

## Pornography Addiction: A Case Study

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### Abstract

This article is about a case study of a pornography addict who is still in the process of self-rehabilitation. Pornography is a bad and unacceptable act because it is not only prohibited in terms of moral ethics but also in religion aspects. Pornography is also one of the trafficked forms of sexual exploitation. Other than that, law enforcement and internet filtering software seem to be not an absolute solution to the pornography issue. A module or intervention is needed to be built to guide a pornography addict rehabilitating independently on their own with the help of professionals. The methodology and the research design in this study is a case study and qualitative respectively in which the interviewee is an ex client of researcher's previous counselling session. This study forms several themes which are the causes, effects and interventions of pornography addiction. The analysis of the study also found that there are still effects of pornography addiction that disrupt the respondent's thoughts in her daily life. These factors can assist counselors in formulating effective Islamic approach to tackle the issue, whether at the level of protection, prevention or rehabilitation. The future researchers are ought to focus more on finding an intervention that relates to the conventional counselling and the perspectives of Islam which is called Islamic Cognitive Behavioral Theory.  
**Keywords:** Addiction, Pornography, Islamic Cognitive Behavior Theory.

### Introduction

A discussion of addiction should be preceded by a description of some related terms. Addiction is a situation of brain disease in which the occurrence of cravings and desire for a stimulus even if it causes harm. Pleasure and satisfaction are sought at the initial stimulation, but eventually become something necessary to ensure the body functions normally. A person with this problem is called an *addict* where he or she experiences physical or psychological dependence on a stimulus. Examples of substance and action addictions include alcoholism,

drug addictions such as marijuana, nicotine, cocaine, food, video games, internet, sports, idols, spending, gambling, self-harm and sex (Norman & Othman, 2020).

Pornography is the depiction or narration of a treatment in a sensual manner or any material intended to arouse sexual desire. Laili et al (2018) describe pornography as any form of act or action that contains sexual conduct or sexual exploitation that violates moral norms in society or acts of exposing the aurah in an excessive or extreme way. Meanwhile, according to the Ministry of Health Malaysia, the term "pornography" comes from the word "porneia" which is a Greek word used to refer to prostitutes and this term carries the meaning of writing about prostitutes (Official Portal MyHEALTH Ministry of Health Malaysia, 2012). It can be understood that pornography is a bad act and is not accepted in daily life because the act is not only prohibited from the point of view of moral ethics but also prohibited in terms of religion.

Thus, pornography addiction refers to an individual who frequently views pornographic pictures or watches pornographic videos as his or her daily consumptions. Pornography addiction is something done in silence without the knowledge of others. Pornography addiction can bring passion (increase lust) to those who watch it. Pornography addiction is getting worse as cases of rape, murder and so on are on the rise. This issue is actually very much related to this pornography addiction. Critical level pornography addiction can cause bad things such as rape and murder. The desire to try an individual when overly addicted to pornography has been seen to invite problems and victims are hunted down to satisfy the feeling of wanting to do the sexual act.

## **Literature Review**

### *Pornography Addiction*

There are several studies related to pornography addiction that have been conducted. One of them them is a study conducted by Zakariah & Baharuddin (2011), entitled *Cyber Sex Addiction: The Experience of Counselors in Malaysia*. This study discusses the challenges faced by counselors in helping patients to quit cyber sex/cyber pornography addiction. This study was conducted in a qualitative form and there are some important findings that were successfully obtained by the researchers such as the effects of cyber sex, knowledge requirements (understanding the case) and approaches to treating cyber sex addiction. This study also focuses on the approach of maintaining recovery from cyber sex addiction to ensure that those who are stuck with pornography issues can developed with better morals while leaving the act forever. This is because pornography only has bad implications in life, including in family relationships.

In a study conducted by Mass and Dewey (2018), entitled *Internet Pornography Use Among Colligate Women: Gender Attitudes, Body Monitoring, and Sexual Behavior* explained that internet pornography is a form of oppression against women, where pornography is indirectly able to make women as rape victims and sexual tools for men. It is found that there is no large gap in behavior between women who watch pornography and those who do not watch pornography in this study. However, women who watch pornography are found to be more likely to engage in free sex and even change partners. In addition, this study also explains that pornography also has a positive effect on adolescents, especially knowledge related to sex. Although this study is a good study, but this study is not

suitable to be adapted to the lifestyle, religion and culture of society in Malaysia which considers pornography as an immoral act and can only bring harm in one's life and society.

In a study conducted by Vaillancourt & Bergeron (2018), entitled *Self-Perceived Problematic Pornography Use: Beyond Individual Differences and Religiosity* was conducted to look at the effects of pornography on the self of a person who commits it. The results of this study show that pornography can cause extreme addiction to a person to the extent that it affecting in aspects of health such as causing lack of self-control, infertility, loss of respect, dangerous sex (violence) and many more. Researchers explain that understanding and appreciating religion is the best method to control sexual behavior in a person. This is because the appreciation of religion can directly increase the moral value in a person to control oneself to commit destructive acts. Therefore, this study clearly shows that the appreciation of religion is the best method for a person to control behavior in himself, because no religion tells its followers to commit immoral acts and bring evil within themselves.

