

RAPE IN HUMAN SOCIETIES: CATEGORIES, CONSEQUENCES AND REMEDIES

James Aruma Ilarious

Nnamdi Azikiwe University, Awka, Anambra State, Nigeria

Email: jamesaruma17@gmail.com

+234 (0) 9025418760 / +234 (0) 8147686089

Abstract

Rape in human societies today can be described as pandemic in the sense that it has affected many countries globally. Terms such as sexual assault or sexual violence are also used to describe it. Although sexual violence affect men and women, our concern in this study is to deal with sexual violence directed against women and girls. Apart from sexual gratification, sexual violence against women and girls comes as a result of unequal power equation between men and women and is equally influenced by cultural factors and values. Sexual violence in human societies has a profound impact on physical and mental health as well as causing physical injury. This sometimes is associated with increased risk of a range of sexual and reproductive health problems and complications, with both immediate and long-term consequences. Its impact on mental health can also be as serious as its physical impact, and may be equally long lasting. Sexual assault can also profoundly affect the social well-being of victims; individuals may be stigmatized and ostracized by their families and others as a consequence. In war situations rape of women and girls is often used as a weapon of war, as form of attack on the enemy, typifying the conquest and degradation of its women or captured male fighters. While sexual violence can be directed against both men and women, the main focus of this study will be to examine rape/sexual violence against women and girls in human societies, the various categories of rape, consequences and the remedies to the problem.

Key Words: Rape, Human, Societies, Categories, Consequences, Remedies

Introduction

Rape by way of definition is the act of forcing sexual intercourse on a person without the victim's will or consent. Wikipedia reiterate this same meaning stating that "Rape is a type of sexual assault usually involving sexual intercourse ... carried out against a person without that person's consent. The act may be carried out by physical force, abuse of authority or against a person who is incapable of giving consent, such as one who is unconscious, incapacitated, has an intellectual disability or is below the legal age of (giving) consent". According to Petra and Hedge (2003) however, "the term rape is sometimes used interchangeably with the term sexual assault". Rape is

not about sex, it is an act of power by the rapist and it is always wrong and a crime.

According to Kalra and Bhugra (2013) rape or sexual violence is profoundly negative and traumatic life event with widespread psychological and sociological effects on the victim irrespective of their gender. It often gives rise to a wide range of negative emotions, embarrassment, existential questions such as “Why me?” it increases feelings of helplessness and powerlessness in the victim affecting the person’s self-esteem and producing feelings which suggest that they may be vulnerable to further violence. It is likely that the fear of sexual assault in women will restrict their freedom and occupational opportunities and affect their long-term psychological well-being.

There is no society or a community in the world that does not experience rape cases. In western countries rape is rampant and it has almost become the culture of the people. Rape culture is an environment in which rape is prevalent and in which sexual violence against women and young girls is normalized and excused. Rape culture is perpetuated through the use of misogynistic language, the objectification of women’s bodies, and glamorization of sexual violence, thereby creating a society that disregards women’s rights and safety. Rape affects every woman in the western countries just as in other places of the world. The rape of one woman is a degradation, terror and limitation to all women. Most women and girls limit their behaviour and live in fear because of the existence of rape. That is how rape functions as a powerful means by which the whole female population in some societies is held in a subordinate position to male population, even though many men do not rape and many women equally are never victims of rape. This cycle of fear is the legacy of rape culture in every society.

Rape according to Muma (2019) “has become so prevalent in Africa that one might view it as a culture: a long-standing ‘way of life’, so prestigious to the perpetrator, but damning to the victim.” Rape is the unfortunate story of women and young girls, that it displays a very abusive aspect of the African culture. Most African societies have been accused of nurturing a rape culture for centuries under the guise of culture and tradition. Rape culture is viewed as a society in which rape is not only rampant, but also normalized due to societal attitudes regarding gender and sexuality. Most African societies being highly patriarchal, the obvious victims of such heinous crimes are young girls and women. Muma (2019) observes that: “In South Africa, the ritual known as ‘*Ukuthwala*’ in Nguni community allows a young man ...kidnap a girl or a young woman with the intention of forcing her family to initiate negotiations and approve the marriage.” Although similar practices were eventually banned in some local communities in Kenya, Rwanda and Ethiopia, the ban is not

taken seriously and many men continue to carry out forced sexual intercourse with women and girls.

