



MES AMANI COLLEGE  
OF VANDALUR

# NCIATRI<sup>23</sup> ABSTRACTS<sup>20</sup>

Editors

**Ansar E. B., Dhanya P. R., Jisha K. C., Kesavan K.  
Lathif Penath, Mohammed Areej E. M. & Sheena P. A.**



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## Perceived Stress and Pornography Use Among Young Adults

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Perceived stress and porn addiction are common issues among college students. Studies suggest that pornography use is related to lower mental well-being among young adults. The main aim of the study is to understand what relationship is sharing between perceived stress and pornography use among young adults and to assess whether there is a difference in male and female between perceived stress and pornography use. Perceived stress refers to the degree to which events in a person's life are assessed as stressful, unpredictable and uncontrollable (Cohen, Kamarck, & Mermelstein, 1983; Phillips, 2012). This is a descriptive quantitative study and convenient sampling method were used. 61 male and 61 female individuals participated in the study. Data were collected using the 10-question version of Perceived Stress Scale (pss-10), Pornography Assessing Screening Tool (past) and socio-demographic questionnaire (created for this study). Independent sample t test and Pearson correlation coefficient were used to analyse the data. Males and females showed no difference in perceived stress, while they showed significant difference in Pornography use.

**KEYWORDS:** Perceived Stress, Pornography Use, Young Adults.