

Management of Masturbation Addiction and Stress through Swish Pattern Technique under Hypnosis among Young Adults

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Abstract

This study aimed to find out the effectiveness of the Swish pattern technique for masturbation addiction and stress among young adults. Quasi-experimental pre-test and post-test research design was used in this study. The participants were selected through a non-probability, snowball sampling technique. The sample comprised 20 young adults (Males = 11, Females = 9) age ranging from 21 to 30 years. After applying the perceived stress scale, those who fulfilled the criteria were selected. After getting the brief history participant's suggestibility was assessed by using the finger spreading test. The complete procedure of the swish technique was delivered to the participants through visual aids to develop their understanding and it also helps to hit their subconscious mind. After applying hypnotic induction and deepening hypnotic technique, the swish pattern technique was used under the state of hypnosis. Circle therapy was also used as an associated technique along with the main technique. 3 sessions on alternative days were taken and after that post-intervention results were assessed after a one-week gap to check their progress. Results showed that the Swish pattern technique under hypnosis had a positive effect on masturbation addiction and stress among young adults. Swish pattern is the NLP new emerging technique, it is a quick and effective way to deal with many psychological issues. The study showed better clinical outcomes like a decrease in the frequency of masturbation and stress.

Keywords: hypnosis, masturbation addiction, stress, swish pattern technique

Introduction

Sexual behaviors in young adults can be particularly difficult, often before they are even aware of it (Peterson et al., 2003). Sexual exploration is an important part of many young adults as they transform into fully operational, independent adults (White et al., 2003). Above-normal sexual exploration, on the other hand, can lead to out-of-control and dangerous behavior in some people (Haglund & Fehring, 2010). A young adult who is sensitive to sexual stimuli may be predisposed to developing a sexual addiction, particularly if sex is an unstated subject matter in their family/culture (Sussman, 2007). When discussion on sex-related topics is forbidden in the family, out of curiosity youth may indulge in hidden sexual activity, pornography, and/or masturbation/fantasy (Boright, 2003). When sex is viewed as sinful, hidden, or harmful, an addiction to masturbation and porn develops (Ley, 2012). On the other hand, it's normal for people who have had a lot of stress in their lives to acquire impulses for masturbation and participate in it compulsively later in life (Zafar et al., 2021).

A desire for sexual behavior in general, including compulsive masturbation, develops when a person loses control and spends a significant amount of time engaged in sexual-related activities to the point of ignoring social, educational, or familial duties (Pinkerton et al., 2002). There is a large body of evidence present that proves there is a strong link between acute and chronic stress and the urge to indulge in destructive addictive behaviors. On the other hand, stress plays a crucial part in addiction processes, as per according to many key addiction theories (DiClemente, 2018). These are driven by psychological theories of addiction which consider addictive behaviors as a coping mechanism for dealing with stress, reducing tension, self-medicating, and reducing withdrawal-related discomfort (Marcovecchio & Chiarelli, 2012). Many neurobiological models also explain how neuro-adaptations that work in reinforcement,

motivation, and stress pathways can aggravate a person's urges to seek the use of addictive things. Eventually person loses control over things and despite of wish to quit the habit they are compulsively doing that because they report they can't help thinking about those things (Sinha, 2008). The swish pattern NLP approach is a rapid and effective way to deal with a variety of situations, including those associated with addiction (Jiao et al., 2019).

Jiao et al. (2019), study results indicated that anxiety, somatic, and hysteric scores were significantly associated with masturbation, in the group of participants whose indulgence in masturbation activity was high in frequency were more likely to have a high risk of other psychological issues. It was concluded that masturbation may adversely affect psychological health as well as reproductive well-being. Also, a case study was conducted to check the effectiveness of new emerging techniques of neuro-linguistic programming (NLP) in dealing with guilt-induced anxiety, depression and stress. Through this purpose techniques of NLP were applied to female clients with the age of 24 years old, over 5 weeks. Post-intervention results showed a significant reduction in anxiety, stress and depression symptoms through both objective testing and subjective (Sheoran, 2016).