In western countries including Europe, rape is seen as crime done to women and girls. However, most European countries still do not recognize in law that sex without consent is rape according to Amnesty International report on Elimination of Violence against Women, November 24, 2018. Although there are movements to inspire women to speak out their experiences, the sad fact is that rape remains hugely under-reported in Europe. This is because of women's fear of not being heard or believed. According to recent survey from the European Union Agency for Fundamental Rights (FRA), one in twenty women in the EU have been raped since the age of 15 – about nine million women. Despite these shocking statistics, few European countries treat this crime as seriously as they should in law. Out of the 31 European countries covered in the Amnesty's report, only Ireland, the UK, Belgium, Cyprus, Germany, Iceland, Luxembourg, and Sweden define rape as sex without consent. Other countries mentioned in the report are: Austria, Bulgaria, Croatia, the Czechs Republic, Denmark, Estonia, Finland, France, Greece, Hungary, Italy, Latvia, Lithuania, Malta, the Netherlands, Norway, Poland, Portugal, Romania, Slovakia, Slovenia, Spain, and Switzerland. All these have legal definitions of rape based on force, coercion or victims' inability to fight back. Although this is true, yet some countries categorize sex without consent as a separate, lesser offence, sending a strong message to people that 'real rape' only occurs when physical violence is used.

Categories of Rape:

Rape can be categorized in different ways. This categorization is based on the situation in which it occurs by the identity or characteristics of the victim and by the identity or characteristics of the perpetrator. These categories also form the types of rape. The types of rape described below are not mutually exclusive, for a given rape type can fit into multiple categories. For example, both prison rape and gang rape can both fit into one category just as both custodial rape and child rape can identify as one. It is important to explain each as listed below.

Gang rape occurs when a group of people participate in the rape of a single victim. Rape involving at least two or more violators is widely reported to occur in many parts of the world. Ullman (1999) observes that offenders and victims in gang rape incidents are younger with a higher possibility of being unemployed. Gang rape often involves alcohol and drug use, physical attacks, less victim's resistance and fewer use of weapons than individual rape. Along this line Gidycz, et al (1990) reveals that group sexual assaults are more violent and have greater resistance from the victim than that of individual sexual assault and that victims of such group sexual assault are more likely to

seek crisis and police services, contemplate suicide, and seek therapy than those involved in individual assault.

The term ‘date rape’ according to Humphrey (1993) is used to refer to several types of rape, such as acquaintance rape, which is a non-domestic rape committed by someone who knows the victim; and drug facilitated sexual assault (DFSA), where the rapist intentionally drugs the victim with a date rape drug so as to incapacitate her. Acquaintance rape constitutes the vast majority of reported rapes, while DFSA is infrequent. Acquaintance rape can occur between two people who know one another usually in social situations, people who are dating as a couple and have had consensual sex in the past, people who are starting to date, people who are just friends and between acquaintances. In other words, it involves rapes of co-workers, schoolmates, family friends, teachers and other acquaintances provided they are dating, (Wikipedia, 2017). It is sometimes referred to as ‘hidden rape’ and has been identified as a growing problem in European societies.

Child Rape according to Courtois (1988) is a form of child sexual abuse. When committed by another child (usually older or stronger) or adolescent, it is called child-on-child sexual abuse. When committed by a parent or other close relatives such as grandparents, aunts and uncles, it is also incest and result in serious and long-term psychological trauma. When a child is raped by an adult who is not a family member but is a caregiver or in a position of authority over the child, such as school teachers, religious authorities, or therapists, to name a few, on whom the child is dependent, the effects can be similar to ancestral rape.

