

Sexual Self-Disclosure on Adolescents Who Do Porn, Masturbate, and Orgasm (PMO) on Social Media

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ABSTRACT: PMO stands for porn, masturbation, & orgasm. Many individuals, especially adolescents, have begun to take up sexual pleasure via social media. Reputable studies have noted that individuals who experience sexual experimentation on social media have diverse dynamics and various indications of factors. Finding eight dynamic sub-themes and the experience of conducting PMO as follows; 1). Personal views on sexual morality (personal views on sexual morality), two themes itself limit/self-regulation and self-control; 2). Premarital sexual intercourse (premarital sex); 3). Oral sex; 4). Masturbation is divided into four themes: explorative behavior/exploratory behavior, joking/Idle curiosity, insecurity, and escape coping; 5). Sexual fantasies (sexual thoughts or fantasies), one theme is fetish; & 6). Sexual difficulties (sexual problems or difficulties), one theme is addiction. This study aims to describe the experiences of individuals who have done PMO. Two participants participated through snowball sampling. Data was collected based on semi-structured interviews with the participants. Data analysis was carried out phenomenologically descriptively to see the substance of the PMO experience in the form of themes. This research study obtained 8 PMO themes, including self-limitation, self-control, exploratory behavior, idle curiosity, insecurity, escape coping, fetish, and addiction. The interest of this research is how it can be an effort to will sexual self-disclosure in a more positive way to build self-development.

INTRODUCTION

PMO (Porn, Masturbate & Orgasm) is one of the many topics of discussion on social media that is widely discussed. PMO is an acronym porn, masturbate, & orgasm; self-satisfying activities self-service is carried out using adult content to get a climax or peak of sexual arousal (Umam, Arba Choirul, 2023). Adult content that can be found on social media is immediately found quickly to make it easy to satisfy yourself. social media that can be used to access various adult content such as Telegram, Twitter, Instagram, Line, Youtube, Hago, Litmatch & other dating apps. Adult content can be found in various forms moan ASMR, pap random or IPN (I'm posting naked), PS (phone-sex), VCS (video call sex), CS (chat sex), TMO (take me out), and BS (battle sigh).

This phenomenon was increasingly being discussed on social media during the spread of COVID-19 by the WHO, which declared COVID-19 a global pandemic and urged each country to arrange remote activities or work from home (WHO, 2021). Some regulations apply to activities worked from home. During the COVID-19 pandemic, explicitly reduced productivity and disrupted mental health

for various age groups from published findings regarding the consequences of COVID-19, one of which was for adolescents who experienced stress, anxiety, and loneliness (Pertiwi et al. 2021).

The result preliminary study carried out on 5 individual adolescents who did PMO who had been personally interviewed found that escape from stress, anxiety, and loneliness provides new indications for exploring, fulfilling sexual desire, FWB (friend with benefit), open relationship, interpersonal communication, and becoming an agent for marketing adult content. The process of PMO occurs divided into various variations that can be enjoyed en masse, privately, and alone, PS Activities (phone sex), VCS (video call sex), and CS (chat sex) can be done with various expressive moan ASMR, pap random or IPN (I'm posting naked) and BS (battle sigh). The preliminary study on 2 out of 5 interviewed individuals who did PMO explain that before appearing to do a show in BS (battle sigh), they prepare the script for display.

The prepared script forms manifest from various preferences such as father, son, brother and sister, and master helper. all ideas are fantasized copies of impressions of something felt. The defined plot helps much fantasy reasoning at the moment show BS (battle sighs) that flows so impressions of sensation are naturally displayed. The study conducted by (Bell & Kennedy, 2000) classifies three groups of sexual encounters (sexual encounters) in the virtual space. First, they will visualize the real world when connected online-online. However, there is no guarantee that they are doing it. Second, connected with a script that is entirely fantasy. Creating improvisations in role plays that are adapted to the various stories that are made. Third, sex is moderated by a remote computer (tele-operated compu-sex). In cybersex, one party (individual or couple) will give instructions to have sexual intercourse via computer to another individual (Irawanto, 2017).