Hogarth and Ingham (2009), did an exploratory study aimed to investigate young women to find the association between masturbation and their sexual health. According to the findings, only roughly one-fourth of the women reported having favorable experiences with masturbation. The remaining participants believed masturbation had a significant negative impact on their mental and physical well-being. Another study was carried out by the researchers to find out the differences based on gender in terms of masturbatory activities and the relationship between the sexual behaviors of people in their preadolescence or early adolescence and their experiences related to masturbation as well as sexual modification in young adults. Results of their study

clearly showed that women are less likely to engage in self-exploration sexual activities as compared to men (Leitenberg et al., 1993).

The conceptual framework suggests that young adults can learn to switch out stressful thoughts and behaviors with good ones by adopting the Swish Pattern Technique while hypnotized. This may entail practicing positive self-talk and affirmations while also visualizing oneself partaking in healthy behaviors like exercising, socializing, or indulging in hobbies. These beneficial thinking and behavior patterns can be repeatedly practiced and reinforced to the point that they become habitual, resulting in an improvement in mental and physical health and a decrease in addictive behaviors like excessive masturbation.

Aneja et al. (2015) completed a series of case studies to show that masturbatory guilt can result in serious psychopathology. Three of the cases included in their study were adults who belonged to the Hindu community. According to the cases, higher masturbation frequency has been linked to depressive symptoms, immature defense mechanisms, dissatisfaction with one's mental health and life in general, less happiness, impaired sexual functioning, higher dissatisfaction with relationships, and less love for partners. So, the present study aims to find the effectiveness of the swish pattern technique under hypnosis for the management of masturbation addiction and stress among young adults.

Aim of the Study

- This study aims to find the effectiveness of Swish pattern technique for masturbation addiction and stress among young adults.
- To find out the effectiveness of Swish pattern technique for masturbation addiction and stress among young adults based on gender.

Materials and Methods

Research Design

A Quasi pretest and posttest experimental research design was used. Non-probability, snowball sampling technique used in the study.

Hypotheses of the Study

Based on the previous research and literature the following hypotheses were developed for the study;

- There would be a positive effect of the swish pattern technique on masturbation addiction and stress among young adults.
- The swish pattern technique would be more positively effective for males as compared to females for managing masturbation addiction and stress.

Sample Selection

Young adults with different educational and social backgrounds. Criteria of the study include recruiting participants who engage in masturbation activity at least 3 to 4 times a week.

Instrument

The following measures were used to collect relevant data from participants.

Personal Information Sheet

A personal information sheet was used to inquire information about the participant's gender, Age, marital status, family system, living mode and frequency of masturbation per week, and subjective rating of masturbation and stress.

Perceived Stress Scale

Cohen et al. (1988), developed the perceived stress scale to measure the degree to which situations in one's life are appraised as stressful. The scale consists of 10 items (e.g. 1. In the last

month, how often have you felt nervous and “stressed”? 2. In the last month, how often have you been angered because of things that were outside of your control?). It was 5 point Likert scale ranging from 0 to 4, never to very often respectively. The reliability coefficient of the stress scales for the following study was .80, which is good reliability.

Procedure

This study was approved by the Ethics Review Committee (ERC) of the department. Permission was taken from the author of the stress scale. Consent was taken from the participants after explaining the objectives of the study. Confidentiality and anonymity were protected of all participants and they were informed of their right to withdraw from the study at any point. All the respondents were informed that the data would be kept securely with the lead researcher. After the permission for the usage of the questionnaire from the respective author of scale, official permission to conduct the session was taken from the clients. After that, the questionnaire was provided to the participants. The sample comprised 14 young adults, including 09 males and 05 females ages ranging from 21 to 30 years. Demographic information, perceived stress scale and subjective rating of symptoms were filled in by the participants, and those who fulfilled the criteria were selected. Then participants were briefed about the details of the purpose and objective of the study. After getting a brief history, their suggestibility was assessed by using the finger-spreading test. Then the whole procedure of the swish technique was delivered to the participants with the help of a visual aid to develop their understanding of the intervention and it also helped to hit their subconscious mind. After that hypnotic induction (eye fascinating) technique and deepening hypnotic technique were used. Then swish pattern technique was used under the state of hypnosis, and after that, a self-boosting session was also given to them. Circle therapy was also used as an associated technique along with the swish pattern technique. 3

sessions on alternative days were taken and after that post-intervention results were assessed after a one-week gap to check their progress. Then again post-intervention subjective ratings of symptoms were assessed to check the difference in ratings before and after intervention.

