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 **Rape And Effects Of Rape**

**Rape**

Rape is a type of sexual assault usually involving sexual intercourse or other forms of sexual penetration carried out against a person without that person's consent. The act may be carried out by physical force, coercion, abuse of authority, or against a person who is incapable of giving valid consent, such as one who is unconscious, incapacitated, has an intellectual disability or is below the legal age of consent. The term rape is sometimes used interchangeably with the term sexual assault. It is a felony offense, which means it is among the most serious crimes a person can commit. Men as well as women and children can be raped. "Rape" has traditionally been defined as "the forced penetration of a woman by a male assailant." Most State laws, however, have abandoned this narrow definition of a sex offense in favour of the more gender-neutral and broader term "sexual assault." This refers to "any genital, oral, or anal penetration by a part of the perpetrator's body or by an object, using force or without the victim's consent" (AMA, 1995). This paper discusses the characteristics of child sexual abuse, acquaintance rape, incest, statutory rape, and date rape. This is followed by a discussion of the prevalence of the reporting of rape and sexual assault and gender difference in sexual coercion. Also discussed are rape-tolerance attitudes, particularly among college males, and the role of alcohol in sex offenses. The paper concludes with a brief discussion of rape prevention. The summary conclusion then identifies the following factors as associated with sexual victimization: younger age, being active in social functions, the victim's history of sexual abuse or victimization, dating at an early age, extensive sexual experience, and alcohol use. Further, sexist attitudes may contribute to a tolerance of rape and an acceptance by women of the use of male force in relationships. Suggestions for rape prevention are the raising of awareness about the sexual rights of women and the prevalence of date rape, social-skills training, assertiveness training for women, and changing attitudes that are conducive to coerced sex.

**Causes Of Rape**

Different rapists commit rape for different reasons, and any one rapist may rape for different reasons at different times (Muehlenhard, Danoff-Burg, and Powch 1996). Thus, no one theory can explain all rapes. However, many cultural factors seem to contribute to rape. Three causes of rape-victim precipitation, male pathology, and male hostility-varied as a function of the type of rape, with female precipitation higher for partner and date rape than for acquaintance and stranger rape.

**Effects of Rape Victim**

In the aftermath of a sexual assault or rape, survivors can face extremely difficult and painful emotions and experiences. Every survivor responds to traumatic events in their own way. The effect of the trauma can be short-term or last long after the sexual assault or rape. Here are some of the common physical effects of sexual assault or rape;

* Bruising
* Bleeding(vaginal or anal)
* Difficulty walking
* Soreness
* Broken or dislocated bones
* Sexually transmitted infections and disease
* Pregnancy

Here are common mental effects of sexual rape or assault;

* Post-traumatic stress disorder (PTSD), including flash backs, nightmares, severe anxiety, and uncontrollable thoughts.
* Depression, including prolonged sadness, feelings of hopelessness, unexplained crying, weight los or gain, loss of energy or interest in activities previously enjoyed
* Suicidal thoughts or attempts
* Dissociation, including not being able to focus on work or on school work, as well as not feeling present in everyday situations

Some emotional effects of sexual assault /rape

* Changes I trusting others
* Anger and blame
* Shock
* Numbness
* Loss of control
* Disorientation
* Helplessness
* Fear
* Feeling that these reactions are sign of weakness

Other circumstances can develop for a survivor after being assaulted or raped. A survivor may develop a negative outlook and feel “damaged” or unworthy of a better life. Drugs or alcohol abuse may also become an issue as way to cope with the overwhelming feelings. Women may also have trouble with their menstrual cycle and fertility.