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A Pilot Study on Rape: Causes for Psychological Disorder

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Abstract:

Numerous psychologists and sociologists have started researching the psychology of rapists and rape in the last 20 years. And the results have demonstrated that rape is a violent crime, frequently perceived by the victim as a life-threatening conduct in which fear and shame predominate. Several good research and publications were released throughout the early 1970s as a result of the widespread women's campaign against rape. Case studies and interviews with actual rape victims are included in these studies. They also made an effort to explain the nuances of rape more clearly. This article attempts to explain rape analytically. Many researchers try to answer the question of why rape occurs. What factors lead to this behaviour? According to some academics, it's an illegal practise. Some disputes arise because of excessive alcohol or drug use and some explains it's not a normal tendency, due to psychological problem people do it. So finally what is responsible reason for this act? Is it a criminal act like robbery, murder or is it a psychological disorder?

Keywords: Psychological, Disorder, Rape, Violence

Introduction:

The term "sexual violence" is used to describe a certain category of crimes, such as rape, sexual assault, and harassment. The perpetrator could be a total stranger, a close friend, a family member, or an intimate partner. All types of sexual violence, according to researchers, scientists, practitioners, and policymakers, hurt the victim as well as the family and society.

First visiting the Sexual harassment can take many different forms, from offensive comments, actions, and jokes to indecent exposure and inappropriate touching. The term "unwelcome sexual advances, requests for sexual favours, and other verbal or physical conduct that influences employment decisions, conduct that unreasonably interferes with an individual's ability to perform their work, or conduct that creates an intimidating, hostile, or offensive environment" has been used to describe it in the context of the workplace.that unreasonably interferes with an individual's work

performance or creates an intimidating, hostile, or offensive working environment" .

Then Sexual assault includes a wide range of unwanted behaviors, but not include penetration. That are attempted or completed against a victim's will or when a victim cannot consent because of age, disability, or the influence of alcohol or drugs. Sexual assault may involve actual or threatened physical force, use of weapons, intimidation, or pressure and may include—

- Intentional touching of the victim's genitals, anus, groin, or breasts.
- Voyeurism.
- Exposure to exhibitionism.
- Unwanted exposure to pornography.
- Public display of images (face book or other social Medias) that were taken in a private context or when the victim was unaware.

A very harmful and serious form of violence is Rape is defined as the forced oral, anal, or vaginal penetration of the victim by body parts or objects, the threat of bodily harm, or the exploitation of a victim who is incapable of giving consent due to incapacity or other circumstances. Incapacitation can be caused by a mental or cognitive impairment, self-inflicted or forced intoxication, being a minor, or any other legally specified circumstance that prevents someone from being able to consent.

It is not surprising that, depending on how the crime is classified, what demographic is researched, and what technique is employed, rape rates vary greatly among studies.

According to the National Crime Records Bureau, there has been a 34% increase in crimes against women during the last four years. As stated by National Crime Records Bureau four states of Delhi, Haryana, Madhya Pradesh and Punjab more cases of rapes are reported

Table no-1 shows the Karnataka State Statistics of Rape, victim’s age from 2011 to 2016.

Year	Total no of Incidents	Below 6 years	6-12 years	12-16 Years	16-18 years	18-30 Years	30-45 Years	45-60 Years	Above 60 Years.
2011	636	-	21	24	59	471	60	01	--
2012	621	-	28	55	224	259	50	05	--
2013	1030	-	50	102	396	375	91	16	--
2014	1324	23	75	220	381	512	111	07	03
2015	589	--	--	--	--	448	105	21	02
2016	1655	39	73	295	735	418	94	14	03

***National Crime Records Bureau*

Table no-2 shows the offenders relation and proximity to rape victims.

Year	Total no of cases reported.	No of cases in which offenders were known to the victims.	No of cases in which offenders were			
			Parents/close family members	Relatives	Neighbours	Others Known Persons.
2011	636	352	01	42	81	228
2012	621	526	02	142	142	340
2013	1030	953	79	79	214	649
2014	1324	1053	61	133	304	555
2015	589	572	37	30	155	367
2016	1655	1627	16	63	74	369

****National Crime Records Bureau**

The best way to comprehend rape as a violent crime is probably to look at studies of the rapist—who he is and why he rapes—and why he does it. It is a little unsettling. The two tables above clearly demonstrate that there are more crimes reported each year and that victims are familiar with the criminals. Therefore, the information is extremely harmful. People learned that it's challenging to put their full trust in someone they know well.

