

# The Factors and Effects of Sexual Addiction in our Daily Life

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## ABSTRACT

Sex addiction is a very serious phenomenon and problem in our daily life. Not just adults, but minors as well. Sex addiction refers to compulsive thoughts or urges and compulsive behaviors related to sex. Sometimes, compulsive sexual behavior urges and thoughts can lead to problems in People's Daily lives, including relationships, careers, and physical and mental health. The paper reviews the factors that lead to sex addiction including hereditary, body endocrine hormones, abuse in the family as children, social environment, peer influence, and mood factors. The negative impact of destroying relationships with loved ones and family is some physical and psychological diseases. This paper mainly reviewed two psychological disorders--- Cyber sexual disorder and Hypersexual disorder. And the paper also mentioned different methods of medication and psychotherapy to treat sex addiction. These findings extended our understanding of sexual addiction and suggested clinical potential in the treatment.

**Keywords:** compulsive, hereditary, hormones, cyber sexual, hypersexual

## 1. INTRODUCTION

In the 1970s, a patient with alcohol addiction think about if a person was addicted to sex as he was addicted to alcohol, can he gain useful treatment? So, he began to spread the definition of sexual addiction to society. then the doctors started the research on sexual addiction [1]. Some patients with sexual addiction are suffered social pressure and psychological hits but can not deal with the problem. so, I think the study is necessary. The study wants people can positively think about the kind of illness. and the study will talk about the problem in its causes, treatment, definition, impact, and some parts.

Patients who have sexual addiction can not control themselves when they have a paroxysm. they will be influenced in their daily lives and break their healthy social relationships. some of them will have sexual fantasies about impossible partners. if they can not deal with the problem, they will have some negative emotions and do something like self-mutilation, suicide, fight with others. so the patients need to have psychological treatment in time. the report about sexual addiction is little in our country, but it does not mean the number of patients is little too. some people do not want to accept

that she had the illness[2].

Doctors often help people make a good cognition of sex and try to help them control their behaviors. the patients have to realize what is healthy sexuality. it is necessary. and doctors will give some medication to suppress sexual appetite. some drugs like Depo-Lupron and Depo-Provera. because sexual addiction often brings some psychological illnesses like depression. dealing with these psychological illnesses can usefully reduce the level of sexual addiction[3].

This paper reviewed the main factors that lead to sexual addiction (including society, native family, school, and different perspectives) and the influence of the illness on patients' daily life. the effect in physic and psychology deeply decreased the quantity of life. In addition, the study also summarized some important treatments

## 2. FACTORS

### 2.1 individual psychological and physical Factors

Studies have shown that genes play at least part of the

role. For example, characteristics associated with mood disorders, instant gratification, anxiety, and depression are all associated with sexual addiction. Hormone levels may also play a role, especially when they are higher than ordinary people. At present, the pathogenesis of sexual addiction is mainly related to heredity and the metabolism of DA, 5-HT. Intracerebroventricular injection of that can cause high activity, while 5-HT can inhibit high activity. Men's extreme sexual behavior is mostly manifested in their lack of ability to love (trying to get compensation through sexual behavior). The increase in sexual desire is also related to the biased attitude toward narcissism and addiction. The psychological need to avoid interpersonal relationships and excessive self-affirmation enhancement of women's sexual desire is often considered an excessive compensation for women's poor experience and inferiority complex. sexual addiction is easy to occur occurs in men between 30 and 40 years old, they think the behavior can give prominence to their sexual ability and increase their masculinity. Then they start to indulge in their sexual addiction. for example, in China, students do not have enough time to relax. and they use much time in study. The score is the most factor to command a student. With technology development, students can use the phone to look at unhealthy information like sexual behavior, suicide, abuse, and masturbation. We assume a student does not have any relaxing activity. One day he back home and go to bed, he had some pressure from studying and his parents can not realize his story. So, he starts to copy sex behavior from unhealthy websites. He began to have masturbation. At first, he only had once a week. His health is not influenced by his behavior and he feels very relaxing and exciting. Slowly, he tries to have more frequency. At least, he always had masturbation 5 times a day. He can not control himself and his body change to weak and he can not have a normal life. He will have sexual fantasies when he saw a beautiful girl. It is lead him can not have a normal relationship. Some students do not have correct psychological guidance. And excessive sexual behavior makes them lose their normal students' life.

