

RAPE: PSYCHOLOGY, THEORIES AND PREVENTION*Omprakash Jaiswal****ABSTRACT**

In our day-to-day life, we read about women's empowerment, flip the coin and here we are, living in a world intact with rapists, rape is a bitter reality in human life. Each and everyone in this world know about rape and some have experienced it, as worst nightmare of their life. We all hear, read and talk in our day-to-day life and come across in the news channels, newspapers and social media and some have experienced, some people know but keep it under their veil. But there is also one of the kinds of rape happening in this world known as 'safe-sex', which is hidden by the victim and accused of rape. Some sexual intercourse though resisted gain consent afterwards. What if rapists got consensus later than it is rape or not?

Every person what he/she is today is the experience of his/her past, it can be bad or good. This experience is the treatment/behaviour by another person to whom he/she got interacted. Either this interaction may influence a person to develop a rapists' mind or a better mind.

Keywords: *Mentality of Rape, Crime of Rape, Psychological Development of Mind*

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I. Introduction

Rape is a sexual activity against the consent of women. The word 'Rape' is derived from the Latin word "Rapere" which means to steal, seize or carry away a woman. According to American Heritage Dictionary, Rape means a crime of forcing female to do a sexual intercourse.¹

Every Countries government punishes for rape. Coming particularly, in the view of Indian Context; it is punishable according to Sections 375, 376, 376A, 376AB, 376B, 376C, 376D, 376DA, 376DB, 376DE, 377 of Indian Penal Code, 1860 and the provisions of Protection of Children from Sexual Offences Act, 2012. Indian Judiciary takes strict action to reduce or prevent rape. But Judiciaries or Legislatives action, is really helpful in extinguishing rape? No, because making law for punishment and giving punishment is not only a solution to prevent rape. The other helpful support along with the laws on rape would be the education of the mentality of rapists, the development of rapists' mind, the procedure to reduce this kind of mentality and solution to prevent from happening of act of mentality that will cause rape, which is really need of the country to be developed and bring changes. This doesn't mean that rapists should not be punished but it means that rapists mind should be treated as well. They are also born in the same society where non-rapists are born but everyone is not treated equally, upbringing is different, gender differences, gender personal talks, gender influences, and behavioural changes, psychological changes where are the problem and solution of the mentality of rapists' mind.

In today's scenario rape can be defined as sexual intercourse without consent or unnatural form of sex.

According to Sec. 375 of Indian Penal Code, 1860 Rape is said to be committed by man with woman if it falls under any of the following descriptions:

1. Against her will
2. Without her consent
3. Obtained consent to her by fear of death or hurt
4. When a woman gives consent to a person whom she believes to be lawfully married man, of which man is aware that he is not lawfully married.

¹ Human Sexuality and Human Society, available at: <https://teachersinstitute.yale.edu/curriculum/units/1981/3/81.03.06.x.html> (last visited on November 7, 2022).

5. When woman's consent is taken when she is unable to understand the nature of consequences of her consent because of unsoundness of mind, intoxication, and administration of stupefying or unwholesome substance.
6. When she is under sixteen years of age, consent doesn't matter whether she has given or not.

Explanation - Penetration is sufficient to constitute the sexual intercourse necessary to the offence of rape.

Exception: when a man commits sexual intercourse with a wife of or below fifteen years of age is rape and above fifteen years it is not rape.²

The mentality of rapists doesn't matter upon the above conditions mentioned under Sec. 375 of Indian Penal Code, 1860. What if a man doesn't know consent, deceive, cheat, threat, etc. to which woman is being raped and a man has no guilt of it? If the mind of people is not able to distinguish right or wrong, moral or immoral, legal or illegal then how comes he would feel anything after raping a woman. The only thing he knows is to get what is needed. If a man has in mind to get sexual intercourse, he will have it with woman either by consent or forcefully. It hardly matters, in the situation where a man is not aware about moral or immoral, legal or illegal, right or wrong, the consent of woman.

A man can commit rape due to the influence of other person, to take revenge, or to fulfil his own lust. The problem is with his mentality that he is not able to keep his mind open and clear to not commit rape due to influence of other; A misleading fact in a mind of a man that highest form of revenge to any woman would be rape; to fulfil own sexual hormonal things involving woman in doing a wild sex, or a sex which is resisted by her, still can't able to understand that here is need to stop doing such activity.³

Even this lust of man has taken another form in relations of human beings, mainly, closed ones where there is 'Safe-Sex', herein 'Safe-Sex' doesn't mean protected sex between couples. 'Safe-sex' means sex between closed ones or known which is not disclosed to anyone but being done since many days/months/years. Even a childhood experience of sexual experiments that is In-chest relationship between closed ones due to their behaviours of surroundings.

