online assistance. This technology has offered numerous opportunities for children and adults to learn about the universe in which we live but it also had innumerable effects on the sexual manipulation of children, especially through the dispersal of sexually exploitive images of children. India has blocked almost 857 pornographic websites in 2015 because of raised concerns about child pornography. This decision was made under Information Technology Act and in pursuance of Article 19(2) of the Indian Constitution which sanctions the government to impose restraints on the grounds of decency and morality. However, this complete restriction was later removed and only imposed on those websites which contain child porn. Recently again 827 websites are banned by the Department of Telecom due to illegal content on websites. Definitional problems, as well as different cultures and social mores, create difficulties in formulating an effective international framework for securing children online. The difficulties are further coupled with various approaches that have been acquired about issues concerning the exertion or imposition of criminal jurisdiction over activities conducted through the medium of the Internet, deportation, and the collection of evidence. In today's world, no country is free from this form of child sexual exploitation and it will require a concerted effort from governments, legal enforcement, and civil society to assure that the children of the world are secured. India has undertaken this concept and criminalization an absolute ban on pornography adopt. It is

required that international obligations, child pornography be excluded from adults, and dealing with child pornography be made stricter.

CHILD PORNOGRAPHY IS AN INFRINGEMENT OF THE FUNDAMENTAL RIGHTS OF THE CHILD

Displaying or sending any image includes of a child, concerned with any sexual act through the internet or social media, is a blatant infringement of the right of children. This is a global reality of the world. Recently, according to a UNICEF study, most of the time children are forced into these situations due to faked promises and limited knowledge about the risk posed by these activities. Further, victims of child pornography suffer not only from the sexual abuse faced by them but also from the knowledge of the circulation of their images across the world. This permanent record on the internet can have a permanent effect on the life of the child. Many victims of child pornography go through feelings of helplessness, fear, depression, lack of control, and humiliation because their images are available for others to view in continuity. This causes a violation of the human rights of the children.

ANALYSIS OF PROTECTION OF CHILDREN FROM SEXUAL OFFENCES ACT, 2012 (POCSO ACT, 2012)

One of the main causes that propelled the Indian Government to disseminate the Protection of Children from Sexual Offences Act, of 2012 legislation was the enlarged cases of child abuse and espousal for the safety of children on an online platform and public discourse. The act criminalizes sexual abuse, sexual harassment, and pornography. There are regulations and certain concord laid down to work with offenders for police and the courts. These problems are dispensed by special courts for children but the successful implementation of such regulations remains a major problem. The regulation issue has notably obstructed the protection of children from sexual manipulation in the world. Further, the national commission on the Rights of the Child formed in 2007 as an autonomous body has ensured that children's rights are preserved in the Indian constitution. The responsibility of synchronizing the imposition of the POCSO Act, 2012 was also entrusted to the commission. Sexual manipulation like displaying child pornography could not be charged until and unless sexual offenses occurred in the form of penetration and the prosecution relating to sexual exploitations of boys had no mention in any legal provision but now with the introduction of the POCSO Act, 2012 all these are included and regulated. The act defines that it would be

harassment on a child if any person displays pornographic content or allure a child for pornographic purposes or watches a child personally or through some visual, electronic, or other means or intimidate to use an ill-famed portrayal of the parts of the body of the child in the social media or include a child in any sexual act will be penalized with incarceration extending to three years. According to legislation, if any person uses a child for sexual gratification himself in the form of displaying the sexual organ of a child with or without penetration or just obscene visualization will be imprisoned for five years for the first time offense or and if convicted again will be punished for seven years and fine.

CAUSES OF PORN ADDICTION

There can be a number of causes of porn addiction. Here we are mentioning only a few:

Biological factors: The person may have a genetic predisposition to impulsivity, emotion dysregulation, or sensation-seeking behavior. One may have a predisposition to other characteristics that are associated with sexual addiction, like anxiety or depression. As you might expect, higher levels of sex hormones like testosterone or estrogen can also affect libido and hence increase the tendency to consume porn.

