

Consequences of Rape and a Framework to End Violence against Women

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Abstract

The study attempted to examine police registered rape cases through the contents of First Investigation Reports (FIRs) as rape is a phenomenon that has severe social and psychological consequences on the lives of survivors and in general on women. This was explored through ten in-depth interviews with the survivors. All the registered cases of one city of one year were included and 51 copies of FIRs were obtained from the police department. The contents of the FIRs were revealed that 94.16 % cases were reported from the urban slums of Lahore city. The highest risk age group during this year was 7-21 years. In all the reported cases, six cases interviewed were children between the age group of 7-15. The survivors included in the FIRs were 39.2% housewives/girls, 25.5% students, 23.5% domestic servants and the rest were office workers and laborers. In all the cases 76.47% survivors were single, 17.64% were married and only 5.9 % were divorced. The results showed that 39.21% victims were raped at home during day time, 25.5 % at the workplace and 23.52% at rapist's place. The last 9.8 % raped incidents were happened at clinic/hospital. It showed that women are not safe at any place. They live in constant threat of rape that anywhere, anytime and anyone can rape them. The findings further revealed that 93.4% of the cases, the survivors knew the rapist on one or the other type of relation from acquaintance to ex-husband. The stranger committed only 5.9% rapes. During the interviews with the rape survivors it was found that rape was always planned in advance. All the survivors interviewed suffered from a wide range of consequences as a result of rape and survivors were more likely to avoid certain places. Rape was not only disgracing and traumatic experience for the victim but also for the whole family as purification of women has implications for cultural and religious identity. Lifestyles were affected as a result of the incident. Seeking justice is difficult in all the cases of rape, as 51 cases were reported to the police and none could get justice. These figures of violence against women depicted a situation which is alarming and the challenges are numerous. There is no one solution for addressing the challenges and reaching the objective to eradicate the violence against women. The preventive, protective and supportive framework is highly recommended to end violence against women in Pakistan.

Key words: Rape, Consequences, Framework

Introduction

Rape, the most severe form of violence against women is increasing in Pakistan. The women and young girls are victims not only for acquaintance rape, but also for that occur outside (Hussein, 1990). No woman is exempted from the possibility of rape, a seven year old girl or a sixty five year old woman (khan, 1995). Rapists attack infants, teens and senior citizens. All women are vulnerable to sexual violence and it can take place anywhere at any time (Tabassum & Rehman, 2005). A paper presented in the International Conference on Implementing Human Rights: A way forward by Iqbal (2012) that police registered almost 900 cases of gang rape in the year 2011 in Pakistan. It is estimated that police registered less than actual cases and in the upper class families, girls normally do not report even to their parents and they suffer at the hands of relatives and male servants at home. A report of Human Rights Commission of Pakistan (HRCP, 2011) cited figures of monitoring cell of

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Aurat Foundation that reported 396 cases of women who were first raped and then murdered in the year 2010. The cases were higher in Punjab than other provinces and these figures might be a result of what is reported and what remained silenced due to cultural pressure. Another report issued by the National Police Bureau (2010) that cases of sexual violence reported in police department was 1750, 2123 and 2180 in the year 2007, 2008 and 2009 respectively and only in Punjab in 2009 it were 2008 out of 2123. Report of HRCP (2005) indicated that the frequency of rape incidents is thought to be much higher but many cases remain unreported due to the prevalent social norms. The victims keep quiet because of social taboos and so called concept of honor. As a result many myths and half truths have arisen such as the “victim asked for it” or the “rapist acted it out of love” or is “over sexed” or “the victim being seductively dressed”. Furthermore discriminatory laws, attitudes and victimization by the police, all contribute in under reporting the incidents. According to a report by the Interior Ministry of Pakistan (2011) that rape crime done by the police officials has increased 60 % and during the year (2010), 178 police officers in the Punjab were involved out of which 89 were sent to jails.

2. Material And Method

2.1. Objective

The paper attempted to examine the nature of police reported rape cases in Pakistan. It further explored the consequences on survivors and suggested a framework to reduce violence against women in Pakistan.

2.2. Method

A mix method approach was used to explore and gain insights into the issue. A content analysis of First Information Reports (FIRs) of police reported cases was conducted to understand the nature of the reports. In-depth interviews were also conducted to explore the consequences on survivors who were willing to participate in the study.

