

Relationship Between Sexual Attitude and Fidelity Perception Among Pornography Viewing Individuals

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Abstract

This research was to assess if there is a relationship between sexual attitudes and fidelity perceptions among 200 participants aged 18-25 years who consume pornography. Participants were recruited using convenience and snowball sampling methods. The Sexual Attitudes Scale (SAS), which measures attitudes towards sex; Relationship Assessment Scale (RAS), which serves as a proxy for fidelity perception; and the Problematic Pornography Use Scale (PPUS) were all used to collect data. Descriptive statistics generally indicated that the sample had mean SAS of 64.73 (SD=15.660) and RAS of 48.26 (SD=11.671). The findings were assessed using Pearson correlation analysis and provided evidence of a significant positive association between permissive sexual attitudes and fidelity perception ($r = .279, p < 0.01$). This indicates that individuals who hold more liberal sexual attitudes will be less concerned about committing infidelity through pornography. Additionally, the results of study lend to sexual script theories by providing evidence that previously held beliefs influenced one's perception of fidelity in the context of committing infidelity through the consumption of pornography. Possible implications for communication in a relationship and sexual education are discussed.

1. Introduction

In general population, pornography viewing through online, website, so people of all ages, backgrounds, and identities are watching it. Because it's so common, researchers have started digging into how seeing sexual content shapes what folks think about sex, act during sex, or view loyalty in relationships. Turns out, porn isn't just one thing what kind you watch, how often, and your personal situation can change how it affects your mind or connections with others. Public discussion and school talks often ask if porn changes how folks see sex like making some acts seem usual or if people's current views decide what they watch. Many people question if watching adult films could be considered to cheat on their partner. Knowing the connection between their feelings about sex, and the related feelings of loyalty they have, is very crucial when trying to assist couples with improved communication, teaching safer intimacy and developing an equitable system for each couple. This means guidance might need to aim at understanding media, improving partner chats, or handling heavy usage habits.

In this study, the theoretical frameworks have a few ideas shape how we study porn, views on sex, or beliefs about loyalty each adds a different angle to understanding behavior. First, Sexual script theory where Media give us ideas about sex like a playbook folks absorb without thinking. Watching lots of

porn. That can tweak those mental playbooks bit by bit. Over time, it might change how someone sees what's normal or okay in sexual situations. Those small shifts. They could influence real life choices and views down the line. Second, Desensitization and normalization model it states that the desensitization plus normalization ideas point to how repeated contact with specific sexual material might make people less sensitive dulling their reactions and turn rare or frowned upon actions into everyday ones; such patterns can shift personal views on sex and weaken resistance to some acts. Hold along with other researchers has looked at numbness over time as one way aggressive or intense scenes start feeling normal in someone's intimate life. Third, Cognitive behavioral and attitude mediator models it suggests that porn use affects sex actions because views shift views act like a middle step between using porn and doing things. On the flip side, pick based theories say your existing mindset shapes if you'll watch porn mindset comes before viewing. Big picture studies check if beliefs mix up the link or actually explain how it works.

2. Review of the literature

Navarro Mantas et al. (2025). The researchers utilized ethnographic techniques to explore the ways young Spaniards construct meanings surrounding the sexuality, the role of pornography and the prevalence of gender-based violence within the context of limited/semi-structured, health-based sexual education throughout their development. The primary focus in this study was qualitative interviews with 40 individuals aged between 13-20 who are presently enrolled in high school or a vocational program.

Lewczuk et al., (2023) The Relation of Sexual Attitudes to Hyper sexuality and Problematic Pornography Use. A survey was conducted online using a national sample of 1,036 adults in Poland. Four aspects of sexual attitudes were analyzed; adjustments made for personal background factors. Results indicated that open-minded stances reliably linked to stronger signs of hypersexuality along with troubling porn habits in both males and females while remaining attitude traits had less influence, sometimes varying by sex.

Nikmanesh et al. (2021) Relationship Between the Use of Pornography and Marital Sexual Satisfaction with Attitudes Towards Marital Infidelity in Married Women in Zahedan City; their research involved 190 individuals, including working women along with homemakers. A descriptive correlation method was applied whereby standard tools measured compulsive viewing habits, intimacy fulfillment, and opinions about unfaithfulness. Results showed that higher exposure linked clearly to lower contentment in bed. The research suggests cutting down excessive porn use could improve sexual happiness in marriage while also shifting attitudes against infidelity in wives.

3. Research Methodology

3.1. Aim: To study the Relationship between sexual and fidelity perception among pornography viewing individuals.

3.2. Objective

- To assess the level of sexual attitudes among pornography-viewing individuals.
- To assess the level of fidelity perception among pornography-viewing individuals.
- To examine the relationship between sexual attitudes and fidelity perception among pornography viewing individuals.

