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## Psychological Dynamics of Adolescent Males PMO (Porn Masturbate Orgasm) Offenders

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### ABSTRACT

The purpose of this study is to determine the psychological dynamics of late adolescent males who do PMO and what factors differentiate late adolescent males who do PMO and late adolescent males who do not. Data collection was carried out using observation and interview methods, using a qualitative research design with a case study approach. The subjects of the study were six people consisting of 3 male late adolescents who did PMO and 3 male late adolescents who did not. Based on the results of the research that has been done, it reveals that the psychological dynamics of adolescent PMO actors begins with the initial stages, namely the trying stage, the reinforcement stage, the stage of making PMO a habit, and ends with the stage of self-defiance conflict, whereas in adolescents who do not do PMO, the experimental stage gains understanding regarding early sex education and signs of puberty from the family environment and this education is not only used as a subject as knowledge but is used as a subject morality not to do PMO Factors that distinguish late adolescent boys who do PMO and late adolescent boys men who did not do PMO, namely sex education from the family environment, friendship environment, duration and how to watch pornography and coping in reducing stress. The impact of PMO consists of various impacts, namely cognitive, physical, psychological, social and spiritual impacts.

**Keywords:** *adolescent, male late adolescence, porn masturbate orgasm.*

### Introduction

According to Zastrow and Kirtashman (2012) the task of adolescent sexual development consists of sexual orientation and sexual roles which aim for adolescents to identify themselves so that adolescent sexual maturity can be achieved but in reality the adolescent phase is characterized by high curiosity about changes The sexual aspect makes adolescents look for various information about sex both from conversations with friends and from the mass media such as magazines, television and the internet. Only some adolescents learn about sex education from their parents.

Based on a survey conducted in four cities of Bandung, Jakarta, Surabaya and Lampung with 450 subjects ranging in age from 15 to 24 years, there were 35% of subjects who could find out about sexual relations from pornographic content and the other 65% knew sexual relations from friends their age (Maisya & Masitoh, 2020) This makes adolescents use the mass media as one of the main sources of information in finding information related to changes that occur in the sexual aspects of adolescents, but in reality sex information in the mass media, especially on the internet, does not provide proper sex information at the age adolescents so that it makes adolescents give birth to several patterns of sexual behavior such as masturbation behavior.

Masturbation is fulfillment and sexual needs by stimulating the genitals themselves so that sperm comes out in men and orgasm in women (Ratna, 2010). Masturbation behavior is currently known as porn, masturbate, and orgasm. Porn, masturbate, and orgasm (PMO) can be defined as the behavior of watching content that arouses sexual desire and turning that content into a sexual fantasy by touching sensitive parts of the body to achieve orgasm. Boyke (2006) revealed that PMO which is carried out more than twice a week is considered unnatural because it will have a negative impact on the body. The behavior of PMO in adolescents is certainly contrary to the tasks of adolescent development which should be filled with more positive things in order to fulfill developmental tasks properly, but in reality adolescents are caught up in PMO. This is evidenced by research conducted by Putri et al (2020) on adolescents in Indonesia, out of 462 adolescent social media users, 82.2% admitted that they had accessed pornography and as many as 58.1% had performed Porn Masturbate Orgasm (PMO). PMO experienced by adolescents is caused by several factors, namely hormonal changes, delays in the age of marriage, norms in society, and the dissemination of information about sexual activity, namely pornography (Sekarini, 2012). This is in accordance with preliminary studies on the subject that one of the causes of PMO is pornography. , the subjects did PMO because of the ease of accessing pornography and resulted in adolescents being addicted to watching porn videos and even masturbating (PMO). This was also shown from several news reports, namely that many adolescents carried out PMO, as was done by a teenage boy in Chicago who carried out extreme PMO, namely 56 times, which caused him to die in his room (Sukardi, 2019). Apart from that, adolescents from Bantul were also found to be carrying out PMO in internet cafes. These adolescents carried out PMO by opening YouTube content that smelled of blue films and making carpets in internet cafes where sperm residue from the teenager was splattered (Mayasanto, 2011). Meanwhile, Kerinci residents were shocked by the circulation of a video with a duration of 3 minutes and 58 seconds showing a teenage girl carrying out PMO in her room and recording her actions on her own cell phone (Adi, 2018).