According to Reisman (2008), who is the president of the Institute for Media Education in Pennsylvania, for children and adolescents, pornography has a detrimental effect on the brain. The brain believes whatever is displayed and this is what will happen to the minds of children and adolescents. This is because pornography can cause the brain to be covered with a false picture of the real reality of sex as follows: *Health-based neurological observations about the instinctual brain-imprinted response to pornographic sights and sounds indicates that viewing pornography is a biologically significant event that overrides informed consent - and that is harmful to children's [moldable] 'plastic' brains because it compromises their grasp of reality and thus their mental and physical health, their well-being and their pursuit of happiness.*

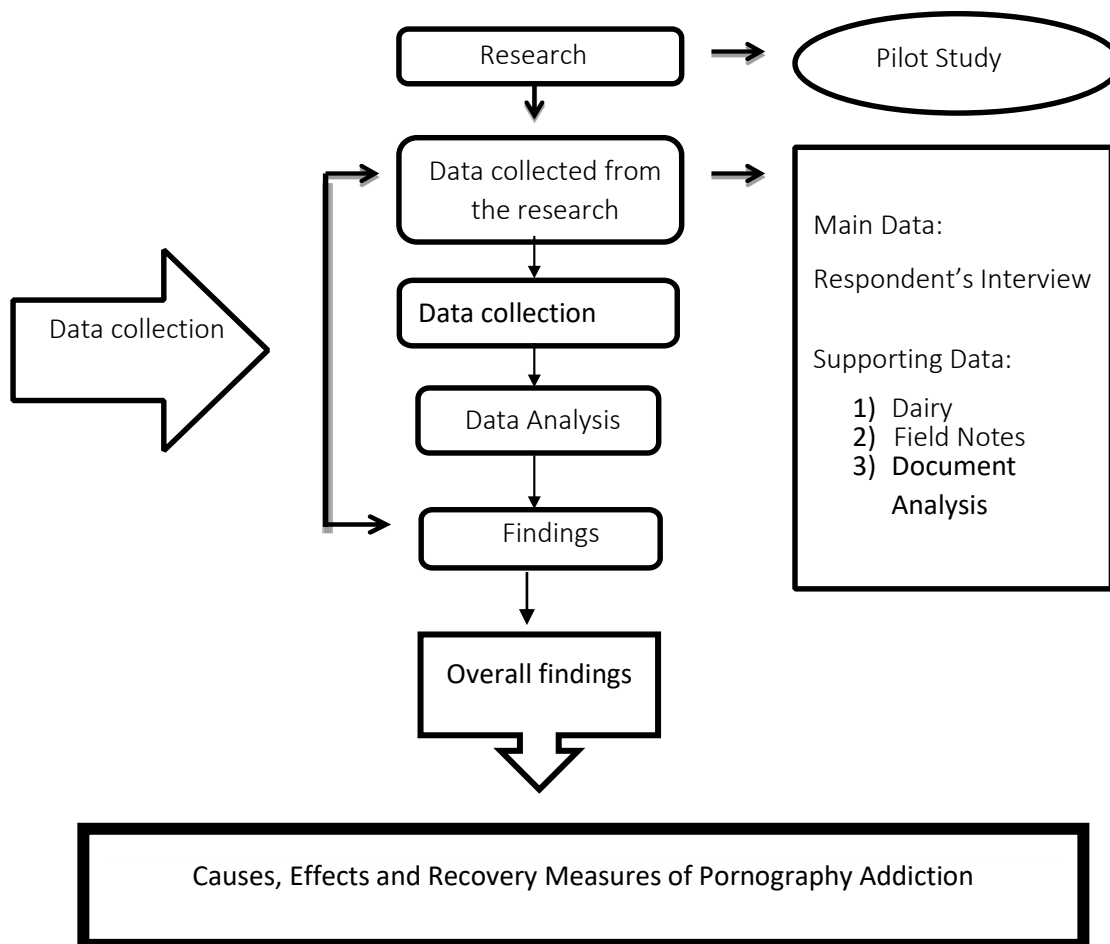
#### *Pornography Addiction In Islamic View*

From the Islamic point of view, the relevant legal status of conduct is as formulated from an article on the website of the Federal Territory mufti by Noor (2015) that any sexual activity outside the syariah is illegal. Every Muslim is obligated to know the laws in Islam which include five things, namely wajib, sunat, haram, makruh and mubah in order to not fall into the valley of iniquity. Immorality endangers human beings in this world and in the hereafter. Sin hinders knowledge, for knowledge is the ray placed by Allah S.W.T. in the human heart while immorality extinguishes that ray. Wickedness also causes anxiety and loneliness in the heart. Anxiety and alienation are felt by people who commit immorality from the group of good people and do good things.

According to the view of Abdullah (2005), a person who performs an activity that is makruf actually does not need to allocate other activities to avoid evil. This is because when the individual performs makruf, at the same time the individual is also leaving the munkar. Users who leave pornographic websites are actually abandoning their wickedness and at the same time doing what is good and rewarding in the sight of Allah S.W.T. If being seen from this perspective, it is not a difficult thing to leave browsing pornographic websites, just by not clicking on ads who promotes it and does not search the website is the first step in doing good, leaving the wrong and also the first step to get the reward of Allah S.W.T.

### Methodology

The researcher will describe the research framework (refer to figure 1) used by the researcher during the study period such as study design, samples, sample procedures, pilot studies, data collection, data analysis procedures, and measuring tools. The researcher also emphasizes the aspect of confidentiality in collecting information provided by the respondents because this is one of the ethics when conducting research.



