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CURTAILING RAPE IN OUR SOCIETY THROUGH THE AGENCY OF HEALTH EDUCATION

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Abstract

Forceful adoption of sexual partner both married and un-married by rapist is almost becoming a regular practice in our society and increasing every day. A good number of dated marriages have been broken because of dissatisfactory violent sexual intercourse. The focus of this paper is on unhealthy sexual violence practices and tremendous spread of rape incident globally as well as in our society, Nigeria. The paper dwelled on causes of rape, consequences and Health implications of rape and sexual violence. It was concluded that rape is born out of wickedness and hatred. Based on this, the following recommendations were made so as to curb this act. Government should re-enforce their legal position on rape matters, severe penalty like life imprisonment or amputation of the limbs should be recommended. An individual should exercise degree of responsiveness in their lifestyles, manner of dressing and conduct, in public places in order not to attract sexual violence. Victims should follow up medical treatment to rule out unwanted pregnancy, sexually transmitted disease

Introduction

Rape is unwanted sexual approach towards another person it is an intentional selfish act performed by a cheater or a rapist characterized by violence, force, overpowering sexual penetration and without the consent of the second person. Rape is a forceful sexual harassment advanced to someone who is not ready for sex. According Matsushita-ARO (2011) rape is forced, non consensual sexual intercourse carried out on unintended person. Rape may be accomplished by fear, threats of harm, and or actual physical force. Rape may also include a situation where penetration is accomplished out of intimidation, the victim is unable to give consent or resist the pressure, due to prevailing circumstances.

Julia (2012) Stated that rape is frightening and traumatizing it is highly associated with sexual harassment verbal abuse, leering, threats, exposure, force to partake in pornography exercise that is watching films, picture etc, unwanted touching, incest, undue pressure penetration, mutilation and virtual abuse. Rape can occur in a group or with individual making aggressive love advancement to one another with out fear of legal and health implications. Ordinary the pleasure, satisfactions and desire derived from sexual intercourse is not

completely achieved because it is done under pressure, intimidation, embarrassment, abuse of sexual right and coupled with assault. In some cases, rape also could be carried out with or without physical injuries but it is highly associated with psychological trauma.

However, incidence of rape in the society is on alarming level, despite a good number of raped cases are not reported due to scam and discrimination. Some parents may not allow it out because of shame and stigma as a result rapists use it as a propensity to rationalize on this act. From all indications, issue of rape has become current and reoccurring health issue worldwide. According to Okeke (2015) the prevalence is in alarming rate across the globe. His finding shows that sexual violence is prevalent among female undergraduate of the University of Ibadan and they lack capacity to deal effectively with violence cases:

WHO (2012) report shows 10 countries with highest rape crime, that Ethiopia is estimated to have one of the highest rates of violence against women in the world according to wonder list report, a report by the UN found nearly 60% of Ethiopia women were subjected to sexual violence, which rape is a very serious problem in Ethiopia. In same vein, the UN multi-country study on men and violence

found that 14.5% of the sample Sri Lankan men had perpetrated rape at some point in their lives. 4.9% had raped in the past year, 2.7% had raped another man. 1.6% had taken part in a gang rape. And 96.5% of the men who had raped experienced no legal consequences. 65.8% did not feel worried or guilty afterward. 64.9% of rapist had raped more than once and 11.1% had raped four or more girls or women. They further stated that in Canada the total reported cases of rape are 2,516,918. In France, Government studies show that there were 75,000 rapes a year in the country, an estimate of 240,000 women and girls had died. In Germany rape has figures of 6,507,394 rape reported cases. United Kingdom from joint report given by the ministry of justice, office for national statistic and home office shows that 85,000 women are raped on average in England and Wales every year, over 400,000 women are sexually assaulted each year. In India 24,923 rape cases reported in 2013 while in Sweden has the highest incidence of reported rapes in Europe and one of the highest in the world. One among every four women comes out to be victim of rape in Sweden. In 2009 18,700 cases were reported, 2008, 8% increased was observed South Africa has rape cases of 65,000 and other assault in 2012 while united states recorded 99%, 91% females while 9% males.

