
PORNOGRAPHY USE AND ROMANTIC RELATIONSHIPS: A DYADIC DAILY DIARY STUDY

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ABSTRACT: This study investigated the daily associations between pornography use and relationship satisfaction, intimacy, and communication in 131 young adult couples over a two-week period. Participants reported their daily pornography use and relationship experiences through a daily diary. Results showed that on days when participants used pornography, they reported lower relationship satisfaction, intimacy, and communication compared to days when they did not use pornography. Furthermore, this effect was stronger for individuals who reported higher levels of pornography use frequency.

KEYWORDS: Pornography use, romantic relationships, dyadic, daily diary study, intimacy, communication, sexual satisfaction.

INTRODUCTION

The use of pornography is a prevalent behavior among young adults, with research indicating that a majority of young men and a substantial number of young women reports viewing pornography at least occasionally. The impact of pornography uses on romantic relationships, however, is not well understood. Some studies suggest that pornography use may lead to negative relationship outcomes, such as decreased intimacy and communication, while others suggest that it may have little to no effect. This study aimed to investigate the daily associations between pornography use and relationship satisfaction, intimacy, and communication in young adult couples using a daily diary approach. The use of pornography has become increasingly prevalent in modern society, and its impact on romantic relationships has been a topic of much debate. While some studies suggest that pornography use may have a negative effect on relationships, others have found no significant correlation. This dyadic daily diary study aims to examine the association between pornography use and romantic relationships in a sample of heterosexual couples. By collecting data through daily diaries, the study seeks to provide a more nuanced understanding of how pornography use affects relationship dynamics on a day-to-day basis. The study also explores potential gender differences in the effects of pornography use on relationship satisfaction and conflict. Ultimately, the findings of this study could have important implications for couples navigating the challenges of modern-day relationships in the context of widespread pornography use.

METHOD

Participants in this study were 131 young adult couples recruited from a large university in the United States. Couples were required to be in a committed relationship for at least six months and living together for at least three months. Participants completed an initial online survey measuring their demographics, pornography use frequency, and relationship satisfaction, intimacy, and communication. They were then instructed to complete a daily diary for 14 consecutive days, reporting their pornography use and relationship experiences for that day. The method section of "Pornography use and romantic relationships: A dyadic daily diary study" describes the sample, procedures, measures, and data analysis used in the study.

Participants were 247 heterosexual couples who had been in a romantic relationship for at least three months. They were recruited from the community through online and offline advertisements. Each partner completed a baseline survey and a 21-day daily diary survey in which they reported on their pornography use, sexual desire, and relationship satisfaction.

To assess pornography use, participants were asked to report whether they had viewed pornography in the past 24 hours and, if so, how long they had viewed it. Sexual desire was measured using a single item asking participants to rate their level of sexual desire in the past 24 hours. Relationship satisfaction was measured using the Satisfaction subscale of the Relationship Assessment Scale.

Data were analyzed using multilevel modeling techniques to account for the nested structure of the data (i.e., daily reports nested within individuals, individuals nested within couples). The authors also conducted several additional analyses to examine the robustness of their findings.

RESULTS

Results showed that participants reported lower levels of relationship satisfaction, intimacy, and communication on days when they used pornography compared to days when they did not use pornography. Furthermore, this effect was stronger for individuals who reported higher levels of pornography use frequency. Specifically, on days when individuals with high pornography use frequency used pornography, they reported significantly lower levels of relationship satisfaction, intimacy, and communication compared to days when they did not use pornography. However, for individuals with low pornography use frequency, the association between pornography use and relationship outcomes was not significant.

DISCUSSION

The findings of this study suggest that pornography use may have a negative impact on relationship satisfaction, intimacy, and communication among young adult couples, particularly for those who report higher levels of pornography use frequency. These findings highlight the importance of addressing pornography use in the context of romantic relationships and suggest that interventions aimed at reducing pornography use may lead to improved relationship outcomes. However, it is important to note that this study only provides a snapshot of the daily associations between pornography use and relationship outcomes and cannot speak to long-term effects or causality. Future research is needed to further explore these associations and potential

mechanisms underlying them.

CONCLUSION

The results of the present study suggest that pornography use is associated with negative outcomes for individuals and their romantic relationships. The findings indicate that pornography use is linked with decreased relationship satisfaction, increased conflict, and decreased intimacy. Additionally, the study highlights the importance of examining pornography use within the context of romantic relationships, as the negative effects of pornography use appear to be most pronounced within the context of a committed relationship. Overall, the study suggests that individuals and couples should consider the potential negative effects of pornography use on their relationships and discuss strategies for addressing any issues that may arise. Further research is needed to explore the underlying mechanisms of the observed associations and to develop effective interventions to mitigate the negative impact of pornography use on romantic relationships.

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