

Parenting Styles, Self-Efficacy and Pornography Addiction: A Correlation Study Among Malaysian Higher Private Educational Institution Students

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Abstract

Parenting styles are essential to meeting children's developmental needs, enhancing their overall life quality, and ensuring they grow up as responsible and competent adults. Pornography addiction has been examined in numerous studies in relation to parenting styles (authoritative, authoritarian, and permissive); however, there is little information available on Malaysian students attending private universities. The current study analysed the correlation between parenting style, self-efficacy, and pornography addiction among 295 private university students. Students were asked to respond to self-administered online questionnaires. The instruments adopted in this study include the Pornography Addiction Screening Tool, the General Self-Efficacy Scale, and the Parental Authority Questionnaire. The findings showed that there are significant relationships between parenting styles, self-efficacy, and pornography addiction. Further analysis of Spearman's correlation found positive and statistically significant relationships between both fathers' and mothers' authoritarian and permissive parenting styles and pornography addiction. The correlation between both fathers' and mothers' authoritative parenting styles and pornography addiction

was negligible and statistically insignificant. The relationship between fathers' parenting styles and pornography addiction was weaker compared to mothers'. Self-efficacy had a significant and positive correlation with pornography addiction. This study suggests that parenting styles and self-efficacy are crucial criteria for early psychological growth, with self-efficacy increasing students' confidence to strive in chosen activities and resist destructive behaviours. Implications for university educators and counsellors, academicians, community leaders, and lawmakers are highlighted to help overcome the growing addiction to pornography among Malaysian youths, particularly at the university level.

Keywords: parenting styles, self-efficacy, pornography addiction, private university, social issue, youths

1. Introduction

The problem of being addicted to the internet with pornography content is a topic of debate by scientists and health practitioners (Setyawati et al., 2020). Camilleri et al. (2021) confirms that there is a significant link between mental health and pornography consumption, including addictive behaviours. The authors emphasise the need to have awareness regarding how internet pornography is affecting the mental health of university students. Mishra et al. (2022) corroborate that pornography has a significant influence on a person's mental health in parallel with various psychological and behavioural changes. Individuals may be preoccupied with sexual thoughts throughout the day, show tendency for impulsive behaviours, feeling shame, guilt, and confused, and experience depression and anxiety. According to Rahman et al. (2021), exposure to pornography material over a certain time will stimulate the brain to produce dopamine, which triggers a rewarding behavioural impulse. It has the ability to invoke a sense of extreme pleasure accompanied by curiosity, making it easy to fall into the world of sexual fantasies. Without control, a person will be tempted to engage in sexual acts and may have the ability to influence a person to the point of committing a sexual crime (Rahman et al., 2021). Despite evidence to the contrary, the majority of studies have shown the consequences of pornography addiction on the sense of satisfaction of the sexual act and its ability to harm relationships and surrounding people.

The use of pornography is connected with the frequency of sexual intercourse, experiences and exposure to broader casual sex behaviour, and higher rates of sexual aggressiveness, in terms of abuse and persecution (Jochen & Valkenburg, 2016). Regular or aggressive use of pornography has been linked with an individual's lack of satisfaction in a relationship and the instability of a relationship (Willoughby & Dover, 2022). Pornography has a mixed impact, causing anxiety and fear, as well as inspiration (Mattebo et al., 2011).

There is a link between pornography, whether through internet or other means of pornography, and multiple sexual partners, with an increase in risky sex practices (Harkness et al., 2015). The increase of sexual permissive attitude shows that adolescents believe that relationships with multiple partners are acceptable and that casual sex and one-night stands are common (Springate & Omar, 2013). A study by Hald and Mulya (2013) in Indonesia, which is a country with strict bans where the majority are Muslims and are sexually conservative, found that pornography is widely used and easily accessible. They concluded that pornography had

a significant relationship with sexual behaviour outside the marriage bond. In contrast, the consequences of pornography among Malaysians are moderate, with respondents using pornography to gain knowledge about sex (Nuraini & Syaiful, 2021). Although it has a positive impact, it must be used with caution because pornography may lead to addiction (Nuraini & Syaiful, 2021).

Pornography usage patterns vary significantly by gender, and this gap is equivalent to related research studies overseas (Hald & Mulya, 2013). Pornography is becoming increasingly common among individuals all around the world. Within the Malaysian community, pornography addiction involves both adults and minors (Norman & Othman, 2020). A study conducted by Zohor et al. (2021) found that 74.5% of Malaysian teenagers between the ages of 18 and 25 are typically subjected to pornography for life. A total of 71.7% of Malaysian male students are exposed to pornography, have started at an early age, and are frequent pornography screeners using the internet at home (Zohor et al., 2021). The individuals involved in pornography find it difficult to leave behind the pornography addiction (Norman & Othman, 2020).

