

EMPIRICAL RESEARCH ON THE PSYCHOLOGICAL IMPACT OF RAPE ON VICTIMS

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Abstract: The current article is a summary of the findings of empirical research on the psychological impact of rape on victims. There is a focus in these findings on the seriousness of psychological depression, low level of self-esteem, and depression experienced by rape victims, and the accompanying urgent need for the victim's emotional support from service providers, as for the forms of psychological disorders that rape victims suffer from. It included disorders of fear and anxiety, disorders of sadness and depression, disorders of despair, loss of confidence, low self-esteem, shyness, insomnia and poor concentration, in addition to the effects of psychological trauma and stress waves.

Key words: Psychological disorders, depression, anxiety, self-esteem, professional treatment.

1. Hypotheses regarding the psychological impact of rape on victims

Regression analysis to the variable of the disorders that are caused by rape with the independent variables regression.

The first hypothesis:

There is a statistically significant relationship between the averages of rape-related mental disorders due to the variable of the sex of the service providers.

Table 1. Hypothesis examination results for first hypothesis.

Total squares	Degrees of freedom	Average squares	Value of F	Statistical Indication level
0.103	1	0.103	0.782	0.382

the hypothesis was rejected: There is no relationship between the two variables.

The second hypothesis:

There is a statistically significant relationship between the averages of mental disorders resulting from rape attributable to the variable of the age of the service providers.

Table 2. Hypothesis examination results for second hypothesis.

Total squares	Degrees of freedom	Average squares	Value of F	Statistical Indication level
0.164	1	0.164	0.661	0.421

the hypothesis was rejected: There is no relationship between the two variables.

The third hypothesis:

There is a statistically significant relationship between the averages of mental disorders resulting from rape due to the variable of practical experience.

Results of the hypothesis examination

Table 3. Hypothesis examination results for third hypothesis.

Total squares	Degrees of freedom	Average squares	Value of F	Statistical Indication level
0.283	1	0.283	1.397	0.025

The hypothesis was accepted: there is a relationship between the two variables. The table shows that there is an inverse relationship between them, meaning that the more experience service providers have, the less psychological disorders the rape victims suffer.

The fourth hypothesis: There is a statistically significant relationship between the means of mental disorders resulting from rape attributable to the variable degree of depression.

Table 4. Hypothesis examination results for fourth hypothesis.

Total squares	Degrees of freedom	Average squares	Value of F	Statistical Indication level
2.333	1	2.333	11.915	0.001

The hypothesis was accepted: there is a relationship between the two variables. The table shows that there is a direct relationship between them, meaning that the higher the degree of frustration, the greater the psychological disorders among rape victims.

The fifth hypothesis:

There is a statistically significant relationship between the means of mental disorders resulting from rape attributable to the emotional support variable.

Table 5. Hypothesis examination results for second hypothesis.

Total squares	Degrees of freedom	Average squares	Value of F	Statistical Indication level
1.149	1	1.149	4.946	0.032

The hypothesis was accepted: there is a relationship between the two variables. The table shows that there is an inverse relationship between them, meaning the greater the emotional support provided to the victim, the less psychological disorders suffered by the rape victims.

The sixth hypothesis:

There is a statistically significant relationship between the averages of mental disorders resulting from rape attributable to the victim's suffering variable.

Table 6. Hypothesis examination results for sixth hypothesis.

Total squares	Degrees of freedom	Average squares	Value of F	Statistical Indication level
2.653	1	2.653	6.58	0.014

The hypothesis was accepted: there is a relationship between the two variables. The table shows that there is a direct relationship between them. That means, the more the victim suffers, The more psychological disorders resulting from rape they have.

The seventh hypothesis:

There is a statistically significant relationship between the means of mental disorders resulting from rape due to the variable of the degree of self-esteem.

Table 7. Hypothesis examination results for seventh hypothesis.

Total squares	Degrees of freedom	Average squares	Value of F	Statistical Indication level
4.345	1	4.345	29.331	0.001

The hypothesis was accepted: there is a relationship between the two variables. The table shows that there is an inverse relationship between them, meaning that, the lower the self-esteem caused by the victim's exposure to rape, the more psychological disorders caused by the rape.

The eighth hypothesis: There is a statistically significant relationship between the averages of mental disorders resulting from rape due to the variable of the time that the victim suffered.

Table 8. Hypothesis examination results for eight hypothesis.

Total squares	Degrees of freedom	Average squares	Value of F	Statistical Indication level
2.359	1	2.359	7.037	0.012

The hypothesis was accepted: There is a relationship between the two variables, and the table shows the two variables that there is a direct relationship between them. In other words, the longer the victim suffered from rape, the greater the psychological distress resulting from the rape.

The ninth hypothesis: There is a statistically significant relationship between the means of psychological disorders resulting from the rape due to the variable of difficulty of sleeping among the victim.

Table 9. Hypothesis examination results for ninth hypothesis.