Another study by Sarwono (2013) on late adolescents aged 18-22 years in Jakarta found that almost all male adolescents do PMO (92%) compared to female adolescents who do very little (21%). PMO is something that is often done, especially in late adolescence (Ridha, 2014). College students, who are in their late teens, cannot be excluded from this PMO. This shows that PMO behavior is still widely practiced among adolescents, especially in late adolescent boys and normalizes that masturbation is a natural thing to satisfy one's sexual desires. According to Sitanggang (2012) Masturbation behavior or currently known as PMO (Porn, masturbate, and orgasm) is starting to become normalized among adolescents today because PMO is considered the safest way to satisfy sexual desires that are reaching the point of arousal in During their teenage years, some other adolescents also use PMO as a way to entertain themselves and also as compensation to reduce stress.

Meanwhile, the main problem regarding PMO experienced by adolescents is the negative impact of PMO itself, namely causing feelings of guilt, regret, fear and anxiety. According to Kartono (2009) the impact of PMO is guilt arises after carrying out PMO, this is because on the one hand adolescents are stimulated by sexual maturity and explosive sexual impulses to have actual sexual relations but on the other hand there is awareness from adolescents about the norms , social prohibition, and prohibition of conscience to realize their sexual impulses, causing conflict from the two sides and manifesting in anxiety, confusion, and loss of direction which is reduced by PMO. Although in the end the PMO creates a feeling of guilt or guilt.

Apart from that, other impacts of PMO which have become a habit will have a bad impact on the perpetrators such as the emergence of emotional shocks, disrupting learning concentration and disturbing adolescents' adjustment to the social environment (Sarwono, 2008). Research conducted by Shekarey et al (2011) on 62 Iranian women and 92 Iranian men showed that one of the effects of PMO was that it made it difficult for PMO actors to concentrate and easily forget and

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get angry easily as a result of PMO. According to Fisher (1994) another impact arising from PMO is that PMO actors feel isolated because PMO is an outlet for a world full of fantasies which then makes a person withdraw from society so that over time they will increasingly feel isolated, alone and lonely in depth. Furthermore, based on the Diagnostic and Statistical Manual of Mental Disorders in the fourth edition (DSM IV) states that masturbation/PMO is an abnormality when masturbation is the only sexual behavior that is carried out then when it is often done it will become something compulsive or sexual dysfunction. (American Psychiatric Association, 1994).

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Based on the previous explanation, the researcher is interested in conducting research on "Psychological Dynamics of Late Adolescents in Male Performers of PMO (Porn Masturbate Orgasm)" because there's an increasing number of PMO cases among late adolescents. Therefore this study aimed to knowing how psychological dynamics and factors cause someone to get used to doing PMO as well as what factors differentiate adolescents who do PMO and adolescents who don't, especially in glasses of case studies based on one's understanding and behavior based on someone's opinions. Previous studies have been conducted on PMO behavior, but no one has compared adolescents who do PMO with adolescents who do not do PMO. Therefore, this research contributes to understanding the dynamics and factors that differentiate between teenagers who do PMO and those who do not. Furthermore, the study aims to add insights related to pornography viewing behavior and masturbation (PMO) as an initial step in the prevention of sexual abnormalities in adolescents.

