

Adolescent Perception of Rape in Institution of Higher Learning: Implication for Counselling

M. B. I. Omoniyi, Ph. D.

Department of Guidance and Counselling, Adekunle Ajasin University, Akungba Akoko, Ondo State, Nigeria
E-mail of the corresponding author: zioncan25@yahoo.co.uk

Abstract

Rape has continued to be a wide spread global problem in contemporary times. This study expands the empirical and theoretical understanding of adolescents' perception of rape in the higher institutions of learning. Six hundred and eighty students from four Universities in South West Nigeria were randomly selected and given questionnaires. The study probed the students' attitudes towards the perception of rape as a crime, the causative factors of rape, how rape is perpetrated, the psychological effects of rape on the victims and what measures they considered appropriate for curbing rape incidents on campuses. The results demonstrated that a significant proportion of the students perceived rape as a crime and that the moral decadence in the society has aggravated rape incidences while indecent dressing of female students among others factors have also encourage rape. Majority of the participants also held favourable attitudes towards major psychological setbacks on rape victims. There was a unanimous agreement by participants that introducing dressing code for female students and promulgation of stiff penalties for rapists would be effective palliative measures for curbing rape incidents. Counselling implications were thereafter highlighted for all stakeholders.

Keywords: Rape, Perception, Adolescents, Counselling Implications.

1. Introduction

Rape may be defined as a type of sexual assault usually involving sexual intercourse, which is initiated by one or more persons against another without that person's consent. The Encarta Web Dictionary variously defined rape as (a) the crime of forcing somebody to have sex (b) violent, destructive or abusive treatment of something and (c) an act of seizing somebody and carrying her away by force. The New Webster's dictionary also defined it as illicit sexual intercourse with a woman without her consent either by force or deception. Rape is a brutal attack against women, and always involves force or violence. Although women seem to have for more than 30 years openly organised and educated the public around the issue of rape and given support to rape victims, women still avoid discussing rape, because some people believe that the rape victim is not completely innocent. Such attitudes are deeply rooted in Nigeria society and this makes it extremely difficult for rape victims to speak about their experience. Rape has to be viewed as a social problem rather than a product of individual psychopathology that is so common in criminological disclosure. whilst recognising that in a small proportion of cases there are individual factors of overwhelming importance in the perpetration of rape, individualistic explanations seem to be inadequate for understanding a phenomenon which is experienced by a high proportion of female adolescents and perpetrated by a large proportion of male adolescent and adults. Rape is a traumatic event in the life of a person and has devastating consequences for the survivor. These consequences may be psychological or physical. The survivor tries to cope with them in order to maintain equilibrium. The Human Right watch (2010) asserted that all over the world, there were 35 rapes for every one reported to the police. A representative community – based survey in south Africa found, for example, that in the 17-48 age group there are 2070 rape incidents per 10000 women per year (Jewkes & Abraham, 2011) and forced sexual initiation is reported by a third of adolescent girls. In addition coerced consensual sex is a problem in schools, workplaces and among peers. Jewkes and Abraham (2010) conclude that the accurate rape statistics for the country is currently unavailable but levels of coerced sex are clearly high. By comparison in the United States in year 2000, there were 102,555 reported cases with an annual rape rate of 80 per 10,000 females (Stone & Wendell 2001) and 132 incidents per 10,000 in Botswana (Emang Basedi 2008). In Nigeria, rape statistics are currently elusive but levels of non-consensual and coerced sex seem to be clearly on the increase. Rape is a social malaise that conveniently finds its place among a long list of undesirable discrepant social behaviours that a developing economy like that of Nigeria has to contend with, but one hopes that with sustained public enlightenment and the free but compulsory basic education at the primary school level coupled with increased research into sundary variables that pertain to rape offences ,further escalation of rape incidents would be curtailed in due course of time. Rape as a concept has cultural connotations that give impetus to the way it is socially perceived. In most Nigerian traditional cultures, sexual infidelity is viewed as a serious infraction against the established community norm of morality, hence offenders are severely punished. Unfortunately though, the punishment often prescribed is skewed in favour of the male offender while the female victim is stigmatized forever with possible consequences of being socially branded, divorced or neglected by the husband, where she is married. She may be sentenced to

social ostracization that may deny her opportunity of getting a suitor to marry where she is yet unmarried. In some extreme cases, female victims are sentenced to death where the community is yet fastened to the hard core traditional beliefs and ways of doing things. cursory observations reveal that a heavy occurrence of rape incidents take place in the institutions of higher learning across the length and breath of the country where adolescents are more in number than in any other stratum of the Nigerian society.