## **2.2 Family Factors**

Many sex addicts may have experienced abuse as children. Some people start having sex too early, probably because they witnessed their parents having sex when they were young. For example, when a child was very young, he or she saw his or her parents having sex. They were very happy and they enjoyed it. This is a new thing for children. Some people find it exciting and want to experience it, so they start watching pornographic movies, reading pornographic novels, and even having sex and dating. At the same time, many people who are addicted to sexual activities or sexual images have low self-esteem. This lack of positive self-image does not always stem from exclusion, abuse, or neglect in

childhood. Some people grow up in healthy families, but they never form a positive view of their body and mind. They will feel that others do not love them. Even if they are happy, this may lead them to become negative. Most importantly, a lack of self-confidence makes people more addicted than confident people. In particular, those with low self-esteem tend to have negative body images; Seeking physical satisfaction to satisfy a person's emptiness may also lead to their sexual addiction. 60 percent of patients who have sexual addiction were abused in their childhood. Some of them do not have a peaceful and warm family environment and suffer the different pressure from family when they were little.

## **2.3 Social environment and mood factors**

Finally, the environment can also lead to sexual addiction. Peer effect. For example, if a colleague likes to have sex with others and is addicted to it, it may lead to sexual addiction. They will also try to share their stories with someone else and show others videos and pictures of pornographic websites to stimulate their hormones. Then others may want to try it because it will make them feel relaxed and happy, and they can forget all their troubles. When they find a way to vent their emotions, they may also become addicted to sex. Addicts also have physical triggers. From going to the bar for an "after-work drink", to sitting on the kitchen bench alone at home, to some social occasions, these are all places related to desire. When behaviors are repeated, they may adapt to specific places or situations, and these learned habits may be difficult to break. In addition, those who feel loved and needed may feel at the top of the world. However, for whatever reason, those who do not find this emotion may become victims of loneliness and depression. They may feel that no one cares about them or loves them the way they want to be loved. They may also feel unable to contact anyone. For sex addicts, sex is the only thing of value and desire in life. A person can express independence and talent in it, or disrupt society. However, the number of sexual partners increases with the increase of inner emptiness[4]. Participants at high risk of sexual behavior will avoid their anxiety, reduce frustration and helplessness in life, and use sexual behavior and sexual behavior as a means of escape, which is very important for them to maintain their life [5]. There is no better way to relieve stress and eventually form psychological dependence. These feelings may prompt them to turn to pornography for sexual satisfaction or pretend to be happy.

## **3. THE NEGATIVE IMPACT**

### **3.1 physical Illness**

Sex addicts are so caught up in their situation that they can't stop thinking about pornography for a long time. They may keep thinking about this problem when they

are jogging outdoors. If they are unable to access pornographic material when they begin to crave it, they may begin to feel anxious and uneasy. This anxiety is bad for the brain because it causes unnecessary stress. It can also lead to headaches, high irritability, and feelings of helplessness. If these people can't cope with all the anxiety and stress, they may even become victims of depression. A recent study conducted by the University of Minnesota found that a growing number of Americans are plagued by uncontrollable sex drives. Researchers surveyed 2,325 Americans between the ages of 18 and 50, 50.5 percent of whom were women, using a compulsive behavior test that asked about clinical distress associated with sexual arousal and sexual behavior. According to the survey, 7 percent of women and 10.3 percent of men said they had been distressed or embarrassed by repressed sexual impulses.

### **3.2 Psychological Diseases**

The negative effects are not only physical but also psychological. People who are addicted to pornography may initially experience a lot of pleasure from satisfying their sexual needs. However, as addiction becomes more severe, they find it harder and harder to be attracted to explicit content. They keep looking for "better" content until they can't find it anymore. This eventually leads to a loss of sexual desire, or libido, because the addict can no longer be aroused by anyone or anything. The condition is difficult to cure and can require a lot of time and help. For example, there may be some disorder. The first is cyber sexual disorder. The ACE model of Internet sex addiction is used to explain how the Internet creates a culture of tolerance that helps encourage and validate sexual deviance. The ACE model examines the anonymity of online interactions that helps increase the likelihood of such behavior, the convenience of online porn and sexual orientation chat rooms that make it easier for users to use, and the eventual relief from the psychological tension gained from such an experience. Cybersex offers a private, safe, anonymous way to explore these fantasies. Thus, when Internet users are encouraged to participate in their adult fantasies and are sanctioned by online culture, individuals are more likely to engage in sexual experimentation. Another disorder is hypersexual. Hypersexual disorder is a diagnosis made by people who engage in sexual activity or think about sex through fantasies and urges, and it can cause pain or damage. These individuals may seek out meeting places, roam the streets for sex, and engage in activities such as pornography, masturbation, paid sex, and multiple sexual partners. They feel guilty after becoming addicted, and to reduce these feelings, they pursue another sexual activity[6][7]. They may struggle in areas of life such as work, school, and relationships. The real reasons for this behavior include emotional states, namely anxiety, depression, or relationship conflict. Shame and morality may also play a role in some people. Whether or not such

a condition exists, psychotherapy may be useful for individuals seeking to regulate their emotions and understand their sexual orientation. Supporters of the practice argue that people who commit such excesses will suffer greatly. Hypersexual disorder is considered a nonsexual sexual disorder with an impulsive component in the recommended criteria. Some children or adolescents may increase or develop inappropriate sexual behavior due to traumatic experiences, stressors, or mental illness. While there is no standard definition of excessive sexual behavior in children, it is well known that sexually abused children may exhibit more sexual behavior, and that high-risk sexual behavior is associated with socio-demographic factors such as family dysfunction and social stress.

