Pornography Addiction and its Association with Health and Academic Aspects among Malaysian University Students: A Cross-Sectional Study

Arwansyah bin Kirin[1], Halimi Mohd Khalid[2], Edriagus Saputra[3], Muhammad Hafis Mohd Hussain[4], Ramdan Baba[5]

[1,2]Islamic Studies Department, Centre for General Studies and Co-Curricular, Universiti Tun Hussein Onn Malaysia, Parit Raja, Batu Pahat, Malaysia

[3]Sekolah Tinggi Agama Islam Negeri Mandailing Natal, Sumatera Utara, Indonesia

[4]Academy of Contemporary Islamic Studies, Universiti Teknologi MARA (UiTM) Pahang, Raub, Malaysia

[5]Persada Electrical & Engineering Work Sdn. Bhd, Kuala Lumpur, Malaysia

DOI: https://doi.org/10.47772/IJRISS.2026.101100258

Received: 06 November 2026; Accepted: 11 November 2026; Published: 25 November 2026

ABSTRACT

Near-universal internet access has made pornography more accessible to students and addiction may adversely affect their health and academic achievement. This study examines the association between pornography addiction (pornographic videos) and health and academic aspects among UTHM Pagoh students. A quantitative cross-sectional survey was conducted online among 283 students (156 men and 127 women) selected through non-probability sampling. Data were analysed using SPSS version 25 with descriptive statistics, Pearson correlation and simple linear regression. Pornography addiction was positively and significantly correlated with academic aspects ($r = .357$, $p < .001$) and health aspects ($r = .377$, $p < .001$). Both associations were weak, explaining 12.4% and 13.9% of the adjusted variance, respectively. Higher levels of addiction were associated with greater negative effects experienced by students. These findings indicate association rather than causation and cannot be generalised beyond the sample. Universities are encouraged to strengthen digital literacy, counselling and psychospiritual interventions.

Keywords: pornography addiction, health, academic performance, university students, UTHM Pagoh

INTRODUCTION AND LITERATURE REVIEW

Digital technology has developed rapidly and transformed Malaysian society's way of life. By the end of 2025, Malaysia had 35.4 million internet users representing 98.0% of the population (Kepios, 2026). Widespread access has made online pornography readily available because it is free, anonymous and constantly accessible (Zohor Ali et al., 2021). Pornography refers to material that explicitly depicts sexual activity for the purpose of arousal. In Islam, it is prohibited because it exposes parts of the body that should be covered (awrah) and encourages desires that may lead to actions contrary to Islamic law (Mohd Suhaime et al., 2023). This issue is widespread in Malaysia. Among 986 college students in Penang, 74.5% had been exposed to pornography, particularly male students (Zohor Ali et al., 2021), while more than 81% of 319 young adults reported having intentionally viewed it (Goh et al., 2023). Globally, the World Health Organization (WHO) has included compulsive sexual behaviour disorder in the International Classification of Diseases, 11th Revision (ICD-11) (Kraus et al., 2018). A recent review concerning Malaysia also highlights the risks of exposure at an early age, uncontrolled use and emotional consequences (Fernandez et al., 2026). This issue warrants attention because university students are at a transitional stage that may shape their academic performance and long-term health. It is also relevant to academic functioning (concentration and achievement), health (mental health and self-

control), education and public policy because higher education institutions are responsible for student well-being. Several theories explain why addiction may develop. The components model of addiction identifies six features: salience, mood modification, tolerance, withdrawal symptoms, conflict and relapse (Griffiths, 2005). Social learning theory (Bandura, 1977) and sexual script theory (Simon & Gagnon, 1986) explain how repeated viewing shapes expectations and behaviour. Brain research has also reported strong responses to sexual cues in the brain's reward system (Voon et al., 2014). However, researchers continue to debate whether the term "*addiction*" is appropriate. ICD-11 classifies the condition as an impulse-control disorder (Kraus et al., 2018), and self-perceived addiction may reflect guilt arising from conflict with moral values (Grubbs et al., 2019). From an Islamic perspective, this behaviour threatens the objectives of Islamic law (*maqasid al-shariah*), particularly the preservation of religion, life and intellect (Auda, 2008). This study adopts maqasid as a framework for assessing effects on health (life and intellect) and academic aspects (intellect and knowledge) simultaneously.

