

An Empirical Study on Rape Against Men and Demand for Protection

S. Hemanth

B.Com LLB (Hons)

Saveetha School of Law, Saveetha Institute of Medical and Technical Sciences (SIMTAS), Chennai
hemanth25112@gmail.com

Abstract: *Rape is a violent act of forced penetration, and men can be victims just like women. While often underreported and stigmatized, rape against men is a serious issue with lasting effects. Laws regarding rape against men vary around the world. Some countries have clear legal definitions that encompass male victims, while others lack sufficient recognition. Rape against men is a severe problem that is frequently underreported. According to studies, around one in every 33 men will suffer or attempt rape in their lives. In most cases, males are raped by women; however, the difficulty here is that people often believe that because of their manliness and masculinity, men will not be raped, and the media does not highlight such stories. The government is not even taking steps to remedy this problem; nonetheless, we ourselves speak about the concept of equality, but in this case, equality is not followed. The data is collected through a questionnaire and the sample size is 203. The convenient sampling method is adopted in the study to collect the data. The samples were collected from Friends, relations through google form in Chennai region. The independent variables are gender, age, education qualification, occupation and income. The dependent variable is the ways in which the rape against men can be reduced. The main aim of the study is to make people aware about the rape that is happening against men and to solve this problem in the society and also to provide the right to equality treated.*

Keywords: Rape, Violent, Underreported, Manliness, Men

I. INTRODUCTION

Rape is a violent act of forced penetration, and men can be victims just like women. While often underreported and stigmatized, rape against men is a serious issue with lasting effects. Laws regarding rape against men vary around the world. Some countries have clear legal definitions that encompass male victims, while others lack sufficient recognition. Rape against men is a severe problem that is frequently underreported. According to studies, around one in every 33 men will suffer or attempt rape in their lives. In most cases, males are raped by women; however, the difficulty here is that people often believe that because of their manliness and masculinity, men will not be raped, and the media does not highlight such stories. The government is not even taking steps to remedy this problem; nonetheless, we ourselves speak about the concept of equality, but in this case, equality is not followed. The Rape, Abuse & Incest National Network (RAINN) offers confidential support to victims of sexual assault 24/7 through a national hotline. You can call them at 800-656-HOPE or visit their website at RAINN: The National Sexual Assault Hotline also has a chat service available online. You can chat with a trained staff member who can provide support and information. The National Center for Victims of Crime offers support and resources to victims of crime, including sexual assault. You can visit their website at National Center for Victims of Crime. factors affecting this topic is Social Stigma and Masculinity, Underreporting and Lack of Support, manliness, and many other additional factors. A major challenge is underreporting. Social stigma and lack of awareness of resources can prevent men from coming forward, making it difficult to get a truly accurate picture of current trends. Studies like one published in BMC Public Health show a general decline in reported sexual violence against men over time, in both developed and developing countries. Statistics estimate that 1 in 71 men will experience rape or attempted rape in their lifetime [Rape of males - Wikipedia]. There's more awareness and legal recognition of male rape compared to China. The crime is prosecuted



under the same laws as rape against women. There are no official statistics on male rape. Rape law (article 236) currently only applies to female victims. A lesser charge of "forcible indecency" (article 237) can apply to male victims, but carries a lighter sentence. There have been recent legal changes to make forcible indecency gender-neutral, but rape itself is not. Comprehensive sex education programs that address consent, healthy masculinity, and bystander intervention. Public awareness campaigns that normalize men seeking help after sexual assault. Laws that clearly define rape as a crime regardless of the victim's gender. Training for law enforcement and judicial personnel to handle male rape cases sensitively. Mental health and crisis support services specifically designed for male survivors. Male-specific support groups to foster healing and community.

OBJECTIVES:

- To find out the root cause for man rape in our country
- To find out the ways in which rape against men can be reduced
- To know the reason for rape against men is still not spoken among society
- To find out the whether there are any legislation that protect men from rape

II. REVIEW OF LITERATURE:

Walker, J., Archer, J.(2005) This study extended current research by investigating the effects of rape on a non-clinical sample of men recruited from the general population by media advertising. A total of 40 male rape victims were asked to provide details of their assaults, levels of psychological disturbance, long-term effects, and reporting issues. Results revealed that most assaults had been carried out using physical or violent force, in a variety of different circumstances. All of the victims reported some form of psychological disturbance as a result of being raped. **Sandesh Sivakumaran(2007)** This article ascertains the extent to which male sexual violence is committed in armed conflict. It considers factors that explain under-reporting by victims and lack of detection on the part of others. The particular forms of male sexual violence are also examined: namely rape, enforced sterilization and other forms of sexual violence, including enforced nudity, enforced masturbation and genital violence. **Rentoul, L. and Appleboom, N. (1997)** A review of the literature reveals very little British empirical research on the psychological impact of rape upon male victims, although the studies that have been carried out provide clear evidence of a wide range of psychological consequences, both in the immediate period following the assault and in the long-term. **Javaid, A. (2016)** This paper argues that, although feminist explanations of rape are robust and comprehensive, male victims of rape have largely been excluded from this field of research. While feminism has enabled the victimisation of women to be recognised, further understanding of the victimisation of men is required. Some feminist writers (such as hooks, 2000) have argued that men's emancipation is an essential part of feminism since men are equally harmed by gender role expectations and sexism. **Light, D., & Monk-Turner, E. (2009)** This work rests on a subsample of 219 men from the 1994-1996 Violence and Threats of Violence Against Women and Men in the United States Survey. Findings from the National Violence Against Women Survey (NVAW) show that the vast majority of male sexual assault victims reported that they were not physically injured during the assault, that a weapon was not used, that there was no substance use at the time of the assault, and that penetration did not occur. Only 29% of male respondents in the NVAW sought medical or psychological help after the assault. **Anderson, C. L. (1982)** the article focuses on the psychological aftermath for sexual assault victims. A paradigm is offered, consisting of Set-up, Attack, and Aftermath phases. Male victims suffer Rape Trauma Syndrome as described for females, as well as various forms of stigmatization and secondary trauma. Differences and similarities between male and female victims are identified. Victim responses are discussed as they proceed through several stages, with implications for appropriate intervention on both the clinical and community levels. The article concludes with an extensive bibliography.