2.3. Sampling technique and sample size

The information of all the crimes against women in the police department was open to the public and Police department also displayed this information on their website at the end of the year. All the police registered rape cases in Lahore of one year was taken as sample purposely. The total numbers of rape cases registered were 51 and tried to contact all the survivors but in-depth interviews were conducted with willing survivors who were 10 in number.

2.4. Instrument development

Semi structured interview guideline was prepared by the researcher in order to conduct in-depth interview with the survivors.

2.5. Procedure

Copies of FIRs of rape cases registered at 22 police stations were obtained from Capital Police Office Lahore. Researcher could not approach to 29.41% of the cases due to incomplete addresses in the FIRs. Another 27.5% were not found because people have left their houses. Furthermore 15.68% could not identify the house numbers as the numbers were removed from the houses. While locating the houses, the attitude of the community with the researcher was humiliating. They not only abused the victim and her family but also criticized the researcher that she had no other work to do and advised her to “go and stay at home”. In another case people blamed the police that they had controlled all other crimes that they are pursuing these kinds of cases. In some places people acted as silent spectator as they did not know these houses. This type of societal attitude towards rape victimization, create a sense of the acceptance of male supremacy in society.

While another 3.2 % families have settled the issue outside the court and they were not ready to discuss the issue anymore and the last 3.2 % families of the survivors refused to

talk on anything about the issue. The only 19.6% of the registered cases could be approached who were willing to share their stories of pains. Almost it took one week to complete one interview as there came many points during the interview where survivors need counseling. The researcher contacted with the free counseling center to provide counseling those who were in utmost need of this facility. It took almost six months to complete the information.

3. Theoretical Position

The violent culture in Pakistani society has multiple roots; violence is learned from the institutions like family, religion and media. Family is the primary agent of socialization as soon as a child is born; families begin the process of gendering where young girls are trained to maintain their chastity and boys to maintain hold over women. In the process of socialization the young girls are taught that family honor is dependent on them. Rape is not their humiliation but the humiliation of the family. Religious teachings of controlling the women in Pakistani society have deep influence on the mind of people that men are the bread winner and women are their subordinate and it's their duty to take care of all the household chores. Although media is reporting the incidents of sex crime in a sensible way but at the same time media desensitize the viewers to violence through repeated acts, demonstrated rationalization for committing violent acts and taught actual method of aggression. A Pakistani Research on pornography by Hessian (1990) argued that it portrayed violence towards women as being part of normal male behavior. Walklate (2013) explained that violence against women is center on the structure of relationships in male dominated culture and it is a method to maintain social control and male power over women. Sexual gratification is not the reason rather the objective of rape is to generate fear in all women and thus continue to be subordinated by men through the threat of rape. The Pakistani society endorses the use of violence or physical force as a legitimate means to achieve desired end. Recent Bill on Domestic Violence tabled in the parliament, male members in the committee asked to omit use of physical force from the domestic violence bill as an offense against women. The ironic thing is that one of the member said that "it means we do not have the right to slap our wives" (Jhang, 13th April, 2012). For them, violence is one way of constructing masculinity while Schwartz and Dekeserely (1997) in their research suggested a model that caters a number of factors responsible for this violent culture and these included patriarchal social structure, male peer support, membership in social groups' use of alcohol and lack of deterrence. This model suggested that rape culture influences the way men are socialized. Men in Pakistan have learned that it is acceptable to dominate and control women. Men also learn that women are meant for their sexual pleasure and thus women can be objectified. Male support groups serve to reinforce and maintain patriarchal values including a narrow meaning of masculinity. This explanation give them a sense of believe that real men are not controlled by women; they obtain sexual gratification when they desire it. Male groups also reinforce group solidarity through secrecy and serve to maintain message that their actions are acceptable. Finally, the absence of deterrence in the form of negative societal sanctions also serves to the increase in the likelihood of rape. Hammer, Radford and Stanko (1989) argued that male supremacist societies have constructed and continued to celebrate form of chauvinistic masculinity which not only tolerate men's use of violence, by upholds it as a virtue whether in the promotion of war or in the defense of pornography. Rape is a kind of terrorism which severely limits the freedom of women and makes women dependent on men. It leads women to seek the protection of one man against all others. Societal distinctions between appropriate and inappropriate female behavior means that certain women are targeted who violate the traditional female role expectations. It is that rape and the threat of rape operates in our society to maintain the domination position of male. Living with the threat and reality of violence has profound impacts on the lives of women and children. It is

not only physical and emotional consequences of violence which undermine women's sense of self but also the isolation, shame and persistent criticism and humiliation that accompany with assaults. Therefore, societal attitudes which blame women for the violence and lack of support from the police and other agencies are seen to multiple the impact of rape.