In Nigeria, there were reported cases of house helpers having sexual intercourse with children of under age and military men in the camp raping married women and date marriages especially during crises period. Issues of rape in Nigerian courts are much on ground and increasing every day as well as difficulty to proof before the law. They were reported case of females adopting a male for dissenting sexual intercourse, the same way the males adopting the females for single or group sex without fear of constituted authorities. Ojo and Bidemi (2008) reported that 15% of young females reported forced penetrative rape, Ajuwon (2013) reporting 44% of his respondents disclosing that they had experienced unwanted touches, in the

same vein other Nigerian based survey, Okeke (2015) and Timan (2011) reported rape incidence to be on high side. Timan (2011) found that 27% of school girls said their teachers pressured them for sex and 79% said they had been sexually harassed by male classmates. In a more recent study in Bayero University Kano in Okeke (2015), Iiyasu, Abubukar, Alu Galadanci and Salihu (2011) found that 45.2% of their female respondents reported unwanted touch 22.6% reported rape attempt, 29% verbal sexual assault and 3.2% actual rape. Ogbo (2013) reported the increase rate of rape that the statistics is coming against the backdrop that rape of minor has been on increase in Nigeria and in vanguard of 15th April, (2013) reported that Lagos records shows 678 rape cases in just one year.

Generally, rape incidence is posing threat to consummated marriages and family life in our homes, communities and society in general because who knows next the victim. Children of under age are suffering inhumiliation from the hand of the rapists and our judiciary is not helping matters, a lot of broken homes registered from raped cases, rape is dangerous because it is associated with medical complications. There is need for aggressive approach, proper health education and government interventions to salvage this situation. With these enumerated facts, the researcher decided to dwell on this subject matter 'Rape as sexual violence in our society'.

However; Branscombe Nula, Wohi, Micheal, Owen, Sussan, Allisam and Julic, Nehela and Ahojan (2013) highlighted different form of rapes which includes Anger, Power, Sadism, Stranger Rape or Spouse rape, Gang rape (N'gbala and Ahogin, 2013).

Anger Rape: According to Branscombe et al (2011) anger rape expresses hatred towards the victim and rage. It shows revenge to the past action or wrong doing or aggressive refusal to a request. Grot (2010) stated that anger rape or corrective rape aim at humiliating, debase and hurt their victim, they force express their contempt to

their victim through physical violence and brutality as well as using sex as a major weapon to defile and degrade the victim. In anger rape, the rapist uses more of physical force to achieve penetration. Anger rapist attacks their victim by grabbing, striking and knocking the victim to the ground, beating them, tearing their clothes, and rapes them. They do all these to ensure the cost of their anger is paid.

Power Rape: It shows over powering and dominary act, the rapist chooses to do it with force because he can dominate, as a result consent is not negotiated. Grot (2010) stated that power rape is a way to compensate for their issues of mastery, control dominance, strength, intimidation, authority and capability. The intent of the power rapist is to assert their competency. The power rapist relies upon verbal threats, with a weapon, and only uses the amount of force necessary to subdue the victim. The power rapist tends to have fantasies about sexual conquests and rape, they may believe that even though the victim initially resist them, that once they overpower their victim, victim will eventually enjoyed the act and even ask the victim to meet them for a date later.

Sadistic Rape: it is extreme abnormal behaviours in most cases the rapist does it for ritual purpose. This type of rape is also experienced between a normal human being and psychiatric person from oracle's prescription. They rape people in deep sleep, with aggression and such rapist kills after raping or kill the person if he does not succeed. Sadistic rapes have a sexual association with anger and power so that aggression and the infliction of pain itself are eroticized. For this rapist sexual excitement is associated with the inflicting of pain upon their victim. The offender finds the intentional maltreatment of their victim intensely gratifying and takes pleasure in the victim's torments pain anguish, distress, helplessness, and struggling with him/her to be an erotic experience sadistic rape usually involves extensive, prolonged torture and restraint. Sometimes it can take a ritualistic or other bizarre qualities. The rapist may use some type of instrument or

foreign object to penetrate his/her victim. Sexual areas of the victim's body become a specific focus of injury of abuse (Grot 2010). The sadistic rapist's assaults are deliberate calculated and preplanned. They will often wear a disguise or will blindfold their victims. CSOML and TNSSOC (2008) asserted that prostitutes or other people whom they perceive to be "promiscuous" are often the sadistic rapist targets. The victims of a sadistic rapist may not survive the attack for some offenders, the ultimate satisfaction is gained from murdering the victim.

Other type of rape is stranger rape enacted by someone not close. Marital rape: violent sexual approach made to someone spouse when one is not ready for sex. Acquaintance rape involve person you known while child rape is having sex with under age below 14 years of age. Other types of rape is victimization of an individual, which occur during crime operation e.g. robbery assassinate and kidnapping.

