SEXUAL ABUSE AMONG ADOLESCENCE GIRLS – A REVIEW

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ABSTRACT:
Sexual Abuse: It is improper sexual activities with a child. This involved touching a child’s genitalia, making the child fondle the adult’s genitalia, intercourse, provoke, rape, showing sexual, and sexual misuse to be concluded in child assault. Surprisingly, it has been seen that the known people in the family and situated in close proximity to an adolescent girl’s house are most of the time responsible for such a sexual abuse. In the present Sexual abuse in adolescent girls is reviewed. Literature review demonstrated the familiarity of the scholar with the topic of research. It developed a theoretical framework and methodology for the research. It helped the researcher to position her/himself in relation to other researchers and theorists. It helped to show how the researcher addresses the gap or contributes to the sexual abuse among adolescent girls. The researcher felt urgent need of structured teaching program, which he thinks will be one of the effective strategy in gaining more knowledge and skills regarding self-defense technique among adolescent girls.

Key Words: Prevention, sexual abuse, adolescence girls.

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**Introduction:**

Literature review is an integral part of any research. In this article, the previous researches conducted on the same topic or related topics, are reviewed. It helped to show how the researcher addresses the gap or contributes to the sexual abuse among adolescent girls.

Adolescent girls in particular may encounter more unwanted or insistent sexual advances as they physically mature and begin to assume a sexual identity. They may also face increased social criticism if they do not adhere to, and comply with; expected gender roles and this can lead to circumstances in which girls are sometimes blamed for their own victimization. Experiences of sexual violence experienced during childhood or adolescence hinder all aspects of development: physical, psychological and social. The literature review related to the problem is discussed in the following three sections:

1. **Literature associated to the prevalence of sexual abuse.**
2. **Literature related to knowledge and skills on sexual abuse.**
3. **Literature related to effectiveness of self-defense training module.**

**1. Literature associated to the prevalence of sexual abuse.**

Saewyc, Elizabeth & Pettingell, Sandra & Magee, Lara. (2003). Sexual abuse is a profound stressor that complicates the development and health of adolescents, yet its prevalence has been difficult to estimate among adolescents in school populations. Findings indicate that sexual abuse was reported by both boys and girls and among students of all ethnic groups. Approximately 10% of adolescents reported sexual abuse in each cohort, with girls 5 times more likely to report abuse than boys. Ethnic variation was minor, with African American, Native American, and Hispanic teens slightly more likely to report abuse than White or Asian American youth. School nurses should routinely assess for a history of sexual abuse in adolescents and should be prepared to provide support and referral for abused students and their families. Veldwijk, Jorien & Proper, Karin & Hoeven-Mulder, Henriette & Bemelmans, Wanda. (2012). Studies among adults show an association between abuse and Body Mass Index (BMI) status. When an aberrant BMI status as a consequence of abuse is already prevalent in adolescence, early detection and treatment of abuse might prevent these adolescents from developing serious weight problems and other long-term social, emotional and physical problems in adulthood. Therefore, this study investigated the prevalence of physical, sexual and mental abuse among adolescents and examined the association of these abuse subtypes with BMI status. In total, data of 51,856 secondary school students aged 13–16 who had completed a questionnaire on health, well-being and lifestyle were used. BMI was classified into four categories, underweight, normal weight, overweight and obesity. Adolescents reported if they had ever been physically, sexually or mentally abused. Crude and adjusted General Estimation Mental abuse was reported by almost half of the obese adolescents and associated with underweight, overweight and obesity. Longitudinal analyses are recommended to explore the causality of and the mechanisms explaining this association between abuse and overweight.

