Rape among College Students

Rape is the action of forcing another individual to participate in nonconsensual sexual actions. This is a prevalent issue among college students. In the study done in the Journal of American College Health, 29.6% of college women that were studied reported being sexually assaulted. This is an enormous number that cannot be ignored. A similar study was done by the CDC’s National Intimate Partner and Sexual Violence Survey (NISVS). They said one in five women have been sexually assaulted in their life time. Of these women, 80% of them experienced their first rape before the age of 25. As Figure 1 shows, 37% of these first time rapes happens during the college years (18-25). Because alcohol and drug use in colleges is substantial could explain why the likely hood of being raped during the college years. In the same study in the Journal of American College Health, out of the 165 women who reported sexual assault, 140 were drug-related. This shows how prevalent sexual assault is on college campuses.
The Negative Effects of Sexual Abuse

Sexual abuse may be an incident that only happens to a person once in their lives but it can impact the rest of their lives. According to Steven, et. al. many victims tend to blame themselves for the act. This can lead to the victim not wanting to report the incident, create invasive thought patterns, and inhibit positive ways to cope with after the incident. In the many studies documented in “Long-Term Effects Of Labeling A Rape Experience,” the article determines that “many victims of rape are more depressed, fearful, and anxious; report less pleasure in their daily activities; are less satisfied sexually and with their relationships; are more likely to experience major depressive disorder, social phobia, sexual dysfunction, and sleep disorders; and have lower self-esteem as compared to nonvictims.” A study was done on 317 women that were rape victims out of them, 39% developed post-traumatic stress disorder (PTSD) in the six months after the incident. These are just a handful of the many devastating effects that sexual assault has on men and women.
Risk Factors

There are many commonalities between these sexual assaults, they can be classified as risk factors. Women who have had a past of sexual assault are more at risk to be assaulted again. Children who were sexually abused are two to three times more at risk to be victimized in their future than children who were not. This makes sexual victimization in adolescence the most dominate risk factor of being sexually assaulted during college.\(^7\) This article goes on to say that the reasoning behind this increased risk towards these women is that studies suggest that the victims’ ability to perceive potential sexual aggression is hindered. Other factors are prevalent in sexual assault incidents as well.

In an article on Harvard’s website about a study of the prevalence of rape, the lead research scientist at the College Alcohol Studies at Harvard School of Public Health said, “This study reveals that a woman’s chance of being raped is far more pronounced on campuses where the student body as a whole engages in a high rate of binge drinking and when individuals consume a large amount of alcohol.”\(^8\) When alcohol and drugs are being consumed it inhibits a person’s ability to consent to sexual activities, resulting in rape. This is why many rape awareness programs focus on this issue.

How Colleges Have Addressed Rape

Many colleges, such as Trine University are making their students complete courses such as Alcohol Wise.\(^9\) This course not only teaches about the importance of not drinking but also brings awareness of rape and risk factors such as alcohol and drug consumption. Universities have also offered class to woman seeking self-defense training. These classes teach woman not
only to defend themselves, but also what to be on guard for. Trine University also offered a class similar to this called Rape Aggression Defense (RAD).

**Evaluation of Topic**

This topic is a fountain full of statistics and facts, unfortunately this doesn’t appear to be a large issue at Trine University. It is also difficult to find what colleges are doing to address this topic. Without a problem or a solution rape would be an extremely challenging topic to write the group proposal over.

**Useful Resources**

"Alcohol-Wise"

This site source is reliable because it was the site Trine had its student’s access.

Crawford, “Drug-facilitated sexual assault: College women's risk perception and behavioral choices.”

This is a reliable source because it was an article found in the *Journal of American College Health*.

Lawyer, et al, "Forcible, Drug-Facilitated, and Incapacitated Rape and Sexual Assault Among Undergraduate Women."

This is a reliable source because it was also an article found in the *Journal of American College Health*.

McMullin, et al, "LONG-TERM EFFECTS OF LABELING A RAPE EXPERIENCE."
It is reliable because it was found using a trust worthy search engine. It was also peer-reviewed.

"National Intimate Partner and Sexual Violence Survey."

This is a reliable source because it was found on a government website.

"The R.A.D. Systems of Self Defense."

This a reliable source because RAD has come to Trine University and taught self-defense training to woman.

Möller, et al, "Identifying Risk Factors for PTSD in Women Seeking Medical Help after Rape."

This is a reliable source because it comes from a trust worthy site, *Academic Search Premier*, and the article was written in 2014, making it up to date.
Notes


3. Lawyer.

4. Ibid.


Bibliography