Struckman, et al (2006) reports that prison rape affects between 3% and 12% of prison inmates in the US. Although prison rapes are more commonly same sex, Beck and Harrison ((2006) the attacker usually does not identify as homosexual. This phenomenon is much less common elsewhere in the world. This is partly because of the differences in the structure of the prison system in the US as compared to the prison systems in Canada, Australia, Europe and Africa. The attacker is most commonly another inmate.

In the case of African prisons, rape cases may be common although it lacks advocacy. In South Africa for example, many cases have been reported, for instance, Vincent tells how he was raped by two gang members in an overcrowded cell in Western Cape facility while awaiting trial. This was his first sexual experience. He asked for help from nurses, wardens, Priests, social workers and even a magistrate, who he says did nothing to help him - some others were telling him to expect this treatment in prison. He only received medical attention three years later, when he was sentenced. He then learned that he was HIV– positive as a result of the rape, (Mail & Guardian 2015).

This is one out of many cases of this kind in African prisons which have not come to light because of less advocacy and recognition of human rights by our African Governments.

‘Payback rape’, also called ‘punishment’ or ‘revenge rape’, is a form of rape specific to certain cultures, particularly the Pacific Islands. It consists of the rape of female, usually by a group of several males, as a revenge for acts committed by members of her family, such as her father or brothers. The rape is meant to humiliate the father or brothers, as punishment for their prior behaviour towards the perpetrators (Media Headquarters, 2012). Payback rape is sometimes connected to tribal fighting, (amnest.org.au).

War rapes are rapes committed by soldiers, other combatants or civilians during armed conflict, war or military occupation. It also covers the situation where girls and women are forced into prostitution or sexual slavery by an occupying army. During war, rape is used as a means of psychological warfare in order to humiliate the enemy and undermine their morale. Rapes in war are often systematic and thorough, and military leaders may actually encourage their soldiers to rape civilians. Likewise, systematic rapes are often employed as a means of ethnic cleansing.

Askin (1979) acknowledges that: “War rapes have been considered a ‘war crime’ only since 1949. Article 27 of the Fourth Geneva Convention explicitly prohibits wartime rape and enforced prostitution. These prohibitions were reinforced by the 1977 Additional Protocols to the 1949 Geneva Conventions.” In 1998, the International Criminal Tribunal for Rwanda established by the United Nations made landmark decisions that rape is a crime of genocide under International Law. In one judgment, Navanethem Pillay in Askin (1979) says that: “From time immemorial, rape has been regarded as spoils of war. Now it will be considered as war crime. We want to send out a strong message that rape is no longer a trophy of war.”

Custodial rape according to Kumbhare (2009) is a rape perpetrated by a person employed by the state in a supervisory or custodial position, such as a police officer, public servant, jail or hospital employee. This according to Thukral (2008) includes the rape of children in institutional care such as orphanages.

Human Rights Report (1999) states that custodial rape has been reported in many countries of the world including Nigeria, Kenya, Zambia and United States. In India custodial rape has been a major focus of Women’s Right Organization, and has been an official category of rape defined under law since 1983. Indian law states that this type of rape takes advantage of the rapist’s position of authority and is therefore subject to extra penalty, (Bhardwaj, 2009).

The term custodial rape according to Edward (2000) is sometimes used broadly to include rape by anyone in a position of authority such as an employer, money-lender, contractor or landlord, but under Indian Law it refers only to government employees. Victims of custodial rape are frequently minorities, people who are poor or low in social status. Researchers however hold that custodial rape is part of a broader pattern of custodial abuse, which can also include torture and murder, (Bergner, 2008).

Rape from Western ethnical perspective:

In Swedish Penal Code, rape has been defined “as forced sexual intercourse initiated against a woman (or man) by one or several people without the consent of the victim.” In recent years, several revisions to the definition have been made in the law to include not only intercourse but also comparable sexual acts against someone incapable of giving consent due to being in a vulnerable situation such as a state of fear or unconsciousness. Sweden has passed a new law that criminalizes sex without consent as rape, even when there are no threats, coercion or violence involved. Billner & Niklas (2018) observe that the number of rape cases reported was 73 per 100,000 citizens in 2017. Official numbers show that the incidence of sexual offences is on the rise, and the Swedish government declared that young women are facing the greatest risks and that most of the cases go unreported.

