

**PERSONALITY DYNAMICS OF SEXUAL OFFENDERS**

**BY**

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## DECLARATION

I, Phumelele Ritta Tshabalala hereby declare that the work:

*“Personality dynamics of sexual offenders”* is my original work. Sources consulted or cited have been acknowledged in the text as well as in the list of references.

SIGNED. PR Tshabalala

DATE. 2005-02

## **DEDICATION**

This work is dedicated to my husband, Nono, my late father and mother in law, my parents, my two daughters Nqobile and Nomfundo, and my son Andile.

## **AKNOWLEDGEMENTS**

I wish to express my most sincere gratitude and appreciation to the following people for their resolute support, assistance and endless contribution to this study:

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## **ABSTRACT**

This is an exploratory study aimed at uncovering the personality dynamics of sexual offenders at Qalakabusha prison in Empangeni. Various theories were reviewed in relation to the present study. The study was carried out focusing on the offenders who have been convicted for committing rape. With the assistance of officials at Qalakabusha prison, the researcher was able to use the purposive sampling technique in selecting the respondents.

Data was collected in a series of individual interviews. In addition, the researcher also administered the Millon Clinical Multiaxial Inventory Test (MCMI-III) and the Thematic Apperception Test (TAT) to assess the personality dynamics of sexual offenders.

From the themes that emerged from the oral interviews with the research participants, it became evident that many beliefs about rape exists in the form of myths. It also became evident from the personality tests administered, as well as from the themes that emerged from the oral interviews, that through the process of socialization, males are taught to be strong, aggressive and sexually assertive. Females are taught to be submissive, passive and weak. Spurred on by this, males may resort to rape as a method of showing their power over women.

The elevations from the MCMI-III suggest that the personality dynamics of sexual offenders is characterized by delusional disorder. Clinical syndromes that were devoted were alcohol dependence, anxiety, somatoform and dysthymia with basic aggressive and antisocial, schizoid, avoidant and depressive, personality patterns. They are also dominated by schizotypal and paranoid personality pathology.

It was interesting to note similarities between the themes that emerge from the oral interviews and the scales that were elevated on the MCMI-III Test. These were aggressive outbursts and poor social relations.

With regard to the TAT test, the participant's mood and tone were characterized by hesitancy, uncertainty, conflicted anxiety, guilt and self contemptuous. The main hero was an initiator (man), who was powerful. The main theme was that of anger towards females.

Similarities also existed between the themes that emerged from the oral interviews and the TAT test administered. In both these, women were perceived as objects to be exploited, and their main needs were those of dominance, sex, aggression and recognition.

The study then made the following recommendations: There is a need for educational programs and public campaigns aimed at reducing the vulnerability to crime in all communities around South Africa, as well as rehabilitation programs, since the research has revealed some of the personality dynamics of sexual offenders. Such programmes would be cost effective and will help to reduce the cost of court hearings, should the offender be brought to trial. Incarceration of the offender whether in state hospital or prison, poses financial burden to the taxpayers. It is also recommended that there is a need for a co-ordinated effort and assistance of the diverse organizations and institutions such as prisons, business, trade unions, welfare agencies, NGO's, schools, and religious organizations to work together in combating crime in South Africa.

While less research has been conducted on male rape, This study recommended future research on male (victim) rape, since males also experience the many reactions that females experience (National Victim Center, 1991).

In the light of the above recommendations, the study concluded that rape is a crime that not only needs to be prevented but once committed, the involvement of a number of individuals, groups and organizations is needed to resolve the consequences it generates. The research also concluded that the present study made valuable contribution to our understanding of the world of the sexual offenders and was a success despite a few limitations. The understanding of the personality dynamics of sexual offenders through interviews and psychological tests, has indeed formed the basis for the development of an effective integrated prevention program at all levels, i.e. primary (preventing incidence), secondary (preventing prevalence) and tertiary levels (rehabilitation).

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# **CHAPTER ONE**

## **INTRODUCTION TO THE STUDY**

### **1.1 INTRODUCTION**

Crime in South Africa has progressively increased over the past few years. Law abiding citizens have turned to society for help in alleviating victimization suffered by crime victims. Society in turn has established the criminal justice system with its three inter-related components namely, the South African Police Services, Justice System, and Correctional Services to prevent crimes and/or deal with offences such as sexual abuse or rape.

Sexual abuse or rape is an act of violence and humiliation that happens to be expressed through sexual means (Sadock & Sadock, 2003). Rape is a felony crime in which a person is forced to have sexual intercourse without giving consent. Sexual crime leaves women, children and men with psychological and physical scars, which may never heal (Sampson, 1994). Victims are faced with the challenging job of putting the broken pieces of their lives together. Victims can experience disturbances in their daily functioning (Wrightsman & Fortune, 1993). These effects that sexual abuse have on the victims' lives and its increasing occurrence makes the understanding of the crime and its perpetrators of utmost importance. Achieving such understanding requires exposing and challenging the rape myths (Volgeman, 1990).

The experiences and effects of rape need to be explored. Also the ways, in which society shapes beliefs about sexual behavior, relationships between men and women and the gender roles that are expected to be fulfilled need to be explored.

Many people have a hard time thinking about rape, and it can be particularly difficult to imagine why someone would do something so horrific to another human being. Many theories have been put forward to explain the causes and incidence of rape. Understanding why it happens is crucial for the development of effective prevention. A more measurable response is necessary for successfully reducing of serious harm inflicted by these acts or unspeakable crime as Lewis (1994)(a) puts it.

In November 2004, the South African Government conducted its annual 16-days campaign to fight against children and women abuse in South Africa. One of the aims of this campaign is to encourage men to take a stand against domestic and sexual violence and help establish gender equality (City Press, 29 November, 2004).

## **1.2 STATEMENT OF THE PROBLEM**

This study set out to examine the personality dynamics of sexual offenders with special reference to Qalakabusha Prison in Empangeni. In the process of assessing personality dynamics of sexual offenders, the researcher attempted to examine aspects of what causes people to commit sexual offences.

## **1.3 MOTIVATION OF THE STUDY**

The statistics provided by (CJM/stats0903/rape htm) shows the following reported cases of rape in South Africa:

From January 1994 to December 2002 an average of 50 736 rapes and attempted rapes per year were reported in South Africa. During 1994 a total of 43 216 rapes and attempted rapes were reported, while statistics for 2001 indicate a total of 52

107 cases. Gauteng Province had the highest incidence of reported cases for the period 1999-2002. While the number of cases declined in 1997 (-5,6%) and 2001 (-4,4%) respectively, statistics released for 2002 indicate a 20 % increase in comparison with 2001.

It could be possible that these statistics are not accurate, but there is evidence that rape and attempted rape occurs at an alarming rate in South Africa. (SAPS: Crime Statistics, 2002).

While most rapes are not reported, the number of cases reported in South Africa has more than doubled in the recent years. The number of sexual offenders has also increased in South African prisons. This calls for better understanding of personality dynamics operating in the sexual offender's world and this research hopes to form the basis for the development of effective programmes necessary to address this problem.

#### 1.4 **AIMS OF THE STUDY**

The aims of the study are as follows:

- To explore the root causes of rape.
- To explore the offenders motives and myths about rape.
- To discover and understand the world of the sexual offenders as experienced by the offenders.
- To get a researched basis for developing the sexual offender program.

## **1.5 DEFINITION OF CORE CONCEPTS**

### **1.5.1 Rape and Sexual Assault**

Rape is the intentional unlawful sexual intercourse with a woman without her consent (Lewis, 1994)(a).

In this research rape and sexual assault will be defined as crimes of violence, they are about power and control. Rape is intercourse by force, be it physical force or psychological force, such as intimidation, threat or coercion.

Two types of sexual assault are defined:

- Sexual Assault one (I) is rape, forcible sodomy, and forcible sexual penetration, however slight, of another person's oral, anal or genital opening with any object (Lewis, 1994)(a).
- Sexual Assault two (II) is touching an unwilling person's intimate parts (defined as genitalia, groin, breast, or buttocks, or the clothing covering them) or forcing an unwilling person to touch another's intimate parts for the purpose of gratifying the sexual desire of either party. In both types these acts must be committed without consent, by force, threat, intimidation and through the use of the victim's mental or physical helplessness of which the accused was aware or should have been aware. This would include the inability of consent due to excessive alcohol or drug use (Abbey, 1991).

### **1.5.2 Crime**

Van der Walt (1982) distinguished between crime defined judicially and crime defined in a non-judicial sense.

Judicially, crime can be defined as:

“...a contravention of the law to which a punishment is attached and imposed by the state”.

*In other words, crime is any act, which is forbidden by law, and, if detected is likely to be punished.*

Non-judicially, crime can be viewed as an act of anti-social behavior, which influences the quality of life of the individual, his/her community and society at large. Van der Walt (1982) defined crime in a non-judicial sense as:

“...an antisocial act entailing a threat to and breach or violation of the stability and security of a community and its individual members”.

### **1.5.3 Victim**

In this research, a victim is a person who suffers emotional and psychological effects as a result of being raped.

#### **1.5.4 Sexual Offence**

The term sexual offence denotes those activities involving sex which are deemed to be outside law (Sampson, 1994).

#### **1.6 SCOPE AND DELIMITATION OF THE STUDY**

The study focused on the population of sexual offenders who are incarcerated at Qalakabusha Prison in Empangeni. It excluded child sexual abuse and males as victims. In the process of assessing the personality dynamics of sexual offenders, the researcher used the purposive sampling technique to select sentenced offenders who had committed rape. The researcher selected a sample of ten (10) respondents. Only male respondents constituted the sample.

#### **1.7 THE SIGNIFICANCE OF THE STUDY**

The study hoped to empower the helping professionals with knowledge and better understanding of the sexual offenders.

- The study has brought to light the root causes of rape.
- The study has contributed to the body of knowledge on rape and related issues.
- The findings will also be useful for designing and developing intervention programmes aimed at helping the sexual offender.
- The publication of this study will influence future research at other prisons in the country.

## 1.8 RÉSUMÉ

Rape is a form of sexual criminal violence. Many beliefs about rape exist in the form of myths. However, some of the beliefs that shape the way in which males have been socialized in society may lead to rape. The present study is relevant in that it is in line with the Government's annual, 16-days activism campaign against women and child abuse in South Africa. The literature explaining the causes and incidence of rape will be reviewed and presented in the next chapter.

