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 RAPE AND ITS EFFECT

What is Rape?

 Rape is a type of sexual assault usually involving sexual intercourse or other forms penetration carried out against a person without the persons consent. The act maybe 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 consent.

 The term rape is sometimes used interchangeably with the term rape. One metric used by the WHO is to determine the severity o0f global rate of coercive, forced sexual activity was the question.

The WHO report describes the consequences of sexual abuse;

Gynecological disorders

Reproductive disorders

Sexual disorders

Infertility

Pelvic inflammatory

Pregnancy complications

Miscarriage

Mortality from injuries

Depression

Unsafe aborotion

Effects of Rape

1. Flash backs

Most of the victim of rape are always with psychological defect, when it is normal for human being to reflect on things been done in the past, so there is tendency for any victim of rape to flash back, which might render the victim redundant if not properly advised.

2. Post-Traumatic Stress Disorder

The victim feels depress psychologically once he/she remembers the occurrence. He/she will feel perplexed to the extent that the thinking and thought of such a victim will be negativity if not properly handled and advised.

3. Self-Harm

The negativity in the mind, soul and heart of the victim will automatically graduate from flashing back, post- traumatic stress disorder to self-harm due to the fact that their mind refuse to see the positivity in themselves and this might lead the victim to self-harm, this may lead to suicide.

4. Sexually Transmitted Infection

 The Victims are prone to sexually transmitted diseases which might threaten the existence of such a victim, in that numerous diseases are transmitted through sex; examples include chronic pelvic pain, urinary infection, and HIV/AIDS.

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5. Dissociation

Some of the problems associated with sexual assault has to do with the rapist and the victim living closer to each other within the same community, so the person in question might be going around molesting the victim, most especially gang rapist could go around bragging about their evil acts thereby bringing more ridicule on their victim.

6. Pregnancy

It should be noted here that any pregnancy that comes from rape is likely to affects the society if not properly handled, such a baby might face humiliation from the mother and those who surround such a victim.

7. Re-Experiencing the Trauma

 Rape victims may experience recurrent nightmares about the rape, flashbacks or may have an inability to stop remembering the rape.

8. Social Withdrawal

 This symptom has been called 'psychic numbing' and involves not experiencing feelings of any kind.

 9. Avoidance Behaviors and Actions

Victims may desire to avoid any feelings or thoughts that might recall minding events about the rape.

10. Increased Physiological Arousal Characteristics

 This symptom can be marked by an exaggerated startle response, hyper-vigilance, sleep disorders or difficulty concentrating.

Conclusion

It should be noted here without any reserve that the solution to the myriad of rape in our society call for quick action, the issues behind some kind of illicit dressing among the women should be eradicated, government and N.G.O should help community policing so as to bring an atmosphere of peace in our society, also individual should be self-conscious and be vigilant, by so doing Nigeria will be a citadel of peace.