- If a person is inclined towards impulsive behavior and has high levels of sex-related hormones, he or she may be more likely to engage in excessive or compulsive porn watching. Changes in brain chemistry, when a person views porn, increase the risk of addiction.

Psychological factors: Early-life/childhood environmental factors, including adverse events like abuse or age-inappropriate exposure to sexual content, can contribute to some of the underlying traits involved in porn addiction behaviors and other mental health issues such as Anxiety, Depression, Personality disorders, Poor impulse control, Performance anxiety. A person might watch porn to escape psychological distress, to manage emotional pain, sadness, loneliness, and depression. Besides, self-esteem issues, a history of sexual abuse, and the tendency to experiment with new things/curiosity to know more about the opposite sex can all lead to porn addiction.

Social factors: Rejection in relationships and social circles can lead to a drop in self-esteem which might lead to other, less healthy ways of enhancing self-esteem and one of them is porn addiction.

Social isolation: Not only does social isolation increase one's likelihood of seeking inappropriate ways of being sexually gratified, but it also leads to a host of other problems—like depression and physical maladies—that can contribute to porn addictions or unhealthy sexual behaviors.

Peer influence: During adolescence, peer pressure is a very influential factor. If others around you are doing something, you are more likely to do it, too. Having a friend, or a group of friends, for example, who engage in excessive porn viewing can influence your behavior.

COVID-19 AND PORN ADDICTION

COVID-19 became a more obstacle in the life of people that spread to medical, social, and financial difficulties. The global pandemic had a severe impact on access children to secure and healthy learning environments in spite of the fact that it is a smaller proportion of children. In every corner of the world, almost one billion children have been repudiated from access to schooling for almost three to four months because of the national lockdown imposed by different governments of the world because of the pandemic. Because of this lockdown, all of the schoolings of children was going on in virtual mode which affects them the most. The number of calls from distressed children during the lockdown in India rose by 50 % in April 2020. The recent study from the U.S. National Centre for Missing and Exploited Children and NCRB indicates that from September 2019 to January 2020, approx. 25 thousand child sexual abuse pictures were posted to social media in India. As per the report of the India Child Protection Fund, child pornography spiked after the lockdown was imposed in the entire country. And in this lockdown, a 95% increase in child sexual abuse was found. The COVID-19 pandemic continues to cause an immense psychosocial strain worldwide. Excessive use of the internet during these psychologically trying times, fueled by physical isolation as a result of lockdowns, has translated into dysfunctional behaviors. A growing body of evidence suggests an unprecedented increase in internet use and consumption of online pornography during the pandemic, and possibly even directly caused by it. Word searches related to pornographic content have increased (among men and women of all ages), owing to the fact that many people are at home with more free time than normal. But this is also a period of extraordinary fear and dread. Porn is a potent and rapid means to self-medicate one's way out of a relentlessly stressful situation. While the rest of the world was focused on preventing a global health crisis, the world's largest pornography corporation (a name deliberately not mentioned by the author of this article) was busily causing another