Data Analysis

Data was entered into the Statistical Package for the Social Sciences (SPSS-21). Wilcoxon Signed Rank Test was applied to the given data of frequency of masturbation addiction, subjective rating of masturbation addiction and stress respectively. t-test analysis was used to see gender differences.

Results

A total of 20 participants were analyzed (11 males and 9 females). The mean age of the participants was 24.36(2.90).

Table 1

Descriptive Statistics of the Demographic Variables

Characteristics	M(SD)	f(%)
Age (in years)	24.30(2.90)	
Gender		
Male		11(55%)
Female		9(45%)
Education		
Intermediate		03(15%)
Graduation		11(55%)
Masters		06(30%)
Family system		
Nuclear		16(80%)
Joint		04(20%)
Living Mode		
With family		07(35%)
Hostel		09(65%)
Suggestibility		
Physical		07(35%)
Emotional		13(65%)

Note. M=Mean, SD=Standard Deviation, f=Frequency, %=Percentage

Wilcoxon Signed Rank Test Results**Table 2**

Mean Comparison of Young Adults in Pretreatment and Post treatment on Frequency of Masturbation, Subjective Rating of Masturbation Addiction and Stress.

Domain	Ranks	Mean Rank	Sum of Rank	z	p	r
Frequency of Masturbation	Positive Ranks	0	210	-3.95	.001***	0.6
	Negative Ranks	20	10.50			
Subjective Rating of Masturbation	Positive Ranks	0	210	-3.97	.001***	0.6
	Negative Ranks	20	10.50			
Stress	Positive Ranks	0	210	-3.94	.001***	0.6
	Negative Ranks	20	10.50			

Note. $p < .001$ ***, $r =$ Effect Size

Table revealed Wilcoxon Signed Rank Test for the mean comparison of young adult's pretreatment and post treatment on frequency of masturbation, Subjective Rating of Masturbation Addiction and Stress. Findings revealed significant mean differences in pre and post rating of frequency of masturbation addiction, subjective rating of masturbation addiction and stress level. The value of $r .6$ revealed a large effect size for all three variables.

Figure 1

Pictorial Representation of Pre-assessment and Post-assessment Ratings by the Clients

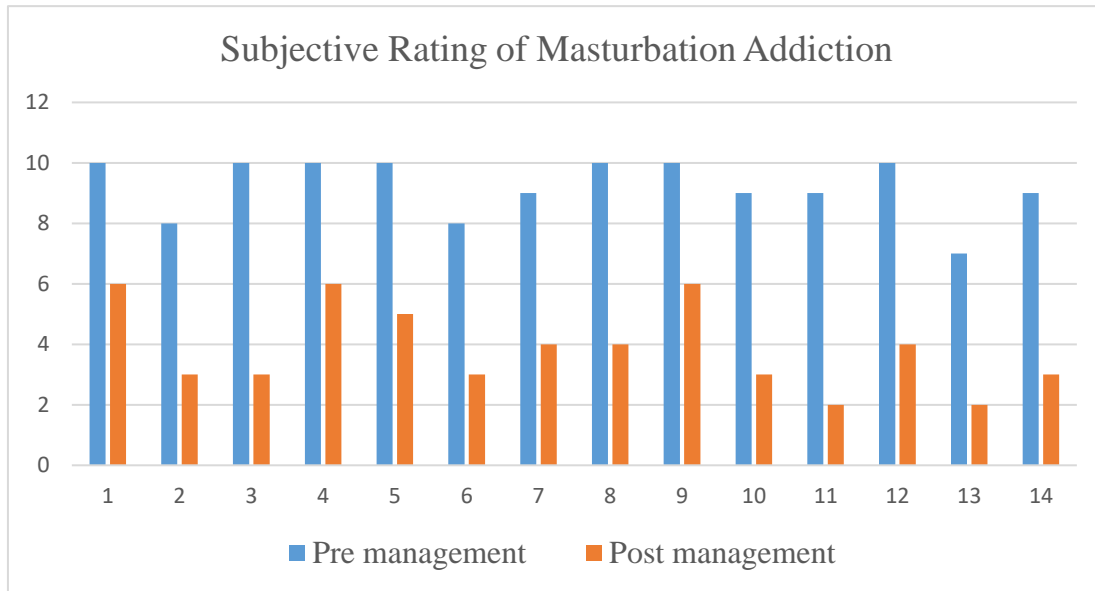


Figure 2

Pictorial Representation of Pre-assessment and Post-assessment Ratings by the Clients

