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An Integrative Pastoral Counseling Model for Adolescents with Problematic Pornography Use: A Narrative Literature Review

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Abstract
In the digital era, the increasing accessibility of pornography has made adolescents vulnerable to sexually explicit content that may affect their psychological development, behavior, and sexual values. This study aims to formulate an integrative conceptual model of pastoral counseling for adolescents with problematic pornography use. The research employs a qualitative narrative literature review of scholarly sources published between 2010 and 2024. The findings indicate that pornography use is not deterministic but is influenced by the interaction of individual factors, emotional regulation, cognitive processes, and social environment; under certain conditions, it may become compulsive. Accordingly, this study proposes an integrative pastoral counseling model with four components: pastoral-psychological assessment, emotional regulation and behavioral change, spiritual and identity restoration, and community support with professional referral when necessary. This model provides a more contextual, evidence-based framework for churches supporting adolescents with problematic pornography use.

Keywords: Adolescent Pornography Use; Problematic Pornography Use; Pastoral Counseling; Emotional Regulation; Integrative Model

Introduction

The development of digital technology has significantly expanded adolescents' access to pornographic content, making it an issue that is receiving growing attention in studies of mental health and adolescent development. Internet access that is easy, anonymous, and unlimited allows adolescents to be exposed to sexually explicit material from an early age, whether intentionally or unintentionally.[1] Empirical data show that pornography exposure among adolescents occurs on a wide scale and tends to be increasing, with most adolescents experiencing initial exposure before the age of 13.[2] This condition is crucial because adolescence is a developmental phase marked by intense biological, psychological, and social changes, and is therefore highly vulnerable to the formation of sexual mindsets and behaviors.

A number of studies indicate that pornography consumption is associated with various aspects of adolescent development. A systematic study by Paulus et al. identified a relationship between pornography consumption and permissive sexual attitudes, risky sexual behavior, and

[1]Grace B. Jhe et al., "Pornography Use among Adolescents and the Role of Primary Care," *Family Medicine and Community Health* 11, no. 1 (2023): e001776, https://doi.org/10.1136/fmch-2022-001776.

[2]American College of Pediatricians, *The Impact of Pornography on Children* (Updated May 2024)

the formation of unrealistic perceptions of sexual relationships.[3] This finding is consistent with other studies showing that pornography is often used by adolescents as a source of sexual information, especially when formal sex education is inadequate, even though the information obtained tends to be biased and unrepresentative of relational reality.[4] Furthermore, research also shows that pornography exposure is correlated with increased behaviors such as sexting, early sexual exploration, and a tendency toward sexual objectification and aggression.[5]

From a mental health perspective, empirical research shows a significant relationship between pornography use and psychological conditions such as depression, anxiety, and stress.[6] Camilleri et al. found that compulsive pornography use contributes to mental health disorders and shows patterns resembling addictive behavior.[7] This is reinforced by the findings of Privara and Bob, which show that pornography consumption is associated with emotional conflict, feelings of guilt, and an inability to control sexual urges.[8] Neurobiologically, this mechanism is explained through the activation of the brain's dopamine-based reward system, which has the potential to form patterns of dependence on digital sexual stimuli.[9]

In church ministry practice, the problem of pornography among adolescents is often understood primarily within a moral and spiritual framework, so that the responses given focus on advice, reprimand, repentance, or spiritual discipline. This approach has important value in the pastoral tradition because it affirms the individual's moral and spiritual responsibility. However, a number of studies show that problematic pornography use is often related to more complex psychological factors, such as difficulties with emotional regulation, stress, maladaptive coping, and behavioral patterns formed through processes of reinforcement and habit. Under such conditions, an approach that focuses solely on the moral aspect is potentially inadequate for explaining or addressing the root of the problems experienced by adolescents.

As a result, some adolescents may experience a recurring cycle of guilt, confession, failure to control the behavior, and withdrawal from the faith community. This condition shows

[3]Frank W Paulus et al., "The Impact of Internet Pornography on Children and Adolescents : A Systematic Review L ' Impact de La Pornographie Sur Internet Sur Les Enfants et Les Adolescents : Une Revue Systématique" 50 (2024): 649–662.