² The Indian Penal Code, 1860 (Act 45 of 1860), s. 375.

³ The psychology of rapists, *available at*: <https://www.dw.com/en/the-psychology-of-a-rapist/a-54814540> (last visited on November 7, 2022).

II. Landmark Rape Cases In India⁴

The Supreme Court of India has taken landmark actions on the changes of law by the rape cases that have shaped the rape laws in India. Some of the relevant cases on rape have been mentioned hereinbelow that are linked to this research.

In the case of *Rafiq v. State of Uttar Pradesh*,⁵ said by Justice Krishna Iyer that “rape for a woman is deathless shame and must be dealt with as the gravest crime against human dignity.”

In the case of *Aruna Ramchandra Shanbaug v. Union of India*⁶: Aruna Ramchandra Shanbaug was a staff nurse in King Edward Memorial Hospital. While she was changing clothes, she was attacked by a ward Sohanlal Bhartha Valmiki of the same hospital with a dog chain around her neck. Then he tried to rape her but found that she is menstruating then he sodomized her.

In the case of *Dhananjay Chatterjee Alias Dhana v. State of West Bengal*⁷: One of the security guards of flat Dhananjay, who proposed Hetal Parekh, 18-year young girl and misbehaved with her when she was going for school and used to tease her. To which Hetal Parekh complained to her father, mother and brother. One day she was alone at her flat then he went to her room and then raped and murdered her.

In the case of *Vishaka and others v. State of Rajasthan*⁸: Banwari Devi was a socialist worker who endeavoured to stop child marriage of Ramkaran Gujjars daughter. Afterwards she was being raped by Rankaran with his five friends in front of her husband. In this High Court Judgement states that “it was a revengeful gang rape case”.

In the case of *Santosh Kumar Singh v. State through CBI*⁹: Ms. Priyadarshini Mattoo, a law student has filed many complaints of harassment and intimidation against accused Santosh Kumar Singh, a fellow law student and a son of former senior police officer. Then also accused continues to do so. And later on he raped and murdered her in her flat when she was alone. In

⁴ Statistics on rape in India and some well-known cases, *available at*: <https://www.reuters.com/article/us-india-rape-factbox/statistics-on-rape-in-india-and-some-well-known-cases-idUSKBN1YA0UV> (last visited on November 8, 2022); Infamous Rape Cases in India, <https://www.legalhelplineindia.com/infamous-rape-cases-india/> (last visited on November 8, 2022).

⁵ *Rafiq v. State of Uttar Pradesh*, AIR 1981 SC 96.

⁶ *Aruna Ramchandra Shanbaug v. Union of India*, (2011) 4 SCC 454.

⁷ *Dhananjay Chatterjee Alias Dhana v. State of West Bengal*, (1994) 1 CALLT 28 SC.

⁸ *Vishaka and others v. State of Rajasthan*, (1997) 6 SCC 241.

⁹ *Santosh Kumar Singh v. State through CBI*, (2010) 9 SCC 747.

this case a shocking statement said by Additional Sessions Judge that “Though I know that he is the man who have committed the crime then also I acquit him by giving him the benefit of doubt”.

In the case of *Pawan Kumar Gupta v. State of NCT of Delhi*¹⁰: The 23-year old paramedic student, referred as Nirbhaya returning after watching a movie was gang raped in moving bus on the intervening night and one of the accused was minor.

In the case of *Mohd. Akhtar v. State of Jammu & Kashmir*¹¹: An 8-year old Muslim girl had been gang raped and murdered by six accused (including priest and three police officials) for a week. And in this evidence was also destroyed by these police officials.

III. News Articles On Rape

1. A 12-year girl child being raped by 22 men in Chennai for continuously seven months.¹²
2. A 40-year old father raped her daughter of 17 year old by blackmailing her with video of sex between her and her boyfriend of 17 year old.¹³
3. A 15-year old girl eloped with her boyfriend with a thought to marry with him. But her boyfriend and his friend dumb her. And police found her injured and it was also found by doctor that she is pregnant.¹⁴

IV. Types Of Rapes

Rape can be different types depending upon the situation and the brief instance is mentioned hereinabove heading 2 and 3;

¹⁰ Pawan Kumar Gupta v. State of NCT of Delhi, 2020 Latest Caselaw 216 SC.

