



The Roles Of Counselor On Traumatic Experience Of Rape Victims In Rivers State, Nigeria

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ABSTRACT

This study examine The Roles Of Counselor On Traumatic Experience Of Rape Victims In Rivers State, Nigeria. Four objectives, research questions and hypotheses were posed to guide the study. Descriptive survey design was used for the study. The Population was 256 rape victims, within the scope of the research. The entire population of 256 rape victims, (Two Hundred and thirty six (236) women and twenty (20) Men was used as the sample size drawn from the communities under study and simple random sampling techniques was adopted for the study. Data for the study were collected by means of questionnaire titled Evaluating the Roles Of Counselor On Traumatic Experience Of Rape Victims questionnaire (RCTERVQ). The RCTERVQ adopted a four point rating scale of Strongly Agree to Strongly Disagree. Test-re-test method was used for the reliability test which yielded reliability coefficient of 0.86. Copies of questionnaire were distributed, and 243 were retrieved for analysis. Mean and Standard Deviation were used to answer the research questions, while z-test was used to test the hypotheses. The findings revealed that high prevalence of child rape in Port Harcourt, lack of reports on rape cases, mishandling of rape cases, child labour, children being left alone without care, men raping children for ritual purposes, indecent dressing as the causes of child rape. According to the findings, the effects of child rape in rank order include; emotional traumas, social stigma, sexual transmitted infections, termination of child' life, low academic performance, physical pains and injuries, school dropout, poor attendance to school. Based on the findings and conclusion, Recommendations made amongst others was that Exclusive counseling sessions for girls and women specially in secondary schools, tertiary institutions of learning and places of worship across the state via the country. This will help to educate students on how victims can overcome rape related traumas. The government through Ministry of Health on protection of girl child from rape in community, family and society at large should create awareness campaign programmes.

Keywords: Counselor, Rape Victims, social stigma, parental care

INTRODUCTION

Guidance and Counseling is a professional field which has a broad range of activities and services aimed at assisting individuals to understand themselves, others, school environment and attain abilities to adjust accordingly. As individuals develop through stages of life and educational attainment, they encounter problems, challenges and conflict situations.

Counsellors are among the main pillars that help their clients to prevent and maintain positive mentality, apart from psychiatrist and medical practitioners, Foa, Keane & Friedman, (2010). Counselling service is an important alternative which could help to improve the emotion and mental health of an individual,

Green (2011). Besides, counselling could offers guideline so that an individual would realize the importance of maintaining a healthy mentality as in congruent with the objective of the World Health Organization (WHO). A competent counsellor would be able to assist the traumatized victims to regain their emotional stability and improve mobility, Greenberg (2012). However, not every counsellor possesses the competency and expertise in the field of mental health and trauma particularly in recognizing the symptoms of mental disorder, diagnosing, and treating clients with mental disorder and trauma. There are cases whereby counsellors failed to diagnose accurately due to lack of knowledge in the field of mental health, mental disorder, mental illness or trauma. Counselors in virtually all settings work with clients who are survivors of trauma. Trauma can generally be defined as an exposure to a situation in which a person is confronted with an event that involves actual or threatened death or serious injury, or a threat to self or others' physical well-being (American Psychiatric Association, 2010). School counselors can be key players in promoting a trauma-sensitive environment at their schools. They are in a unique position to identify students affected by traumatic events and can provide the support and resources these students need. Certified school counselors implementing a data-informed school counseling program addressing academic, career and social/emotional development can have a positive impact at all levels of education.