Social media is where it is easy to find adult content that can provide satisfaction and sensations to fulfill sexual desires (Lemma, 2021). The findings from the Ministry of Communication and Information have handled harmful content data before blocking accounts Facebook and Instagram 8,903, Twitter 4.984, Youtube 1.689, File Sharing 517 and Telegram 502 accounts containing pornographic content (Viska, 2019). Consistent with the findings of research conducted on the spread of pornography on the use of Telegram in Medan City, it describes data regarding groups, especially those who share porn videos like account @JapaneseV which has 7.5K or approximately 7,500 subscribers, account @AsupanGabutAsik which has 233.8K or approximately 233,800 subscribers (Andriansyah et al., 2021). This phenomenon is getting more and more interesting from a variety of mature content that provides space for self-disclosure sexually, in line with the findings of a comparative study on sexual self-disclosure in context offline, the majority of the sample are college students and adults. Still, in context online, the sample is teenagers (Setyaningsih & Putra, 2020).

Adolescence is a process of physical, psychological, and cognitive growth that reaches its peak. The development of adolescent sexuality can be better explained by the biopsychosocial method. Biological, psychological, and social factors are equally important in determining the development of sexuality in adolescents (Kar et al., 2015). Adolescence faces dramatic biological changes, new experiences, and sexual exploration. Adolescence is a period of sexual exploration and experimentation, a period of fantasy and sexual reality, and a period of integrating sexuality as an identity. Teenagers have curiosity and sexuality that can hardly be satisfied (Santrock, 2013). Research conducted by (Palazzolo & Bettman, 2020) shows that many participants conceptualize and experience IP (internet protocol) as excessive behavior that they cannot limit. However, the consequences are complex, with various experiential features such as dependency, habit, or addiction. Fabbri explained that adolescents may integrate instinctive pressures that arise from social and family constraints by looking for ways to be able to express themselves and ensure relationships that can be controlled both in terms of their sexual needs and an adequate social environment (Tosto, M., Salerno, A., & Fici, 2014).

This is in line with the results of a preliminary study of 5 individual adolescents who carried out PMO and found that the social, cultural, and religious environment put pressure on them, so adolescents looked for ways to be able to express, integrate and represent, themselves sexually. Teenagers have various questions that arise about themselves from sexual self-disclosure. Technological developments can now provide an accessible space to access adult content so that teenagers can easily experiment to explore themselves sexually. Another study from (Lemma, 2021) describes that it is necessary to develop psychosocial interventions that educate all children and adolescents about the potential risks of pornography online. With the spread of technology amplifying risks that cannot be reliably mitigated, mediation is needed to devise solutions not limited to technology (Lemma, 2021).

In its best condition, the Internet becomes essential for exploring and elaborating on adolescent sexuality (Gradus et al., 2020; Shapiro & Ray, 2007). Technological developments that make pornography widely available online are not intrinsically wrong but do not mean that technologically mediated sexual experiences are neutral in their effects on the development of sexuality in adolescents (Staples et al., 2012). Inherently wrong, but by no means a technologically mediated sexual experience is good in its influence on the development of sexuality in adolescents. Excessive sexual self-disclosure on social media towards individual adolescents who engage in PMO results in pornography addiction and unrealistic sexual attraction (Ostendorf et al., 2020). This phenomenon is known as sexual self-disclosure is self-disclosure sexually to individuals who are willing to communicate about sexual life (Brown & Weigel, 2018).

Sexual self-disclosure is an individual's willingness to tell others about various sexual topics or the extent to which individuals communicate with partners about likes and dislikes in sexual aspects (Papini et al. 1988). Snell et al. (1989) define sexual self-disclosure as a willingness to discuss twelve sexual topics, namely sexual behavior, sexual sensations, sexual fantasies, sexual attitudes, the meaning of sex, negative sexual influences, positive sexual influences, sexual problems, birth control, sexual responsibility, sexual dishonesty, and rape. Herold & Way (1988) measure sexual self-disclosure as a willingness to discuss six topic areas: personal views on sexual morality, premarital sexual relations, oral sex, masturbation, sexual thoughts or fantasies, and sexual problems or difficulties. Individuals who can express sexually about sexual likes and dislikes have a more positive value to their sexual communication (Tang et al. 2013).

