

NAIROBI INTERNATIONAL SCHOOL OF THEOLOGY

A STUDY OF BEHAVIORAL CONCERNS OF PORNOGRAPHY AMONG THE
YOUTH: THE CASE OF SOME SELECTED SCHOOLS AND CHURCH YOUTH
MINISTRIES IN NAIROBI, KENYA. A CHRISTIAN COUNSELOR'S PERSPECTIVE

A THESIS PRESENTED THE FACULTY
IN FULFILMENT OF MASTER OF ARTS IN COUNSELING STUDIES

BY

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NAIROBI, KENYA

2009

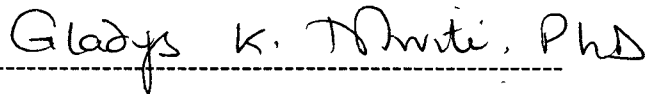
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ACKNOWLEDGEMENT

My heartfelt thanks and appreciation go to

- God Almighty for His faithfulness, provision, guidance and everything He has been to me throughout my study at Nairobi International School of Theology.
- My first reader, Dr Peter Kariuki, for his professional guidance, advice, general support and prayers.
- My second reader, Dr Gladys Mwiti, for her professional guidance, advice and support.
- My husband, Dr Victor Madziakapita, for his tremendous moral and financial support, advice and patience throughout my study.
- My children, friends, relatives and classmates for their support, encouragement and prayers.

This Thesis is dedicated to my children and all the oppressed, the wounded and those addicted to pornography.

“....He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to release the oppressed, to proclaim the year of the Lord’s favour” (Luke 4:18-19).

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CHAPTER 1
INTRODUCTION

Introduction

It is very sad that the youth are being hooked on pornography, an addiction that is disturbing their lives emotionally, physically, psychologically and spiritually. When addicted, the children are finding it hard to get out of it. Some years back I was approached by a friend of my daughter for help with a pornography addiction and I am still haunted with the fact that I was not able to help as I knew nothing about it. There is very little literature on the subject in the African context to understand the seriousness of the problem. Many parents, teachers and pastors are still blind to the gravity and dangers of the problem hence the interest in the topic.

The specific objective of the study is to investigate more about pornography as an addiction; what it is, how our youth get introduced to it, what makes them get into it in the first place and its effect on their physical, psychological, emotional and spiritual lives. It is also aimed at suggesting some prevention measures and solution to the problem. All this is introduced in this chapter which starts with a description of the problem at hand and the purpose of the research. The chapter will also define some important concepts in the study, discuss limitations and challenges encountered and will discuss the methodology applied when carrying out the research. It will also present a proposed chapter outline of the thesis.

Problem Statement

Children are growing up in an already overly sexualized culture and are being exposed to sexually explicit material on a daily basis through television, movies, music, magazines and the

internet. Children are being subjected to sexual materials and messages before they are mentally prepared to understand or evaluate what they are viewing. Coupled with curiosity they start looking for more visuals and when they get hooked, they are finding it hard to come out of it. No child deliberately plans to become a slave to pornography.

Pornography is also problem in Kenya. It is a reality in many schools, homes and internet cafes. One internet café employee admitted that most of their customers are youths aged between 15 and 35 who are very interested in entertaining themselves by viewing pornography and listening to music.¹ One 15 year old child I counseled from one secondary school in Nairobi revealed that he and his friends watch and downloads pornography in class during a computer lesson when a teacher is teaching without her/him being aware of it. Pornography has actually become a cancer that is damaging the minds and lives of children and yet many parents, teachers, pastors and guardians are still naïve about it. They are not aware of its easy accessibility, its quick grip on its victim, its addictive nature and its impact on children.

Purpose Statement

This research seeks to investigate more about pornography as an addiction; what it is, how children get hold of it, what makes them get into it in the first place and its effect on their physical, psychological, emotional and spiritual lives. To get the information needed the following questions will be asked:

1. Why do children get into pornography and why it is addictive?
2. How do children get into pornography in the first place?

