

The Basic Needs Of Adolescent Rape Victims According To Choice Theory Reality Therapy

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Abstract: *The Prevalence Of Social Problems In Malaysia, Especially Those Involving Rape And Sexual Assaults, Has Seen A Serious Escalation. This Study Aimed To Determine The Basic Needs Aspect That Influences Adolescent To Become Rape Victims. The Methodology Of The Study Used Was The Case Study Method. Nine Trainees From Child And Adolescent Protection Centres Were Selected And Interviewed As Study Samples. The Nvivo 12 Software Was Used For Analysing Data In This Study. Findings Showed That The Basic Needs Of Rape Victims According To Choice Theory Reality Therapy (Ctrt) Are Love, Freedom, Enjoyment, Power And Survival. Hence, This Study Has Contributed Knowledge To All Parties Who Plan Prevention And Care Programs For Rape-Related Cases.*

Keywords: *Rape, Rape Victim, Basic Needs, Power, Choice Theory Reality Therapy, Adolescent*

1. INTRODUCTION

It is well-known that adolescents are the pillars and future heirs to a nation. Hopes are pinned on their shoulders that they would eventually become useful individuals and contribute to the well-being of the nation, as a whole. However, the escalation of social problems is increasingly worrying, especially those that involve sexual assaults or rape among adolescents (Azizi & Badrulzaman, 2013).

Actually, there are several psychological factors that make female adolescents vulnerable to rape. Ezarina, Nur Farrah Alya, Norulhuda and Nor Jana (2017) showed how a love relationship with a male friend, a free lifestyle and lack of parental control can cause adolescents to be involved in underage sexual relations although these female adolescents realise the consequences of their acts. Besides that, psychosocial development in adolescents actually expose adolescents to sexual encounters, either due to biological urges, the urge to explore or just to experiment as well as being exposed to social environments, especially when together with their peers.

Choice Theory Reality Therapy (CTRT)

CTRT is a theory that explains human behaviour and offers a way for improving relationships and overall well-being (Glasser, 1998). This approach emphasises that humans have freedom, can make decisions and are responsible for those decisions. According to Glasser (1998), the CTRT concept is relevant but different. Choice Theory was developed from Reality Therapy and it's a set of ideas about human behaviour based on how individuals build or form their basic needs (Hale & Sindlinger, 2017).

When understanding rape and sexual assaults, Choice Theory Reality Therapy (CTRT) is a formidable counselling theory that explains human behaviour. According to this theory, human behaviour is driven by internal desire and motivation to fulfil basic needs (survival, love and a sense of belonging, power, freedom and fun). Human behaviour becomes problematic when humans choose an irresponsible way to overcome personal conflict, which arises when an individual's desire (quality world) is different from what is actually obtained (perceived world). The approach in this theory assumes that negative human behaviour stems from the failure of an individual's personality, which is when an individual fails to fulfil basic needs in a responsible manner, leading to despair and always denying the failure in order to reduce the pain (Esa, 2011).

Thus, from the CTRT perspective, human behaviour is usually formed due to effects of an individual's desire that is formed based on fulfilment of the five basic human needs, namely the need for love and a sense of belonging, power, happiness and fun, freedom and independence as well as safety and survival. Basically, humans possess five fundamental needs, however, how each individual fulfils the need differs (Glasser, 1998).

Glasser (1998) also asserted that all forms of behaviour are intentional. The behaviour produced is the best attempt at that time based on the knowledge and skill possessed in order to fulfil the basic needs of an individual. This need expands in tandem with time and becomes part of human genetic structure. The urge to fulfil these needs is the impetus for each human behaviour until someone is involved in rape or sexual assault, either as the perpetrator or the victim.

Statement of the Problem

The statistics of rape cases involving a victim under the age of 16 years old from the year of 2010 to 2017 in Malaysia (not including incest) is very terrifying, where almost 2500 to 3000 cases reported each year and Selangor recorded the highest number of rape cases as compared to other states. The most worrying is that, there are children under the age of 12 years old (seven percent since 2013) who can be classified as rape victim (Ezarina et al., 2017).