Rick (2016) in the Washington Post reports that: “In some European countries up to 55 percent of the population agreed that in circumstances where the victim wears ‘revealing’ clothing would make sexual intercourse without consent justifiable or acceptable according to a survey conducted on behalf of the European Commission. Overall, about one-fourth – 27 percent of all Europeans hold that opinion.” The survey also indicates that the number of rape cases is much higher in Romania, Hungary, Bulgaria and Czech Republic. In Romania, more than 50 percent of the people interviewed responded that nonconsensual sexual intercourse is acceptable in some cases or circumstances such as wearing revealing, provocative or sexy clothing, being drunk or using drugs, being out walking alone at night and not clearly saying no or physically making any attempt of fighting back. In Belgium, for instance, 40 percent agreed that sexual intercourse without consent is justified as stated above, whereas only 15 percent said so in neighbouring Netherlands. However, there are still member European states where there is considerable work to be done in addressing perceptions whether gender-based violence against women is often provoked by the victim or that women often make up or exaggerate claims of abuse or rape.

Rape culture in the Western World:

Rape culture is being defined as “complex beliefs that encourage male sexual aggression and supports violence against women.” Rape culture describes a society where violence is seen as sexy and sexuality as violent. The manifestation of rape culture include instances of sexual violence that range from sexual remarks to sexual touching to rape, as well as condoning such violence against women and presenting it as normal. The term may also be used in relation to certain groups or settings, like war rape or prison rape.

Rape culture according to Olfman (2009) is sociological concept used to describe a setting in which rape is pervasive and normalized due to societal attitudes about gender and sexuality. Behaviours commonly associated with rape according to Herman (1994) include victim blaming, slut shaming, sexual objectification, trivializing rape, denial of widespread rape, refusing to acknowledge the harm caused by some forms of sexual violence and some combination of these. The notion of rape culture has been used to describe and explain behaviours within social groups, including prison rape, and in conflict areas where war rape is used as psychological warfare.

Historically according to Brownmiller (1975) women have been considered second-class citizens who are not thought to deserve the same rights as their male counter-parts. Rape laws existed to protect daughters from rape, often through their fathers. In these cases according to Kresti (2016), the rape of a woman is seen as an attack on the estate of her father because she is his property and a woman’s virginity being taken before marriage, lessens her value; if the woman is married, the rape is an attack on the husband because it violates his property.

Tecla (2012) says that the rapist is either subject to payment or serve punishment. The father could rape or keep the rapist’s wife or make the rapist marry his daughter. A man could not be charged with raping his wife since she is his property. Winnie Tomm (2010) states that: “By contrast, rape of a single woman without strong ties to a father or husband causes no great concern...”

In Europe, Sweden is being described as the ‘rape capital.’ Ever since the collation of crime statistics was initiated by the Council of Europe, Sweden has had the highest number of registered rape offences in Europe followed by Denmark. Even though Denmark rates highly internationally for gender equality in many areas of life, the country has “a pervasive rape culture and there is endemic impunity for rapists” according to a new report by Amnesty International (March, 2019). Women in Denmark encounter many barriers in accessing justice for rape. The vast majority of rapes are never reported and out of those that are, very few end up with a conviction. Amnesty International highlights that while there is a widespread perception in

Denmark that gender equality has been achieved, the authorities should do more to live up to this positive image. It calls on Denmark authorities to change the legal definition of rape to one based on sexual autonomy and consent and to improve the treatment of victims during all stages of the legal process.

In United States according to Maskchke (1997) before and during the American Civil war when slavery was widespread, the law focused primarily on rape as it pertained to black men raping white women. The penalty for such a crime in many jurisdictions was death or castration. As early as the 19th century, Hamilton (1998) reveals that American women were criticized, if they “strayed out dependent position... fought off attacker ... or behaved in too self-reliant a manner ... in which case the term rape no longer applied.” Similar to rape myths and double standards applied to women today, description of rape in the 1800s depicted women who needed to behave or else face the inevitable consequences. Rape myths according to Burt ((1980) in this case are erroneous, stereotypical, prejudicial beliefs about reasons of sexual assault ...which serve to justify sexual aggression on women.

