

PORNOGRAPHY AS TOOL OF SEX THERAPY

INTRODUCTION:

Rampant growth of pornography is considered as serious social problem . It is considered as factor involved in causation of sex addiction, violent sex, erectile dysfunction, loss of libido, reduced intimacy, lack of satisfaction. Does pornography has these adverse impacts? Can anything positive can emerge from harmful entity?

METHOD:

An internet search was made on various websites including pub med using key words like porn, addiction, erectile dysfunction sexually explicit material SME, impulsive compulsive. Peer reviewed journal were studied systematically.

RESULTS:

Researches don't corroborate general impression of adverse effects of pornography consumption. There was variable relationship between infrequent and moderate use and ED (odd ratio is equal to 0.53, p less than 0.01

Direct relationship was found between SME and relationship satisfaction, intimacy and commitment.

DISCUSSION:

First of all scientific researches dispel extreme negative impression about pornography. It can be used as tool of sex therapy. A knife in hand of surgeon is used for operation and is a weapon in hand of criminal. A trained therapist can use it to guide his patients with unconsummated marriage about anatomy of sex organ and technique of penetration of penis into vagina. Techniques to increase IELT and induce orgasm in female. Watching together pornography can improve communication, experimentation ,and can bring out fantasies of each sexual partner. Therapist can inform couple about unrealistic aspects like size of organs or time spent by porn stars in movie.

CONCLUSION

Pornography in experienced hand can be useful tool for treatment sexual dysfunction.