Self-efficacy is the main factor in education, social, self-development, health, clinical, personality and psychology, affecting the life of an individual. According to Zakiei et al. (2020), self-efficacy is essential for self-management. Researchers found that generally, self-efficacy is an important factor for a person's achievement at various levels (Zakiei et al., 2020). It is a factor influencing health, having a significant role in lowering high-risk behaviours that lead to HIV (Zakiei et al., 2020), oral health behaviours, and smoking (Sterling et al., 2007). Self-efficacy is also found to be linked with depression, anxiety, and other mental health conditions (Ghasemi et al., 2017; Zakiei et al., 2020). In a psychological perspective, self-efficacy is a motivational construct and has been defined as an individual's belief in his or her abilities and competencies for a specific task success (Bandura, 1997). Bandura (1997) added that self-efficacy comes from early family experiences.

The self-efficacy concept suggests that individuals have the ability to change their behaviour. Bandura (1986) argues that human behaviour is due to personal, behavioural, and environmental influences. He added that self-efficacy is a major factor in behavioural changing. It is the belief that an individual is able to master and control the situation and produce the desired positive results. Self-efficacy belief can contribute to the individuals' strength and thinking, helping them to face difficult task and accomplish what they desire. Based on the social cognitive theory (SCT), self-efficacy beliefs is considered the most important factor in behaviour change. Self-efficacy can be influenced by several factors, among which are family functions (Zakiei et al., 2020). An individual's initial experience of self-efficacy begins within the family. Family psychosocial structure affects individual's development of self-efficacy (Zakiei et al., 2020).

Parents have a tremendous impact on a person's life, and studies comprehending parental influences on human development prominently report the concept of parenting styles (Baumrind, 1967). Parenting approaches has a great influence in anticipating children's problematic behaviours. Despite these findings, it remains unclear how distinct parenting

styles, particularly authoritative, authoritarian, and permissive parenting styles outlined by Baumrind (1967), affect children's exclusive behaviours (Aunola & Nurmi, 2005). The environment in which children grow influences their conduct and personality as they observe their parents and adopt their characteristics (Mandal et al., 2020). Upbringing styles during early childhood are a crucial component in determining how individuals grow up to become successful and highly focused adults, which becomes unique information for university educators, academicians, and researchers in spreading knowledge and awareness to curb pornography addiction.

1.1 Research Problem and Objectives

Recognising the dangers and negative effects of pornography, especially on adolescents and society, is a necessary measure toward preventing severe addiction to pornography, difficulties in treating it and various mental, emotional and physical implications. The relationship between parenting styles, self-efficacy, and pornography addiction has been extensively studied in Western societies (Chandler 2006; Fulton & Turner 2008; Turner et al. 2009); however, there are few studies on similar topics throughout Asia, especially in Malaysia. With respect to the effect of pornography on the lives of young adolescents in Malaysia, this study fills a gap in the knowledge of university students addicted to pornography. The objectives of this study are as follow:

1. To determine the parenting style, the level of self-efficacy, and the level of pornography addiction among private university students,
2. To determine the relationship between parenting style and pornography addiction among private university students,
3. To determine the relationship between self-efficacy and pornography addiction among private university students.
4. To determine the relationship between parenting style and self-efficacy among private university students.

2. Literature Review

2.1 Pornography Addiction

Kohut (2014) found that academics have defined pornography using 14 different conceptual elements and concluded pornography is simply the depiction of sexual behaviour and nudity. The content of pornography includes showing or demonstrating sexual organs or sexual behaviour, including masturbation, rape, performing oral sex, having sex through the rectum and also making vaginal intercourse (Harkness, et al., 2015). It also contain sexual exploitation that violates moral norms in society or the act of revealing aurat, or intimate parts of the body, outrageously or excessively (Laili, 2018). Magazines, video compact discs, digital video discs and television were the main sources of pornography prior to the Internet. In line with the evolution of the digital era, the Internet and smartphones have become the main sources of pornography (Hald & Mulya, 2013).

According to Ley et al. (2014), pornography addiction is high-frequency viewing of sexual images. The results of the Vaillancourt and Bergeron (2018) study found that pornography can lead to extreme addiction for an individual, resulting in health problems, barrenness, loss of respect, loss of self-control, violent sex and other consequences. In a systematic review study about the definitions and reported impact of adults' pornography addiction by Duffy et al. (2016), self-perceived pornography addiction is often operationalized as excessive pornography-use and negative consequences. Utilising both quantitative and qualitative studies, Duffy et al.'s (2016) study discusses behaviours associated with problematic pornography use, such as compulsive, impulsive, and excessive seeing, as well as hypersexual disorders, in addition to emphasising the frequency of pornography use. A quantitative study by Wahyu (2016) involving 300 teenager respondents who were exposed to pornography on the Internet discovered that more than 70% of these teenagers had an indirect and harmful influence on their teenage behaviours, causing attempts to play out the sex scenes they saw in pornography, emotional instability, free sex, lack of shyness, and other negative repercussions on their lives as adolescents. Novita et al. (2006) stresses that adolescent sexual practices have developed as a result of high pornography exposure. Pornography addiction has similar effects on users' relationships, including increased feelings of loneliness and relationship problems (Vaillancourt-Morel & Bergeron, 2018; Yoder et al., 2005).