3.3. Hypothesis

- **H0:** There will be no significant relationship between sexual attitudes and fidelity perception among

pornography-viewing individuals.

- **H1:** There will be a significant relationship between sexual attitudes and fidelity perception among pornography-viewing individuals.
- **H2:** There will be a significant relationship between problematic pornography use and fidelity perception.

3.4 Research design: The present study adopted quantitative, correlational study to examine the relationship between sexual attitudes, pornography use, and fidelity perception without manipulating any variables.

4. Sample size and sampling technique

- The study includes a sample of 200 participants who engage in pornography viewing among age between 18 – 25 years old.
- Convenience sampling and snowball sampling will be used to recruit participants.

4.1 Inclusion criteria

- People who are aged less than 18 and more than 25 years old
- People who do not indicate that they have exposed themselves to pornography, or have no prior exposure or completed the questionnaires

4.2 Exclusion criteria

- Individuals who are less than 18 years old or more than 25 years old
- Individuals who do not report having been exposed to pornography
- Individuals who do not agree to complete or return their questionnaires will not be included in the study

4.3 Tool Used and description

- **Sexual attitude**

The Sexual Attitude Scale (SAS) is a standardized, self-reported measure that is intended to evaluate an individual's beliefs, values and attitudes regarding sexual behaviour, sexual relationships and societal norms regarding sexual behaviour. The Sexual Attitude Scale evaluates four constructs or dimensions of sexual attitudes: permissiveness of sexual behaviours, responsibility for sexual behaviours, intimacy, and commitment to partner(s). Individuals respond to 44 scale items using a Likert-type scale, with higher scores indicating greater sexual permissiveness. The SAS demonstrates adequate psychometric properties, including sufficient construct validity; previous studies have reported coefficients of reliability (Cronbach's alpha) ranging from .71 to .89 for all sections of the SAS, indicating considerable reliability within each section; also, by retesting an individual on the SAS, the reported score was between .78 and .85 for all retests performed, indicating that scores don't vary widely over time (days or weeks).

- **Fidelity perception**

The Relationship Assessment Scale (RAS), created by Susan S. Hendrick in 1988, measures the degree of satisfaction a person experiences in their romantic relationship through a brief, standard, self-report scale assessing elements of his/her satisfaction, stability, expectations, and partner's responsiveness towards him/her; there are 7 statements within this scale that require the respondent to choose from five options (e.g., strongly disagree - strongly agree) as to how much they agree with the statement. A score of 5 points represents complete satisfaction with same as a score of 1 point represents complete

dissatisfaction. In regard to reliability and validity, the RAS possesses high internal consistency (Cronbach's alpha = 0.85 - 0.90), test-retest reliability (0.85), and construct validity. Reliability & validity were demonstrated across many different groups of people over time.

• **Pornography viewing individuals :**

The PPUS is a self-report measure to evaluate maladaptive/compulsive patterns of one's use of pornographic material. The PPUS incorporates potential areas of distress, excessive usage or problem usage, impaired control or regulation and functional or occupational difficulties related to watching pornographic material. Each item has assigned values on a Likert scale, identical to the other measures used with the PPUS, where higher scores reflect greater levels of problematic pornography usage. The PPUS has been tested for high levels of reliability and validity. The Cronbach's alpha measures have ranged from 0.93 to 0.95 for the overall survey, and the subscales scores were between 0.80 and 0.92, lending credence to its use for studying the psychological and behavioural effects of using pornographic material.

4.4 Statistics Used: -Data will be analyzed using Statistical Package of the Social Science (SPSS). Descriptive statistics will summarize the variables, while Pearson's correlation coefficient will be used to assess the relationship between sexual attitudes and fidelity perception.

5. Result

This chapter discusses the results and interpretation of the analysis done to understand the relationship between sexual attitude and fidelity perception on pornography viewing individuals.

Table 1-Descriptive statistics showing the mean and standard deviation of between sexual attitude and fidelity perception on pornography viewing individuals.

| Variables | Mean | Standard Deviation | N |
|---------------------|-------|--------------------|-----|
| Sexual Attitude | 64.73 | 15.660 | 200 |
| Fidelity Perception | 48.26 | 11.671 | 200 |

The descriptive table shows the mean and standard deviation for the variables. sexual attitude has a sample N=200, mean= 64.73 and standard deviation=15.660 and fidelity perception has a sample N=200, mean= 48.26 and standard deviation=11.671

Table 2- Correlational analysis showing the relationship between sexual attitudes and fidelity perception among pornography-viewing individuals.

| Variables | Pearson's correlation | r value | Decision |
|---------------------|-----------------------|---------|----------------------------|
| Sexual Attitude | 1 | .279** | Rejecting(H ₀) |
| Fidelity Perception | | | |

***Correlation is significant at 0.01 level (2-tailed)**

Table shows the values of Pearson's correlation among the two variables. There appears to be a correlation of 1 and a significance of .279 ** (p<0.01). There is significance at .001 level and a positive correlation between sexual attitudes and fidelity perception among pornography-viewing individuals. It

implies that the higher the sexual attitudes, the lower will be the level of fidelity perception among pornography-viewing individuals.