2. The adolescent

The term adolescence is derived from the Latin verb 'adolescence', meaning "to grow up" or 'grow to adulthood'; thus referring to a developmental phase in the human cycle that intervenes between childhood and adulthood. The onset of adolescence in an individual is usually marked with clearly discernable physical and physiological changes. Adolescents are physically and sexually matured reaching the upper limits of their genetic potentials for endocrine development, skeletal growth and total height and looking increasingly like the adult they want to become. However they are not emotionally matured (Krivacsha, 2011). According to Kay & Mahony (2010) adolescents often find themselves floating between childhood and adulthood. They need to adapt to constant changes and redefinitions as part of their development and sometimes they may find it difficult coping with everyday problems that they encounter. Adolescents are also searching for a self-concept and identity. During these years, adolescents' relationship changes. Consequently, the adolescent gradually moves away from his parents, and acceptance by and consorting with the peer group assume increasing importance. Friendship with members of the same sex deepens and heterosexual relationships rapidly assume a romantic or sexual dimension. One of the problems associated with the change in relationships is unrestrained sexual behaviour that may lead to rape.

In almost all cultures, a man seems to have certain powers over a woman just because he is a man. According to Lewis (2004), boys are usually brought up to be in control of women, protectors, independent; strong and aggressive; sexually assertive and successful, ambitious and competitive, and unemotional while girls are brought up to be obedient to men, in need of protection, dependent, weak and passive, shy and romantic, modest, pure and gentle, nice, kind, and emotionally supportive. A man therefore seems to learn from youth that the society expects him to be strong, forceful and controlling. According to Coveney (2009), when dating, many men measure their success by whether they can have sex or not. Some men believe that a woman who agrees to a date allows a man to express sexual affection in consenting to sexual intercourse. A woman's refusal to 'go all the way', and the belief that she says no to sex even when she 'really means yes' frequently leads to a man using force (Jeffrey, 2010). In many countries of the world, many women seem to be economically dependent on men. One consequence of this dependence is the belief by men that they 'own' their wives, partners and children. A husband or male partner often feels he has the right to use violence against a woman to discipline her, or to express his frustration. In many cases majority of women also seem to believe that they are the 'sposessions' of their husbands or boyfriends and this belief also seem to encourage men's right to use violence against them. Work is an important part of a person's life. The current high rate of unemployment and underemployment may lead to dissatisfaction and anger leading to feelings of powerlessness especially if the man is unable to change the situation. According to Mahony, (2008) if a man gets angry about his work situation, the target for his anger is a weaker individual especially a woman he has control over, she is someone whom he can overpower and dominate and who cannot challenge his physical strength. According to him, in this way the man regains some of his power and therefore his masculine self esteem. Krivacsha, (2011), observed that there is no simple explanation for why men rape. He however asserted that one thing that is common to all rapists is that they have trouble with issues of strength and power. Often the rapist does not feel powerful enough in his everyday life and raping a woman makes him feel more powerful. According to Lanqevin (2010), two types of rape have been intensified to date. These are: sadistic rape in which the act of raping appears to be only a by product of sexual gratification achieved by causing fear, pain, injury or even death to one's victim. The other is preferential rape, in which a man has persistent urges and fantasies to rape, usually female strangers despite access to willing sexual partners. Rape is usually accompanied by trauma syndrome that can be described by a pattern of physical, emotional and behavioural responses, which occur in a reaction to crisis (McFadane 1999). Victims of a rape respond to the trauma of rape in various ways, therefore the symptoms of rape trauma syndrome may manifest themselves in varying degrees. Allison & Wrightsman (1998) report that all rape victims suffer from rape trauma syndrome to some extent. Donaldson (2007) asserts that even those who avoided a completed rape may experience symptoms of rape trauma syndrome. According to him Rape trauma syndrome may be divided into two phases. Phases one is characterised by the immediate reaction to rape, which may last for days or weeks and are usually quite severe. The second phase looks at the long term process of coming to term with the reactions and trying to deal with the pain and hurt in an effective manner.