Prior to the 1930s in the West more particularly in America, rape was considered a sex crime that was always committed by men and always done to women. From 1935 – 1965, a shift from labeling rapist as criminal to believing them to be mentally ill “sexual psychopaths” began making its way into popular opinion. Men caught for committing rape were no longer sentenced to prison but admitted to mental health hospitals where they would be given medication for their illness. Because “insane” men were the ones committing acts of rape, no one considered the everyday person to be capable of such violence. This tendency has therefore negated the social norms and has promoted increase in rape violence.

Why is Rape common?

According to report of different fields on rape, Brownmiller (1975), an evolutionary biologist claimed that this was how men had evolved over time which perpetuated the stereotype and excuse “men will be men”. From a biological desire, neo-Darwinists theorized that rape was used as a mechanism to spread genes quickly and efficiently. By having multiple partners in a short amount of time, the desire for sex was engulfed by the need to strategically reproduce but with little to no risk of parental involvement, (Burt, 1980).

African attitude, norms and Culture on Rape:

Rape is as old as the history of human existence on earth. It is a global matter and is not tied to the Western countries alone. As far as Africa is concern, rape cases abound even in the primitive era. We should know that within socio-

centric and ego-centric cultures, the roles and representation of gender and attitudes towards sexual violence against women differ. Cultures which are described as feminist provide equal power to both men and women. Sexual violence is likely to occur more commonly in cultures that foster beliefs of perceived male superiority, social and cultural inferiority of women. Although culture is important factor to understanding sexual violence in its entirety, yet in some cases, African cultures undermine the rights and the position of women in the society.

In Nigeria for example, there are numerous cases of rape and gang rape, yet many go unreported. The few that get reported to the authorities are either not pursued by the police or the victim is advised to keep silent in order not to disgrace her family. Nigeria is still very much a patriarchal society; a society where rules and norms are dictated and governed by men. Women are assigned roles, spaces and their bodies determined by men. Any woman who wishes to go against the rules and norms of the society will be punished. For example, a woman was punished because of refusing sex to her husband despite her claim she was in the manner of women.

In Kenya the World Health Organization reports that “Violence against Women goes beyond beatings. It includes forced marriage, dowry-related violence, marital rape, sexual-harassment intimidation at work and in educational institutions, forced pregnancy, forced abortion, forced sterilization, trafficking and forced prostitution”. Sexual violence has indeed become a problem in African societies. A local organization in Zaria, Nigeria, found that sixteen percent of patients with sexually transmitted diseases (STD) were girls under the age of fifteen, a sign of sexual assault. In 1990, the Genital-Urinary Centre in Harare, Zimbabwe, treated more than ninety girls under twelve for (STD), such assaults as observed in WHO publication, puts “African women and girls at higher risk of sexually transmitted diseases than men and boys.”

In South Africa, sexual violence against women is on the high proportion. Women’s group in South Africa estimates that a woman is raped every twenty-sixth seconds and over forty percent of South African women will be raped in their life time as observed by human-rights organizations. McIguaghlin, holds that sexual violence against women has affected the economy of the state as rape cases increased that large portion of the population is dealing with cases of psychological trauma, HIV/AIDS and other sexually transmitted diseases. This has made victims unable to work or even provide care for their children. Sexual violence has eroded the social fabric of the economy.

Along this line, Paula documents that “One of the biggest issues about South Africa is that, because gender based violence is so pervasive, very often it doesn’t make news unless it is dramatic...” She adds that scholars are of the view that a host of factors contribute to the high instance of rape in South Africa. Some of these factors include poverty, lack of education and substance abuse. However, one of the most pressing is patriarchal traditions. A culture influenced by misogyny and lack of opportunity for women is one of the biggest motivators for rape according to Mclaughlin.