The findings indicate that there appears to be a significant association between the two variables. Therefore, as there is a significant relationship between the variables of sexual attitudes and fidelity perceptions of sexually active individuals utilizing pornography, we reject the null hypothesis (H₀: there is no association between the sexual attitudes and fidelity perceptions of sexually active individuals using pornography). This research was designed to explore the correlation between sexual attitudes and fidelity perception of pornography-consuming individuals.

6. Discussion

This study aims at how watching porn connects to what people think about sex and loyalty. Openness to brief encounters shapes personal boundaries around closeness. Expressing attraction may be accepted by some, avoided by others. Attitudes shift when defining dishonesty in relationships. For certain individuals, viewing explicit material feels like a betrayal. Other people regard such actions as separate from loyalty. How faithful a relationship feels often depends on these personal beliefs. Some count online flirtations or erotic chats as betrayal, others do not. Attitudes shape that line between acceptable and unacceptable acts.

A link shows up when looking at how people think about sex and what they see as faithful. With a value of r equaling .279 and strong statistical support, looser beliefs around sexuality connect to weaker ideas about staying loyal. People comfortable with broad views on intimacy often do not treat watching porn or similar acts like betrayal. Stronger moral weight lands here, where even small steps outside norms feel like clear breaks in trust. Seeing things this way fits what earlier research found looser beliefs about sex tend to go hand in hand with seeing porn as less damaging to loyalty in relationships. Take frequent contact with sexual content, for example. Over time, it can make unusual sexual ideas feel ordinary, so people start thinking solo porn use doesn't hurt their bond with a partner. When someone already has an open view, they're likely to treat porn like private fun, not betrayal particularly if they watch it often.

Fidelity interpretations shift noticeably among people who watch porn, depending on their personal comfort with sex. When someone sees sexuality in a more open way, discomfort around porn use tends to fade perhaps openness softens the emotional weight it carries. Stability in self-perceived faithfulness often holds steady in these cases, even if outside observers raise concerns. What matters most seems less about usage itself and more about prior beliefs coloring the experience.

Still, findings point to possible struggles in relationships when lovers see things differently. When one treats porn as harmless but the other feels deceived by it, friction may grow misreading each other, losing faith, sparking arguments. That strong link means the idea of no connection doesn't hold clearly, how people feel about sex ties into whether they sense loyalty, especially if porn is part of their world. The research shows looser views on sex in people who watch porn tie to fewer worries about cheating through that activity. Conversations between partners around intimacy beliefs and screen routines might help them connect better, stay aligned. Looking ahead, studies may consider elements such as gender identity, spiritual background, or how attached someone feels in relationships to clarify what drives these patterns.

7. Summary

The present study examined the relationship between sexual attitudes and fidelity perception among por-

nography-viewing individuals (N=200). The descriptive statistics indicate an average sexual attitude score of 64.73 (SD=15.660) and an average fidelity perception score of 48.26 (SD=11.671). A Pearson Correlation analysis revealed a statistically significant positive correlation ($r=.279$, $p<0.01$) between the sexual attitude and fidelity perception measure. It implies people holding looser views on sex often see faithfulness as less tied to watching porn, sensing little conflict with being loyal. Although it was once assumed no link would exist between one's sexual outlook and their sense of fidelity, evidence contradicted that assumption. Earlier frameworks like sexual script theory and desensitization patterns appear consistent with these outcomes, suggesting frequent exposure alongside progressive beliefs softens concerns about private usage affecting partnerships. How a person already thinks about intimacy shapes whether they regard such behavior as damaging or neutral.

8. Conclusion

The present study shows significant correlation between the scores obtained using the said questionnaires, and indicates a positive correlation between the two variables, i.e., that sexual attitudes must be high in order for young adults to experience a low level of fidelity perception among pornography-viewing individuals.

9. Limitations

- The sample was limited to 200 pornography-viewing individuals with more working information on demographic diversity (age, gender, culture, religiosity).
- The cross-sectional design prevents causal conclusions.
- The Self-report measures may involve social desirability bias, and the study did not assess frequency, type, or context of pornography consumption.

10. Recommendations

- The study can do in a larger scale, more diverse sample including varied age groups, genders, and cultural backgrounds.
- And it includes additional variables such as religiosity, attachment style, and relationship satisfaction.
- It employs longitudinal designs to explore directionality and causation. And assess pornography consumption patterns (frequency, content type) for deeper insight.

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