pandemic. Traffic to the site was already higher than usual before the COVID-19 pandemic went worldwide, but on March 24, last year, the company provided its premium subscription service to the entire world for free for 30 days. Subscriptions soared to previously unheard-of levels in the days that followed. On March 25, 2020, traffic to the site surged by 22.6 percent in the United States and 21.5 percent in Canada. Europe saw an increase of 24.5 %, and Mexico (41.5 %), Russia (53.2 %), Spain (61 %), and India (95.3 %) were among the countries with the largest increases in traffic. Because of our heightened state of worry and anxiety, a new wave of porn “converts” is emerging, who may or may not be able to break free from this extremely addictive coping method once the free subscription period is over. Indians increasingly went online in pursuit of sexual gratification using porn. The average increase in porn-watching from India was 33% during the pandemic, three times that of the average rise worldwide, which stood at 10.5%, reported Times of India. Consequently, the promise made by the porn industry to help people cope with the stress brought on by the COVID-19 pandemic will end up being something considerably worse and far more difficult to overcome. A month of internet porn is more than enough time for someone to become addicted to this supernormal stimulus and establishing a porn addiction will have long-term detrimental consequences for marriages and families. Administrators of one of the porn websites claimed that the figures “clearly demonstrate that people all throughout Europe were delighted to have distractions while quarantined at home”. However, several members of a Reddit forum for persons suffering from pornography addiction, which has over half a million members, are sharing a different story: “This corona s*** is killing me. Not the virus but the quarantine. I went to the gym every day and I was very active in my social life but now I have nowhere to go and nothing to do. I relapsed after 24 days,” said one user. Additionally, there were many relapse stories: “I’m in Spain, so my university classes are suspended and my part-time job is now remote because of coronavirus. I can go out of home but it is not recommended. Now that I’m at home all day, relapsing is much easier. Today I relapsed 3 times when in the past normal weeks I used to relapse 1 or 2 times. Need help, this can get much worse if I don’t stop it now.” Another user had a similar experience, “I already relapsed 9 times this month.” It’s hardly surprising that not everyone is finding the temptation to view porn a welcome distraction, given that there are scores of research studies associating porn use to poorer mental health outcomes and another 45 neuro-scientific studies suggesting porn is addictive. Evidently, it appears to be making some people feel even more hopeless than ever.

PSYCHOLOGICAL EFFECT OF PORN

When an adolescent boy compulsively views pornography, his brain chemistry can become shaped around the attitudes and situations that he is watching. Sadly, pornography paints an unrealistic picture of sexuality and relationships that can create an expectation for real-life experiences that will never be fulfilled. Pornography shows us a world where relationships mean nothing and immediate sexual gratification means everything. Therefore, the adolescent viewer's brain is being wired to expect that sex and relationships are separate from one another and that men's and women's bodies should be sexually exaggerated as they are in porn--which can lead to shame about one's own body as well as failure to be aroused by the bodies of others. Psychologists have identified a five-step pattern in pornographic addiction. The first step is exposure. Addicts have been exposed to pornography in many ways, ranging from sexual abuse as children to looking at widely available pornographic magazines. The second step is addiction. People that continually expose themselves to pornography "keep coming back for more and more" in order to get new sexual highs. Dr. James McCough (University of California at Irvine) says that "experiences at times of emotional or sexual arousal get locked in the brain by the chemical epinephrine and become virtually impossible to erase." A third step is escalation. Previous sexual highs become more difficult to attain; addicts, therefore, begin to look for more exotic forms of sexual behaviour to bring them stimulation. A fourth step is desensitization. What was initially shocking becomes routine. Shocking and disgusting sexual behaviour is no longer avoided but is sought out for more intense stimulation. Concern about pain and degradation gets lost in the pursuit of the next sexual experience. A fifth step is acting out the fantasies. People do what they have seen and find pleasurable. Not every pornography addict will become a serial murderer or a rapist. But many do look for ways to act out their sexual fantasies. An obsession with pornography can have far-reaching effects on physical health and emotional well-being, not to mention the time and money that's invested into the habit. When 22-year-old Manish Pahwa joined a neighborhood group yoga class, his family was shocked. Pahwa was an archetypal geek right down to his square spectacles who would stay holed up in his room all day glued to his laptop. Pahwa had resorted to yoga in the hope that it would help wean him off his addiction to pornography. He had started watching pornography as a high school student. But when it escalated to spending hours masturbating while watching porn videos and nearly failing his fourth-year engineering exams, Pahwarealised his "hobby" had gotten out of hand. It's a predicament that was also documented by Terry Crews, the star of the popular sitcom Brooklyn