¹¹ Mohd. Akhtar v. State of Jammu & Kashmir, (2019) 14 SCC 752.

¹² Sindhu Kannan, “Chennai: Class VII girl raped by 22 for 7 months, 18 held”, *The Times of India*, July 17, 2018, available at: <https://timesofindia.indiatimes.com/city/chennai/18-held-for-7-monthgang-rape-of-girl-11hunt-on-for-4-others/articleshow/65016147.cms> (last visited on November 7, 2022).

¹³ Rebecca Samervel, “Mumbai: Dad rapes girl by blackmailing her over sex video with a boy”, *The Times of India*, January 5, 2022, available at: <https://timesofindia.indiatimes.com/city/mumbai/dad-rapes-girl-by-blackmailing-her-over-sex-video-with-a-boy/articleshow/73102455.cms> (last visited on November 7, 2022).

¹⁴ Archana More, “15-yr-old girl elopes with boyfriend, almost killed”, *Pune Times Mirror*, April 2, 2022, Available at: <https://punemirror.indiatimes.com/pune/crime/15-yr-old-girl-elopes-with-boyfriend-almost-killed/articleshow/74938477.cms> (last visited on November 7, 2022).

1. **Date rape:** a rape done on a date or by a boyfriend. For instance, a boy and a girl went on a date, they enjoyed their moment and they went to hotel, boy approached closer to which girl felt uncomfortable and resisted her. Here a boy got into sudden egoistic and aggressively went on to commit sex.¹⁵
2. **Gang rape:** A rape committed by group of people. For instance, in *Vishaka and others v. State of Rajasthan*,¹⁶ a socialist worker being rape raped by six persons.
3. **Spousal rape:** A rape committed by husband that is Marital Rape or spousal Rape.¹⁷
4. **Rape of child:** it is a form of child sexual abuse. For instance, in *Mohd. Akhtar v. State of Jammu & Kashmir*,¹⁸ 8-year Muslim girl child raped by six men.
5. **Serial rape:** A rape occurred for a long period of time. For instance, as mentioned in paragraph 1 of heading 3, a 12-year girl child was raped continuously for seven months.¹⁹
6. **Payback rape:** Payback rape is a revenge rape. Here, a man thinks of highest form of revenge is rape.²⁰
7. **War rape:** it is committed by militaries in war. It is often used as psychological warfare to humiliate the country.²¹
8. **Rape by deception:** Gaining the consent wrongfully to have sex. For instance, as mentioned in paragraph 3 of heading 3, a 15-year girl was deceived by his boyfriend.²²
9. **Corrective rape:** it is rape committed against non-heterosexuals.²³
10. **Custodial Rape:** Rape committed by officials in supervisory or custodial position.²⁴

V. Typology Of Rapists By Nicholas Groth

¹⁵ Serial Rape, available at: <https://www.sciencedirect.com/topics/psychology/date-rape> (last visited on November 9, 2022).

¹⁶ (1997) 6 SCC 241.

¹⁷ What is marital Rape, available at: <https://www.marriage.com/advice/domestic-violence-and-abuse/marital-rape-all-you-need-to-know/> (last visited on November 9, 2022).

¹⁸ (2019) 14 SCC 752.

¹⁹ Serial Rape, available at: <https://www.sciencedirect.com/topics/psychology/date-rape> (last visited on November 10, 2022).

²⁰ Revenge Rape, available at: <https://indianexpress.com/article/world/revenge-rape-why-women-are-subjected-to-a-deplorable-punishment-for-crimes-they-have-not-committed/> (last visited on November 10, 2022).

²¹ The Horrific Mass Rape of German Women at the End of World War II, available at: <https://medium.com/lessons-from-history/rape-of-german-women-470918f997d3> (last visited on November 10, 2022).

²² Rape by deception, available at: <https://www.psychologytoday.com/us/blog/the-mysteries-love/201712/rape-deception> (last visited on November 11, 2022).

²³ Corrective rape, available at: <https://blog.ipleaders.in/corrective-rape-reflection-indias-obsession-heterosexuality/> (last visited on November 11, 2022).

²⁴ *Tukaram and others v. State of Maharashtra*, AIR 1979 SC 185.

