



**RELATIONSHIP OF PROBLEMATIC PORNOGRAPHY CONSUMPTION
WITH NEED FOR COGNITION, GUILT AND SHAME AMONG
ADOLESCENTS**

A thesis
Presented to Department of Professional Psychology,
Bahria University, Islamabad Campus

In Partial Fulfillment
of the Requirement for the
Degree of Bachelor of Sciences
(BS) Psychology

By
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&
Muhammad Usman Rauf

Supervised by
Ms. Ambreen Fatima

July, 2020

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DEDICATION

This thesis is dedicated to our parents, whose prayers kept us going. It is also dedicated to all those people constantly struggling within the vicious cycle of addictive behaviors.

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In the name of Allah Almighty, Most Beneficent and the Most Merciful. To Him belongs all the praise for everything. We are supremely grateful to Him for providing us the strength and wisdom to complete our thesis. It is only by His will and blessings that completion of our thesis was possible.

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LIST OF ABBREVIATIONS

PPC – Problematic Pornography Consumption

NFC – Need For Cognition

TOSCA-A – Test Of Self Conscious Affect-Adolescent

ABSTRACT

The aim of this study was to explore and understand the relationship of Problematic Pornography Consumption (PPC) with need for cognition (NFC), guilt and shame among the adolescent age group. The research hypothesized a negative relationship of PPC with NFC and a positive relationship with guilt and shame and employed a quantitative correlational survey design. An online survey questionnaire was distributed in a sample of 224 adolescents, aged 12-20 ($M=1.71$, $SD=0.45$) studying in various schools, colleges and universities across the regions of Islamabad and Rawalpindi. The survey consisted of the 18-item Problematic Pornography Consumption Scale (PPCS-18; Bóthe et al, 2018), the 18-item Need for Cognition Scale (NCS-18; Cacioppo and Petty, 1984), and the 15-item Test of Self-Conscious Affect-Adolescence Scale (TOSCA-A; Tangney et al., 1989). A Pearson Product Moment correlation showed no significant associations between the said variables but did indicate the negative relationship of PPC with NFC and the positive relationship of PPC with guilt and shame. The study also indicated a mildly significant positive relationship between NFC and guilt. Limitations of the study and future implications were discussed suggesting for further research into the hypothesized relationship between PPC and NFC employing more complex analysis on larger sample of problematic consumers to better understand the underlying cognitive mechanisms in PPC.

Keywords: Problematic pornography consumption, behavioral addiction, need for cognition, compulsive sexual behavior, guilt