4. Results and Discussion

Table 1: Locality of the city

Locality	N	%
Developed areas	3	5.9
Underdeveloped areas	48	94.1
Total	51	100

The empirical study examined the contents of First Information Reports (FIRs). The content analysis of the FIRs indicated that 94.16 % cases of sex crime were reported from the urban slums of Lahore city.

Table2: Age of the survivors

Age	N	%
1-6 years	2	03.92
7-14 years	13	25.51
15-21 years	12	23.52
22-28 years	2	03.92
29-35 years	0	00.00
36-42 years	2	03.92
Not written	20	39.21
Total	51	100.00

Age of the victim was no consideration for rapist, range is too wide and we cannot ascertain a particular age for being raped. In the current study, victims who were raped include a four years old girl and a 38 years old woman. The highest risk age group during this year was 7-21. In all the reported cases, six cases interviewed were children between the age group of 7-15. These results are very close to the estimation of Human Rights Watch (2008) world report that more girls as compare to boys experience sex crimes, almost 150 million girls and 73 million boys have experienced rape or other sexual violence, most often by members of their own family. In another report of a Pakistani Non-Governmental Organization (NGO, 2009) over 2012 cases of child sexual abuse was substantiated and 68% girls were sexual abused as compare to boys that faced 32% victimization.

Table 3: Working status of the survivors

Working status	N	%
Students	13	25.50
Domestic servants	12	23.52
Office workers	2	03.92
Laborer	1	01.96
Housewives/girls stay at home	20	39.21
Call girl	1	01.96
Not written	2	03.92
Total	51	100.00

The victims included in the FIRs were 39.2% housewives/girls, 25.5% students, 23.5% domestic servants and the rest were office workers and laborer. The young girls staying at home and students were at high risk of being raped. This may be because young girls are easy victims in their own houses in absence of male relatives gone to work during the day time. This is supported with the argument of radical feminist that rape acts as terrorist attack to women that limit their freedom and make them depend on men and remind them that they must seek the protection of one man against all others.

Table 4: Marital status of the survivors

Marital status	N	%
Single	39	76.47
Married	9	17.63
Divorced	3	05.90
Total	51	100.00

In all the cases 76.47% survivors were single, 17.63% were married and only 5.9 % were divorced. It showed that single women are more prone to rape victimization as compare to married women or it may be that cases went unreported in case of married women. Traditional female role expectation from a religious perspective is to marry the girls as they reached puberty. Leaving girls alone is an inappropriate behavior and raping these girls is maintaining the dominating position of men in society.

Table 5: Place of the incidence

Place	N	%
Survivor's home	20	39.22
Work place	13	25.50
Clinic/hospital	5	09.80
School	1	01.96
Rapist's place	12	23.52
Total	51	100.00

There is a popular myth that home is a safe place but the analysis of this study showed that 39.22% victims were raped at home during day time, 25.5 % at the workplace and 23.52% at rapist's place. The last 9.8 % raped incidents were happened at clinic/hospital. It showed that women are not safe at any place. They live in constant threat of rape that anywhere, anytime and anyone can rape them.

Table 6: Time of the incidence

Time of the incidence	N	%
Day	30	58.81
Night	18	35.29
Evening	3	05.90
Total	51	100.00

The findings further revealed that 58.81% were raped at daytime, 35.29 % at night and 5.9 % in the evening.

Table 7: Relationship with the rapist

Relationship	N	%
Neighbored	14	27.50
Acquaintances	10	19.60
Employees	09	17.64
Relatives	06	11.80
Strangers	03	05.90
Ex-husband	03	05.90
Doctor	02	03.92
Teacher	01	01.96
Quakes	02	03.92
Co-worker	01	01.96
Total	51	100.00

In 93.4% of the cases, the survivors knew the rapist on one or the other type of relations from acquaintance to ex-husband. The stranger committed only 5.9% rapes. Repeated victimization is higher with women who have very close relationship with the rapist like father, father-in-law, uncle and husband.