Trauma is "an event in the subject's life defined by its intensity, by the subject's incapacity to respond adequately to it, and by the upheaval and long-lasting effects that it brings about in the psychical organization, Agbo, (2018). The Comprehensive Textbook of Psychiatry further defines psychological trauma as the "feeling of intense fear, helplessness, and loss of control and threat of annihilation" (Herman, 1997). Women who have experienced the trauma caused by sexual violence often show symptoms such as, anxiety, depression, negative self-image, social adjustment problems, phobia, and fear (Resick & Schnicke, 2012). Adult female victims of sexual violence often forego counseling or group support until they have exhausted their ability to manage these symptoms through their personal coping skills, which have varying levels of development and success. When and if the duration of these trauma symptoms persist and increase for longer than six month, diagnosis of Post-Traumatic Stress Disorder may be warranted (APA, 2013). Trauma has been a main worry which is related to the wellbeing of mental and physical health of human (Beck & Sloan, 2012; Brown et al, 2011; Solomon & Johnson, 2002).

Rape victims often speak of the shame that they experience. They talk of being mocked, ridiculed, denigrated, insulted, humiliated, and disparaged. When they go out in public, they risk being made fun of by villagers who parody songs in a demeaning way, using the victim's name, interrupt their conversation, or change subjects when the victim walks by, and whisper, giggle, or exchange knowing looks in her presence. Villagers may also point at the victim or stare at her with obvious disdain. A rape victim may also find that her behaviour, however ordinary, is seen as morally reprehensible and is unfairly associated with the rape, Alhassan, et al. (2013). Rape victims may no longer be able to look after or meet the needs of their children, whether for physical reasons (long convalescence from the injuries sustained, disability caused by the rape, etc.), psychological reasons (trauma, clinical depression, psychotic delirium) 4 or cultural reasons (in some societies, rape victims are not allowed to nurse or prepare food for their children). Even when they are allowed to fulfil their duties as parents, they often become irritable or aggressive towards their children.

Rape is a social malaise that conveniently finds its place among a long list of undesirable discrepant social behaviours that a developing economy like that of Nigeria has to contend with, but one hopes that with sustained public enlightenment and free but compulsory basic education at the primary education level, coupled with increased research into sundry variables that pertain to rape offenses, further escalation of rape incidents would be curtailed in due course of time, Achunike & Kitause (2014). However, rape as a concept has a cultural connotation that gives impetus to the way it is socially perceived, Ali (2018). In most Nigerian traditional cultures, sexual infidelity is viewed as a serious infraction against the established community norm of morality, hence offenders are severely punished. Unfortunately though, the punishment often prescribed is skewed in favour of the male offender while the

female victim is stigmatized forever with the possible consequences of being socially branded, divorced or neglected by the husband, where she is already married, sentenced to social ostracization that may deny her the opportunity of getting a suitor to marry where she is yet unmarried, or at times sentenced to death where the community is yet fastened to the hard core traditional ways of doing things.

Rape is the act of forcefully having sex with someone against their will. Others have defined rape as a sexual penetration by one person against another person without the consent of the victim. However victims of rape have no age limit as babies, and the aged are vulnerable to this menace. Interestingly 90% of victims of rape are female. Rape is a denial of women self-preservation; it is the intrusion of their privacy, it is an inhuman and violent act. Rape victims are usually ashamed, humiliated, afraid, and there is little or no law to protect them, Agbo (2017). Even the law enforcement officers that are meant to protect these victims also assault them in different ways, even sexually. Rape in any society is generally not new even though not in any way acceptable. Rape is a type of sexual assault against mostly women. It is forced sex which means engaging one in sexual activity without the person's consent. Rape is not just unwanted sex but also a highly traumatic experience like other serious traumas (Ayinde, 2010). It is according to Centre for Law Enforcement Education (CLEEN Foundation, 2011) a form of sexual violence with devastating psychological, social and economic impact on the victims who are predominately women. Peters and Olowa (2010) consider rape as an immoral act which is not peculiar to any nation, race, creed or gender. The trend of reoccurrence of rape in the Nigerian society today constitutes a serious phenomenal threat to human existence and dignity (Babalola, 2013). Unfortunately, available statistics and records of rape across the country are not true representation of the actual rape incidences. Partly, because most rape victims never report their experiences for fear of being stigmatize and also because government seems not to release such crime statistics for public consumption. Most perpetrators of rape go scot free because they have not been reported, victims suffer lifelong shame, threat, rejection, trauma and behavior disorders, to mention a few.