3. Symptoms of rape.

3.1 Physical Symptoms of Rape

Shock is one of the physical symptoms of rape which may be expressed in various forms, from being absolutely calm and unemotional to shaking, crying or laughing hysterically, twitching, an inability to think, feeling cold, faint, disorientated, nausea and vomiting. Colhoun and Alkeson (1999), suggest that these reactions are common particularly when the event is sudden and unexpected. The rape survivor experiences various illnesses and body pains. Gynaecological problems include irregular, heavy periods, vaginal discharged, bladder infections, sexually transmitted diseases and pregnancy. The rape survivor may experience headaches, stomach pain or pain in other parts of the body; there may be tears in the vagina or rectum. Cuts, bruises and lacerations might also be found on other parts of the body as well. The rape survivor might feel sick and dizzy or might experience irritation or soreness of the throat due to oral sex. These symptoms might be the result of the shock of the rape, or a medical problem (colhoun & Atkeson, 2009).

3.2 Behavioural symptoms

A rape survivor might cry often, have difficulty in concentrating or feel restless, agitated or lethargic. Fear can appear beyond the survivor's control, and has been known to paralyse a survivor after being raped (Brown & Sloan, 2008). The survivor may find it impossible to be present in a place or situation, which resembles that of the rape. The survivor may fear different environments, being alone or in crowds of people, or the rape survivor may have sexual fears (Tedeschi, 2005). The rape survivor may have problem with speech, ranging from excessive speech to not speaking at all. In addition the rape survivor may stutter or stammer more than usual. The survivor may feel a loss of control and might try to hang on to what control she can. Reminders and recollections of the incident may result in feelings of anger and vulnerability (Calhoun, 2008) According to Tedeschi (2005), withdrawal from others could result from a perception that others cannot understand them or help them in any significant way. The relationship with family, friends, a lover or spouse could become problematic. The survivor might be irritable with those with who she was close to prior to the rape. She may become very dependant on others or overly independent. A survivor may feel unable to be touched by anyone or unable to touch anyone else. A survivor may become promiscuous after a rape, because she feels worthless and useless and shows disregard for her body. *There might be a loss of interest in previously interesting activities.*

3.3 Emotional Symptoms

The specific types of emotions that predominate will vary among individuals and across specific circumstance. One emotion that many individuals experience is guilt (van der Wal,2000). There is a feeling of remorse about what was done and what was left undone. This may reflect in a belief that certain actions may have prevented the event. Anger and irritability are often felt by individuals dealing with major life problems. The anger experienced may be morally justified, such as anger felt by a rape survivor towards her assailant. One of the most frequently encountered emotional responses following a major life trauma like rape is fear and anxiety (McCann, 1998). When the circumstances to which individuals are exposed involve significant threat to life, health or to important property, it is likely that those individuals will feel apprehension, worry and concern for some time following the event.

3.4 Cognitive symptoms

Thoughts, images and reflections of the event often occur. The individual may become a bit more vigilant, particular in matters related to trauma. Being exposed to highly negative events may decrease *self-esteem*, at least in the first days or weeks after the trauma (Veronen & Best, 2004), Perhaps the most significant way in which thoughts are affected is the struggle to achieve an understanding of what has occurred. Abrahams & Lewis (2008), observed that a large number of rapes are planned, and this influences where they happen. According to them the majority of rapes happen in places where a woman is alone and the rapist(s) will not be interrupted. Both public places and a home can be dangerous. The belief that the home is a safe place, and that a woman can escape rape by avoiding dark alleys, is a myth. They asserted that rape can happen anywhere and anytime and more than half of all rape cases take place in the home of a woman, rapist or friend. They however concluded that, in some communities' rape happen more often. Studies show that environments such as township that have poor lighting and a lack of public transport may increase the likelihood of rape. In poorer areas, where there are more criminal gangs, where people feel less powerful and where there are fewer police and other resources to fight crime, the incidence of rape is likely to be higher (Lewis, 2004).