Rational of Study

Previous studies about sexual self-disclosure by (Lemma, 2021) reveal that culture shapes attitudes, feelings, and behavior, including the tendency to disclose oneself sexually or to inhibit such disclosure. This research is in line with the current PMO phenomenon, which is an obstacle to education on sexuality. Research from (Brown & Weigel, 2018), young people tend not to express sexual desires to their partners because they are in a relationship, and this results in ignorance of sexual experience to know their sexual likes and dislikes. (Sukardani et al. 2022) found sexual communication in online dating applications is more effectively expressed because of mutual mutualism. Interaction with users from various cultures and countries has a strategy of easy sexual self-disclosure. However, in research conducted by (Palazzolo & Bettman, 2020), the implication that the cause is some kind of dependence is no different from the experiences described by individuals with substance use disorders.

Objectives

Seeing the phenomenon from the existing research results, the researcher wants to conduct further research on sexual self-disclosure in individual adolescents who carry out PMO on social media. The reason the researchers wanted to study further saw the existence of adolescent problems

related to sexual self-disclosure that is disclosed excessively will result in privacy, stereotypes, and social paradigms for individuals who are known to many people in the context of social media. Many teenagers also use PMO to escape from stress, anxiety, and loneliness, so it is often difficult to anticipate bad things that will happen in the future. This is an interesting PMO phenomenon for researchers to be able to research sexual self-disclosure on social media. Thus, this research aims to know the experience of sexual self-disclosure of individual adolescents who carry out PMO. This research seeks to normalize self-development in terms of sexuality by realizing curiosity and experimentation with sexual self-disclosure in reality and social media.

METHODS

Design

This study uses qualitative methods based on in-depth data forms that contain meaning to describe individual experiences accurately and effectively. This research focuses on psychological transcendental phenomenology to see the life experiences of participants in a phenomenon ([Creswell, 2007](#)). Researchers use descriptive qualitative methods to focus on the phenomena being analyzed, which refer to the description of the experiences of adolescents who carry out PMO on social media.

Participant

Participants are individual adolescents with an age limit of 18-22 years who are willing to participate in this research by filling in informed consent. This research uses techniques of snowball sampling which at first was small in number, then enlarged, which were 2 juvenile individuals who had carried out PMO, Celine and Bintang (pseudonyms), with inclusion criteria using social media such as telegram, Twitter, Instagram, LINE, Youtube, Hago, Litmatch, and other dating apps. Participants have enjoyed a variety of PMO content in bulk, privately, and alone. Adult content from PMO in the form of PS (phone-sex), VCS (video call sex), and CS (chat sex) can be done with various expressive moan ASMR, pap random or IPN (I'm posting naked), and BS (battle sigh). By selecting options, research wants to see the picture of sexual self-disclosure in adolescents during the developmental period of sexual exploration and experimentation who engage in PMO on social media. This research was conducted in virtual meetings with intermediary social media in a kind voice call, video call, and chat, focusing on apps like Telegram, Instagram, Twitter, and Little Match.

Data Collection Procedures

Data collection uses a semi-structured interview form. According to ([ten Have, 2011](#)), structured interviews are a data collection technique if the researcher or data collector already knows about the information. Data is collected based on aspects of sexual self-disclosure, which is divided into six aspects, personal views on sexual morality (personal views on sexual morality, premarital sexual intercourse (premarital sex), oral sex, masturbation, sexual fantasies (sexual thoughts or fantasies) and sexual difficulties (sexual problems or difficulties) ([Herold & Way, 1988](#)). In conducting interviews the researcher has prepared an instrument of questions from aspects of sexual self-disclosure with the help of data collection using other tools such as recorder voice recorder, notebook, and stationery to assist during the interview.

Data Analysis

Data analysis in this study uses an interpretive phenomenological analysis approach which can provide an overview of research in which individuals understand the meaning of life experiences and can provide accurate and practical descriptions of individual experiences. The interpretive

phenomenological analysis presents data analysis from five main steps: data familiarization withers, exploratory comments, emergent themes, superordinal themes, and patterns between cases (Creswell, 2007).

