

Abstract

This thesis is focused on the impact of excessive use of online pornography onto the quality of life.

Pornography has rich history, which reflects shaping of the social a cultural context throughout the time. Foreign scientists focus heavily on the pornography impacts. They study its impact onto the different parts of human life, behaviour, physical and psychic health or relationships. This thesis is based on quality research. The aim was to describe, what effect has excessive pornography use on the quality of subject lives, describe the evolution of subject pornography consumption and if the criteria for behavioural addictions were fulfilled. Interviews with the use of manual were undertaken with eight respondents from the webpages Život na pornu. Data was analysed by Grounded theory. Results showed, that respondents had first encounter with pornography early, around the age of 9 to 11. Spending time using pornography evolved for most respondents to several hours a day. Most common trigger points were stress, boredom and lust for some excitement from the daily routine. All respondents fulfilled the criteria of behavioural addiction – prominence, toleration, mood changes, interpersonal and intrapersonal conflict and relaps. Presence of withdrawal symptoms have not been proofed. Quality research proofed link between excessive pornography use and problems in relationships especially and for most respondents' worse results at school.

As both, foreign research and this thesis show, excessive use of online pornography has direct impact on quality of life and deserves attention. It is necessary to focus on both therapy and prevention.

Key words: addiction, behavioural addiction, pornography, quality of life