[4]Jhe et al., "Pornography Use among Adolescents," 2–3.

[5]Paulus et al., "The Impact of Internet Pornography on Children and Adolescents : A Systematic Review L ' Impact de La Pornographie Sur Internet Sur Les Enfants et Les Adolescents : Une Revue Systématique."

[6]Christina Camilleri, Justin T Perry, and Stephen Sammut, "Compulsive Internet Pornography Use and Mental Health : A Cross-Sectional Study in a Sample of University Students in the United States" 11, no. January (2021): 1–24.

[7]Ibid.

[8]Michal Privara and Petr Bob, "Pornography Consumption and Cognitive-Affective Distress" 211, no. 8 (2023): 641–646.

[9]Ibid.

the need for a pastoral counseling approach that remains rooted in theological values while also being able to draw on an understanding of psychological dynamics, emotional regulation, and behavioral change. Thus, pastoral ministry functions not only as a means of moral correction but also as a process of accompaniment that supports holistic restoration.

Nevertheless, recent literature affirms that the impact of pornography on adolescents is neither singular nor deterministic. Paulus et al. emphasize that research findings on the impact of pornography are often contradictory and are influenced by various factors, such as individual characteristics, the social environment, and cultural context.[10] In addition, several studies show that pornography can also serve as a means of exploring sexual identity, particularly for minority groups who do not find room in conventional sex education.[11] Therefore, a purely normative approach is inadequate for explaining the complexity of this phenomenon.

Nevertheless, most existing research still focuses on psychological, medical, and behavioral approaches and has not yet systematically integrated the spiritual dimension into its analytical framework. Existing studies tend to position pornography as a mental health or behavioral problem, without examining in depth how spiritual and pastoral aspects can contribute to the process of restoration. Yet, in the context of religious communities, particularly the church, the problem of pornography is understood not only as a psychological phenomenon but also as a spiritual issue that affects the individual's relationship with God, with oneself, and with others.

This gap indicates that there remains significant room for research in developing an integrative approach that is based not only on empirical findings but also systematically considers the theological dimension. To date, few studies have formulated a pastoral counseling model that explicitly integrates psychological, mental health, and spirituality findings in addressing problematic pornography use among adolescents.

Based on this background, this study aims to formulate a conceptual model of integrative pastoral counseling for adolescents with problematic pornography use through a synthesis of the literature on psychology, addictive behavior, and pastoral theology, in order to provide a more comprehensive framework of accompaniment that responds to adolescents' psychological, behavioral, and spiritual needs. This study offers novelty through the integration of empirical findings from psychology and mental health with the perspective of pastoral theology within a comprehensive counseling framework. Thus, this study is expected to make a theoretical contribution to the development of pastoral counseling scholarship as well as a practical contribution to church ministry in accompanying adolescents who face problematic pornography use in the digital era.

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[10]Paulus et al., "The Impact of Internet Pornography on Children and Adolescents : A Systematic Review L ' Impact de La Pornographie Sur Internet Sur Les Enfants et Les Adolescents : Une Revue Systématique."

[11]Grace B. Jhe et al., "Pornography Use among Adolescents and the Role of Primary Care," *Family Medicine and Community Health* 11, no. 1 (2023): 2, https://doi.org/10.1136/fmch-2022-001776.

Method

This study is a conceptual paper that uses a qualitative approach based on a literature review. The type of review used is a narrative literature review that aims to synthesize various research findings and theoretical concepts in order to formulate a conceptual model of integrative pastoral counseling for adolescents with problematic pornography use.

The data sources in this study were obtained from secondary literature consisting of scholarly journal articles, academic books, and research reports relevant to the focus of the study. The literature search was conducted through the Google Scholar, PubMed, and ScienceDirect databases using keywords such as "pornography addiction", "adolescent pornography", "problematic pornography use", "mental health and pornography", and "pastoral counseling". The publication range used was 2010–2024, with priority given to articles that had undergone peer review.