The prevailing patriarchal ideologies and the traditional practices of paying high bride-price (lebala) give men the ownership of woman’s body by claiming that they are entitled to sex from their wives because they have paid for and own them. South Africa is still very much a patriarchal society where men believe they are superior to women who they believe are there to serve them. According to Green, in all the African cultures, be it Zulu, Xhosa, Sotho and so on, women are encouraged to be subservient and submissive to men with all respect. The demand of women to be treated equal with men is challenging the status quo and some would argue, is the cause of gender based violence.

Consequences of rape:

- Vaginal or anal bleeding or infection
- Hypoactive sexual desire disorder
- Vaginitis or vaginal inflammation
- Dyspareunia – painful sexual intercourse
- Vaginismus- a condition affecting a woman’s ability to engage in any form of vaginal penetration.
- Chronic pelvic pain
- Urinary tract infections
- Pregnancy
- HIV/AIDs

Sociological impact and mistreatment of Victims:

After a sexual assault victims are subjected to investigations and in some cases mistreatment. Victims undergo medical examinations and are interviewed by police. During the criminal trial, victims suffer loss of privacy and their credibility may be challenged. Sexual assault victims may also become the target of slut-shaming and cyber bullying. During criminal proceedings, publication bans and rape shields operate to protect victims from excessive public scrutiny.

Pregnancy

Pregnancy may result from rape. The rate varies between settings and depends particularly on the extent to which non-barrier contraceptives are being used. In 1982, *Fertility and Sterility*, the Journal of the American Society for Reproductive Medicine, reports that the risk of pregnancy from rape is the same as the risk of pregnancy from a consensual sexual encounter. A study of adolescent in Ethiopia found that among those who reported being raped, 17% became pregnant after rape, a figure which is similar to the 15-18% reported by rape crisis centres in Mexico. A study of factors associated with teenage pregnancy in Cape Town, South Africa, found that forced sexual initiation is the third most strongly related factor, after frequency of intercourse and use of modern contraceptives. Forced sex can also result in unintended pregnancy among adult women.

Any pregnancy resulting from an encounter with a stranger carries a higher risk of pre-eclampsia, the condition in which hypertension arises in pregnancy is associated with significant amounts of protein in the urine, (Yuzpe et al, 1982). Conversely, repeated exposure to the same parent's semen reduces the risk, through induction of paternal tolerance.

Sexually Transmitted Diseases:

Violent or forced sex can increase the risk of transmitting HIV. In forced vaginal penetration, abrasions and cuts commonly occur, thus facilitating the entry of the virus through the vaginal mucosa. Adolescent girls are particularly susceptible to HIV infection through forced sex, and even through casual sex, because their vaginal mucous membrane have not yet acquired cellular density sufficient to provide an effective barrier that develops in the later teenage years. Being a victim of sexual violence and being susceptible to HIV share a number of risk behaviours.

Forced sex in adolescent for instance, increases the likelihood of engaging in unprotected sex, having multiple partners, participating in sex work and substance abuse. People who experience forced sex in intimate relationships often find it difficult to negotiate condom use either because using a condom could be interpreted as mistrust of their partners or as an admission of promiscuity, or else because they fear experiencing violence from other partners. Sexual coercion among adolescent and adults is also associated with low self-esteem and depression factors that are associated with many of the risk behaviours for HIV infection and other sexually transmitted diseases.

Remedies of Rape in human societies:

Preventing sexual violence against women and girls is crucial for improving the livelihood and well-being of women and girls around the world. Rape and sexual assault are often reflective of a persisting imbalance in power dynamics between men and women and as well as of cultural and social norms in our

societies today. To overcome these obstacles the following remedies should be put in place.