It is indeed sad that accurate records of sexual violence on the campuses of Nigeria universities are not available despite their daily occurrence. Most of the incidents go unreported and when the victims report, they are not believed. In most cases when reports are believed, offenders are not prosecuted for fear that it would inflict a permanent social scar on the victim. Since rape is a universal experience that is capable of inflicting physical and emotional injuries on the victims, it becomes imperative to look into the perception of these adolescents of rape. The purpose of the study is to undertake an empirical investigation among adolescents in Nigeria Universities regarding their perception of rape. The study will also look into the probable causative factors responsible for

rape and how it is perpetrated. The psychological effect on the victims will also be looked into and thereafter the counselling implications will be highlighted for the victims, adolescents, educators, community leaders and social workers. Stakeholders would also be counselled on the possible ways of curbing rape among adolescents.

4. Research Questions

What is rape? Is rape as a concept perceived to be a crime by participants?

What causative factors can be held responsible for rape occurrence?

How is rape perpetrated?

What are the psychological effects of rape on the victims?

What measure(s) can be considered appropriate for curbing rape incidents on campuses?

5. Methodology

An empirical survey comprising a structured questionnaire tagged Adolescent Perception of Rape (APRQ) was used as the technique of data gathering. APRQ comprised of 30 quantifiable response question items. The measure was designed to assess participants' general perception of rape as a concept, its aetiology, method of perpetration and the perceived palliative measures likely to curb its spread. The bio-data of respondents such as sex, class level, age and religious affiliation were also elicited. A likert type scale with four response categories: strongly agree = 4, Agree = 3, Disagree = 2 and strongly Disagree = 1 and a yes = 2, No = 1 response was adopted for the items of the questionnaire. The four response categories ensured that respondent's selections fall into one of the categories enabling the measuring of the direction and intensity of adolescents' perception of rape. The self-structured questionnaires were made available to colleagues in the departments of Counselling psychology and those in Test and measurement for scrutiny and comments on the content validity. Their input shaped the final copy of the questionnaire. The questionnaire was pilot tested by a test- re-test method using 40 adolescents from a state universality, not part of the sampled Universities. A reliability coefficient of 0.84 was obtained. The researcher visited the different Universities and was assisted by one lecturer from each of the Universities sampled. The lecturers were intimated with the aim of the research and thereafter the questionnaires were handed over to them for administration in their various Universities. The completed questionnaires were collected by these lectures and mailed back to the researcher. The total of 800 questionnaires were randomly administered on convenience participants in four Universities in South west Nigeria. Data analysis was based on the data provided by 680 questionnaires returned by the participants. Of this number 353 (51.9%) were male while 327 (48.1%) were female. Age range was 16 – 25 years thus putting the age average at 20.5 years. The strongly Agree and Agree scores were merged while the Disagree and strongly disagree scores were merged during analysis. The responses were analysed using frequency and percentage methods.

6. Results

The first research question was designed to find out what participant's evaluation of rape as a form of behaviour is. That is, whether it could be construed as a crime or fun. The simple percentage table (1) reveals that 90.4% of the 680 who responded to the question agree that rape is unlawful, a violent crime 92.1% and rape is not a sexual fun 88.7%. The table shows that 420 respondents (61.8%) agree that societal breakdown of morals make adolescents to commit rape and that they do not experiment with rape (74.7%). They do not also agree that a lady who agrees to date also agrees to being raped (82.6%). The respondents however agree that indecent dressing by female encourage rape (62.2) and that drug abuse may lead an adolescent to rape (65.6%). But contrary to societal belief, the adolescents do not agree that peer put pressure on adolescent to rape (60.1%). And that not only sexy looking girl get raped (87.0%). Furthermore, 79.9% agree that rape go unreported due to stigmatisation. Majority of the respondents also agree that rape victims have decreased self esteem 72.8%, have difficulty coping with relationship thereafter 65.9% and that they should always go for counselling assistance 85.3%.

