



Mental Health Of Adolescent Rape –Victims

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ABSTRACT

The present study has been designed to investigate the mental health of rape-victim adolescent girls. A sample of total 100 rape-victim adolescent girls (50 from urban areas and 50 from rural areas of Chitrakoot district) were selected through purposive sampling technique. Mental Health Battery (MHB) by A.K. Singh and Alpana Sen Gupta was used to measure mental health.

The findings show a mean difference between mental health scores of urban and rural rape-victim girls. (Urban - Mean 53.74, S.D. 9.31; Rural - Mean 67.60, S.D. 15.07). To see if these differences are significant, Critical Ratio (CR) value was calculated. The calculated CR value is 5.54, which is significant at 0.01 levels, thus, the null hypothesis stating "there is no significant difference in mental health scores between urban and rural rape-victim adolescent girl" is, therefore, rejected. The findings suggest that mental health of urban and rural rape- victim girls is different in Chitrakoot region. Rural rape victim girls are better in mental health than urban rape- victim girls.

Key Words: mental health, rape victims, urban areas, rural areas, adolescents

"Consequently, actions that successfully improve the overall mental health of the population

Are likely to be accompanied by other important benefits to society."

Elliott Goldner, Emily Jenkins, & Dan Bilsker

1. INTRODUCTION

Mental health is integral component of health and well-being that underpins our individual and collective abilities to make decisions, build relationship and shape the world we live in. Mental health is a basic human right and is crucial to personal, community and socio-economic development. World Health Organization (WHO) defines mental health as a

"State of well- being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contributions to his or her community."

"Maatra Devo Bhava", which means to worship women or mothers, was formerly a widely held belief in India. Yet, this belief appears to be vanishing now a day given as rape cases are increasing day by day. The

word “rape” is so horrifying, embarrassing, traumatizing and terrible that it completely dismantles the victim's mental health. In India, not a single day goes by without hearing about a woman being raped. A total of 33,356 rape incidents were recorded in India in 2018, and 93.9% of these instances were determined to be suitable, according to the National Crime Records Bureau (NCRB), with this many instances of extreme cruelty. Victims were found to have extreme anxiety, depression, Post-traumatic stress disorder and other serious conditions four to five months after being assaulted. The findings confirmed that becoming a victim of abuse in childhood can lead to mental issues that can persist into adulthood and till lifetime.

Sexual victimization is most likely to occur during adolescence (Humphrey & White, 2000). Also, adolescents are most at risk to develop subsequent PTSD (McLaughlin et al., 2013).

In the present study, attempt has been made to investigate whether mental health of urban and rural adolescent girls is different and whether these differences are significant.

2. OBJECTIVES and HYPOTHESIS

2.1 Objectives

1. To study the mental health of urban and rural rape victim adolescent girls.
2. To study if there are significant differences between the mental health scores of urban and rural rape-victim adolescent girls.

2.2 Hypothesis

1. There is no significant difference in mental health scores between urban and rural rape- victim adolescent girls.

3. Population and Sample

Population of the present study consisted of all the adolescent rape- victim and Non-Rape Victim girls of Chitrakoot Region. 100 adolescent rape- victim girls were selected through Purposive sampling technique from urban and rural areas of Chitrakoot region. 50 Rape-victim adolescent girls from rural areas and 50 Rape-victim adolescent girls from urban areas of Chitrakoot region were selected for the study.

4. Statistical tools and econometric Method

4.1 Variables

Independent Variable - Urban and rural rape-victim adolescent girls.

Dependent Variable- Mental Health

4.2 Materials

Mental Health Battery (MHB) by A.K. Singh and Alpana Sen Gupta was used to measure mental health. It measures mental health through six health indices - Emotional stability (ES), Overall Adjustment (OA), Autonomy (AY), security - Insecurity (SI), self-concept (SC) and Intelligence (IG),

4.3 Method

Data were collected individually. The scoring of responses was done in accordance with the scoring key given in the manual.

5. Descriptive Statistics

To study the objectives of the present study the Mean and Standard Deviation (S.D.) for scores on different variables under study were calculated for the selected sample. Critical Ratio was calculated to see the significant difference in mental health of urban and rural rape-victim adolescent girls. Level of significance checked 0.05 and 0.01 levels.

6. Result and Discussion

Table 1

Mean standard Deviation (S.D.) & CR value of Mental Health Scores of Urban and Rural rape victims

	N	MEAN	S.D	CR	D.F.	TABLE VALUE	Level of significance
Urban	50	53.74	9.31	5.54	98	1.98/	0.01
Rural	50	67.60	15.07			2.63	

Table-1 indicates that, the mean score of mental health of urban rape victim girls is 53.74, with S. D. 9.31 .The mean sore of mental health of rural rape-victim girls is 67.60 with S.D. 15.07. The calculated Critical Ratio (CR) value is 5.54, which is more than the calculated CR/-table Value. The table values at the 0.05 and 0.01 levels are obtained at 1.98 and 2.63 respectively. The Calculated CR Value is 5.54, which is more than the CR Table value 1.98 and 2.63. It is significant at 0.01 levels. Rural people have simple living, shared resources and a large social support network fostering community cohesion, while urban people often experience lesser community cohesion, less social support and a higher cost of living. This may be one of the reasons behind mental health difference among urban and rural girls.

Thus, the null hypothesis stating "There is no significant difference in mental health between urban and rural rape-victim adolescent girls, is, therefore, rejected. It indicates that urban and rural rape- victims differ in mental health as compared to rural rape-victims girls.

Conclusion

On the basis of the findings of the present study, the researchers suggest that mental health of urban and rural rape-victim adolescent girls is significantly different. Rural rape- victim girls are better in mental health as compared to urban rape-victim girls.

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