**Figure 1: Research Framework**

The methodology or the research is qualitative and a form of case study in which a respondent has been interviewed as a result of a counseling session that has been conducted before becoming a respondent of this study. Data and information required to meet the objectives of the study were collected through interviews. The interview questions are provided in general without giving guidance to the answers for example, "how do you feel and behave when faced with a situation of pornography addiction". It is to provide an opportunity for the respondents to explain and describe their experiences and feelings (narrative). Interviews were conducted to better understand the experiences of the respondents. However, these questions are not too binding and need to be flexible based on the responses given by the respondents and their willingness to continue the conversation. This is because the first meeting is often more to the respondent's emotions that will be expressed through interviews with the researcher.

Some interview guidelines that the researcher has prepared before the interview are:

1. What motivates you to engage in pornography?
2. How are you doing emotionally, mentally and physically after your pornography addiction?
3. What has been a complication for you throughout your life like this?
4. What are the implications for you after a pornography addiction?
5. What steps have you taken to improve this situation?

However, this question guide is not too binding and needs to be flexible based on the responses given by the respondents and their willingness to continue the conversation (Ali et al., 2018). Freedom should be given to the respondent because during the interview period, sometimes the respondent is not able to continue the conversation due to the embarrassment and fear when recounting the experience.

According to Lebar (2015) interviews conducted in studies are not to answer the research questions, test hypotheses or make assessments but rather, to deeply understand the experience in life or a past event. Written consent from the respondent is required to record the interview. If the respondent does not allow the interview to be recorded or feels uncomfortable using the recorder, jotting down notes will be used during the interview session. In fact, the advantage of taking notes compared to using a recorder, the researcher will pay more focus and attention to what the respondent told than relying on the recorder alone. Apart from comprehension through verbal communication, respondents' feelings also need to be understood through non-verbal communication shown.

## **Findings**

### *Respondent's Background*

The main respondent in this study is Puan Sarah binti Ahmad (not her real name). She was 29 years old during the interview and already has four children consisting two boys and two girls. Mrs. Sarah was interviewed over a period of two sessions lasting two days on separate dates. The interview session went smoothly using Google Meet. In the process of preparing this report, the author had a phone line and whatsapp to ask the respondents for additional information or some clarifications.

Mrs. Sarah has now returned to obedience to Islamic law, and is active in imparting knowledge related to religion and keeping her mind and herself healthier. He has given permission to record and disseminate the contents of this interview for the purpose of education and community preaching, especially towards the youth today.

The respondent has been involved in pornography since before she got married, that is when she was 17 years old by accessing sex videos or recordings due to her high curiosity. The moment she got married around 19 years old is also became the cause of her high curiosity about sex. She is embarrassed to ask her friends nor family about sex and has started looking for her own alternatives which have been a major problem for her until now. She received religious guidance since continuing her studies at a private IPTS in the field of Islamic Studies. After she got married, she still watch the pornography for two to three years before she tried to return fully to the life of holding to Islamic by not to watch pornography again. However, she was tested when her husband worked away from her thus causing her to continue watching the pornography everytime she is away from her husband. When her

husband returned to live with her after having 4 children, she began to focus on self -change to remove all the bad elements by reaching out to a counselor to help her. Then she has started to not accessing pornographic videos because she wanted to change into a good servant of God. Viewed from the public, she also chose to maintain her identity as a shariah -compliant woman, as she is more comfortable accepting herself as an individual with high knowledge - who strives to be fully compliant with the shariah.

According to the respondent, the awareness and feeling of wanting to change into a better woman and the fear of God's punishment became the cause of the changes in her appearance. She wears purdah to subdue her gaze and always held tasbih and al Quran everywhere to control her behavior. The respondent stated that what she did helped her not to do things she should not do. She felt ashamed with God. When she went out she would see all the men passing in front of her with an oblique look, she added. Imagining the action in the video as she saw another man in front of her. This matter at the same time disturbed her thinking and she felt very dirty.

According to the respondent, the respondent's condition worsened when her husband was away for many years as she was aroused with sex but the husband was not there. She had to masturbate by herself instead of committing adultery with another man even though she knew that masturbating was still a sin. Her rationale for masturbating was because of her sense of satisfaction and suffering as a result of her estranged husband. According to respondents, not everyone wants to have such sex intrinsically, but more to the purpose of self -expression satisfaction to have sexual attraction. She felt desperate to do so because of the effects of the pornographic videos she watched.

According to the respondent, she has a supply of religious knowledge as well as experience in practicing duties based on her family education and studies in the field of Islamic Studies. Respondents narrated her reactions while trying to forget her guilt. She knew that she was in a state of sin and wondered how her ending of life would be.

Respondents also said that, they use the necessity of self -satisfaction and sex to rationalize themselves why they must watch pornography. According to the respondent, she felt the culture of living was pretentious. She was always being praised and get appreciation for her kindness when dealing with society. However in behind the scene, she will commit those sins in silence without the knowledge of others. She reiterated that an extreme danger awaits for anyone that involves with pornography.

### ***Data Analysis – Formation of Themes and Sub-themes***

Based on the table 1: Data Analysis - Formation of Themes and Sub-themes can be seen where the three themes have been formed and sub -themes are obtained for each themes mentioned. There are three sub-themes for the first theme, six sub-themes for the second theme and 14 sub-themes for the third theme.