Gang Rape: Another form of rape is gang rape such gang rape, are predominantly committed by young men and girl (Phillipe 2013). Recently it was reported that group of girls put themselves into cult and use the name of this cult in raping young men. Sexual aggression is often a defiling characteristic of manhood with group and is significantly related to against the wish of a person in high esteem. Pretty and Dawson (2013) opened that sexually aggressive behaviour among young men has been linked with gang membership and having delinquent peers. Research also suggested that men with sexually aggressive peers are also much more likely to report coercive or enforced intercourse outside the gang context than men lacking sexually aggressive peers.

Conceptual frame work of rape

The society is made up of homes that contain individuals. Individuals have their various hereditary make up of different genes. This gene also contributes to individual behavior in the society as well as environment nurture. Some theories

asserted that rape is natural behavior in individuals, hence the rapist has the trait code in him also the female has the adaptation gene to accommodate the action of the rapist. This perspective is built on Thornhill (1999) biological theory of human rape. The theory look at rape as selection or differential reproductive success among individuals due to trait difference that all genetic evolution leading to adaptation is based on individual specific genes that code different behavior. Each individual gene has direct selection for rape which may favour raping because rape had a net positive effect on rapist reproductive success. The reproductive success promotes individual mates and number of consensual sex (Thornhill 1999). The theory proved that there is a psychological adaptation in men for rape that is specific rape. Women also have choice adaptation for protection as a result they prefer protective mate status, resources, and specific physical feature with body built characterized by violence.

Rape is an accidental effect of specific gene for male sexual trait other than rape. In other words, rape is a by product of men's adaptation for pursuit of casual non-committal, consensual sex. This is also a measure to men increasing the number sexual partner without commitment. Barker theory (1999) view sex as a community and youths, youngmen, men are bombarded by a culture that sexualizes commoditives and commodifies women's sexuality. This cultural endorsement and marketing of sex as commodified good leads to increased desire for, and sense of entitlement to sex is motivational evidence to rape. Men know that taking sex without consent is wrong, but many men do not perceive it as really bad. Malamith and Heilmann, (1998) proposed that rape proneness among men is proximately caused not by genetic variation but by developmental events involving learning. Their analyses indicate that men who are to prone to rape come from harsh development background involving impersonal and short-term social relationship and backgrounds in which

manipulation coercer and violence are valid ways of conducting social relationships. Abbey et al (1998) discussed the link between alcohol use and sexual aggression. The evidence suggests 50% of the incidents of sexual aggression; alcohol has been used by one person and, most often by both individuals. Alcohol makes general role stereotypes more salient and available as excuses for inappropriate behavior, using alcohol complicates the issue of consent. Feminist concept proved that in a way victim always the cause of the crime. Women ask for or invite rape by their behavior or dress style; in other hand, women are ambivalent about sex and capricious while men are oversexed and not responsible to their own behavior (Menachim, 2014). This is also in line with Thornhill psychological theory (1999) that lack of resources or the associated variable of a lack of sexual access to females lead to rape by men, he further stated that a psychological mechanism causing males to have different preference (in term of sexual attractiveness as indicated by age) in rape victims than in consensual sexual partners.

However, with these theories individuals by the tradition, customs and norms of the society are not even allow to have sexual relationship with a any married person other than your own spouse. In contrary view, cases of rape are difficult to establish before the law court and this could be one of the reasons that some people do not report cases of rape so as to reduce social dissemination and stigmatization. Individual should show exemplary behavior that will not prone them to rape because it appears that a good number of people do not have knowledge of the attitude that prone them to rape victim. So, there is need for proper sex education so as to curtail incidence of rape in our society.

Causes of rape

The following are the causes of rape/sexual violence in our society.

1. Drug use: Heavy drug users indulge in a hedonistic attitude, they derive

pleasure from immaterial things, always involve in issue that people ordinary do not derive pleasure. Tart (2009) stated that drug users indulge in sexual act unconsciously, they complain of not knowing when they were raped. Some hormonal drug use promote sexual urge of sensual sexual partners they involve in rape and sexual harassment- Alcohol increases,urge and decreases libido. A good number of researchers had asserted that rape is common with alcohol users than with non alcoholic or drug-users. Alcohol has been shown to play a disinheriting role in certain types of sexually assault, as have some other drugs, notably cocaine. Alcohol has psychopharmacological effect of reducing inhibitions, clouding judgment and imparting the ability to interpret cues. Miczek (2010) stated that the biological link between alcohol and violence are however complex research on the social anthropology of alcohol consumption suggest that connections between violence, drinking and darkness are socially learnt rather than universal. Alcohol is cultural break time, providing opportunity for antisocial behaviour, people act more likely for violence when drunk because they do not think of integrity. some forms of group sexual violence are associated with drinking. Long use of major tranquilizer, such as chlorpromazine stemil, increases sexual urge in female than in male which is common with psychiatric patient, the scientific rational has not been ascertained.