Manyike, P. & Chinawa, Josephat & Aniwada, Elias & Odetunde, Odtoluta & Chinawa, Awoere. (2015). Child sexual abuse among adolescents is an often overlooked issue in pediatrics, yet it is a major cause of low self-esteem and stigmatization in adolescents. The objective of this study was to determine the socioeconomic determinant and pattern of child sexual abuse among adolescent attending secondary schools in South East Nigeria. This was a cross-sectional study that was carried out among children in three secondary schools in Enugu and Ebonyi states of Nigeria. Five hundred and six adolescents who met inclusion criteria were consecutively recruited into our prospective study between June and October, 2014. One hundred and ninety nine (40 %) of the respondents had been abused and the commonest form of abuse was to look at pornographic pictures, drawings, films, videotapes or magazine 93(18.4%). Fifty eight (11.5%) adolescents stated that they were abused once with age at first exposure being 7-12 years 57 (11.4%). When grouped together, family members and relatives are perpetrators of child sexual abuse. There was significant difference in sex abuse between males and females (p=0.014) while there were no significant difference for age (p=0.157) and social class (p=0.233). Overall prevalence and one time prevalence rates of sexual abuse among adolescents in south east Nigeria was 40% and 11.5% respectively with male perpetrators. There is no link between socioeconomic class, age and child sexual abuse among adolescents.

Sobti, Praveen & Biswas, Gautam. (2008). The perpetrators of sexual abuse were males for 132 subjects of both genders. In 56% (96 subjects), the time of abuse was between 2 and 10 pm. Forty-one subjects (23%) currently experience abuse memories in the form of unwanted scenes flashing in dreams, difficulty in maintaining relationships, feeling of guilt, fear, or nausea when touched, and disturbing sexual thoughts, alone or in
combination. These results provide baseline information on the prevalence and type of sexual abuse among adolescents. Abuse involved both genders, but the perpetrators were male. For nearly one fourth of the students the incident seems to have left a long-term psychological impact on the victim.

2. Literature related to knowledge and skills on sexual abuse.
Evelin, M. Euser et al. (2013) conducted a Meta-analysis study on current prevalence rate of sexual abuse among girls. They collected a data since 1992 and reviewed among adolescent girls age between 13 to 19. These six studies suggest that overall prevalence rate. Jaspreetkaur, & Bala, Ritu & Sobiya, J. (2015). The study was conducted to assess Effectiveness of Structured Teaching Programme on Knowledge Regarding Sexual Abuse among Adolescent Girls in Selected Schools, District Jalandhar, Punjab, 2014. Data was collected by interview schedule. Among adolescent girls, majority of the sample subjects had average knowledge regarding sexual abuse. Bowman, Katherine. (2008) Sexual abuse researchers are faced with many challenges. This article begins with a discussion of the theoretical underpinnings of topic sensitivity and describes difficulties specific to the study of childhood sexual abuse among adolescent mothers. In the last part of this article, suggestions for diminishing the difficulties and factors to consider when planning future studies are discussed. The aim of this article is to prepare novice researchers for the challenges that may occur while studying childhood sexual abuse among adolescent mothers and provide them with solutions to consider when they encounter such challenges. Seloiilwe, Esther & Thupayagale-Tshweneagae, Gloria. (2009). The presence of sexual abuse among societies in Botswana is a phenomenon whose occurrence is usually denied albeit the police report on it and legal frameworks have been established to combat it. Several factors influence the concealment of sexual abuse among adolescent girls, which includes cultural factors and social status of the perpetrators. Two case studies using a discovery method were used to explore the phenomenon under the study. The findings of the study indicated that sexual abuse and violence have profound mental health consequences including guilt, anxiety, depression and anger. Future research is suggested to explore this problem on a wider scale and develop interventions that can assist victims and perpetrators to cope with the situation.
Auslander, Wendy & McMillen, J. & Elze, Diane & Thompson, Ron & Jonson-Reid, Melissa & Stiffman, Arlene. (2002). Adolescents in foster care present with multiple psychosocial and mental health problems that individually are associated with increased risk for HIV infection. However, few studies have examined empirically the interrelationships among these problems and HIV risk behaviors in this population. This study examined the sexual abuse histories and mental health problems among 343 youths in foster care to determine their association with HIV-risk behaviors and behavioral intentions. Results indicated that 25% reported internalizing behaviors (withdrawn, somatic complaints, depressed) and 28.3% reported externalizing behaviors (delinquent and aggressive behaviors). Of the sample, 37% reported some form of prior sexual abuse. Multivariate analyses using simultaneous entry of variables indicated that controlling for demographic variables and behavioral intentions, externalizing behaviors showed the strongest relationship with HIV-risk behaviors. Likewise, in the multivariate model, it was most strongly associated with behavioral intentions. Moreover, there was a significant race-by-gender interaction, with White females engaging in more risky behaviors than their male counterparts and youths of color.
R. Shashikumar, R C Das (2012) conducted a non-experimental study on elements associated with girl child sexuality. Study carried out in two educational schools of both sexes in Goa. Total study sample was 642. It composed 357 (61.93%) adolescent girls and 229 (39.07%) adolescent boys were found.30.08% adolescent had come to know having knowledge regarding sexuality. Minimum age of primary sexual contact for adolescent girl was 14.09 years. 41.09% girls and 53.04% boys have the awareness about sex education.

