



## Physical, Social and Psychological Effects of Rape on Health of Underage School Girls in Ilorin Metropolis

S.O. ONIYANGI, T.K. IJAODOLA, J.F. JAMES  
University of Ilorin, Nigeria.

**Abstract.** Universally, rape is considered to be an immoral act which is not peculiar to any nation, race, or gender. Rape is a criminal offence, an act of forcible sexual relations with a person against that person's will. This study assessed physical, social and psychological effects of rape on health and security of underage school girls In Ilorin metropolis. A descriptive research of survey type was used. The population were all members of staff of Kwara state Ministry of Women affairs and Kwara State Ministry of Social Welfare and Developments. Purposive and simple random sampling techniques were used to select 50 staff from each of the 2 ministries selected making a total of 100 respondents. A researcher designed questionnaire' was validated by three experts in related fields. The reliability of the questionnaire was ascertained through test re-test method of 2 weeks interval using Pearson product moment correlation, co-efficient of 0.78r was obtained. The questionnaire was administered by the researchers and some trained research assistants. Descriptive statistics of frequency count and inferential statistics of Chi-Square were used to test the hypotheses postulated for the study at 0.05 alpha level of significance. The findings of the study revealed that: rape has a significant physical effect on health of underage school girls (calc.  $X^2 = 39.54 > \text{crit value } 16.92$ ): rape has a significant social effect on health of underage school girls (cal value  $= 34.47 > \text{crit } X^2 16.92$ ): and rape has a significant psychological effect on health of underage school girls (calc  $X^2 = 28.01 > \text{crit value } 16.92$ ). The study concluded that there are physical,

social, psychological effects of rape on health of underage school girls in Ilorin metropolis. It is therefore, recommended that adequate control of the use of drugs, proper education of youths on health, rape and security of life should be encouraged.

**Keywords:** Physical, Social, Psychological and health

### 1. Introduction

Universally, rape is considered to be an immoral act which is not peculiar to any nation, race, or gender. Poverty stricken societies are prone to insecurity of life and properties through youths' involvement in drugs and rape. Rape is a criminal offence, an act of forcible sexual relations with a person against that person's will, (Peters & Olowa, 2010). It is also a type of sexual assault usually involving sexual intercourse or other forms of sexual penetration perpetrated against a person without that person's consent. Rape may be carried out by physical force, coercion, abuse of authority or against a person who is incapable of valid consent, such as one is unconscious, incapacitated or below the legal age of consent, (Bessel, Susan, David, Susanne & Joseph, 2005).

The incidence of rape varies in different parts of the world. British Broadcasting Corporation (BBC) reported that about 85,000 women were raped in 2006 in the United Kingdom. While in the United States of America, cases of rape of

about 212,190 were recorded in the Department of Justice in 2006, in Nigeria, 10,079 cases of rape were reported between 2001 and 2005. Despite existing bilateral and multilateral educational programmes, millions of girls in Nigeria remain without primary level of education and a much larger are dropping out of school without basic literacy and numeracy skills, (Peters & Olowa, 2010).

People who have been raped can be severally traumatised and may suffer from posttraumatic stress disorder in addition to psychological harm resulting from the act, rape may cause physical injury or can lead to pregnancy, acquiring of sexually transmitted infections which are psychosocial problems and can also lead to death. Rape could result to emotional and psychological, social and physical damages, (Jonathan, 2002). Physical, mental and spiritual effects following sexual assault and rape are difficult to cope with. Psychological trauma experienced by a rape victim includes disruptions to normal, physical, emotional, cognitive and interpersonal behaviour. Major depression is a problem affecting many women not just rape victims, however, 30% of rape victims had experienced at least one major depressive episode in their lifetime, (Peters and Olowa, 2010).