Child rape is the involvement of a child in sexual activity that he or she does not fully comprehend and is unable to give informed consent to. It includes acts forceful or otherwise of inappropriate sexual solutionarian, genital touching or foundling, exposure of a child by an older person, intercourse through oral, anal or virginal penetration and attempted intercourse. Child rape is a criminal act that the perpetrators carried out using their over whelming influence, power, intimidation and even betrayal of trust impose on them by their victims to gain personal gratification to the detriment of the child. Many reports and findings have shown that child rape occurs at home and it involves family members of the victims that could include fathers, brothers, cousins and uncles. It occurs in schools by Male and in the neighborhood by neighbor and even family friends and caregivers and other supposedly trusted individuals. Rape becomes a global nightmare among women. It traverses ages, race, colour and nationality. Nigeria has, in recent times; been confronted with increasing vices such as insurgency, abduction, violence, armed robbery and kidnapping among others; leaving women at the receiving end; Rape is a horrific experience that most women would not want to talk about hence, resulting in several unreported rape instances in the country. Rape, according to Akinde, Adewuyi and Sulaiman (2010), is a pandemic crime that is characteristically under reported worldwide. It is however, known to have high prevalence in Nigeria. This has been variously attributed social and economic disempowerment and poor or non-prosecution of sex offenders. The silent culture among women, observed to exist even among concerned interest groups and authorities in Nigeria is quite worrisome. The victims who report rape cases, receive legal assistance, medical attention and psychological help, but very difficult to handle or assist those unreported who choose to keep the incident private, because of silence does not also wipe the anger, trauma, frustration, depression, suicidal tendencies and the feeling of being cheated. The crime rape as a sexual assault among others is the most injuries that its perpetration can inflict on other individuals. These crimes are devastating, extending beyond the initial victimization of such consequences as unwanted pregnancy, sexually transmitted infections, post traumatic stress disorders, depression, anger, shock and disbelief, anxiety, lowered self esteem, self hatred, strained social relationship and to mention a few. Neikerk (2006) noted that rape victims are often dealing with much

more than rape, they are subjected to "secondary trauma", which is worse than rape itself. Immediately, after the rape, they often expressed by crying, sobbing, tenseness, nausea or restlessness Collins (2007). They could be also flooded with feelings of terror and concern for safety CLEEN Foundation (2011) noted that victims go through the same traumatic investigation demeaning trial, stigma and a similar process of recovery. Indeed, rape is a very serious form of violence that can have life-shattering effects on its victim Babalola (2013). Rape is a form of sexual violence with severe reproduction health, social and psychological implications. (Mitchal & Adenike, 2015), Sexual assault encompasses a range of acts including coerced sex in marriages and deterring relationships, rape by strangers, organized rape in war, sexual harassment (including demands of sex for jobs or school grade) and 'rape of children, trafficking of women and girls and focused exposure to pornography. This study therefore intended to investigate the Roles of Counselor on Traumatic Experience of Rape victims in Rivers State, Nigeria.

Statement of the Problem

Rape as a sexual assault has been recognized as a serious public health and social problem resulting not only in great physical, and psychological impact but also in behavioural problems to victims. Whether rapes are reported or not, the fact is that all rape victims suffer the same consequences. Severe and long-lasting emotional disorders could occur after a variety of traumatic events such as physical assaults particularly rape. Emotional disorder that follows a trauma is known as Post Traumatic Stress Disorder (PTSD). According to Barlow and Durand (2009), exposure to a traumatic event may create profound fear and helplessness, victims may re-experience the event through memories, nightmares and even have flashbacks of the events and develop tendencies of avoiding anything that reminds them of the traumatic event. Since studies have shown that rape comes with psychological trauma, devastation and emotional stress among other challenges according to Ayinde (2010), immediate skillful psychological interventions following rape will prevent a development of long-term adjustment problems and strengthen adaptive resources. Rape is not only a problem that concerns and bothers its victims but one that greatly concerns families, relatives, those affected and counselors as well as psychologists among others. Considering the risk associated with sexual assaults, it is paramount that counselors intervene. Counselors through the national body CASSON can organize public awareness campaign to educate the public. Encourage families of victims to seek immediate medical and counseling assistance. Giving radio and television adverts on managing rape with slogans "a stitch in time saves nine" in rape and sexual assault. Educating parents and guardians to look out for likely rape related risky behaviors in their children; assuring the public of confidentiality in interacting with professional counselors and to mention a few. Thus, this study investigates the roles of counselors on traumatic experience of rape victims in Rivers State, Nigeria.