Messerschmidt, James W., and Stephen Tomsen(2014) This essay examines the link between crime and masculinity. It begins with an overview of traditional criminology that either ignored or had a skewed understanding of the nature of the crime-masculinity connection, focusing instead on biology, which often considered crime as a reflection of defective male and female bodies/identities. It then discusses the emergence of new studies on the association between



crime and masculinity, informed by social theories of gender, power, and identity. **Michelle Davies(2002)** This paper provides a selective review of the research into the prevalence and effects of male sexual assault victims. Research shows that the effects of sexual assault on adult males are often severe. This paper also outlines findings from experimental studies that have shown that reactions towards male sexual assault victims depend on both the victim's sexual orientation and the perpetrator's gender. **Donnelly, D. A., & Kenyon, S. (1996)** This research examines the effects of gender role stereotypes on the provision of services to adult, noninstitutionalized male victims of sexual assault. Thirty sexual assault crisis providers in a major Southeastern city participated in in-depth interviews focusing on their experiences with male sexual assault victims, their attitudes toward these men, and the services provided by their organizations. **Graham, R. (2006)** Sexual assault generates much attention in social research, but male victims are largely neglected by a predominantly feminist perspective that seeks to highlight the gendered nature of sexual assault as a social phenomenon. As a result there is a relative lack of empirical information on male rape, but it is possible to chart the theoretical development of male rape as a social problem as it emerges in the social research discourse. **Hillman R, O'Mara N, Tomlinson D, Harris JRW(1991)** The records of 28 male victims of sexual assault were analysed retrospectively. The mean age at time of assault was 21.7 years and the mean number of assailants was 2.8. Sixteen victims (57%) reported skin or mucosal damage and 25 (89%) sustained penetrative anal intercourse. The threat of transmission of HIV was used by the assailant in 16 cases and sexually transmitted diseases, presumed consequent upon the attack, were found in 5 (18%). **Hodge, S, Canter, D. (1998)** Two studies were conducted that explored these opposing possibilities. The first was an analysis of data collected from two sources—83 victim self-report questionnaires and review of 36 investigated police reports. The results indicated that homosexual offenders were more likely to have known their victims for some time and target those under the age of 25. Heterosexual offenders tended to attack strangers of all ages and were more likely to operate in gangs. **Pino, N.W., Meier, R.F(1999)** This paper compares male and female rapereporting behavior. Participants from National Crime and Victimization Survey data (90% female, 10% male) are much like victims of other violent crimes (25% non-white, higher than average unemployment, young, and unmarried). The data indicate that the situational characteristics of rape, and factors that influence a rape reporting decision, differ by sex. **Sarrel, P.M., Masters, W.H(1982)** The belief that it is impossible for males to respond sexually when subjected to sexual molestation by women is contradicted. Previous research indicating that male sex response can occur in a variety of emotional states, including anger and terror, are corroborated. Eleven cases of male sexual molestation by females are classified and described. A post-trauma reaction occurs in which sexual function and psychological state are affected. The men were all personally interviewed. **Stermac, L., del Bove, G., & Addison, M. (2004)** This study examined victim and assault characteristics and the nature and extent of coercion, violence, and physical injuries among adult male victims of sexual assaults. Client records of three groups presenting to a sexual assault care center were included: males assaulted by a stranger (n = 64), males assaulted by an acquaintance (n = 81), and females assaulted by an acquaintance (n = 106). Study results revealed that male victims of sexual assault tended to be young, single men who reported high rates of vulnerabilities such as homelessness and physical, psychiatric, and cognitive disabilities. **Tewksbury, R., & Mustaine, E. E. (2001)** This paper explores the role of lifestyle and routine activities in the sexual assault of adult men. Little is known about the individual factors that are associated with the likelihood of male victimization. This paper explores the role of demographics, high school experiences, lifestyle statuses, school activities, leisure activities, alcohol use, drug use and self-protective behaviors in predicting the sexual victimization of a sample of southern college/university men. Results reveal that demographics, alcohol use, drug use, and high school experiences are significant predictors of general sexual assault victimization. **Wakelin, A., Long, K.M.(2003)** this study, we examined effects of victim gender and sexuality on judgments of victims of stranger rape by a male perpetrator. Participants read a rape vignette in which victim gender and sexuality varied, and then rated the amount of blame they attributed to the perpetrator and victim. Victims were attributed more blame if their sexual orientation suggested potential attraction to the perpetrator: gay men and heterosexual women received more blame than did lesbians and heterosexual men. **West, D.J. (1987)** This book addresses sexual misconduct proscribed in British criminal law, exploring the variety of behaviors involved, their prevalence, their possible causes, victim and offender characteristics, and the consequences for all concerned. **Bell, S.T., Kuriloff, P.J. and Lottes, I. (1994)** This study examined factors that may influence attributions of rape victims. Three hundred and