Emotional and psychological: According to Bulick, Prescott and Kendler (2001), depression is more than common feelings of temporary sadness. Symptoms can include prolonged sadness, feelings of hopelessness, unexplained crying, and changes in appetite with significant weight loss or gain, loss of energy or loss of interest and pleasure in activities previously enjoyed. Arnov, (2004) also reported that rape victims can be severely traumatised by the assault and may have difficulty functioning as well as they had been used to prior to the assault with disruption of concentration, sleeping patterns and eating habit, these problems may be severe and may prevent the victims from revealing their ordeal to friends and family or seeking police or medical assistance,.

Social: in some places, girls who are raped are often forced by their families to marry their

rapist because being a victim of rape and losing virginity carry extreme social stigma and the victims are deemed to have their reputation tarnished. Withdrawn from social activities and functions coupled with the avoidance of rape victims by the society are part of social effects of rape, (Branscombe, Wohl, Owen, Allison & Ngbala, 2003).

Physical: injury and pregnancy can also result from rape because most penetrative rape generally does not involve the use of condom. Injury can potentially lead to serious outcome, (Wingood, Diclemente & Raj, 2000). Physical effect can arise from both forced sexual assault and those not involving forcible submission such as drug assisted date rape. Forced sexual assault frequently causes visible bruising or bleeding in and around the vaginal or anal area and bruises on other parts of the body from coercive violence, (Jewkes, Vundule, Maforah & Jordan, 2001).

## 2. Statement of the Problem

In recent times across the world, there has been increase in reported cases of physical, social and psychological disorder among underage school girls. Literatures and findings attributed more than 60% of such cases to rape. Rape has affected the psycho-social life of the victims, families and the society in general

Various health organizations, donor agencies, Government and Non-Governmental Organizations at various levels are making commendable efforts to reduce and control the incidence of rape among underage school girls through symposium, enlightenment programmes and update information about rape and its implication on health. However, despite all these efforts by Governmental and Non-Governmental Organizations, a lot still need to be done. In view of this, the study tends to investigate the aftermath effects of rape among underage school girls in Ilorin metropolis.

## 3. Research Questions

- (i) Does rape has psychological effects on the health of underage school girls in Ilorin metropolis?

- (ii) Does rape has social effects on the health of underage school girls in Ilorin metropolis?
- (iii) Does rape has physical effects on the health of underage school girls in Ilorin metropolis?

**4. Research Hypotheses**

- There is no significant psychological effect of rape on the health of underage school girls in Ilorin metropolis
- There is no significant social effect of rape on the health of underage school girls in Ilorin metropolis
- There is no significant physical effect of rape on the health of underage school girls in Ilorin metropolis

**5. Methodology**

The research design adopted for this study is a descriptive research of survey type. The population for this study comprises of all members of staff of Kwara State Ministry of Women Affairs and Kwara State Ministry of Social Welfare and Developments. The two ministries were used for this study because they work directly with rape victims in rehabilitation and counselling. Purposive and simple random sampling techniques were used to select 50 staff from each of the 2 ministries selected making a total of 100 respondents

The instrument used for this study was a researchers’ structured questionnaire titled ‘effects of rape on physical, social and

psychosocial health of underage school girls. The questionnaire has two sections: A and B. Section A contains the demographic information of respondents such as gender, educational qualification and years of experience while section B contains questions relating to the hypotheses set for the study .A modified four point Likert rating scale instrument of Strongly Agree (SA) 4, Agree (A) 3, Disagree (D) 2 and Strongly Disagree (SD) 1

The instrument was validated by three experts in related fields. Comments and suggestions were used to make relevant corrections to improve the instrument. The reliability of the instrument was carried out using test re-test method. It was administered to 20 staff of social welfare at Offa Local Government Council in Offa Local Government Area of Kwara State. The data collected in each of the two administrations were correlated using Pearson Product Moment Correlation. A correlation coefficient index of 0.78r was obtained. This shows that the instrument is reliable for the study.