Purpose of the Study

The purpose of the study was to investigate the Roles of Counselor on Traumatic Experience of Rape victims in Rivers State, Nigeria

1. To determine whether lack of parental cares causes rape.
2. To determine whether indecent dressing by women can seduce men to rape.
3. To investigate whether watching pornographic magazines or movies causes rape.
4. To investigate whether inequality by men causes women's rape.

Research Questions

1. To what extent does lack of parental care causes rape?
2. To what extent does indecent dressing by women can seduce men to rape?
3. To what extent does watching pornographic magazines and movies causes rape?
4. To what extent does inequality by men causes women's rape?

Research Hypotheses

The following are the hypotheses formulated for the study:

1. There is no significant difference between the mean responses of male and female on how lack of parental care causes rape.
2. There is no significant difference between the mean responses of male and female on how indecent dressing by women can seduce men to rape.

3. There is no significant difference between the mean responses of male and female on how watching pornographic magazines and movies causes rape
4. There is no significant difference between the mean responses of male and female on how inequality by men causes women's rape

METHODOLOGY

The study adopted a descriptive survey research which sought to examine the Roles of Counselor on Traumatic Experience of Rape victims in Rivers State, Nigeria. This design sought to collect information from the subjects without the manipulation of any variable. The study area was Rivers State, Nigeria. The population consists 256 rape victims, within the scope of the research. The entire population of 256 rape victims, (Two Hundred and thirty six (236) women and twenty (20) Men was used as the sample size drawn from the communities under study and simple random sampling techniques was adopted for the study. The Local Government studied by the researcher was Port Harcourt City Local Government Area. Data for the study were collected by means of questionnaire developed by the researcher from insight gained from reviewed works. The questionnaire has two Parts A and B. Part A sought information on the selected personal background of the respondents, and it contained four items as to ensure that the respondents were actually women and men in the communities in the choice area of the researcher. Part B sought information on the view of the respondents regarding the study with 31 questions items. The questionnaire adopted a four point rating scale of Strongly Agree (SA – 4points), Agree (A – 3points), Disagree (D – 2points), and Strongly Disagreed (SD- 1point) for research question two. The instrument was validated by three experts and the reliability for the instrument was determined using Cronbach Alpha reliability coefficient which yielded 0.86. The instrument was distributed by the researcher and three research assistants. Out of 256 copies of the questionnaire distributed 243 were filled properly and returned for data analysis representing 95.21% return rate. Mean with standard deviation was used to answer the research questions while z-test was used to test the null hypotheses that guided the study. The null hypothesis was rejected where the z-calculated value was more than the z-table value otherwise it was not rejected.

RESULTS

The results obtained from the respondents is shown below:

The result of the study was presented according to the research questions and null hypotheses that guided the study.