Table 1
 Simple Percentage Response Profile on Factor Responsible for Rape Incidence on Campus

FACTORS	FREQUENCY	PERCENTAGE
Rape is the intentional Intercourse with a woman without her consent	Disagree 65	9.6
	Agree 615	90.4
Rape is a violent crime	Disagree 64	7.9
	Agree 626	92.1
Rape is a sexual fun	Disagree 603	88.7
	Agree 77	11.3
Rape is committed by adolescents Who are emotionally unstable	Disagree 336	49.4
	Agree 344	50.4
Societal breakdown of moral Values make adolescent to commit Rape	Disagree 260	38.2
	Agree 420	61.8
In descent dressing by female encourage rape	Disagree 94	13.8
	Agree 586	86.2
Adolescent experiment with rape	Disagree 508	74.7
	Agree 172	25.3
Offenders commit rape to punish Victims considered arrogant	Disagree 331	48.7
	Agree 349	51.3
Peer put pressure on adolescents to rape	Disagree 409	60.1
	Agree 271	39.9
Drug abuse lead to rape	Disagree 234	34.4
	Agree 446	65.6
A lady who agrees to dated also agree to being raped.	Disagree 562	82.6
	Agree 118	17.4
Adolescent rape to express their dominion over girls	Disagree 469	69.0
	Agree 211	31.0
Only sexy looking girls get raped	Disagree 596	87.0
	Agree 84	12.4
Victims often know rapists	Disagree 456	67.1
	Agree 224	32.9
ladies are reluctant to report rape due to stigmatisation	Disagree 191	28.1
	Agree 489	79.9
Rape decreases self esteem	Disagree 185	27.2
	Agree 495	72.8
Rape victims have difficulty coping with relationship thereafter	Disagree 232	34.1
	Agree 448	65.9
Rape victims often see themselves being damaged	Disagree 146	21.5
	Agree 534	78.5
Rape victims are usually tricked into the deal	Disagree 403	59.3
	Agree 277	40.7
Rape is never planned rapist pounce on the victim wherever opportunity avails it	Disagree 282	41.5
	Agree 398	58.5
Rape is planned and carried out with precision	Disagree 329	48.4
	Agree 351	51.6
Papist often come from over religion background	Disagree 568	83.5
	Agree 111	16.5
Rape can be curbed if dress codes are introduced into campus	Disagree 219	32.2
	Agree 461	67.8
Punishment for rape offenders are often too mild	Disagree 313	46.0
	Agree 367	54.0
Rape victims should always go for counselling assistance	Disagree 100	14.7
	Agree 580	85.3
The most efficient deterrent to rape is an efficient law enforcement system	Disagree 219	32.2
	Agree 461	67.8

The second research question was designed to evaluate the perception of respondents on the causative factors for

rape occurrence. Table 2 shows the frequency percentages of respondents. 562 (82.6%) of the 680 respondents agree that dating on campus cause rape, sexy looking girls cause rape 87.6% and that indecent dressing by females encourage rape (65.6%). Respondents also agree that rape occur to show male supremacy over females (69.0%). The respondents do not submit to the fact that rape occur when adolescents come from over religious family background (83.5%).

Table 2. Simple Percentage and Frequency Response Profile on Causes of Rape

FACTORS		FREQUENCY	PERCENTAGE %
Indecent dressing by females encourage rape	No	234	34.4
	Yes	446	65.6
Peer put pressure on adolescent to rape	No	409	60.1
	Yes	271	39.9
Sexy looking girls cause rape on campuses	No	596	87.6
	Yes	84	12.4
Adolescent rape to settle Scores	No	331	48.7
	Yes	349	51.2
Dating on campuses cause raping	No	562	82.6
	Yes	118	17.4
Rape occur to show male supremacy	No	469	69.0
	Yes	211	31.0
Rape occur because adolescents' experimentation with sex	No	336	49.4
	Yes	344	50.6
Societal breakdown of moral values make adolescent to commit rape	No	260	38.2
	Yes	420	61.8
Rape occur when adolescent come from over religious family background	No	568	83.5
	Yes	112	16.5

The third research question is designed to find out participants perception of techniques adopted by rapists. Table 3 shows that 403 (59.3%) of the 680 respondents agree that victims are usually tricked into the deal, and that rape is carefully planned and carried out with precision (51.6%). They also disagree that rapist bounce of victim whenever opportunity avails (58.5%).