RESULTS AND DISCUSSION

Results

Overview of Research Participants

Celine (Participant 1)

Celine is a 20-year-old girl who lives in the city of Semarang, Central Java. He is taking leave from college and keeping himself busy with his business. Celine is the first participant who volunteered to participate in the study and is an acquaintance of a friend she accidentally met. The first time I learned about PMO in 2020 was introduced by an ex-boyfriend so that they could do it themselves when the couple wasn't together with Celine. social media used to conduct PMO is Twitter which became the mediator in finding various references and content to carry out PMO. Celina was also very active when she did PMO excessively after breaking up with an ex-boyfriend who had already engaged in sexual activity to get Celine's partner to do PMO. Celine felt that it was strange what was being done to her, but when she thought she wanted to do PMO, Celine revealed that she tried to convince herself by self-talk, walking around the city, playing at friends' boarding houses, and trying various things to divert to do PMO.

Bintang (Participant 2)

Bintang is a 20-year-old boy who resides and lives in the city of Bekasi, West Java. Currently studying at a university in Banten. Bintang often commutes to Bekasi Banten because Bintang feels alone at the boarding house, so Bintang decides to commute from Bekasi Banten. Bintang is one of two participants who volunteered to meet virtually by accident and were introduced by Bintang's friend, who was supposed to be a participant but had exceeded the maximum participant age criteria. The first start of getting to know PMO in 2018, which Bintang's friends introduced. Bintang also tried to jump in and carry out PMO to date. The social media Bintang uses for PMO activities is Telegram, which uses a features bot to have a text conversation. Bintang admitted that initially, there was no intention to carry out PMO. Still, the interlocutor led to a sexual discussion so that Bintang did PMO. Bintang feels that doing PMO is essential and not. Still, it is better to do it in person so that he can carry out every sexual fantasy healthily. Bintang feels that he is not addicted to PMO, so he can do it when he wants to do PMO by reading books and doing activities that can divert his desire to do PMO.

Background to Doing PMO

PMO is a sexual activity to satisfy oneself (self-service) using adult content accessible on social media such as Telegram, Twitter, Instagram, Line, Youtube, Hago, Litmatch, and other dating apps. Various forms of adult content that can be found easily provide space for individuals for sexual exploration and experimentation. All forms of self-satisfying exploration (self-service) with adult content can be found form PS activities (phone-sex), VCS (video call sex), and CS (chat sex) can be done with various expressive is moan ASMR, pap random or IPN (I'm posting naked) and BS (battle sigh). PMO is divided into multiple forms that can be enjoyed en masse, private & alone. With PMO, individuals can engage in sexual activity by exploring and sharing their sexual experiments. Celine stated that PMO activities could understand more references regarding sexual activity. Depending on individual opinions, Bintang has different views on whether PMO activity is good. Celine and Bintang

Table 1. Theme Super-Orders

Super-ordinate theme (Parent theme)	Theme Sub-orders
Personal views on sexual morality (Personal opinions on sexual morality)	Self-limit/self-regulation Self-control/self-control
Premarital sexual intercourse (Premarital sex)	Explorative behavior/Exploratory behavior
Oral Sex	Joking/Idle curiosity
Masturbation	Insecure Escape coping
Sexual fantasies (Sexual thoughts or fantasies)	Fetish
Sexual difficulties (Sexual problems or difficulties)	Addicted

stated that they had premarital sex. Celine said that the motive for carrying out the PMO was when it was open Twitter looking back at the last text conversation with an ex-boyfriend flashbacking the sexual activity together so Celine masturbated. Meanwhile, Bintang also had sexual intercourse. Initially, his motive for carrying out PMO was explained by a friend to try to do PMO. At first, Bintang had no intention of having a conversation at bot Telegram but accidentally met someone who talked about sexual topics and ended up doing PMO.

Results of Data Analysis

The results found are reviewed by aspects of sexual self-disclosure through Herold and Way's reference (1988), which is divided into 6 super-ordinate themes as follows, table 1. Of the eight subordinate themes, it is interesting to trace the individual experiences of adolescents who carry out PMO, the explanation of which is as follows.