Most rape cases were allied by other crimes. In 27.5% cases women were first kidnapped and then raped. Beating was reported in 19.6% cases. Rape along with robberies was committed in 9.8% cases. 3.9 % were forced into prostitution after being raped.

Table 8: Motives of the rapist

Motives	N	%
Revenge/ degradation	18	35.30
Sexual gratification	26	51.00
Refusal to proposal	5	09.80
Extortion of money	2	03.90
Total	51	100.00

The analysis of the cases revealed that the 51 % crimes were motivated by an urge to gratify sexual desires. Men in Pakistan have internalized that women have been created for their pleasure and it has been very normal to fulfill their desire through any means. Revenge/degradation was the intention in 35.5% of the cases. Men also maintain patriarchal values through showing aggression by humiliating other men to rape their women. Refusal to proposal was another reason in 9.8% cases and it showed that men do not accept attacks on their masculinity and they punish women through raping them so women cannot live rest of their life with another man in peace.

During the interviews with the rape survivors it was found that rape was always planned in advance. It is a culture in Lahore that men sit in the corners of streets in groups and they always keep eye on each and every thing in the street. The young girls while staying at home or going out from home alone, they passed remarks on girls and to show their power, they planned to rape the vulnerable girls and as 9 out of 10 rapists were married and available sex partners, that displays that it does not arise from impulsive biological needs, rapist committed rape with settings the stages as they knew that male members/family members were absent from home. The rapist employed various strategies like kidnapping first then raped, making a movie, use of alcohol and threat to murder.

4.1 Consequences of rape on survivors

All the survivors interviewed suffered from a wide range of consequences as a result of rape. The mother of "D" told that she could not sleep peacefully. Her sleep is distributed due to horrible dreams of rapists. Similarly "A" told that she sees snake around her and I got

up from the fear of those dreams. As “E” said that I often see myself in deserted place, there is sand and sand around me and I am standing in the center of the desert.

Guilt and blaming was found among all the survivors as “J” told that “Alas I could not have come to my aunt’s house. It would not happen to me” “A” was also feeling guilty and blaming herself that “I could not have gone to school alone that day, its entire my fault. I should not stay alone in the school when I saw there was no student in the school.” The survivors showed lack of trust on people and family members. “I” expressed that my parents ruined not only my life but also the life of my siblings. “G” revealed that “I am afraid to meet with the people and do not trust anybody.” The survivors who were raped by the father, father in-law and Muslim (in case of Christian) were shocked and in anger. The family of “J” was shocked and wanted to kill the rapist who managed to escape. The “J” felt ashamed and guilty that why she left her house and join aunt’s home.

As a consequence of rape incident, survivors were more likely to avoid certain places and “A” left her studies and now stays at home and avoid meeting and talking with people.

All the survivors had to suffer a social stigma by the community. As “D’s mother” said that my front line neighbors passed remarks that she got money of her daughter. “J” was stigmatized by the Christian community by teasing and passing bad remarks for inviting Muslim man.

Rape was not only disgracing and traumatic experience for the victim but also for the whole family as purification of women has implications for cultural and religious identity. As in the case of “F” the mother was traumatized that she lost her mind and faced many physical problems.

Lifestyles were affected as a result of the incident as “A” and “C” both was students but left the schools and did not meet anybody. While “E” was compelled to leave her house due to constant threats from the rapist and “G” and “I” were rejected by their family members. “B” became pregnant and gave a birth of baby girls as she herself was a deaf and dam young girl.

4.2. Legal system that discriminate against women

Seeking justice is difficult in all the cases of rape, as 51 cases were reported to the police, out of which the researcher reached only ten survivors and four out of these ten cases were withdrawn by the families of survivors just after few days of the incidents. One case was settled on the pressure of Muslim community. Police arrested only five rapists and three out of these five were in jail and the rest were released on bail. In all the cases, to register an FIR was difficult and police lodged the report with the intervention of an NGO, local pressure or through court orders. The attitude of the police was non-cooperative, degrading and humiliating. Police took bribe from the rapist to weaken the cases and insisting the families to settle the cases by accepting a payment of the damage. The families were in financial crisis as the procedure of courts are lengthy and cause a long delay in getting justice. The classic example of this delay in justice is the case of Mukhtaran Mai, gang rape by 14 men that ended after nine years, the Supreme Court of Pakistan acquitted eight of the accused on appeal and the death penalty awarded to six others were overturned, with only one man serving a life term. The court cited insufficient evidence as the ground for the acquittal. HRCP (2012) felt that inadequate police investigation and delay in registering a case with the police had led to the acquittal of the accused and further expressed their concern that courts lack the capacity and sensitivity to appraise evidence in rape cases. Iqbal (2012) addressing in the plenary session of an International Conference on Implementing Human Rights: A way forward that judges of the subordinate courts have biased approach to female litigants. Violence against women is perpetuated because women judges are not given proper judicial facilities or protection to perform their duties. Violence against women cannot be eliminated

unless the criminal justice system in Pakistan is accessible, unbiased and effective for dealing with gender violence cases.