According to Israeli criminologist Dr. Menachiam Amir, rapists are not the psychotic, antisocial men one may assume from studies done in the 1960s and 1970s. Of course, there are those who go to extremes, but the majority of rapists fit in nicely with their local neighbourhoods. In actuality, there might be more parallels between rapists and regular individuals. There are significant concerns with the research on the rapist. The topics chosen for sampling are frequently biased. The majority of rape arrests still end without a conviction. As a result, only a very small portion of all rapists are men, who are represented by the guys who are interviewed. Because of the small sampling pool, it is important to proceed with caution when drawing conclusions from these investigations. Between 1958 and 1960, Dr. Amir conducted research on rape and rapists in Philadelphia. He discovered that while the average age of the Philadelphia rapist was 23, the largest age range for rapists was between the ages of 15 and 19. He discovered that the majority of rapists were single, which could be related to their youth. He also discovered that the victim was younger the older the rapist.

Additionally, the majority of rapists came from lower socioeconomic backgrounds, and almost half had a history of arrests. Amir also discovered that Saturday was the busiest day for rapes, with weekends accounting for more than half of all rapes. Once more, between 8:00 p.m. and 2:00 a.m., approximately half of the crimes were committed. Additionally, almost 71% of the rapes were

premeditated. The victim's selection was frequently subject to chance and other factors, yet the rapist intended to rape someone.

Rapists are divided into "psychiatric" and "criminal" groups, according to Dr. Amir. The criminal rapist was thought to be an uneducated man from a lower socioeconomic class who had a history of crimes including exhibitionism and fetishism. He thought that he was generally antisocial and susceptible to pressure. It was said that the psychiatric rapist was a well educated man from a higher socioeconomic class. Due to emotional instability and personal issues, he was thought to have committed rape.

However, this is not widely recognised and is only meant to be a starting point for future in-depth investigation. An idea that has gained more acceptance is that the majority of rapists appear to be members of a violent subculture, whose values may diverge from those of the prevailing culture. As a result, it's possible that these boys and young men are acting more violently and antisocially to show off their toughness and masculinity.

Understanding the DSM is essential when rape is regarded as psychological. Two proposed diagnoses that are commonly abused to support compulsory mental commitment under the Sexually Violent Offenders Act have been completely rejected by DSM 5. The American Psychiatric Association categorically rejects rape as a diagnosis and demonstrates their lack of validity.

The APA rulings will aid in elucidating and rectifying a dishonourable act at the challenging intersection of psychiatry and the law. Rape offenders who have served their prison terms are increasingly frequently held in psychiatric facilities that resemble prisons under the erroneous belief that because they committed sexual offences, they must also be mentally ill. This argument has been rendered utterly irrelevant by the action taken by DSM 5. It is wrong to diagnose rape as a mental condition and encourages the abuse of psychiatric commitment.

In the previous 35 years, the idea to categorise rapists as having a mental condition has been shot down five times. First for DSM III in 1976, then for DSM IIIR in 1986, DSM 1V in the early 1990s, an APA Task Force report in 1998, and currently for DSM 5.

Fortunately, the California Department of Mental Health has taken proactive steps to modify this flawed diagnostic practise and to mandate more meticulous diagnosis and appropriate documenting of evidence.

The reasons behind human desires, sentiments, emotions, needs, and values—including those that lead to rape—are not well understood by many individuals. This is due to the fact that the majority of individuals have no idea what the underlying reasons of human behaviour are. People's comprehension of the precise proximate causes of rape has been significantly constrained by this lack of insight. Men rape because they hate women, feel the need to dominate others, have experienced childhood abuse, consume excessive amounts of alcohol, have an excess of testosterone

in their bodies, are trying to make up for feelings of inadequacy, were raised in patriarchal societies, watch excessive amounts of violent television, are addicted to violent pornography, are sexually aroused, hate their parents, and more.