Table 3. Response Profile on how Rape is Perpetrated of Campuses

FACTORS		FREQUENCY	PERCENTAGE %
Victims are usually tricked into the deal	Disagree	277	40.7
	Agree	403	59.3
Rape is never planned, rapist pounce on victim whenever opportunity avail	Disagree	398	58.5
	Agree	282	41.5
Rape is carefully planned and carried out with precision	Disagree	329	48.4
	Agree	351	51.6

The fourth research question was designed to find out some psychological effects of rape on the victims. Table 4 shows the response profile of respondents on the psychological effects of rape on victims. The table reveals that 495 (72.8%) of the 680 respondents agree that victims suffer decrease in self esteem; suffer many other psychological effects thereafter (78.5%) and that victims need to see counselling psychologists for help (85.3%).

Table 4. Response Profile on the Psychological Effects of Rape on Victim.

FACTORS	FREQUENCY	PERCENTAGE %
Rape decreases self esteem of victims	Uncertain 83	12.2
	Disagree 102	15.0
	Agree 495	72.8
Rape victims have difficulty coping with relationship thereafter	Uncertain 114	16.8
	Disagree 118	17.4
	Agree 448	65.8
Rape victim suffer from many psychopathology hereafter	Uncertain 77	11.3
	Disagree 69	10.1
	Agree 534	78.5
Rape victim should always go for counselling thereafter for help	Uncertain 25	3.6
	Disagree 75	11.1
	Agree 580	85.3

The fifth research question was raised to find out the perceptions of respondents on how rape occurrence can be curbed on the campuses. Table 5 reveals that 461 (67.8%) out of the 680 respondents agree that rape occurrence can be curbed if dress codes are introduced on campuses, if there is an efficient law enforcement system against rapist (67.8%) and if female can be stopped from wearing indecent dresses on the campuses (86.2%). However, contrary to the general opinion, the adolescents perceived that rape cannot be curbed through adequate sensitization of students on the evil of rape (69.0%) prohibiting alcohols on campuses (59.3%) and not even by enlightenment campaign on campuses on the development of positive social skills (51.3%).

Table 5. Response Profile on how to curb rape occurrence on campuses.

FACTORS	FREQUENCY	PERCENTAGE
Rape can be curbed if dress codes are introduced on campuses	Disagree 219	32.2
	Agree 461	67.8
Rape can be curbed if there is a effect law enforcement system	Disagree 219	32.2
	Agree 461	67.8
Adequate sensitization of students on the evil of rape	Disagree 469	69.0
	Agree 211	31.0
Rape can be curbed by discouraging students from peering with bad friends	Disagree 234	34.4
	Agree 446	65.6
Ensure adequate security of campus	Disagree 409	60.1
	Agree 271	39.9
Rape can be curbed if alcohols are prohibited on campuses	Disagree 403	59.3
	Agree 277	40.7
Female should be stopped from putting indecent dresses on the campus	Disagree 94	13.8
	Agree 586	86.2
Enlightenment campaign on campuses on the development of positive social skills.	Disagree 349	51.3
	Agree 331	48.7

5. Discussion

In this study, responses from the participants have helped to shed more light on the occurrences of rape, in our campuses and in the society at large. The study revealed that even though majority of the adolescents perceive rape as an unlawful violent crime, they still engage in it. This might be explained in the fact that these adolescents are still being controlled by the id region of Freudian personality classifications. Id according to Freud (1964) is the reservoir of the instinctual drives of the individual biological urges, wishes and affective

motives. The id is dominated by the pleasure principle, through which the individual is pressed for immediate gratification of desires. These adolescents seem not to have been able to acquire some important indexes of morality. For example, a person who resists temptation in the absence of external surveillance not only has learned a moral rule but internally motivated to abide by that rule. Many factors were fingered as likely to be responsible for rape occurrences on the campuses. The most important being sexy looking girls and indecent dressing—undue exposure of body parts considered sensual, societal breakdown of morals, experimenting with rape and raping as a means of settling scores. The methods adopted by rapists vary. These include victims being tricked into the deal and the action being planned and carried out with precision. It was revealed that rapists do not just pounce on their victims whenever opportunity avails. Majority of the respondents also agree that rape victims suffer many psychological effects ranging from low self esteem to difficulties in coping with relationship thereafter. They also are of the opinion that rape victims should seek for psychological counselling. The results also agree with the findings of Allison & Wrightsman (2008) who reported that all rape victims suffer from rape trauma syndrome to some degree. The perception of respondents on measures that can be put in place to curb rape occurrences include: female students should be stopped from putting on indecent dresses on campus, having a stiff penalty for rapists and the introduction of dress codes on campuses. The adolescents also perceived that adequate sensitization on the evil of rape, alcohol prohibition on campuses, enlightenment campaign and even ensuring adequate security on campuses would not help in curbing rape incidents.