Previous studies can be grouped into three themes. The first concerns exposure rates and contributing factors. Zohor Ali et al. (2021) surveyed 986 college students and found that 74.5% had been exposed to pornography, with higher exposure among male students who used the internet alone at home. Ashraaf and Othman (2019) conceptually discussed how technology may trigger addiction among adolescents and undermine their character and spirituality. Esmaeil et al. (2023) analysed reflective accounts from 21 first-year students at a public university. The students associated widespread use with ease of access, isolation and stress, and expressed concerns about its effects on learning. The second theme concerns the causes of addiction and its health effects. Tan et al. (2022) examined 222 purposively selected users. They found that respondents perceived pornography as resembling real life, which contributed to addiction. Goh et al. (2023) studied 319 participants selected through convenience sampling. They found that, in relation to sexual satisfaction how a person uses pornographic videos matters more than how frequently they are viewed. They therefore recommended pornography literacy education rather than prohibition alone. In a thesis at Universiti Tunku Abdul Rahman (UTAR), Chua (2023) found no association between stress and pornography use ($r = .022$), but reported a weak positive association with depression ($r = .241$). Studies abroad suggest a similar pattern. Camilleri et al. (2021) surveyed 1,031 university students in the United States using the DASS-21 and found that uncontrolled pornography use was associated with higher depression, anxiety and stress. Kühn and Gallinat (2014) scanned the brains of 64 healthy adult men and found that those who spent longer viewing pornography had a smaller striatum, a region involved in reward processing. The third theme addresses academic effects and interventions. Tewogbola et al. (2025) studied 739 students at a university in the Midwestern United States. Pornography users scored 2.49 points lower on the Academic Success Inventory, while daily users scored 2.93 points lower than those who used pornography once every six months. From an Islamic perspective, Mohd Suhaime et al. (2023) analysed documents and concluded that a psychospiritual treatment model is needed to safeguard physical, mental, spiritual and moral health.

In summary, this study resembles those of Zohor Ali et al. (2021) and Goh et al. (2023) in using a cross-sectional survey in Malaysia. It also resembles the studies by Camilleri et al. (2021) and Tewogbola et al. (2025) in examining associations between pornography and health and academic aspects. Unlike those studies, however it focuses on the level of addiction rather than exposure alone and assesses health and academic aspects simultaneously in a Muslim-majority society. The contributions of earlier research deserve recognition. Zohor Ali et al. (2021) provided local exposure-rate data from a large sample, Tan et al. (2022) explained how addiction develops and Tewogbola et al. (2025) linked pornography use to academic achievement. Nevertheless, some samples were selected through convenience or purposive sampling (Goh et al., 2023; Tan et al., 2022). Cross-sectional studies make it difficult to establish cause and effect. Qualitative study samples were also very small (Esmaeil et al., 2023). Some studies were conceptual or document-based and did not include field data (Ashraaf & Othman, 2019; Mohd Suhaime et al., 2023). Findings on academic outcomes have primarily been reported from the United States (Tewogbola et al., 2025) and are rarely found in Malaysia, particularly at UTHM Pagoh, where the association of addiction levels with student health and academic aspects can be examined simultaneously. This study therefore seeks to address that gap. Popular statistics also frequently conflate exposure with addiction. Within a maqasid framework that considers effects on life and intellect, this study proposes two plausible pathways: weak self-control and displacement of study time (Griffiths, 2005; Kühn & Gallinat, 2014). Based on this gap, the study aims to examine the association

between pornography addiction (pornographic videos) and health and academic aspects among UTHM Pagoh students. The research question is: To what extent is pornography addiction (pornographic videos) associated with health and academic aspects among UTHM Pagoh students? Two hypotheses are tested. H1: There is a significant association between the level of pornography addiction and academic aspects. H2: There is a significant association between the level of pornography addiction and health aspects. Theoretically, this study contributes evidence to addiction and maqasid frameworks in a Muslim-majority society. Practically, it provides estimates of these associations that universities, counsellors and policymakers can use as an evidence base for designing digital literacy programmes, health screening and psychospiritual interventions (Mohd Suhaime et al., 2023).