Table 1

*Data Analysis – Formation of Themes and Sub-themes*

Themes	Subthemes
Causes of Pornography Addiction	Curiosity
	Feelling of fun
	Technology
Effects of Pornography Addiction	Driven then Get Dwelled
	Sex Before Marriage
	Mental Health
	Weaken the Memory
	Darken the Heart
Self- Recovery Measures	Not Achieving Husband-Wife Relationship Satisfaction
	Parents Knowledge on Technologies
	Risk of Getting Slipped
	Packed Daily Routine
	Realigion Approach
	Repentence
	Feeling of Fear (Khauf)
	Al Quran Recitation, Istigfar & Zikr
	Always in wudhu
	Tabligh (convey)
	Positive Thinking
	Technology Control
	Message Towards Students
	Message Towards the Upcoming Married Couple
Message Towards Community	

*Theme 1 : Causes of Pornography Addiction***Sub-theme 1.1: Curiosity**

Such a situation occurs because most people, especially young people are seen as less intelligent in decision making due to having a high curiosity in doing something new (Abdullah & Saemah, 2015). The respondent's curiosity about sex also caused him to become involved with pornography addiction. She married at a very young age while still pursuing his studies in Islamic Studies. She is a shy person to ask friends or family about sex education. So this prompted her to access pornographic sites herself to find out what to do when being in a relationship with her partner. The following is the respondent's statement in an interview:

*Eversince before marriage... When... During the single life time... Doing those stuff right... It's normal for the brides to know... How to do it right? And then... Like it or not, I opened it. After opened it then I'm shocked, I thought that what I've watched... I've watched the English man ... One woman, one man like... Wow*

*(Respondent)*

*Sub-theme 1.2: Feeling of Fun*

Pornography can have a negative effect on self -control and the brain to the point of engaging in adultery and being influenced by the false pleasures shown in pornographic videos.

*Eew... At first that thing is like disgusting. A lot of things I thought... like feeling fun because it is the first time I've watched... Easily flashing in my eyes. But it felt fun too. So, I searched again... When I got time to spare... I opened... At first when we trying to open it we felt like we want to... What do people say? Calm. Trying to get out from our thoughts we will... We never thought that thing could be that bad... It's like really... for us we even more like to... what people say... Our desire is like fire to watch ... To everything .. The English man is really crazy... Can't even imagine. For example, sleeping with a man, it's very crazy how they do it with three men and one woman..*

*(Respondent)*

### *Sub-thema 1.3: Technology*

The development of technology is very important to a country because the purpose technology is to facilitate human employment to be faster, more efficient and easier. However, the uncontrolled use of technology also has negative implications on human life when used by interested parties for wrong purposes such as online fraud, spreading false news, hacking and dissemination of pornographic material. The negative implications of technology nowadays can be seen in terms of the behavior of children and adolescents who are easily influenced by what is seen especially through shows that display violent and immoral elements (pornography) thus causing their souls to become hard and rough which eventually leads to the occurrence of problems when interacting in life because they are unable to distinguish between the world of reality and the world of fantasy (Nahar, et al., 2017). Unsurprisingly, many teenagers nowadays are stuck with pornography addiction. This is because the available technology makes it easier for them to share and store pornographic videos, pictures and writings without being detected by anyone especially parents (Norramazonizni & Haninah, 2016).

*Look at the current situation PKP.. and now everyone is learning online.. whether you like it or not we still need to buy one... need to go to the website that all, like parents need to go to work.. children will stay at home, they need to go secondary school, the parents will give freedom for their children to stay at home.. we work from morning and go back in the evening.. Its not like the children will do their homework the whole day, they will surely want to go and play games.. its better.. they will gather with gamers..*

*(Respondent)*

## *Theme 2: Effect of Pornography Addiction*

### *Sub-theme 2.1: Driven then Get Dwelled*

According to respondents, the world of pornography addiction is very dangerous and challenging because once you have seen or started looking at pornographic pictures or videos, it will causes individuals to continue watching and eventually addicted to disturbing thoughts and self-harm.

*Once we already clicked, definitely we will click again. One time we watch feels like we want more.*

*(Respondent)*



*Sub-theme 2.2: Sex Before Marriage*

In the teachings of Islam, pornography is one of the acts that is strictly forbidden because this act is one of the zina (zina of eyes). This is because pornography is able to provide a strong stimulus that arouses lust in those who watch in order to have sex by imitating the action found in pornographic videos. Based on the statistics displayed, it is clear that pornography can cause a person to engage in adultery (sex without marriage) which ultimately has a damaging effect on the individual and society such as the birth of children out of wedlock and sexual crimes. In addition, according to statistics of a study conducted in Malaysia, as early as 13 to 18 years old, adolescents in Malaysia have become involved with pornography addiction that causes them to behave rudely or exceed the boundaries of social interaction without marriage such as holding hands between men and women, kissing, groping, exposing the body in public and getting caught up in sexual intercourse (Ahmad, et al., 2008: Abd Ghadur & Abd Kadir, 2009). Based on the statistics, it was found that individuals who were caught with premarital sex were found to have watched pornographic videos with their partners until eventually they were also involved in this immoral act (Abd Ghadur & Abd Kadir, 2009: Zakaria & Zulkifli, 2017). The situation is indeed contrary to the religious values, customs and culture of society in Malaysia as a whole which prohibits sex before marriage because it tarnishes the dignity and damages the family institution.