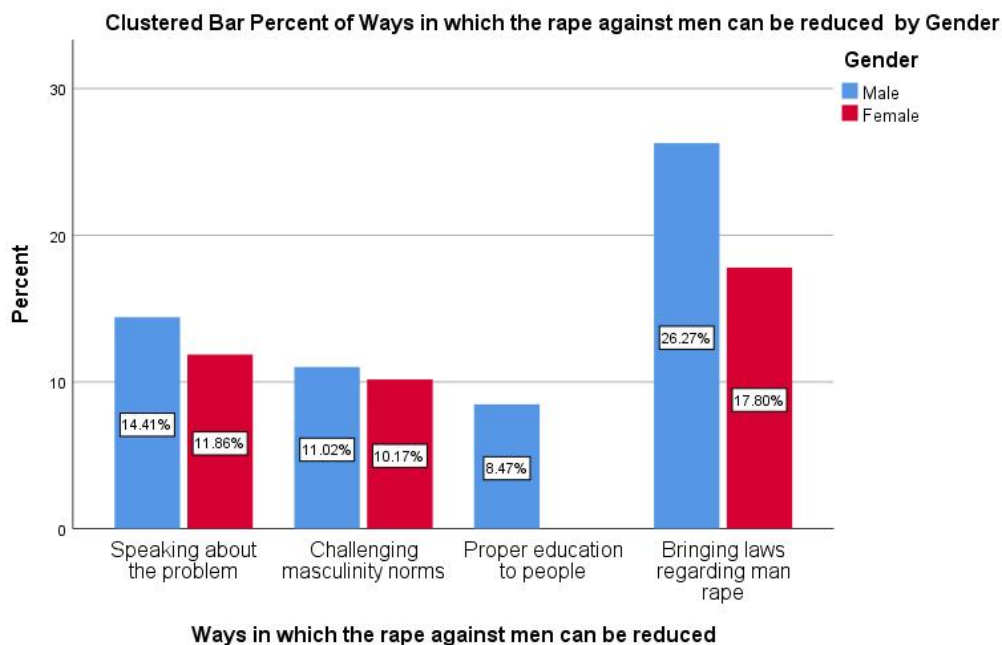
three university students completed a questionnaire, which included a measure of dispositional empathy and a vignette depicted either a date rape or a stranger rape situation. Subjects rated the extent that they blamed the rape victim as well as the degree to which they identified with the victim and perpetrator. **Best, J. B., & Demmin, H. S. (1982)** The present study provided 120 undergraduates with four hypothetical rape stories in which the victim's pre-rape behavior and attractiveness were independently varied. The results indicate that the victim's attractiveness is not a determining factor of the victim's blameworthiness when subjects are given descriptions of victim's pre-rape behavior. The results were discussed in the context of a "just world" hypothesis.

III. RESEARCH METHODOLOGY

The research method followed is Empirical research. The data is collected through a questionnaire and the sample size is 203. The convenient sampling method is adopted in the study to collect the data. The samples were collected from Friends, relations through google form in Chennai region. The independent variables are gender, age, education qualification, occupation and income. The dependent variable is the ways in which the rape against men can be reduced.