Therefore, rape cases are mostly occurring among the teenagers. In some cases, the rape victim is forced to do it and also, there are cases where underage rape victims are on mutual consent and basis of love in accordance to section 376 of the Penal Code (Ezarina et al., 2017). In addition, there are victims who are willingly to perform sexual activities with different partners or known as random sex (Kamarul Azmi, 2017). Mohammad Aziz Shah (2004) said, incidents of rape are no longer limited to the act of raping and invading their dignity alone, but it also includes the acts of sodomising, doing extreme obscenity, torturing the victims and killing the victims.

However, there are several factors that cause women, mainly adolescents, to easily become victims of rape or sexual assaults; hence, this study feels that studies pertaining to the basic needs of adolescent rape victims should be initiated and implemented. This study had

examined five basic needs based on CTRT that could drive adolescents to become rape victims.

Research Objective

The objective of this study was to identify the aspects of an adolescent rape victim's basic needs according to Choice Theory Reality Therapy (CTRT).

2. METHODOLOGY

Framework of the Study

This study had used the qualitative approach and case study design. The case study was descriptive and explanatory in form, whereby it explored the psychological patterns of adolescent rape victims in order to understand the process of how the rape afflicts these victims. According to Yin (2003), a descriptive form of case study provides an overall picture of the phenomenon that is to be studied in its context. Whereas, the explanatory form of case study tries to present data that explains the relations between the cause and effect of a phenomenon, which is to explain what causes a certain effect to be produced (Ahmad Jazimin, 2008).

Sampling

The samples in this study were chosen using the purposeful and convenience sampling methods in order to collect qualitative data in stages (Merriam 2001). The participants (n=9) were adolescent rape victims staying in a Protection Centre managed by the Department of Social Welfare (JKM). Therefore, based on participants' confessions and their registration records, the study managed to ascertain that these participants were actual adolescent rape victims because all these victims had made police reports or were referred by various hospitals.

Research Instrument

As for this study, the researcher played the role of the main instrument; thus, the research tools used to obtain information and qualitative data were interviews, observations and document analysis, which was then analysed using the NVivo 12 software. According to Yin (2003), the three tools for collecting qualitative data were enough to perform data triangulation in this case study. Thus, the study prepared interview questions to be posed to participants and then the researcher obtained as much information possible through observations and document analysis.