Personal views on sexual morality

Celine (Participant 1)

Celine's opinion realized that clear boundaries when discussing sexual activity during social life discouraged the intention to talk, but it was different with minded people.

"...If the person is in the same circle or on the same frequency as me, I will be that clear to talk about, but for those who talk to general people, it's because they are aware that in Indonesia, things are still taboo, so it's more like holding back ah talk about it..."

With limitations, Celine stated that in her experience establishing several relationships, many responses were given from a negative perspective.

"...Apart from meaning like that, keep avoiding what people say like that, so more or less, you want to just FWB (friends with benefits relationships). I'm sure other people who know us will walk with us or even see us enter this boarding house and all kinds of things. If there always has to be a partner, it will be like what many people say, you know..."

Bintang (Participant 2)

Bintang's opinion is in contrast to the current PMO is to be more restrained on Social Media than commenting on various sexual topics. So Bintang restrained his intention to choose to discuss with friends.

"...Uh, it's more restricted on social media. If you talk to people directly to ordinary friends, that's what's more outspoken anyway..."

Bintang realized that clear boundaries when discussing sexual activity during public life discouraged him from speaking so that, in response to society's views, Bintang chose not to care.

"...I mean, if people are like that, just let it be as long as we don't do it in front of him right away; I don't care if people are like that..."

"...So far, if there have been slanted remarks about me, I don't think about it, so I don't care from there..."

Premarital sexual intercourse

Celine (Participant 1)

Celine recounted her experience of having sexual relations with a former partner. When he was still with Celine with his ex-spouse, he often had sexual activities, so after parting with his ex, Celine chose to seek sexual activity with PMO on social media.

"...Precisely because we have had sexual intercourse, so when there is no one, what is the term that makes us comfortable for us to do it by doing PMO..."

"...At first, I heard that after breaking up, it was really because of what used to be a sexual activity, then when it broke up, there wasn't any contact at all..."

Bintang (Participant 2)

Bintang recounted his experience before carrying out PMO on social media, having had sexual intercourse before being introduced by a friend to try PMO.

"...Instead, do it first and then get to know PMO on this social media..."

Bintang feels the difference when carrying out physical, sexual activity with various forms of PMO content. They prefer to do it directly rather than choosing one sexual fantasy. Instead of doing it directly, they can try various sexual fantasies.

"...Yes, as delicious as PMO is, it's better straight away..."

"...In PMO, we fantasize, but in person, we realize all fantasies (laughs)..."

Oral Sex

Celine (Participant 1)

Celine has a fantasy of doing oral sex with experience when carrying out sexual activities directly. Still, there were none when carrying out PMO activities because Celine did not feel a satisfying sensation.

"...Hm, if there is a fantasy, if there is a fantasy to have oral sex, if there is nothing specifically for that, but if it is suitable for intercourse, there is..."

Bintang (Participant 2)

Bintang has sexual fantasies about oral sex, but they don't have direct experience. When Bintang does PMO with VCs (video call sex), just doing sexual activity with the fantasy of having sexual intercourse typically not to the point of having fantasy oral sex with a partner.

"...As for fantasy for oral, there is, yes, but for the experience, there is not yet; it's just fantasy; there is no experience itself yet" "For a video call, it's just a video call, but it's okay. It doesn't go into oral anyway..."

Masturbation

Celine (Participant 1)

Celine's masturbation experience started the first time she watched video porn from a housewife (household assistant) with her boyfriend to make Celine study. With this first experience, Celine also tried masturbating in grade 1 of junior high school with a sense of curiosity to explore.

"...So the first time I knew that was because what used to be in the house there was help and there was an ART (household assistant) now, Miss, I don't know what's wrong with her fetish, but she forced me to watch a video of her with her boyfriend, so it went on from there. he was already outspoken, so basically, from middle school, I already knew things like that, but he chose to stay on the street. "Oh, this is taboo..."

"Finally, he explained everything. "This is what it's for" and all kinds of things..."

