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TOPIC: RAPE AND ITS ADVERSE EFFECTS ON THE VICTIM.

RAPE: This can be defined as a type of sexual assault usually involving sexual intercourse or other forms of sexual penetration carried out against a person without that persons consent. Some of the effects are explained below.

1DEPRESSION:This is a mood disorder that occurs when feelings associated with sadness and hopelessness continue for long periods of time and interrupt regular thought patterns. It can affect the victim's behavior and relationship with other people. Depression doesn't discriminate, it can affect anyone of any age, gender, race, ethnicity, or religion. In 2012, an estimated 16 million adults experienced depression, according to the NIH. It's normal for survivors to have feelings of sadness, unhappiness, and hopelessness. If these feelings persist for an extended period of time, it may be an indicator of depression. Depression is not a sign of weakness and it's not

something you should be expected to “snap out of.” It’s a serious mental health condition and survivors can often benefit from the help of a professional.

2:FLASHBACKS: This is a situation whereby memories of a past trauma feel as if they are taking place in the current moment. That means it’s possible to feel like the experience of sexual violence is happening all over again. During a flashback it can be difficult to connect with reality. It may even feel like the perpetrator is physically present. Flashbacks may seem random at first. They can be triggered by fairly ordinary experiences connected with the senses, like the smell of someone’s odor or a particular tone of voice. It’s a normal response to this kind of trauma, and there are steps you can take to help manage the stress of a flashback.

3:POST- TRAUMATIC STRESS DISORDER: This an anxiety disorder that can result from a traumatic event. Survivors might experience uncharacteristic feelings of stress, fear, anxiety, and nervousness—and this is perfectly normal. With PTSD, these feelings are extreme, can cause you to feel constantly in danger, and make it difficult to function in everyday life.

While all survivors react differently, there are three main symptoms of PTSD:

A:Re- experiencing: feeling like you are reliving the event through flashbacks, dreams, or intrusive thoughts

B:Avoidance: intentionally or subconsciously changing your behavior to avoid scenarios associated with the event or losing interest in activities you used to enjoy

C:Hyper- arousal: feeling “on edge” all of the time, having difficulty sleeping, being easily startled, or prone to sudden outbursts.

4:SUICIDE: Survivors of rape are more likely to attempt or commit suicide. The association remains, even after controlling for sex, age, education, symptoms of post-traumatic stress disorder and the presence of psychiatric disorders.The experience of being raped can lead to suicidal behavior as early as adolescence.