Data Collection Procedure

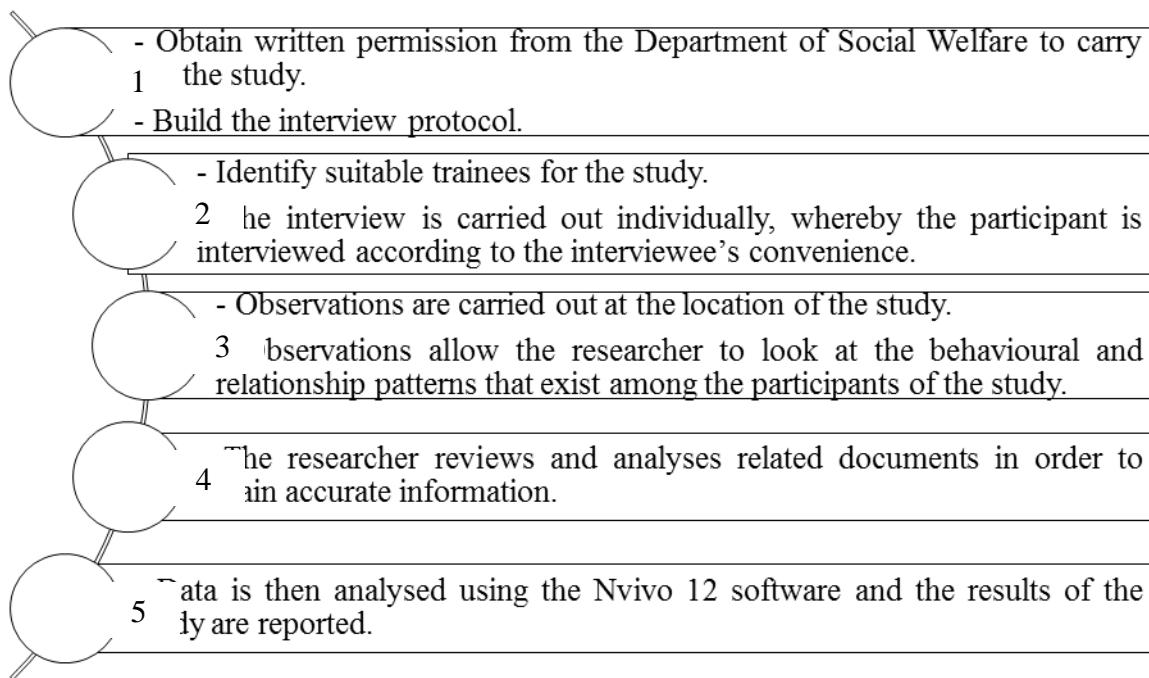


Diagram 1 Steps Involved in the Data Collection Process.

According to Diagram 1, this study was based on the established research procedures to ensure the objectives of the study are achieved. The procedure starts by obtaining written approval from the Department of Social Welfare and then the interview protocols are built to collect data and information from the participants of the study. The interview protocols are important as it acts as a guide to ensure the interview is carried out systematically and in a proper manner.

The second procedure begins when the study identifies suitable participants and the interview sessions are carried out individually. The interview would provide useful information that has a significant impact on the findings of the study.

The third procedure is the observation, which is carried out at the location of the study. The observation allows the study to look at the behavioural and relationship patterns that exist among participants of the study.

The fourth procedure refers to the review and analysis of pertinent documents related to counselling session reports, participant's registration reports, review of police and hospital reports about the participants, which are meant to obtain accurate information. When all the necessary information is complete, the data was then analysed using the NVivo 12 software and the findings were reported.

Research Findings

This study had analysed qualitative data involving nine case study participants. Five basic needs of rape victims were identified, namely love and belonging, freedom, fun, power and survival.

Love

The first basic need that influences an adolescent rape victim is love. An analysis of rape patterns related to love was summarised into three main sub-themes, such as partner's love, family love and mutual feelings of love between partners. According to an in-depth analysis of interview data, document analysis and counselling sessions, it was found that seven out of nine participants in this study had become rape victims due to aspects such as partner's love, family love and mutual feelings of love between partners. For example, based on registration records and reports by psychologists, most participants loved their male partners very much so much so that they allowed themselves to be repeatedly raped and eventually becoming pregnant. The participants in this study had consented to that action because they were very susceptible to blandishment and promises from their partners. Following are several excerpts from the transcript that represent the partner's love factor.

Reference 1 - 0.26% Coverage

"Then when I was 14 years old, **we began to make love. After that he promised he would take care of me if I did it with him**"

Code: P1/PKD/SYG/TL

Reference 2 - 0.57% Coverage

"**Ehmm.. I, I first started to love him (aha). Oooh I started to love him since he first raped me.** Well I did it with him, but I did not do it frequently. About once a month".

Code: P7/PKD/SYG/TL

Reference 2 - 0.82% Coverage

"I do not know. **About love like that.** He is normal, a normal guy. **He loves me a lot. No matter what I do, he does it too**".

Code: P9/PKD/SYG/TL

Besides that, several factors such as the lack of love in the family, a loose family relationship, divorced parents, lack of love by the father and an unhappy family surrounding, had driven the participants of this study to seek love and happiness outside the home together with their boyfriends. Following are several excerpts from the interview transcript concerning P1.