IV. ANALYSIS

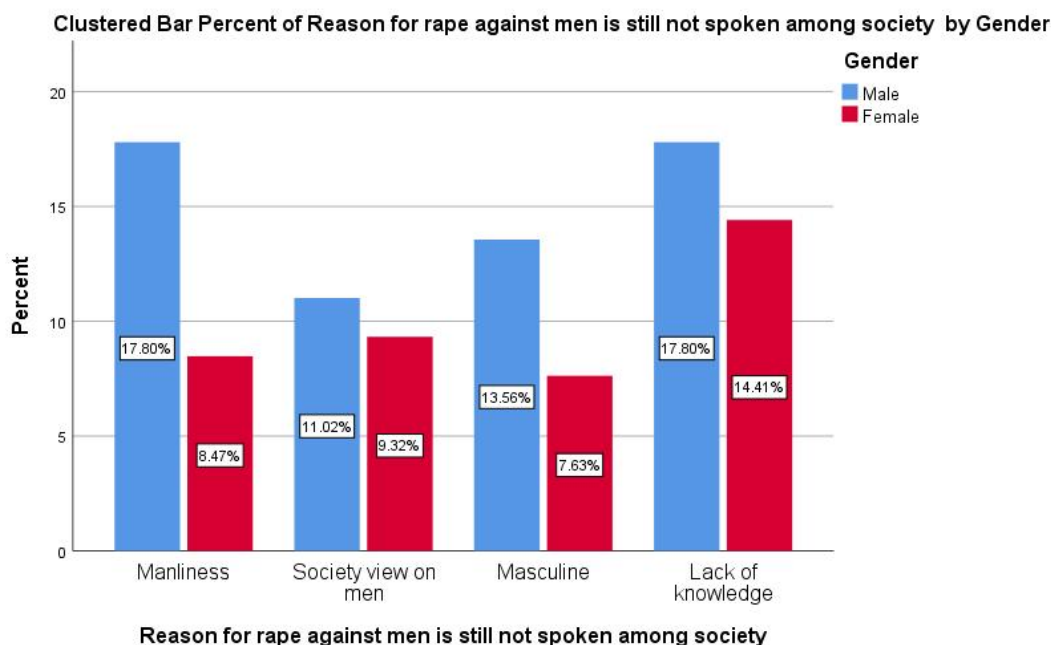
Fig1



LEGEND: The figure 1 shows the ways in which the rape against men can be reduced which is influenced by gender

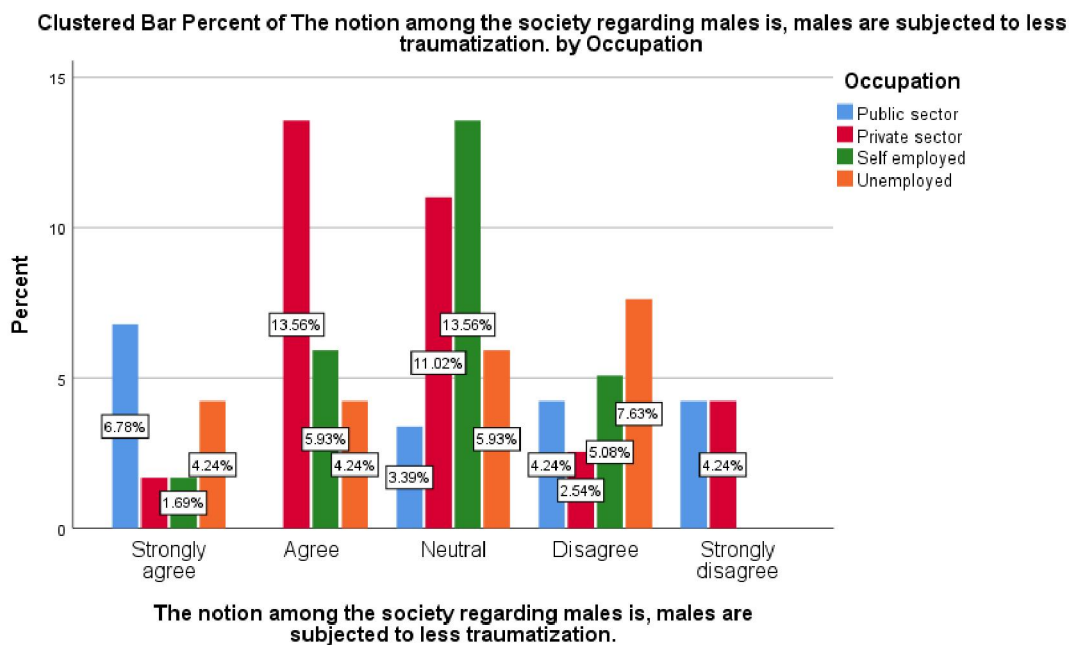


Fig2



LEGEND: The figure 2 shows the reason for rape against men is still not spoken among society which is influenced by gender