4.3. Political system that marginalize women's concerns

These figures of violence against women depict a situation which is alarming and the challenges are numerous. There is no one solution for addressing the challenges and reaching the objective to eradicate the violence against women.

Women members of parliament under Caucus are working together to advocate for gender sensitive legislation and amend discriminatory laws and practices. The year 2011 was marked by the legal activism of women parliamentarians who loudly put women's issues in the forefront and succeeded in getting a number of legislation adopted like the National Commission on Women Act 2011, The Prevention of Anti-Women Practices Act 2011, Acid Crime Prevention Act 2011, Anti sexual harassment Laws, Protection against harassment for women at the workplace Act 2009 and Women's Ownership Rights Act 2011 by provincial assembly of Khyber Parkton Khaw. The women parliamentarians are now focusing on the implementation of the laws and devising mechanism to implementing these laws more effectively.

5. Framework For Ending Violence Against Women

Prevalence of violence against women is very high that government could not deal with the extent of this violations and numbers of victims. It aims to highlights the strategies and elements that can contribute to achieve the progress towards ending violence against women.

5.1. Three tier frame

The UN Human Rights Commission 2008-2015 recommended three tier strategies to end violence against women. This preventive, protective and supportive framework is highly recommended to end violence against women in Pakistan.

5.1.1. Public education

The primary level is to preventing violence from happening required a change in the traditional and cultural mindset. This can be achieved by launching a national level awareness campaigns in order to create zero tolerance on violence against women.

5.1.2. Providing support to the survivors/victims

The secondary level is to response immediately after violence has occurred to limit its consequences means gender sensitization of law enforcement agencies because the perpetrators of violence against women enjoy impunity in our system is itself a source of escalation in violence against women.

5.1.3. Policy and legislative initiatives

The tertiary level or long term objective is to provide care and support those who have suffered from violence that includes shelter homes, free legal aid, psychosocial counseling services, economic and social rehabilitation support. At present, we are lacking all three aspects of this framework and by adopting these measures; it can contribute to end violence against women in our society.

5.2. Six steps to ensure eradication of violence against women

Another framework suggested by more than 50 Human rights organizations, concerned citizens, women's rights activists and representatives of civil society in Pakistan to make the Criminal Justice System more effective in eliminating violence against women through a joint declaration in shape of demands that passed on 8th December 2011 as part of the 16 days of activism to end violence against women.

The demands included:

- 1) Legal and judicial outcomes must be just, transparent and equitable that ensure justice.
- 2) Secondly the accountability mechanism should be set up to report on how cases are dealt at the district, provincial and national level.
- 3) Thirdly, the police stations should be equipped with proper facilities and to empower police officers to deal effectively crimes of violence.
- 4) Fourthly, effective police reforms for reporting, investigation are needed and set up independent and neutral prosecution mechanism and unbiased judiciary that is committed to uphold justice.
- 5) Fifthly, the cases of violence especially in rural and tribal areas should be dealt through proper courts and not referred to Jirga systems.
- 6) Finally, build strong alliances/networks and strategies of advocacy to support survivors fighting for justice against all forms of violence against women and to draw best global practices on effective justice mechanism.

6. Conclusion

The facts and figures of sex crime against women elucidate a situation which is disturbing. It not only disrupts the physical and emotional sense of women but also carry isolation, guilt, shame and humiliation. Women also bear the burden of societal attitudes which blame women for the violence and lack of support from the police and other agencies that develop multiple effects of rape on women. The challenges are numerous and no single solution is workable for addressing the challenges. The women's parliamentary Caucus and civil society organizations are working for gender sensitive legislation and implementation of these laws and succeeded in getting a number of pro-women legislation but still working on implementation of these laws. Three tier preventive, protective and supportive framework is highly recommended to end violence against women in Pakistan.

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