

## ONE OF THE ENDEMIC PROBLEMS OF THE NIGERIAN SOCIETY (RAPE A CASE STUDY)

Many are the problems confronting the Nigerian society political, economic meltdown, kidnapping to mention but a few but of all this, the most devastating which not only affects the physical but also the psychological is rape. While a murder destroys the physical frame of the victim, a rapist degrades and defiles the soul of a helpless female/male. Sexual assault on women/children is a common phenomenon in our country. Under sexual assault comes; molestation, child sex abuse, RAPE, marital rape, domestic violence.

Rape is an unlawful intercourse done by a man to a woman/woman to man without his/her valid consent. Although, today in Nigeria sexual assault and rape is mostly seen among the females which is what I am going to be talking about today. According to the oxford dictionary a rapist is a person who commits a rape. The question we ask ourselves now is why people commit rape. Although the causes of rape are numerous and sometimes unknown, here are some of the causes known to mental or physical in health could lead to rape, lack of self-control, ritual, drug and alcohol influence, environment factor (sometimes poor neighborhood), peer pressure, pornography, social climate theories, legal and social deterrents of victims reporting sexual abuse, family and other social supporters, background, growth typology etc. other causes like the victims dressing which is mostly female wearing of exposing outfits, going to visit the opposite sex at odd hours, walking on lonely roads alone. Most times the rapist are not usually far from the victim like uncles, brothers, step-brothers, cousins, brothers friend, male friends or best friends, sometimes even fathers, domestic workers, drivers, house helps etc.

Rape, as the case may be have a lot of serious consequences on the victim both physical, psychological and mentally some of the consequences include contracting of sexually transmitted diseases like STDs, HIV/AIDs etc., physical injury due to force, psychological impact, unwanted pregnancy, stigmatization of victims, suicide, death, guilt, depression. Most rape survivors, experience a stronger psychological impact in the initial period after their assault; however, many survivors may experience long-lasting psychological harms, survivors of rape may often have anxiety and fear directly following their attack. According to a study on the reactions after rape by the American journal of orthopsychiatry, 96% percent of women said they were scared, shaking, or trembling a few hours after their attack. After even more passed, no previous symptoms decreased while the levels of depression exhaustion and restlessness increases. Most survivors of rape have post-traumatic stress disorder. Some of the gynecological effect of rape includes vaginal or and bleeding or infection, hypoactive sexual desire disorder, vaginitis or vaginal inflammation, dyspareunia (painful sexual intercourse), chronic pelvic pain etc.

In Nigeria today, rape in the eye of the society has always seem to be the victims fault, this is also one of the reason why rape in Nigeria today is what it is. The blame and questions always go to the victim. What was she wearing? Where was she? Why was she alone? What was she doing? Etc. as we can see the questions always end up going to the victim and at the end the rapist gets away with it. This is to tell us that rape has been an issue a long time ago but because of the Nigerian society kept putting the blame and attention on the victim instead of the rapist, the act only continued and grew worse. How can we change this? Yes girls have a role to play as well in decent dressing and the likes but what of the Muslim girls who were properly covered and were raped or what of uwa @#justiceforuwa who was

raped in a church, what now can the society say. We can now see that rape has always been the rapist fault and only a few times the victims fault.

Although the situation is bad in our country and many countries in the world, we cannot just sit back and allow it to continue. We all have a role to play in eradicating rape in our country and then all over the world. Parents should enlighten their female and male children also teach their boys self-control as a principle, parents should avoid leaving their children alone in the hands of care takers, uncles, aunts, family friends etc. parents should enforce their female children dress decently. Schools should as well teach the children sex education and let them understand that their body is precious. Girls should dress decently and avoid walking alone at night or on lonely roads, they should also avoid visiting male friends at odd hours, they should also be mindful of the kind of friends they keep as some girls also arrange for their fellow female friends to be raped. Boys should learn self-control and should be mindful of the kind of friends to keep. The government should enforce laws against raping and punishment for rapist like castration, 50 years imprisonment and the likes. Last but not least the society should frown at the rapist and not the victim.

In conclusion rape is a cankerworm eating deep into the fabric of the Nigerian nation and the government has to stand up and put an end to this devilish act by putting adequate laws to punish offenders. Parents, families, schools, churches and every human sector needs to rise up and say no to this inhuman act called rape.