2.2 Parenting Style and Pornography Addiction

Baumrind (1971) introduced the idea of parenting styles and described them in terms of the authoritative, authoritarian, and permissive parenting styles. The concept of parenting style is utilised to explain how parents socialize with their kids (Baumrind, 1991). Authoritative parents exhibit warmth and support in their interactions with their children. They are aware of their children's attitude and have established clear goals, norms, and standards for them to follow (Baumrind, 1991). Authoritative parents actively participate in their children's lives on a regular basis, are patient and loving, and recognize and value their children's efforts to support their psychological development (Aunola et al., 2000; Masud et al., 2016). These socially inclined parents value the children input in the family discussion and planning (Buri, 1991). Authoritarian parents want their kids to obey them; they are not flexible, very demanding and restrictive in character (Baumrind, 1991). They impose rules and provide a controlled atmosphere on their children. Authoritarian parents also use punishment to make their kids follow their rules (Aunola et al., 2000; Masud et al., 2016). On the contrary, permissive parents are not demanding and do not put limitations on their children in order to reach their reasonable goals (Baumrind, 1991). They exercise minimal supervisions, do not limit their social interactions, and offer their kids the freedom to schedule their own activities according to their interests (Masud et al., 2016).

As stated by Wade and Tavis (2005), parents have the greatest effect on their children's personalities, behaviours, moral behaviours, and emotional difficulties. The personality and behaviour of children are greatly influenced by their upbringing. Every action taken by parents in the presence of the children, whether it is positive or negative, serves as indirect upbringing. Parents are often unaware of how easily their children imitate and emulate them.

Consequently, as Norman and Othman (2020) highlighted, parents' bad behaviour can have a negative impact on their children's thoughts and behaviour.

Ayyun and Malihah (2018) have conducted a study in Jakarta, Indonesia, on the role of the family in preventing pornography addiction for primary school children aged between six and twelve years, using qualitative approach. They found that 92% of children had seen contents with pornographic elements. The same study found that 47% of primary school student visited porn sites at home, 15% in school and 23% in public places. The home, which ought to be the safest and most regulated place, ended up being the most convenient location where children could access pornographic websites (Ayyun & Malihah, 2018).

Novita et al.'s (2006) study determines the relationship between the sexual behaviour of high school students and their exposure to pornography and communication with their parents. The study used questionnaires and involved 777 high school students and 95 youths. Novita et al. (2006) reported that there is a strong relationship between watching pornography and engaging in sexual behaviour. They highlighted that teenagers who are heavily exposed to pornography have 5.2 times worse sexual behaviour compared to those who are less involved in pornography activities. Novita et al. (2006) concluded that teenager sexual practice and the parent-teenager communication have a significant relationship. The increase in teenagers' sexual behaviour is linked to their lack of communication with parents.

In order to curb pornography addiction, parental monitoring of online access and joint family activities to occupy free time is recommended at young age (Zohor et al., 2021). Luminita (2022) conducted a study regarding online pornography usage and parenting styles. The short-term study involved 1,166 young people from Italy, the United Kingdom, and Ireland who experienced risky behaviours throughout their adolescent years. A correlational analysis, linear regression, and multiple regression analyses were carried out. There is a significant but weak relationship between online pornography usage and parenting style in adolescence (Luminita, 2022).

2.3 Self-Efficacy and Pornography Addiction

Bandura's (1997) self-efficacy theory defines self-efficacy as a belief in one's ability to plan and carry out the actions necessary to achieve specific goals. Individuals with high self-efficacy are often healthier, more effective at their work and generally more successful than those with low self-efficacy. Bandura (1997) also studied how beliefs in one's abilities affect development, mental function and health. High efficacy is equivalent to one's belief in achieving the desired result.

Fooladvand et al.'s (2016) descriptive-correlational study was conducted to identify depression, family relationship and self-efficacy with the potential of adolescents' addiction. Samples were selected using the multiple cluster sampling method, in which 546 high school teenagers at Lorestan, Iran were chosen. The research questionnaire includes demographic characteristics, potential for addiction, depression, family relationships and self-efficacy. The data were analysed using Pearson's correlation coefficient and multiple linear regression, which revealed that depression, family relationships, and self-efficacy have a significant

correlation with addiction potential among adolescents. Nessai et al. (2015) suggested that positive self-efficacy beliefs improve immune system function, resulting in improved physical health, psychological and social adjustment, and greater resilience to mental stress. Increasing self-efficacy beliefs in areas such as job, sports, weight control, smoking cessation, alcohol intake, and mental health difficulties can have a favourable impact (Nessai et al., 2015).