3. Literature related to effectiveness of self-defense training module.
Jaspreet Kaur, & Bala, Ritu & Sobiya, J. (2015). The study was conducted to assess Effectiveness of Structured Teaching Programme on Knowledge Regarding Sexual Abuse among Adolescent Girls in Selected Schools, District Jalandhar, Punjab, 2014. Data was collected by interview schedule. Among adolescent girls, majority of the sample subjects had average knowledge regarding sexual abuse. Schwinn, Traci & Schinke, Steven & Hopkins, Jessica. (2014). though the arc of adolescent drug use in the last decade is positive, a detailed exam of female adolescent drug use is alarming. In particular, girls’ drug use often meets and in some cases surpasses boys’ use. Adolescent girls have a proclivity for particular drugs and their unique risk and protective factors warrant a gender-specific approach to prevention. A web-based drug abuse
prevention program that is visually appealing and interactive has the potential to reach girls where they socialize and spend much of their free time. Traditional prevention programs, gender-specific or otherwise, often require significant implementation and monitoring that hinder their adoption by schools and communities who serve youth. The intervention is accessible to girls as a menu of sessions embedded in a tailored website with the features that girls seek: access to entertainment news, health and beauty tips, horoscopes, inspirational quotes, chat boards, and polls. Relying exclusively on the Internet for recruitment, data collection, and intervention delivery, our presentation will detail lessons learned from recruiting a national sample of adolescent girls through Facebook (e.g., cost per enrolled girl, durations, advertising strategies). We will also discuss the advantages and disadvantages of designing a 9-session, web-based, gender-specific intervention for delivery to heterogeneous groups of adolescent girls. And, our use of telephone calls and regular mail versus texting to track and engage study participants for this longitudinal trial will also be discussed.

R. Shashikumar, R C Das (2012) conducted a non-experimental study on elements associated with girl child sexuality. Study carried out in two educational schools of both sexes in Goa. Total study sample was 642. It composed 357 (61.93%) adolescent girls and 229 (39.07%) adolescent boys were found.30.08% adolescent had come to know having knowledge regarding sexuality. Minimum age of primary sexual contact for adolescent girl was 14.09 years. 41.09% girls and 53.04% boys have the awareness about sex education.

Sharma, Anita & Magar, Kamala. (2018). Sexual abuse is a pervasive public health problem that affects all directly or indirectly causing many short- and long-term struggles for victims, families, communities and the whole social system. Although sexual abuse is growing as a major problem in community, especially among the adolescents the trend and facts have not been explored adequately. More than half (59.6%) respondents define try to rape as a sexual abuse. There was significant association between educations of respondents with awareness on sexual abuse. It is concluded that the awareness on sexual abuse is low among adolescents therefore there is need of awareness program and education to adolescents in the school and community for improving their knowledge as well as to make them aware of sexual abuse.

Conclusions:
The study concluded that there are many reasons for the growth rate in the number of sexual abuses towards adolescent girls. Some of the major reasons being lack of education, lack of knowledge, loosening up of social bonds, decreasing sex ratio, telecast of too much violence materials in the television and internet, rise in mental problems, social degradation and many other reasons are there which were found responsible for the sexual abuse in adolescent girls. The researcher felt urgent need of structured teaching program, which he thinks will be one of the effective strategy in gaining more knowledge and skills regarding self-defense technique among adolescent girls.

References:


