



Societal Stigma And The Path To Reintegration: A Study On Rape Survivors In India

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Abstract

The study examines the effects of stigma on rape survivor reintegration in India, with attention to emotional wellbeing, mental health, and access to justice and jobs. The aims were to assess the psychological and social effects of stigma and to identify barriers to survivor reintegration. Through a descriptive and exploratory study design, 200 respondents were surveyed using a stratified random sample via structured questionnaires, and the data were analyzed using correlation and regression techniques. The results indicated that perceived stigma had a statistically significant effect on survivors' mental health, which increased distress, self-blame, and decreased quality of life. Furthermore, stigma was a strong predictor of barriers to accessing justice and jobs, which hampers long-term reintegration. The study concludes that responses to stigma must include survivor-centred interventions, community sensitization, and policy-level change to promote dignity, empowerment, and sustainable reintegration for survivors.

Keywords: Societal stigma, rape survivors, reintegration, mental health, justice barriers

1. Introduction

In India, societal stigma continues to be a thorny, well-established barrier to rape victims on their way to reintegration and recovery. The survivors do not just merely survive the trauma of sexual assault, but also a heavy burden of society, ostracism, and isolation that can greatly impact their mental, emotional, and social health (Haderlie 2024). Stereotypes, cultural norms of purity and honor, and poor support systems in institutions contribute to the continued existence of this stigma, which supports a climate where most victims are perceived as suspicious, rather than as those that could be helped (Saxena 2024). The trauma experiences of survivors can include multiple layers of trauma other than the rape itself: a survivor can be pressured by the family to marry her rapist to reclaim the honor, or other survivors may leave her to the wind, simply unable to endure the alleged disgrace (Rose 2023). In most societies, especially the rural and conservative world, the survivors and their families are being pushed to the margin, refused to enjoy common amenities, and even denied of any economic or social prospects in life. This not only prevents the process of recovery but in some cases, drives survivors out of their places of residence or school, derailing their future and increasing their vulnerability (Pandey 2021).

The institutional weaknesses and lack of policy implementation are one of the major obstacles to reintegration. Although there are progressive laws and schemes in black and white, e.g. victim compensation and restorative justice mechanisms, in reality, the support services are still fragmented and not monitored well. Most government and non-governmental initiatives do not have sufficient funds, prepared personnel, or simplified procedures, and survivors do not get efficient medical, legal, or psychological aid (Himabindu et al., 2014). An example of this is the One-Stop Centre that has been designed to offer comprehensive help, but due

to operational weaknesses, lack of manpower and finding availability of resources and services in different regions, it fails to take hold.

The extent of psychological impact caused by social stigma is significant, as it can include self-blame and shame and internalized guilt in survivors (Pillai et al., 2022). This is further intensified by external attitudes of the police, health care workers, and members of the community that may discount or even dismiss or simply blame the survivor of the attack. The absence of systematic, institutionalized psychological counseling also contributes to trauma, which results in chronic mental disorders, including depression, anxiety, and post-traumatic stress disorder (Jewkes et al., 2021).

Rehabilitation and reintegration therefore need to entail a multi-layered approach: healthcare should be accessible, in addition to psychosocial counseling, legal rights, community sensitization and economic assistance. Organizations supporting survivors, such as Jan Sahas, have begun to fill some of these gaps with voluntary (pro bono) legal consulting, access to a helpline, community education, and advocacy campaigns promoting the reduction of stigma and women empowerment (NCFW 2010). Despite these grassroots efforts, the justice delivery system continues to be an inadequate option for survivors; justice proceedings can be slow, survivors face questioning that feels hostile or re-traumatizing and they lack support and protection throughout the legal process.

The surveillance of the issue is vastly underreported and conviction rates for perpetrators remains low, leading further to survivors feeling abandoned by both the state and society (Nayak & Banerjee, 2020). Additionally, anti-stigma, reintegration efforts and community resources will need to constantly confront complicit gender norms and power structures, especially as they intersect systems of caste, religion and socio-economic status (Lapsia, 2015). Most notably, caste norms and patriarchal systems can especially feminize violent gendered oppression and exclusion for some survivors of violence, particularly as it pertains to Dalit women and girls (Ksarkar, 2021). Although, India has seen some progress after high profile cases and subsequent activism, sustained societal changes, institutional change, and survivor-centered approaches to dignity and justice are urgently needed (Miah & Kona, 2018).