## **CHAPTER TWO**

### **LITERATURE REVIEW**

#### **2.1 INTRODUCTION**

Theories about why offenders commit sexual offences are numerous and are varied. They range from both ends of “nature versus nurture” debate and they include biological factors, evolution, physiology, substance abuse, psychopathology as well as environmental factors such as attitudes, sex role, and power motives. Some theories suggest that there may be characteristics or behaviours of a victim that make them more vulnerable to sexual assault.

This chapter also gives relevant theoretical background to the effects of rape on the victim.

#### **2.2 THEORETICAL APPROACHES TO RAPE**

##### **2.2.1 The Psychodynamic approach**

The earliest approach that explained the occurrence of sexual abuse was Freud’s psychoanalytical theory, which derived from his clinical work with female clients who disclosed childhood sexual abuse. Freud was the first to postulate that the trauma of childhood sexual abuse resulted in later psychic damage. This was the basis of his seduction theory, which he presented along with detailed case studies at a major forum in 1896. In 1933 in his introductory lectures on psychoanalysis, Freud explained about his theories of psychosexual development in which the constructs of penis envy and the Oedipus complex are central. These theories claim that children pass through a stage of being sexually attracted to their parents. Freud (1953) argued that it is the inability to successfully resolve this

psychosexual stage of development that gives rise to the psychic damage he observed in his clients who had reported childhood abuse.

The same theoretical framework also serves to explain the behaviour of offenders in proven cases of sexual assault. For sexual assault the theory goes on to explain that offenders' behaviour is the result of castration anxiety as a result of the failure to resolve the Oedipus complex which gives rise to feelings of sexual inadequacy and the need to be sexually dominant.

The psychoanalytic approach view adult sex offenders as pathologically disturbed and sexually perverted as a result of poor psychosexual development. Other theorists that support this view are Melanie Klein and Winnicott and they further add a dimension of Object relations, particularly studying the relationship between the child and his or her mother.

### **2.2.3 The Victim Precipitation Approach**

*This approach considers offenders and victims as mutually interacting partners where the victim, through signs, eye contact, gestures and words or by being present at certain venues or being alone sometimes encourages rape. Things like accepting a ride home, responding in a friendly manner in a conversation, visiting a male friend at home may be misread or intentionally rationalised by the perpetrator as a sign of consent to sexual intercourse (Quinsey, 1984).*

### **2.2.4 The Family Dysfunction Approach**

In contrast to the psychodynamic model, which focuses on the individual psyche as the cause of sexual assault, this approach focuses on the family unit as dysfunctional.

The family dysfunction theory is widely used in the explanation of incest. In this approach the incest is seen as an overall symptom of family maladjustment and it proposes that all members of the family are responsible for causing it to occur even though apparently uninvolved, in particular the mother.

In this view the mother is seen to have failed fundamentally. Firstly, she is seen as a dysfunctional wife who does not fulfill her assigned role as a sexual partner to her husband or her nurturing role as mother and protector of her child. She does this by absenting herself either emotionally or physically from her children by working outside of the home, pursuing outside interests and activities or through illness, hospitalization and by being emotionally or sexually frigid (Hall, 1990).

Secondly, the mother's failure to provide adequate nurturing means the love-starved and seductive child turns to and accepts the sexual advances of the sex-starved father as a substitute for the mother's love.

Thirdly, both the mother and father are seen as dysfunctional adults who seek a role reversal and disintegration between generational boundaries with the child cast in the role of satisfying the sexual needs of the father.

A family in which incest is occurring is seen to be dysfunctional and it does not conform to socially approved goals or values and normal family hierarchies based on age, and sex have been destroyed. In dysfunctional family incest is utilized to reduce tension and maintain balance with the family while ensuring that the families pathology is kept a secret (Berkowitz, 1992).

#### **2.2.4 Learning Theories**

Theories, which have come to prominence in recent years, stress the importance of learning in the development of sexually abusive behaviour, and related thought processes. Wolfe (1990) indicated that offenders have generally had early

experiences of abuse (i.e. as victims) or at least some form of exposure to abusive attitudes. He argued that these experiences endow them with the potential to become abusive. Those who become sexual offenders later in life are those experiences have led them to have low self-esteem, and who tend to compare themselves with idealised others. They ruminate and retreat into fantasy life of sexual pre-occupation. Distorted thinking generated in fantasy is reinforced through masturbation and sexualised behaviour.

### 2.2.5 The Feminist Approach

With the emergence of the women's movement in the 1960s and 1970s, people began to tell their experiences of sexual assault, and so a more accurate identification of the problem became possible. The victim centred awareness prompted research and investigation in an attempt to address the key issues of sexual offending. In particular: why is it that men rape:

- why is it women and children who are primarily the victims of sexually abusive behaviours, states Abbey (1991).

He further stated that the feminist approach focuses on two aspects of sexual assault: The unequal power relationships between men and women:

- The abuser's responsibility for initiating and/or maintaining sexual assault.

The interpretation of sexual abuse as a sexual power relationship is rooted in differential gender socialization and male power in patriarchal society. It is able to broaden its focus to include the dynamics of extra-familial as well as intra-familial sexual and incestuous abuse, all of which rely on males exerting their sexual power over women.

## 2.2.6 Psychological Approaches

Psychological approaches to what causes sexual offending focussed on the abuser rather than on the victim or the family. The focus is on two levels:

- identifying the personality dynamics of sex offenders
- isolating the motivations of abusers.

The search for a personality profile of sex offenders has focussed on establishing the existence of fixed and stable personality traits that are predictive of sex offenders. A range of studies of diverse population samples has been conducted using differential research techniques and perhaps unsurprisingly, research results have been contradictory and inconclusive. Some of the personality characteristics that have been consistently identified include social introversion, feelings of masculine inadequacy and the need to exercise a high level of dominance and control in family relationships (Malamuth, 1986). Abusers have also been found to be highly adept at rationalisation and displacing responsibility and blame onto others rather than self.

## 2.3 OTHER OFFENDER RELATED THEORIES

These theories suggest that there are factors at the individual level that contribute to the likelihood of a person committing a sexual offence. The variables explored in previous research range from biological factors to personality characteristics, to attitudes and beliefs.

### 2.3.1 Evolution Theories

One of the most controversial theories to explain sexual assault is that it is the natural by-product of human evolution. This theory suggests that rape is best

understood as a means of enhancing male reproductive success, a mating strategy used by men as a viable alternative to the usual pattern of courtship (Hall, 1986).

He further argued that our male ancestors benefited from mating with as many fertile females as possible to increase their chances of impregnating one of them.

Supporters of this perspective point to studies which find that young adult males are more interested in partner variety, less interested in committed long-term relationships, and more willing to engage in impersonal sex than are young adult females.

According to Biene (1985) this theory is hotly debated, and not widely accepted by most researchers in the field. Even those who favour evolutionary explanations for modern behaviour, acknowledge that evolution alone cannot account for sexual assault or intimate partner violence.

### 2.3.2 **Physiology and Neurophysiology**

This approach suggests that the cause of sexual assault may be found in hormones and other chemicals in the body as well as head traumas or brain abnormalities. Research in this area has found a correlation between testosterone levels in humans and aggression (Reiss & Roth, 1993). There is also some evidence of an interaction with serotonin, a well-studied neurotransmitter, and aggression, impulsivity and suicidal behavior. Trauma and violence have been proven to have effects on hormones, neurotransmitters, and brain function. For example the adrenal hormones produce a state of arousal, a level of energy that allows the body to respond quickly. Studies examining brain injuries and abnormalities suggest that trauma and violence can lead to an increase in battering behavior, as well as other violent or impulsive acts.

### 2.3.3 Alcohol

Every category of aggressive acts is more common in people who have been drinking (Pernanen, 1976). Considerable evidence links alcohol and physical aggression. Alcohol use is involved in up to 75% of acquaintance rape (Koss, 1991). Research has shown that alcohol affects men's perception of women's sexual intent. Alcohol increases the likelihood that friendliness will be misperceived as sexual intent and that a man will feel comfortable by forcing sex after misreading a woman's signals (Abbey, 1996).

The relationship between alcohol and violence is complex and not completely understood. While it is very commonly involved in sexual assaults, many assaults occur in the absence of alcohol, and many people drink without engaging in violent behaviour. Clearly the use or abuse of alcohol does not entirely account for the incidence of sexual assault in our society.

### 2.3.4 Attitude and Gender Scheme

Sexually aggressive men are more likely to believe in myths about rape and that the use of interpersonal violence is an effective strategy for resolving conflict than are non-aggressive men. These sorts of beliefs may serve as rationalizations for sexual offenders, allowing them to imagine that their victim either desired or deserved to experience forced sexual acts (National Research Council, 1996). Once men have developed attitudes that support violence against women, they are likely to misinterpret ambiguous evidence as confirming their beliefs (Abbey, 1991).

## 2.4 SEX AND POWER MOTIVES

Research has confirmed that motives of power and anger are more prominent in rapist's rationalization for sexual aggression than sexual desires are (Greendlinger, 1987). Greendlinger (1987) further cites Steven Thompson's work on serial date rapists where he describes date rapists who plan out a "conquest", but do not believe it is rape, or that there is anything wrong with it. The sequence of events that typically precedes this type of sexual assault includes steps such as selecting a target, approaching and evaluating the likelihood of controlling this target, separating the target from others, and attempting to have consensual sex. If the victim resists, the rapist will use intimidation and force to get what he wants. The sexual conquest he describes is an act of domination within a sexual form.

In studies of convicted rapists Groth (1979) identified three basic patterns of rape. They are:

- Anger rape
- Power rape
- Sadistic rape

### 2.4.1 Anger rape

Anger is a feeling one has toward something or someone that hurts, it is a strong feeling of displeasure intended against anyone.

The anger rape accounts for forty percent of the rapes that occur (Berkowitz, 2000). It is characterized by physical brutality with the rapist using more force than is necessary to subdue the victim. The experience for the offender is one that is of conscious anger and rage. He experiences his rage both physically and verbally upon the victim. He often shows his contempt through abusive and

profane language. Such a rapist strikes sporadically and infrequently, because the attack will discharge his anger and relieve his frustrations for a time. His need is to hurt and degrade his victim, his weapon being sex and his motive is revenge (Berkowitz, 2000).

