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Psychiatric and Psychological Support to Reduce the Psychological Effects Incurred to Female Victim in the Crime of Rape

Maryam Sedaqat Far¹, Mohamadreza Abedizade²

Abstract

The modern world with all the blessings of easier and more pleasant life is a world full of unsolved contradictions and complexities. industrialization of communities, the expansion of class gap and poverty, lack of proper management systems, lack of proper sanitation and lack of access to home and many other things have caused irreparable social damage on the body of society. One of these injuries is the problem of sexual violence against women and rape and deliberate and widespread harassment of women in different environments, including enterprises, community, neighborhood, streets and more. Rape is a wrong act and is punished hard in the Iranian criminal law or social convention. Yet, in the meantime, the women affected by this type of sexual violence not only do not enjoy the legal protections but also face identity crisis due to participation in family and community. So the issue of Psychiatric and psychological support for the female victims should be put on the priority of law and women's rights organization committed to ending violence. Methods: this study has been conducted via descriptive and analytical method and library and Internet tools. To describe the psychiatric and psychological support to reduce the psychological effects incurred to female victim in the crime of rape, female victims were interviewed using a case study. To complete the obtained information and analyze research findings using interview, some of the findings of provincial criminal court judges, public courts prosecutors, psychologists and psychiatrists were examined. Finding: The best legal action in support of women victim is psychiatric and psychological supports for these women in safe houses. Women who are suffering from this scourge often commit suicide or live with the fear of this event or their natural life is seriously disrupted. Therefore, it is incumbent on legislators to approve strong support rules in helping and supporting the victim and raped women on one hand, and arrange strict penal code for perpetrators of these events who are male patients with psychological problems on the other hand. Under such circumstances, it is hoped among these raped women that even if the law rejects their families, but the law will take their right.

Keywords: Female victim, Rape, Psychological and psychiatric support.

¹ MSc in Law Islamic Azad University of zahedan Mohamadreza Abedizade. E Mail: maryam.sedaghat54@gmail.com

² Bachelor of law Islamic Azad University of Zahedan. E Mail: mohammadrezaabedizade1341@gmail.com

Introduction

Extension of sexual crimes in open societies committed in several cases with rape and coercion has become one of the social crises at current age; an issue that could cause adverse health and social consequences. In most cases the victims of these crimes due to attack to their physical integrity are subjected to serious physical damages and psychological effects. This can be observed in vulnerable groups such as children and women far more visible than other groups. According to research, raped women often suffer from post-traumatic stress disorder (PTSD) or severe depression and significant percentage of these women are also committed to suicide. Hence, female rape and coercion victims, due to the severity of the crime are worthy of utilization of social, criminal, medical, psychological and psychiatric protections. However, in Iran's Penal Code, we are witnessing the criminalization of rape in the form of rape, and legislator has considered punishment for rape and coercion by profligate person as the cause of profligate person (paragraph D of Article 224 of the Penal Code Act of 2013), but it is silent on the victim and essential supports from it. Indeed, legislative approach like many other crimes refers only to the punishment for the committed crime. Special attention to a variety of medical, psychological and psychiatric supports to reduce a variety of mental and physical disorders to the victim and an effort to treat him to return him to community refer to the approaches which can suggest them in this context. For example, psychotherapy as supportive treatment by providing support and creating a sense of personal efficacy can create a powerful source for a person who is experiencing distress or depression. Further, it can use attendance by victim in treatment groups for recovery. Treatment groups assist their members to know why and how they have behaved in that way; Self-help groups by providing training and support, reducing the feeling of alienation and emphasis on the sense of belonging increase the ability of the victim to abandon unfavorable behavior patterns and prove the way for changes in lifestyle of the rape victims. Thus, in this research, the main purpose is to examine the existing legal capacities in this context to examine gaps and legal pathology and present suitable approaches.