RESEARCH METHODOLOGY

Research Design

This study employs a quantitative method with descriptive and regression analyses to identify relationships between variables, determine the mean and standard deviation for each variable, and establish the coefficient of determination and partial correlation coefficient. A cross-sectional approach is used in which levels of pornography addiction (pornographic videos) health and academic aspects among students at Universiti Tun Hussein Onn Malaysia, Pagoh, are measured and observed at the same point in time. This quantitative method is suitable for examining the association between pornography addiction (pornographic videos) and the health and academic aspects of UTHM Pagoh students by summarising data as frequencies. The cross-sectional design is consistent with anonymous online surveys used in Malaysian pornography research because the subject is sensitive (Goh et al., 2023). A quantitative approach was selected because the study seeks to test relationships between numerically measured variables and make statistical inferences (Creswell & Creswell, 2018).

Study Area

This study was conducted among students at Universiti Tun Hussein Onn Malaysia (UTHM), Pagoh Campus.

Data Collection Method

Data were collected over approximately two months (1 February 2025 to 30 April 2025) by distributing a digital questionnaire through Google Forms. The questionnaire was shared with UTHM students through social media platforms such as WhatsApp and Telegram. These platforms were chosen because the researcher had access to student chat groups and respondents could forward the survey link to their friends.

Data Collection Procedure

UTHM Pagoh students were the focus of this study because they live in a media-rich environment and frequently use social media. An anonymous online cross-sectional survey was used because pornography is a sensitive topic consistent with earlier Malaysian research (Goh et al., 2023). The questionnaire link included a study information sheet and respondents provided informed consent before answering. Participation was voluntary and no personal identifiers (such as names or student registration numbers) were collected to maintain anonymity and confidentiality.

Research Instrument

Primary data are data obtained from original sources. For this study, the researcher collected primary data by distributing a digitally designed questionnaire (Google Forms). The questionnaire comprised four sections: A, B, C and D. Section A contained five demographic questions measured on a nominal scale, including respondents' gender, age and ethnicity. Section B (respondents' involvement in pornography addiction) used a five-point Likert scale: never (TP), rarely (J), sometimes (KK), often (K) and very often (SK). Sections C and D also used five-point Likert scales: 1 = strongly disagree (STS), 2 = disagree (TS), 3 = somewhat disagree (KS), 4 = agree (S) and 5 = strongly agree (SS). Section B contained 10 questions about respondents'

involvement in pornography addiction, Section C contained seven questions about its effects on academic aspects, and Section D contained seven questions about its effects on respondents' health.

Study Population

The target population comprised UTHM Pagoh students aged 18 years and above, including postgraduate students. The study sample consisted of 283 students, including 156 men and 127 women. The inclusion criteria were (i) registration as a UTHM Pagoh student, (ii) an age of at least 18 years, and (iii) voluntary participation.

Sampling Technique

Non-probability sampling (convenience sampling combined with snowball sampling) was used because the questionnaire was distributed through WhatsApp and Telegram groups without a complete sampling frame for the target population. Therefore, the findings cannot be statistically generalised to all students. A sensitivity power analysis indicated that a sample of 283 could detect a correlation as small as approximately $r = .17$ with 80% power at a two-tailed $\alpha = .05$ (Cohen, 1988).

Study Variables

In this study, the level of pornography addiction (Section B) was identified as the independent variable, while academic aspects (Section C) and health aspects (Section D) were treated as dependent variables. Gender and age were reported descriptively and were not controlled for in the simple linear regression. The findings are therefore interpreted as associations rather than cause-and-effect relationships.