## Method

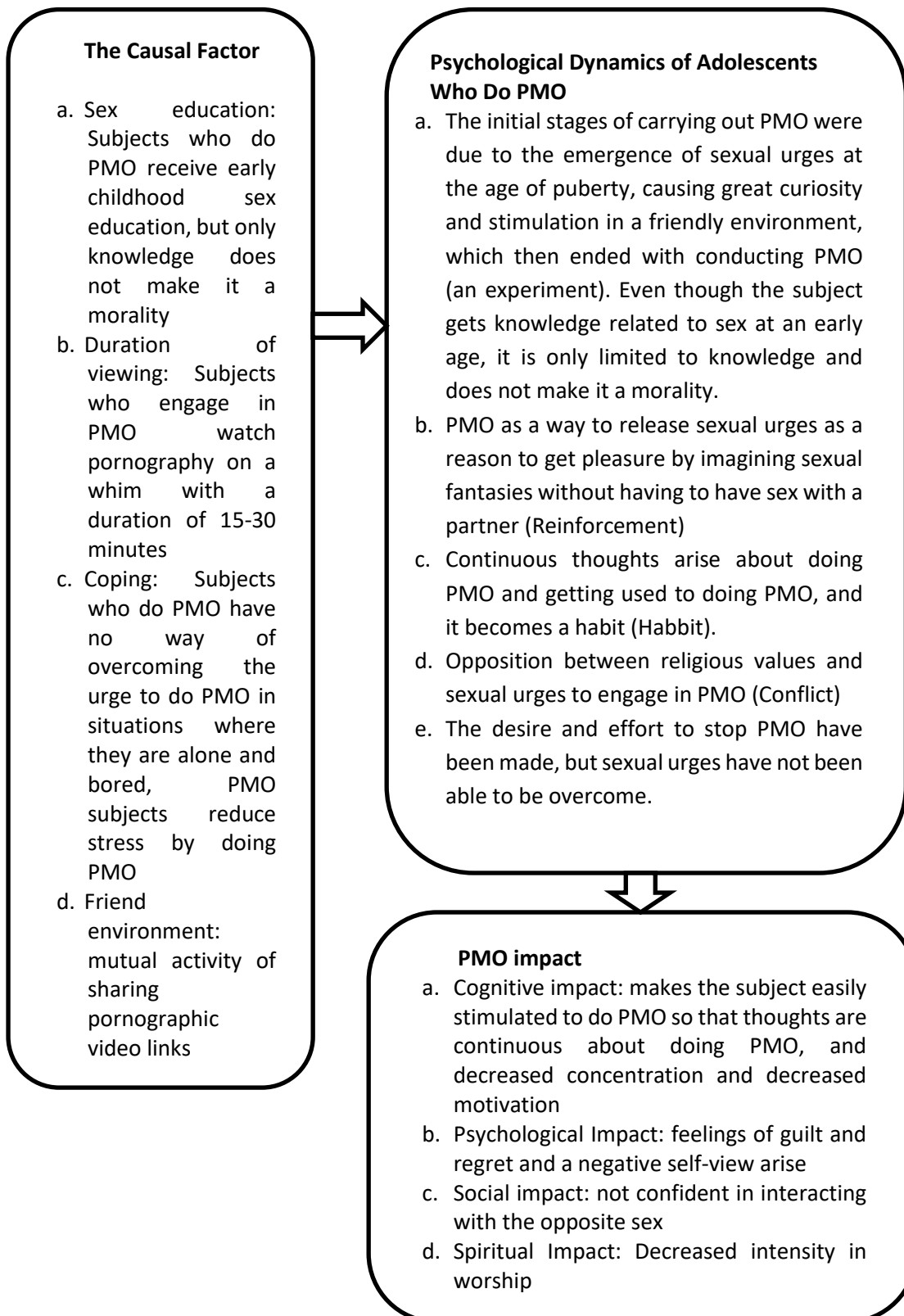
4  
This study used a qualitative approach with a case study method (Creswell, 2016). The sampling technique used was convenience sampling. According to Sugiyono (2015), convenience sampling is a method of determining a sample by choosing a sample freely at will of the availability of research subjects and the ease of obtaining them. This means that the sample was chosen because the sample was in the right place and time. This sample was chosen to facilitate the implementation of research on the grounds that the respondents used were already known to the researcher so that the building trust that was built was long enough to support the trustworthiness of what the subject said. Subject criteria were late adolescent boys aged 18-22 years who did PMO more than twice a week, and late adolescent boys aged 18-22 years who did not do PMO. In this study, the number of research subjects was 6 people consisting of 3 male late adolescents who did PMO and 3 male late adolescents who did not. The data collection technique is as follows:

Interview in this research, semi-structured interviews are used, namely interviews that provide sufficient free space for researchers to probe the data. Semi-structured interviews can be analyzed using various analytical methods such as discursive analysis, grounded theory, or interpretative phenomenology (Herdiansyah, 2015). Semi-structured interviews were conducted by compiling questions from theories related to PMO. If there is a topic that does not have a question in the guide that has been prepared, it needs to be investigated further. Interviews are also not only conducted with respondents, but also carried out with several people closest to the respondents to obtain it more in-depth data about respondents. The observations that will be carried out in this research are non-participant/non-systematic observations. Observations are carried out without a structure or plan in advance, so that the observer can capture anything that can be captured.

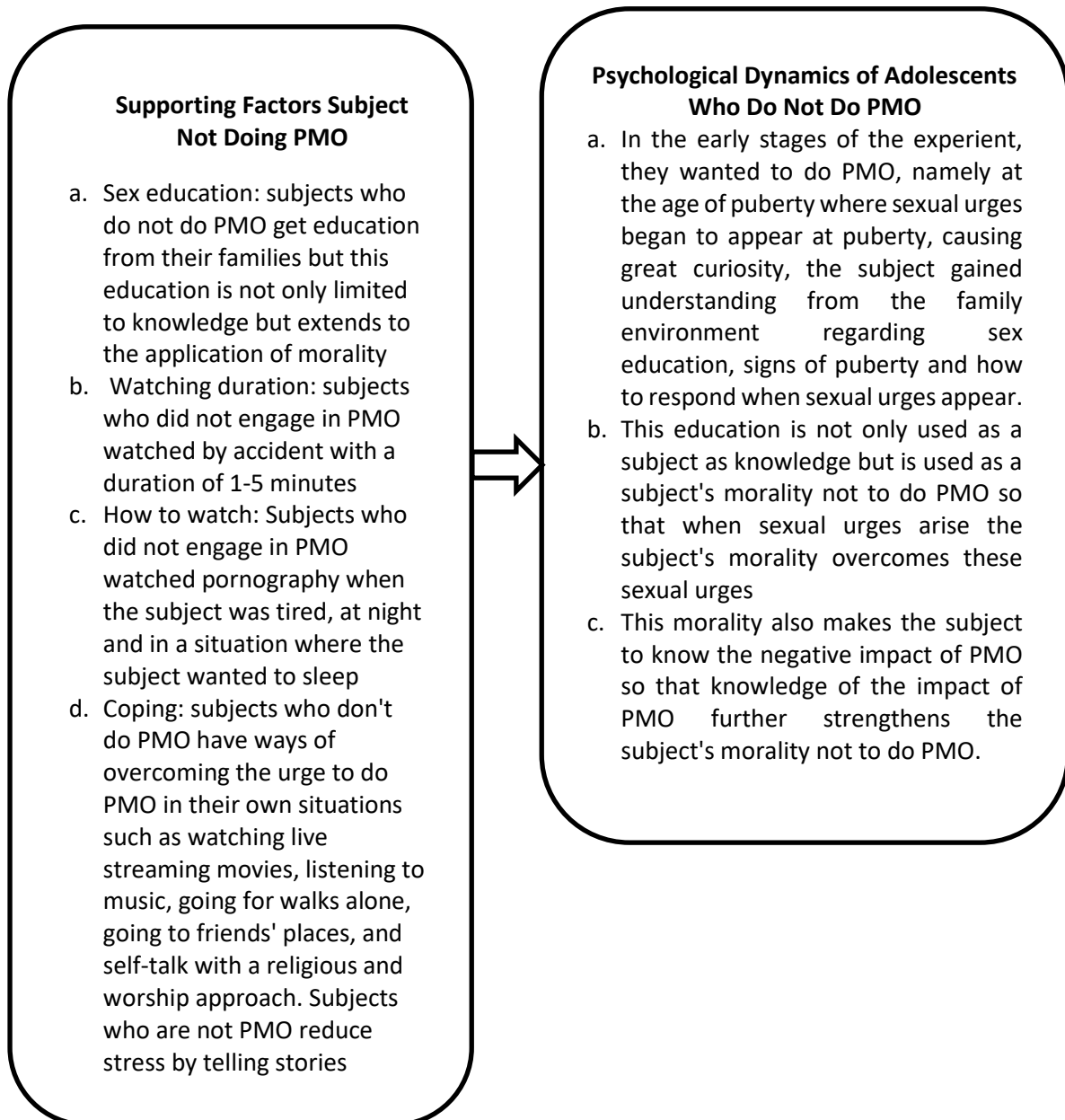
## Results

**Figure 1.**

*Schematic of the Psychological Dynamics of Adolescents who do PMO (SDA)*





**Figure 2.***Schematic of the Psychological Dynamics of Adolescents who do not do PMO (SDA)*

## Discussion

### **Psychological Dynamics of Adolescents Who Do PMO and Adolescents Who Do Not PMO**

The psychological dynamics of adolescents who engage in PMO begins with the trying stage, namely the emergence of sexual urges in adolescents which continues on how to fulfill these urges, namely the safest way for adolescents, namely PMO by fantasizing about sex from pornographic videos. Furthermore, the reinforcement stage is obtaining pleasure (strengthening) after fantasizing about pornographic videos that are watched and orgasms. Furthermore, the habit stage is due to the reinforcement obtained, namely enjoyment so that PMO is repeated to fulfill

sexual urges so that it continues to the conflict stage, namely self-contradictions arise because PMO is carried out contrary to religious values and conscience, while on the other hand PMO is considered the most it is safe to satisfy sexual urges in adolescents so that it creates a cycle of doing PMO, feeling guilty and repeating PMO again. These stages are explained in detail as follows:

### Steps to try

At first, the subjects did PMO because they were very curious about sexual physical changes at puberty. Puberty is a process of maturity and growth that has occurred when the reproductive organs begin to function and secondary sex characteristics begin to appear (Wong, 2009). At the age of puberty physically and hormonally every subject has been active both in quantity and quality related to sexual physical development but the environment in this case the family does not provide an understanding of the subject's physical changes when entering adolescence. It was also shown from the comparison of subjects who did PMO with subjects who did not do PMO, it was found that subjects who did not do PMO gained understanding regarding early sex education and signs of puberty from the family environment. as the subject's morality not to do PMO so that when sexual urges arise the subject's morality is able to overcome these sexual urges. This morality also makes the subject to know the negative impact of PMO so that knowledge of the impact of PMO further strengthens the subject's morality not to do PMO while subjects who do PMO get early sex education from the family environment but only limited knowledge does not make it a morality not to do PMO so that this was obtained by the subject from a friendship environment that began at the age of elementary and junior high school by accessing pornography together which then affected the subject's sexual urges and manifested by the PMO that was carried out. This is in line with research conducted by Fabiola (2021) which states that the puberty phase influences adolescents to engage in sexual activity, one of which is PMO. Apart from that, research conducted by Arifianingsih (2021) states that there is an influence of peer friendships on risky sexual behavior, one of which is PMO.

### Reinforcement Stage

In the reinforcement stage, the subject performs PMO as a way to vent his sexual urges so as to cause satisfaction, comfort, and pleasure from the subject's perception. This is in accordance with research by Paramita (2018) which states that there is a description of the feeling of pleasure that makes individuals do PMO. The reinforcement that the subject gets starts when the subject looks for the desired sexual fantasy and then imagines or fantasizes as desired so that it makes the subject's PMO behavior more maintained. This is in accordance with the concept of Skinner's behavioral psychology approach which suggests that every time a stimulus is received, a person will respond based on the S-R relationship. The response given can be appropriate (correct) or inappropriate (incorrect) with what is expected (Fitriani, 2017). The response that the subject got was a feeling of pleasure, satisfaction and comfort after doing the PMO so that the subject continued to maintain this.