2.4 Parenting Style and Self-Efficacy

Parenting styles play a key role in the development of children's and adolescents' social skills. According to Bandura (1993), family, peers and school influences contribute to and shape an individual's self-efficacy. Among these elements, family, particularly parents and their unique parenting styles, play a major role in the development of self-efficacy beliefs in adolescents and children. According to research about the relationship between parenting styles and self-efficacy, parents can effectively shape their children's competence and beliefs (Masud, et al., 2016). Parenting styles influence how children feel about their own self efficacy and abilities within the context of the family (Masud, et al., 2016). The relationship between parenting styles and adolescent development of self-efficacy, self-confidence, self-image and self-esteem can have either positive or negative consequence (Masud, et al., 2016). Teenagers who believe their parents to be authoritative have higher self-efficacy beliefs and values, whereas teenagers who believe their parents to be non-authoritative have the lowest self-efficacy beliefs.

Nessai et al. (2015) discovered a positive correlation between parenting styles and self-efficacy. Cluster random sampling was used to pick 200 students, 100 males and 100 females, at Islamic Azad University, Torbat-e Jam. Cronbach Alpha and their correlation analysis found a substantial association between parenting styles and self-efficacy. However, there is no significant association between authoritative parenting style and self-efficacy (Nessai et al., 2015). Tam et al.'s (2012) study reported contrary findings, reporting that authoritarian and permissive parenting styles do not show any significant relationship with self-efficacy. The study investigated the effect of parenting styles on teenagers' self-efficacy level. Correlation analysis on 120 sample studies of teenagers, with an equal proportion of males and females, revealed that authoritative parenting style is strongly linked with self-efficacy. According to the regression results, authoritative parenting style contributes 12.8% to students' self-efficacy.

2.5 Research Framework

The review of past literature has demonstrated the link between parenting style, self-efficacy and pornography addiction. Figure 1 shows the framework proposed in this study for this relationship.

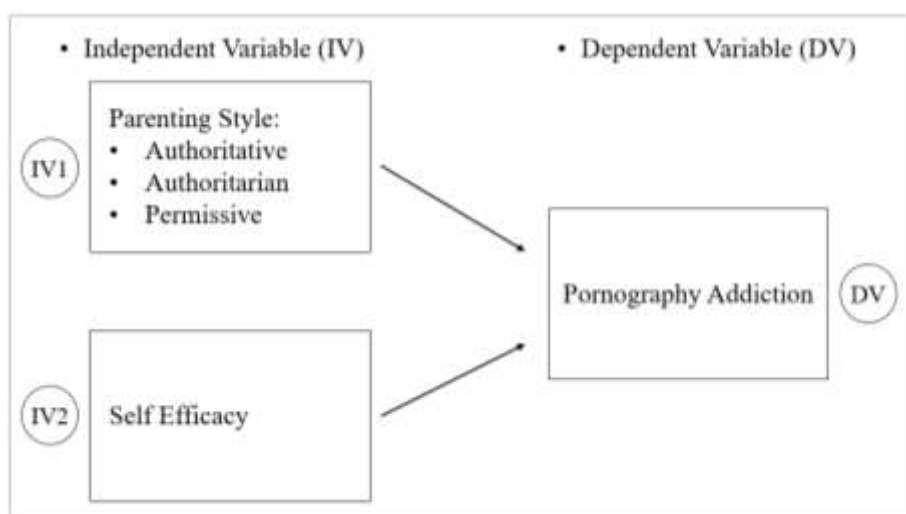


Figure 1. The conceptual framework of inquiry

3. Methodology

3.1 Population and Sampling

The study location is the Universiti Kuala Lumpur Malaysian Institute of Aviation Technology (UniKL MIAT), Dengkil, Selangor (Sepang Campus), in which the population is all students, aged above 18 years old in the 2022-2023 academic year. Out of 1,725 MIAT students in total, about 60% of the students, or 1,035 students, are studying at Sepang Campus, with the remaining studying at Subang Campus. Simple random sampling method was used to allow equal chance for all students in the UniKL MIAT (Sepang Campus) for sample selection. Random Number Generator was used to select 360 samples from the entire population of 1,035. However, only 331 (31%) students agreed to take part in this study.

3.2 Sample

Using Bukhari Sample Size Calculator (Bukhari, 2020) which is based on Krejcie and Morgan (1970) table, the ideal sample size would be 281 using the confidence level of 95%, the margin of error of 5%, and with the assumption that pornography addicted students make up 50% of the population.