Data Analysis

After respondents completed the Google Forms questionnaire, the data were entered into Microsoft Excel and analysed using SPSS version 25. SPSS is the statistical software package used in this study to analyse data and present findings through descriptive analysis, Pearson correlation and simple linear regression, including estimates of the coefficient of determination (R^2), regression coefficients (B, β) and t-tests. Descriptive analysis included means, standard deviations, frequencies and percentages, while inferential analysis was used to test associations between variables at a significance level of $p < 0.05$ (Pallant, 2020). H0 was rejected if $p < .05$. The scale ranges are presented in Table 1 below.

Table 1: Interpretation of Correlation Coefficient Values

No	Correlation Value (r)	Strength of Association
1	0,00 – 0,20	Very Weak
2	0,21 – 0,40	Weak
3	0,41 – 0,60	Moderate
4	0,61 – 0,80	Strong
5	0,81 – 1,00	Very Strong

Ethical Considerations

The study adhered to ethical principles for research involving humans, including informed consent, voluntary participation, confidentiality and data anonymity, in accordance with the Declaration of Helsinki (World Medical Association, 2024). Respondents could withdraw at any time, and the data were used solely for research purposes.

RESEARCH FINDINGS

Respondent Profile

Table 2 presents respondents' demographic characteristics including gender, age and ethnicity. A total of 283

respondents completed the distributed questionnaire. More respondents were male than female: 156 (55.1%) were male and 127 (44.9%) were female. The largest age group was 20-24 years, comprising 119 respondents (42%), whereas the smallest was 30 years and above, comprising 28 respondents (9.9%). There were 51 respondents (18%) aged 19 years and below and 85 respondents (30%) aged 25-29 years. Most respondents were Malay, with 178 (62.9%). Those selecting "Other" represented the smallest group, with seven respondents (2.5%). Chinese and Indian respondents numbered 58 (20.5%) and 40 (14.1%), respectively.

Table 2: Respondents' Demographic Distribution

Respondent Background	Information	Frequency (n)	Percentage (%)
Gender	Male	156	55.10%
	Female	127	44.90%
Age Range	19 Years and Below	51	18.00%
	20–24 Years	119	42.00%
	25–29 Years	85	30.00%
	30 Years and Above	28	9.90%
Ethnicity	Malay	178	62.90%
	Chinese	58	20.50%
	Indian	40	14.10%
	Other	7	2.50%

Main Findings: Pornography Addiction, Academic Aspects and Health Aspects

Pornography addiction was positively and significantly correlated with academic aspects, $r(281) = .357$, 95% CI [.25, .45], $p < .001$ and health aspects, $r(281) = .377$, 95% CI [.27, .47], $p < .001$. Both associations fell within the weak category (Tables 1 and 3). Simple linear regression (Tables 4 and 5) indicated that pornography addiction explained 12.4% of the adjusted variance in academic aspects ($R^2 = .127$; $B = 0.159$, $SE = 0.025$, $\beta = .357$, $t = 6.40$, $p < .001$) and 13.9% in health aspects ($R^2 = .142$; $B = 0.167$, $SE = 0.025$, $\beta = .377$, $t = 6.82$, $p < .001$). The calculated t-values exceeded the tabulated t-value (1.968) for both models; thus, H0 was rejected and H1 and H2 were accepted.

Table 3: Pearson Correlation Between Pornography Addiction and Academic and Health Aspects (N = 283)

Dependent Variable	r	95% CI	p	Category
Academic Aspects	.357	[.25, .45]	< .001	Weak
Health Aspects	.377	[.27, .47]	< .001	Weak

Table 4: Summary of Simple Linear Regression Models

Dependent Variable	R	R^2	Adjusted R^2	Standard Error of Estimate	N
Academic Aspects	.357	.127	.124	5.017	283
Health Aspects	.377	.142	.139	4.992	283

Table 5: Regression Coefficients (Predictor: Pornography Addiction)

Dependent Variable	Predictor	B	SE	β	t	p
Academic Aspects	Constant	11.541	1.451	–	7.954	< .001
	Pornography Addiction	0.159	0.025	.357	6.400	< .001
Health Aspects	Constant	10.745	1.434	–	7.495	< .001
	Pornography Addiction	0.167	0.025	.377	6.823	< .001