Nine-Nine, in a string of videos posted on Facebook a few months ago. The actor opened up about his porn addiction and spoke in great detail about his struggle against an obsession that almost ended his marriage. People say, 'hey man ... you can't really be addicted to pornography'. But I'm gonna tell you something: If day turns into night and you are still watching, you probably have got a problem.” Porn addiction is usually described as an addiction to constant and compulsive sexual activity with constant use of visual pornographic material, while at the same time ignoring the far-reaching outcomes of it on one's physical, mental, emotional, and financial well-being. While the current Diagnostic and Statistical Manual of Mental Disorders (DSM-5), does not list porn addiction as a mental disorder, many voices have been raised to include internet addiction in the DSM, with a special focus on online pornographic addiction, given its high prevalence. “Nowadays with pornographic content being so easily available, it's an addiction one can be easily afflicted with,” shares Dr. Bharat Shah, psychiatrist, Lilavati Hospital. “Leave alone laptops or computers, now with 4G and 3G connections, our phones make sure that the next fix is ready.” It's a common myth that it's men alone who watch porn. But Mumbai Mirror columnist DrMahinderWatsa said there has been a substantial increase in the number of women watching and getting hooked to pornographic content. “Easy availability is again to blame,” he says. A survey by the website Pornhub revealed that nearly a quarter of their viewers are women. The survey also revealed that India is the third-largest porn-watching country in the world, after the US and England. While films such as Shame, Thanks for Sharing, and Don Jon have touched upon this addiction, the topic largely remains taboo in the mainstream.

DIFFERENT STAGES OF PORN ADDICTION

A) Early exposure: Children aged 12 to 17 largest users of online porn. Most boys have curiosity about the opposite sex and think they can learn more about them on internet porn sites. Unless they can navigate away from this temptation, they are seduced.

B) Addiction: Naïve curiosity turns into physical dependence for this problematic type of sexual arousal. In porn addiction, the habit-forming substance is explicit sexual material. To satisfy addiction they rely on the internet, DVDs, and magazines. Porn is needed for arousal and is used on a regular basis. It has been hypothesized that dopamine, a neurochemical, rewards you with pleasurable sensations after watching porn. It makes you feel good and thus these and many other brain chemicals motivate a person who consumes porn to repeat this behavior. Thus, chemical release and pleasurable consequences of behavior lead to

addiction and such people become dependent on porn for physical and emotional satisfaction.

C) Desensitization: Just as in any other chemical dependency, the amount of porn the addict previously used is not enough to stimulate these brain chemicals. Dopamine loves novelty. When the reward wears off, dopamine release decreases, therefore pleasure declines, and the libido declines, and it may thus cause erectile dysfunction among male consumers. Less gratification leads to the desire for a greater desire for hardcore porn and thus a vicious cycle reigns.

D) Escalation: Desire for greater pleasure and expanded novelty leads to an urge to explore more pernicious images and urges and fantasies dominate their thoughts and interfere with the normal balance of brain chemicals which in turn results in extreme craving.

E) Acting out sexually: Addiction to pornography can lead to an urge to have real-world experiences which can lead to risky behaviors like sexual bullying, promiscuous sex, cyber porn, sexual aggression, rape and child molestation. This is especially true as the industry does little to discourage violence against women and their commodification.

LAW RELATING TO PORNOGRAPHY

Pornography is called porn in short, such as videos, magazines, books, or other material which contains sexual content and increases the feeling of sex of the person. These porn videos are called blue films in common parlance. In full-fledged porn, sex is clearly depicted, and the presentation of sexual content in these videos is such that it does not slightly increase the viewers' excitement but pushes them badly. That's why such porn always has to be viewed as personally sticky. In earlier times, porn videos were watched through CD or pen drive. Still, in today's era, porn is available on mobile phones with the help of fast internet, which provides private and personal space. Watching full-fledged porn is allowed in many countries where websites that offer porn will find videos of every nation and type of sex. These websites trace your app and location and show you porn content from your country. There is a ban on making, selling, sharing, and displaying porn in India. Despite this, India is the world's third-largest porn-viewing country. According to a news report 2018, between 2017 and 2018, the fear of watching porn in India had increased by 75%. But people in small towns are still seeing it in considerable economic numbers. However, in 2018 the Government of India banned about 850 porn websites, which they