*It would be better to not live too far away from each other for married couples. It is because... when I'm alone, like what I've read before this, accidentally having sex with brother in law due to PKP and all this. It can happen like if we look at the bedroom after married, it is ought for us to not be far away from the children... We will go to... one of the world that satisfy our desire.. Whoever sit in front of us also can make us see all that as something halal, ha... When I read the newspaper, there's this one news about a husband accidentally having sex with his sister until the sister manage to deliver the baby... When I read all of these... I'm like... Ya Allah.. This is all because of porn. So when we remember our husband, we will watch the video, our lust increasing ... We will follow that feeling of desire.*

*(Respondent)*

*Sub-theme 2.3: Mental Health*

The results of previous studies have found that pornography can have a negative impact on human mental health. Reisman (2008), in his study explained that pornography adversely affects the brain of adolescents causing them to easily believe false images (pleasure of having sex) compared to the reality of real life where the act is not only causing the disease to spread but also affects mental health. This is, because pornography is capable of causing emotional disturbances such as loss of shame, humility and loss of judgment (Norman & Othman, 2019). Based on studies that have been conducted found that most teenagers who are addicted to pornography have a similar characteristic that is like being alone. The most significant effect of pornography can be seen in men especially, this is because pornography is able to cause a man to imagine the body shape of a woman without clothes or to imagine himself with others having sex.

*That stimulus... I remembered... But Staying far away from him it's like, will disturb my mental health.*

*How to say this... It's like I want it, but my husband is not here, there is no way we are going to do zina... like what I watched before there is a person who do it with a cucumber. I have heard what people say... Zina - ing... With another man but I am not on that level. What I did was, I create it myself, I imagined my husband, so it abit not that disturbing for me when we are away from each other. (Respondent)*

According to Siti Fatimah, pornography addiction has a negative effect on the development of the human brain of various ages such as loss of shame, humility, depression and so on (Berita Harian, April 1, 2018). Such a situation occurs because pornography causes disorders to the brain due to the habit of pornography addict which is preferring to be alone instead of living socially with the surrounding community. Norulhuda, et. al. (2020), explained that watching pornography is one of the methods often used by most adolescents to get rid of the loneliness and stress they face. The results of the study also found that most teenagers who are addicted to pornography are teenagers who do not have many friends and do not have good social skills.

#### *Sub-theme 2.4: Weaken the Memory*

The effects of pornography addiction on the brain were also found to have similar effects to the consumption of illegal substances such as the consumptions of drugs and alcohol (Reisman, 2008). In addition, the results of health studies also found that pornography causes nerve damage in the human brain that can weaken the body's control function and affect a person's memory (Reisman, 2008).

*It gives side effects on my memories in remembering the Quran.... Very effected on it. I could not memorize at all. Definitely have a huge difference between me and my friends. My friends like so easy to memorize two pages of Quran, aaa.... They are so quick to memorize them but if me, I knew it must be because of me, because Quran will not get attached to a person with dirty hearts. (Respondent)*

#### *Sub-theme 2.5: Heart Darkens*

Pornography also darkens the heart and causes a person to be lazy to perform worship which indirectly makes it very easy to commit acts that are prohibited in religion and law.

*Definitely the heart darkens. All of that feelings Ya Allah... It is very terrible. People say, if we don't take a good care of ourselves, thats when the feeling of anxious occur. Haruan makan anak... Ahh... Even worse than that indeed. If it is on the earliest stage, people see it as normal right. That if it is controllable, but if we can't, aa... we are doomed. We will see the differences later. (Respondent)*

#### *Sub-theme 2.6: Not Achieving Husband-Wife Relationship Satisfaction*

According to the respondent, her relationship with her husband was somewhat disrupted by the pornographic videos she had watched before. When she was with her husband, the picture of the video did not match the reality, causing the respondents to feel dissatisfied. When the respondent was away from her husband, she choked on masturbating to satisfy herself.

*There is one incident I remembered.. It is still stuck in my head till today.. If I am with my husband, I will still imagine the video moreover the video is for my satisfaction with my husband.. my husband does not know about this thing..*

*The effect is like when we wake up in the middle of the night, we feel like.. still imagining about the things the Caucasian do in the video.. After that, sometimes I am scared, the woman like have high libido.. about that high and we later will have that expectation towards our partner to have high expectation too.. But if we didn't get it.. the satisfaction to be exact.. that satisfaction feeling will make us compare with the partner.. Like.. the first time during early days of marriage..*

*After marriage and for the whole time living far away.. during pjj.. there is one time to one extent I have to masturbate myself.. I.. touch my private part with my own hands.. It like that.. I imagine like my husband is near.. Its like that..*

*(Respondent)*

### **Theme 3: The Path of Self -Helping Solutions - The Journey of Recovery**

According to respondents, the main factors for recovery and migration are the feeling of bored or fed up with the existing lifestyle as well as worries about death. As she grew older and had children, she felt that she could no longer run away from facing the reality of death and return to God.

However, the journey towards God requires strength that is not not exist in herself, so she continued with the existing lifestyle. The respondent attributed that the trigger to the migration was from her own efforts by meeting a counselor and applying the knowledge she had learned.

Triggers to her awareness are from programs and activities organized by the University. They had asked the respondent to deliver a talk related to religion and she began to dare in delivering her knowledge for the talk. The first step in migration is to initially establish a prayer of repentance. Despite having kept the prayers full time, the prayer of repentance circumcision is the first point of commitment in migrating. At the time, she was still involved in accessing pornography in a fantasy through individuals who confronted her the effects of past videos she had browsed. However, she always performed the prayer of repentance and for strength from God. Arriving at the point of strength, she has resolutely chosen to keep herself busy by pursue her studies and working as well as volunteering.