#### 2.4.2 Power rape

Power means having control or authority over something or someone. The power rapist seeks a sense of conquest and control. For the men, sexuality becomes a means of compensating for underlying feelings of inadequacy and serves to express issues of mastery, strength, control, authority, identity and capability. The power rapist relies upon verbal threats, intimidation with a weapon, and only uses the amount of force necessary to subdue his victim (Heise, 1994).

The power rapist tends to have fantasies about sexual conquest and rape. He may even believe that even though the victim initially resists him, that once he overpowers her, she will eventually enjoy the rape. He needs to believe that the victim enjoyed "it", and he may even ask her for a date later. Because this is only a fantasy, he does not feel reassured by either his own performance or the victim's response. He feels that he must find another victim, convinced that this victim would be "the right one." Hence, his offences may become repetitive and compulsive. He may commit a series of rapes over a short period of time.

The intent of the power rapist is to assert his competency and validate his masculinity. Sexuality is the test, and his motive is conquest (Hall, 1990).

#### 2.4.3 Sadistic rape

A sadist is a person who gets pleasure from hurting someone else.

In the sadistic rape, the rapist transforms anger and power so that aggression becomes sexual and thus eroticized for him. He finds intentional maltreatment of his victim sexually gratifying. He takes pleasure in her torment, distress and anguish, helplessness and suffering.

Sadistic rape usually involves torture and restraint. Sometimes it can take on ritualistic or other bizarre qualities. The victim's injuries will be primarily focused on the sexual areas of her body. There may be mutilation of these areas. The rapist may use some type of instrument or foreign object to penetrate his victim (Langevin, 1985).

The sadistic rapist's assaults are deliberate, calculated and pre-planned. For these men the rape experience is one of intense and mounting excitement. The rapist may find the victim's struggling with him an exciting and erotic experience. Excitement is associated with the inflicting of pain upon his victim. Hatred and control are eroticised, and he finds satisfaction in abusing, degrading, humiliating and, in some cases, destroying his captive. His intent is to abuse and torture. His instrument is sex; his motive is punishment and destruction (Cook, 1995).

## 2.5 **RELATIONSHIP CONTEXT**

The stage of a relationship between a man and a woman may affect the probability of violence. Some researchers suggest that men who rape on first or second dates may have similarities to a stranger rapist, while men who rape early in what otherwise appears to be a developing relationship may simply misperceive their partner's intent (Shortland, 1992). Once a couple has been sexually intimate, a man may be more likely to believe that he has a right to such intimacy any time he desires it. He may also make false assumptions that forced sexual encounter with a sexually experienced woman is harmless.

Variables that appear to be risk factors are man's initiating the date, paying all the expenses, miscommunication about sex, heavy alcohol or drug use and men's acceptance of traditional sex roles, interpersonal violence, adversarial attitudes about relationships and rape myths (Maulenhard, 1987).

## 2.6 SOCIETAL INFLUENCES

Another body of theories suggests that socio-cultural factors contribute to the occurrence of sexual violence. These theories suggest that our society tacitly accepts and encourages sexual violence through expectations and cultural mores, which are transmitted through our history, families, media and institutions (Brownmiller, 1975).

### 2.6.1 History

According to Brownmiller (1979) the history of our society's understanding of sexual violence has its roots in English property law. Rape entered the law as a property crime of man against woman. Women, of course, were viewed as the property. He further stated that at the end of the thirteenth century, King Edward I of England enacted the statutes of Westminster, and in doing so, he extended the same penalties to men who raped married women and those who raped virgins. Prior to that, married women who were raped were punished along with their rapists.

The law assumed marriage vows implied consent to sexual relations and men were permitted to use whatever force necessary to gain sexual access to their wives (Fagan & Browner, 1994).

The feminist's movement of the 1960s saw rape as a mechanism for maintaining patriarchy, a violent means of inducing fear in women and reinforcing their subordination to men. This perspective has shaped the way our culture defines

and understands sexual assault today. In recent years, many laws have been changed to reflect this new public concern for rape victims and devastating effects of the crime.

### 2.6.2 Family

The structure of the family seems to have an impact on the attitudes and behaviours of children raised in them. Lisak (1991) found that in his research rapists were more likely to come from families where fathers were distant parents, physically abusive, emotionally absent and generally unavailable. He further states that the relationships these men had with their mothers were often problematic although not poor. In most instances the men indicated that the mother was very domineering and controlling. These men may try to dominate and control women in an effort to reject any internalized feminine characteristics, and in an effort to resist any perceived control or domination by women.

According to Langevin (1985) violent sex offenders have been found to be more likely than other adults to have experienced poor parental child-rearing, poor supervision, physical abuse, neglect and separation from their parents. There is also some evidence that boys who have been sexually abused are more likely to be sexual offenders in adulthood.

### 2.6.3 Sexual Expectations and Rape Myths

Sexual expectations about how men and women should act in dating and intimate relationships are developed from our culture. The sexual expectations transmitted by our culture typically encourage men to feel superior, entitled, and that they should always be on the lookout for and ready to initiate sex in their relationships with women. At the same time, cultural expectations teaches women to feel responsible for setting sexual limits and the pace of sexual contact in their relationship with men (White & Koss, 1993).

Rape myths were first defined and measured by Burt (1980). Since then many researchers have examined the effects of attitudes and false beliefs on the issue of sexual assault. Rape myths typically deny the existence of sexual assault, excuse it, and minimize the seriousness of its effects. Men have been found to be more accepting of rape myths than women.

Burt (1980) concluded in her study that acceptance of rape myths is strongly related to adversarial sexual beliefs, tolerance of interpersonal violence, and gender role stereotyping.

Rape myths may function differently from men and women and there is value in exploring a more broadly defined construct of misogyny for understanding the acceptance of sexual violence towards women.

Myths are conceptions about rape and are often cited as reasons for rape, however they lack validity or have not been disproved by research. Some of the most common myths are listed hereunder (Bezuidenhout, 2004).

- **Men rape because they cannot control their sexual desires.** No research supports this. All types of women are raped whether or not they are married and whether or not the male has an active sex life.
- **Men rape for sexual gratification.** While this may be viewed as why men rape women, research indicates that some use rape to fulfil their non-sexual needs, such as the need for power. Rape is then a method of procuring power.
- **Rapists are always strangers.** Research indicates that rapists are often known to their victims. According to the Crime Information Management Centre (SAPS 1997:18), 63% of the cases (746) reported

in the Northern Cape Province during 1995 were perpetrated by people who were known to the victim before the crimes occurred. Of these, 43% were acquaintances, 16% were friends, and 4% were family members.

- **Rapists are insane.** Studies indicate that there are no major psychological differences between rapists and ordinary people (Lewis, 1994)(b).
- **Most rapes in South Africa are committed by black males on white women.** This is not true, as most rapes occur between persons of the same race. This is also the tendency reported in research carried out in the US.
- **Women encourage and/or enjoy rape.** This is totally unfounded. Research on the effects of rape on the victim indicates the contrary.
- **Women accuse men of rape to get them into trouble.** While a number of false cases are reported worldwide, these should be considered as isolated cases and not as the norm. (Bezuidenhout, 2004).

#### 2.6.4 Media

From the early days of the women's movement, feminists contended that pornography encouraged sexual aggression towards women by portraying them as nothing more than sex objects (Brownmiller, 1975). This view has been supported by other researchers in that men who are exposed to pornography in laboratory studies are more likely to be aggressive toward women, especially when a woman insults or provokes a male participant (Linz, 1992).

Media is filled with images of violence against women. Movies “marked” parental guidance on Television are filled with scenes of women being threatened, raped, beaten, tortured and murdered. Numerous studies have demonstrated the alarming effect on children watching these images. Children who watch many hours of violence on television during elementary school tend to exhibit more aggressive behaviour as teenagers and are more likely to be arrested for criminal acts as adults (Erron, 1982). Children who are exposed to violence on the screen may develop a distorted view of the real world, become desensitized to the pain and suffering of others, and learn that the world is a dangerous place. Television and movies often send the message that violence works.

## 2.7 COMMON REACTIONS AND EFFECTS OF RAPE

Although every rape survivor is unique, many will have one thing in common and that is, rape trauma syndrome. Burger (1992) identified rape trauma syndrome as a cluster of emotional responses to the extreme stress experienced by the victim during sexual assault. More specifically the rape trauma syndrome is a response to the profound fear of death that almost all survivors experience during an assault. Rape trauma syndrome occurs in three phases (Germain, 1994).

- The Acute (initial) phase, which usually lasts from a few days to a few weeks after the attack.
- The Re-organization phase, which usually lasts anywhere from a few weeks to several days after the attack.
- Reintegration phase

Each phase is characterized by particular emotional and physical symptoms that most victims experience.

## 2.7.1 Acute Phase

During this phase, the victim experiences a complete disruption of her life, responding to the fear of death. Victims may display any of a number of contrasting emotional responses (Whipple, 1987). A survivor may cry, shout, swear, laugh nervously, be silent, discuss the weather or sit calmly.

### 2.7.1.1 Response styles

Responses may vary depending on any one of the numbers of external and experiential circumstances. Responses will fall into one of the following main styles.

#### 2.7.1.2 Expressed style

When the victim uses the expressed style, she openly displays her emotions. She may be agitated and restless, talk a lot, cry, swear, shout and laugh. Any emotion is appropriate, because every person has her own unique way of responding to events in her life (Heise, 1994).

#### 2.7.1.3 Controlled style

When the victim uses the controlled style she contains her emotions. Most of the victim's energy is directed towards maintaining composure. The victim may sit calmly, respond to questions in detached, logical way and downplay their fear, sadness, anger and anxiety.

Both of these styles of emotional response reflect different ways of dealing with a crisis. A victim may also exhibit characteristics of both styles. In general the victim's initial response to rape would be shock and disbelief. Many victims may appear numb. Far from being inappropriate.

this response provides an emotional ‘time out’ during which the victim can acknowledge and begin to process the myriad components of the experience (Koss, 1995). A victim who was raped by an acquaintance may have a particular difficult time overcoming shock and disbelief (Clark, 1989). The experience of an acquaintance rape can also make a person question the trustworthiness of others in her life. If the rape was particularly terrifying or brutal, the victim may experience an extreme shock response and completely block out the rape.