### Habit Stages

In the next stage, namely the stage of making PMO a habit that occurs because of the reinforcement obtained in the previous stage so that this makes the subject constantly think about doing PMO. Another thing that was felt by the subject was that if PMO was not carried out there was something awkward within the subject but after the subject did PMO the subject felt relieved. This is in accordance with research conducted by Lutfi (2016) where individuals who get reinforcement when doing PMO will make PMO a habit. PMO is made a habit by the subject because the subject is easily stimulated by his sexual urges, that is, when the subject sees pornographic content from social media, the subject will think about it and then end up with PMO.

PMO is carried out by subjects on average 3-6 times a week. The frequency of this was done by the subject because the subject felt that when he was not doing PMO the urge to do PMO was getting higher so that to reduce this urge the subject did PMO. This means that from this it can be concluded that the subject's self-control is low so that it is easy to do PMO and make it a habit. This is in line with research conducted by Ilham and Kurniawan (2021) which states that there is a relationship between self-control and PMO behavior. Self-control plays a role in controlling the behavior. Hurlock (2010) explains that self-control is a psychological aspect within the individual that plays a role in determining individual success in controlling their behavior, resisting self-destruction, and separating emotions from rationality.

### Conflict Stages

After going through several stages of the PMO psychological dynamics, the next stage is the conflict stage. The conflict in this stage is the conflict within the subject due to PMO. On the one hand, the subject wants to release his sexual urges through PMO and on the other hand, the PMO that is carried out makes the subject feel contrary to religious values so that this makes the subject feel sorry and sinful, but the feeling of regret and sin only lasts a short time in the subject. so that when the urge or desire to do PMO reappears the subject does PMO and regrets it again. This creates a cycle that repeats itself to the subject, namely doing PMO and regretting which then continues to repeat so that this makes the subject want to stop doing PMO and various attempts have been made by the subject but sexual urges cannot be overcome in the subject which then makes the subject repeat the cycle. This is in line with research conducted by Sine (in Ilham & Kurniawan, 2021) that individuals will continue to do PMO even though they feel guilty. This is also in line with the opinion of Paramita (2018) even though feelings of regret and guilt always arise when they have done PMO, this is still inferior to sexual urges that are difficult to control, so the perpetrators do PMO again to channel these urges.

### Factors That Distinguish PMO Adolescents and Non-PMO Adolescents

The factors that influenced the subject to do PMO and not to do PMO consisted of two factors, namely internal factors and external factors. Internal factors consist of coping and situations while external factors consist of friendships and easy access to pornography. These factors are described as follows:

#### Internal factors

Internal factors are factors that come from within the subject. The first internal factor is coping. According to Sarafino & Smit (2011) coping is an attempt to neutralize or reduce the stress that occurs. The coping done by the subject when experiencing problems and reducing stress is by doing PMO. The subjects felt that the stress they experienced could decrease after doing PMO. The additional findings of this study also show differences between coping for subjects who do PMO and coping for subjects who do not do PMO, namely in subjects who do PMO to reduce stress by doing PMO while for subjects who do not do PMO coping is done by telling stories with people. closest to the subject. This is in line with research conducted by Paramita (2018), which states that one of the motives of individuals to do PMO is to reduce the stress they experience. This is also in line with the opinion of Sitanggang (2012), because PMO is considered the safest channel of passion, especially to vent sexual impulses that are reaching the point of arousal in adolescence, some others also seek entertainment from PMO, then others as compensation for someone for reduce the stress. The subject's confusion in dealing with stress and the problems they experienced made the subject use PMO as a coping to overcome this.