2. Antisocial behaviour: People with maladjustment behaviour find it difficult to approach a person for sexual relationship, some rationalize this short coming for radicalism, aggression, and tyranny. Individuals who are strong and enegyetic use these advantages to dominate, over power others to have sex. Some females have also be found raping males even on gun point, given enough drink to get individual drunk using financial influence or intimidation, to achieve sexual intercourse

3. Rape can be as a result of revenge of what some one has done in the past (adultery) to a family, then other person take as a means of reiterating in a painful way which is accepted and permitted by culture and tradition of some people in line with anger rape.

4. Individual life-styles – the strain of modern life adventure has attracted forceful romantic advancement to people who dress in un-cultured manner, half naked with clear evidence of prostitution not being mindful of the way they walk, talk, dance, in public places, keeping late to bed, moving late in the night, always patronizing parties. These set of people are more prone to rape when compared with others.

5. Victimization- During robbery incident robbers rape household members while some used rape as a means of punishment and wickedness to unwelcome relationship.

Consequences

Some of the observed consequences and aftermath of rapes as follows

1. Virginal hemorrhage – rapist succeed in most cases by inflicting injuring on the wall of the virginal and valve of a victim as a result of forceful penetration especially with a virgin who has her hymen still intact is forced open. Manipulation of virginal resulting to heavy bleeding and laceration.
2. Infection- infection is very common feature with this act when there is existing wound, and when it is involved with an infected person, sexually transmitted diseases/HIV/AIDS, Gonorrhoea and Syphis are not ruled out.
3. Painful Sex: The vaginal is not naturally lubricated by secretion because the sex is not usually, emotionally done in a settled mind. There is friction, and coarseness associated with forceful penetration that creates open wound, expose

- nerve endings and bruises on the wall of the vaginal and its surrounding resulting in severe pain. Wingood, Clemente and Raj (2012) and Jenny et al (2010) opined that people who were involved in violence, forced sex early age are more prone to unprotected sex hawk, having multiple partners, participating in sex work and drug abuse.
4. Painful pelvic girdle recurrently surface because of muscular exertion from the battle and rattle involved, this arouse the muscles and the pulling of the pelvic girdle bones and muscles tear, laceration on the pubic region, injuring to labia minora, labia, majora, and the urether resulting to secondary infection. Any victim involved in rape at the moment has reduced sexual interest, he is with-drawn with apathy. Speaking on sex issues is embarrassment and does not want to hear about sex until the effects and experience of rape is forgotten. (Martin, Kilgallen, Tusi, Mactra, Singh Kupper 2014).
 5. Rape increases the risk of transmitting STDS especially HIV. Jenny, Hooton, Bowers, Copass, Krieger, Hillier, Kiviat, Corey (2012) Stated that in forced vaginal penetration, abrasions and cuts commonly occur, thus facilitating the entry of the virus through vaginal mucous. This is common with adolescents who are particularly susceptible to HIV infection through forced sex and even through unforced sex, because their vaginal mucosa membranes have not yet acquired cellular density sufficient to provide an effective defense mechanism that develops in the later teenage years.
 6. Blame: individual who was raped is affected psychologically. The parent and the family look socially embarrassed the integrity of the home is broken, people look at the victim with mix feeling, victim blame herself for whatever circumstance people mock and laugh, although some still sympathize. Health education is on how the faith of this person will return back and assume normal life and to the rapist, the need to cease such act. Individual blame his or herself for what ever act that led to rape because she has become a subject matter for discussion. Matsushita Arao etal (2011) stated that self blame is among the most common of both short and long term effects. They further opined that behavioral self blame (done something differently and therefore feel at fault). Victims who experience character logical self blame feel there is something inherently wrong with them which has caused them to deserve to be assaulted.
 7. Rape is highly associated with social stigma "Matthew (2012) Stated that rape increases feelings of shame, guilt, anxiety, fear, anger and sadness. Rapist after the act is not comfortable, he rationalize shows propensity of not being guilt, person's raped regret ever being a victim, she isolate from people, movement is highly restricted and distressed. They feel unsecured, need to be guarded, find it difficult to put herself together to carry out another assignment.
 8. They lost the interest of human being around them and distrust people in their environment.
 9. According to Matthew (2012) they develop a mental disorder and also found that rape Survivors are at high risk for developing substance use disorders, major depression, generalized anxiety disorder obsessive-compulsive disorder and eating disorder which varies on the individual.
 10. There is every tendency that a rape may commit suicide, loss interest completely on her career became of social stigma, or loss her marriage relationship.