"So that's the same package as the first time watching pornographic films for junior high school grade 1..."

"But I'm curious, right when I watch it, what's it like? I feel like there's something strange in my body, but it's just that I don't get to explore it like that..."

When she knew PMO, Celine realized she would masturbate from sexual activity with her ex-spouse.

"...Already in this period, it's rare. I mean, it's like if you remember the old days (laughs)..."

"When I was too busy opening Twitter, I accidentally ended up posting chats from the past, so I remembered again whether I wanted to or not..."

Sometimes Celine also felt different in assuming what was done was unusual for most people, so Celine felt strange.

"...I don't feel guilty, but it's like, what do I sometimes feel strange to be alone with myself, you know, because we never know what personal people are like inside, right Sis? It's just that what gets caught in our brains is always like this person that's fine; other people are fine; never show what we mean. We don't know if it turns out that behind that person, other people also do that, so sometimes after that I sometimes I'm weird, ok, I'm like this, I think other people are not like that..."

Bintang (Participant 2)

Bintang's masturbation experience started in elementary school when Bintang accidentally saw adults masturbating in the swimming pool locker room. Bintang tipped curiosity to try himself while at home to masturbate.

"...It's been a long time since elementary school, masturbation..."

"Hm, because looking at people"

"Hm, I didn't see it directly by accident"

"Seriously, look in the swimming pool locker room and see that there are Brothers and Sisters like that, you still don't know, huh?"

"Finally, tomorrow, try it yourself at home; oh, it's delicious, it's fine (laughs)..."

Sexual thoughts or Fantasies

Celine (Participant 1)

Celine, in carrying out sexual activities by exploring various references using the media Twitter, thus, has several concerns about being able to export herself with different preferences in carrying out sexual fantasies. Celine wants to mention the sex positions requested to those that don't make her less enjoyable. Celine says the attraction for Celine sexually from partners with several body parts that become points of pleasure during sex.

"...He made the fat, yes, but in the past, he still tried it because that was Twitter for reference"

"You can't know what the name is. Anyway, it's right where I'm the one who's under the movement of the man"

"Aku ya hm maybe kaki or sama eh leher"

"As for the former, he has collarbones, so he has shoulder bones..."

Bintang (Participant 2)

Bintang explores various references using the media Twitter as material for conducting PMO. Bintang also mentions being able to export themselves with different preferences in carrying out the desired sexual fantasies, such as the position of love that is requested to make it less enjoyable to the physical attraction that makes it attractive to the opposite sex and Bintang.

"...If on Twitter (laughs), just look around like that"

"Eh, breasts"

"Eh, what else are the neck and face already"

"I also like to be stimulated by his neck, especially when he is stroked."

"Fantasy position, I usually fantasize that that's the position, right, Wot (woman on top) usually"

"It depends on the same thing because sometimes you follow, sometimes you are dominant depending on the situation because the direction is always dominant..."

Sexual Problems or Difficulties

Celine (Participant 1)

In her experience, Celine realized that doing PMO (porn, masturbation, & orgasm) became an escape after having frequent sexual activities with ex-partners. Hence, Celine's wife became addicted

to the point of being uncontrollable. Celine tries to control herself with various activities that can divert her mind from having sexual activity by masturbating.

"...I used to be addicted to it, until the time of masturbation, the head hurt bad, so it continued until I finally searched on Google. It turns out that if you do too much it can make your head hurt. Finally, when it starts, what's it like? What's more, it's confusing suddenly; it keeps on remembering like I have. Do you want to masturbate by avoiding walking in your city, going to a friend's place to become skilled like that ?..."

"...Hm, it's just that in the past, it felt like it was torturous, so if you try to divert it now, sometimes you want to keep going; it's like you don't have to, you don't have to say it in your heart, you can do it already..."

Bintang (Participant 2)

In his experience, Bintang realized that doing PMO is not to do but accidentally meet other people who talk about sexual topics. Bintang felt and realized that he had to control his desire to do something by doing different activities to divert his mind from doing PMO activities.

"...The problem is that if you are addicted to it all the time, there must be a desire to want it again; it's not normal; it's just like that"

"Hm, I'm more looking for activities; I mean, maybe opening ig or reading something that can distract the main thing..."