The questionnaire was administered to the respondents by the researchers and 3 trained research assistants. The data collected were sorted, coded and analysed using SPSS version 18.0. An inferential statistics of Chi-square was used to test the hypotheses set for the study at 0.05 alpha level of significance

**Hypothesis 1:** There is no significant psychological effect of rape on health of underage school girls in *Ilorin metropolis*

**Table 1: Chi-square analysis of psychological effects of rape on health of underage school girls in Ilorin metropolis**

s/no	ITEM	SA	A	D	SD	Row Total	DF	Cal- $\chi^2$	Cri- $\chi^2$	Decision
1	Underage school girls’ memory of rape leads to depression	70	16	11	3	100				
2	Rape of underage school girls can cause severe anxiety and stress	74	15	7	4	100				
3	Flashbacks of rape by underage school girls lead to sleep disorder/sleeplessness	77	16	5	2	100	9	39.54	16.92	hypothesis rejected
4	Rape of underage school girls can lead to amnesia (loss of memory)	66	18	12	4	100				
	Column Total	287	65	35	13	400				

$P \leq 0.05$  cal  $\chi^2=39.54 >$  crit  $\chi^2=16.92$

Table 1 indicates hypothesis 1 which states that there is no significant psychological effect of rape on health of underage school girls. The table revealed that the calculated  $\chi^2$  value of 39.54 and critical  $\chi^2$  value of 16.92 with 9 degree of freedom and at 0.05 level of significance, since the calculated  $\chi^2$  value of 39.54 is greater than the critical  $\chi^2$  value of

16.92, hence the hypothesis is rejected. This implies that rape has a significant effect on the psychological health of underage school girls in Ilorin metropolis.

**Hypothesis 2:** There is no significant social effect of rape on the health of underage school girls in *Ilorin metropolis*

**Table 2: Chi-square analysis of social effects of rape on health of underage school girls in Ilorin metropolis**

s/no	ITEM	SA	A	D	SD	Row Total	DF	Cal- $\chi^2$	Cri- $\chi^2$	Decision
1	Rape of underage school girls can lead to dissociative identity disorder among peers	69	16	11	4	100				
2	Rape of underage school girls leads to feelings of personal powerlessness	59	25	10	6	100				
							9	34.47	16.92	hypothesis rejected
3	Raped underage school girls are discriminated by the society	65	20	10	5	100				
4	Rape of underage school girls can make victims become prostitutes	61	18	14	7	100				
	Column Total	254	79	45	22	400				

$P \leq 0.05$  cal  $\chi^2=34.47 >$  crit  $\chi^2=16.92$

Table 2 shows the hypothesis which states that there is no significant social effect of rape on the health of underage school girls. The table indicates that the calculated  $\chi^2$  value of 34.47 and critical  $\chi^2$  value of 16.92 with degree of freedom of 9 and at 0.05 level of significance. Since the calculated  $\chi^2$  value of 34.47 is greater than the critical  $\chi^2$  value of 16.92, then the null hypothesis is therefore rejected, which implies that, rape has a significant effect on the social health of underage school girls in Ilorin Metropolis.

**Hypothesis 3:** There is no significant physical effect of rape on the health of underage school girls in *Ilorin metropolis*

**Table 3: Chi-square analysis of physical effects of rape on health of underage school girls in Ilorin metropolis**

s/no	ITEM	SA	A	D	SD	Row Total	DF	Cal- $\chi^2$	Cri- $\chi^2$	Decision
1	Rape of underage school girls results to unwanted pregnancy in most victims	55	23	16	6	100				
2	Rape of underage school girls can lead to deformity	58	22	15	5	100				
							9	28.01	16.92	Hypothesis Rejected
3	Forced sexual assault of underage school girls can lead to bruising and bleeding	49	32	15	4	100				
4	Forced Rape of underage school girls can lead to tear of the virginal and eventually cause VVF (vesicovaginal fistula)	50	34	14	2	100				
	Column Total	212	111	60	17	400				

$P \leq 0.05$  cal  $\chi^2=28.01 >$  crit  $\chi^2=16.92$

Table 3 indicates hypothesis 3 which states that there is no significant effect of rape on the health and physical wellbeing of underage school girls in *Ilorin metropolis*. The table revealed that the calculated  $\chi^2$  value of 28.01 and critical  $\chi^2$  value of 16.92 with 9 degree of freedom and at 0.05 level of significance, since the calculated  $\chi^2$  value of 28.01 is greater than the critical  $\chi^2$  value of 16.92, hence the hypothesis is rejected. This implies that rape has a significant physical effect on the health of underage school girls in *Ilorin metropolis*.