The literature obtained was then selected in stages. The first stage was carried out through a review of titles and abstracts to identify sources relevant to pornography use among adolescents, addictive behavior, mental health, and pastoral counseling. The second stage was carried out through full-text reading to ensure suitability with the research objectives and the inclusion criteria that had been established. The inclusion criteria covered studies that discuss pornography use among adolescents, related psychological and behavioral aspects, and pastoral or spiritual approaches in the process of restoration. Meanwhile, sources that were not directly relevant, lacked adequate academic credibility, or were not available in full-text form were excluded from the analysis.

Data analysis was conducted using a thematic analysis approach. The selected literature was read in depth to identify recurring patterns of findings. Subsequently, the findings were coded and grouped into main themes relevant to the focus of the study. From this process, four main themes were obtained, namely: (1) the dynamics of pornography use among adolescents, (2) psychological and behavioral impacts, (3) the mechanisms by which compulsive use develops, and (4) implications for pastoral counseling.

These themes were then compared and synthesized to identify the relationships among the concepts that emerged in the literature. Based on the results of this synthesis, the researcher formulated a conceptual model of integrative pastoral counseling that combines psychological, behavioral, and spiritual dimensions as a framework of accompaniment for adolescents with problematic pornography use.

To enhance the credibility of the analysis, this study used a cross-source comparison approach by comparing findings from various disciplines, including psychology, mental health, behavioral science, and pastoral theology. This approach was taken to obtain a more comprehensive understanding of pornography use among adolescents and its implications for the development of integrative pastoral counseling.

Findings and Discussion

The Dynamics of Pornography Use Among Adolescents

The results of the literature analysis show that pornography use among adolescents is a phenomenon that is increasing alongside the development of digital technology and the ease of internet access. Access that is anonymous, fast, and extensive not only increases the likelihood of exposure but also changes consumption patterns to become more active and deliberate. In this context, adolescents no longer act merely as passive recipients but as agents who actively access pornographic content as part of sexual exploration and information seeking.[12]

Nevertheless, the literature shows that the level of use and its effects are not uniform. This variation is influenced by a number of factors, including gender, stage of pubertal development, and the quality of family relationships.[13] Male adolescents tend to have a higher frequency of consumption, while adolescents in family contexts with low supervision or less supportive relationships show a tendency toward more intense use.[14] This finding indicates that pornography use cannot be separated from the context of individual development and the surrounding social environment.

Furthermore, these findings show that pornography cannot be understood as a stand-alone phenomenon but as part of the broader dynamics of adolescent development. Within this framework, pornography use can be positioned as one form of expression of the process of identity exploration, self-regulation, and response to the biological and psychosocial changes that occur in adolescence.[15] Thus, this behavior is not always pathological, but under certain conditions, especially when influenced by risk factors such as weak self-control or social support, it can develop into a problematic pattern of use.

The implication of these findings for pastoral ministry is that pornography use among adolescents needs to be understood in the context of individual development and the surrounding social environment. Adolescents who are exposed to pornography cannot automatically be regarded as individuals who are merely experiencing moral decline, because this behavior is often related to processes of exploration, curiosity, the need for sexual information, and relational and environmental factors. Therefore, pastoral counseling needs to begin with an empathic assessment of the adolescent's psychological, social, and spiritual condition before offering moral direction or spiritual formation. Such an approach enables the

[12]Debra K Braun-courville, Mary Rojas, and D Ph, "Exposure to Sexually Explicit Web Sites and Adolescent Sexual Attitudes and Behaviors," *Journal of Adolescent Health* 45, no. 2 (2009): 156–162, http://dx.doi.org/10.1016/j.jadohealth.2008.12.004.

[13]Jochen Peter dan Patti M. Valkenburg, "Adolescents and Pornography: A Review of 20 Years of Research," *The Journal of Sex Research* 53, no. 4–5 (2016): 509–531, https://doi.org/10.1080/00224499.2016.1143441.

[14]Ibid.

[15]Ibid.

church to understand the root of the problem more comprehensively and to build a more effective process of accompaniment.