Discussion

The results of the data analysis carried out found eight sub-themes which are divided into two discussions, namely; The two themes of silencing self boundaries are limit/self-regulation and self-control & Exploring self-expression through PMO, six themes are explorative behavior/exploratory behavior, joking/Idle curiosity, insecurity, escape coping, fetishes, and addictions.

Silencing Self Limits

Sexual self-disclosure is a form of interactive sexual self-disclosure as a unique, intimate communication about expressing thoughts, feelings, and behaviors that provide information about sexual images (Tang et al., 2013). Morality is limited by the existence of a culture that considers related taboo sexual self-disclosure in society. The results of the study found that Celine realized that there were limitations related to the topic of sexual self-disclosure because, in Indonesia, it is clear that discussing sexual issues is still taboo as well as Bintang, who still feel uncomfortable discussing sex on social media freely and prefer to discuss it with close people.

Similar to research conducted by (Kar et al., 2015), explaining that social or environmental factors play a significant role in the development of adolescent sexuality. Parental attitudes toward sexuality, parenting styles, peer relationships, and cultural influences are essential social factors for facilitating sexual learning and determining sexual attitudes toward adolescents. Other factors such as political, legal, philosophical, spiritual, ethical, and moral values greatly influence the development of sexuality. Likewise, social media also presents sexual content, significantly affecting their perception of sexuality (Kar et al., 2015).

The limitations experienced by the participants realized how in the current era, Indonesia is still so thick with cultural values to intervene in the sexual morality of individuals, especially teenagers. By emphasizing the expression so that sexual self-disclosure, which is done, is not so place for participants in real life as well online. Other research from Mindel et al. (2012) explains the cultural

differences between Americans, who have sociocultural values that are free to be open, compared to China which has a limited sociosexual orientation so that Chinese culture takes a long time for Chinese people to communicate sexual topics (Tang et al., 2013).

PMO provides space for expressing sexual self-disclosure in a connected way online with various other individuals to discuss various topics, including sexual preferences. In connecting with other individuals, participants explained that they used alter accounts when surfing multiple applications on social media to discuss similar interests to establish specific relationships (Maulani & Priyambodo, 2021).

The research results are found below; apart from the application, Twitter Celine also uses the app Tinder to meet with other individuals to discuss sexual topics; in everyday life, Celine prefers to consult with one frequency compared to other people who generally still consider it taboo. Meanwhile, Bintang uses Telegram and Litmach to talk about sexual topics, which sometimes varies with Bintang, who initially used alter and original accounts and did not intend to do PMO but was provoked to do so. Bintang felt unethical when discussing sexual topics, so he limited himself to following the flow of the issues given while being more open with friends. In research conducted regarding sexual-self disclosure on dating apps online, it is easier to do because it is considered mutualism; anonymously, it is more accessible to communicate without fear of judgment (Sukardani et al., 2022).

Exploring self-expression through PMO (Porn, Masturbate, & Orgasm)

A change in the individual is characterized by growth and development to provide a balance commensurate with various exploratory and experimental in adolescence. One of the many apparent identity formations, sexual identity is also increasingly clarified by the existence of a romantic relationship where they build an exploration with sexual activity. From the research results, it was found that Celine and Bintang had had sexual intercourse in their teens. Previous studies described adolescents engaging in sexual activity online, which is considered normal in today's youth (Kar et al., 2015).

Previously, when Celine was in a relationship with her ex-spouse, she had often engaged in sexual activity, which her ex-spouse about PMO introduced. Similarly, Bintang admitted that he had had sexual intercourse, but his friends introduced PMO differently. To satisfy PMO sexual desire without having sexual intercourse directly by playing sexual fantasies that are carried out to help oneself (self-service). The research conducted by (Pertwi et al., 2021) explained that sexual pleasure is an erotic pleasure produced by the human genitals, behavior or attitudes between individuals, and physiological processes that create and enhance their erotic pleasure, referred to as masturbation. self-care, self-love, and connecting ourselves by touching the body.