Methodology:

What is the primary cause of rape? is the main question this study seeks to answer. The number of rapes has recently been rising daily. Everyone in Delhi is shocked and uneasy after the Nirbhaya case. To end this criminal activity in our nation, social workers, policy analysts, police, and psychologists were sought after. Mahatma Gandhi once said, "The day we can say that India has achieved independence, the day women can walk freely on the road in the night." Really, it is essential to eradicate rape from our more advanced civilization. Similar to how an illness can be easily cured if the source is identified, controlling or preventing this problem is possible if it is. Thus, the authors here made an effort to understand the potential reasons of rape, a pilot study collected the opinions of renowned social scientists.

The statement of Problem:

To understand the reason for rape.

Sampling:

A total of 30 social scientists from the fields of sociology, psychology, and criminology were chosen to participate in the data collecting.

Objectives:

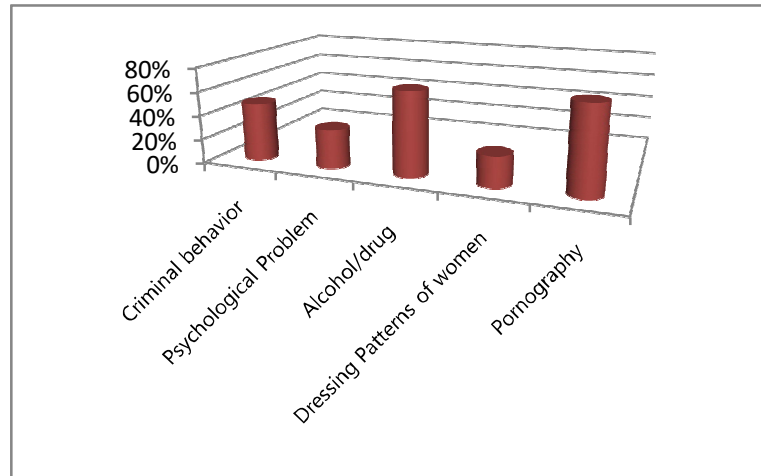
1. To understand the origin of rape.
 - a. To comprehend rape and illegal behaviour.
 - b. To look into rape and psychological issues.
 - c. To understand rape and drug or alcohol abuse
 - b. To examine rape and clothing patterns.
 - a. Understanding how pornography influences rape.

Tools: A newly created inventory used to determine the reason for rape. There are 5 options in this Likert-style response format, ranging from strongly agree to strongly disagree.

Results and Discussion:

Table shows the results of social scientists.

Possible cause for Rape	Percentage
Criminal behavior	48%
Psychological Problem	32%
Alcohol/drug	69%
Dressing Patterns of women	25%
Watching pornography	71%



According to the above table, 71% of social scientists believe that viewing porn is a major contributing factor to rape. Because everyone can now easily obtain pornographic films, which are readily available at their fingertips.

When a person overdoses, they lose control and commit crimes at a rate of 69%. Numerous perpetrators use alcohol, and they did so while committing rape. Drinking too much makes it difficult to think clearly. Numerous research indicate a positive correlation between rape and alcohol use. And 48% of the sample agrees that rape is a deliberate criminal act just like robbery or murder. And 48% of the sample agrees that rape is a deliberate criminal act just like robbery or murder. Rapists plan every aspect of their crime before committing it. 32% believe that rapists are not typically human and may be sadistic or psychopathic. Due to a psychological problem, individuals need care and treatment and so commit this crime.

Experts in India are debating rape and clothing trends in a contentious manner. Many believe that the predominant cause of rape is western clothing. 25% of answers claim that rape is caused by clothing choices.

Conclusion:

Social scientists have been gradually compiling data and creating a profile of those who commit rape or sexual assault. "If you don't really understand perpetrators, you're never going to understand sexual violence," is a well-known adage, according to Sherry Hamby, editor of the journal *Psychology of Violence*. It is crucial to comprehend the precise root causes of rape in order to eradicate it from any culture. Why does it occur? who committed the crime? To respond to these two straightforward questions is really challenging. It's crucial to provide an explanation for why rape has persisted despite human efforts.

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