The next internal factor is the situation. Situations are conditions that strengthen the subject's urge to do PMO. The situation experienced by the subject is a situation where there is no

1 activity and activities, causing boredom, loneliness, and the meaninglessness of life. These negative feelings were eliminated by the subject by doing PMO so that when the subject was in these situations the subject would tend to do PMO. This is in line with research conducted by Ilham and Kurniawan (2021) that feeling bored during free time is one of the reasons individuals do PMO. The additional findings of this study also show that there are differences in the way subjects deal with situations when there is no activity and causes boredom which then impacts the urge to do PMO. In the subjects who did not do PMO, the ways to do it when PMO urges appeared when there was no activity were by watching live streaming movies, listening to music, playing games, going for walks alone, going to friends' places and self-talk with a religious approach, while the subjects who do PMO when there is a desire to do PMO disstuation there is no activity the subject has no way to divert this urge so as to make the subject do PMO. This is also in line with the opinion of Ahola and Weissinger (2019) which revealed that the more an individual perceives free time as a boring situation, the greater the risk of the individual being involved in juvenile delinquency or other behavior that is not justified such as PMO.

### External factors

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3 External factors are factors that come from outside the subject. The first external factor is the friendship environment. The subject's friendship environment influenced the subject's conduct of PMO due to the activity of sharing pornographic content links by the subject with his friends as material for conducting PMO. This is in line with research conducted by Arifianingsih (2021) stating that there is an influence of peer friendships on risky sexual behavior, one of which is PMO. The subject and his friends share pornographic content with each other, especially if there are videos that are viral in the community so that the subject will share about this. These viral videos were then watched by the subject when he was alone, causing the subject to desire or encourage them to do PMO.

The next external factor is the ease of accessing pornography. Pornographic content as one of the stimuli that made the subject do PMO. Pornographic content is very easy to find and access both from social media and from Google. From Google, the subject outsmarted this by downloading a VPN, which is an application that can replace the country's location so that the subject moves the location of the country that legalizes pornography so that the subject can view pornography and make material for PMO.

7 The additional findings of this study also showed that there was a difference between the duration of watching pornography in subjects who did PMO and those who did not do PMO, that is, subjects who did not do PMO only watched 1-2 minutes in duration because according to the subject, the longer the duration of the pornographic video, the greater the motivation of the subject to participate. do PMO then subjects who do not do PMO will watch pornography at night when the subject's physical condition is tired and sleepy so that the desire for PMO can be diverted while for subjects who do PMO the duration of watching pornography ranges from 15-30 minutes. This is in accordance with research conducted by Pradani (2021), namely that there is a very significant positive relationship between pornography viewing behavior and PMO behavior. This is also in line with the opinion of Sarwono (2008) one of the factors contributing to the emergence of PMO behavior is the increased dissemination of information and sexual stimulation through the mass media, namely 45 students (39.9%) use the internet as audio visual information on pornographic media, 32 students (28.1%) use phone sex as a pornographic medium, and 57.9% with friends usually students watch pornographic media.

### PMO Impact

The subject's PMO has an impact on cognitive, psychological, social and spiritual. These impacts are described as follows:

### Cognitive Impact

Cognitively, the impact experienced by the subject is that the subject continuously thinks about doing PMO because PMO makes the subject feel addicted to doing it. This is in line with the opinion of Lubis (2018) which states that PMO perpetrators feel addicted to continuing to do PMO. Another impact experienced by the subject is the subject's concentration decreases. This is compared to the subject when the subject is not doing PMO with the subject who is already doing PMO, that is, the subject's concentration is better than when the subject is already doing PMO. This is consistent with research conducted by Rizaldi (2014) who found that one of the effects of PMO on cognition is a decreased level of concentration as evidenced by the learning achievement index of students who do PMO is lower than the learning achievement index of students who do not do PMO. This is also reinforced by research conducted by Fabiola (2021) one of the effects of PMO which is carried out with a lot of frequency can disrupt concentration.