Female rape victims

Female rape victims by pathological type of their gender, severity of the offense committed and violations to their most secret life are worthy of benefiting from a variety of support, especially criminal, psychology and psychological support. The criminal law and criminal justice institutions in addition to inhibition function should enjoy the supporting role. However, the difference in culture and values governing different communities has caused making different policies to determine scope of the crime of rape and its judicial and police interpretation (Faraji, A, 2009). In Iranian criminal law, no independent criminology under female rape has been made and sexual acts and behaviors and criminal reactions to it can completely infer from criminal Imamieh law. Study on elements contributed to female rape and coercion crime indicates that legislative approach to this crime has not developed well suited to developments in this type of crime at new period and has been under influence of the male culture that governs the penal system. In other words, the formation process of the structures of the criminal justice system in the field of rape has grounded on cultural

perceptions and male ideology and female victims' concerns and considerations have had no reflection in this process. In addition to the gaps and deficiencies in the procedural and substantive rules, the culture of the institutions of the criminal justice (police, prosecutors and Court) is in such a way that victims of these crimes are not taken seriously; victim's statements about the accident are seen with suspicion and in some cases victim is known under committing crime suspect by blaming him. In this way, not only undesirable effects of the offense on the victim are not restored, but also the victimization resulting from the operation of criminal justice institutions are provided. In addition to evaluation on various dimensions of psychological support implications from female rape victims in procedural and substantive rules, this research intends to evaluate judicial interpretations and practical procedure of criminal courts in investigating these cases on criminal support of female victims in Iran's law (Faraji, Azari, 2009). With regard to the findings, in countries which begin to move toward gender equality, cross-sectional rape rate increases (Siegel, 2003: 329). The occurrence of this crime rates in neighborhoods where the number of discrete families and immigrants is high is higher than the neighborhoods where they have not such characteristics (Baron, 1987: 469). Further, at the level of interpersonal relationships, rape occurs in some cases because of misunderstanding in mutual relations. On the other hand, while the victim considers his behavior and speech normal, at the same time the committed person makes the behavior and speech of the opposite side at attack to implicit invitation to make sexual relationship (Smith, 2004, p. 168). In all these cases that have an anomic aspect, the possibility to predict and understand actions and reactions associated to sexual area reduce due to lack of a normative system. Thus, the actors remain incapable of understanding the meaning of their actions and the possibility of criminal acts including rape increases. On the other hand, there are different explanations on causes to people's crime and deviance in communities. Biological explanation for the physical defect and specific genetic status is known as causes for deviation. This attitude to nature of deviation results from a type of major existing feature in person's nature. In this regards, emphasis has been put on element of differentiation, i.e. a differentiation which can be measured and classified. In this attitude, deviation is a pathological phenomenon which can be measured and classified. In this attitude, deviation refers to a pathological phenomenon which has established in the person with a natural nature (Salimi, 2003, 2010, p. 79). In the meantime, individual factors such as weight, sex, age, blood type and genetic characteristics are used to explain the biological reasons (Kenya 1994: 63). Psychological explanation justifies the causes of deviant behaviors with deviant person's personality and mind defects and believes that some personality types more than other types tend to crime. Fear, arrogance, abnormal seeking of love, irritability, bravery, recklessness, uncertainty, fancy, credulity, suggestibility, false prejudices, suspicion, lack of moral feelings, moral insanity, deprivation and complexes refer to mental causes which are used in psychological explanation on the subject. Yet, with regard to sociological explanation, most of social deviations have rooted in social conditions and environment (Farjad, 1996, p. 22).

Psychiatric and psychological supports

Understanding the psychological and psychiatric supports from the person who has been raped in addition to considering the concept of rape in its entirety has a direct link with type of rape, because the psychiatrist is necessary to know some of the features of rape to improve the victim.