This migration is driven by the opportunities that comes. Indeed as an aging individual, she worries of her old age which might still continues to commit sin. The opportunity came when she furthered her studies at the Masters level. At the same time, the husband has moved his place of work closer and can live with her. She felt so great that the help from God gave her the strength to move out of the path of sin.

#### *Subtema 3.1: Parents Knowledge on Technologies*

Parents should also equip themselves with the latest technology-related knowledge to ensure that they are always aware of the use of technology among their children. Good knowledge among parents of the latest technology indirectly allows them to take proactive and effective

measures against the use of technology among children such as by blocking websites that are not beneficial and check the sites or applications used by children.

*Nowadays students are exposed doing their schoolwork with the internet and computer... Let the computer outside not in the room if can... and then we can check the history, we as parents need to recheck the search.. so parents can look at it again.... the important part is to not let them do their work in the room...*

*After that if we have a son, we as parents have to tell them about this, nothing to be ashamed of, we do really need to tell them earlier, about by watching this our hearts will be drowned,, insert some realigion elements, so that when he want to click he would remember that the angels are always watching... Whatever we do the angels will jot it down... we will feel the fear...*

*(Respondent)*

### *Sub-theme 3.2: Slipped Risk*

When asked about the risk of slipping back to the old life, the respondent stated that her status and stance were sometimes worried if her husband going to be away again.

*When I'm near my husband I'll feel abit better. It's just concerning when we are far apart.... hmm... and this one we are getting okay again.*

*(Respondent)*

According to her, she still feels that she need to be strong to fight her desire in watching pornography. Only she will always do good deeds, pray for strength and obey the commands of Allah and desire the pleasure of Allah, then she will obey the commands and prohibitions and do good deeds as a supply of the hereafter.

*I read the Quran, Yaasin, Al Mulk, Zikr and salawat. Like that... I always seek for Allah's help.*

*(Respondent)*

### *Sub-theme 3.3: Packing the Daily Routine*

Respondent tried to do other activities when she felt the urge to look at pornography. She will try to keep herself busy so that she would not entertain the video. There are many activities that can actually be done to not to get caught up in pornography such as doing daily hobbies like cooking, gardening, cleaning the house, painting, writing, vacationing with children, studying, reading books, listening to talks and so on that are beneficial.

*I'm busying myself with studying, with kids, sometimes I'm thinking about that thing but rarely because I'm keeping myself busy. So I forgot about it... But there was a time where I tried to avoid it. Like busy with studies, reading books, everything, still can't control the feeling.*

*Suggestions are like what I've done, firstly, we keep ourselves busy at home for example, identifying our hobby. Regardless what hobby it is, we fill in the spare times we have. Sometimes we do... if that thing we do when we get return home from work we would cook right? We do something like that during that time... Umm.. To forget those stuff we cook. Listen to a talk... Don't ever let the feelings occur... Quickly go for shopping, if we follow the*

*tease of shaiton, shoiton will win always.. And that is why we need to stand up quickly ... do other stuff.. Need to ask for Allah to help us... Alhamdulillah... It has been a very long time since I watched it.*

*(Respondent)*

#### *Sub-theme 3.4: Religion Approach*

Respondents have a religious background in when pursuing studies in the field of Islamic Studies. According to her, the religious approach is very important for the recovery process because the religious approach helps individuals aware of the law of hakam in Islam, the commands and prohibitions of Allah and so on. Religion is the foundation of building a house and the foundation of our life and if there is no such foundation, the house that is built will collapse, let alone when committing immorality. Therefore, this religious approach as our direction when we stray from the true path.

*let me reminisce the time when I was young... I saw the islamic approach... we need to be reminded about this minimum within 5 minutes with these kind of stuff... What Allah forbids. The angels exist... Even if we are not....They know Allah watches us... The angels jotting down.... We don't have to get mad... Don't threaten them... We advice them softly ... Let them think... remembering by themselves.. Allah dislike it... I'm having a hard time studying... This thing happens in series... What if we find it hard to study then we will easy to fail, wasting money... wanted to work... We can work till the end of time... we explain to them form A to Z... It's the same with games too.. Let them realize about it..*

*(Respondent)*

#### *Sub-theme 3.5: Taubah*

Repentance is allign with the practice of outward purification however, the term repentance here is the practice of purifying the mind or heart from all sins. Muslims are obligated to repent and truly repent of the sinful nature of browsing pornographic websites and indeed Allah S.W.T. cursing human beings who have eyes used to commit immorality. Al-Ghazālī outlines several methods to seek forgiveness in order to remove the sins committed, namely by repenting nasuha, doing good deeds whether obligatory or circumcised, giving alms and paying zakah.

*And that is why right now I'm repenting. I always do taubah. Make it a routine... Prostrate in gratitude when I'm done with my studies...*

*(Respondent)*

#### *Sub-theme 3.6: Feeling of Fear (Khauf)*

Fear of Allah Almighty is the fear of His punishment in this world and also in the hereafter. Acts or practices commanded by Allah S.W.T. mostly dull and tiring of the limbs or contrary to the delicacy of sin. To get rid of the habit of sinning and rise up to purify the soul, effort through the cultivation of fear of the torment of the Judgment Day and the greatness of the rights of Allah S.W.T. needs to be applied in the soul.