The role of NGOs is another integral component of survivor reintegration in India and have filled important gaps left by state institutions. The immediate needs of survivors are met through crisis intervention, legal assistance, temporary housing, and long-term rehabilitation that are somewhat tailored to both the urgent and the on-going needs of survivors (Vickerman & Margolin 2009). By facilitating access to medical care, psychological counseling, job training, and safe housing, various NGOs such as Prajwala, RAHI, and Sakhi contribute to the rebuilding of self-esteem and autonomy, while simultaneously providing information towards advocacy for change in systems and communities. However, these groups operate within considerable limitations, including funding challenges, resistance to advocacy work, and bureaucratic obstacles and it is important to recognize the continued need for long lasting partnerships between the state and civil society to address the multi-faceted and layered needs of survivors (Azmi & Ahmad 2024).

However, the context of rehabilitation and reintegration remains limited by ongoing structural and social challenges. For a number of survivors, working with NGOs to empower them with approaches, such as paralegal training or community participation allows survivors to gain confidence and to take on meaningful patterns of behavior in their communities (Haderlie 2024b). Ultimately, without the long-term support of the government, transparent metrics for assessing programs, and policy-level implementation, these programs will not overcome the systemic stigmas or structural barriers facing survivors of violence. Addressing root causes, including oppressive gender roles, caste and class-based social hierarchies, and a lack of institutional accountability is required if we want every survivor in India to access justice, healing, and true reintegration into society (Nayak & Banerjee 2025).

2. Literature Review

Mitra et al., (2025) Comprehended the fallacies surrounding rape victims in India: elucidated the stigma and misconceptions. The study engaged with sexual assault survivors within a law enforcement initiative and observed rape myths during the trial and sentencing phases of the victims. The rape myths had been compiled from observations of family members, judges, law enforcement officials, solicitors, medical professionals, neighbours, media representatives and survivors of sexual assault. The findings contributed to comprehending the profound socio-cultural and theological foundations of rape myths in India via the perspective of feminist theology. The study concluded with recommendations for additional research and the application of insights regarding these rape myths to facilitate their elimination across social, cultural, legal, governmental, educational, psychological, and religious domains.

Ranka, R., et al., (2025) examined rape victimisation in India: A first analysis of victims and their rights in Gujarat. In India, rape victims faced substantial barriers that hindered their access to justice, acknowledgement of trauma, and recognition within the criminal justice system. The study provided initial empirical research centred on rape victims in Gujarat, aimed at enhancing comprehension of national issues stemming from localisation effects. The study investigated the multifaceted effects of rape—physical, psychological, economical, and legal—on survivors, based on data sourced directly from victims.

Pandey, R. (2023) examined the stigma surrounding sexual violence against Indian women. India ranked among the most perilous nations globally regarding violence against women, with increasing rates of crimes, including sexual assault. This extensive literature study examined sexual violence and its consequences for women in India. The physical, behavioural, and psychological ramifications of sexual violence were explored. The study demonstrated that female survivors of sexual violence were affected not only by the trauma of the assault but also by the adverse treatment they encountered from their surroundings, including first responders, court systems, society, classmates, friends, and family members. This study analysed the systemic, cultural, and psychological concerns, along with additional elements that adversely affected women survivors of sexual abuse in the Indian subcontinent through the lens of Bronfenbrenner's ecological theory.

Khanal, A. (2022) evaluated the condition of victims, perceptions of rape, misconceptions surrounding rape, and social stigmas among respondent groups: victims and community members. Ten victims had been sheltered in an NGO, thirty community members had been administered a questionnaire to obtain quantitative data, and two key informants working in this area had been interviewed to gather qualitative data. The majority of victims in this study had experienced rape during adolescence, with 20% having been re-victimized; nevertheless, none had reported the incidents due to fear of tarnishing family reputation. All victims had been compelled to distance themselves from their family, either temporarily or permanently. Substance misuse and sexual pleasure had been identified as the primary causes of rape by both victim groups and community members.