¹ Fairfax Digital. *Porn Fuels Kenya's Internet Boom*. <http://www.smh.com/> (Accessed 19/02/09)

3. What are their sources of pornographic materials?
4. What are the effects of pornography on children?
5. Why it so difficult to get out of this addiction?
6. How can children be helped?

Significance of the Study

The benefits of this research will be far reaching. The information collected throughout the research is aimed at creating awareness to all the care givers of our children; parents, teachers, pastors and guardians, about the evils of pornography and equip them with right information to deal with it. There is need for this message and warning about pornography to reach the ears of every parent, teacher, pastor and anyone who cares for the youth.

Methodology (Overview)

In search of the needed information different research methodologies and techniques will be used. The methods will include research designing, the choice of population, sampling procedures, data collection procedure, data analysis procedures and reporting procedure. Details of these methods are presented in Chapter 3.

Data Analysis (Overview)

This being a qualitative research, a simple descriptive research design will be used especially when collecting the information on the impact of pornography on the youth. Data will

be examined, analyzed and interpreted using computer SPSS software. Details of data analysis are included in Chapter 3.

Definition of Terms

Several concepts that are key in this study have to be defined and these are; pornography, pornography addiction and youth.

Pornography

A general interpretation of pornography refers to any sexual explicit materials capable of arousing sexual passion. Kang'ethe in Parents Magazine defines pornography as an expression of sexual fantasies of the mainstream social order.² According to the *Encyclopedia Britannica* pornography is a representation of sexual behavior in books, pictures, statues, motion pictures and other media to cause sexual excitement and that its aim is to swell up within the individual a desire for sexual release.³ For the purpose of the research, pornography will be defined as the presentation of sexually explicit materials to people with the aim of getting them sexually aroused as a form of entertainment so that when they get hooked they become customers. This definition gives the idea that in the first instance the pornographic consumer, especially the youth, gets it as a source of entertainment.

Pornography Addiction

Pornography addiction is a hypothesized form of sexual addiction resulting from the

² Njeri Kangethe. *Pornography: The Worst Sexual Addiction*. Parents Magazine, (Issue N0. 241. July 2006), 40-41.

³ Encyclopedia Britannica articles, Pornography. en.wikipedia.org (Accessed 06-11-2007).

overuse or abuse of pornography. This happens when people spend increasing amounts of time using pornography and begin using increasingly more extreme pornographic material.⁴ This increase in use occurs even though the use has negative consequences. According to Layden, quoted by Dawn, one of the key features of addiction is the development of a tolerance to the addictive substance.⁵

Erick Janssen, a researcher at the Kinsey Institute criticizes the use of the term addiction when talking about pornography because he says it merely describes certain people's behavior as being addiction-like, but treating them as addicts may not help them. He believes many people may diagnose themselves as porn addicts after reading popular books on the subject yet mental health professionals have no standard criteria to diagnose porn addiction.⁶ The researcher does not have a problem with one diagnosing himself or herself as an addict if his or her aim is to seek help. Mary Anne Layden, a psychologist at the University of Pennsylvania believes pornography can be an addiction. She says the same criteria used to diagnose problems like pathological gambling and substance abuse can be applied to problematic porn use. For the purpose of this research, the researcher will define porn addiction as a psychological compulsion, or dependence upon pornography characterized by obsessive viewing, reading and thinking about pornography and sexual themes.

Youth

In this research “youth” will refer to children between the age of twelve and twenty (12 – 20). However the word “children” will be used interchangeably with the word “youth” and

⁴ Carol Gorman. *Pornography* (New York: Franklin Watts, 1988), 54.

⁵ Martin F. Dawn. *Is Pornography Addiction?* Men.webnd.com/guides (Accessed 17/02/09).

⁶ Ibid

young people to denote the researcher's passion to this study.

Presuppositions

Having already carried out a small scale research in pornography, it is sad to say that many parents are naïve and blind to the fact that their children may be involved in pornography. This has become a big problem hence the significance of this research. The research therefore is aimed at making parents, youth pastor and teacher in Nairobi aware of the fact that pornography and pornography addiction is a reality and then encourages them to get involved in the prevention and fight against its spread. The research is also aimed at providing the right information on pornography in order to equip parents and guardians to be able to help their children who are already involved.