Meeting with other people through online communication is sexually charged, arousing passion and enjoyment (Irawanto, 2017). The research results found on Celine and Bintang make social media Twitter a place to look for various sexual references while choosing which fantasy is the most preferred to be carried out when sexual desire needs to be expressed with PMO. Unsurprisingly, data from the Ministry of Communication and Information explains that the most pornographic content circulating on social media in the highest order is Twitter (Juditha, 2021).

The results of the study found that Celine represented liking fantasy missionary with physical touches in the form of erotic passion when stimulated by the neck and thighs to attraction, physically in the form of the partner's collarbone also becomes a sexual part of Celine. At first, doing PMO activities for Celine was quite tricky in preparing herself from position to position. Celine felt less enjoyment when she first tried it. However, he continues to masturbate alone when there is no

partner. As for Bintang, he expressed his fantasies when making love to wot (woman on top); however, the Bintang chain follows the given plot but always becomes dominant when performing. Touches evoke the erotic side by stroking the neck, giving sensation to the attraction of the partner's breasts, neck, and face, giving alluring sensual euphoria. Bintang sometimes masturbates alone, where in his confession, it is not comfortable asking a partner to accompany them together in sighs of pleasure in the shape of the genitals that are played together when doing PMO.

In research studies from (Diamond et al. 2014), men and women inquire about sexual orientation by finding support from a relationship that affirms or changes sexual preference by finding characteristics that are attractive to others and learning what they desire (Tosto, M., Salerno, A., & Fici, 2014). Imagination no longer requires the reality of enjoying PMO. It is crucial to the experience of engaging in imaginary sexual activity by making something seem real, feeding the senses through the sensation of passionate erotic experimentation.

The study found that doing PMO, Celine and Bintang experienced sexual problems or difficulties as they pleased. Celine realized the time when she was addicted to doing PMO Celine until she had headaches from frequent masturbation. Celine also felt insecure, shame, and guilty for feeling different. Meanwhile, Bintang thought that he could still control not to masturbate. The research results from (Palazzolo & Bettman, 2020) reported feelings of shame, low self-esteem, and guilt. It becomes a thing that adversely affects them with work, studies, social activities, and other significant people. Many participants also reported feelings of loneliness, alienation, and self-imposed isolation.

With this problem, Celine and Bintang tried to control themselves by distracting themselves from being busy, but sometimes even this PMO's desire had to be carried out. Research by (de Alarcón et al., 2019; Wright et al., 2016; Cessia, K. D. & Lestari, 2017) explained that with IP (internet protocol), easy gratification for dealing with problems or painful feelings. Pornography is a way of escaping reality and feeling better, and it is harmless by conceptualizing unrestricted use, giving serious and wide-reaching consequences of experiencing dependency, habit, or addiction (Palazzolo & Bettman, 2020).

Suggestion Future Research

Future research is further to investigate the conceptualization of the same topic to broaden the range of participants and gain credibility that can be accounted for. Weaknesses in research conducted online so that future research suggestions, the distance to meet the participants face to face. As a novice qualitative researcher, keep in mind the research to have a compassionate person.

CONCLUSION

There is an image of PMO on social media, sexual self-disclosure; they choose to experiment and explore themselves through PMO for their expression to get to know themselves better with the psychological dynamics that have been experienced as individual teenagers who have done PMO. Finding eight dynamic sub-themes and the experience of conducting PMO as follows; 1). Personal views on sexual morality (personal views on sexual morality), two themes itself limit/self-regulation and self-control; 2). Premarital sexual intercourse (premarital sex); 3). Oral sex; 4). Masturbation is divided into four themes: explorative behavior/exploratory behavior, joking/Idle curiosity, insecurity, and escape coping; 5). Sexual fantasies (sexual thoughts or fantasies), one theme is fetish; & 6). Sexual difficulties (sexual problems or difficulties), one theme is addiction. The digital generation is an arena for more curiosity and experimentation with sexual self-disclosure in life and social media. It is not something that needs to be railed against with unfounded negative judgments in the name of moral values to silence freedom of expression and sexual self-disclosure.

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All authors have read and approved the final version of the manuscript.

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