have done before but had no significant effect. It comes to the Indian market by taking the new domain and now through many apps like WhatsApp and Telegram. VPN is only for users watching porn; that is, if porn content is blocked on an Indian server, then they can watch porn videos on a foreign server with the help of a VPN, then they cannot say that by banning the website, watching porn videos in India will be closed. Apart from making porn, it is illegal in India to publish, broadcast and transmit it to other people through electronic means, but watching and listening to it is not considered illegal. It is also illegal to watch child pornography under this. According to India, there is an Anti-Pornography Law, which provides for punishment in cases related to porn under Section 68A³ of the IT Amendment Act 2008 and Sections 292, 293, 294, 500, 506, and 509⁴ of the IPC. According to the laws related to porn, if the content of porn is rape or physical abuse, then action will be taken under IT Act section 68A. If child porn is circulated, then action will be taken against him under section 67B of the IT Act. If someone makes a video of any sex or sexual activity, it is an offense that will be dealt with under section 66E of the IT Act. According to the IT Act, subject to the gravity of the offence under section 68A, the first offence is punishable with imprisonment of up to 5 years and a fine of Rs 10 lakh. For the second time, committing the same offence will attract 7 years imprisonment and a 10,00,000 fine. If the first offence is child pornography, the punishment of 5 years and a penalty of Rs 10 lakh will be imposed, and the second offence will attract 7 years of imprisonment and a fine of Rs 10 lakh. Both these sections are non-bailable, and action can also be taken under the POSCO Act on child pornography.

EFFORTS UNDERTAKEN

Agencies across the world are sharing information to combat child pornography. New technologies and methods are being adopted. Coordination between police and ordinary people to identify the hotspots of child pornography. The Uttarakhand High Court asked the Centre to strictly implement the ban on pornographic websites, after the reports that a girl was gang-raped in a Dehradun school by her fellow students after they watched porn clips. A distinction needs to be made between child porn and pornography among children. While child porn and porn showing sexual violence should be banned immediately, other pornography needs regulation. Most of the time, the first exposure of porn to a child is

accidental for eg. in the form of an advertisement while browsing for other things on the internet. The government should try to find technological solutions to stop accidental exposure. Awareness and sex education are a must and should be made compulsory in schools. Parents and teachers must be skilled to deal with children in the modern era and technology. It is important for parents and teachers to be able to initiate open conversations about their child's online experiences. Parents and caregivers are encouraged to educate themselves about the internet and social media, in order to be aware of the current online dangers and opportunities facing their children. Other than giving punishment, reformation should be done too. Support for children and young people who have been exposed to online pornography is extremely important.

- Recommendations by the Rajya Sabha Committee Legislative Measures-

Changes in the POCSO Act, 2012: Advocating sexual activities with a person under the age of 18 years through any written material, visual representation or audio recording, or any characterization -should be made an offence under the Act. Prescribing a Code of Conduct for online platforms for maintaining child safety online, ensuring age-appropriate content and curbing the use of children for pornographic purposes. School management should be held responsible for the safety of children within schools, transportation services and any other programs with which the school is associated. To report offences dealing with electronic material, the National Cyber Crime Reporting Portal shall be designated as the national portal.

- Changes in the IT Act, 2000-

A new Section 67B should be added to the Act to deal with punitive measures for those providing pornographic access to children and also those who access, produce or transmit Child Sexual Abuse Material (CSAM). Section 69A of the Act should provide for powers to the Union Government shall be empowered through its designated authority to block and/or prohibit all websites/intermediaries that carry CSAM. Section 69C must be inserted in the Act to authorize law enforcement authorities to use cyber-generated and existing pornography for the purpose of investigations. Making intermediaries responsible for all measures to proactively identify and remove CSAM as well as report it to Indian authorities under the National Cybercrime Portal. Gateway Internet Service Providers (ISPs) must bear a significant liability to detect and block CSAM websites.

