

PSYCHOLOGICAL PROBLEMS OF PMO (PORN MASTURBATION AND ORGASM) BASED ON LITERARY ANALYSIS IN THE LIKE & SHARE MOVIE

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Abstract:

This research discusses literary analysis of psychological problems in masturbation and orgasm porn (PMO) according to the main characters in the film Like And Share by Gina S. Noer. This research focuses on the description of Porn Masturbation and Orgasm (PMO) Addiction experienced by Like & Share Movie actors. PMO is an activity related to self-satisfaction through sexual activity, such as masturbating or watching pornographic content. These activities can sometimes be addictive and have negative effects on a person. Porn is a picture of the human body or human sexual behavior openly with the aim of arousing sexual arousal. Masturbation is called self-defamation activity, which is channeling sexual desires by stimulating the genitals using hand movements or other tools to achieve sexual satisfaction with the aim of orgasm. Orgasm is the peak of pleasure that is obtained when having sex because it can provide extraordinary sensations psychic and psychological. This research uses descriptive qualitative methods and a psychological approach to find out what the symptoms and impacts of pornography, masturbation and orgasm (PMO) are on the health of the main characters of the film like & share. Apart from that, the data in this research was collected from the main character through observation and documentation, then the data was analyzed through Miles and Huberman's three steps, data reduction, data display and conclusion drawing. From the research results, data was obtained on the problems faced by actors in the film like and share. As a result, researchers found 8 symptom they are 1 Shut Himself, 4 Hord to Focus and Easily Emotioanal and 3 impacts, they are Mental Health Disorders, Sleep Disorders, and Nervous System Diisorders of pornography masturbation and orgasm (PMO).

Keywords: *PMO, Porn, Masturbation, Orgasm*

Introduction

Literature is an expression of the soul, which is conveyed through speech and writing in the form of feelings, experiences, thoughts and passions, in the form of pictures of life, thereby evoking the enchantment of the beauty of language. Literature arises from imaginary ideas and descriptions of real human life. Literature is the result of the author's creative process, which is expressed to readers or listeners through the language of communication for aesthetic purposes. Based on a stated by (Wicaksana & Rachman, 2018) Literary work is a world of imagination and fiction. Literary work is a fictional world, reality or fact, which is created in such a way by the author. Literary work is a record of historical events experienced or felt by the researcher.

Whatever, the research expresses in literary work is related to real life. In literary work, research represents the mental of the imaginary character through language that shows the character attitude and behavior. Literary work is the research expression that represents

his emotion and thought. Literary work is a medium to express the author's thoughts. Literary works are imaginative, aesthetic and delight readers Damano (2013). Meanwhile, Waluyo (2020) states that literature exists as a form of the real creative imagination of a research with a different process from other authors, especially in the realm of fiction creation. The difference includes several things, including methods, the emergence of creative processes, and ways of expressing what exists in the author to the delivery language used.

Literary work is a form of psychology and thought or imagination research which is then poured in the form of a work. In the process the author's work uses creativity, taste, and work as initial capital formation of psychological activity in the character. Psychological activity in the characters literary psychology is a science that studies literature which considers work as a psychological activity. Literary psychology recognizes literary works as psychological reflections. The study of literary psychology can be seen through the psychological aspects of the characters in the literary work. This is in accordance with the opinion Endaswara (2013) states that both psychology and literature study human life, psychology is the study of humans in real life, meanwhile literature is a study of humans as creatures of the author's imagination. Both of them deal with human issues as individual creatures and social beings. Both of them utilize the same foundation, namely making human experience as material for study. Therefore, the psychological approach is considered important for its use in literary research.

A work will be more alive if it is supported by the presence of the characters in it. Each of these characters is equipped with a body and soul to support the course of the story even though it is fictitious. Each of these characters has a personal character that distinguishes one character from another. The relationship between these characters often creates conflicts both between individuals, groups and even personal conflicts which can lead to psychological conflict among the characters.

One of the literary works that can be studied through literary psychology and aspects of the character's personality is the Indonesian film by the famous director Gina S. Noer entitled *Like & Share*. The film which is used as research material by depicting the character and personality of the main character with a storyline that makes the audience curious about the story makes researchers want to research psychological problems related to Porn Masturbation and Orgasm (PMO) in the movie.