*When problem comes.. In my heart I would Salawat and open the quran... Sometimes when I open the Quran there will be a sentence talking about punishments,, so I felt scared... So serious...*

*(Respondent)*

*Sub-theme 3.7: Al- Quran Recitation, Istigfar & Zikr*

Reading the Quran and accompanied by an understanding of its meaning are among the ways to get this fear. When there comes fear in the heart, it will get rid of the addiction to sin, repent, repent and be devout and return to Allah S.W.T. (Najar, 2004).

*I'm not focus on any sentence in the Quran, I'm just following the flow. I read from Surah Al-Baqarah, example for today I read three pages of it. I read just like that. I'm not focusing any of the ayah. i didnt even trying to look for a suitable ayah to minimize the feelings. I do zikr, istigfar for these sins.*

*When I have that desire, sometimes people say, we read with an open heart, we open the page freely right, we open whatever page according to our hearts right... Sometimes there's a page about punishments right? I can't recall theres an old saying, when we are facing trouble, we intent in our heart and go fo salawat then open the quran, there is a punishments , so I'm feeling scared, so serious...*

*(Respondent)*

*Sub-theme 3.8: Always in wudhu*

Taking ablution also removes sins as long as one does not commit shirk. Rasulullah s.a.w said: "From Abu Hurairah r.a said: Rasulullah s.a.w said: When a Muslim servant or believer performs ablution then after he washes his face, all the sins that have been seen by both eyes come out of his face through water or with the last drop of water. When washing his hands, come out of his hands every sin that has been committed by his hands with water or with the last drop of water. When he washes his feet, come out of his feet every sin that his feet step on with water or with the last water until after he has completed ablution he is clean from his sins ". (H/R. Muslim, 1/148) "Whoever performs ablution like this (like the ablution of the Prophet), his sins that have passed are forgiven and his prayers and journey to the mosque are filled with reward". (H/R. Muslim, 3/113) From Abi Umamah r.a said: Rasulullah s.a.w said: When a Muslim performs ablution then his sins will come out of his hearing (ears), eyes, hands and from both feet. When he sits waiting for prayer, he sits in the forgiveness (forgiveness) of his sins ". (H/R. Ahmad, 5/252. Hadith Hasan: See Jami 'as-Saghir, No. 461).

*I want to always find alternatives. My dress code, I'm wearing my Niqab... Then I walk with my tasbih in my hand... If they don't know, they would say we are a realigious person, but actually there is a story behind it... When we hold the Quran or tasbih, it controls me. So that thing can control me, when I have my wudhu , when I have the Quran.*

*I have my wudhu... I will have it before. Perhaps the devil find it hard to be close to us if we are in our wudhu. Haa, like when we hold the tasbih like right now, I do like that too. Aaa... This tasbih, we can make a target. Today we can put 100 to 200 times as our target... But our brain can automatically forgot.. We will definitely forgot... to find these alternatives.*

*(Respondent)*



*Sub-theme 3.9: Tabligh (Convey)*

Muslims need to respond to the call of Rasullullah SAW which is made clearly without the need for any parables. Among the things bequeathed by Rasulallah SAW to his ummah is to try to spread the teachings of Islam that he brought. The words of the Prophet SAW mean:

*"Convey for me, even if a single verse."*

*(Hadis riwayat al-Bukhari)*

The scientific dissemination of research results should be disclosed and disseminated to the community while helping to open awareness to all *amar maaruf nahi mungkar*.

*Like right now, people don't even notice about these stuff. Sometimes teenagers, the adults, male or females, sometimes we see it as normal. But in reality, their head is filled with messy stuff but in silence. Like a silent catastrophe, people won't notice their physical... If physical abuse people can see ,, scratch or wound .. But the emotional part, people won't be able to see... We can cover the emotions with our character... So this stuff is needed to be pointed out, example in writings, journals... Needed to be viral so that it is easy for us to read this kind of info, about this issue.*

*(Respondent)*

*Sub-theme 3.10: Positive Thinking*

The respondent applied positive thinking to help herself when the recovery process began to be more positive and able to deal with the situation. The main appropriate strategy for the problem of pornography addiction is through the method of changing negative thoughts and behaviors to more beneficial thoughts and behaviors.

*So positive mindset can help in desgard all the negatives... very helpful indeed... when i try to... the feelings come, I us ethe postive thoughts,, But if my husband is nearby then It is all alright.*

*(Respondent)*

*Sub-theme 3.11: Technology Control*

In addition, through this study also explains that one of the best methods to control the use of technology among adolescents from being involved with negative influences is to install control panel software on computers to limit or block websites that can give negative influences to children such as blocking sites web video games, pornography, violent programs and so on.

*Because we learn online in today's world. Everthing is online. So we could not make any restrictions. We literally cannot. Only with a strong religious education can help overcoming this ssue because we are facing the pandemic, studying via online... It's not like we can watch them 24 hours right... We also have things and responsibilities that needed to be attended to.*  
*(respondent)*

*Sub-theme 3.12: Message Towards Students*

Respondents stressed to the students to do a specific schedule and always self -discipline to fill the day with worthwhile things. This can cause students to begin to stray when there is no direction or systematic routine. The seductive nature of satanic lust will always try to incite

continuously until the evil is done as the Word of Allah has been mentioned in the Qur'an (Surah Yusuf verse 53) which means My Lord (then he was saved from the incitement of lust).  
"

*Like that... if the student read... can make a specific schedule so that they can fill in it with... when we do the schedule, we need to follow it... Need to know what we do in every hours... We are actually so close to the devil... because in any situation, the devil will try to get over us... to watch that website.. Like that.*

*(Respondent)*

#### *Sub-theme 3.13: Message Towards Upcoming Married Couples*

Islam recognizes the aspect of sexuality as an important element in life that needs to be arranged in an orderly manner according to its framework, only then can it produce a balanced and prosperous ummah within certain limits of freedom. To the bride and groom, it is recommended to read the book entitled *Permata yang Hilang* as a sex guide because reading a scientific guide is healthier than watching pornographic acts that adversely affect the individual who sees it.