## **4. TREATMENT**

### **4.1 Psychotherapy**

Cognitive behavior therapy (CBT) is an important psychotherapy method. According to people's cognitive processes, cognitive-behavioral therapy is a psychotherapy method to correct and adapt to bad behavior by changing patients' bad cognition through cognitive technology and behavioral technology [8]. First of all, they should establish a good communication relationship with patients, and then judge the degree of addiction of patients. Second, they set treatment goals for the patient's condition, such as how long to quit addictive behavior. At this time, the therapist should confiscate the addict's sexual tools and pornographic books, encourage patients, and strengthen their will. They should conduct sex education for addicts, change their attitudes and increase their self-confidence. Finally, they should strengthen after treatment to prevent patients from relapsing and appearing abstinence reaction. That approach to treatment focuses more on the addict's basic internal emotional developmental difficulties that contribute to the development of their hypersexual disorder. This therapy is a comprehensive treatment method that provides the change of actual behavior and promotes the change of personal schema. At the same time, it solves the negative core values and forms a healthy relationship with others.[9]

Interpersonal psychotherapy: set up a patient treatment group to share treatment progress and increase members' belief in healing and self-confidence in sexual life. Through the analysis of member families, therapists should correct the adverse effects of original families on members' psychology.

Marriage and family therapy: through the understanding, encouragement, and interaction between husband and wife, help patients establish a correct view of sex and close husband and wife relationship, to reduce the negative clarity of patients and improve the control of sexual impulses. These belong to some treatment

schemes of Cognitive behavior therapy. Psychodynamic psychotherapy is another important method of psychotherapy. It is a therapy that focuses on increasing their awareness of unconscious thoughts and behaviors, developing new insights into their motivations, and resolving conflicts.

#### **4.2 Drug Therapy**

In addition to psychotherapy, certain medications may help because they act on brain chemicals linked to obsessive thoughts and behaviors, reduce the chemical "rewards" these behaviors provide when they act on them, or reduce sexual urges. Potential Medications

Prescribing medication for sex addiction is rarely useful on its own but can facilitate recovery when used in combination with therapy. Commonly used drugs include sertraline, fluoxetine, escitalopram, and finasteride. They can take medicine according to the patient's situation.

#### **4.3 self-help group Therapy**

Self-help groups are informal groups of people who come together to address their common problems. While self-help might imply a focus on the individual, one important characteristic of self-help groups is the idea of mutual support – people helping each other [10]. The earliest and most well-known is the anonymous alcoholics' self-help group. They can restrict, support, encourage and supervise each other through daily attendance and sharing. This method can be used in some patients who do not want to see a psychologist provide an auxiliary function with our treatment.

### **5. CONCLUSION**

The study focus on the main causes of sexual addiction and the negative effects of sexual addiction. According to these, the study put forward some treatments. The study found that all groups may have a sexual addiction. Temptation, stress, and childhood experiences can all lead to sexual addiction. In our opinion, the environmental factors leading to sexual addiction are far greater than genetic factors. Sexual addiction is closely related to psychological harm suffered in childhood. Some researchers say that 45% ~ 60% of sex addicts have suffered sexual trauma or abuse in childhood. Most of them grow up in a family environment lacking proper love and intimate relationships [11]. So, childhood experiences are very important. In the process of treatment, psychotherapist should fully understand the patient's childhood experience. Intervention from childhood can also effectively prevent sexual addiction and other addictive diseases. For sex addicts, sexual desire is the center of life. Many sex addicts even define themselves and others by sex. What is hidden behind it is generally the addicts' belief that they will not be loved and accepted, and the

resulting strong sense of fear and despair. When treating patients with sexual addiction, psychotherapist should also pay attention to the inferiority complex and other psychology of patients. They should also protect patients' self-esteem during treatment and make the treatment more humane. On the Internet, keywords such as sex addiction and sex addiction have certain popularity. This means that the future treatment of sexual addiction may require the joint efforts of physiology, psychology, and sociology.

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