PMO is youth slang that consists of three words, namely porn, masturbate, and orgasm. Someone does PMO to fulfill their sexual needs. This need is stimulated by watching a variety of adult content. This activity is included in the form of self-satisfaction. Someone who is unable to restrain his sexual arousal and continues to do PMO will make him addicted. Adult content that is easily accessible makes many young people addicted to PMO. The Adult content that young people watch makes them want to do it too. Uncontrollable passion makes his lust peak and masturbate (Ardhini, 2023).

Through this literary psychology approach, it aims to solve the problems faced, especially those concerning aspects of the character's personality as the focus of his study. Aspects of personality are patterns or social behavior consisting of patterns of strength, encouragement, desires, opinions, and attitudes that are inherent in a person when dealing with other people or responding to a situation.

This research found problems in the character and personality of the main character in the movie *Like & Share*. In this movie, the main character is addicted to PMO which bothers him so that researchers are enthusiastic about examining the problems contained in the film. This film tells the story of a pair of 17-year-old best friends, Lisa (Aurora Ribero) and Sarah (Arawinda Kirana). Apart from being school friends, Lisa and Sarah are also active as ASMR YouTubers. Their friendship is strained when Lisa is addicted to watching porn videos. On the other hand, Sarah also began to distance herself when she dated a boy who was 10 years older than her.

There is a close relationship between psychology and literature. Mita (2019) said that "psychology may be defined as the science that studies the behavior of man". Actually there are several definitions which say about psychology. All of them refer to the definition that said psychology is a psychic study about human being behaviors. It happens because behavior is a real thing that can be seen directly, while psyche is an abstract. It is believed that by observing someone behavior, it brings to understanding about the psyche condition. There is no doubt that generally all of people will express their psyche condition toward acts that can be seen clearly by other people. Briefly, we can understand someone characteristic and psyche condition through his behaviors in life.

Start from the same object between psychology and literature, it produces a new analysis which is called literary psychology. Literary psychology is an interdisciplinary between psychology and literature (Endraswara, 2011). Literary psychology gives the best attention to the problems which relate to fictional character psyche which includes in literature. Analysis of literary psychology can be done in two ways. First, through the understanding about psychological theories and then make an analysis of the literary work. Second, by determining a literary work first as the object of analysis and then determine the theories which relevant (Suprpto et al 2014).

In doing psychological, three ways include in the analysis. First, a researcher can analyze the psychological condition when a researcher creates literary work. Secondly, a researcher can analyze the character's psychological condition in the literary work. And the last the researcher can analyze the reader's psychological condition while reading literary work. (Endaswara 2013)

When a researcher does a psychological analysis of a literary work, the indirect researcher heo apply the heory of psychology. The psychological heory heo heo them in analyzing deeply the psychological phenomenon expressed. Nevertheless, when a researcher applies the heory, the researcher relates and attaches it to the plot or content of the story in the literary work, thus the researcher does not stick to the psychological heory. A researcher has to say on the relation with literary work and is forbidden to analyze outside literary work. Porn Masturbation and Orgasm (PMO).

PMO is youth slang which consists of three words, namely porn, masturbate, and orgasm. Someone does PMO to fulfill their sexuality needs. This need is stimulated by watching a variety of adult content. This activity is included in the form of self-satisfaction. Someone who is unable to restrain his sexual arousal and continues to do PMO will make him addicted. Mature content that is easily accessible makes many young people addicted to PMO. The mature content that young people watch makes them want to do it too. Uncontrollable passion makes his lust peak and masturbate (Fanani, 2022).

Symptom of Porn, Masturbation, and Orgasm (PMO)

Someone who is addicted to PMO will show symptoms or signs in their daily life. Before experiencing the effects of PMO addiction, a person will first show signs of their addiction. These signs can be recognized by himself and others around him (Jen 2023). The following are signs that someone is addicted to PMO:

1. Shut Himself

People with PMO addiction would prefer to shut themselves in their room. Not without reason, in self-isolation, someone will be more free to watch adult content. The longer you shut yourself up, the more adult content you can watch. This can satisfy the sexual arousal that is owned.