Nicholas Groth described typology of rapists based on their goal;

1. **Power Rapist:** for some man rape is a way to compensate for their underlying feelings, feeds their issues of mastery, control, dominance, strength and authority. This rapist has mindset believes that victims enjoy what they do to them and they even ask the victims to meet again later. For a while rapist are reassured but in due course of time, they find another victim for their underlying feelings.
2. **Anger rape/ corrective rape:** In this rapist do to humiliate, debase and take revenge to victim. In these rapists forcefully tries to gain sex with the victim without the consent of victim since here consent of victim hardly matters.
3. **Sadistic Rape:** These types of rapists find glamour in violence and are aggressive to attach sexual associations with violence, infliction of pain, anger and power. They used to do violence and sexual force to victim. The offender takes pleasure in the victim's torment, pain, anguish, distress and helplessness and finds it to be an erotic experience. Such men are highly sexually aroused by violent sexual stimuli. Victims may not even survive the attack.²⁵

VI. Peer And Family Factors Causing Rapes

1. **Early childhood environment:** The childhood of accused is a concern here, since it is learnt behaviour of him from his experience of sexual abuse which he had in his past. This experience develops a pattern of behaviour when men regularly justify being violent, deny doing any wrong, have false and unhealthy notions about sexuality.
2. **Family honour and sexual purity:** Some of the family's response towards sexual violence is different they punish women for this rather than a man. Here, the concern of family is not to give punishment to the accused but to gain the status and honour in the society for their own concern. Because of these the environment of rape changes and it occurs more and more. While family members often try to protect their women from rape, should it occur, there is rarely much social pressure to control young men or persuade them that rape or forced sex is wrong. However, society often encourages

²⁵ Groth's Typology, available at: https://ebrary.net/75961/philosophy/groths_typology (last visited on November 12, 2022).

family members to do whatever is “necessary” including murder, or so called “honour killing” to alleviate the shame associated with rape or sexual transgression.²⁶

VII. Societal Factors Causing Rapes

1. **Poverty:** Here the characterises of victim of sexual violence is due to the patriarchal system of society where due to the no adequate income where a person used to release his mental pressure aggressively on women to feel himself relax from the economic pressure in the family and women continuously harassed. The poverty-stricken man is engulfed in the slum areas with unemployment which feels to them that it is a shame to masculinity or gain masculine success. And thereafter men turn their aggression against women whom they can no longer control patriarchally or support economically.²⁷
2. **Physical and social environment:** This is an environment where a majority of sexual violence happens either at victim’s house or the house of men abusing, abduction, and kidnaping of women by a stranger is a common rural setting followed by rape. The community or society has a belief that male superiority and male entitlement to sex may be deeply entrenched which will affect the likelihood of rape taking place. In some of the places rape even occur in public because passer-by remain indifferent or out-rightly refuse to intervene in the matter of utmost importance. Somewhere complaints of rape are taken lightly by police, generally in such case where the rape occurs during date or a ‘Marital Rape’. In these communities or societies, the ideology of male superiority is strong, emphasizing dominance, physical strength, and male honour. And also, the communities or society where there is a trend of violence in the environment, they are living generates a violent conflict in nature of men which may even take the sexual form of violence.²⁸

VIII. Causative Theory Of Rape

²⁶ Contributing Factors to High-Risk Sexual Behaviors among Iranian Adolescent Girls: A Systematic Review, *available at:* <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5219561/> (last visited on November 12, 2022).

²⁷ Relation of Poverty and Sexual Violence, *Available at:* <https://pcar.org/poverty-and-sexual-violence> (last visited on November 13, 2022).

²⁸ The Male Superiority Complex, Toxic Masculinity, And Gender Roles, *available at:* <https://www.cram.com/essay/The-Male-Superiority-Complex-Toxic-Masculinity-And/FKU6TFNBXYW> (last visited on November 13, 2022).