### Emotional Impact

The emotional impact felt by the subject is the emergence of feelings of regret, guilt and guilt after doing PMO even though when doing PMO they feel pleasure. This is in line with the opinion of Purnamasari et al (2015) who stated that the influence of PMO usually also has a psychological impact that disturbs PMO addicts a lot. For example feelings of guilt, sin, and low self-esteem for doing things that are not approved by religion and cultural values. Feelings of guilt, sin and regret for the subject because there is a conflict within the subject who wants to stop doing PMO because he feels contrary to the values prevailing in society but in reality the subject continues to do PMO. This self-contradiction occurs because the sexual impulse that the subject wants to satisfy immediately through PMO is not in line with conscience and religious values that are understood by the subject so that self-contradictory arises. Then the other impact felt by the subject is feeling more sensitive after doing PMO, namely the subject becomes more angry compared to the condition of the subject who does not do PMO.

### Social

The impact of PMO on social subjects is that the subject becomes insecure when interacting with the opposite sex and feels more comfortable alone than hanging out in the surrounding environment. The subject's self-doubt then influences the social subject, especially the subject's social interaction so that the subject prefers to be alone compared to interacting with the opposite sex. The subject's lack of self-confidence because the subject feels negative about himself, namely fear and overthinking is seen by the opposite sex as a perverted man so that the subject tends to avoid eye contact when dealing with the opposite sex. Apart from that, the subject's lack of self-confidence makes it difficult for the subject to speak in public so that when there are presentation activities in class, the subject tends not to want to. Subjects compared their level of self-confidence to be better before the subject routinely carried out PMO. This is in line with research conducted by Lubis (2018), which states that one of the effects of PMO is to make individuals experience a crisis of self-confidence.

### Physique

The physical impact felt by the subject is the feeling of fatigue after doing PMO, this is due to the subject's desire to immediately satisfy the sexual urge through PMO so that PMO is carried out draining. This is in accordance with the opinion of Fisher (2008) that PMO generally has an impact on a person's fatigue because PMO is usually done in a hurry to achieve ejaculation. The subject also tends to be sleepy after doing PMO so that when the subject cannot sleep the subject does PMO so that the subject can sleep because they feel tired. The subject experienced fatigue until the next day so that it made the subject lazy to move. The feeling of fatigue that makes the

subject lazy to do activities which is the physical impact of PMO experienced by the subject is also in line with the opinion of Shekarey et al (2011) PMO has the risk of causing great fatigue physically and psychologically so that it will hinder individuals from completing daily tasks.

### Spiritual

The spiritual impact experienced by the subject is that the subject experienced a decrease in intensity in worship. The decrease in intensity in worshipping the subject was because the subject was overthinking with the PMO which was carried out during prayer so that the subject questioned himself about the PMO being forgiven by God or not. The subject also once repented for not doing PMO but in reality the subject still did PMO so that this made the subject feel confused that he had committed a lot of sins. Besides that, the decrease in the intensity of the subject's worship was caused by the subject not wanting to take a mandatory bath so that the subject preferred not to pray. This is in line with research conducted by Anjani and Zahara (2020), namely one of the effects of PMO is a decrease in the level of religiosity. It is assumed that if adolescents have low religiosity, the level of delinquency is high, meaning that they behave not in accordance with the teachings of their religion and conversely, the higher the religiosity, the lower the level of delinquency in adolescents, meaning that they behave according to the teachings of their religion because they see religion as the main goal of life so that he tries to internalize his religious teachings in his daily behavior (Andisti & Ritandiyono, 2008)

### Conclusion

Based on the results of the research that has been done, it reveals that the psychological dynamics of adolescent PMO actors begins with the initial stages, namely the trying stage, the reinforcement stage, the stage of making PMO a habit, and ends with the stage of self-defiance conflict, whereas in adolescents who do not do PMO, the experimental stage gains understanding regarding early sex education and signs of puberty from the family environment and this education is not only used as a subject as knowledge but is used as a subject morality not to do PMO Factors that distinguish late adolescent boys who do PMO and late adolescent boys men who did not do PMO, namely sex education from the family environment, friendship environment, duration and how to watch pornography and coping in reducing stress. The impact of PMO consists of various impacts, namely cognitive, physical, psychological, social and spiritual impacts

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