2. Hard to Focus

PMO will always make someone imagine the adult content they have watched. A person's focus is disturbed because they are busy imagining adult content, especially what can fulfill their sexual desires. This focus difficulty will interfere with someone in carrying out their activities.

3. Easily Emotional

PMO addicts will make someone irritable, impatient, anxious, and angry. Their emotions tend to be unstable due to the influence of the adult content they watch. Especially if the person is accused of watching adult content, their emotions will run high and they can cause a commotion with those around them.

Impact of Porn, Masturbation, and Orgasm (PMO) Addiction on Health

PMO addiction has a detrimental impact on a person. What's more, its impact on the health of the body (Jen, 2023). Here are some of the health impacts of PMO addiction:

1. Mental Health Disorders

The impact of PMO addiction will affect a person's mental health. PMO addicts will experience excessive anxiety, depression, and stress. This disorder will interfere with one's activities.

2. Reproductive Health Disorders

Masturbation is done will reduce reproductive health. Problems such as erectile dysfunction, premature ejaculation, decreased sperm production, and impotence in men. Some of these things will be very detrimental to someone.

3. Physical Problems

Pelvic muscle weakness, headaches, and fatigue are included in the impact of PMO addiction. Physical problems will make a person unable to be productive in carrying out their activities, people will prefer to lie down and be lazy.

4. Sleep Disorders

PMO addiction results in a person not having good quality and quantity of sleep. Being addicted to watching adult content makes someone sacrifice their sleep time. This situation will trigger other health problems.

5. Nervous System Disorders

The nervous system is an important part that supports activities in the body. Disorders of the nervous system will make the body become unbalanced. Furthermore, this disorder causes a person to have difficulty breathing, thinking, moving, impaired senses, and others.

6. Hormone Balance Disorders

The production of the hormone testosterone in PMO addicts will be disrupted. This imbalance will make other problems arise in the body.

Some of the effects of PMO addiction on health attack a person's body. Disturbed health will make a person unable to carry out activities as they should. Therefore, it is very important to pay attention to and deal with PMO addiction before it affects overall health.

Method of Research

The method used in this research uses a qualitative research process method by applying descriptive analysis. According to (Creswell 2019) qualitative research is a design to explore and understand the meaning ascribed to problems by a number of individuals or the general public. This qualitative research procedure involves important efforts, such as formulating questions and strategic steps, combining data that can be understood from participants and analyzing data inductively.

Meanwhile, Moleong (2018) stated that qualitative research is a theory that aims to understand phenomena related to what is described by the subject of the theory. Such as behavior, perception, motivation, action, and so on. holistically and by means of descriptions in the form of words and language, in a special natural context by utilizing various natural methods. The type of qualitative descriptive research used in this research is intended to analyze literary psychological problems from the symptoms and impacts of PMO in the movie *Like & Share*.

Finding and Discussion

1. The symptoms of Porn, Masturbation and Orgasm (PMO) by the main character in the *like & share* movie

After completing several steps related to data collection, this research focuses on two research questions as stated in the first chapter. First, what are the symptoms of Porn, Masturbation and Orgasm (PMO) carried out by the main character in the film *like & share*. The two researchers asked about the impact of pornography, masturbation and orgasm (PMO) on psychological effect by the main actor in the film *like & share*. In this section the researcher answers the research questions to achieve the research objectives. The data obtained regarding porn, masturbation, and orgasm (PMO) addiction and their effects are as follows:

1. Shut Himself

Mama: *Ngapain kamu. Lihat! Lihat!*

Lisa: *Enggak! Aku enggak Ngapa-ngapain! Aku Cuma benerin celana mah*

The data above was that Lisa was discovered by her mother who was watching adult content, Lisa locked herself in her room to watch adult content and even started PMO because she couldn't control her sexual desires. This shows that Lisa experienced symptoms of PMO that closed her off.

2. Hard to Focus

Lisa: *Pak, saya izin ke toilet.*

When the lesson started, it was difficult for Lisa to focus on studying because she imagined the adult content she was watching. So Lisa was allowed to go to the toilet to watch adult content to fulfill her sexual desires and masturbate with her hands.