DISCUSSION

This study found that higher levels of pornography addiction were associated with greater negative effects on academic aspects (r = .357) and health (r = .377). The level of addiction accounted for 12.4% of the variation in academic effects and 13.9% of the variation in health effects (adjusted variance). These associations were classified as weak according to this study's criteria, although an r-value of approximately .30 is considered moderate in the social sciences (Cohen, 1992). The remaining variation of more than 86% is influenced by other factors, such as stress, social support and religious practices. These findings indicate association rather than causation because the effects were measured through respondents' perceptions and the data were collected at a single point in time. The findings are consistent with Tewogbola et al. (2025), who reported lower Academic Success Inventory scores among pornography users and those engaged in pornography use. They are also consistent with Camilleri et al. (2021), who found that compulsive use was closely associated with higher levels of depression, anxiety and stress among university students in the United States. In the Malaysian context, particularly at UTHM Pagoh the association between pornography addiction and health in this study (r = .377) was slightly stronger than the association between pornography and depression reported by Chua (2023), r = .241. These findings support the concerns about academic engagement expressed by students in the qualitative study by Esmaeil et al. (2023) in relation to pornography addiction. Furthermore this study extends the work of Goh et al. (2023), who found that addiction to pornography beyond simply viewing it was associated with poorer sexual health. This suggests that the level of addiction is a stronger indicator of risk than having merely been exposed as reported in the range of 74.5% to 81% in Malaysian study samples (Goh et al., 2023; Zohor Ali et al., 2021).

Two explanations are plausible. First, from a neurological perspective, Kühn and Gallinat (2014) found that men who spent more time viewing pornography had a smaller striatum, while Voon et al. (2014) found that individuals with compulsive sexual behaviour showed stronger brain responses to sexual cues similar to drug users' responses to drugs. However, both studies demonstrated only associations or between-group comparisons and did not establish that pornography damages the brain. Second, from a behavioural perspective, Griffiths' (2005) model explains that preoccupation with pornography (salience) may disrupt study time and weaken self-control. Tan et al. (2022) also found that people who perceived pornography as reality were more susceptible to addiction, in line with social learning theory (Bandura, 1977) and sexual script theory (Simon & Gagnon, 1986). From an Islamic perspective, the effects of addiction on health and academic aspects can be understood through maqasid al-shariah namely the preservation of religion life and intellect. The preservation of intellect is also linked to the preservation of knowledge (Auda, 2008). The command to lower one's gaze as stated in the Qur'an, 24:30-31, means: (*Tell the believing men to guard their gaze and their chastity, for that is purer for them, and Allah is fully aware of what they do*). This constitutes an early preventive measure, while Mohd Suhaime et al. (2023) emphasised the need for a psychospiritual treatment model encompassing physical, mental, spiritual and moral effects.

However, Grubbs et al. (2019) found that among religious individuals the perceived level of addiction reflects guilt because the behaviour conflicts with their moral and religious values. Therefore, some of the associations found in the present study may have been influenced by such guilt. Goh et al. (2023) also argued that prohibition alone is ineffective. Consistent with that argument, the present findings support an approach that combines digital literacy with the development of self-control grounded in religious values. These findings have several implications. In education, Malaysian educational institutions should expand awareness programmes on the dangers of pornography addiction so that students understand its effects. Family and community support is also important for helping those affected. In education policy, higher education institutions should incorporate digital literacy and awareness modules into student development programmes. In clinical practice, campus health clinics and counselling centres could screen for compulsive sexual behaviour, now recognised in ICD-11 (Kraus et al., 2018), and offer psychospiritual interventions through counsellors and male or female Islamic religious teachers (*ustaz or ustazah*) as referral contacts.