Psychological and Behavioral Impacts

The results of the literature analysis show that pornography use among adolescents is associated with various changes in psychological and behavioral aspects, particularly in sexual attitudes, emotional regulation, and patterns of interpersonal relationships. A number of studies show that exposure to pornographic content is correlated with increased sexual permissiveness, changes in norms regarding intimate relationships, and a tendency to engage in risky sexual behavior.[16] This finding shows that pornography functions not only as a sexual stimulus but also as an agent of socialization that contributes to shaping adolescents' cognitive frameworks and sexual values.[17]

In addition, the literature also indicates a relationship between pornography use and psychological conditions such as anxiety, emotional distress, and internal conflict. In some cases, compulsive use is associated with feelings of guilt, loss of self-control, and recurring psychological tension.[18] This shows that pornography can function as a coping mechanism for emotional pressure, although in the long term it has the potential to reinforce a cycle of maladaptive behavior.[19]

Nevertheless, it is important to note that the relationship between pornography and psychological impacts is not directly causal. Meta-analyses show that the strength of the relationship between pornography use and problematic behavior is at a moderate level, which indicates that other variables, such as individual conditions and social context, also play a role in determining the resulting impacts.[20] Thus, not all adolescents who consume pornography will experience significant psychological or behavioral disorders.

In the context of sexually aggressive behavior, research shows a correlation between pornography consumption and a tendency toward sexual aggression, although this relationship

[16]Braun-courville, Rojas, and Ph, "Exposure to Sexually Explicit Web Sites and Adolescent Sexual Attitudes and Behaviors."

[17]Peter et al., "Adolescents and Pornography : A Review of 20 Years of Research Adolescents and Pornography : A Review of 20 Years of Research."

[18]Privara and Bob, "Pornography Consumption and Cognitive-Affective Distress."

[19]Antonio Cervero et al., "Explanatory Factors for Problematic Cybersex Behaviour : The Importance of Negative Emotions," *Current Psychology* 43, no. 20 (2024): 18109–18118, https://doi.org/10.1007/s12144-024-05639-9.

[20]Lijun Chen et al., "The Association between the Quantity and Severity of Pornography Use : A Meta-Analysis The Association between the Quantity and Severity of Pornography Use : A," *The Journal of Sex Research* 59, no. 6 (2022): 704–719, https://doi.org/10.1080/00224499.2021.1988500.

is influenced by the type of content and individual characteristics.[21] This finding shows that the impact of pornography is not homogeneous but depends on the interaction among media, individual, and environmental factors.

Based on this synthesis, it can be concluded that pornography use among adolescents is better understood as a risk factor that contributes to psychological and behavioral change, rather than as a single cause. Thus, an approach that oversimplifies this relationship risks overlooking the complexity of the factors involved in adolescent development.

In the pastoral context, it is important to distinguish between guilt and destructive shame. Guilt can function constructively because it helps individuals recognize wrongdoing, take responsibility, and open themselves to repentance and restoration. By contrast, unaddressed shame can lead adolescents to identify themselves with the behavior they have engaged in, giving rise to the belief that they are dirty, broken, or unworthy of acceptance by God or the faith community. This condition has the potential to reinforce the cycle of problematic pornography use because individuals tend to conceal their struggles, avoid help, and become increasingly isolated socially and spiritually. Therefore, pastoral counseling needs to avoid shaming approaches and instead emphasize a process of repentance accompanied by acceptance, hope, and sustained accompaniment.

Complexity and Variation of Impacts

The results of the literature analysis show that the impact of pornography use among adolescents is neither singular nor linear but complex and varied, depending on the interaction of various individual, social, and contextual factors. Systematic reviews show that research findings on the impact of pornography are often inconsistent and, in some cases, even contradictory.[22] This indicates that the relationship between pornography use and adolescent development cannot be explained through a simple cause-and-effect approach.

The variation in impact is influenced by a number of factors, including the frequency of use, the type of content consumed, and individual characteristics such as the level of psychological maturity and the condition of the social environment.[23] In this context, meta-analyses show that the relationship between pornography use and problematic behavior is at a moderate level, so not all individuals experience significant negative effects.[24] This finding affirms that pornography is better understood as a risk factor that is probabilistic rather than deterministic.