Total squares	Degrees of freedom	Average squares	Value of F	Statistical Indication level
1.986	1	1.986	9.449	0.004

The hypothesis was accepted: There is a relationship between the two variables, and the table shows the two variables that there is a direct relationship between them. In other words, the more difficult it is for the victim to sleep, the greater the psychological disorders resulting from rape for the victim.

The tenth hypothesis: There is a statistically significant relationship between the averages of mental disorders resulting from rape attributable to the variable perceptions of service providers.

Table 10. Hypothesis examination results for tenth hypothesis.

Total squares	Degrees of freedom	Average squares	Value of F	Statistical Indication level
0.023	1	1	1.626	0.035

The hypothesis was accepted: There is a relationship between the two variables, and the table shows the two variables that there is a direct relationship between them. In other words, the longer the victim suffered from rape, the greater the psychological disorders resulting from the rape.

The eleventh hypothesis: There is a statistically significant relationship between the averages of mental disorders resulting from rape due to the variable of the institution's work.

Table 11. Hypothesis examination results for eleventh hypothesis.

Total squares	Degrees of freedom	Average squares	Value of F	Statistical Indication level
0.062	1	1	3.626	0.049

The hypothesis was accepted: There is a relationship between the two variables, and the table shows the two variables that there is an Inverse relationship between them. that is, the more professional the organization works, the less psychological disorders resulting from the rape of the victim.

The twelfth hypothesis: There is a statistically significant relationship between the averages of mental disorders resulting from rape due to the variable of the general effect of rape on the victim.

Table 12. Hypothesis examination results for twelfth hypothesis.

Total squares	Degrees of freedom	Average squares	Value of F	Statistical Indication level
1.64	1	1	2.626	0.001

The hypothesis accepted: there is a relationship between the two variables. The table shows that the two variables have a direct relationship between them. In other words, the greater the general effect of rape on the victim, the greater the psychological disorders resulting from rape on the victim.

The thirteenth hypothesis: There is a statistically significant relationship between the averages of mental disorders resulting from rape due to the variable methods of intervention of service providers and professional treatment:

Table 13. Hypothesis examination results for thirteenth hypothesis.

Total squares	Degrees of freedom	Average squares	Value of F	Statistical Indication level
0.037	1	1	1.626	0.028

The hypothesis accepted: there is a relationship between the two variables, and the table shows the two variables have an Inverse relationship meaning that the more professional the intervention methods of service providers, the less psychological disorders resulting from rape for the victim.

The fourteenth hypothesis: There is a statistically significant relationship between the means of mental disorders resulting from rape due to the variable of accessibility to information.

Table 14. Hypothesis examination results for fourteenth hypothesis.

Total squares	Degrees of freedom	Average squares	Value of F	Statistical Indication level
8.137	1	8.137	1.874	0.017

The hypothesis accepted: there is a relationship between the two variables. The table shows the two variables have an inverse relationship between them. In other words, the more easily accessible information related to rape cases, the fewer psychological disorders resulting from rape among the victims.

The fifteenth hypothesis: There is a statistically significant relationship between the means of mental disorders resulting from rape attributed to the variable of fear and anxiety disorders.

Table 15. Hypothesis examination results for fifteenth hypothesis.

Total squares	Degrees of freedom	Average squares	Value of F	Statistical Indication level
1.939	1	1.939	9.909	0.003

The hypothesis accepted: there is a relationship between the two variables. The table shows that the two variables have a direct relationship between them. In other words, the greater the fear and anxiety disorders, the greater the psychological disorders resulting from rape for the victim.

The sixteenth hypothesis: There is a statistically significant relationship between the averages of mental disorders resulting from rape due to the variable of grief, frustration and despair disorders:

Table 16. Hypothesis examination results for sixteenth hypothesis.

Total squares	Degrees of freedom	Average squares	Value of F	Statistical Indication level
4.345	1	4.345	29.331	0.001

The hypothesis accepted: there is a relationship between the two variables. The table shows that the two variables have a direct relationship between them. In other words, the more disturbances of grief and despair increase, the greater the psychological disorders resulting from rape for the victim.

The seventeenth hypothesis: There is a statistically significant relationship between the means of mental disorders resulting from rape attributed to the variable of disorders of loss of confidence, low self-esteem and shyness.

Table 17. Hypothesis examination results for seventeenth hypothesis.

Total squares	Degrees of freedom	Average squares	Value of F	Statistical Indication level
1.733	1	1.733	9.88	0.003

The hypothesis accepted: there is a relationship between the two variables. The table shows that the two variables have a direct relationship between them. In other words, the more disturbances in loss of confidence, low self-esteem and shyness, the more psychological disorders caused by rape among the victim.

The eighteenth hypothesis: There is a statistically significant relationship between the means of mental disorders resulting from rape due to the variable of insomnia.

Table 18. Hypothesis examination results for eighteenth hypothesis.