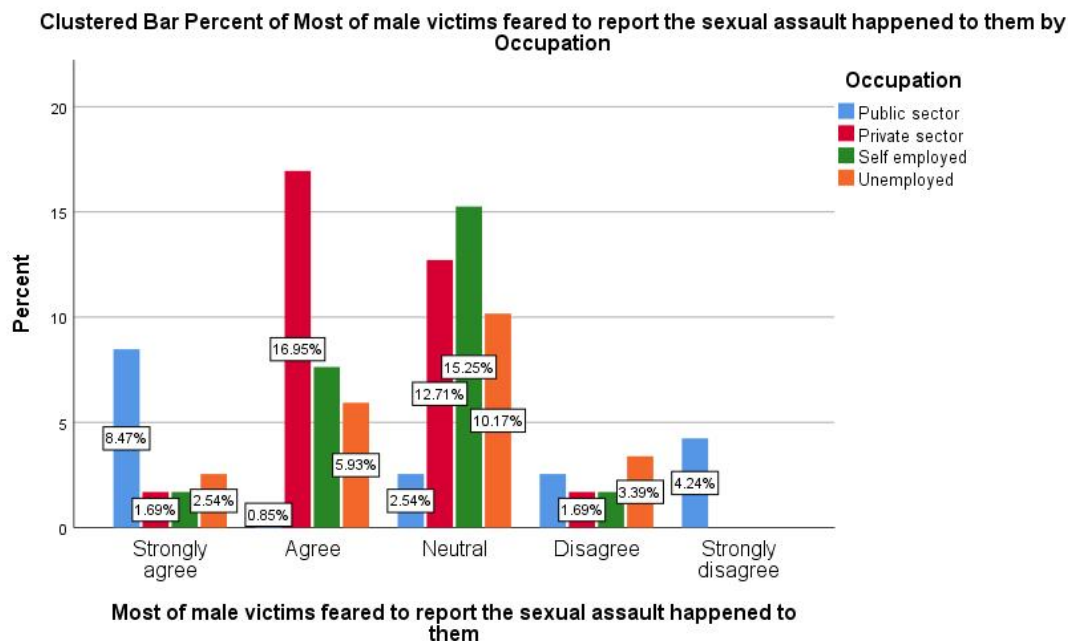
Fig3



LEGEND: The figure 3 shows that notion among the society regarding males is males are subjected to less traumatization which is influenced by occupation

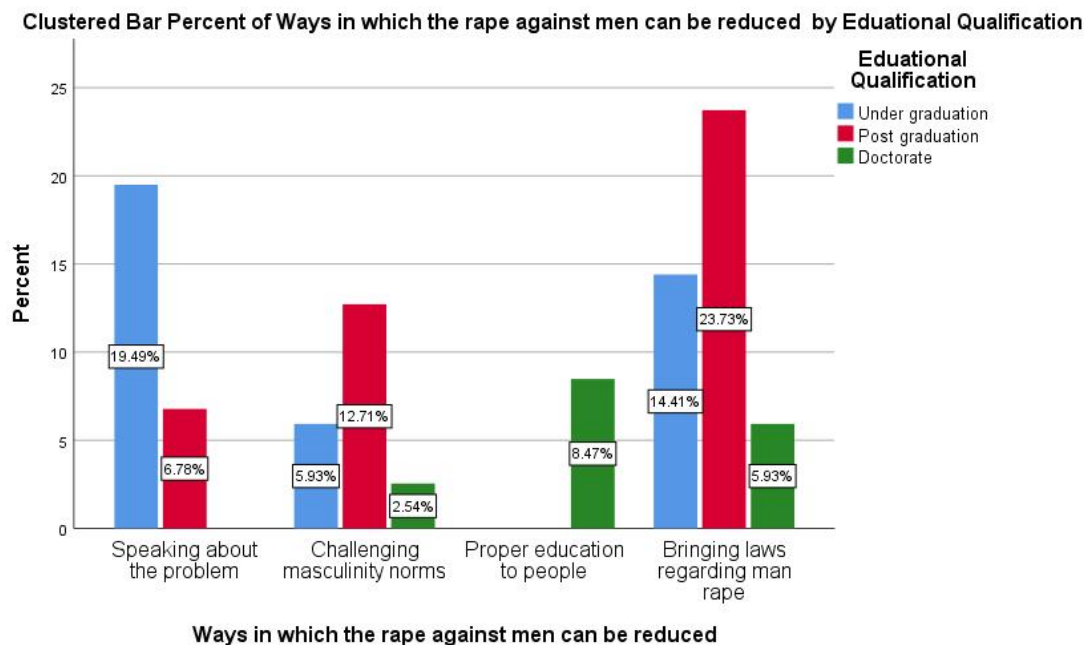


Fig4



LEGEND: The figure 4 shows that most of the male victims fear to report the sexual assault happened to them which is influenced by occupation

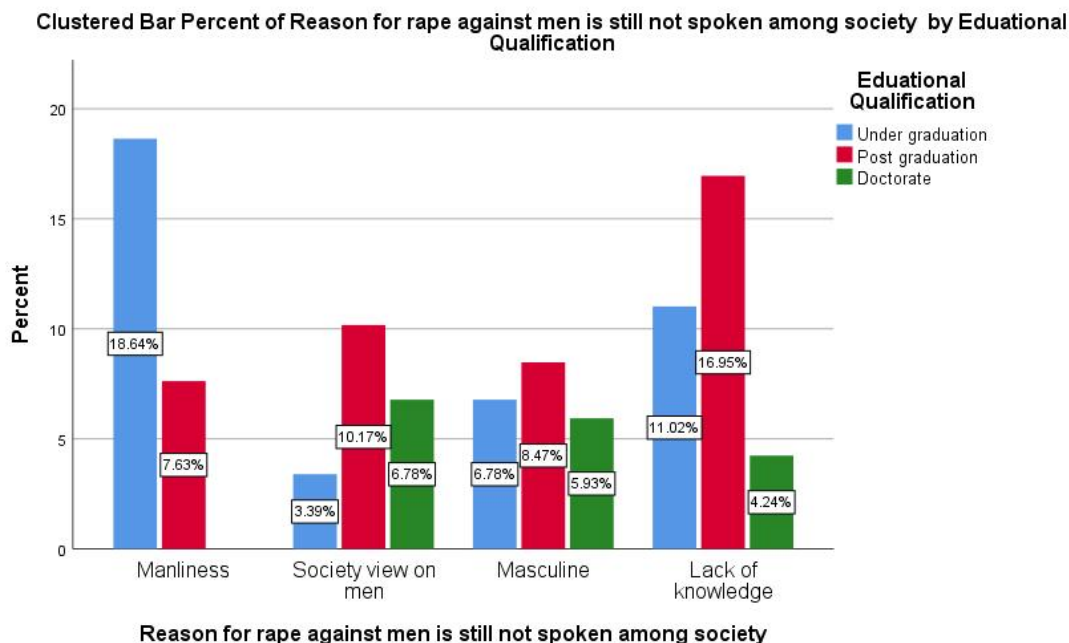
Fig5



LEGEND: The figure 5 shows that in which the rape against men can be reduced which is influenced by educational qualification

