Flat vs. Fluctuating Sexual Abstinence Discourse in Contemporary World: Comparing r/NoFap with Ona-kin in 2ch(5ch)

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Abstract

The purpose of this study is to compare the characteristics of the discourse of sexual abstinence that is prevalent in the contemporary online space in the Western world and Japan, taking into account the time series using natural language processing. Previous studies that have analyzed cases (NoFap) in the Western world have tended to describe this practice based on the dichotomous perspective of "treatment or masculinity". In addition, they lack qualitative and historical approaches. Therefore, I extracted salient terms in each year from a large text data set compiled through web scraping and API service, and compared them with Japanese ones (Ona-kin). The results showed that in the NoFap discourse, "pornography = harmful" and "sexual abstinence = useful" schema appeared consistently and the proportion of salient terms was flat, whereas in the Ona-kin discourse, some terms that initially had multiple nuances came to be negatively connoted and the proportion significantly fluctuated. These differences allow us to propose the hypothesis that the difference in available knowledge behind the spread of sexual abstinence —— real life problems or virtual events like parodies to existing online self-help activities.