Iranian criminal justice system and support from female victims

After victory of Islamic revolution in Islamic-revolutionary policy enforcement of rules, wide changes occurred in criminal acts of Iran. Passion to establish an Islamic state of "Republic" and the enforcement of legal regulations and removal of illegal laws caused the verdicts of jurists are considered as a measure of legitimacy resolutions, under which the rules are enacted, amended or abolished. Indeed, theological treatises of great authorities and some authentic religious books which have been written in earlier times were considered as the standard to evaluate rules. In other words, the current legal opinions and fatwas that had no role in social life of people were once the legislator (Mehrpour, 1996, p. 107). Thus, without the necessary expertise and attention to the results of scientific findings and criminological debates and comparative, criminal and legal achievements in the field of fight against Islamic and revolutionary crime, it was sufficed to translate legal texts and the law on Islamic punishments enacted in 1994 in form of four books (kolyat, hudud, qisas and diya) was formed. In 1993, after a dispute between the Parliament and the Guardian Council, reforms under the Penal Code were approved by the Expediency Council. As mentioned, differential criminal policy against Women crime in criminal law, has manifested in the light of special criminalization mechanism on one hand and the intensification of punishment for perpetrators of such crimes on the other hand. Legislator of our country has not only used two above mechanisms as a coordinated and cohesive differential penal policy against women crime but also has deprived them from the same criminal protection for men against criminal attacks for their body and soul, and has provided less criminal support by deviating from the principle of equality under the Criminal Code, followed by abundant negative outcomes (Zeinali, 2003, p. 14). Crimes against persons such as murder, assault and other crimes which harm to human physical integrity are defined in criminal law and the penalties are considered to their stewards and the victims including male and female, young or old, are equally protected by law. On the other hand, Criminal legislators have paid attention to this criminological fact and have known female victim under certain conditions, of many offenses, including physical assault against them as aggravating factors and have intensified punishment of the offenders who committed offenses on individuals mentioned above.

Conclusion

Discussion on violence and rape of women and victim children and study on the ways to fight against it in a healthy community should not be made for competition and conflict between men and women, but it should be paid attention with Making Healthy moral space and improving mental status of families and society which are not possible with alignment between man and woman, because violence particularly violence against women and sexual

exploitation of women is not just an ethical dilemma rooted in education and humans' mutual behaviors, but also is a social problem followed by consequences of serious damages, thus solving it depends on modifying attitudes, habits, emotions and behaviors of both genders. Another important point to note here is that in societies where the transition from traditionalism to modernism has a strong presence, it seems that attention to three factors is required in this transition from traditionalism to modernity:

1. Correct reception of the tradition, roots, values and functions
2. Defining the modernity, transparency and its consequences in modern communities
3. The insight and thinking about the analysis of tradition and modernity and selection of their values

In fact, the value of the tradition or modernity is dependent on the insight that governs the community. Therefore, thinking and outlook to women have to change. Women in most countries, both developed countries and developing countries have had legal and social developments, but these developments are far from the original model of a healthy community. The affected women and victims in the communities should be under appropriate Criminal Code to maintain their life and identity in community. A woman who has been raped by a person or group must gain this power under the law to expose the terrible corruption and damage and not to hide it due to fear from traditions and customs. The first legal action in support from women victim is psychiatric and psychological support for women in safe houses. Women who are suffering from this scourge often committed suicide or live with the fear of this event until they are alive or their natural life is seriously impaired. Therefore, it is incumbent on legislators to approve strong support rules in helping and supporting the victim and raped women on the one hand and arrange strict penal code for perpetrators of these events who are male patients and on the other hand. Under such circumstances, it is hoped among the women victims that even if the law rejects their family, the law will take their right.

Therefore, in accordance with the resolutions of the United Nations Convention, to combat the phenomenon of sexual violence, such measures must be taken to rid the community of sexual violence. Adoption of these measures is primarily the responsibility of national legislative bodies, welfare organization, social security organization, social insurance organizations, civil society and non-governmental organizations for women.

The suggestions below are presented:

- establish training committees for women and men with family affairs specialists and consultants to enhance sexual knowledge and promote interaction and communication between men and women. This committee can be composed of volunteer professionals with the major duty on free debate around causes of violence and how to limit this kind of behavior in family relationships and relationships between men and women.
- allocate State budget to train personnel in family counseling and social affairs
- The establishment of safe houses for women and Emergency phone Center, volunteer teams of male and female guards to protect girls and women who are subjected to violence.

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