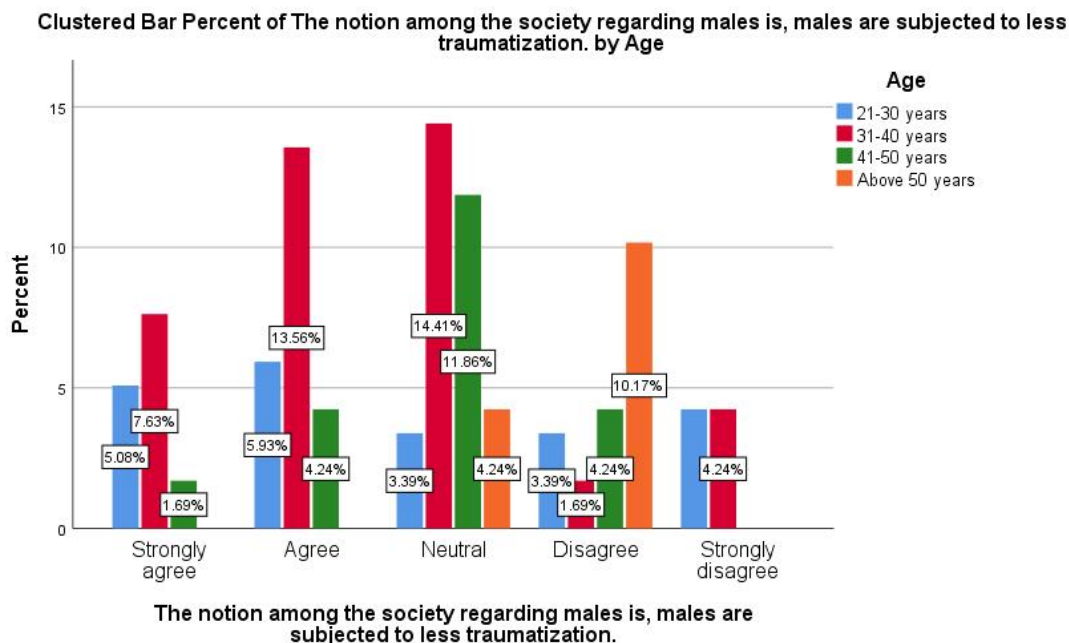


Fig6



LEGEND: The figure 6 shows the reason for rape against men is still not spoken among society which is influenced by educational qualification

Fig7

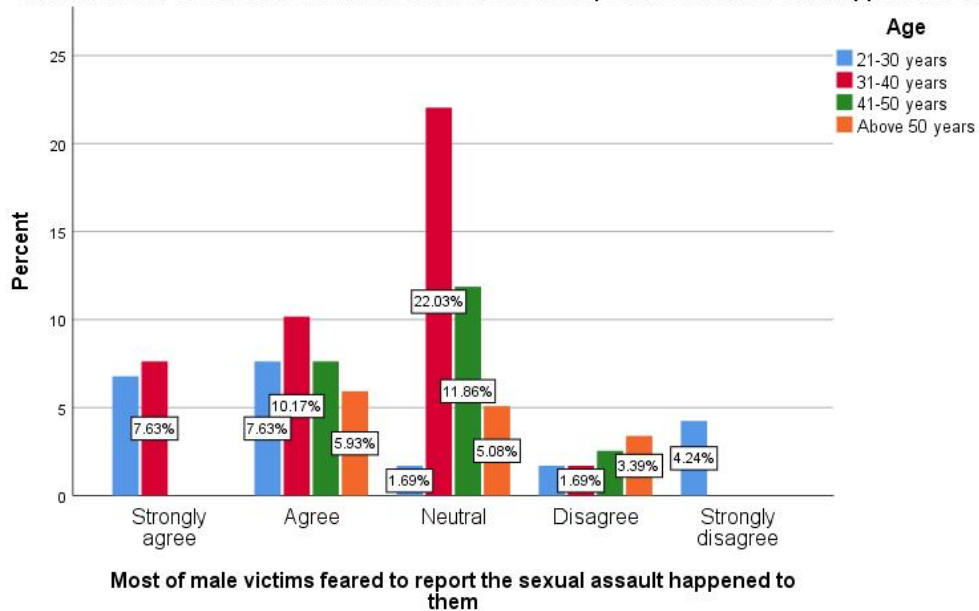


LEGEND: The figure 7 shows that notion among the society regarding males is males are subjected to less traumatization