Following the shock and disbelief most victims initially experience, they may experience a variety of emotions or mood swings. Victims may feel angry, afraid, lucky to be alive, humiliated, dirty, sad, confused, vengeful and degraded (Kolk, 1994). All of these responses are normal. Whatever a victim is feeling is valid because she is feeling it. It is how she expresses her reaction to the rape crisis.

### **2.7.2 Physical Concerns of Acute Phase**

Usually, the victim will report a general soreness and aches throughout her body. The victim will also report pain in specific areas of the body that were targeted during the rape. These specific pains may be the result of actual physical trauma or may be a psychosomatic response (Malamuth, 1986).

The victim will often notice disruptions in their usual sleeping and eating patterns. They may not be able to eat or sleep or may eat more than usual and be unable to stay awake. The victim may report nightmares in which they relive the rape. These may evolve into dreams in which the victim takes the violent role in some way, in effect reclaiming the control lost during rape (Koss, 1998). Although both types of dreams may upset a person, they are part of the healing process. Rape is such a traumatic event that the victim may dream about it in some way throughout her life (Johnson, 1988).

### 2.7.3 The Reorganization Phase

During the reorganization phase the victim reorganises herself and her life after the rape. Basically she learns to cope again. Mosher (1984) maintains that there are several factors that influence the victim's ability to reorganize her life after rape. These factors are as follows:

#### 2.7.3.1 Personality Structure and Coping style

People cope differently to traumatic events. Strengths and resources to cope with crisis should be assessed and how successfully she has coped with stress and trauma in the past.

#### 2.7.3.2 Support system

Assessment of whether the victim has a strong system from friends and family should be made. How these people responded to previous crisis situations is important.

#### 2.7.3.3 Existing life problems

Does this person have a drinking or drug problem? Is she experiencing a divorce or other break up? Does she have emotional or psychological problems? Even if the victim had these life problems under control prior to the rape, the trauma of rape may reactivate them.

#### 2.7.3.4 Prior sexual victimization

Assessment of whether the victim was raped previously should be done, especially within the last two years. If not so, recovery may be much more difficult.

## 2.7.4 Emotional Concerns of the Reorganisation Phase

The concerns of the victim have and may fall into any of four groups, such as:

### 2.7.4.1 Social concerns

The victim may experience some difficulty returning to pre-rape social patterns. She may feel an increased distrust towards others in general and, with male rapists involved, an increased suspicion of men in particular (Herman, 1991). A victim may have a shorter temper, or easily break into tears. Some reactions may be the result of a specific component of assault. For example, if the victim was raped while alone, she may want to be with other people constantly. If the victim was gang raped she may withdraw socially and rely on few significant others for companionship and support. The victim's social patterns after rape may depend less upon the conditions of the rape and upon the victims personality (Hall, 1986). Many victims may feel a strong need to "get away". A victim may visit parents, they may move to another environment, especially if raped at home. She may change jobs or leave school. All these reactions are 'normal' in that they represent what the victim needs to do in order to gain control over her life.

### 2.7.4.2 Psychological concerns

#### 2.7.4.2.1 *Denial*

Denial of the effects of rape, or of the rape itself: is a common reaction during the reorganization phase. Denial may be a component of the survivor's recovery, since it gives a person space to catch their breath before beginning the stressful task of processing and resolving the trauma. Denial that lasts longer than a few hours or days, however, is detrimental to recovery.

#### 2.7.4.2.2 *Depression*

Depression and a general loss of self-esteem are all common psychological reactions during the reorganization phase. These symptoms suggest that a victim has turned her anger inward, and that they have unresolved fears (Biene, 1985). Victims must be reminded that they are in no way responsible for the rape, and that nothing they did could ever justify the violence they have experienced.

#### 2.7.4.2.3 *Anxiety*

The victim may experience fearful reactions to stimuli that remind her of rape or the assailant. Phobic reactions are manifestation of anxiety (Cook, 1995). For example, if the victim was raped outdoors, she may be afraid to leave the house. If the offender had alcohol on his breath, this odour may remind a victim of rape and bring on nausea. The victims may experience panic attacks. She may experience palpitations, shaking, nausea or abdominal distress, dizziness and sweating.

#### 2.7.4.2.4 *Anger or rage*

Anger may be directed to the offender, service providers, family members, friends and criminal justice system or even at oneself. Some people may feel angry because now they "hate" someone, and they did not hate anyone before. It may seem as though the victim has lost some of their innocence (Heise, 1994). The strength of the anger is often new to victims and is often disapproved by the society.

#### 2.7.4.2.5 *Frustration*

Frustration often results from feelings of helplessness and powerlessness during the actual crime. This is especially true if the victim was unable to fight the offender off or run away or call out for help. After the crime, frustration may continue if the victim is unable to obtain information or help.

#### 2.7.4.2.6 *Confusion*

Confusion often results when victims ask themselves “why did this happen to me?” This is a question that bothers many victims. It is a question that usually has no answer. According to Cook (1995) victims may be unable to figure out “what” happened, but it is often impossible to explain “why” someone else wanted to cause them pain. Crimes often occur quickly and are chaotic, so, confusion may also be caused when victims honestly are not clear about what actually happened.

#### 2.7.4.2.7 *Guilt or self blame*

It is not unusual for a victim to blame herself when she becomes a rape victim, especially if she thinks she was doing something wrong at the time. She will think that she has contributed in the commission of the crime. For example, she may think “I was in the wrong place at the wrong time, so it was my fault”. Or, “if only I had gone straight home, this would not have happened to me”. According to Erron (1982) self-blame is especially common when no offender is found, and the victim cannot figure out who is to blame so she blames herself. For example, she would attribute the crime to the omission of certain indicator, which were symbolic to the fact that something wrong is going to happen to her.

Some victims may feel guilty if they think they should have done something differently while the crime was happening, like yelling for help or running away (Hanson, 1993). Many victims do not know that they do not have any control over what their bodies do when crime is happening.

#### 2.7.4.2.8 *Shame and humiliation*

Victims of rape may have long-lasting feelings of being dirty and those feelings would not simply “wash away”. They would feel that offenders have degraded them by making them do things that are embarrassing sexual acts. If the offender is a service provider or a family member, the victim may feel self-hatred because she thinks she is so unlovable that even her own caregivers or family members do not care about her. She may feel betrayed by those she trusted (Hanson, 1993).

#### 2.7.4.2.9 *Self injury*

Sexual abuse survivors often display an array of self-destructive behaviors. They slice their arms and thighs with knives, razors or sharps of broken glasses. They burn themselves with cigarettes, pull hair from their heads and pubic areas, walk through dark parks alone at night, pick up strangers in bars to have unprotected and anonymous sex, drive recklessly at high speeds, gamble compulsively, and or further destroy their minds and bodies with alcohol, drugs, and also attempt suicide. Sometimes they commit suicide (Fitzgerald, 1993).

The motivation to act destructively may be for punishment for the abuse she blames herself for. At the unconscious level, frighteningly self destructive sexual abuse survivor wants to turn the table on present day stand-ins for those who violated and neglected them. Unconsciously, they long to see their own terror, helplessness, impotent rage, and shock

recognition of utter reflected now on the face of someone in their lives (Kolk, 1994).

#### 2.7.4.3 Sexual Concerns

Rape may disrupt the sexual life of the victim because sex, which usually involves pleasure, was instead used as a weapon to humiliate, control and punish (Shortland, 1992). It will probably take some time for the victim to disassociate the rape from consensual sex. According to Langevin (1985) sexual acts that the offender forced the victim to do that she was not used to do will probably cause particular difficulty. She may experience physical pain during sex, have difficulty relaxing or may be generally indifferent to sex. At the other extreme, some victims may desire sex all the time. Most likely, a person's behavior will fall between these two extremes. If the victim was a virgin at the time of rape, she may have a fear of a first consensual sexual encounter. The survivor may be concerned about the partner's reaction to them.

#### 2.7.4.4 Physical Concerns

The victim may report continuing gynecological problems. If the victim was physically beaten, she may continue to experience pain. Sexually transmitted diseases are a further concern, as well as pregnancy (Brownmiller, 1975).

#### 2.7.5 Reintegration Phase

In reintegration phase, victim moves from being victim to being a survivor. With proper crisis intervention, she can emerge as stronger, more assertive person, more aware of herself and with increased self-esteem. After all, she has survived on extremely traumatic experience (Wesley, 1989).

## 2.8 **POSTTRAUMATIC STRESS DISORDER AND RAPE**

A person with posttraumatic stress disorder may experience flashbacks during the acute and recovery phase. Any of the physical senses can trigger a flashback; for example, a sound, smell, sight, taste or feel. As little as one and as many as all five of a person's senses may be heightened or irritated in a flashback. Each flashback is unique and is normal part of recovery for many victims (Johnson, 1988).

During flashback a victim may often feel as if they are reliving the trauma that affected them and can exhibit symptoms as if they are currently being attacked. For example, the victim may feel aches and pains, irritation in the area where they were injured or other symptoms as if they had just been raped. Victims may also exhibit other behaviors as if they were currently being attacked such as screaming, running, hiding, fighting, shutting down or being completely quite.

## 2.9 **RÉSUMÉ**

The literature reviewed gives more insight into the argument of this thesis. Theories about sexual offences suggest that there are a number of factors at the individual level such as biological, personality characteristic attitudes, and beliefs that contribute to the likelihood of a person committing sexual offences. Other approaches suggest that socio-cultural factors contribute to the occurrence of sexual violence. The next chapter presents the methodology to be followed in soliciting the information needed to answer the question, which initiated this investigation.

## **CHAPTER THREE**

### **METHODOLOGY**

#### **3.1 INTRODUCTION**

The aims of this study were to explore the root causes of rape, the rapists' motives, myths associated with rape, and to discover and understand the world of the sexual offender as experienced by the offender. Ultimately, the aim was to provide the researcher with an understanding of the personality dynamics of sexual offenders, that would form a basis for the development of a sexual offender program (later) based on the findings of the study. This chapter is a layout of all the procedures followed to accomplish these aims.

#### **3.2 SAMPLING**

The officials at Qalakabusha Prison had been very receptive to the idea of research being conducted on offenders. Acceptance of the researcher by the senior officials was enhanced by the aims of the research in relation to the rehabilitation programs of the offenders.

In addition, during the first two weeks prior to data collection, informal contacts and conversations with officers at Qalakabusha Prison were initiated. Comments such as the following were typical among staff members at the prison. "We are looking forward to better understanding of personalities of sexual offenders". "We are tired of rape cases".

The researcher was also provided with the opportunity to make informal contacts and conversations with sexual offenders. Time spent with these offenders

provided an opportunity for them to express themselves about their criminal offences.

The sample ( N = 10) was determined by the researcher. This means that the purposive sampling technique was used to select respondents. According to Bailey, (1999), only those respondents who best meet the purpose of the study are selected as respondents. The nature and purpose of the study was explained to the respondents.

### 3.3 **PSYCHOLOGICAL TECHNIQUES FOR DATA COLLECTION**

The following tools were used to collect data.

#### 3.3.1 **The questionnaire**

The questionnaire consisted of two main sections: The biographical inventory (section A) and the individual questionnaire (section B).

##### 3.3.1.1 **Biographical inventory**

A biographical inventory was constructed. The following information was obtained from each subject:

**Prison number**

**Age**

**Date of sentence**

**Length of sentence**

**Level of education**

**Marital status**

**Employment status (before imprisonment)**

### 3.3.1.2 Questionnaire

The questionnaire consisted of closed and open ended questions. It was designed to elicit information concerning the meaning of rape before and after sentencing, rape motives, causes of rape, how non-consenting sex is seen, and logical consequences that should be imposed by society and government on sentenced sexual offenders.

### 3.3.2 Personality Inventories

Two types of personality inventories were used that is, objective tests and projective tests.

#### 3.3.2.1 Objective test

Objective measures involve the administration of a standard set of questions or statements to which the examinee responds using a fixed set of options (Phares & Trull, 1997). For this research the objective test used was the Millon Clinical Multiaxial Inventory (MCMI – III).

#### **Millon Clinical Multiaxial Inventory**

The Millon Clinical Multiaxial Inventory (MCMI - III) is a standardized self report questionnaire that assesses a wide range of information related to clients' personality, emotional adjustment, and attitude toward taking tests. It has been designed for adults (18 years and older) who have a minimum of an eighth-grade reading level. It also focuses on personality disorders along with symptoms that are frequently associated with these disorders.

The current version, the MCMI – III is composed of 175 items that are scored to produce 28 scales divided into the following categories. Modifying indices.

Clinical Personality Patterns, Severe Personality Pathology, Clinical Syndromes, and Severe Syndromes. The scales, along with the items that comprise the different scales, are closely aligned to both Millon's theory of personality and the DSM-IV<sup>TR</sup> (1994). The MCMI- III – covers a wide range of adult pathology that assess both long-standing personality as well as clinical symptomatology (Millon, 1997).

### 3.3.2.2 Projective tests

Projective tests are those tests in which, the examiner presents to the subjects with ambiguous or neutral stimuli which of themselves do not lead responses of the testee in one direction or another. What the testee says or does in response to the sight of the stimuli is spontaneous externalized reflection or projection of thoughts, feelings, traits, aspirations, goals, fears etc (Groth and Marnat, 2003).

The tests consists of various types of more or less ambiguous stimuli such as inkblots, pictures, incomplete stories or construction material like clay. A subject is permitted to respond to these materials in a spontaneous way, just as he or she feels. There is no structuring of the situation (Rossi & Neuman, 1961). There is no influencing of the ideation of the subject beyond the basic instruction, which accompanies the introduction of the stimuli to the subject. The response of the subject is meant to be a spontaneous externalized reflection of those wishes, desires, fears, hopes, goals, likes, dislikes and other motives which form the inner structure of the personality of the individual.

- In the use of projective tests the individual is prevented from deceiving the examiner because he does not get a chance of seeing what it is that the examiner wants to find out about him or her. The tester looks at the subject's inner self, through, as it were, a back window with the defenses of the subject lowered and so, the subject does not take pauses or attitudes which hide that which the examiner wishes to measure.

In this research, the projective techniques that was used is the Thematic Apperception Test (TAT).

### **The Thematic Apperception Test**

Morgan and Murray introduced the Thematic Apperception Test (TAT) in 1935. Its purpose is for the client to reveal basic personality characteristics through the interpretation of their imaginative productions in response to a series of pictures (Phares and Trull, 1997). Although the test is designed to reveal central conflicts, attitudes, goals and repressed materials, it actually produces material that is a collage of these characteristics coupled with situational influences, and cultural stereotypes. It is also a method of inferring psychological needs for example, achievement, affiliation, power, sex, dependency etc. and it discloses how the individual interacts with the environment.

There are 31 TAT cards in all. Most depict people in a variety of situations, but a few contain only objects, one is blank. Some cards are said to be useful for boys and men, some for girls and women, and some for both genders. Murray suggested that 20 out of 31 cards could be selected for a given examinee.

#### **3.3.3 Procedure for data collection**

The present study was an exploratory research aimed at exploring the personality dynamics of sexual offenders. Face to face interviews were held with the sexual offenders who have been convicted for committing sexual offences. In addition to the oral interviews, the researcher also administered the Millon Multiaxial Clinical Inventory (MCM1-111) and the Thematic Apperception Test (TAT) in order to provide familiarity with the personality dynamics of sexual offenders.

During the first two weeks prior to data collection, the researcher held informal contacts and conversations with the officials at Qalakabusha Prison. With the assistance of the officials at Qalakabusha Prison, the researcher was also provided with the opportunity to make informal contacts and conversations with the sexual offenders. Time spent with the offenders provided them with the opportunity to express themselves about their criminal offences. Consent from the participants was obtained after the purpose of the study had been fully explained. This fulfilled the ethical responsibility of informed consent. Confidentiality regarding the information obtained from the participants was also guaranteed.

Exploratory research is critical research driven by curiosity and interest. It has the following advantageous aims:

- To satisfy the researcher's curiosity and desire for better understanding.
  - To test the feasibility of undertaking a more extensive study.
  - To develop the methods to be employed in any subsequent study.
  - To explicate the central concepts and constructs of a study.
  - To determine new hypotheses about an existing phenomenon.
- ( Babbie, 2003)

It follows the following three phases:

- A review of the related social science and other pertinent literature.
- A survey of people who have had practical experience of the problem to be studied
- An analysis of "insight- stimulating" examples.

Because exploratory research usually leads to insight and comprehensive data rather than the collection of detailed, accurate, and replicable data, it involves the use of in-depth interviews, and the use of informants. It is for this reason that the research was conducted using the sexual offenders at Qalakabusha Prison.

### 3.3.4 Techniques for data analysis

#### 3.3.4.1 Quantitative data analysis

Data from the questionnaires were quantified to facilitate analysis. It was then treated with descriptive statistics.

The results of these calculations will be presented in simple percentages and presented in chapter 4 of this research.

#### 3.3.4.2 Qualitative data

In order to obtain clarity from the respondents, the information narrated by the respondents was summarized and categorised into themes and then analyzed along the lines suggested by Giorgi (1985), who suggested the following steps in this method:

- Areas of similarities were categorized into themes.
- The information narrated by the respondents was read with a psychological perspective, and certain themes began to emerge
- The actual content of the respondent's narratives was considered appropriate and hence retained in the text.
- The researcher synthesized all transformed meaning of units into statements regarding the subject's experience. Details of the themes that came up and scored data are reported in chapter 4.

### 3.4 **RÉSUMÉ**

The procedures followed in the present study have been laid out, including the questionnaire and the psychological tests (techniques) that were used to collect data. The main strength of this research is that it encouraged self-expression from sexual offenders. The next chapter presents the analysis of data.

## **CHAPTER FOUR**

### **PRESENTATION, ANALYSIS AND DISCUSSION OF RESULTS**

#### **4.1 INTRODUCTION**

This chapter presents data collected for this study along with responses about significant findings. The responses from biographical data are presented and briefly discussed. Simple percentages and themes that emerged from individual interviews are presented, analyzed and discussed qualitatively. In addition, the following psychological tests were also used to assess the personality dynamics of sexual offenders, namely, the Millon Clinical Multiaxial Inventory (MCMI-III) and the Thematic Apperception Test (TAT).

#### **4.2 PRESENTATION OF DATA**

##### **4.2.1 Biographical information**

All participants (N = 10) in the present study were males with ages between 24 and 37 years. The mean age was 33 years. Eighty percent (80%) of the participants had gone as far as grade nine (9) as their standard of education at the time of arrest. Twenty percent (20%) of the participants had grade ten (10) at the time of their arrest. All the participants (N = 10) were single and unemployed. Their length of sentences ranged from fifteen (15) years to life imprisonment.

##### **4.2.2 Meaning of rape**

###### **4.2.2.1 Before being sentenced**

Dreyer (2002) explains that girls are vulnerable to sexual violence and this is best illustrated by the findings of a recent study of 30 000 participants conducted by the Johannesburg Metropolitan Council and local NGO's. One in four men

interviewed claimed to have had sex with a girl under the age of 18. Further, the Quantitative Research Findings on rape in South Africa, by Statistics South Africa (2000) showed that:

Four percent (4%) women (aged 15 - 49 years) interviewed nationally reported having been raped at some time during their lifetime;

Women under the age of 35 were more likely to report having been raped at some time in their life than women in older age groups; and

Of those women who reported having been raped, the majority were Africans, followed by Colored, White and Indian women.

Regarding the definition of rape before being arrested, four themes emerged. Sixty percent (60%) of the respondents indicated that they did not regard rape as a serious offence, but as something that a man can do to a woman because of a man's power and sense of domination over a woman. Men are aggressive, powerful and they fight for what they want. Females are passive, yielding and put men's needs above their own.

Ten percent (10%) of the participants defined rape as something not serious but as an act that a man can do, in order to vent out his anger and revenge over women.

Sixty percent (60%) of the respondents defined rape as a way of satisfying a man's desire for sexual gratification.

Twenty percent (20%) defined it as an adventure in life, especially after fantasizing about sex.

#### 4.2.2.2 Meaning of rape now

There were two themes that were revealed by the participant's response to the question: 'How would you define rape now?' Seventy percent (70%) of the respondents reported that rape is a violent sexual crime committed by men against women. Twenty percent (20%) of the participants defined rape as an extremely serious crime. Only ten percent (10%) of participants defined rape as forced sexual intercourse against a person's will.

All the participants reported that when anyone is convicted of any type of rape, one faces severe punishment of being incarcerated for many years in prison.