Limitations and Challenges

Several limitations and challenges were encountered when carrying out this research. Due to the sensitivity of the topic, and having the target population as young as 12 years old, the main question had to be disguised among many other questions making the questionnaire longer than necessary in an effort not to stir their curiosity. This meant a lot more time to fill in the questionnaire and a lot more costly as the questionnaire was longer and therefore many papers to print. One other challenge was that it was very difficult to gain access to some private schools due to their strict controls. The researcher was denied access to carry out a survey in some private schools because of their restrictive nature. It was also not be easy to find and interview the real victims of pornography as many youth are not interested to open to someone else about it. However, the researcher did her best to find some few youth that she was able to interview.

Time allocated to the research according to the school time table was a major limitation. It was difficult to look for more schools to carry out the survey after being turned down by others due to the fact that many schools went on holiday. This actually meant that the researcher was able to get through to only three secondary schools instead on four as planned.

Delimitations

This research did not cover all the schools and youth ministries in Nairobi. It only included two Youth churches and three secondary schools. The survey was confined to the use of questionnaires to come up with statistics on how many children are affected in these selected institutions and the interview was conducted only to a few victims to get the information on the impact of pornography on children. The choice of Nairobi, Kenya was due to the fact it is in close proximity to the residence of the researcher making it cheaper and easier in terms of transport costs when making visits to the selected institutions.

Chapter Outline

Following is the proposed chapter outline for this research:

Chapter 1 – Introduction

This chapter has introduced the whole research. It has presented the background to the problem that has prompted the study with reference to the importance, relevance and objectives of the study. The chapter has also included a brief explanation of the research methodology used.

Chapter 2 – Literature Review

Chapter 2 will provide the theoretical framework on the topic “pornography”. The literature review will critically examine the different literature and research findings available on

the subject. The sub-sections of this chapter will include the following; What is pornography?, Types of pornography, Effect of pornography, Pornography and the youth, Pornography in Kenya, Behavioral concerns of pornography and the Biblical concerns of pornography. On “behavioral concerns”, this chapter will examine the concepts and relationship between the behavioral theory and pornography.

Chapter 3 – Research Design and Methodology

The third chapter will explain in detail the research methods and designs used in the research. The research design will include data collection methods, sampling procedures, data analysis methods and reporting procedures.

Chapter 4 – Research Findings

This chapter will explain and discuss in detail the findings of the research study and interpretations of the results with the use of the analyzed data and literature. The discussion will be based on the results obtained from the primary source; the questionnaire and the interviews. This chapter will also discuss its response to the problem of pornography in counseling perspective.

Chapter 5 – Conclusion and Recommendations

This chapter will provide a summary of the research study and a conclusion based on the results of the research. It will also discuss recommendations based on the findings and conclusions of the study and recommendations for further study. The conclusion will include a brief discussion indicating what the research results reaffirm. This is where the researcher will

clearly state how the study has contributed to knowledge.⁷ The results here will be integrated into conclusions showing their impact on the central research problem of study.⁸

Conclusion

This chapter has introduced the whole research process. It has introduced the problem statement that pornography is a big problem even in Kenya and its impact on our youth. The research purpose is to investigate more about pornography and its significance is to bring awareness to all children care givers on the dangers of pornography and urge them to do something about it. It has also briefly discussed an overview of the research methodology and data analysis. The chapter has defined some important terms at the centre of the whole research; pornography, pornography addiction and youth. It has also presented the limitations and challenges that made the research a bit difficult and these included the sensitivity of the topic, short time allocated and the problem of accessibility to some private schools. Delimitations in this research included the fact that the research could not cover all the schools and youth ministries in Nairobi and was confined to the use of questionnaires and interviews. The proposed chapter outline for the whole research has concluded the chapter. The next chapter will be the theoretical framework of the whole research.

⁷ Donald Kombo, Delno L. A. Tromp. *Proposal and Thesis Writing: An Introduction* (Nairobi, Kenya: Paulines Publications Africa, 2006), 135

⁸ Mouton, J & Marais, HC. *Basic Concepts in the methodology of the social sciences*. (Pretoria, HSRC Publisher, 1996), 178