11. Shame: A Victim feels very shy, his or her personality is affected. Despite people who had known such incidences occur, the victim believes that the news is everywhere. As a result of shame they conceptualized big negative ideas, such as revenging, fighting, legal intervention and aggression. According to Tangney (2002) shame is connected to psychological problems such as eating disorder, substance abuse, anxiety, depression, and other mental disorders as well as problematic moral behaviour. He further stated that shame prone kids to substance abuse, earlier sexual activity, less safe sexual activity and involvement with the criminal justice system, suicidal attempt and suicide. Davidson, et al (2010) stated that childhood and adulthood victims of rape are more likely to attempt or commit suicide. The emotional trauma and psychological distress prone victims to suicidal attempt, if early behavioral personality disorder was not diagnosed in time. Inferiority complex, shame and self blame lead individuals to ugly thought. Rape victims are looked upon into as a person whose dignity has been dignified in the society. A married woman who was raped has becomes a taboo, how to return her dignity is a major become a problem. A proposed marriage candidates fallen a victim of rape may completely loose her marriage as prescribed by some tradition if the marriage holds she subject herself to traditional ritualism, intra family crisis and criticism cripples in to the marriage.

Implications for Health Education

Individual may not know the health implications associated with rape, unless he is a victim as a result individual need health talk. The Health Education is geared towards passing information to people on the effects of rape and bring back victim's

ego and put to an end such act

Health education is aimed towards encouraging people to value health as a worthwhile asset and making people know the measures how they can promote and protect their health as individuals and that of communities (Lucas and Gilles (2010). Health Education goes a long way coding individual's normal behaviour in maintaining integrity and dignity. Health education affects the attitude and practice of a victim in regaining consciousness, emotional stability recovery and of a rapist as well as having a change of mind from the act. According to Tangney (2012) their cognitive domain is affected Health education is a cognitive domain treatment inferiority complex, self-isolation act of relating with other people, poorly should be ruled out. The victim should know that it has happened restricting one self from people will not solve the problem instead it increases psychological trauma. Female victim had a thought of how she will be accepted by her partners because she stand a chance of losing her husband, in rural area victim is more less like a taboo, mixing up is difficult. Health Education is necessary especially when she is not the cause of the act, even at that she should not allow herself to die because of rape; things pass away with time it will soon get out of peoples mind. family members and victim should be reassured and given hope of acceptance psycho therapy, series of counseling programme is designed for somebody having suicidal attempt. Pregnancy test carried out to rule out pregnancy. Blood specimen vaginal swab collection for culture and sensitivity test is carried out to rule out sexually transmitted diseases.

Conclusion

Rape is carried out of wickedness, hatred, and victimization. In the same vein some individual unknowingly call for rape from their attitude, lifestyle, dressing code and public presentation. Culprit should not be wicked to the level of raping household, after depriving them of their properties. Drinking excessively, heavy

drug use and hereditary trait contribute to irrational behavior observed in issue of rape.

Recommendations:

1. Rapist should be taken for mental test because their act is associated with psychiatric disorder because a good number of cases have been traced to psychiatry disorder.
2. Victim should be given emotional and psychological counseling most especially when it is born out of wickedness. The persons affected should not dread it to the level of separating their marriage because the problems of broken marriages are more serious when compared with rape trauma.
3. Individuals should not attract rape from their dressing code, choice of language, dancing and conduct in the public places. Decent dressing and moral behaviour should be expected from a responsible person.
4. Gynaecological investigation is prescribed to rule out vaginal injury, if any, it should be treated very well to rule out complications.
5. HIV blood screening, and vaginal swabs or culture and sensitivity swab to ascertain presence of sexually transmitted infections e.g. (STDS) HIV / AIDS, Gonorrhoea, Syphilis
6. A victim should be properly treated and reassured that the news should not be let out so as to minimize social embarrassment.
7. Government should give legal interpretation or a position statement for the rapist such as death, statement or life imprisonment.
8. It appears also act of females begging for favor attracts rape from irresponsible men, female should be mindful of whom they ask for favor.
9. Individual should not take to prostitution because they are prone to rape when compared with married women. The habit of keeping late

outside your home should be avoided.

10. A female should be in the mix of males always more especially when they are related parentally as a way of reducing incidents of rape.
11. Heavy drug use should be discouraged so as to avoid the risk factors associated with drug use.
12. The movement and the activities of grown up house helper (both female and male) should be well supervised
13. Military men should be allowed intermittent freedom to meet their wives so as to reduce the incidence of rape cases reported against them.
14. Health education should be a major tool to curtail rape since it has genetic trait

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