Exclusion criteria for the sample study included any individual who: (1) was under the age of 18; (2) was not a student at UniKL MIAT (Sepang Campus); (3) did not complete the question regarding consent; and (4) did not complete the question regarding their age. The final number of participants whose responses met inclusion criteria was 295 (out of the original 331 total respondents, i.e., 89%).

3.3 Instrument and Validation

A demographic data form was used to obtain background information of the respondent. Additionally, three questionnaires were employed: Pornography Addiction Screening Tool (PAST), General Self-Efficacy Scale (GSE), and Parental Authority Questionnaire (PAQ).

Aspen Counselling Service developed PAST, which is a public use, online instrument used to screen youth pornography level. There are 25 items detailed using the Likert scale with five possible outcomes: 0 = never, 1 = once or twice, 2 = seldom, 3 = sometimes, 4 = frequently. High scores on this questionnaire indicate that the respondent is addicted to virtual pornography, which is measured as a level of addiction from mild, at risk or fully addicted. The questionnaire is appropriate for individuals between the ages of 18 and 40. Cronbach's alpha is larger than .80 (.893) (Mardhatillah & Buah Hati, 2017), thus the instrument is highly reliable.

Alkharusi et al. (2011) have developed a shorter version of Buri's (1991) PAQ. The parenting style of this study is measured using Baumrind's (1971) authoritative, authoritarian and permissive parenting styles. The short version questionnaire consists of 20-item PAQ of the various parenting approaches, from the viewpoint of a children, while the answers are provided by adults, describing how their parents treated them. The participants subsequently evaluated their mothers' styles by responding to the same 20 items after evaluating their fathers' styles. A five-point Likert scale with a range of 1 for "Strongly Disagree" to 5 for "Strongly Agree" was used. The items associated with each parenting style are as summarized in Table 1. Scoring of the instrument is conducted by summing up the individual items to comprise the subscale scores.

Table 1. Items for each parenting styles in PAQ

Parenting Style	Number Of Item	Total Items
Authoritative	1, 2, 3, 4, 5, 6, 7	7
Authoritarian	8, 9, 10, 11, 12, 13, 14	7
Permissive	15, 16, 17, 18, 19, 20	6

Based on Aldhafri et al. (2020) study, the three father parenting styles, authoritarian, authoritative, and permissive parenting styles achieved acceptable reliability coefficients ($\alpha = 0.62, 0.74, \text{ and } 0.56$, accordingly). For each of the three mother parenting styles, reliability coefficients of 0.57, 0.73, and 0.52 were obtained. All subscales of the 20-item PAQ are thus reliable.

GSE was developed by Schwarzer and Jerusalem (1995) to evaluate one's overall perception of his or her ability to handle challenges and to anticipate how well one will adjust to the various stressful life events. Respondents were asked to rate ten questions item on a 4-point Likert scale: 1 = Not true at all, 2 = Hardly true, 3 = Moderately true, 4 = Exactly true. The respondents' level of general self-efficacy beliefs is shown by the sum of all items. The more strongly the person believes in his or her general capacity for self-efficacy, the greater the score. The total scores are broken down into three category: low (10–20), medium (21–30) and high (31–40). Cronbach's alphas in samples from 23 countries ranged from .76 to .90, with most of them in the high .80s (Scholz, et al., 2002).

3.4 Data Collection and Pilot Study

Approval from the Ethics Committee for Research Involving Human Subjects University Putra Malaysia (JKEUPM) was sought to ensure that the study complied with ethical guidelines and posed no risk to the research subjects. All respondents provided their digital informed consent at the beginning of the survey and were guaranteed confidentiality. An anonymous self-administered online questionnaire was used. The survey was voluntary and respondents received nothing in exchange for their participation. They were made aware that declining to participate would not have any detrimental effects.

A pilot test was also conducted on 52 higher public educational institution students, having the same characteristics as the target population. The value of the Cronbach's Alpha coefficient for all dimensions of the study instruments as reported in the pilot study were between .793 and .972, indicating that the instruments were highly reliable as all values are above .60 (Ursachi et al., 2015).

3.5 Data Analysis

The analysis used in this study was through IBM Statistical Package for Social Sciences (SPSS) software version 23.0 in order to analyse the actual study data quantitatively. Descriptive and inferential statistical tests were conducted in order to better understand the data and test the hypothesized correlations between the variables. The two parts of correlation analysis in this study are the coefficient of correlation and the significance of correlation, using the Spearman's Rank Order.