#### 4.2.2.3 Comparison of meaning of rape now and after being sentenced

It is interesting to note the difference in the meaning of rape before and after being sentenced. Before, it was not regarded as a serious crime but as a tool to display that men are more powerful than females. But after being sentenced, rape was viewed differently. It was seen as a violent and serious crime against women. This could indicate improved insight and / or a sense of remorse on the part of the offenders, due to sentencing.

#### 4.2.3 Views on sex with a non-consenting partner

Views on having sex with a non-consenting partner came up in three themes. Sixty percent (60%) of the participants reported that having sex with a non-consenting partner is wrong. A person who commits sexual abuse whether to a family member or to a non-family member, frequently or periodically, is wrong, despite what the rapist may say to the victim. They felt that no person deserves to be raped and people involved need to be stopped.

Twenty percent (20%) of the participants reported that no matter what a man's attitude towards a woman is, or what his state of mind is, no man has the right to have sex with a non-consenting partner.

Another twenty percent (20%) of the participants reported that non-consenting sex might leave the victim with unforgettable and unwanted memories as well as hatred for men. This finding gives support to the growing body of evidence attesting to the long-term adverse effects of sexual abuse as including amongst others: disturbed social adjustment, lack of self-esteem, helplessness, depression, anxiety disorder and borderline personality disorder (Wolfe, 1990). Wolfe (1990) also notes that PostTraumatic Stress Disorder as a result of rape, can be a consequence.

#### **4.2.5 Is rape a crime?**

When the participants were asked the questions: "Do you think rape is a crime"? Sixty percent (60%) of the participants agreed that rape is a crime, and that rape is considered as an act of violence rather than a sexual encounter. They further reported that crime does not pay because after being caught up by the police, you are charged, sentenced and imprisoned for years. Forty percent (40%) of the participants believed that rape is a sexual act. It happens when a man is attracted to a woman and cannot therefore control his sexual desires.

#### **4.2.6 Motivation for committing rape**

There were three themes that emerged when respondents were asked the question: 'When you committed rape, was it your own initiative or in the company of friends?' It is interesting to note that sixty percent (60%) of the respondents came up with two themes that already emerged when the respondents were asked how they defined rape before being arrested. Respondents reported that they were motivated to commit rape in the company of friends because they thought that

males are powerful, aggressive and they fight for what they want. Females are passive, yielding and put men's needs above their own.

Thirty percent (30%) attributed rape to a cultural belief in “Ukuthwala intombi” meaning a Zulu practice of forcefully abducting a girl for the purpose of marrying her.

Twenty percent (20%) of the respondents reported fantasizing about sex, as a source of motivation.

Twenty percent (20%) of the participants reported that participation in the company of friends becomes a way of coping with group subculture and for finding emotional support and personal acceptance by friends (peer pressure). In turn, joining a group of friends fosters a deviant life style, and weakens ties with the law-abiding community.

#### 4.2.7 Cause of rape

Regarding the cause of rape, four themes emerged. Forty percent (40%) of the participants reported that the cause of rape is that guys (rapists) felt the need to use violence to assert dominance or control over their victims.

Twenty percent (20%) of the participants reported their belief that 'jackrolling' (gangrape) is a popular and normal culture of gangs in many townships.

Thirty percent (30%) reported that the cause of rape is as a result of uncontrolled act of sexual gratification. Most rapes are spontaneous acts where the assailant cannot control himself.

Ten percent (10%) of the participants believe that women secretly enjoy being raped.

#### **4.2.8 What society/government should do with rapists?**

The response to what government/ society should do with a person who committed rape came up in one main theme. One hundred percent (100%) saw the necessity of people who committed rape to be removed from society for safety reasons. However, thirty percent (30%) of the participants reported that since these people have been labeled as rapists, they should be removed from society and be institutionalized in prison for rehabilitation in order to correct their deviant behavior. Twenty percent (20%) of the respondents warned against rejection and isolation by society, which pushes the stigmatized individual towards a deviant group, that is, with others who share a common fate, and this result in a self-fulfilling prophecy. To avoid the formation of such groups, the rapists should be institutionalized in prison for rehabilitation and be prepared for re-integration into society. Seventy percent (70%) of the participants felt strongly about people who cannot be rehabilitated. They suggested that there should be no place for these rapists in our society. A life sentence in prison is the correct sentence for them.

### **4.3 PSYCHOLOGICAL TESTS ADMINISTERED**

#### **4.3.1 The Millon Clinical Multiaxial Inventory**

The Millon Clinical Multiaxial Inventory (MCMI-III) is a standardized, self-report questionnaire that assesses information related to a client's personality, emotional adjustment and attitude towards taking a test. When a client scores  $> 85$  on MCMI-III protocols it indicates an elevation on that particular (Clinical Personality Patterns, Severe Personality Pathology, Clinical Syndromes and Severe Syndromes. Findings of this study indicate the following elevations on the MCMI-III protocols.

TABLE 4.1

Clinical Personality Patterns (N = 10)

| <b>Pattern</b>                    | <b>Frequency</b> | <b>Percentage</b> |
|-----------------------------------|------------------|-------------------|
| Schizoid                          | 4                | 40                |
| Avoidant                          | 4                | 40                |
| Depressive                        | 4                | 40                |
| Antisocial                        | 5                | 50                |
| Aggressive (sadistic)             | 6                | 60                |
| Passive aggressive (negativistic) | 6                | 60                |

Table 4.1 revealed the above-mentioned elevations on the MCMI-III protocols. As portrayed in the table, prominent elevation was on Aggressive, Passive Aggressive Antisocial, Schizoid, avoidant and depressive Personality patterns. According to Groth and Marnat (2003) aggressive people are socially intolerant, they are pre-disposed to aggressive outbursts which might be expressed in a callous manner with little awareness of the impact on their victims. Humiliating their victims also serves to release their own psychological pain. In this case, their aggression is directed towards women (in general) their victims are used as a target of releasing their psychological pain.

At their worst, they might express vicious, explosive, violent, and even brutal behavior. This is congruent with their elevation with antisocial personality patterns where they are often described as provocative, violent, self-centered, dominant, brutal and devious. Other persons are perceived as objects to be manipulated and controlled, and, in the case of rapists, women are controlled and manipulated as sex objects. They also express their negativism in indirect ways and have contrary behavior that has the effect of undermining the happiness of others.

Participants also showed elevations on Schizoid, Personality Patterns. The core characteristics of a person with elevations on this scale is little or no interest in other people. They are unsocialable, exclusive, passive, and distant and have few, if any friends. In the family, work, or social situations they prefer to have a peripheral role. As a result they frequently function on the margins of society. They have little self-awareness or insight into the implications of interpersonal relationships. They always feel comfortable with spending extensive periods of time alone and may have a rich fantasy life. Both Schizoids and Avoidants live solitary life, and as a result they can be obsessed with fantasies about sex.

Individuals with elevations on Avoidant personality Patterns are frequently pre-occupied with intrusive, fearful and disruptive thoughts. They perceive themselves as socially inept, and inadequate and they continually undervalue their achievements. To protect themselves from these fears, they restrict their social environments, constantly maintaining their distance and privacy. (Groth & Marnat, 2003). This is unfortunate because it undercuts future opportunities of enhancing relationships and places them in a solitary world where they are more likely to reactive memories of past social rejections. They will rely extensively on fantasy gratification of their needs for affection and anger.

Elevations were also shown on the Depressive Personality Patterns. The depressive personality style involves not merely recurrent symptoms of depression, but also an enduring pattern of thoughts, attitudes and behaviours. Clients perceive themselves as worthless, vulnerable, inadequate, guilty and they frequently engage in self criticism.

Although they crave love and support, they fail to act in ways that others find attractive and gratifying.

They displace their anger towards women who are seen as objects that are less threatening. As a result, they unconsciously attribute their unacceptable impulses, attitudes and behaviors to other people (projection).

They are also likely to express their negativism in indirect ways, for example, procrastination, inefficiency, and contrary behaviour that has an effect of undermining the happiness of others, hence, they rape. One means of coping with these feelings is to deny them and also blame other people for their misfortunes, they have little insight into how their own behaviours and attitudes cause others to reject them.

Among individuals with elevations on the Passive Aggressive along with Antisocial Clinical patterns, the angry, resentful characteristics of the Antisocial are brought out. They perceive the world as a struggle in which most situations are formed in "win-lose" terms. Thus, they frequently override their need for affection by becoming tough-minded and interpersonally superficial.

TABLE 4.2

Severe Personality Pathology (N = 10)

| Personality Pathology | Frequency | Percentage |
|-----------------------|-----------|------------|
| Schizotypal           | 6         | 60         |
| Paranoid              | 7         | 70         |

The findings of the study reveal the two elevations on the severe personality pathology as indicated in table 4.2. The central issue for persons with elevations on paranoid is suspiciousness and defensiveness combined with a feeling of superiority.

Adler (1964) has explained this as an effort to suppress feelings of inadequacy and inferiority. Adlerian theory portrays human beings as living in a concert with their social world, but perpetually striving to construct a better world. Though striving for superiority is innate and governs our adaptation to the environment throughout life, it must nevertheless be properly developed, because if not properly developed the goal of superiority can be negative and destructive. This explains why they can rape women as they regard themselves as superior to women. As a result of their feelings of superiority, they will frequently induce fear and exasperation in others. They are also terrified of being dominated and consider any sign of dependence as an indication of weakness and inferiority.

This also concurs with their elevations in schizotypal personality, as they cannot distinguish between fantasy and reality. The major characteristics of persons with elevations on Schizotypal are eccentricity, disorganization and social isolation. This would result in poor interpersonal relationships and have few if any, friends. As a result, they have empty and meaningless lives. Some are detached and emotionally bland, others are more suspicious, anxious and apprehensive, hence they have elevations on Paranoid personality. Because they are mistrustful and communicate poorly, their relationships with other people are poor.

Their inner world may be filled with vivid imaginary relationships and child-like fears and fantasies. This is true when we look at Klein's paranoid schizoid position when infant's anxieties are of paranoid kind about the very preservation of its ego. Destructive impulses and persecutory and sadistic anxieties dominate. During this position, needs and frustrations are at their crudest level, and the infant has violent fantasies against the object. Failure to master and work through this position could result in varying degrees of disturbance and superficial social adaptation and destructive feelings.