Research Question 1: *To what extent does lack of parental care causes rape?*

Table 1: Mean and Standard Deviation on how lack of parental care causes rape (N = 243)

S/N	Item Statements	Male = 20		Remarks	Female = 223		Remarks
		\bar{x}	SD		\bar{x}	SD	
1	Mishandling of rape cases encourages rapists to rape more	2.50	1.12		2.84	1.07	
2	Lack of reports on rape by rape victims encourages rapists in their evil acts	3.00	1.00		3.20	0.88	
3	Excessive consumption of alcoholic beverages by students	3.15	1.01		3.22	0.98	
4	Children who are usually left alone without care are exposed to rape	3.20	0.87		3.04	1.01	
	Total Mean & SD =	11.85	4.00		12.30	3.94	
	Grand Mean & SD =	2.96	1.00		3.07	0.98	

Source: Field Survey, (2020)

Table 4.1 which is for research question one showed that all the items were agreed. The respondents agreed that lack of parental care causes rape are; Mishandling of rape cases encourages rapists to rape more, Lack of reports on rape by rape victims encourages rapists in their evil acts and Excessive consumption of alcoholic

beverages by students. The confirmation was made with a grand mean of 3.14 and standard deviation of 0.78 for Male while that of Female were 13.02 and 0.93 for mean and standard deviation.

Research Question 2: *To what extent does indecent dressing by women can seduce men to rape?*

Table 2: Mean and Standard Deviation on how indecent dressing by women can seduce men to rape (N = 243).

S/N	Item Statements	Male = 20		Remarks	Female = 223		Remarks
		\bar{x}	SD		\bar{x}	SD	
1	Indecent dressing among children lures rapists into raping them.	3.35	0.91		3.17	0.90	
2	Indecent dressing has little to do with rape. Offenders will rape, indecent dressing or not	2.90	0.99		3.04	1.03	
3	Wearing of short dresses that expose the thigh and underwear	3.25	0.99		3.22	0.87	
4	Wearing of torn or worn-out clothes	2.75	1.04		2.99	0.94	
	Total Mean & SD =	12.25	3.93		12.42	3.74	
	Grand Mean & SD =	3.06	0.98		3.10	0.93	

Source: Field Survey, (2020)

Table 4.2 which is for research question two showed that all the items were agreed. The respondents agreed that Indecent dressing among children lures rapists into raping them, Wearing of short dresses that expose the thigh and underwear and Wearing of torn or worn-out clothes. The confirmation was made with a grand mean of 2.93 and 3.33 while standard deviation of 0.63 and 0.98 for both Male and Female.

Research Question 3: *To what extent does watching pornographic magazines and movies causes rape?*

Table 43: Mean and Standard Deviation on how watching pornographic magazines and movies causes rape (N = 243)

S/N	Item Statements	Male = 20		Remarks	Female = 223		Remarks
		\bar{x}	SD		\bar{x}	SD	
1	Rape victims are tricked into the ordeal with the promise of money	3.45	0.86		3.38	0.89	
2	Rape is never a planned crime, rapists pounce on their victims wherever and whenever the opportunity avails itself	3.15	0.91		2.94	1.08	
3	Rape is carefully planned and carried out with precision	3.50	0.87		3.47	0.86	
4		3.05	1.02		3.35	0.84	
	Total Mean & SD =	13.15	3.66		13.14	3.67	
	Grand Mean & SD =	3.287	0.91		3.28	0.91	

Source: Field Survey, (2020)

Table 4.3 which is for research question three showed that all the items were agreed. The respondents agreed that Rape is never a planned crime, rapists pounce on their victims wherever and whenever the opportunity avails itself. Rape is carefully planned and carried out with precision. The confirmation was made with a grand mean of 2.98 and 3.34 and standard deviation of 0.66 and 0.78 as responses of the respondents on both Male and Female.

Research Question 4: *To what extent does inequality by men causes women's rape?*

Table 4: Mean and Standard Deviation on the inequality by men causes women's rape? (N = 243)

S/N	Item Statements	Male = 20		Remarks	Female = 223		Remarks
		\bar{x}	SD		\bar{x}	SD	
1	Injuries and pains sustained during rape may prevent a victim from attending school	2.65	1.11		3.20	0.87	
2	Emotional traumas due to rape may result to low academic performance	2.90	1.09		3.00	1.06	
3	Sexual transmitted infections including HIV may terminate child life and education	3.65	0.79		3.30	0.82	
4	The woman appears to be in pain because of the violence	2.95	0.97		3.17	0.95	
	Total Mean & SD =	12.15	3.96		12.67	3.70	
	Grand Mean & SD =	3.03	0.99		3.16	0.92	

Source: Field Survey, (2020)

Table 4.4 which is for research question four showed that all the items were agreed. The respondents agreed that Injuries and pains sustained during rape may prevent a victim from attending school and Emotional traumas due to rape may result to low academic performance. The confirmation was made with a grand mean of 2.98 and 3.12 and standard deviation of 0.83 and 1.03 respectively.