### 6. Discussion of findings

The findings revealed that rape has a significant physical effect on the health of underage school girls in *Ilorin metropolis*. This is in agreement with the submission of Wingood et. al (2000) who stated that injury and pregnancy can result from rape because most penetrative rape does not involve the use of condom. The findings is also in agreement with Jewkes, (2001) who stated that forced sexual assault frequently causes visible bruising and bleeding around the vaginal and anal area .

There is a significant social effect of rape on the health of underage school girls in *Ilorin metropolis*. This findings corroborate with the report of Branscombe (2003) who stated that losing of virginity as a result of rape is a social stigma and the victims are deemed to have their reputation tarnished. Withdrawn from social activities and functions coupled with the avoidance of rape victims by the society are social effects of rape.

There is a significant psychological effect of rape on the health of underage school girls in *Ilorin metropolis*. The finding is in agreement with Bulick, et al (2001), which showed that depression is more than common feelings of temporary sadness. Symptoms can include prolonged sadness, feelings of hopelessness, unexplained crying, and changes in appetite with significant weight loss or gain, loss of energy or loss of interest and pleasure in activities previously enjoyed. It is also in agreement with the submission of Arnow (2004) who reported that rape victims can be severely traumatised by the assault and may have difficulty functioning

as well as they had been used to prior to the assault with disruption of concentration

### 7. Conclusions

Based on the findings, it was concluded that rape has great physical, social, and psychological effects on the health of the underage school girls in *Ilorin metropolis*. It also has negative impact on the families of victims and the society in general

### 8. Recommendations

It is therefore recommended that adequate control of the use of drugs should be enforced by the Government.

Proper education of youths on health, rape and security of life should be encouraged.

Families should train their children and wards on proper moral conduct and peer group influence.

### References

- Arnow, B. (2004). Relationship between Childhood Maltreatment, Adult Health and Psychiatric Outcomes, and Medical Utilization. *Journal of Clinical Psychiatry* 65(12): 5-10
- Bessel, A. V., Susan, R., David, P., Susanne, S. & Joseph, S. (2005). Disorders of Extreme Stress. *Journal of Traumatic Stress* 18(5): 389-399
- Brancombe, N., Wohl, M., Owen, S., Allison, J. & Ngbala, A. (2003). Counterfactual Thinking, Blame Assignment and Wellbeing in Rape Victims. *Journal of Basic and Applied Social Psychology* 25(4): 265-273
- Bulick, C.M., Prescott, C.A. & Kendler, K.S. (2001). Features of Childhood Sexual Abuse and the Development of Psychiatric and Substance Use Disorders. *British Journal of Psychiatry* 179(5): 444-449
- Jewkes, R., Vundule, C., Maforah, F. & Jordaan, E. (2001). Relationship Dynamics and Teenage Pregnancy in South Africa. *Social Science and Medicine* 5(5): 733-744

- Jonathan, S. (2002). Handbook of Crisis Counselling Intervention and Prevention in the Schools. ISBN 978-0-8058-3615-8. Retrieved on 26/10/2017.
- Peters, T.O. & Olowa, O.W. (2010). Causes and Incidence of Rape among Middle Age and Young Adults in Lagos State, Nigeria. Research Journal of Biological Science 5(10): 670-677
- Wingood, G., Diclemente, R. & Raj, A.(2000). Advanced Consequences of Intimate Partner Abuse among Women in Non-Urban Domestic Violence Shelters. American Journal of Preventive Medicine 19(4): 270-275