Causative theory of rape is concerned with the upbringing of a men or the way males are socialized in regard to sexuality is a causative theory for rape. Boys are brought up such a way that they are sexually aggressive, dominant and conquering. And this may even take a form of sexual violence sometimes even a count on girl. In society men are treated to be as a sexual encounter and take initiative to have a sex which sometimes is even a pressure on to develop such thoughts to show manhood while women are treated differently that they are to set limits for themselves and not to cross the line and even women are treated badly for such acts if they crossed these limits. In such environment it is implied that man persuades to have sex even though girl resists. It hardly matters even though girl say 'No', despite of these men continuously trying to gain her consent or if he fails to gain consent, he can even force to have it. It is belief that though it is desire of men, the women should have control to resist herself from involving, it is so called as "Sexual Script". This is why many men have and develops a belief that the girl denial 'No' does not mean 'No'. And by virtue of sexual script developed in society is such a way that they feel that they are entitled to gain and coerce her to do sex. In many societies if men do not have consensus of 'rape', but he participates in gang/individual rape because of fear of mental pressure and the influence of other men to safeguard himself from being indifferent from community men's and maybe even considered effeminate. Studies from South Africa, Peru, Cambodia, and Mexico have approved that young male has participated in gang rapes under peer pressure and fear because they feel that they would be rejected if they did not indulge in the rape. They are "forced" to indulge in "forced sex" to prove that they are masculine and maintained manhood in front of friends and they feel as if not having sex and having a tag of 'Virgin' is not a manhood.²⁹

IX. Sex Role Stereotyping and Reactions to Depictions of Stranger versus Acquaintance Rape

This is a research work in which the researcher "Tested 2 hypotheses implicit in the sex-role socialization analysis of rape: that reactions to rape may be affected

- a) by the situational context in which a rape is portrayed and

²⁹ How Gendered Attitudes Relate to Women's and Men's Sexual Behaviors and Beliefs, *Available at:* <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4244004/> (last visited on November 13, 2022).

b) by individual differences in sex role stereotyping.

In this research 289 male and female college going students were classified in two either manners as high or low in sex-role stereotyping. Further they were randomly assigned to read one out of three sexual depictions; mutually consenting intercourse, stranger rape, and acquaintance rape. Further they had to indicate and answer about their sexual arousal and perceptions about the sexual depictions by reading it. In this, males had to also indicate and answer the possibility about the sexual arousal that of they may commit rape and males are also assured that no one would imagine or know. Where a man seems that they usually want to do. And results of this research indicate differences of sexual arousal and perceptions in reactions to the acquaintance rape versus stranger rape, and as it was expected by this research, these reactions were mediated by sex-role stereotyping. Sex-role stereotyping showed high, sexual arousal patterns likely found to be those with identified rapist populations of the males, 44 percent of students showed possibility of raping.”³⁰

X. Sociological Impact On Rapes

Especially rape is a stigma in cultures with strong customs and taboos regarding ‘sex’ and mentality of sexuality. Because of these ‘taboo’ loss of virginity means that women is uncultured, damaged and loose character. In such a scenario victim may even suffer isolated, and is by family and friends, also she is prohibited from marrying, if married then divorce or even killed. This is a ‘secondary victimization’. Secondary victimization can be defined as the putting victim in trauma rape of or sexual assault again through behaving un-empathetic towards victim by individuals, society or institutions. This is common especially in these types of cases such as date rape, acquaintance rape and statutory rape. Blaming to victim is like holding the victim of the crime or cause happened to her. In such cases rape is made responsible for the crime in whole or in part. For example, referring the attitude of the victim’s certain or specific behaviour like flirting, wearing sexually provocative clothing or going out unprotected would have encouraged the assault. “Victim blaming” Rapists use “victim-blaming” act as a defence mechanism to disconnect rapists from their psychological mindset of rape as a crime.

³⁰ J.V., Malamuth, N.M. Psycnet, *Sex role stereotyping and reactions to depictions of stranger versus acquaintance rape*, 45(2) PERSONALITY AND SOCIAL PSYCHOLOGY, 344-356 (1983).

Reasons for secondary victimization and victim-blaming:

- a. **Just world theory:** This theory says that belief of people in this world is that the world is just to everyone and it is impossible to accept such situation where there is no fault of victims that is victim is also responsible for the acts done to her.
- b. **Intrinsic fear theory:** This theory states that people believes that rape occurs only to those who provoked to happen that assault. This belief is to feel themselves relax and safe from the crime.³¹

XI. Rape Myths³²

Myths that lie in the society that causes serious harm by causing sexual abuse, sexual assault, rape, sexual harassment or any other sexual offences. Myths are the certain phrases or facts that are presumed by the rapists about the victim. Some of instances where rapists think that the victim desires or deserved, are as follows:

- a. A girl didn't say 'no': one of the myths a man thinks of that when a girl didn't deny or says 'no' to indulge in sexual activity, this behaviour of girl should not be taken or presumed to be a consent by a man. Every individual has right to decide whether he/she wants to involve in sexual activity, if yes then up to what extent such as kissing, hug or sexual intercourse. But presumption by a man that she didn't deny for sexual activity is a harm to the girls' soul.
- b. A girl's 'no' does not mean she is denying: a myth that a girl's 'no' is for seeking attention or for pretending to be girlish. She wants to do but she is not able to say because of her girlish nature. This presumption is harm to her self-respect, harm to her wishes, and harm to her choices of involving or not involving in sexual activity.
- c. If a girl is girl friend or wife: a myth that a girl friend or wife is meant of sex, it hardly matters their consent. This presumption makes most of the girl friends or wife to indulge in sexual activity without her consent because of man thinks that he has right to do this, he thinks that she is his property whenever he wishes he

³¹ Secondary Victimization, *available at*: https://www.stopvaw.org/secondary_victimization (last visited on November 14, 2022).

³² Rape Myths, <https://rapecrisis.org.uk/get-informed/about-sexual-violence/myths-vs-realities/> (last visited on November 14, 2022).

can get. If a man is denied for his girlfriend or wife, he feels betrayed that either his love is over or she is in love with someone else. This presumption is daily and slowly cruel torture towards a girlfriend and wife's body and soul.

- d. When a girl wear revealing cloths or she flirts: a myth that the girl wearing revealing cloths or a girl, who is flirting is of sexual abusers' nature that mean that this type of girl is easily going on to sleep with anyone. Everyone girl has her right to wear cloths of her choice and talk as of her choice. By presuming her rights in other way is a weakness of man, a man's sight, feeling of uncontrollable sexuality and easy access to sexual activity. This presumption is infringement of girl's right to wear cloths and talks.
- e. When a man is turned on, he can't resist himself: a myth that a girl's touch or her appearance makes a man turned on so that a man is not able to control his sexual mindset and commit sex. This presumption is a weakness of man that he cannot get back from the situation, a man cannot help himself to be out and respect the woman's choice.
- f. Where a girl delay in complaining about rape: this myth that a man pursues that a girl delays in complaining that means she planning to trap a man by having a sexual activity, which is a false presumption. A girl delays in complaining the incident because she he in a mental trauma, fear of her loss of character, fear of family and society's reaction.
- g. Girl sexually abused in her teenagers' become abusers: this myth is totally absurd, any girl who is sexually abused in her teenage doesn't mean that she is sexual abusers. In her childhood she would have faced this situation because of which she is irritated, frustrated or have hatred towards man. But presuming her to be sexual abusers and doing any sexually activity doesn't mean that she won't have any right or protection from the law for her body and thoughts, any infringement, of her rights, is an offence committed by a man.
- h. Girl going out alone at night: this myth that girl is going alone than he would be indulging in sexual activity with any man outside for a whole night or presuming her to be sexual worker and trying to do sexual activity is an offence committed by a man. There may be other reasons of going out alone at night, may be because of her night-shift in job.
- i. A girl, who is sex-worker: a girl, who is a sexual worker also have same rights and protection from law as other girls. There are no differences between them

by law, but a man's presumption that doing sexual activity with a sex-worker is not an offence of rape is purely false. A sex-worker also has right to choose with whom she wants to do sexual activity and with whom not. She should be equally respected as other girl who denies to have sexual activity.

- j. A girl who drinks or take drugs: this myth that a man pursues that a girl who drinks or take drugs deserved sexual activity, this presumption is a blame to her self-respect, her right to live. Blaming for being raped giving such reasons is in totality a crime of defamation along with the crime of sexual offences.
- k. Girl wants attention or revenge: this myth is a blame by a man against a girl. A desire of attention does not mean having sexual activity or taking of revenge also does in any or other way demands to have sexual activity or neither it is to be presumed that she wants to realise her partner that's way she indulges in sexual activity. In any way, she wants attention to talk or maybe she need hug but if she doesn't consent for sexual activity that amounts to sexual offences by a man.
- l. A girl of certain backgrounds: this myth is a type of hatred, enmity or misleading facts in a man's thought. No individual decides before her birth that in which background (caste, religion, profession or sex-worker profession, or domicile) he/she is going to take birth. Generally, a girl born in prostitute area or a girl born in lower caste such as SC/ST, is having being a discriminately presumed by a man that a man can involve in sexual activity, these background's girl's choice does not bother anyway. This myth is crime not only to her individual soul but soul of her background.
- m. Men don't get raped: this myth that men don't get raped is a mental and physical torture against the individuality and soul of a man and this presumption is made by rapists to safeguard himself from being prosecuted or being victimized in the eye of society. But the fact is that man are also protected by the law, it is not in form of rape under Indian Penal Code, 1860 but by Unnatural offences under the Indian Pernal Code, 1860 and Protection of Children from Sexual Offences Act, 2012.
- n. Women didn't commit sexual offences: this myth that women didn't commit is a false myth by a woman, though law tends more towards women because of the need of society, that doesn't mean that a woman who commits sexual