Mama: *Lisa*

In this scene, Lisa is taken by her parents to the market to shop for what she needs to sell. When Lisa saw the fish, Lisa imagined adult content and put her hand in the fish's mouth. Here Lisa finds it difficult to focus her thoughts on adult content. Lisa was shocked when her mother called her and stopped what she was doing and immediately went to the hall towards her mother.

Lisa: *Enak ya? Gue suka banget nih, suara di video kita yang ini.*

Sarah: *Nyenyak nih tidurnya nanti malam.*

Lisa: *Tapi harus banget ya, tampilannya kayakgini?*

Sarah: *Lis, lo enggak lihat itu berapa orang yang Like and Share? Kita makin cepat kaya lis.*

In this scene, Lisa and Sarah created ASMR content with an adult theme which would be uploaded to YouTube. At that time, Lisa was carried away and lacked focus, which made herself aroused and imagined the adult content she had seen. Their goal is to create a theme like that so that lots of people like & share.

Lisa: *Ahhh... Ahhhh.... Emmhh*

Fita: *Hei,*

In this scene, Lisa is taking a cake course, but when Lisa makes the dough, Lisa finds it difficult to focus and always imagines adult content until she loses her concentration. PMO addiction will always make someone imagine the adult content they watch. A person's focus is disturbed because they are busy imagining adult content, especially that which can fulfill their sexual desires. This difficulty focusing will interfere with someone in carrying out their activities.

3. Easily Emotional

Lisa: *Gue enggak kecanduan.*

Sarah: *Gue tau lo ngapain dit Toilet sekolah lis.*

Here Sarah invites Lisa to play Roller Skate in a mall, Sarah invites Lisa not without reason. Sarah invites Lisa to play Roller Skate so she doesn't lock herself up in her house and wants to cure Lisa of her addiction to watching adult content, when Lisa asks to go home because she doesn't know how to do it. Sarah immediately thought negatively about Lisa, who wanted to go home because she was watching adult content. Sarah immediately accused Lisa. While in the school toilet, Lisa was watching and masturbating, but Lisa didn't admit it and at that moment, Lisa's emotions were unstable and she immediately left Sarah.

Ibu lisa: *Kamu itu sayang enggak sih sama mama?*

Lisa: *Aku Cuma penasaran, Cuma mau tahu.*

In this scene, Lisa was scolded by her mother for watching adult content. Her mother gave Lisa good directions not to do it again, but Lisa felt offended and angry because she didn't like her mother who always scolded her. At the time of this incident, Lisa became easily emotional towards anyone.

Sarah: *We have sex*

Lisa: *Oh...*

Sarah: *Gue enggak apa-apa kok. Cuma agak sakit perut aja sedikit.*

Lisa: *Bukannya harus enak?*

Sarah: *Enggak sesimpel itu, lis.*

Lisa: *Ini sesimpel makan dong? Lo dipaksa, makanannya enggak akan Enak.*

Sarah: *Ibaratnya lo nyoba makanan baru. Rasanya pasti aneh kan awalnya. Terus habis itu lama-lama enak*

Ya...Ya mungkin seks kayak gitu juga

Awalnya, awalnya sakit tapi lama-lama enak.

Lisa: *Tapi enggak sakit karna lo dipaksa kan, sar?*

Sarah: *Apaan sih lis? Sudah gue enggak apa-apa!
Cuma ya, ternyata sakit ajadikit, habis itu sudah.
Sudah enggak usah dibahas lagi, oke?*
Lisa: *Tapi, Lo sudah bilang enggak.*

Sarah: *Ini kita jadi bikin konten, enggak sih?*

In the scene, Lisa asked Sarah to be honest about what happened because she asked to break up even though she had just celebrated her birthday with her boyfriend, Devan. When Sarah told her what had happened, it turned out that Sarah had sex with her boyfriend and all of Lisa's questions made her emotional and she couldn't control herself so Sarah went home leaving Lisa. Meanwhile, Lisa concluded that Sarah had been a victim of rape, but Sarah did not admit it and was angry with Lisa for accusing Devan of molesting her.

The influence of porn on people who consume it is multilevel, influenced by various situations and conditions. Porn encourages free sexual practices which make teenagers fond of consuming pornographic media, both men and women are likely to be involved in casual sex.

2. The Impact of Porn, Masturbation, and Orgasm (PMO) on psychological effect by the main character in the *like & share* movie

1. Mental Health Disorders

Sarah: *Bunda ague selalu ingetin gue kalau ada banyak cara ngelihat sesuatu. Yang berarti enggak ada yang salah dari usaha lo untuk enggak pengen stres. Bener, enggak?*

This scene tells the story of Lisa feeling anxious and stressed because she realized that she was addicted to watching adult content and even masturbating. PMO addiction has a bad impact on her mental health and this disorder will disrupt a person's activities.

2. Sleep Disorders

Lisa is addicted to PMO resulting in not having good quality and quantity of sleep. Every time she wants to sleep, Lisa often imagines and watches adult content. Addiction to watching adult content makes Lisa sacrifice her sleep and can't control herself not to do it. This situation will trigger health problems for Lisa

3. Nervous System Disorders

In this scene, after what happened to Sarah, Sarah's life was completely destroyed. Sarah didn't leave the room and couldn't sleep because she thought about her ruined future so Sarah hurt herself. Sarah didn't think long. Right now, all Sarah wants is suicide. Jen, 2023 once said that the nervous system is an important part that supports activities in the body. Disorders of the nervous system will make the body unbalanced. Furthermore, this disorder causes a person to experience difficulty breathing, thinking, moving, sensory disturbances, and so on.

Discussion

In discussing the symptoms of PMO, 8 psychological problems were found that made the main character, a teenage girl, interested in exploring her teenage years. The main character has the signs of addiction described above. Lisa closed herself off, always locked herself in her room to watch adult content and even engaged in PMO. According to Jen, 2023 makes it clear that shutting down is an early sign of PMO symptoms.

Someone with PMO addiction prefers to lock themselves in their room. Not without reason, in self-isolation, someone will have more freedom to watch adult content. The longer

you shut yourself away, the more adult content you can watch. This can satisfy your sexual desire (Jen, 2023).

Furthermore, Lisa found it difficult to focus on what happened to her as explained above. When Lisa was in class, Lisa remembered the adult content she had seen until Lisa was allowed to go to the toilet to watch and do PMO. Meanwhile, PMO will always make someone imagine the adult content they are watching. A person's focus is disturbed because they are busy imagining adult content, especially that which can fulfill their sexual desires. This difficulty focusing will interfere with someone in carrying out their activities.

According to the results of Haidar & Apsari (2020) research, pornography that teenagers watch is a sexual sensation that is received prematurely, so what happens is that a deep impression settles in the subconscious brain which can make them difficult to concentrate, unfocused, lazy about studying, not enthusiastic about carrying out proper activities, and even experience shock and disorientation (losing sight) of their own identity that they are actually still teenagers.

Symptoms of PMO will make a person irritable, impatient, anxious, anxious and angry. Their emotions tend to be unstable due to the influence of the adult content they watch. Moreover, if the person is accused of watching adult content, their emotions will run high and can cause a commotion with the people around them. Just like Lisa is emotional towards her best friend, Sarah. Here Sarah invites Lisa to play Roller Skate in a mall, Sarah invites Lisa not without reason. Sarah invites Lisa to play Roller Skate so she doesn't lock herself up in her house and wants to cure Lisa of her addiction to watching adult content, when Lisa asks to go home because she doesn't know how to do it. Sarah immediately thought negatively about Lisa, who wanted to go home because she was watching adult content. Sarah immediately accused Lisa. While in the school toilet, Lisa was watching and masturbating, but Lisa didn't admit it and at that moment, Lisa's emotions were unstable and she immediately left Sarah. Pornography can cause someone to have difficulty concentrating on studying and carrying out activities, and every day they are filled with anxiety. Pornography watched by teenagers tends to settle in the brain and have a deep impression. Because pornography is something new and interesting for teenagers to see. (Afriliani et al. 2023). This makes it difficult for Lisa to concentrate when taking a cake making course.