Test of Hypotheses

Hypotheses 1: There is no significant difference between the mean responses of male and female on how lack of parental care causes rape.

Table 5: Z-test Analysis of Mean Ratings of Lecturers and students on how male and female on how lack of parental care causes rape.

Respondents	N	\bar{x}	SD	Std Error	DF	p	z-cal	z-crit	Decision
Male	20	2.96	1.00	0.05	241	0.05	0.5	1.96	Accepted
Female	223	3.07	0.98						

Source: Field Survey, 2020

The data in table 1 revealed that the calculated z-test value of students Male and female was 0.5, while the critical t-value was 1.96 at a degree of freedom of 241 at 0.05 significant levels.

Hypothesis 2: There is no significant difference between the mean responses of male and female on how indecent dressing by women can seduce men to rape.

Table 6: z- test Analysis of the Mean Ratings of male and female on how indecent dressing by women can seduce men to rape.

Respondents	N	\bar{x}	SD	Std Error	DF	p	z-cal	z-crit	Decision
Male	20	3.06	0.98	0.05	241	0.05	0.18	1.96	Accepted
Female	223	3.10	0.93						

Source: Field Survey, 2020

The data in table 2 revealed that the calculated z-test value of male and female was 3.06 and 3.10, while the critical t-value was 1.96 at a degree of freedom of 241 at 0.05 significant levels.

Hypothesis 3: There is no significant difference between the mean responses of male and female on how watching pornographic magazines and movies causes rape

Table 7: Z-test Analysis of Mean Ratings of male and female on how watching pornographic magazines and movies causes rape

Respondents	N	\bar{x}	SD	Std Error	DF	p	z-cal	z-crit	Decision
Male	20	3.287	0.91						
Female	223	3.285	0.91	0.04	248	0.05	0.01	1.96	Accepted

The data in table 3 revealed that the calculated t-test value of Male and Female was 241 and mean scores 3.287 (Male) 3.285 (female) respectively, while the critical t value was 1.96 at degree of freedom of 241 at 0.05 significance level.

Hypothesis 4: There is no significant difference between the mean responses of male and female on how inequality by men causes women's rape

Table 6: Z-test Analysis of Mean Ratings of responses of male and female on how inequality by men causes women's rape

Respondents	N	\bar{x}	SD	Std Error	DF	p	z-cal	z-crit	Decision
Male	20	3.03	0.99						
Female	223	3.16	0.92	0.05	241	0.05	0.59	1.96	Accepted

The data in table 8 revealed that the calculated t-test value of male and female was 243 and mean scores 3.03 (male) 3.16 (Female) respectively, while the critical t value was 1.96 at degree of freedom of 241 at 0.05 significance level.

DISCUSSION

The findings of this study revealed lack of parental care, indecent dressing, watching of pornographic magazines or movies and 'number of women raped is more than men in Rivers State. The findings indicated that lack of report of rape cases by rape victims increases the problem. The result was in line with observations by Ebuenyi et al. (2018) that lack of reports of rape cases promotes the evil. The results also revealed that child rape may be caused by mishandling of rape cases which encourages rapists to rape more. The result is in agreement with a study by Alhassan et al. (2013) which reported that mishandling of rape cases by anti-rape laws increases the chances of rape. The results also revealed that occultic and ritual purposes, indecent dressing, children being left alone without care, and child labour are also causes of child rape.