- Technology Measures-

Law enforcement agencies should be allowed to break end-to-end encryption so as to trace distributors of child pornography. Applications that help in monitoring children's access to pornographic content shall be made mandatory on all devices sold in India. Coordination with blockchain analysis companies must be enhanced in order to trace the identities of users engaging in cryptocurrency transactions to purchase child pornography online. All social media platforms should be mandated with minimum essential technologies to detect Child Sexual Abuse Materials. Also, social media shall have a mechanism for age verification and restricting access to objectionable/obscene material. On-streaming platforms like Netflix and social media platforms like Twitter, Facebook, etc. should have a separate adult section where under-aged children could be disallowed access.

- Institutional Reforms-

The Committee recommended an upgraded and technologically empowered National Commission for Protection of Child Rights (NCPCR) to be designated as the nodal agency to deal with the issue of child pornography. The National Crime Records Bureau (NCRB) shall mandatorily record and report annually cases of child pornography of all kinds. A national Tipline Number should be created where child sexual abuse, as well as the distribution of child pornographic material, can be reported.

- Social and Educational Reforms-

Campaigns should be launched for greater awareness among parents to recognize early signs of child abuse and online risks and improve online safety for their children. Schools shall undertake training programs for parents at least twice a year, making them aware of hazards for children of free access to smartphones, and the internet at an early age.

- State-level Implementation-

The Committee recommended that each State and Union Territory shall have an empowered State Commission for the Protection of Child Rights mirroring the capabilities and capacities of the NCPCR. E-safety Commissioners be appointed at the state level to ensure the implementation of social media and website guidelines.

CONCLUSION

India is a country that has a large population of children and is one of the youngest nations. While keeping this in mind, it must be corroborated that the legal provisions are developed for the improvement of the children as they distribute as the future of this property. Children are endangered by various forms of exploitation but sexual manipulation is the most injurious and atrocious crime, it leaves the child severely influenced and it would spook the child for his lifespan, so laws must be framed according to that so that this difficulty can be solved. The crime of child pornography is a crime not only against children but also against society. It has a long effect on society. The major challenge with fighting this crime is that there are very few sites showing vulgar items as the manifestos are restricted in number they do not form a majority perturbation. The other major challenge is that these children themselves are concerned about this abuse, and vital extra care and caution. The POCSO Act, of 2012 unquestionably has a very wide scope but the persistent development of technology and the extending internet database has a far-reaching effect on the distribution of child pornography. Only by joining legal measures, refining technologies and self-regulation can a fight against children's pornography on the internet can be attained. The technologies that are available currently need to be enhanced in order to remove child pornography from the internet database. In addition to this, lawmakers like technological development must develop from time to time to regale to the requirement of the time and guard the healthy development of the children in a healthy society. As mentioned before, our Government planned to take action against around 900 sites in India, which contain porn and related obscene videos and pictures. But it could not be implemented properly to date because there are no such provisions in any law relating to information technology that states that possession and viewing of such videos are illegal. Thus, the Government can make only regulations on this matter rather than banning or abolishing it completely. We have to be well aware of the fact that viewing such obscene content creates various false expectations in our life as they are not real. Surveys reveal that people between the ages of 16 to 30 are mostly addicted to such porn sites. So primary steps have to be taken from their home itself. There must be a friendly relationship among the family members so that no one will be addicted to such explicit video sites. Also, various awareness programs may be conducted for young people so that they can utilise their valuable time effectively rather than investing them in such unproductive materials around them. Exposure to pornography harms children and youth by normalizing sexual violence, creating unrealistic expectations for intimate partners and relationships, and increasing the