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[21]Paul J Wright, Robert S Tokunaga, and Ashley Kraus, "A Meta-Analysis of Pornography Consumption and Actual Acts of Sexual Aggression in General Population Studies" 66 (2016): 183–205.

[22]Peter dan Valkenburg, "Adolescents and Pornography," 519–520.

[23]Ibid.

[24]Chen et al., "The Association between the Quantity and Severity of Pornography Use : A Meta-Analysis The Association between the Quantity and Severity of Pornography Use : A."

In addition, the literature also shows that the effects of pornography can differ depending on the context of its use. In some cases, pornography is used as a means of sexual exploration and identity seeking, especially among adolescents who do not receive adequate sex education.[25] In other conditions, however, repeated and uncontrolled use can develop into a maladaptive behavioral pattern, especially when associated with low emotional regulation or unstable psychological conditions.[26]

Furthermore, critical studies show that the concept of "pornography addiction" itself remains a matter of debate in the scientific literature, particularly with regard to its definition, diagnostic criteria, and the validity of its measurement.[27] Therefore, this study prefers to use the term *problematic pornography use*, which is considered more neutral and better able to describe variation in the severity of the behavior without assuming the existence of an addictive disorder that is diagnostically well established.

Based on this synthesis, it can be concluded that the impact of pornography on adolescents is contextual and is influenced by a complex interaction among individual, media, and environmental factors. Thus, a reductionistic approach or a single generalization is inadequate for explaining this phenomenon comprehensively.

For pastoral counseling, these findings affirm at least three important principles. First, not all pornography use produces the same impact, because each adolescent's experience, motivation, and condition differ. Second, the risk of developing problematic use tends to increase when there are difficulties with emotional regulation, weak self-control, and a lack of social and relational support. Third, pastoral intervention needs to be personal and contextual rather than uniform for all individuals. Adolescents who are exposed unintentionally, adolescents who access pornography out of curiosity, and adolescents who have already shown a pattern of compulsive use require different forms of accompaniment. This principle is important so that the church does not fall into moral generalizations that overlook the psychological, social, and spiritual conditions underlying an individual's behavior.

Psychological Mechanisms of Problematic Pornography Use

To understand how pornography use can develop into problematic behavior, a theoretical framework is needed that can explain the underlying psychological mechanisms. In this regard, the *Interaction of Person–Affect–Cognition–Execution* (I-PACE) model provides a

[25]Peter et al., "Adolescents and Pornography : A Review of 20 Years of Research Adolescents and Pornography : A Review of 20 Years of Research."

[26]Cervero et al., "Explanatory Factors for Problematic Cybersex Behaviour : The Importance of Negative Emotions."

[27]Siobhán Healy, Cullen Kris, and Taylor Tracy, "Youth , Pornography , and Addiction : A Critical Review," *Current Addiction Reports*, no. January (2024): 265–274, https://doi.org/10.1007/s40429-024-00549-z.

comprehensive conceptual foundation for explaining the formation of addictive behavior, including compulsive pornography use.[28]

The I-PACE model explains that addictive behavior does not arise suddenly but results from the interaction among individual predisposing factors (such as personality and prior experiences), emotional responses (for example, stress or anxiety), cognitive processes (such as selective attention and interpretive bias), and self-control capacity (executive function).[29] Within this framework, pornography use can develop into problematic behavior when there is an imbalance between affective urges (craving) and the individual's capacity for self-regulation.

Empirical findings show that negative emotions play an important role in this process. Individuals who experience stress, anxiety, or emotional pressure tend to use pornography as a coping mechanism to relieve psychological tension.[30] However, repeated use in this context can strengthen the association between sexual stimuli and emotional regulation, thereby increasing the risk of forming compulsive behavioral patterns.[31]

In addition, this model also emphasizes the importance of learning and reinforcement processes. The experience of pleasure or stress reduction following pornography use can strengthen the behavior through reward mechanisms, thereby increasing the likelihood of repetition in the future.[32] In the long term, this process can lead to a decline in self-control and increased dependence on particular stimuli.