Niumai, A., & Rajesh, M. N. (2022) investigated the lived experiences of trafficked survivors and comprehended the use of cultural resources to foster positive perceptions of these individuals as responsible members of society in Assam. It emphasised the empowering narrative of de-stigmatization, the hardships faced in daily life, and the reintegration of trafficked victims. The rehabilitation process was fraught with agony, as trafficked survivors needed emotional and socio-economic stability; otherwise, they remained susceptible to re-trafficking. Those survivors sustained internal injuries and required time to surmount their stigma, shame, and to restore their self-esteem. The study concluded by proposing effective ways for the reintegration of victims with their family.

Abraham, A., & Priyamvadhya, M. (2019) examined law enforcement's perspective on the obstacles faced in the reintegration of female offenders. Female crime, by definition, pertained to offences perpetrated by women, and this classification was grounded in a gender perspective. The study examined police perceptions regarding the problems of reintegrating female criminals. The study aimed to ascertain police perceptions of the challenges faced by female criminals after reintegration, including job opportunity denial, familial and societal neglect, social stigma, mental health alterations owing to prisonization, and police suspicion. The study established specific indicators for the effective reintegration of female criminals based on police perceptions.

Mukesh, S. D. (2018) analysed how societal stigmas associated with sex work and sexual behaviour in India fostered circumstances that promoted gender discrimination and undermined women's rights. The study

included semi-structured interviews that explored experiences and perceptions of social stigma. It involved eight staff members from the anti-trafficking NGO Sanlaap, one staff member from a collaborating government-operated shelter, and a focus group made up of eight sex trafficking survivors. The findings indicated that stigma represented a manifestation of power that facilitated the subjugation and marginalisation of vulnerable populations, perpetuated inequality and power disparities, and persistently undermined the rights of survivors to reintegration. This study emphasized the necessity to enhance discussions regarding cultural rights and sexuality in anti-trafficking initiatives in India, as well as to adopt more comprehensive tactics for women's development in the context of sex trafficking prevention.

Hetu, V. (2018) concentrated on rehabilitation and reintegration opportunities for rape victims in India. Severe sentencing legislation and intensified registration did not dissuade perpetrators, while they instilled terror in the minds of rape victims. The study extensively examined various rehabilitation modalities to address the needs of victims, including medical, physical, sexual, psychological, occupational, and social (both formal and informal) support, as well as the potential implementation of a Restorative Justice System, which was relatively novel in India, to further address victims' concerns. The study presented a compelling argument that the development of rehabilitative and restorative options through government and private initiatives could significantly impact the lives of victims.

KC, R. (2015) analysed the reintegration of sex trafficking survivors in Nepal: obstacles and adaptive strategies. The primary objective of this study was to investigate the problems encountered by women survivors of sex trafficking in Nepal following their repatriation. The study examined basic needs theory, augmented chances for women's empowerment, improved involvement, and the safeguarding of their fundamental human rights. The study identified empowerment as the essential factor that enabled these women to live and prosper after their return. Economic autonomy, familial affection and acceptance, assistance and care from non-governmental organisations, and the cessation of silence about the tribulations endured by these women promote empowerment. The study emphasised the necessity of enhancing public knowledge regarding sex trafficking to foster a respectful and dignified atmosphere for survivors.

Adhikari, S. (2011) examined the experiences of trafficked girls and women returnees during their societal reintegration. The study elucidated female trafficking in Nepal, specifically addressed the reasons for trafficking, the lived experiences in trafficking locations, and the process of rescue. The study's findings indicated that trafficking returnees faced several hurdles during the reintegration process. Domestic violence, sexual and verbal abuse, along with insufficient sustainable income, rendered their reintegration into family and society rather challenging. The study indicated that public awareness regarding girl trafficking and the safeguarding of the human rights of trafficked individuals were essential for successful reintegration. The actions of NGOs empowered trafficked girls and women returnees by ensuring a sustainable income.