According to Abdurrahman in (Purwanti, Supriyatna 2021) Porn will encourage someone to fantasize about sex. When lust is high, a person wants to satisfy something, but if there is no means to channel lust then the lust will be channeled through fantasy (imagination). Under certain conditions, porn can trigger acts of sexual violence, especially against women, namely rape. Just like Sarah who was raped by her boyfriend who was forced to carry it out even though Sarah had tried to stop her boyfriend's action. Promiscuity causes Sarah to be raped. Pangesti (2022) States that social influence is very large on the formation of a person's personality. Apart from that, the interactions you make will reflect your personality, whether they are healthy or not. Choosing the wrong relationship will make us become bad people. Therefore, it is necessary to have basic principles in order to remain in healthy relationships. Trapped in promiscuity. Because they were inspired by the film they watched, their sexual activity was free to start. The impact of this is mental and moral damage which results in sexual crimes such as rampant rape, out-of-wedlock pregnancies and sexually transmitted diseases.

1. Based on the data above, the main character in "Like & Share" experiences symptoms of masturbation, porn, and orgasm which shows signs in his daily life.

This is in accordance with Jen (2023) that PMO symptoms will show signs of addiction first. PMO symptoms will encourage someone to fantasize (imagine), encourage someone to

engage in casual sex, trigger sexual violence and encourage sexual deviation. This is because someone who is addicted to PMO has a hormone in their brain (dopamine) that will continue to be used so that the brain cells work slowly and do not work normally. PMO has a bad impact on a person. The more often you access porn content, the worse the impact will be.

2. The Impact of Porn, Masturbation and Orgasm (PMO) on psychological effect by the main character in the *like & share* movie

In discussing the impact of PMO, 3 psychological problems. PMO addiction has a bad impact on a person. Moreover, it has an impact on body health. Lisa felt anxious and stressed because she felt she was addicted to watching adult content as stated (Jen, 2023) that the impact of PMO addiction will affect a person's mental health. PMO addicts will experience anxiety, depression and excessive stress. This disturbance will disrupt a person's activities.

PMO addiction results in a person not having good quality and quantity of sleep. Addiction to watching adult content makes a person sacrifice their sleep. This situation will trigger other health problems. It's the same with Lisa, who every time she wants to sleep often imagines and watches adult content. Addiction to watching adult content makes Lisa sacrifice her sleep and can't control herself not to do it. This situation will trigger health problems for Lisa.

Meanwhile, Sarah, who was sexually assaulted, wanted to commit suicide because her future was destroyed, mental health problems had reached her nervous system. Which (Jen, 2023) once stated that the nervous system is an important part that supports activities in the body. Disorders of the nervous system will make the body unbalanced. Furthermore, this disorder causes a person to experience difficulty breathing, thinking, moving, sensory disturbances, and so on.

Conclusion

After analyzing the data, come to a conclusion. Based on research findings and research discussions, researchers took some interesting data. Symptoms and impacts of PMO refer to the situation when people do PMO, something called addiction will occur. According to (Fanani, 2022) someone who does PMO to fulfill their sexual needs. This need is stimulated by watching various adult content. This activity is included in the form of self-satisfaction. Someone who is unable to control their sexual desire and continues to do PMO will become addicted. Easily accessible adult content makes many young people addicted to PMO. The adult content that young people watch makes them want to do it too. Uncontrollable passion makes his lust peak and he makes him masturbation. After watching and analyzing the film, there are 8 symptoms of PMO that occur in the main character in the film *Like & Share*. Meanwhile, the impact that occurs in *Like & Share* is 3 data.

Finally, after the researcher analyzed the entitled *Literary Analysis of Psychological Problems in Masturbation and Porn Orgasm (PMO) According to the Main Character in the Film Like and Share*, the researcher concluded that the Symptoms and Impact of PMO which occurred in the main character, Lisa often masturbated to orgasm, which made Lisa feel guilty, guilty and dirty when he looks at himself. Meanwhile, Sarah, who is a victim of sexual harassment in the form of rape by her boyfriend, makes Sarah scared and stressed. After this incident, Sarah often locked herself in her room and did not interact with those closest to her.

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