

## Temperament, emotional state, masturbation addiction and cyber pornography among college students in South Korea

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**Statement of the Problem:** Sexually explicit material represents a significant part of contemporary internet, with individuals becoming exposed to it at progressively younger ages. This exposure could impact their emotional, psychological and physical health in the long run, leading to the development of addiction and difficulties in connecting with others to form relationships.

Purpose of this study is to evaluate the consumption of cyber pornography in order to identify indicators of addictive behaviour and evidence of guilt about the use of pornography and masturbation.

**Methodology:** The current study sought to quantitatively measure the extent of Cyber pornography access among male and female undergraduate students to measure the

potential correlations between the extent of Cyber pornography access and indicators of addictive patterns negative affect with personality stats and traits and if the BIS/BAS scale characteristics associated with pornography usage and students will have negative emotions and feel guilty after masturbating.

**Findings:** An analysis of the BAS/BIS scale factors helped identify the paradox of addiction, leading to the conclusion that there are certain characteristics that can predict the addiction of pornography, such as pleasure, reward, sexual drive or fun seeking as BAS factors or compulsion, lack of self-control and guilt as BIS factors.

**Conclusion:** This study is salient as it offers new insights on cyber pornography consumption habits of both males and females in a South Korean university and their correlation to masturbation addiction, exploring at the same time the correlation between addictive behavior and guilt.

Recommendations are that future studies evaluate the feelings of guilt and shame after masturbation in relation to other religious confessions, to determine if a correlation exists and to design strategies to support male and female students in distress regarding cyber pornography.

*Correlation Matrix of BAS/BIS, Cyber Pornography Addiction, Masturbation Addiction, Positive and Negative Affect (Total)*

Variables	Masturbation Addiction	Fantasy and Need for Masturbation	Guilt and Negative Emotions for Masturbation
CP Addiction	.676**	.680**	.602**
Isolated Avoiding Use CP	.668*	.751**	.337***
Compulsive Use CP	.548**	.590**	.321**
Guilt Negative Emotions	.452**	.525**	.566**
Cyber Pornography for Chatting	.374**	.444**	.157**
Controllable Use for Cyber Pornography	-.80	-.78	-.59

\* $p < .05$ , \*\* $p < .01$ , CP: Cyber Pornography