- i. Governments in collaboration with some NGOs should establish and start rape crisis centres where victims can physically visit these centres or call for assistance. These centres should play the vital role in supporting victims cope up with the psychological and sociological trauma and to guide them obtain legal justice.
- ii. Public enlightenment by raising consciousness in society through education and awareness programmes. Traditional chiefs, politicians, police, churches, judiciary and the general public should be sensitized about violence against women and girls.
- iii. New insights into sex roles are needed. Cultural norms and practices that put men more superior to women should at least be de-emphasized to give women a sense of belonging, recognition and freedom to exercise their roles in the society.
- iv. Long term imprisonment of up to 20 years should be imposed by the law on rapists. This will serve as deterrent measure to others.
- v. Education of girls to the dangers of rape is very important. Parents must give their girls parental support so that they in turn can develop confidence in their parents and report accordingly any act of molestation done to them or incidents of physical proximity, inappropriate touching by relative or stranger. Parents should educate their girls never to let a stranger within arm's length, and never to accept sweets or any gift from a stranger; never to lead a stranger to isolated places he wants to visit; to beware of over-friendliness. Girls from poor and unhappy families are most vulnerable targets as they are starved for affection. Van drivers who ferry children between home and school may be advantaged of a friendly child.
- vi. Women and girls should avoid putting on dresses that expose their body parts as some men are sexually aroused when seeing such half-naked dressed women and girls.
- vii. Women should be made aware of the laws against rape and molestation. Male judges should not be too easy on rapists and too hard on women victims as the case may be trials must be time bound and punishment meted out appropriately.
- viii. Churches should include in Sunday school programmes teachings about rape as a dangerous weapon of the enemy against children in the world. The Parish Priest should teach this by himself and not to assign it to a Church teacher, Catechist or Sunday school teacher.
- ix. Parents should be taught that the line of communication between them and their children should always be tension-free. Many parents think that children are too young to be told about rape as it

will frighten them unduly. Children must be made aware that there is a small number of wicked people in the society.

Conclusion

Rape is a global matter and it calls for global concerted efforts to control it. Governments of the world should join hands in combating this pandemic because of the effects it has caused to world societies. Many women and girls die in silence because of the fear and stigmatization attached to rape. The sociological and psychological trauma of being rejected by husband, family and friends is a sickness that takes longer time to cure. The side effects of rape are tremendous. A single sexual act is enough to spread contagious and deadly diseases like AIDS, syphilis and gonorrhoea. In addition, the victims have to endure mental and emotional stress. More disheartening is that victims are considered as social outcasts to say the least.

To remedy the incidence of rape, governments should come out with stringent measures against rapists. Traore Mori suggests that such devilish intentioned men should without hesitation be made to face death or be castrated. We must all embark on nation-wide education on rape-consciousness. A counseling department should be set up to connect rape victims to regain their self-confidence.

References

- Askin, K.D. (1997). War Crimes Against Women: Prosecution in International War Crimes Tribunals. Retrieved 10/25/2017 from en.m.wikipedia.org.
- Anna, C. & Patricia, E. (2014). Shades of Grey-domestic and Sexual Violence Against Women: Law Reform and Society. Retrieved 10/29/2017 en.m.Wikipedia.org.
- Beck, A. J. & Harrison, P.M. (2006). Sexual Violence Reported by Correctional Authority, 2005. Bureau of Justice Statistics Report.
- Bhardwaji, A. P. (2009). Legal Aptitude and Legal Reasoning for the Clat. New Dheli: Darling Kindersley.
- Billner, A. & Niklas, M. (2018). Surge in Rape cases puts focus on crime ahead of Swedish Elections. Bloomberg News, Stockholm
- Berger, J. T. (2008). Country Reports on Human Rights Practices for 2008: Vol. 1 and Vol. II. House. US House of Representative and US Senate: Daine Pub.
- Brownmiller, S. (1995). Against our Will: Men, Women and Rape. Retrieved 10/27/2017 from en.m.wikipedia.org.
- Burt, M. R. (1980). Cultural Myths and Support for Rape. "Journal of Personality and Social Psychology". American Psychology Association via PsycNET. 38(2): 217-230.