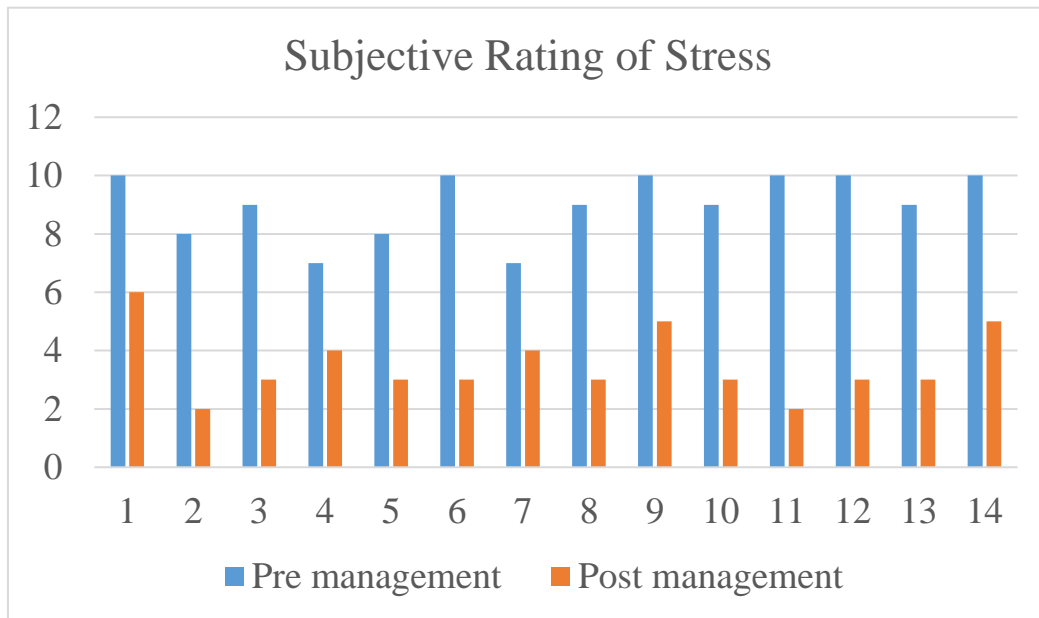


Table 4.5.2

Mean, Standard Deviation and t values for gender for Pre and Post Subjective Rating of Masturbation Addiction among Young Adults.

Variables	Male (n = 11)		Female (n = 09)		t	p	95% CI		Cohen's d
	M	SD	M	SD			LL	UL	
Post-assessment frequency of masturbation addiction	4.27	1.27	3.44	1.51	1.33	.20	-0.48	2.13	0.5
Post-assessment subjective rating of masturbation addiction	0.45	0.69	0.44	0.56	0.35	.97	-.48	-.60	0.02
Post-assessment subjective rating of stress	3.64	.81	3.56	1.67	.14	.89	-1.11	1.27	0.06

Note. M=Mean, SD=Standard Deviation

Table showed mean, standard deviation and *t*-value for pre and post-frequency masturbation, subjective rating of masturbation addiction and stress rating of masturbation addiction among young adults across males and females. Results indicated non-significant mean differences across genders on the pre and post-assessment subjective rating of all the variables.

Discussion

The present study aimed to investigate the effectiveness of the swish pattern technique under hypnosis for the management of masturbation addiction and stress among young adults. To analyze the hypotheses, paired sample *t*-test, Pre and Post assessment of subjective rating and independent sample *t*-test analysis were used. The present research findings are discussed in light of previous literature.