offences is not prosecuted, she can be prosecuted as Unnatural Offences and Protection of Children from Sexual Offences Act, 2012.

XII. Prevention Of Child Abuse³³

Sexual offences, mainly rape is a sad reality of one individual. This offence, is not only committed against adults but also minors, which is unimaginable by anyone that the pain, mental trauma, her mental presence and her entire life. This doesn't happen only because of rapists' mind but also, she is unsupported on behalf of her parents, family and society. There are some tips hereinbelow that may aid and support in preventing or reducing the sexual offences against child:

1. Parents should listen and talk to children: The good communication between parents is regarded as the best way to prevent child sexual abuse. Though parents may feel difficult to indulge in such talk with their children. But healthy conversation with their children will make parents know about child's activities and feelings. This will develop confidence in child to share her problems or any concern child faces.
 - Parents shall not only listen but also explain to their children about her rights against offences and also her right of life and lifestyle.
 - Parents shall also share with their children about safe-sex activities.
 - Parents shall also make confidence that they are not going to judge or blame her if there are some secrets which child wants to share.
 - Parents shall make sure to their children to be fearless against any authority in power or any other person who desires such sexual activities.
2. Parents shall observe physical and behavioural signs of children: Any activity of any individual appears on the face, only need is to observe and analyse. When a child faces any kinds of sexual offences such as molestation, harassment or stalking, it appears in the behaviour of children or may be there are physical marks present upon the body. Some symptoms of child that shall be observed by parents are as follows:

³³ How to prevent, Available at: <https://www.nsopw.gov/SafetyAndEducation/HowToPrevent#talkChildTeen> (last visited on November 14, 2022).

- Loss of appetite
- Nightmares or disturb sleep patterns
- Bedwetting or crying
- Unusual interest in sexual matters
- Aggressive or disturbed behaviours
- Infections or venerable disease

In such situation parents shall support their children by not tempering on child, report the matters and meet specialized agencies for rehabilitations.

3. Parents shall choose preschool by observing the behavioural environment, preschool teachers and caretakers of the place and make sure that that place of preschool is utmost safe place. Likewise, the child care centre for child's care and safety.

This type of child abuse is possible to be prevented if the parents make sure such cures from their side by believing the child and also get confidence that the child shall share her concern about her experience.

XIII. Conclusion and Suggestions

Thus, the mindset of rapists is developed where the mindset of a non-rapists. There is kind of behavioural symptoms developed in the rapists' mind which is regarded as pattern of behaviour. And later comes to the immune of person to go through such trauma and go through mental distress. These symptoms developed and grouped together is a syndrome of rapists. This pattern is such developed that it starts affecting the functioning of mind and he is unable to define what is moral or immoral, legal or illegal. This is regarded as "Mental illness". The person who raped has violated of moral, ethical, emotional, mentality. This act makes women to suffer in such a mental trauma to which a woman is unable to stand again and to re-gain what she lost. This act of rape succeeds in dominating and humiliating their victim; express their underlying malicious feeling. Thus, rape is pattern of malicious behaviour.

As per above-discussed cases, news articles and theories on rape there are following suggestions:

1. The word 'sex' should not be a taboo in speaking. In this way women will feel comfortable to speak out the cause.
2. The family of women should not develop her child in such a way that she hides her that part of life. Her upbringing should be such that she could disclose her sexual violence.
3. The rapists mind should be treated by aware a real fact of what the sex is and how it matters in everyone's lives that is 'sex education'.
4. Upbringing pattern of child should be made psychological too, to eliminate the pattern of behaviour in rapists' mind.
5. Every woman should be aware of her rights so that she can stand even in front of closed ones that is 'Safe-sex' which still prevailing in society unknown.



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