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**UNDERSTANDING SEXTING AMONG
INDIAN ADULTS: A
PHENOMENOLOGICAL STUDY**



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APRIL 2022

UTKRISHTI KATHERIYA

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*Utkrishti
Katheriya*

APRIL 2022

UTKRISHTI KATHERIYA



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MANIPAL COLLEGE OF HEALTH PROFESSIONS MAHE, MANIPAL CERTIFICATE

This is to certify that the dissertation on “UNDERSTANDING SEXTING AMONG INDIAN ADULTS: A PHENOMENOLOGICAL STUDY” has been completed by **Utkrishti Katheriya (201199016)** under supervision of **Dr Kavyashree K B**. We are satisfied with the work presented by the candidate towards the partial fulfilment of Master of Science in Clinical Psychology.

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ACKNOWLEDGEMENTS

This dissertation has been a success only by the support and guidance offered to me for completing this project. Therefore, it is my foremost duty to express my immeasurable gratitude to many people who were involved in completing this project.

I am immensely grateful to my guide, Dr. Kavyashree KB, for her perpetual support, guidance, overwhelming patience and understanding throughout the study. I would also like to extend my deepest gratitude to, Mr. Syam KR, for sharing his valuable insights and suggestions as an expert that have helped shaping this study. I feel heartfelt gratitude towards my guide and the expert. The completion of this study would not have been possible without them.

I would like to thank Dr. Sebastian P, Associate Professor and Head of the Department for his support and suggestions. My sincere gratitude to the Department of Clinical Psychology, Manipal College of Health Professions, MAHE for providing me the opportunity and resources to conduct this research.

I would like to extend my appreciation for to all my teachers for their support. I am sincerely grateful to my family and friends for their constant support and encouragement throughout the study.

Last but not the least, I would like to thank all the participants of the study for taking out time and sharing their personal experiences with me. Their contributions to the study have helped immensely.

Utkrishti Katheriya

CONTENTS

Contents	Page No
<i>List of Tables</i>	<i>i</i>
<i>List of Figures</i>	<i>i</i>
<i>List Appendices</i>	<i>ii</i>
Abstract	<i>iii</i>
Introduction	1
Review of Literature	7
Aim & Objectives	19
Methodology	21
Study Design	22
Sample Size	22
Inclusion Criteria	23
Exclusion Criteria	23
Sampling Method	23
Instruments	24
Study Setting	24
Procedure	25
Outcome Measures	26
Data Analysis	27
Ethical Considerations	27
Results & Discussion	29
Conclusion	142
Implications	143
Limitations of the Study	146
Recommendations for future research	147
References	149
Appendices	168

LIST OF TABLES

Table no.	Description	Page no.
Table 1	Themes	31
Table 2	Superordinate themes	34

LIST OF FIGURES

Figure no.	Description	Page no.
Figure 1	Description of Sample	30

LIST OF APPENDICES

Appendix No.	Appendix Title
A.	Institutional Research Committee Certificate, MCHP, Manipal
B.	Institutional Ethics Committee Certificate, KMC, Manipal
C.	Participant Information Sheet
D.	Informed Consent
E.	Socio-Demographic Data Sheet
F.	Romantic Love Scale
G.	Screening Questions
H.	In-depth Interview Guide
I.	Plagiarism Report

Abstract

Sexting has been defined as the exchange of sexually explicit messages and images over the Internet or using the electronic media. Research community is two-sided on promoting sexting as a behaviour which enriches sexual relationships and emphasizing on the negative factors like victimization and risky sexual behaviour. The present study aimed at understanding the phenomenon of sexting behaviour among adults in India and the factors and expectancies which motivate them to engage in sexting. It was carried out using the qualitative design of phenomenology by conducting in-depth interviews for 20 participants who were chosen after screening for consistent involvement in sexting. Since sexting is a sensitive topic, the method of deception was used to find the real participants who were contacted, debriefed, and were included only after obtaining their consent. In-depth interviews which were transcribed and analyzed generated a total of 451 codes which were clubbed into 61 themes, which were subsumed under 9 superordinate themes. It was found that sexting behaviour is an upcoming and popular activity which is prevalent among adults in India who live in urban residential areas and there are several factors which motivate individuals to engage in sexting. As the part of the phenomenon, negative consequences such as bullying, and revenge porn were identified along with the positive experiences such as enhanced sexual experience and intimacy among other factors.

Keywords: sexting, sexting motivations, sexting expectancies, adults

Introduction