Fig8

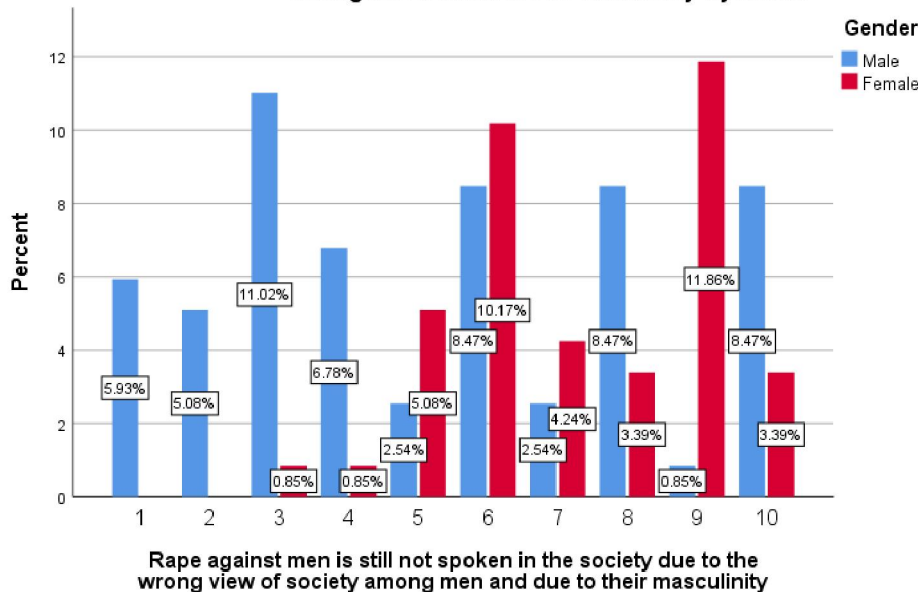
Clustered Bar Percent of Most of male victims feared to report the sexual assault happened to them by Age



LEGEND: The figure 8 shows that most of male victims fear to report the sexual assault happened to them, which is influenced by age

Fig9

Clustered Bar Percent of Rape against men is still not spoken in the society due to the wrong view of society among men and due to their masculinity by Gender

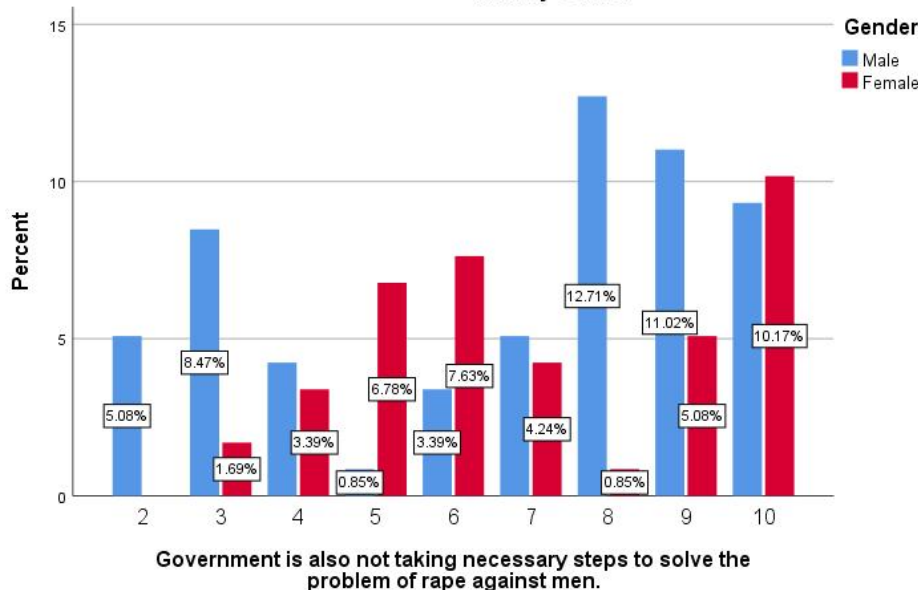


LEGEND: The figure 9 shows that rape against men is still not spoken in the society due to wrong view of society among men and due to their masculinity



Fig10

Clustered Bar Percent of Government is also not taking necessary steps to solve the problem of rape against men. by Gender



LEGEND: The figure 10 shows that Government is also not taking necessary steps to solve the problem of rape against men, which is influenced by gender