Destructive feelings that the child has for different objects stir up fears of retaliation. Inner realities shape the way the external realities are perceived so that frustrations and discomforts feel as if they are hostile, attacking forces. These early anxieties influence later object relations. Primitive object relations can be displayed by raping a female since females are regarded as bad objects. These are extreme reactions to a bad object (St Claire, 2000).

TABLE 4.3

Clinical syndromes (N = 10)

| <b>Clinical Syndrome</b> | <b>Frequency</b> | <b>Percentage</b> |
|--------------------------|------------------|-------------------|
| Anxiety                  | 7                | 70                |
| Somatoform               | 4                | 40                |
| Dysthymia                | 4                | 40                |
| Alcohol dependence       | 7                | 70                |

Data in table 4.3 reveal the elevations on the clinical syndromes as the findings of the study. Persons with elevations on the anxiety scale are usually apprehensive, and in this study, this could be related to their fear of being dominated by females and fear of losing power and control.

Freud (1953) believed that anxiety stemmed from physiological building up of libido. He also defined anxiety as a signal of the presence of danger in the unconscious. Anxiety was viewed as a result of psychic conflict between unconscious sexual or aggressive wishes and corresponding threats from the superego or external reality. In response to this signal, the ego mobilizes defense mechanisms to prevent unacceptable thoughts and feelings from emerging into conscious awareness.

According to Freud (1953) ego reacts to the threatened breakthrough of id impulses in either of the two ways:

- Repression, that is, locking the impulses from expression in conscious behavior, and
- Denial, that is, distorting it to such a degree that the original intensity is markedly reduced or deflected. They distort one's perception of reality, so as to make anxiety less threatening.

In this study, a defense mechanism that was used by 70% of the respondents was projection where they attributed their own unacceptable impulses, attitudes, and behaviors to other people or to the environment. Projection thus enables one to blame someone or something else for one's own shortcomings.

Their elevations on alcohol dependence have also predisposed them to aggression. Alcohol also affects their thought processes and behavior. According to Sadock and Sadock (2003) alcohol dependent individuals have shown a significant maladaptive behavioral changes as they display inappropriate sexual or aggressive behavior, impaired judgement, mood liability and impaired social functioning.

A relation between antisocial personality and alcohol-related disorders has frequently been reported (Sadock & Sadock, 2003). They further reported that some studies indicated that many persons use alcohol for the efficacy in alleviating anxiety.

Their elevations on dysthymia reflect low self-esteem, guilt and sadness. These individuals continuously feel socially awkward, sad, useless and filled with self-doubt. Their somatic complications might include insomnia, poor appetite, poor concentration and continuous sense of feeling tired.

Their elevations of Somatoform Clinical Syndrome are expressed in areas such as generalized pain, fatigue and multiple vague complaints. However, these typically represent psychological conflicts that are being expressed through physical means. Psychological distress and interpersonal problems are prominent. Anxiety and depression are most prevalent psychiatric conditions (Sadock & Sadock, 2003).

TABLE 4.4

Severe syndromes (N = 10)

| <b>Severe Syndrome</b> | <b>Frequency</b> | <b>Percentage</b> |
|------------------------|------------------|-------------------|
| Delusional disorders   | 6                | 60                |

The findings of the study indicated elevations on Delusional disorder under the severe syndromes as portrayed in table 4.4. Elevations on this scale indicate an acute paranoid state. These individuals are characterized by irrational but interconnected delusions, persecutory thoughts and grandiosity.

Individuals with delusional disorder use primarily the defense mechanisms of reaction formation, denial and projection. They use reaction formation as a defense mechanism against aggression, dependency needs and feelings of affection, and transform the need for dependence into staunch independence. Clients use denial to avoid awareness of painful reality. Consumed with anger and hostility and unable to face responsibility for their rage, they project their resentment and anger onto others and use projection to protect themselves from recognizing unacceptable impulses in themselves (St Clair, 2000).

Their frequent mood is hostile. They feel mistreated, betrayed and distrustful. A hypothesis relates this distrust to a consistently hostile family environment, often with an over-controlling mother and a distant or sadistic father.

The MCMI-III profiles of the participants suggest that they have characteristics of the delusional disorder with Paranoid and Schizotypal Personality disorder. They are anxious and prone to alcohol abuse. They are aggressive, antisocial as a result they have poor interpersonal relations.

#### **4.4 THEMATIC APPERCEPTION TEST (TAT)**

The Thematic Apperception Test (TAT) is a projective technique consisting of a series of pictures. TAT is described as a method of revealing dominant drives, emotions, sentiments, complexes and conflicts of personality (Murray, 1943). Special value resides in its power to expose underlying inhibited tendencies which the subject is not willing to admit, or cannot admit because he/she is unconscious of them (Groth and Marnat, 2003).

For this study, the respondents were expected to respond to boy/male cards. The findings are presented as follows:

##### **4.4.1 Tone**

The clients' tone throughout the TAT stories was on the whole hesitant, unsure and conflicted. This corresponds with the characters' inner conflicts and also the use of defense mechanisms to escape from the problems or issues facing them. Characters in their stories were usually described as powerful. These were men who were having power over women, often displaying aggression, and using projection as their primary defense mechanism. Their mood was anxious, guilty and self-contemptuous.

##### **4.4.2 Main Hero**

The main hero was a man who must always initiate sex from a woman. They believed that when a woman says no she really mean yes. The hero uses a woman

as a sex object and man having power and authority to make decisions when it comes to sexual intercourse.

#### 4.4.3 **Main Theme**

The main themes in this study were themes of loneliness in their stories. They had no stable relationships with females. They also displayed guilty feelings and this might be attributed to the fact that since they are now in prison, they regret their actions.

Aggressive conflicts were also evident in all the respondents. Themes of anxiety and insecurity were also displayed.

#### 4.4.4 **Human relationships/attitudes**

The main attitudes throughout the stories were that of anger especially towards female figures. They were regarded as objects of abuse. According to St Clair (2000) Winnicott believed that the infant develops from a relationship with a subjective object to gradually establish the capacity to relate to an object that is objectively perceived. Good-enough mothering, especially holding, allows the infant to move from fusion and merger with the mother to a state of being separate from her and capable of object relationships. When the mother's adaptation is not good enough, the cathexis of the external object is not initiated, and the infant remains isolated and lives falsely. A false self reacts compliantly to environmental demands and builds up a false set of relationships.

#### 4.4.5 **Conception of the environment (World)**

Most of the respondents viewed women as something to be exploited and used as sex objects. These can be seen as an "apprerceptive distortion of the social relationships and the dynamic factors to them". Their significant conflicts might

be between reality and fantasy or aggression and compliance, which manifest itself as rape, directed towards women.

Winnicott as cited by St Clair (2000), emphasized the environment in their formation of self, saying that the environment, when it is good enough, facilitates the maturational process of the infant. The infant depends on the provision of the mother (environment). As the infant grows he/she gradually depends less on the environment or the mother.

The conditions of the environment, whether favorable or unfavorable, shape the development of the infant. If the conditions are unfavorable, they will result in a person feeling unreal and futile and unable to be genuine in relationships. The manner in which they will deal with life stresses and problems, is through projective identification. This is another way in that the respondent is trying to defend themselves by a fantasy process of imposing their own inner world onto the external world. They are trying to relieve some of the inner anxieties and inner conflicts by externalizing them to a woman.

#### 4.4.6 Main Needs

The study suggests that the main needs of the respondents were that of dominance, sex and recognition.

Looking at the above needs, it appears, according to Winnicott's theory, that the respondents have experienced the feelings of rejection from their childhood, which is characterized by loneliness and aggression. As a result of this, the respondents seem to want to repair their situation by using sex and intimacy in a violent way, hence they rape. They see a female who is being raped as an environment that rejected them. Females are not naturally regarded as good enough mothers since the crucial factor in the environment is maternal care (St Clair, 2000). The infant will only grow and succeed in the maturational process if

there is a facilitating environment. The facilitating environment gives the infant an experience of omnipotence.

The good enough mother will sufficiently provide for the needs of the child and the mother will adapt to the changing needs of the child, and gradually, there would be a decrease in the growing child's dependence. In successful adaptation to her infant, the good-enough mother meets and fosters the omnipotence of the infant, and the infant begins to believe in an external reality. If the mother fails to provide for the needs of the child, false self will develop where the Me and Not Me is not clearly defined. False self will build false set of relationships. Because of failures in child care, the self of the child may not be true, spontaneous, or integrated. The child will be filled with various kinds of anxieties. These failures can produce individuals who have an attitude that the environment owes them something as they rejected them. They express their anger by dominating women and by inflicting pain through rape.

#### **4.4.7 Comparison of volunteered information and test data**

*With regard to the information obtained from the respondents through the oral interviews and from the personality tests that were administered, it was strikingly interesting to note the following elements which came from both the themes that emerged from the interviews, and from the personality tests that were administered. The following common elements were observed:*

- Aggression
- Anger and revenge (which was directed to women)
- Inability to form stable relationships
- Lack of trust (paranoia)
- Men are strong and powerful
- Women are weak and yielding
- Females are passive
- Women put men's needs above their own

#### 4.6 **RÉSUMÉ**

The themes and psychological tests from the interviews have been presented and analyzed. The results of the study gave support to the growing body of evidence attesting to the long-term effects of sexual abuse. However, the study is not without limitations. The next chapter points these out and makes recommendations for future research and concludes the study.

## **CHAPTER FIVE**

### **CONCLUSION AND RECOMMENDATIONS**

#### **5.1 INTRODUCTION**

This chapter concludes the present study on the basis of the literature reviewed, and makes recommendations for future research. The limitations of the study and the implications thereof will be articulated.

#### **5.2 SUMMARY OF THE MAIN FINDINGS AND THEIR DISCUSSION**

##### **5.2.1 Themes from the interviews**

From the themes, it emerged that many beliefs about rape exist in the form of myths. Through the process of socialization, males and females are taught what behavior is or not acceptable. In some societies, males for example, are taught to be in control of situations, to be strong, aggressive and sexually assertive, while females are taught to be submissive, passive and weak. Spurred on by this, males may resort to rape as a method of showing power over females.

The findings of this study are also supported by the research conducted by Davis and Lee (1996) who surveyed 244 Australian high school students aged between 14 and 16 years. They found that males were more significantly more likely to endorse myths about sexual assault. Males also had more restrictive attitudes towards women's roles, subscribed to a greater degree of sexism in dating relationships. (Beizedenhout, 2004).