4. Findings and Discussion

4.1 Analysis of Descriptive

4.1.1 Demographic of Respondents

There were 295 students from various programs in UniKL MIAT (Sepang campus) who took part in this study. The respondents consisted of 49% bachelor students and 42% diploma students, with remaining 9% are combination of foundation, master and PhD students. About 77% of the students in the sample were male and 23% were female. The respondents consists of 80% heterosexual and 55% were between 18 - 21 years old. Malay constitutes about 78% of the total respondents, followed by Chinese (8.5%), Indian (5.8%), Orang Asli, Peranakan or Bumiputera (4.7%), and Others (3.1%).

4.1.2 Parenting Style

According to Table 2, majority of the respondents experienced authoritative parenting style (78%), followed by authoritarian (20%) and permissive (2%) parenting style.

Table 2. Parenting style frequency and percentage

Parenting Style	Number	Percentage (%)
Authoritative	230	78
Authoritarian	59	20
Permissive	6	2

4.1.3 Level of Self-Efficacy and Pornography Addiction

As illustrated in Table 3, majority of the respondents have high general self-efficacy.

Table 3. General self-efficacy score frequency and percentage

Total Scores	Category	Frequency	Percentage (%)
10 - 20	Low	10	3
21 - 30	Medium	128	43
31 - 40	High	157	53

As indicated in Table 4, most of the respondents demonstrate reason for concern regarding their involvement with pornography (39%). This is followed closely by 29% of the respondents who are addicted to pornography, 25% who demonstrate emerging pornography addiction and only 7% are within the normal status of sexual development and typical curiosity category.

Table 4. PAST score frequency and percentage

Total Scores	Category	Frequency	Percentage (%)
0-25	Normal sexual development & typical curiosity	20	7
26-49	Reason for concern regarding involvement with pornography	115	39
50-69	Emerging pornography addiction	73	25
70-100	Individual is addicted to pornography	87	29

4.2 Analysis of Correlation

The findings shown in Table 5 indicated that both parenting style and self-efficacy have significant and positive correlations with pornography addiction. The three parenting styles of both mother and father reported significant correlations with pornography addiction, except for the mother's and father's authoritarian parenting styles.

Table 5. Spearman correlation between parenting style, self-efficacy and pornography addiction

Variable	1	2	3	4	5	6	7	8	9	10	11	12	13	14
1. PS	-													
2. FPS	.893	-												
3. MPS	.912**	.686**	-											
4. APS	.717**	.646**	.651**	-										
5. NPS	.854**	.784**	.775**	.476**	-									
6. PPS	.750**	.665**	.713**	.313**	.540**	-								
7. FAPS	.634**	.466**	.707**	.841**	.435**	.310**	-							
8. FNPS	.773**	.593**	.842**	.471**	.871**	.495**	.448**	-						
9. FPPS	.701**	.534**	.753**	.291**	.517**	.917**	.318**	.516**	-					
10. MAPS	.584**	.685**	.417**	.838**	.381**	.246**	.473**	.356**	.179**	-				
11. MNPS	.727**	.814**	.557**	.385**	.874**	.470**	.354**	.562**	.408**	.357**	-			
12. MPPS	.687**	.726**	.581**	.303**	.502**	.900**	.282**	.430**	.684**	.293**	.489**	-		
13. SE	.289**	.280**	.284**	.254**	.243**	.254**	.240**	.261**	.217**	.232**	.200**	.285**	-	
14. PA	.179**	.165**	.169**	.041	.213**	.211**	.056	.186**	.194**	.012	.198**	.232**	.217**	-

Note: ** $p < .01$. PS = Parenting Style, FPS = Fathers' Parenting Style, MPS = Mothers' Parenting Style, APS = Authoritative Parenting Style, NPS = Authoritarian Parenting Style, PPS = Permissive Parenting Style, FAPS = Fathers' Authoritative Parenting Style, FNPS = Fathers' Authoritarian Parenting Style, FPPS = Fathers' Permissive Parenting Style, MAPS = Mothers' Authoritative Parenting Style, MNPS = Mothers' Authoritarian Parenting Style, MPPS = Mothers' Permissive Parenting Style, SE = Self-Efficacy, PA = Pornography Addiction

4.2.1 Relationship Between Parenting Style and Pornography Addiction

The hypothesis made by the researcher prior to actual data collection is as follows:

H₁: There is a significant relationship between parenting style and pornography addiction among higher private educational institution students.

As depicted in Table 5, Spearman's rank correlation coefficient was computed to assess the relationship between parenting style and pornography addiction. There was a positive

correlation between the two variables, $r_s(293) = .179$, $p = .002$. Spearman's rank correlation also showed a positive correlation between fathers' parenting style and pornography addiction, $r_s(293) = .165$, $p = .005$, and between mothers' parenting style and pornography addiction, $r_s(293) = .169$, $p = .004$.

A series of Spearman rank-order correlations were conducted in order to determine if there were any relationships between the pornography addiction and the three categories of parenting styles: authoritative, authoritarian and permissive. A two-tailed test of significance indicated that there was a positive correlation between pornography addiction and authoritarian parenting style, $r_s(293) = .213$, $p < .001$. Pornography addiction and permissive parenting style also showed a positive correlation, $r_s(293) = .211$, $p < .001$. However, a similar two tailed test of significance indicated no significant relationship between pornography addiction and authoritative parenting style, $r_s(293) = .041$, $p = .48$.

Spearman's rank correlation was also applied to identify whether fathers' and mothers' parenting styles are linked to pornography addiction among higher private educational institution students. The following is the result for father's parenting styles: no correlation between fathers' authoritative parenting style and pornography addiction, $r_s(293) = .056$, $p = .340$; very weak positive correlation between fathers' authoritarian parenting style and pornography addiction, $r_s(293) = .186$, $p < .001$; very weak positive correlation between fathers' permissive parenting style and pornography addiction too, $r_s(293) = .194$, $p < .001$. The following is the result for mothers' parenting styles: no correlation between mothers' authoritative parenting style and pornography addiction, $r_s(293) = .012$, $p = .834$; very weak positive correlation between mothers' authoritarian parenting style and pornography addiction, $r_s(293) = .198$, $p = .001$; a weak positive correlation between mothers' permissive parenting style and pornography addiction, $r_s(293) = .232$, $p < .001$.

Overall, the findings reported a positive significant relationship between parenting styles and pornography. Similar findings were found for the relationship between fathers' parenting style and pornography addiction, and the relationship between mothers' parenting style and pornography addiction. However, the relationship between fathers' parenting styles and pornography addiction was weaker compared to mothers'. The relationship of both fathers' and mothers' authoritarian and permissive parenting style with pornography addiction were positive and statistically significant. No significant correlation was found between fathers' and mothers' authoritative parenting style and pornography addiction. These findings indicate that the hypothesis is accepted.

4.2.2 Relationship Between Self-Efficacy and Pornography Addiction

The third study objective was to determine the relationship between self-efficacy and pornography addiction among higher private educational institution students. The hypothesis is as follows:

H₂: There is a significant relationship between self-efficacy and pornography addiction of higher private educational institution students.

As depicted in Table 5, Spearman's rank correlation coefficient showed a positive correlation

between self-efficacy and pornography addiction, $r_s(293) = .217$, $p < .001$. This relationship was weak and statistically significant, indicating that the hypothesis is accepted.

4.2.3 Relationship Between Parenting Style and Self-Efficacy

The fourth study objective was to determine the relationship between parenting style and self-efficacy among higher private educational institution students. The hypothesis is as follows:

H₃: There is a significant relationship between parenting style and self-efficacy of higher private educational institution students.

As depicted in Table 5, Spearman's rank correlation coefficient showed a positive correlation between parenting style and self-efficacy, $r_s(293) = .289$, $p < .001$, despite weak in strength. Hypothesis is accepted.

4.3 Discussion

The reported findings have shown that parenting styles is significantly correlated with pornography addiction. This is consistent with the previous studies (Fagan, 2009; Hesse et al., 2017). There were positive significant relationships between fathers' parenting styles, namely authoritarian and permissive, and pornography addiction. Likewise, there were positive significant relationships between mothers' authoritarian and permissive parenting styles and pornography addiction. The permissive parenting style also reported higher correlation coefficients in its correlation with pornography addiction compared to the authoritarian parenting style. This is in line with Atan et al.'s (2016) study, which pointed out the permissive parenting style often practiced by parents of delinquent teenagers. It is common that thrill-seeking adolescent individuals have problematic or weak family relationships (Jochen & Valkenburg, 2016). It also aligns with Jochen and Valkenburg's (2016) conclusion that the use of pornography is linked with a more permissive and accepting attitude about sexual behaviour.

Authoritative parenting style was found to have no significant correlation with pornography addiction. Similar findings were found for the relationship between fathers' and mothers' authoritative parenting styles and pornography addiction. Given the nature of authoritative parents who are attentive, cooperative, and supportive in their nurturing and treatment of their children (Masud et al., 2016), it is expected that adult growing up with this upbringing shy away from pornography contents. As Zohor et al. (2021) stated, parental monitoring in the early childhood years is important to prevent pornography addiction. However, these findings may require further investigations, whether through a quantitative or qualitative approach, in order to get solid justification for why the relationship linking the two variables is not statistically significant.

The findings also show significant relationship between self-efficacy and pornography addiction, consistent with Fooladvand et al.'s (2016) study that reports a significant correlation between self-efficacy and potential for addiction among adolescents. However, the current finding reports that this relationship is positive, indicating that individuals with

higher self-efficacy have higher tendency for addiction in pornography. Bandura's (1997) theory of self-efficacy contradicts this, illustrating that individuals with high self-efficacy generally have more positive mental and emotional development and are healthy and focused at achieving their life goals and success at work. The increase and ease of access to pornographic contents post-Internet period may explain the current finding. Pornography has become increasingly common among individuals early in their school years, which causes individuals to become more frequent victims of pornography addiction in adulthood. For university students, this has become a reason for concern because an addiction to pornography can have detrimental effects such as impaired concentration at work and school and troubled social connections.

Parenting styles were also found to have a positive relationship with self-efficacy, which is consistent with Nessai et al.'s (2015) study that shows positive correlations between authoritarian and authoritative parenting styles with self-efficacy. Lamborn et al. (1991) also observed that authoritative style is associated with good self-perceptions, while authoritarian style is associated with negative self-perceptions. Self-efficacy is a belief pattern that people have about their ability to achieve their goals. This belief pattern is formed as a result of an individual's upbringing and life experiences. This explains why the two variables were correlated.

5. Practical Implications and Recommendation for Future Studies

The current findings are highly applicable for students as they can create awareness about the importance of parenting styles and self-efficacy and their link to pornography addiction. They provide crucial information for university educators to spread awareness and knowledge to students and society in general on the responsibility and role of parents and guardians in educating their children and to help mitigate the growing use of pornographic materials. This will avoid severe addiction among individuals later in their adulthood.

Zakariah and Baharuddin (2011) discussed the difficulties that counsellors confront while assisting clients in overcoming their online pornography addiction. Therefore, this finding will benefit counsellors in settings such as schools and universities, academicians, and educators, as they provide empirical data crucial in supporting the current generation to deal with pornography addiction issues. This study will be useful in suggesting improvements in the preparation of curriculum and programs at the university level while also providing input for psychoeducation, modules, and interventions to increase awareness among students on pornography issues, as well as to students. Hence, the university plays an important role in developing appropriate guidance and training in order to overcome the growing addiction to pornography among students.

Efforts towards prevention programs to combat pornography addiction among students can be implemented effectively. The findings of this study can be utilized to provide a framework for a number of interventions to prevent and treat children's and youths' addiction to pornography (Mardhatillah & Buah Hati, 2017). For instance, Zakiah and Baharuddin (2011) have focused on the techniques in sustaining recovery from cyber-sex addiction in order to ensure that those who become imprisoned in pornography reform to become better and

permanently stop the habit.

The current findings have great benefits to the society. Issues such as incest can be reduced when society is aware of the effects & consequences of pornography. The community and community leaders can work together by developing special programmes to treat and curb addiction to pornography, thus ensuring positive well-being and psychological development among students, both at schools and universities. In addition to education, the law plays a role in preventing and limiting unethical or criminal behaviour in society (Ashraaf & Othman, 2019). The results of this study are very important to the basic lawmakers of the state and the country about the importance of parenting style and self-efficacy against pornography addiction. Basic lawmakers can tighten the rules, discouraging society from engaging in unethical behaviour. This study will encourage the authorities to make changes to the current policies, especially in regard to multimedia policies.

This study proposed further research that investigate on the relationship between parenting style, self-efficacy and pornography addiction. Since this study was not diverse in terms of gender and ethnicity, bigger and more proportionate sample size, including students from other private and public universities, are important to implement. Future research are also to consider pornography addiction of secondary school children, as they are considered vulnerable and have greater future impact. As Malaysia is a developing country, young adolescents are the future leaders and valuable assets to the country who are responsible to propel Malaysia further.

Ashraaf and Othman (2019) also mentioned that from previous history of prior civilizations or governments, the implementation of severe and harsh regulations is designed to regulate public behaviour and to establish a tranquil atmosphere in order to avoid turmoil from occurring in the country. Therefore, future study in reducing pornography addiction among teenagers should also look at the existing laws as law plays a major role in prohibiting or preventing unpleasant or unethical the country's culture and the societies' practices.

6. Conclusion

The current findings found a significant relationship between parenting styles, self-efficacy, and pornography addiction among students at higher private educational institutions. Parenting styles and self-efficacy are crucial criteria for individuals' psychological growth beginning at a young age, including prohibiting and overcoming pornography addiction. Implications for university educators, counsellors, academicians, and researchers, as well as community leaders and lawmakers in Malaysia, were discussed.

There are several limitations identified from this study. First and foremost, the respondents were limited to UniKL students (Sepang campus). As a result, the study's ability to forecast pornography addiction and self-efficacy in other higher educational institution is restricted. There was also limited time frame in obtaining data and doing research. Financial constraints resulted in the study location being based only in UniKL MIAT and not covering other higher private educational institution. The instrument used for the study also depends entirely on the genuineness of the respondents in providing their answer with little bias. Hence, future study

must consider these components when replicating this study.

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