



# INTERNATIONAL JOURNAL OF ACADEMIC RESEARCH IN BUSINESS & SOCIAL SCIENCES



## Pornography Addiction: A Case Study

Nurhikmah Mubarak Ali, Muhammad Baqir Abdullah, Samsiah Jayos & Farah Hanani Kamaruddin

To Link this Article: <http://dx.doi.org/10.6007/IJARBSS/v12-i5/13284>

DOI:10.6007/IJARBSS/v12-i5/13284

**Received:** 06 March 2022, **Revised:** 04 April 2022, **Accepted:** 27 April 2022

**Published Online:** 08 May 2022

**In-Text Citation:** (Ali et al., 2022)

**To Cite this Article:** Ali, N. M., Abdullah, M. B., Jayos, S., & Kamaruddin, F. H. (2022). Pornography Addiction: A Case Study. *International Journal of Academic Research in Business and Social Sciences*, 12(5), 306 – 325.

**Copyright:** © 2022 The Author(s)

Published by Human Resource Management Academic Research Society ([www.hrmars.com](http://www.hrmars.com))

This article is published under the Creative Commons Attribution (CC BY 4.0) license. Anyone may reproduce, distribute, translate and create derivative works of this article (for both commercial and non-commercial purposes), subject to full attribution to the original publication and authors. The full terms of this license may be seen

at: <http://creativecommons.org/licenses/by/4.0/legalcode>

**Vol. 12, No. 5, 2022, Pg. 306 – 325**

<http://hrmars.com/index.php/pages/detail/IJARBSS>

JOURNAL HOMEPAGE

Full Terms & Conditions of access and use can be found at  
<http://hrmars.com/index.php/pages/detail/publication-ethics>



# INTERNATIONAL JOURNAL OF ACADEMIC RESEARCH IN BUSINESS & SOCIAL SCIENCES



www.hrmars.com

ISSN: 2222-6990

## Pornography Addiction: A Case Study

Nurhikmah Mubarak Ali<sup>1</sup>, Muhammad Baqir Abdullah<sup>2</sup>, Samsiah Jayos<sup>3</sup> & Farah Hanani Kamaruddin<sup>4</sup>

Centre for Counseling Studies & Psychology and Services<sup>1</sup>, Kulliyah Muamalat & Management Science<sup>2</sup>, Universiti Islam Antarabangsa Sultan Abdul Halim Mu'adzam Shah (UniSHAMS), Kuala Ketil, Kedah, Counselling Programme, Faculty of Cognitive Science & Human Development,<sup>3,4</sup>Universiti Malaysia Sarawak (UNIMAS), Sarawak.

Email: nurhikmah@unishams.edu.my<sup>1</sup>, muhammad.baqir@unishams.edu.my<sup>2</sup>, jsamsiah@unimas.my<sup>3</sup> & hanankamaruddin99@gmail.com<sup>4</sup>

### Abstract

This article is about a case study of a pornography addict who is still in the process of self-rehabilitation. Pornography is a bad and unacceptable act because it is not only prohibited in terms of moral ethics but also in religion aspects. Pornography is also one of the trafficked forms of sexual exploitation. Other than that, law enforcement and internet filtering software seem to be not an absolute solution to the pornography issue. A module or intervention is needed to be built to guide a pornography addict rehabilitating independently on their own with the help of professionals. The methodology and the research design in this study is a case study and qualitative respectively in which the interviewee is an ex client of researcher's previous counselling session. This study forms several themes which are the causes, effects and interventions of pornography addiction. The analysis of the study also found that there are still effects of pornography addiction that disrupt the respondent's thoughts in her daily life. These factors can assist counselors in formulating effective Islamic approach to tackle the issue, whether at the level of protection, prevention or rehabilitation. The future researchers are ought to focus more on finding an intervention that relates to the conventional counselling and the perspectives of Islam which is called Islamic Cognitive Behavioral Theory.

**Keywords:** Addiction, Pornography, Islamic Cognitive Behavior Theory.

### Introduction

A discussion of addiction should be preceded by a description of some related terms. Addiction is a situation of brain disease in which the occurrence of cravings and desire for a stimulus even if it causes harm. Pleasure and satisfaction are sought at the initial stimulation, but eventually become something necessary to ensure the body functions normally. A person with this problem is called an *addict* where he or she experiences physical or psychological dependence on a stimulus. Examples of substance and action addictions include alcoholism, drug addictions such as marijuana, nicotine, cocaine, food, video games, internet, sports, idols, spending, gambling, self-harm and sex (Norman & Othman, 2020).