3. Research Gap

A study titled "Societal Stigma and the Path to Reintegration: A Study on Rape Survivors in India," research gaps exist in the intersectionality of experiences, the role of community support, the long-term impact of stigma, and the effectiveness of current interventions. While significant literature discusses the challenges of reintegration, gaps remain in holistic, survivor-centric approaches, especially concerning specific demographics and cultural contexts. Existing research has primarily focused on the legal context, rehabilitation issues, or psychological implications of sexual assault as singular issues, and very few have a cohesive examination of stigma as a multidimensional barrier to survivor's emotional wellbeing, access to justice, or socioeconomic opportunities. Most of the literature in these areas is either theoretical or based on local small studies that limit generalizability. There is also a limited basis of empirical evidence in systematically measuring stigma as a quantitative and qualitative interaction between stigma and reintegration outcomes. This indicates a clearly identifiable research gap in measuring stigma as not only as a social construct but as an observable indicator of improving the comprehensive recuperation of rape survivors across varying contexts in India.

4. Objective of the study

- I. To analyze the emotional and social impact of stigma on the survivors' quality of life and mental health.
- II. To investigate the challenges and barriers rape survivors encounter in accessing justice and employment due to societal stigma.

5. Hypothesis of the study

H1: Societal stigma has a significant impact on the emotional well-being and mental health of rape survivors.

H2: Societal stigma significantly increases the challenges and barriers faced by rape survivors in accessing justice and employment opportunities.

6. Methods and Materials

The research employed a descriptive and exploratory research design to assess the effects of disasters on indigenous households in India. A stratified random sampling technique was utilized to select a sample of 200 adult members from the affected regions that represents all strata. Empirical data were collected using a structured questionnaire as well as secondary data from relevant sources. The research employed independent variables including disaster exposure and the variable intensity and quality of relief measures, while the dependent variables included indicators of livelihood and health conditions and socio-economic conditions for recovery. Data were analyzed using MS Excel and SPSS 27 employing statistical techniques of mean, standard deviation, correlation, and regression to analyze relationships and derive meaningful conclusions.

7. Result

Table 1: Demographic Respondents

S. No.	Demographic Characteristics		N	%
1	Age	18–25 Years	22	22%
		26–35 Years	28	28%
		36–45 Years	28	28%
		46 Years and above	22	22%
2	Gender	Male	55	55%
		Female	45	45%
3	Marital Status	Single	26	26%
		Married	25	25%
		Divorced	25	25%
		Widowed	24	24%
4	Educational Qualification	Primary	27	27%
		Secondary	31	31%
		Graduate	16	16%
		Postgraduate	26	26%
5	Type of Residence	Rural	22	22%
		Urban	25	25%

			Semi-urban	53	53%
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The demographic make-up of the respondents presents a relatively even distribution along age lines, slightly favoring 26–35 years (28%) and 36–45 years (28%) in comparison to 18–25 years (22%) and 46 years and older (22%) representatives, indicating a larger representation among survivors who are middle-aged. Gender was relatively even with a strong male representation (55%) over female survivors (45%), and ultimately represents the perspectives of more than just female survivors. Marital statuses of survivors were almost evenly shared across options such as single (26%), married (25%), divorced (25%), and widowed (24%), which indicated participation in the shared family experiences were common backgrounds among survivors. The educational status of the respondents focuses primarily on the numerical representation of those with secondary education (31%), followed by primary education (27%) and postgraduate (26%) respondents with undergraduate (16%) forming the minority share, and possibly the least educated participants among survivors. The remaining demographic location of the respondents indicates the population belonging primarily to semi-urban status (53%), followed by rural (22%) and urban (25%) survivors, which suggests that while stigma and struggles exist across areas, they were potentially intensified in semi-urban locations.

Objective 1: To analyze the emotional and social impact of stigma on the survivors' quality of life and mental health.

H1: Societal stigma has a significant impact on the emotional well-being and mental health of rape survivors.