CONCLUSION

This study aimed to examine the association between pornography addiction (pornographic videos) and health and academic aspects among UTHM Pagoh students. Findings from 283 students showed that pornography addiction was positively and significantly correlated with academic aspects (r = .357) and health aspects (r = .377). The associations were weak but significant and addiction levels explained 12.4% and 13.9% of the variation (adjusted variance) in these two aspects respectively. The research question was therefore answered, and both hypotheses, H1 and H2 were accepted: the higher the level of addiction, the greater the negative effects students experienced in their learning and health. This study adds evidence that pornography addiction can be understood through the components model of addiction and the maqasid al-shariah framework in a Muslim-majority society. The findings also support university efforts to expand digital literacy and awareness programmes, provide screening through campus health and counselling centres and offer psychospiritual interventions with family and community support. Nevertheless, the findings demonstrate associations rather than cause-and-effect relationships and cannot be generalised beyond the sample because students were selected through non-probability sampling and effects were assessed through self-perceptions. Future studies are encouraged to adopt longitudinal or mixed-methods designs use objective academic data such as CGPA and develop models that account for other factors, including stress social support and religious practices.

REFERENCES

1. Ashraaf, M. A., & Othman, N. (2019). Factors for Pornography Addiction and its Implication on Teenager Personality. *International Journal of Academic Research in Business and Social Sciences, 9*(11), 1148–1160. https://doi.org/10.6007/IJARBSS/v9-i11/6643
2. Auda, J. (2008). *Maqasid al-Shariah as Philosophy of Islamic Law: A systems approach*. International Institute of Islamic Thought.
3. Bandura, A. (1977). *Social learning theory*. Prentice Hall.
4. Bőthe, B., Tóth-Király, I., Zsila, Á., Griffiths, M. D., Demetrovics, Z., & Orosz, G. (2018). The Development of the Problematic Pornography Consumption Scale (PPCS). *The Journal of Sex Research, 55*(3), 395–406. https://doi.org/10.1080/00224499.2017.1291798
5. Camilleri, C., Perry, J. T., & Sammut, S. (2021). Compulsive Internet Pornography Use and Mental Health: A Cross-Sectional Study in a Sample of University Students in the United States. *Frontiers in Psychology, 11*, Article 613244. https://doi.org/10.3389/fpsyg.2020.613244
6. Chua, J. Y. (2023). *A Study of Relationship Between Stress, Depression, Pornography Consumption Among Undergraduate Students in Malaysia* [Projek penyelidikan, Universiti Tunku Abdul Rahman]. UTAR Institutional Repository. http://eprints.utar.edu.my/5439/
7. Cohen, J. (1988). *Statistical Power Analysis for the Behavioral Sciences* (2nd ed.). Lawrence Erlbaum Associates.
8. Cohen, J. (1992). A power primer. *Psychological Bulletin, 112*(1), 155–159. https://doi.org/10.1037/0033-2909.112.1.155
9. Creswell, J. W., & Creswell, J. D. (2018). *Research Design: Qualitative, Quantitative, and Mixed Methods Approaches* (5th ed.). SAGE.
10. Esmaeil, A. A. A. H., Maakip, I., Marchal, S., Mustapha, M., Madlan@Endalan, L., Voo, P. S. K., Rathakrishnan, B., & Halik, M. (2023). Behind Digital Screen: A Thematic Analysis of Pornography Views in Malaysia's Youth. *International Journal of Academic Research in Business and Social Sciences, 13*(11), 1864–1878. https://doi.org/10.46886/IJARBSS/v13-i11/7591
11. Fernandez, J. A., Mohd Taha, M., & Fernandez, J. A. (2026). The Naked Truth Beyond the Screen: Dispelling the Most Common Myths About Pornography in Malaysia. *Sexuality, Gender & Policy, 9*(3), 1–10. https://doi.org/10.1002/sgp2.70057
12. Goh, P. H., Phuah, L. A., & Low, Y. H. (2023). Pornography Consumption and Sexual Health Among Emerging Adults from Malaysia: An Observational Study. *Sexual Health, 20*(2), 134–147. https://doi.org/10.1071/SH22181
13. Griffiths, M. (2005). A "Components" Model of Addiction Within a Biopsychosocial Framework. *Journal of Substance Use, 10*(4), 191–197. https://doi.org/10.1080/14659890500114359