*Even if we are curious, our heart really dying to know about it, like my reason before because I'm going to get married... Don't let that be the excuse, because of marriage. Because wanting to know how to do it. No need, no need indeed. There are moree... Aa.. We have ... if like books, we found... I can't recall the tittle, Permata...? I've ever bought the book.. Haa... Permata Yang Hilang.*

*Buy that book, maybe we cannot see the action, it does not look real to me. We try to find another source that looks unreal. No heavy breathing... that... When we look at that video... got voices, can make us feel like what.. like reading books would be better if we want to know something like that. Because we need to know this stuff as well., but how we want to know it, avoid the porn at all cost. Regardles what kind of excuses don't watch it. Once we click, we watched it, we already chose the negative path and it is hard when we already in this path, hard for us to throw it away. like right now I still have some percentages even if it's little, but I still rememver the reaction... The actions and the video. Hard to abandon it just like that.*

*I hope that what I've shared will be a lesson to all the newlywed, or virgins. Because what we did, we need to keep in mind that the world is spinning. This wheel is going to keep cycling... If we do something like that,, then we have daughters, our daughters might do the same. It's not good. Alla is fair. If we be a good muslimah, and fix ourselves, we will give birth to a good muslim generation. I hope what happened to me won't be happening to others, that curiosity doesn't need to be existed really. We need to control ourselves. We are going to decide to not do nasty things.. In whatever we do, we need to be reminded that.. what Allah's like and dislikes. For example, does Allah likes it if we watch porns, it is not a waste actually if we know nothing about it, because it cause you harm. in a long term.*

*(Respondent)*

#### *Sub-theme 3.14: Message Towards Community*

Among her messages to the preachers was to not be too hopeful to see the effects of self-rehabilitation of a pornography addict in a short time. The journey is too difficult and not many have the strength to change themselves completely. Among the second

commandments is to expect the reward of the hereafter only. There are no worldly rewards and quick results that can be obtained, so it is necessary to concentrate on trying to gain God's will.

*I want to execute those 10 percents is like ... Ya Allah... It's been years, almost 11 years I've watch this stuff. Almost 11 years to execute this habit, we will trying to watch t again. Thats form what i see, 11 years and above and still got that 10 percent left, imagine if.. For example theres a teenager who watch it more than that ,, the longer you watch it the more difficult it is to forget about it... The longer the time for them to watch the porn, the effect will be a longer time taken for us to forget about it. Ha.. Because it is not like a liquid paper that can just delete and throw it away.. It's like in our blood... We need help to throw it away..I too have done many things to do so.*

*(Respondent)*

Discussion, Implication And Suggestion

From the results of the interviews, observations, the summary of recovery and migration factors are as follows:

1. The background of religious education is the supply of consciousness for repentance.
2. Factors of increasing age that contribute to a vain lifestyle, wallowing in sin and remembering death.
3. Efforts to meet with counselors and use the knowledge they have learned.
4. Gaining awareness are from programs and activities organized by the university.
5. Negative effects on thoughts and behaviors to the point of disrupting daily routines.
6. Difficult to learn and understand a knowledge well.
7. Weaken the memory to memorize the verses of the Quran.
8. The relationship between husband and wife is disrupted and does not receive full satisfaction.

As a result of this study, researchers see an approach that can be proposed for future research that is to use as an intervention resulting from the integration of theory in conventional counseling and Islamic perspective which is Cognitive Theory of Islamic Behavior in treating individuals involved with pornography addiction. Among the things that can be done by counselors or preachers are:

1. Focus on rehabilitation interventions.
2. Start with good relationships and unconditional acceptance.
3. Raise faith and awareness of fearing the hereafter, and God's punishment.
4. Provide lifestyle alternatives that can be seen for themselves by those who will migrate.
5. Accept that migration is gradual and time consuming.
6. Requires a special approach because individuals are confused with addiction problems.
7. Get rid of negative thought patterns and replace them with positive thought patterns.
8. Get rid of the negative imaginations.
9. Relaxation and meditation.
10. Give them assignments.

### Conclusion

The issue of pornography addiction poses a challenge for the preachers and families to overcome with. In fact, those who are involved with this pornography addiction have also basically been proven through suffering and experience which at the same time is a powerful influence for them to continue to dwell in the addiction. The issue is exacerbated when society does not take it into account because this addiction occurs in silence and can threaten greater harm to self and society. This article has provided an explanation of each of the experiences, factors and effects in pornography addiction as well as suggestions that can be done by preachers or counselors to help them return to their good life.

"The Internet is not the problem, but the problem is actually the contagious disease in society itself ." This is an excerpt from Dr. Mohamed Awang Lah when asked by Utusan Malaysia reporters about cyber crime in Malaysia (Utusan Online, 2004). His words are synonymous with society's craze for pornographic materials. The Internet and all sophisticated communication equipment are just a medium of communication. It is the user who determines the direction when using the facilities. Therefore, it is the users who need to be educated in order to utilize technology in a way that is pleasing to God.

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