The findings revealed that child rape leaves behind it a lot of consequences; social stigma and shame. The victims also suffer emotional trauma. This was supported by Alhassan et al. (2013) research which showed that 1/3 rape victims has thought of suicide, and approximately 17% actually attempted suicide, 30% has developed depression. All these are due to serious emotional traumas. The result also indicated that child rape leads to sexual dysfunction. This finding is supported by Stephen et al. (2010) who revealed that vaginismus is the leading cause of unconsummated marriages and often a threat for divorce and health risk. Other effects of child rape as revealed are body pains and injuries, sexual transmitted infections as supported in researches by Falayan et al. (2014), Achunike et al. (2014) and National Centre for PTSD (2017) that rape is a risk factor for HIV and other infections. The findings also indicated school dropout, low school attendance, low academic performance and termination of life and education as other effects of child rape.

CONCLUSION

Based on the findings of the study, the researcher concluded that most children who are raped lacked parental care, indecent dressing seduce men thus causes rape, the watching of pornography magazines or movies. Rape is a serious offence against humanity at large and women in particular, but child rape is a horror. It is very irritating to hear a news of a male adult raping a baby of few months old. However, nothing goes for nothing as the research has identified many reasons for such atrocious act against children in Nigeria which include; the mishandling of rape cases which seems as if the laws are protecting the rape offenders more than the rape victims, lack of reports of rape cases among other reasons. The effects of child rape according to the findings are that many rape victims suffer shame and stigmatization, serious emotional traumas, sexual dysfunction among others which leave indelible marks on the lives and education of the girl child. However, the researcher is quite optimistic that if the recommendations made in this study are followed religiously such as reporting rape cases to the appropriate quarters, and laws handling rape cases adequately among other points, that the dust of child rape shall settle.

Rape is a hurdle to economic development, a public health problem, and a violation of women's fundamental human rights. Rape victims tend to be silent as a result of humiliation and intimidation by the police, as well as the "embarrassment" of public acknowledgement. Rape is pervasive in Nigeria and is likely going to worsen if no steps are taken immediately to end this scourge. It is very worrisome that Nigerian females now lose their virginity through rape.

RECOMMENDATIONS

1. There is need for counselors in every state chapter to provide general information to boys and men through media and dailies on rape and all sexual assaults as punishable crime in Nigeria.
2. Awareness during orientation programmes among students of tertiary institutions on disciplinary measures taken to perpetrators of rape, to serve as deterrents to other students.
3. Useful information regarding contacts and places where rape related cases can be attended to, so as to encourage rape victims to avail themselves for individual counseling.
4. Helpful information regarding rape, packages in form of fliers and pamphlets and made available to general public in such places as campuses, secondary schools, places of worship, women groups, disable homes and camps and to mention a few.
5. Open air and public sensitization on early warning and danger signs of risky behaviours resulting from rape, relevant medical tips and recovery strategies for rape victims through social-media.
6. Exclusive counseling sessions for girls and women specially in secondary schools, tertiary institutions of learning and places of worship across the state via the country. This will help to educate students on how victims can overcome rape related traumas.
7. The government through Ministry of Health on protection of girl child from rape in community, family and society at large should create awareness campaign programmes.
8. The government of Rivers State should endeavour to establish more health centres for Medicines, San Frontiers, social worker and counselors to intervene in rape cases.
9. Counselors should set up programmes in all the levels of schooling, primary, secondary and to the tertiary level educating parents and guardians to look out for likely rape related risky behaviours in their children.
10. Mothers and guardians should be organized as not to keep their children into the hands of so-called trusted friends, neighbours and family member to avoid child rape etc.
11. Parents should be enlightened on the need to discuss sex related issues with their children, this can be encouraged by counselors by enlightening parents on the need to talk to their children so that they can understand the implications of being too familiar with people.
12. Children on their part should be made to be aware of how to protect themselves especially those that can speak.
13. Finally, counselors should encourage parents to report rape cases and take step to follow up such cases.

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