14. Grubbs, J. B., Perry, S. L., Wilt, J. A., & Reid, R. C. (2019). Pornography Problems Due to Moral Incongruence: An Integrative Model With a Systematic Review and Meta-Analysis. *Archives of Sexual Behavior, 48*(2), 397–415. https://doi.org/10.1007/s10508-018-1248-x
15. Kepios. (2026). *Digital 2026: Malaysia*. DataReportal. https://datareportal.com/reports/digital-2026-malaysia
16. Kraus, S. W., Krueger, R. B., Briken, P., First, M. B., Stein, D. J., Kaplan, M. S., Voon, V., Abdo, C. H. N., Grant, J. E., Atalla, E., & Reed, G. M. (2018). Compulsive Sexual Behaviour Disorder in the ICD-11. *World Psychiatry, 17*(1), 109–110. https://doi.org/10.1002/wps.20499
17. Kühn, S., & Gallinat, J. (2014). Brain Structure and Functional Connectivity Associated with Pornography Consumption: The Brain on Porn. *JAMA Psychiatry, 71*(7), 827–834. https://doi.org/10.1001/jamapsychiatry.2014.93
18. Mohd Suhaime, A. N., Mansor, N. H., Rekan, A. A., Jodi, K. H. M., & Abidin, M. S. Z. (2023). Pembangunan Model Intervensi Kawalan Ketagihan Pornografi Berasaskan Pendekatan Psikospiritual Islam: Satu Analisis Keperluan. *Afkar: Jurnal Akidah & Pemikiran Islam, 25*(1), 253–290. https://doi.org/10.22452/afkar.vol25no1.9
19. Pallant, J. (2020). *SPSS Survival Manual: A Step by Step Guide to Data Analysis Using IBM SPSS* (7th ed.). McGraw-Hill Education.
20. Simon, W., & Gagnon, J. H. (1986). Sexual Scripts: Permanence and Change. *Archives of Sexual Behavior, 15*(2), 97–120. https://doi.org/10.1007/BF01542219
21. Taber, K. S. (2018). The Use of Cronbach's Alpha When Developing and Reporting Research Instruments in Science Education. *Research in Science Education, 48*(6), 1273–1296. https://doi.org/10.1007/s11165-016-9602-2
22. Tan, S. A., Ng, S. H. L., Hoo, J. J. Y., Gan, S. W., Nainee, S., Yap, C. C., Lee, L. K., Zaharim, N. M., & Goh, Y. S. (2022). The Pornography Use and its Addiction Among Emerging Adults in Malaysia: Perceived Realism as a Mediator. *PLOS ONE, 17*(5), Article e0268724. https://doi.org/10.1371/journal.pone.0268724
23. Tewogbola, P., Bodunde, V., & Odaudu, D. (2025). Pornography, Problematic Use and Academic Outcomes in College Students: A Cross-Sectional Analysis. *Journal of Graduate Education Research, 6*(1), 23–35. https://scholarworks.harding.edu/jger/vol6/iss1/5
24. Voon, V., Mole, T. B., Banca, P., Porter, L., Morris, L., Mitchell, S., Lapa, T. R., Karr, J., Harrison, N. A., Potenza, M. N., & Irvine, M. (2014). Neural Correlates of Sexual Cue Reactivity in Individuals With and Without Compulsive Sexual Behaviours. *PLOS ONE, 9*(7), Article e102419. https://doi.org/10.1371/journal.pone.0102419
25. Zohor Ali, A. A., Muhammad, N. A., Jamil, T. R., Ahmad, S., & Abd Aziz, N. A. (2021). Internet Pornography Exposures Amongst Young People in Malaysia: A Cross-Sectional Study Looking Into the Role of Gender and Perceived Realism Versus the Actual Sexual Activities. *Addictive Behaviors Reports, 14*, Article 100350. https://doi.org/10.1016/j.abrep.2021.100350