According to Paet (2009), adolescent is a time of heightened sexual risk, not only because young people are experimenting with the new found sexuality and easily moved by what they see, but also because they are inexperienced in communicating their sexual needs and desires to a partner. Many of the government owned universities in Nigeria do not have hostel accommodations for the students, as a result, majority of the students live off campus. These might be the reasons why tightening the security on campuses and enlightenment campaign are perceived as non effective in curbing rape on campuses.

6. Implication for counselling

A woman who has been raped may experience intense and different feelings. Rape often results in a feeling of terrible guilt and helplessness, which can lead to a loss of self-confidence and self esteem (Abraham & Lewis, 2008). Friends, family and counsellors can help a woman to regain her self-esteem and a sense of control over her life. It is counselled that the victim be reassured that whatever she did during the assault was the right thing to do because it saved her life. She may be asked to seek a professional counsellor for help if she needs it for it is a sign of strength to seek for help if she is not coping. A woman who is not allowed to talk about the rape often has a much more difficult time recovering. The victim is therefore counselled that if the immediate family and friends are too uncomfortable to deal with talking about the pain, a visit to a counselling psychologist with whom she can talk on a regular basis may be helpful. She needs to know that whenever she does feel ready to talk about her experience, somebody (the counsellor) will be there to listen. Kohlberg's (1963) theory of moral development may be of relevance in clarifying how adolescents reason about obedience and authority on one hand and about needs, right and privileges on the other. It is therefore counselled that adolescents should be assisted to develop from the pre-conventional morality:- punishment and obedience orientation, pass through the conventional morality where the individual strives to obey rules and social norm in order to win others' approval or maintain social order to attaining the post conventional (or principled) morality. In this case the individual adolescent at this level of moral reasoning would be able to define right and wrong in terms of broad principles of justice and conscience. The principles here are abstract moral guidelines of universal justice (and respect for the right of all human beings) that transcend any law or social contract that may conflict with them. It is also counselled that parent should help in reinforcing acceptable behaviours such as ability to resist temptation in their children. This might go a long way in the development of assertive tendencies towards temptation and ability to say 'No' to wrong doing in adulthood. Counselling centres also should be established on campuses and communities where victims can receive psychological help. Victims should be encouraged to report incidents of rape while the society should be de-sensitized from their tendency to stigmatize rape victims. Stiff penalty should also be meted out on rapists as a deterrent to others.

6. Conclusion

Adolescents' perception of rape has an influence on the incidence of rape in a community. Adolescents therefore should be made aware that rape is against the law and the right of individuals and therefore unacceptable to the society. They need to abide by the law to become responsible citizens of the country.

References

Abrahams, M.P & Lewis, S. (2008). The under-reporting of rape. A review of prevalence research methods. *Journal of Interpersonal Violence*, 8 (2), 540-549.