risk of addiction. Lawyers who represent children and youth should be aware that exposure to pornography may be at the root of some of their clients' undesirable behaviors and should take care not to label their clients as "problem children" or "sexual offenders." Children's lawyers should know the risk factors and signs of exposure and be prepared to advocate for and address these needs. In law, anything that tends to corrupt public morals by its indecency. Crimes against public decency and morality typically include not only prostitution, gambling, and drug use, but also pornography, obscenity, and various other consensual sex offenses such as bestiality, deviate sexual relations, lewdness, indecency, seduction, fornication, adultery, and bigamy. Crimes against public decency and morality are sometimes termed *victimless crimes* by virtue of the fact that they generally involve willing participants. The moral concepts that the term connotes vary from time to time and from place to place. Whether pornography has any significant harmful effects on consumers continues to be a controversial issue, not only for average citizens but also for behavioural scientists. The issue that I am considering and putting forward here is how teenagers and women in society are affected by this evil. It has been observed that the effects of pornography are progressive and addictive. The Internet has proven a useful tool for pedophiles and sexual predators as they distribute child pornography. Individuals access the higher the risk of their acting out what they see, including sexual assault, rape and child molestation. The habitual consumption of pornography results in dissatisfaction with sexual needs and a corresponding strong desire for a more deviant and violent method for satisfaction. The victims of pornography are all around us. A child lost innocence, a woman lost security and privacy and a man lost his self-control. The majority of pornography represents women as complete sexual objects and does not have any form of love or romance. Its main purpose is to humiliate and degrade the female body for male pleasure. Organized crime is heavily involved in pornography. It is a sad commentary that despite the Constitutional articles, legislative provisions, codes, self-regulation, and various regulatory bodies, both Print and Electronic Media continue to portray obscene images of women. They focus on the sex appeal or physical beauty of women. Then, are given clinched arguments by the media that they dish out what the people want. All this is just hackneyed expressions without any sincere attempt to provide constructive suggestions and guidelines for the emergence of a healthy media industry. Pornography is another one of those issues that are borderline between free speech and sensibility. No doubt this article guarantees complete freedom of speech and expression but it also makes an exception in favor of existing laws that impose restrictions on the exercise of the right in the interests of public decency or morality. The section of the Penal Code in dispute was introduced by the

Obscene Publications Act (7 of 1925) to give effect to Article 1 of the International Convention for the Suppression of or Traffic in obscene Publications signed by India in 1923 at Geneva. It does not go beyond obscenity which falls directly within the words "public decency. Section 292, Indian Penal, Code, manifestly embodies such a restriction because the law against obscenity, of course, correctly understood and applied, seeks no more than to promote public decency and morality. The Indian Penal Code does not define the word "obscene" and this delicate task of how to distinguish between that which is artistic and that which is obscene has to be performed by courts and in the last resort by us. If the rigid test of treating sex as the minimum ingredient were accepted hardly any writer of fiction today would escape the fate Lawrence had in his days. Half the book-shops would close and the other half would deal in nothing but moral and religious books which Lord Campbell boasted was the effect of his Act. For more effective laws there is a need to change the existing law of pornography and separate legislation should be enacted. Most countries attempt to restrict minors' access to hardcore materials, limiting availability to sex shops, mail-order, and television channels that parents can restrict, among other means. There is usually an age minimum for entrance to pornographic stores, or the materials are displayed partly covered or not displayed at all. More generally, disseminating pornography to a minor is often illegal. Many of these efforts have been rendered practically irrelevant by widely available Internet pornography. A failed US law would have made these same restrictions apply to the internet. If society allows pornography to flourish, young teenagers today think it is "OKAY" to hold a girl down and force her to have intercourse. When did the moral values of this society deteriorate to such a low level? When a young boy has easy access to and constant exposure to such materials, the causal effects of such exposure on his mind help him to formulate theories that support the above situation. As we saw in this article that porn addiction is increasing very fast, not only in India but worldwide, for many reasons. There are many articles available on the internet, which are thousands of ways to get out of porn addiction. Explains the methods. Identifying your problematic behaviour is an essential part of our lifestyle. It is vital for all of us that we observe our actions and behavior well and work on them by communicating our emotions, conflicts and challenges, and problems well, just as our brain can develop affected conditions like hypo frontality, in the same way, our Phenonium-like neural calm that occurs in the brain can be established on brain networks and lead to better neural connections. We also studied some laws relating to pornography in India.