It also became evident in this study that gangs of males rape women as an expression of their masculinity or their need to show power over women. This finding is supported by Herman (in Lewis, 1994)(a) who stated that a rapist may

believe that to prove being a man he needs to use force and be dominant in his sexual relationships, and that it is his right to overpower a woman.

### **5.2.2 Psychological tests administered**

The results of the personality tests administered indicated that rapists are predisposed to aggressive outbursts and are socially intolerant. Their aggression is directed towards women who are manipulated as sex objects. It also became evident that though the respondents are striving for superiority, but it is not properly developed and this results in the goal being destructive. This has contributed in them resorting to the use of defense mechanisms. Consequently, this results in them blaming someone else for their shortcomings (projection).

Test findings also revealed that most respondents had no stable relationships with females. Females are regarded as objects of abuse. They are not capable of object relationships. Their main needs were that of dominance and recognition. Some respondents had experienced feelings of rejection from their childhood, which was characterized mainly by loneliness. As a result of this, the respondents seemed to want to repair their situations by using sex in a violent way.

With regard to the information obtained from the respondents through the oral interviews and from the personality tests that were administered, it was strikingly interesting to note similarities in themes with regard to aggression, anger, revenge (which was directed to women), inability to form stable relationships, lack of trust and isolation, men perceived as strong and powerful and women perceived as weak and yielding.

#### **5.2.2.1 Summary of the MCMI-III**

The scores from the MCMI-III suggest that the personality dynamics of sexual offenders is characterized with delusional disorder. They feel betrayed and as a

result they lack trust. The MCMI-III profiles also suggest paranoid and schizotypal personality disorders and this has resulted in their poor inter-personal relationships as they cannot distinguish between fantasy and reality.

Clinical syndromes that were elevated were alcohol dependence, anxiety, somatoform and dysthymia with basic aggressive and antisocial patterns. Avoidant and schizoid patterns are also hinted at by the profile.

The elevations on severe Personality Pathology scale, high elevations on Personality disorder scale and severe syndromes suggest that their personality structure may be dysfunctional.

The scales that were elevated on the MCMI-III were :

- Schizoid
- Avoidant
- Depressive
- Anti social
- Aggressive (sadistic)
- Passive aggressive (negativistic)
- Schizotypal
- Paranoid
- Anxiety
- Somatoform
- Dysthymia
- Alcohol dependence

#### 5.2.2.2 Summary of the TAT

The participants mood and tone were characterized by hesitancy, uncertainty and conflicted anxiety, guilt and self contemptuous.

**Main Hero:**

The main hero was an initiator (man), who was powerful.

**Main Theme**

Main theme was that of anger towards females.

**Conception of the World**

Women are seen as sex objects to be exploited.

**Main Needs**

The main needs are those of dominance, sex, aggression and recognition.

The world is seen in terms of Us and Them, Us being men and being women, in conflict.

**Defence mechanisms :**

Projection and displacement.

### **5.2.3 Summary of theories**

According to Freud's Psychoanalytic theory of personality, poor psychosexual development can give rise to psychic damage to the individual and this could result into inner anxieties which are viewed as a conflict between the unconscious sexual or aggressive wishes and corresponding threats from the superego or external reality. In responding to these anxieties, the ego mobilizes defense mechanisms to prevent unacceptable thoughts and feelings from emerging into conscious awareness.

As a result, defense mechanisms are used to protect the individual from recognizing unacceptable impulses in themselves. According to Klein, the individual uses projective identification as a defense mechanisms and since they

are unable to face responsibility for their rage, anger and hostility, they eventually project their resentment onto others, for example, (by raping them). This argument is also supported by Adler's theory of striving for superiority in an effort to supplant feelings of inadequacy and inferiority. Adler argued that it is normal to strive for superiority but if it is poorly developed, it can be destructive. This according to Klein could result in individuals to be dominated by paranoid anxieties, *destructive impulses and sadistic anxieties*.

Winnicott also agrees with the learning theories where learning from the environment is emphasised. Wolfe (1990) indicated that the offenders have generally had early experience of abuse (i.e. as victims) and these experiences endow them with the potential to become abusive. Arguing in the same vein, is the Family Dysfunctional Approach, which also sees the mother as a failure in *fulfilling her role of nurturing and protecting her child*.

Furthermore, the Feminist approach also supports the findings of the study by focusing on socialization in male power in patriarchal societies. It was evident in the themes that emerged and personality tests results that most offenders viewed men as strong and aggressive, while females were viewed as weak and impulsive.

The Victim's Precipitation approach is also in line with some of the myths that *sexual offenders have about rape*.

### **5.3 LIMITATIONS OF THE STUDY**

The sample for the present study consisted of males who had committed rape against the female victim. It excluded perpetrators whose victims were males.

The present study did not focus on personal and family histories, as a result, the researcher ended up *speculating or hypothesizing about their object relationships*.

The MCMI-III that was used to gather information about personality profiles of research participants has a requirement of an eighth grade level, and that automatically excludes those offenders who did not achieve up to this level or grade.

#### 5.4 RECOMMENDATIONS

The study recommends the following:

- Further research that could focus on the personal and family histories of sexual offenders.
- An integrated programme for rape prevention (primary, secondary and tertiary) and promotion of gender equity, wellness and safety.
- Although South Africa has a National Crime Prevention Strategy (NCPS), the *starting point for any anti-crime programme* is an acknowledgement that the police alone cannot combat crime. This problem requires the co-ordinated effort and assistance of diverse organizations and institutions such as, prisons, business, trade unions, welfare organizations, schools, NGO's and religious institutions to mention a few. This means that the proposed integrated program needs to be done in consultation with the relevant stakeholders.
- Since criminals tend to inhabit their own subculture, a culture which encourages and reinforces criminal behavior, it is important to establish a public campaign for people who have committed crimes to create awareness that their behavior will result in prosecution and conviction. This recommendation is in line with the November 2004 16- days Government's campaign entitled: **Stop children and women abuse**. In one of the Sunday newspapers, the writer, Mbuyiselo Botha, had this to

say about the present 16-days campaign: “Finally, it seems beyond dispute that men across the country of all racial, religious and cultural groups as well as from government, the private sector and civil society should continue to work together to prevent men’s violence against women and to protect gender equity”. (CITY PRESS, November 29, 2004).

- Psycho-educational programmes aimed at reducing vulnerability to crime are also essential in South Africa

## 5.5 CONCLUSION

Rape is a crime which needs to be prevented but, when committed, needs the involvement of a number of individuals, groups and organizations to resolve the consequences it generates.

Educational programmes aimed at reducing the vulnerability to crime are essential in all communities around South Africa, as well as rehabilitation programs, since the research has revealed some of the personality dynamics of sexual offenders. Such programmes will be cost effective and will help to reduce the cost of court hearings, should the offender be brought to trial. Incarceration of the offender whether in a state hospital or prison, poses financial burden to the taxpayers.

The researcher can conclude that the present study made a valuable contribution to the understanding of the world of sexual offenders and was a success despite a few limitations. The understanding of the personality dynamics of sexual offenders through interviews and psychological tests, has indeed formed the basis for the development of an effective integrated prevention program at all levels i.e. primary (preventing incidence), secondary (preventing prevalence) and tertiary levels (rehabilitation). It is also hoped that the reader will gain more insight and understanding of the personality dynamics of the various types of sexual offenders.

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# **ANNEXURE A**

## **Questionnaires**

**A. QUESTIONNAIRE: BIOGRAPHICAL INFORMATION**

- 1. Identification number \_\_\_\_\_
- 2. Age \_\_\_\_\_ years \_\_\_\_\_ months \_\_\_\_\_
- 3. Your level of education \_\_\_\_\_
- 4. Your marital status

|          |  |
|----------|--|
| Single   |  |
| Married  |  |
| Divorced |  |

- 5. Your date of sentence \_\_\_\_\_
- 6. Your length of sentence \_\_\_\_\_
- 7. Employment status before sentence

|               |  |
|---------------|--|
| Employed      |  |
| Unemployed    |  |
| Self-employed |  |

**B. INDIVIDUAL ASSESSMENT QUESTIONNAIRE**

- 1. How would you define rape now?

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- 2. How did you define rape before you were arrested?

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3. Do you think rape is a crime?

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4. What should society/government do with a person who committed rape?

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5. When you committed rape, was it...

|                           |
|---------------------------|
| Your own initiative       |
| In the company of friends |
|                           |

If own initiative, what motivated you to commit the act?

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6. What do you think might be the cause of rape?

|                  |
|------------------|
| To cure HIV/Aids |
| Societal beliefs |
| Revenge          |

7. Do you enjoy having sex with an unconsenting partner?

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## **ANNEXURE B**

***Request letter for permission to conduct a study***

26 Anthony Crescent  
P/Bag X1001  
Kwa-Dlangezwa  
3886  
15 February, 04

The Area Commissioner  
Qalakabusha Prison  
EMPANGENI

Dear Sir

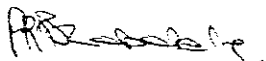
### **REQUEST TO CONDUCT RESEARCH AT QALAKABUSHA PRISON**

I am writing to request for permission to conduct research at Qalakabusha prison. This research is in partial fulfillment of the requirements for my MA (Counseling) in psychology. My research topic is entitled "A study of the personality dynamics of sexual offenders."

I hope that the results of the study will assist in the development of appropriate sexual offender programmes.

Thanking you in advance.

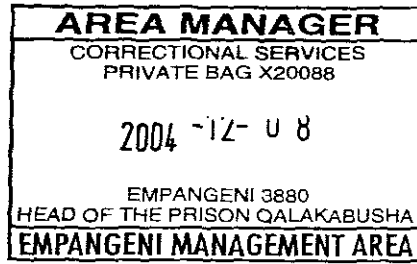
Yours sincerely



PR TSHABALALA(831129)

## **ANNEXURE C**

**Permission letter to conduct a study**



**TO WHOM IT MAY CONCERN**

This is to inform you that Mrs.PR Tshabalala (18866217) has been doing research at Qalakabusha Prison in 2004.

Her research topic was: **A STUDY OF THE PERSONALITY DYNAMICS OF SEXUAL OFFENDERS.**

We have requested her to provide us with a copy of her research findings.

I thank you.

Yours faithfully.

**V GUMEDE**

**HEAD CORRECTIONAL C.**