Nevertheless, the literature also shows that the concept of "pornography addiction" still lacks strong consensus in the clinical field. Several studies emphasize that high pornography use cannot always be categorized as an addictive disorder, mainly because uniform and universally valid diagnostic criteria do not yet exist.[33] Therefore, it is important to distinguish between intensive use and use that is genuinely problematic or dysfunctional.

From a neuropsychological perspective, this mechanism can also be understood through the non-linear relationship between brain activity and mental function. This approach shows

[28]Matthias Brand et al., "The Interaction of Person-Affect-Cognition-Execution (I-PACE) Model for Addictive Behaviors: Update, Generalization to Addictive Behaviors Beyond Internet-Use Disorders, and Specification of the Process Character of Addictive Behaviors," *Neuroscience and Biobehavioral Reviews* 104 (2019): 1–10.

[29]Ibid.

[30]Cervero et al., "Explanatory Factors for Problematic Cybersex Behaviour : The Importance of Negative Emotions."

[31]Ibid.

[32]Brand et al., "The Interaction of Person-Affect-Cognition-Execution (I-PACE) Model," 3.

[33]Healy, Kris, and Tracy, "Youth , Pornography , and Addiction : A Critical Review."

that both hyperactivity and hypoactivity in certain systems can produce suboptimal conditions, thus affirming that behavioral extremity is a primary risk factor.[34]

Based on this synthesis, problematic pornography use can be understood as the result of a dynamic interaction between internal and external factors, involving emotional, cognitive, and behavioral processes simultaneously. Thus, an approach that emphasizes only the moral aspect or the individual's will is inadequate for explaining the complexity of the mechanisms involved.

The Conceptual Model of Integrative Pastoral Counseling

The findings obtained from the literature show that problematic pornography use among adolescents is a phenomenon involving the interaction of psychological, behavioral, social, and spiritual factors. The I-PACE model explains that compulsive behavior develops through the relationship among individual characteristics, emotional regulation, cognitive processes, and self-control capacity. On the other hand, the pastoral counseling literature emphasizes the importance of restoring meaning, identity, relationship with God, and community support in the process of sustained change. Based on this synthesis, this study proposes a conceptual model of integrative pastoral counseling consisting of four main stages.

Pastoral-Psychological Assessment

The first stage aims to obtain a comprehensive understanding of the adolescent's condition before intervention is carried out. The assessment covers patterns of pornography use, triggering factors, emotional state, family relationships, social support, spiritual condition, and the possible presence of other risk factors such as trauma, sexual abuse, depression, or psychological disorders that require further attention. This approach is based on the finding that problematic pornography use does not arise from a single cause but is influenced by various interacting factors.

Emotional Regulation and Behavioral Change

The second stage focuses on understanding and changing the mechanisms that sustain pornography use. Based on the I-PACE model, compulsive behavior develops through a cycle involving particular triggers, negative emotions, urges or craving, pornography use, and an experience of temporary relief that reinforces the behavior. Therefore, pastoral counseling needs to help adolescents develop emotional regulation skills, strengthen self-control, build adaptive coping strategies, and replace maladaptive habits with healthier behavioral patterns.

[34]Northo and Tumati, "Neuroscience and Biobehavioral Reviews ' Average Is Good , Extremes Are Bad ' – Non-Linear Inverted U-Shaped Relationship between Neural Mechanisms and Functionality of Mental Features."

Spiritual and Identity Restoration

The third stage emphasizes the restoration of the relationship with God and the formation of a healthy self-identity. In this context, pastoral counseling seeks not only to stop the problematic behavior but also to help adolescents understand grace, forgiveness, and the renewal of life. This approach also emphasizes the importance of distinguishing between guilt, which can prompt repentance, and destructive shame, which can reinforce isolation and despair. Through the process of spiritual accompaniment, adolescents are helped to build hope and an identity rooted in their relationship with God.

Community Support and Professional Referral

The fourth stage aims to ensure the sustainability of the restoration process. The literature shows that social support plays an important role in maintaining positive behavioral change. Therefore, the church can provide spiritual mentors, small groups, healthy accountability relationships, and wise family involvement. In cases that show severe compulsive symptoms, trauma, depression, or other mental health risks, the pastoral counselor needs to consider referral to a psychologist, psychiatrist, or competent mental health professional as part of an integrative approach.