V. RESULT

From the figure 1 we could see that most of the respondents have said bringing laws regarding man rape(26.27%) as their opinion for the above graph which says ways in which the rape against men can be reduced. **From the figure 2** we could see that most of the respondents have said manliness as their opinion for the above graph which is reason for rape against men is still not spoken among society. **From the figure 3**, we could see that most of the respondents have given a agree opinion with 13.56% of respondents for the above graph which says the notion among the society regarding males is males are subjected to less traumatisatation. **From the figure 4** we could see that most of the respondents have agreed for the above statement with a 16.95% of response which says most of male victims fear to report the sexual assault happened to them. **From the figure 5**, we could see that most of the respondents have said bringing laws regarding man rape as their opinion for the above graph which is 23.73% for the statement ways in which rape against men can be reduced. **From the figure 6**, we could see that most of the respondents have said manliness as their opinion for the above graph with 18.64% of response, which is reason for rape against men is still not spoken among society. **From the figure 7** we could see that most of the respondent have given a neutral opinion for the above graph with 14.41%, which is the among the society regarding males is males are subjected to less traumatization. **From the figure 8**, we could see that most of the respondents have given a neutral opinion for the above graph, which is most of the male victims Fear to report the sexual assault happened to them. **From the figure 9** we could see that most of the respondents are given a nine scale rating for the above graph with 11.86% which is rape against men is still not spoken in the society due to the wrong view of society among men and due to their musculinity. **From the figure 10**, we could see that most of the respondents have given a 8 scale rating for the above graph with 12.71% for the statement, government is also not taking necessary steps to solve this problem against men



VI. DISCUSSION:

From the figure 1 we can come to a conclusion that In some places, rape laws might not explicitly cover male victims. Stronger legal recognition of male rape could be a way to address this gap and ensure perpetrators are held accountable. Male rape is often underreported due to stigma and societal expectations around masculinity. Clearer laws could encourage more men to come forward, leading to better investigation. **From the figure 2** we can come to a conclusion that Society often defines masculinity as strength, dominance, and emotional stoicism. This stereotype makes it difficult for men to acknowledge vulnerability, including being a victim of sexual assault. Admitting to being raped can be seen as a failure to live up to the "strong man" ideal. This fear of shame can prevent men from speaking up and seeking help. **From the figure 3**, we can come to a conclusion that most of the respondents have agreed for the above statement because Traditionally, masculinity is associated with strength and stoicism. Men are discouraged from expressing emotions like vulnerability or fear, which can make it difficult for them to come forward about being traumatized. This can lead to a perception that men experience trauma less often, even though that may not be true. **From the figure 4**, we can come to a conclusion that most of the respondents have agree for the above statement because Many male survivors worry that their reports won't be taken seriously by law enforcement, medical professionals, or even loved ones. This fear can stem from a lack of awareness about male sexual assault or misconceptions that men can't be overpowered or that they somehow provoked the assault. **From the figure 5**, we could come to a conclusion that Clear laws can help address the misconception that men can't be victims of rape. This can normalize men coming forward and reduce the stigma associated with reporting. **From the figure 6**, we can come to a conclusion that most of the respondents have said manliness as their opinion for the above graph because Masculinity is often associated with strength, stoicism, and dominance. Men are discouraged from showing emotions like vulnerability or fear. This can make it difficult for them to come forward about being raped, as it can be seen as a challenge to their masculinity. **From the figure 7**, we could see that most of the respondents have given a neutral opinion for the above graph because Traditional views may portray men as strong and unemotional, making it difficult for men to acknowledge and discuss their trauma experiences. **From the figure 8**, we can come to a conclusion that most of the respondents have given a neutral opinion for the above because Societal bias can make men worry their reports won't be taken seriously, leading to feelings of isolation and a reluctance to report. **From the figure 9**, we can come to a conclusion that most of the respondents have given a nine scale rating for the above graph. This is because Sexual assault is often portrayed as a crime against women, leading to a general lack of awareness that men can be victims too. **From the figure 10**, we can come to a conclusion that most of the respondents have given a eight scale rating for the above graph because While progress has been made, some might feel that government efforts and funding primarily focus on female victims of sexual assault. This could lead to a perception that male survivors are being neglected.

VII. LIMITATIONS

The major limitation of my study is the sample frame is very limited where it is very difficult to find out the accurate research findings . There is a major constraint in the sample frame as it is limited to a small area. Thus, it proves to be difficult to extrapolate it to a larger population. Another limitation is the sample size of 203 which cannot be used to assume the thinking of the entire population in a particular country, state, or city. The physical factors have a larger impact, thus, limiting the study. Moreover, there are difficulties faced to collect the data using google forms due to the denial of people to fill forms.

VIII. SUGGESTION

Rape against men is a serious issue, which is often under reported. people are also not much aware about the rape that is happening against men. This is because of their masculinity and due to their manliness and one of the main problem is that the government is also not taking any proper measures and there is no specific laws that protects the rape against men. So the main suggestion is that law should be properly implemented or it should be modified accordingly and equality should be followed..



IX. CONCLUSION

Rape against men shatters the myth of masculinity and leaves lasting emotional and physical scars. While reported cases are lower than for women, the stigma surrounding male sexual assault creates a culture of silence, preventing many victims from seeking help. This needs to change. We must dismantle the stereotype of the invincible male. Men are capable of experiencing trauma, and their vulnerability doesn't diminish their strength. Open conversations about consent, healthy sexuality, and the realities of male sexual assault are crucial. Educational programs can empower bystanders to intervene and help men recognize and report abuse. Building a robust support system is vital. Specialized hotlines and therapy for male survivors create safe spaces for healing. Increased training for law enforcement ensures sensitive and effective investigations. By fostering a culture of belief and support, we can encourage reporting, hold perpetrators accountable, and ultimately prevent future assaults.

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