The first hypothesis of the present study was that there would be a positive effect of the swish pattern technique on masturbation addiction and stress among young adults. The result of the present study revealed that scores were significantly decreased in the post-assessment as

compared to pre-assessment ratings of the participants, which indicated that the swish pattern technique had a positive effect in reducing the urges of people with masturbation addiction and the stress caused by it. According to the case study of Sheoran (2016), NLP techniques are effective in treating various psychological issues including guilt-induced anxiety, depression and stress. In another study, an association was found between masturbation and psychopathology like stress, and anxiety (Jiao, et al., 2019) and many studies supported that the swish pattern technique helps manage addiction and many psychopathologies (Forbes, et al., 2020).

Therapy showed positive results as the technique was executed during a hypnotic state which is the hyper-suggestible state. The hypnotic state was induced by following the Kappasonian Model of Hypnosis (KMH) which has a scientific approach (Rafiq & Zaheer, 2019). KMH describes that the subconscious mind in which a person is in a hyper-suggestible state, is achieved by overloading of message that is given to the client (message units), disorganizing critical thinking process, and the client experiencing a brief fight/flight reaction leading to hyper-suggestibility state. Clients' suggestibility was assessed by the finger spreading technique, they were asked to uphold their palms in front of the eyes two times and they were instructed to spread their fingers in low and loud voice tones respectively, which helped the researcher to find either the client was physical suggestible or emotional suggestible. During therapy sessions clients were in a state of hypnosis, the process of the swish pattern technique was already described to them through PowerPoint slides and all the necessary instructions were given to them that they didn't have to speak during the therapy when the technique was applying on them they just give signals by using their index finger. The swish technique is useful for those people who find it hard to quit their bad habits like addiction, smoking is also effective in building self-esteem and helps to deal with many mental health

issues like stress, depression (Smith, 2011) and during the hypnosis state, the clients were hyper-suggestible. Reduction in symptoms was also associated with drawing the circle, which is used as an associated technique called circle therapy (Maqsood & Rafiq, 2019). The use of 'circle therapy' under a hypnotic state is useful because when the participant during hypnosis is suggested when the person starts imaging the desired state and gives a signal with the finger when you gradually increase the state and draw a circle clockwise and keep drawing till your desire state eliminate the present state. When a person is in a state of hyper-suggestibility then all the instructions and thoughts that are given to them are actively followed by their subconscious mind (Rafiq & Zaheer, 2019). Also, our subconscious mind picks positive thoughts more as compared to negatives. The swish pattern technique along with circle therapy acts as a distraction from that problematic thought pattern which is helpful for the reduction of environmental and psychological stressors.

Clients were asked to imagine the bigger picture of their present state in which they are struggling with masturbation addiction and events that were responsible for the distress and anxiety. And then imagine the smaller picture of their desired state, which they want to achieve. The reasoning for imaging the problematic stressors' is that the subconscious mind works more effectively with the image rather than on words. So, the clients were instructed that when the smaller image of the desired state gets bigger and bigger it starts to eliminate that present state, and then the stressors responsible for the distress and anxiety will also be eliminated. Along with the swish pattern other empowering self-esteem techniques and counselling sessions were given to them to achieve more positive results.

The second hypothesis of the present study was swish pattern technique would be more positively effective for males as compared to females for managing masturbation addiction and

stress. The result of the present study revealed that there was no gender difference in terms of the effectiveness of the technique. That indicated that the swish pattern technique is equally effective for both males and females. This hypothesis is rejected but there are other studies like Hirst (2012), who researched sexual pleasure and education of young people results of his study showed that there was no gender difference found in the frequency of masturbation and its effect on their social and personal lives. Additionally Pishghadam, et al. (2011), research revealed that there was no significant difference between gender and the effect of NLP techniques.

Limitations of the Study

Self-reported measures were used in this study so the responses could have been biased by the social desirability factor.

Conclusion and Implications

Sexual addiction like masturbation addiction has been a major threat to the mental and physical health of young people. Results indicated that the swish pattern technique has a positive effect on people struggling with masturbation addiction and stress as their rating is reduced after applying the technique. Swish pattern is the NLP new emerging technique, it is a quick and effective way to deal with many psychological issues. An integrated approach along with the NLP technique should be useful for dealing with such issues considered taboo in our society.

Conflict of Interest Statement

The authors declare no conflict of interest.

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