Total squares	Degrees of freedom	Average squares	Value of F	Statistical Indication level
3.638	1	3.638	7.57	0.009

The hypothesis accepted: there is a relationship between the two variables. The table shows that the two variables have a direct relationship between them. In other words, the greater the cases of insomnia resulting from rape, the greater the psychological disorders resulting from the rape of the victim.

The nineteenth hypothesis: There is a statistically significant relationship between the means of mental disorders resulting from rape due to the variable of impaired concentration.

Table 18. Hypothesis examination results for nineteenth hypothesis.

Total squares	Degrees of freedom	Average squares	Value of F	Statistical Indication level
2.359	1	2.359	7.037	0.012

The hypothesis accepted: there is a relationship between the two variables. The table shows that the two variables have a direct relationship between them. In other words, the greater the lack of concentration resulting from the victim's exposure to rape, the greater the psychological disorders resulting from the rape of the victim.

The Twentieth Hypothesis: There is a statistically significant relationship between the means of mental disorders resulting from rape attributed to the variable of the effects of psychological trauma.

Table 20. Hypothesis examination results for twentieth hypothesis.

Total squares	Degrees of freedom	Average squares	Value of F	Statistical Indication level
1.986	1	1.986	9.449	0.004

The hypothesis accepted: there is a relationship between the two variables. The table shows that the two variables have a direct relationship between them. In

other words, the greater the effects of psychological trauma due to the disorder, the greater the psychological disorders resulting from rape for the victim.

The twenty-first hypothesis: There is a statistically significant relationship between the means of mental disorders resulting from rape due to the variable of stress and the loss of psychological balance.

Table 21. Hypothesis examination results for twenty-first hypothesis.

Total squares	Degrees of freedom	Average squares	Value of F	Statistical Indication level
2.653	1	2.653	6.58	0.014

The hypothesis accepted: there is a relationship between the two variables. The table shows that the two variables have a direct relationship between them. In other words, the greater the stress and the loss of psychological balance for the victim, the greater the psychological disorders resulting from rape.

Conclusion

It appears from the responses of respondents who provide services, that the psychological suffering of the rape victims is the most prominent factor among the manifestations of the suffering among rape victims, and that the experience of social workers who are providing the service, and their academic level, concepts of the crime of rape, and the methods of intervention in counseling rape victims. The level of professional performance of the social institution to which the service providers belong to. All of these important factors determines the ability of the service providers to alleviate the effects of the suffering endured by the rape victims, especially the psychological aspects of these sufferings. In addition, low self-esteem, shyness, insomnia, poor focus, are some of the common effects of rape. In addition to stress waves and the length of suffering of different periods as

well as self-blaming which is very common too among rape victims can result into coping by avoidance, which inhibits and slows down the recovery process.

The results also raise questions about the effectiveness of official procedures to confront rape crimes, and these questions include the effectiveness of the penal system for rape crimes. The professionalism of the service that rape victims receive during counseling, and the adequacy of the various services received by rape victims.

In view of the severe psychological suffering suffered by rape victims, and there are many data that shed light on this suffering and the role of service providers and specialized institutions in alleviating it. Regarding the role of service providers in alleviating the psychological effects of rape, the results show that the role has many advantages related to the professionalism of service providers at the individual level and at the level of their institutions.

The hypotheses showed a statistically significant relationship between the level of practical experience of service providers and the extent of their ability to alleviate psychological tension among rape victims. It was found that the more experience service providers have, the less psychological tension of rape victims during counseling sessions.

The study has shown that the skills of service providers are an important and decisive factor in alleviating the suffering of rape victims, and that these skills and experiences are no less important than the professionalism and experience of the institutions in which service providers work, which in turn is reflected in the level of performance of service providers and affects the quality of psychological support that It is received by victims of rape.

In addition to the comprehensiveness of the services provided by these institutions to the victims of rape, including the social and health aspect and all forms of protection that accompany psychological support, we see that there is a

remarkable importance in the professional work of these institutions in facilitating access to information and accurate documentation that facilitates follow-up and guidance methods for service providers.

Recommendations

1. Re-examine the system of legal penalties related to the crime of rape and examine its effectiveness in reducing the crime of rape, based on statistical studies and records on this phenomenon.

2. Developing systems of care and counselling for rape victims to raise the level of psychological care to ensure that they are relieved of long-term psychological suffering and deep psychological damage resulting from their exposure to the crime of rape.

3. Work to updating and developing the skills of social researchers in terms of methods of dealing with the psychological effects of rape during the process of providing counselling service.

4. The need to give priority to counselling by service providers on the psychological side and everything that would reduce the psychological effects of rape on the victim.

5. The need to take measures that facilitate the reporting of rape victims to the competent official units, such as the police and social service institutions.

6. The necessity of coordination and exchange of experiences between social service institutions to develop methods of intervention and guidance to help rape victims and reduce the psychological effects of rape on one hand, and work to reach ways to reduce the crime of rape on the other hand.

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