- Allison, J. A & Wrights man, L. S. (1998). *Rape the misunderstood crime*. London: SAGE.
- Brown, H & Sloan, C. (2008). *Social perception: the development of interpersonal psychology, an enduring problem in psychology*. New Jersey: D. Van Nostrand.
- Calhoun, L.G (2008) *Crime and Justice: an annual review of research (Vol.6)* Chicago: University of Chicago press.
- Colhoun, L.G & A Ikeson, A.(1999). *Trauma and transformation growing in the aftermath of suffering*. London: SAGE.
- Conveney, L. (2009). *The sexuality papers* London: Hutchinson.
- Donaldson, S. (2007). *Rape trauma syndrome in male prisoners*. <http://igc.org.spr/docs/rts.html>
- Emang Basedi Women's Association(2008). *Rape in Botswana: Statistics, Profile, Law and Consequences*. Gaborone: Emang Basedi Women's Association.
- Freud, S. (1964). *The techniques of psychoanalysis in Anslem. U (1989) eds. Theories of counseling and psychotherapy*. Ibadan: Patrice continental press.
- Human Right Watch (2010). *Violence against women in South Africa. State response to domestic*. New York: Human Right Watch.
- Jeffrey, S.W (2010). Men's self-reports of unwanted sexual activity. *Journal of sex research*, 24 (1) 58-65.
- Jewkes, R & Abrahams, N.(2011). The epidemiology of rape and sexual coercion in South Africa: *an overview. Social Science, Psychiatry and medicine* 55(7), 1231-1244.
- Kay, R & Mahony, S. (2010). *Surviving Rape*. Durban: University of Natal.
- Krivacsha, R. (2011). Characteristics of adolescent incest perpetrations: preliminary findings. *Journal of family violence* 1 (1), 85-97.
- Lewis, S. (2004) *Dealing with rape* Johannesburg: Sached.
- Mahony, W. L. (2008). *Hand book of sexual assault, theories and treatment of offenders*. New York: Plenum.
- Mc Cann, C. E. (1998). *Coping with negative life events – clinical and social psychological perspectives*. New York: Plenum.
- McFadane, I. L. (1999). Trauma and victimization: A model of psychological adaptation. *Counselling Psychologists*, 16 (3), 531 – 539.
- Paet, R (2009) Sexual Assault: Programming for College Students. *Journal of counselling and Development* 65 (4), 118-126.
- Stone, E & Wendel, A (2001). *Intimate intrusion: Women's experience of male violence*. New York: Routledge and Kegan Paul.
- Tedeschi, S. (2005). *The Reader's Digest Word finder*. Oxford: Clarendon Press.
- Van der wal, J. (2000). The aftermath of suicide attempt: a review of empirical evidence. *Omega* 10(1), 147-149.
- Veronen, J & Best, B. (2004). The relative efficacy of avoidance and non avoidance coping strategies a mental analysis. *Health psychology*, 4 (1) 237-248.

Dr. Mary Banke Iyabo Omoniyi, was born in Ijare, Ondo State Nigeria. She has a B. Sc. degree in Microbiology at Obafemi Awolowo University, Ile-Ife, Osun State, Nigeria in 1981, a Postgraduate Diploma in Education, and Masters degree in Guidance and Counselling from the University of Benin, Benin City, Edo State, Nigeria in 1989 and 1993 respectively. She had her Ph. D. in Guidance and Counselling from Ekiti State University, Ado Ekiti, Nigeria in 2001. She is currently a senior lecturer in the Department of Guidance and Counselling Adekunle Ajasin University, Akungba Akoko, Ondo State, Nigeria.

Dr. Mary Banke Iyabo Omoniyi became a member of the Counselling Association of Nigeria in 2004, and a member of the American Psychological Association in 2009. The author's major field of study is clinical counselling psychology.

This academic article was published by The International Institute for Science, Technology and Education (IISTE). The IISTE is a pioneer in the Open Access Publishing service based in the U.S. and Europe. The aim of the institute is Accelerating Global Knowledge Sharing.

More information about the publisher can be found in the IISTE's homepage:

<http://www.iiste.org>

CALL FOR JOURNAL PAPERS

The IISTE is currently hosting more than 30 peer-reviewed academic journals and collaborating with academic institutions around the world. There's no deadline for submission. **Prospective authors of IISTE journals can find the submission instruction on the following page:** <http://www.iiste.org/journals/> The IISTE editorial team promises to review and publish all the qualified submissions in a **fast** manner. All the journals articles are available online to the readers all over the world without financial, legal, or technical barriers other than those inseparable from gaining access to the internet itself. Printed version of the journals is also available upon request of readers and authors.

MORE RESOURCES

Book publication information: <http://www.iiste.org/book/>

Recent conferences: <http://www.iiste.org/conference/>

IISTE Knowledge Sharing Partners

EBSCO, Index Copernicus, Ulrich's Periodicals Directory, JournalTOCS, PKP Open Archives Harvester, Bielefeld Academic Search Engine, Elektronische Zeitschriftenbibliothek EZB, Open J-Gate, OCLC WorldCat, Universe Digital Library, NewJour, Google Scholar