- Cambridge Police 97 Crime Report. Retrieved 10/23/2017 from en.m.wikipedia.org/wiki/types-of-rape.
- Courtois, C. A. (1988). *Healing the Incest Wound: Adult survivors in therapy*. W.W. Norton & Company
- Edward, L. (2000). *Women in Asia: Tradition, Modernity and Globalization*. Michigan: University of Michigan.
- Freedom in the World (2011). *The Annual Survey of Political Rights and Civil Liberties*. Rowman and Little-field Publication.
- Gidycz, C. A. ; Koss, M.P. (1990). A comparison of group and individual Sexual Assault Victims. *Psychology of Women Quarterly*.
- Humphrey, T.R. (1993). *Gender Differences in the Perception of rape: The role of ambiguity* (M.A. Thesis) Wilfred Laurier University.
- Human Rights Watch Report (1999). *Human Rights*.
- Herman, D.F. (1994). *Rape is Rape*. In *Feminist Perspective* (ed). Retrieved 10/27/2017 from en.m.wikipedia.org.
- Hamilton, A.; Marybeth (1980). Chapter 3. *Life of a citizen in the hands of a woman” Passion and power: sexuality in History* (ed) Katty Lee, Peiss, Christian Simmons. Philadelphia: Temple IP.
- Jewkes, R., ; Vundale, C. ; Maforah, F. ; Jordan, E. (2001). *Relationship dynamics and Teenage Pregnancy in South Africa” Social Science and Medicine*. 52(5): 733-744. PMID 11218177.
- Kumbhare, A.R. (2009). *Women of India: Their Status since the Vedic Times*. Retrieved from en.m.Wikipedia.org.
- Kresti You, M.G.T. (2016). *Marital Rape: Consent, marriage and social change in Global Context*. Oxford: University Press.
- Katie M. (2015). *Culture, Women Issues*. Retrieved 10/29/2017 from biblicalwomen.com/bible-sexual-assault-women.Mg.co.za/article/2015-05-13-make-prison-rape-surviorus-speak.
- Larsdotter, A. ((2003). *Popular Historia*. Retrieved 09/07/2020 from <https://en.m.wikipedia.org/wiki/Rape-in-Sweden>
- Maschke, K.J. (1997). *Legal Reponses to Violence Against Women*. New York: Garland Pub.
- Mulugeta, E.; Kassaye, N.; Barhane, Y. (1998). “Relevance and out come of sexual violence among high school student.” *Ethiopia Medical Journal*.36(3) -174, PMID10214457.
- Muma, N. I. (2019). *A Rape Culture*. <https://inspireafrica.com/en/a-rape-cultue>
- Nsasa, U. (2015). *Rape as social problem: Causes consequences and possible solutions*. Retrieved 11/3/2017 from www.academic.edu/16986421/Rape-as-a-social-problem-causes-consequences-and-possible-solutions.
- Offman, S. (2009). *The Sexuality of Childhood*. Retrieved 10/28/2017 from en.m.wikipedia.org.

- Petra, J. Hedge, B. (2003). *The Trauma of Sexual Assault treatment and practice*. Chichester: John Wiley and Sons.
- Struckman – John, C. & Struckman-Johnson, D. (2006). A comparison of sexual coercion experiences reported by men and women in Prison. *Journal of Interpersonal violence*.
- Tecla, S. (2012). *Sex Offences and Sex Offenders*. Oxford: Oxford Press.
- Thukral, E. G. (2008). Still out of focus: Status of Indian Children. Retrieved 10/25/2017 from en.m.wikipedia.org.
- Ullman, S.E. (1999). A Comparison of Gang and Individual Rape Incident. Retrieved 10/23/2017 from en.m.wikipedia.org/wiki/types-of-rape.
- Winnie, T. (2010). *Bodied Mindfulness: Women's spirits, bodies and places*. Waterloo, Ontario: Wilfrid Laurier University Press.
- Yuzpe, A.A. Smith, R.P & Rademaker, A.W. (1982). "A Multicentre" Clinic Investigation Employing ethinyl estradiol combined with dinorgestrel as a postcoital contraceptive agent." *Fertility and sterility*. 37(4): 508-513. PMID 7040117.