Reference 1 - 0.65% Coverage

"Not much. Because with my mother, I was close to her since I was small. Because mom and dad had separated. **So, I lacked his love and that is why I desire love from other men.** Meaning that I did not receive love from my father, so I get love from other men, which is him"

Code: P1/PKD/SYG/KG

Reference 2 - 0.17% Coverage

"No, **because I did not receive love from the family,** so I enjoy doing that"

Code: P1/PKD/SYG/KG

Although most participants did not voluntarily submit to rape for the first time it happened, seven participants in this study stated that they voluntarily or mutually agreed to have sexual relations during the subsequent rape event. Participants stated that subsequent sexual encounters were mutual agreed upon after they failed to control their sexual urge when blandished and enticed by their boyfriends. Following is an excerpt from the interview with them.

Reference 1 - 0.29% Coverage

“After that I forgave him. After that **for the second time, I gave in every time he asked for it**, until now, then I became pregnant”

Code: P1/PKL/DS/SSS

Reference 1 - 0.20% Coverage

“After **he enticed me**, I told him I did not want to do it and all that, well. **Perhaps you can say I submitted voluntarily**”

Code: P6/PKL/DS/SSS

Freedom

The second basic need that influences adolescent rape victims is the factor of freedom. Based on data triangulation there were two sub-theme categories, namely freedom from the family and family control. This sub-theme includes the level of freedom given to adolescent children and the level of control exercised by parents on their children. Seven participants in this study opined that they desired freedom itself as well as freedom from family control. Following are several excerpts from the transcript representing the sub-theme ‘freedom from the family and family control’.

Reference 1 - 0.41% Coverage

“Yes, **to get freedom**. I can go out. As usual I can meet XXX and I had to walk a little to other places. But now he can fetch me at the front of my house (meaning), my mother accepts him”

Code: P1/PKD/KBB/KDK

Reference 2 - 0.71% Coverage

“No, it was not like that. (Then, what happened?), I started doing it in Standard Six but not often. After I came to know him and all that and used to hang-out with him, **my parents gave me the freedom and what not**, I started to play around with the stuff. The urge frequently came and increased, so I did not care much”

Code: P4/PKD/KBB/KDK

Reference 4 - 0.36% Coverage

“Now I do it voluntarily but the first time I did it, I was raped and forced to do it, **my family was overly protective, because they were afraid that thing would happen again**, but I was rebellious. Like I wanted to run away”

Code: P1/PKD/KBB/KK

Reference 3 - 0.54% Coverage

“**Because before this I was overly protected**. I could not even go out with my friends, I could do nothing, that is why I was stubborn, I went out anyway”

Code: P2/PKD/KBB/KK

Reference 1 - 0.55% Coverage

“**Yes, somethings I was like shackled or overly protected** (for example?) For example, I could not leave the house, I went out anyway”

Code: P5/PKD/KBB/KK

Fun

The third basic need is fun, which is divided into four sub-themes, namely obtain appreciation, satisfied sexual relations, obtain entertainment and happiness and the urge to try. The urge to fulfil the need for enjoyment had driven four out of nine participants to become rape victims. For example, P1 had sexual relations to fulfil the need for enjoyment by obtaining the appreciation from their boyfriends. Following is an excerpt from the interview with P1.

Reference 1 - 0.25% Coverage

“Hence, when I ask from my parents it would be difficult to get it. **When I ask from him, he always gives what I want**”
Code: P1/PKD/KSN/DP

Reference 2 - 0.42% Coverage

“**He said if I did that, he would give what I wanted.** Like I wanted a mobile phone (he gave it) yes. He gave it. Like a dress, if we go shopping, he pays for all of it. Meals and all that”
Code: P1/PKD/KSN/DP

In addition, P1 also stated that P1 obtained enjoyment and satisfaction when having sexual relations with her boyfriend. Following is the excerpt from the interview with P1 regarding the satisfaction of having sexual relations.

