



HOW PORN CAN AFFECT RELATIONSHIPS

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We sometimes hear the argument that watching porn is a great way to improve your relationship or heat up your sex life.

But did you know that a lot of research actually shows the opposite?

Let's take a look.

sexual dissatisfaction

While some people may assume that porn can improve your sex life, research actually consistently shows that frequent porn consumption is associated with sexual dissatisfaction.



(WRIGHT, BRIDGES, SUN, EZZELL , & JOHNSON, 2018)

(BROWN, CARROLL, YORGASON, BUSBY, WILLOUGHBY, & LARSON, 2017)

(MUUSSES, KERKHOF, & FINKENAUER, 2015)

There is some research to show that some couples may experience an initial spark when watching porn together, but longitudinal research shows that any initial benefits tend to break down over time. In fact, according to longitudinal research, porn consumption was the 2nd strongest predictor of poor relationship quality.



negative impact

Porn can also negatively impact consumers' commitment levels in their relationships.

Research shows that porn is linked to decreased couple commitment and increased acceptance of infidelity.



(RASMUSSEN, 2016)

(LAMBERT, NEGASH, STILLMAN, OLMSTEAD, & FINCHAM, 2012)

Additionally, research consistently shows that porn consumers are 2X as likely to later report experiencing a divorce or breakup, even after controlling for marital happiness, sexual satisfaction and other relevant factors.

(PERRY, 2018)

(PERRY & DAVIS, 2017)

(PERRY & SCHLEIFER, 2015)

body image

Consuming porn can also result in poorer body image —both for the consumers and for their partners.



(TYLKA, 2015)

(KOR, ZILCHA-MANO, FOGEL, MIKULINCER, REID, & POTENZA, 2014)

(TYLKA & KROON VAN DIEST, 2015)

(DESTIN N. STEWART , AND DAWN M. SZYMANSKI, 2012)

Additionally, dozens of studies show that porn can:

DECREASE RELATIONSHIP QUALITY ¹

INCREASE COUPLE CONFLICT ²

DECREASE RELATIONSHIP SATISFACTION ³

POORER ROMANTIC ATTACHMENT ⁴



1. (STEWART & SZYMANSKI, 2012; PERRY, 2020)
2. (CARROLL, BUSBY, WILLOUGHBY, & BROWN, 2017; SZYMANSKI, & STEWART-RICHARDSON)
3. (RASMUSSEN, 2016; MUUSSES, KERKHOF, & FINKENAUER, 2015; PERRY, 2016; WILLOUGHBY, CARROLL, BUSBY, & BROWN, 2016)
4. (TYLKA, 2015; KOR, ZILCHA-MANO, FOGEL, MIKULINCER, REID, & POTENZA, 2014; PAUL J. WRIGHT , ROBERT S. TOKUNAGA , ASHLEY KRAUS , AND ELYSSA KLANN, 2017; RASMUSSEN, 2016)

relationship quality

And finally, research shows that those who never view pornography report higher relationship quality—on every measure—than those who view pornography alone.



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