These four stages are not understood as a fully linear process but as a flexible and interrelated framework of accompaniment. Through the integration of psychological, behavioral, spiritual, and social dimensions, this model is expected to provide a conceptual basis for developing more comprehensive pastoral counseling practice in accompanying adolescents with problematic pornography use.

Implications and Integration in Pastoral Counseling

The conceptual model proposed in this study shows that problematic pornography use among adolescents requires an approach that goes beyond moral judgment alone. The integration of psychological, behavioral, spiritual, and social dimensions enables pastoral counseling to understand adolescents' struggles more comprehensively and to provide accompaniment better suited to individual needs.

In this context, pastoral counseling has the potential to make a significant contribution, particularly in helping individuals build meaning in life, values, and spiritual orientation. Nevertheless, the findings of the literature also show that pornography use is often related to psychological factors such as stress, anxiety, and difficulties with emotional regulation.[35] This indicates that effective pastoral intervention needs to integrate psychological understanding in order to address the root of the problem in greater depth.

In church ministry practice, the main implication of this model is the importance of an empathic pastoral assessment before giving moral direction or spiritual discipline. This

[35]Cervero et al., "Explanatory Factors for Problematic Cybersex Behaviour : The Importance of Negative Emotions."

approach helps counselors understand the factors underlying pornography use, including loneliness, family conflict, emotional pressure, and difficulties with emotional regulation experienced by adolescents. Thus, pastoral accompaniment focuses not only on observable behavior but also on the underlying root of the problem.

In addition, the findings of the literature show that the impact of pornography is not universal but contextual and influenced by various factors.[36] Therefore, the counseling approach cannot be carried out uniformly but needs to be adapted to the individual's condition, including psychological, social, and spiritual background. This personal and contextual approach is consistent with the basic principles of pastoral counseling, which emphasize relationship, empathy, and understanding of the individual's experience.

From a practical perspective, this integration is realized through the four main stages formulated in the conceptual model of this study, namely pastoral-psychological assessment, emotional regulation and behavioral change, spiritual and identity restoration, and community support and professional referral. These four stages provide a more systematic framework of accompaniment and enable pastoral counselors to adapt interventions to the specific needs of each adolescent.

In addition, this model affirms that pastoral counseling should not be positioned as an alternative to mental health services but as a complementary partner. In cases involving trauma, depression, severe anxiety, or highly compulsive patterns of use, collaboration with a psychologist or psychiatrist becomes an important part of a holistic process of restoration.

Thus, the main contribution of this study lies in the effort to integrate empirical findings from psychology and behavioral science into a pastoral counseling framework, resulting in an approach that is more comprehensive, contextual, and evidence-based. This approach is expected not only to improve the effectiveness of interventions but also to enrich the development of pastoral counseling scholarship in the academic arena.

Conclusion

Pornography use among adolescents is a complex phenomenon that cannot be reduced to a merely moral problem but involves the interaction of psychological, cognitive, emotional, social, and spiritual factors. The results of this review show that problematic pornography use is better understood as a contextual and non-deterministic risk factor, and therefore requires an integrative approach in the process of accompaniment. This study formulates a conceptual model of integrative pastoral counseling consisting of four main components, namely pastoral-psychological assessment, emotional regulation and behavioral change, spiritual and identity restoration, and community support and professional referral. This model provides a more comprehensive framework of accompaniment for churches and pastoral counselors in accompanying adolescents with problematic pornography use.

[36]Peter et al., "Adolescents and Pornography : A Review of 20 Years of Research Adolescents and Pornography : A Review of 20 Years of Research."

Nevertheless, this study has limitations because it is based on a literature review and therefore has not empirically tested the effectiveness of the proposed model. Therefore, future research needs to develop empirical studies, through both qualitative and quantitative approaches, to test the implementation of this pastoral counseling model in real-world contexts and to explore the contextual factors that influence its success.

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