Reference 1 - 0.35% Coverage

“**Yes, I wanted to enjoy myself. Like to enjoy, enjoy with him.** It is boring when there is nothing to do, **I remember things like that. Want to enjoy it, to enjoy it (Yes I wanted to enjoy it)**”
Code: P1/PKD/KSN/KHS

Reference 2 - 0.15% Coverage

“**I feel satisfied, I feel relieved, I satisfy my urges with him.** Like that”

Code: P1/PKD/KSN/KHS

Besides that, three participants stated that they felt happy when they were together with their friends or boyfriends, especially when having sexual encounters. In addition, the attraction of enjoyment outside the home tends to draw these adolescents towards these sorts of activities. Following are excerpts from the interview with these adolescents.

Reference 2 - 0.08% Coverage

“Maybe at **that time I just wanted to enjoy**”
Code:
P6/PKD/KSN/HK

Reference 2 - 0.64% Coverage

“Like before, **I want the freedom of enjoyment like that,** but I am like this now, **I think when I get out, I want the joy of having my own income, I do not want to burden my parents.** If I want to buy something, be it with my own money, like that”

Code: P4/PKD/KSN/HK

Reference 1 - 0.10% Coverage

“**Friends, it’s exciting**”

Code: P5/PKD/KSN/HK

Results of the interview and document analysis of the participants found that enjoyment fulfils the feeling of wanting to try something new, mainly something related to sex, that has driven most of the participants to voluntarily become rape victims of their male partners or acquaintances. Following are excerpts of the interview with P5 and P6

Reference 1 - 0.17% Coverage

“Because **I wanted to try something new**”
Code:
P5/PKL/DS/PIT

Reference 1 - 0.49% Coverage

“He came near me, then I, because I also knew about that thing. I told him I did not want it, did not want all that. I do not know **how suddenly I felt like I wanted it, not that I wanted it (I did not care), yes I did not care**”. Code: P6/PKL/DS/PIT

Power

The fourth basic need is power. This need is divided into three sub-themes, namely controlled by the perpetrator, controlled by the family and being rebellious. Five participants stated that they were raped the first time because they were forced, such as they being controlled by the perpetrator. Besides being dragged, beaten and stepped on, many of the victims were threatened with injury, death etc. Following are several excerpts from the interview.

Reference 1 - 0.44% Coverage

“After that it happened. Then he parked by the side. By the side, he parked beside a lorry. It was in the morning at that time. **So, he did the indecent act (he took advantage of you in the lorry?) Yes**” Code: P3/PKD/KSA/DP

Reference 1 - 0.44% Coverage

“**I, I did not have anything left (ehmm), I just followed what he said, what he wanted**” Code: P5/PKD/KSA/DP

Reference 1 - 2.60% Coverage

“First he said he wanted it. Then, I told him I did not want it. I was not ready to submit yet, some of them had lost their virginity, I lost my virginity at 16, like I had not done all these, I was scared of all these. **He then blandished me and lastly, he forced me (how did he force you?). He forced me by pulling me into the room, then he did it. (When he forced you, he entered the room and all that, what was your reaction, did you resist him?). I resisted but because he is a man, he is stronger. He had stepped on my chest. (at that time?). Yes...because he wanted it. He wanted sex**”

Code: P8/PKD/KSA/DP

Moreover, there were some adolescents who protested against their parents' actions by being rebellious. When these adolescents' rebel, there is a big possibility that they would become vulnerable to influence from surroundings outside the house, which would then drive them to carry out sexual activities with their partners or acquaintances. Following is a statement from I3.

Reference 1 - 1.45% Coverage

“Then, when she grew up, she forgot, **she would misbehave and protest**. Then, sometimes, **she is not appreciated, the other children are appreciated, sometimes jealous... adolescents. Rebellious**. But actually, its only her feelings. Actually, her mother is ok, but of course, mothers sometimes overlook...the children's feelings”

Code: I3/PKL/DS/MBR

Survival

Based on interview and document analyses, the fifth basic need was a survival. Data triangulation found that three out of nine participants stated that they carried on with the relationship with the perpetrator because they wanted to fulfil the need for a viable life. For example, sexual needs, a home and life's essentials as well as daily needs. As for P1 and P7, they felt that sexual needs must be always fulfilled as well as the other needs of life. Hence, in order to continue with their viable life, they volunteered themselves to be continuously blemished by their respective boyfriends. Following are excerpts from interviews with P1 and P7.