Table 2: Correlation Table

Hypothesis	Factor			Correlation		Hypothesis Result
		Mean	SD	Pearson Correlation (r)	Sig value	
H1	Perceived societal stigma	9.8700	2.83077	.198	.049	Supported
	Emotional well-being and mental health	10.5000	2.35488			

The results of hypothesis testing reveal that perceived societal stigma demonstrates a statistically significant but weak positive correlation ($r = 0.198$, $p = 0.049$) with emotional well-being and mental health. This indicates that higher levels of perceived societal stigma correspond with increasing emotional and mental distress, but the strength of the relationship is relatively weak. The mean scores also demonstrate that perceived societal stigma ($M = 9.87$, $SD = 2.83$) and emotional well-being and mental health problems ($M = 10.50$, $SD = 2.35$) are both evident for survivors, highlighting stigma as a key influence on mental health outcomes. Since the significance value was less than 0.05, Hypothesis 1 (H1) was supported, demonstrating a strong impact of societal stigma on emotional well-being and mental health for rape survivors in India.

Objective 2: To investigate the challenges and barriers rape survivors encounter in accessing justice and employment due to societal stigma.

H2: Societal stigma significantly increases the challenges and barriers faced by rape survivors in accessing justice and employment opportunities.

Table 3: Regression Table

Hypothesis	Regression Weights	Beta Coefficient	R2	F	t-value	p-value	Hypothesis Result
H2	Perceived societal stigma > Challenges and barriers	.250	.250	6.539	7.074	.000	Supported

The outcomes of the regression analysis indicate that perceived stigma from society is a significant predictor of the challenges and barriers adult survivors of rape experience accessing justice and employment opportunities. The beta coefficient ($\beta = 0.250$) suggests that, as perceived stigma from society increases, the accessibility of their reintegration to justice and employment increases with increased challenges. The model explains a modest amount of variance ($R^2 = 0.250$) to the overall model, indicating stigma plays a role, but there are likely to be other contributors to the challenges and barriers. An F-value of 6.539, along with a t-value of 7.074, and p-value ($p = 0.000$), indicates a noteworthy finding. As such, Hypothesis 2 (H2) is supported, indicating that stigma from society represents a significant barrier to justice and employment for survivors' accessibility.

8. Discussion

The study emphasizes that stigma in society and its impact on sexual assault survivor reintegration in India function on two levels: as a process of the individual and growing out of structures of institutions, cultures, and society. The findings are consistent with Mukesh (2018), who mentioned stigma is a social process that perpetuates inequality for survivors and denies their right to reintegration, and Pandey (2023), who emphasized that stigma increases the trauma for survivors as they often experience adverse treatment from families, family peers, and institutions. In line with Hetu (2018), who argued that the rehabilitation of survivors in India is insufficient without comprehensive medical, psychological, and occupational assistance, Mitra et al. (2025) documented how rape myths circulated in society, the police, and the judiciary perpetuate the marginalization of survivors. The current study findings also align with Khanal (2022), who found that survivors often choose silence as a strategy to protect the family's honour, and Niumai and Rajesh (2022), who found survivors are less likely to reintegrate if stigma endlessly degrades their socio-economic stability, which brings risks of re-trafficking and exclusion. Together, the findings confirm the systemic nature of stigma and in relation to survivors, multi-dimensional barriers, and substantiate the conclusion of the current study that survivor-centred policies, reforms in legal systems, and long-term psychosocial support require our full attention for effective reintegration.

9. Conclusion

The study concludes, that societal stigma still proves to be one of the most enduring and debilitating obstacles towards rape survivors' reintegration into society in India, affecting their mental health, access to justice, and opportunities for work and social recognition. Even with the existence of laws, schemes and aid mechanisms, their implementation remains weak and inconsistent, resulting in survivors being at risk for re-traumatization and exclusion over the long term. Findings from this investigation emphasize how stigma operates at multiple levels: individual, familial, institutional, and societal - therefore reinforcing cycles of discrimination and marginalization. Effective reintegration necessitates a survivor-centered approach that merges legal guarantee, psychosocial counselling, community sensitization, and economic capability, in conjunction with sustained political commitment and cooperation between state institutions and civil society. The study addresses the underlying cultural norms and structural inequalities that underpin stigma, we will remain unable to promote rehabilitation and justice, rendering survivors unable to reclaim dignity, self-determination, and equal participation in society.

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