Reference 3 - 0.34% Coverage

“I feel that I like that thing, feel the pleasure and joy of that thing until I cannot leave it. Even when he does not ask for it, I will ask for it myself”

Code: P1/PKD/KLH

Reference 4 - 0.35% Coverage

“Ehm.. I do not know. I really feel I want it. In fact, in a month we do it numerous times. In a month we do it more than three times”

Code: P1/PKD/KLH

Reference 1 - 1.07% Coverage

“It was like that when P5 left the house, she left free from her family (aha). There were no more family shackles, so it was just the boyfriend whom P5 depended upon (yes). Ok, then it was just following whatever the boyfriend said”

Code: P5/PKD/KLH

Discussion

Based on the analysis elaborated in chapter 4, it was found that most participants in this study admitted that they had sexual relations with their partners in order to fulfil their basic needs that comprised five main aspects, namely love, freedom, fun, power and survival.

The love aspect is the most important aspect that relates basic needs with adolescent rape victims. The need for love is among the dominant factors that make adolescents susceptible to rape. Due to the attitude of having too much love and trust on their male partners, almost all participants in the study had become rape victims, either forcibly or voluntarily. Almost all of the participants lacked love and attention at home, especially from their parents. Hence, this had driven them to try obtaining love and attention from the outside, which was through their male partners or other male acquaintances. However, the love they obtained from their male partners had led to their rape and eventually to out-of-wedlock pregnancies.

The findings of this study were consistent with that of Ezarina et al., (2017), where respondents admitted that the reason for them having sexual relations was due to the feeling of love towards their male partners. Thus, due to their feeling of love and affection towards their partners, the respondents voluntarily surrendered themselves to their male partners in order to fulfil their sexual desires with the hope that the relationship founded on love and affection would last. Sexual relations because of this loving feeling actually is intended to fulfil the need for feelings of being loved, trusted and supported by their partners.

This study also found that almost all the participants were raped on a ‘mutually agreed’ basis, where they had sexual relations voluntarily with the partners because they wanted to fulfil their urge to know. This finding was consistent with that of Norshafrin (2012), whereby the reason for the sexual abuse was the consequence of a ‘mutual agreement’, in which the victim

and perpetrator knew each other until eventually the victim was influenced to the blandishment of the perpetrator leading to the sexual encounter.

Besides that, the basic need for freedom is also a dominant element that relates the psychological factor of internal control with the adolescent rape victim. Hence, due to the intense passion to fulfil the desire for freedom and being influenced with a free lifestyle, the participants had become easily involved in various immoral activities, such as underage sexual activities that eventually led to rape. The findings showed that parents need to be vigilant and not to afford their children to much freedom without adequate supervision or monitoring. Parental attitudes such as being irresponsible and presuming that their children are already adults and therefore free to do whatever they want or make decisions, is one grossly irresponsible step presumption.

This finding was consistent with that of Ezarina et al., (2017), where sexual relations also occurred because respondents felt it reflected a free lifestyle and was much more convenient if there was no social control by adults. Here, sexual relations occurred because there was no parental control, especially concerning respondents who were living separately from their parents. Salhah (2012) also found that adolescent rape victims are adolescents who are not under any control as evidenced in the unfettered socialising with their boyfriends. Hence, this unfettered socialising as well as lack of parental supervision had caused adolescent rape victims to experience sexual addiction. This finding was further substantiated by Kamarul Azmi (2017), who found that an adolescent's unfettered socialising with friends who carry out immoral acts such as illicit sex, are among factors that cause adolescents to easily get involved with these illicit sexual activities.

Fun is another basic human need related to adolescent rape victims. The necessity to fulfil the fun need has driven the participants of this study to become rape victims. For example, P1 had sexual relations in order to fulfil the enjoyment need by receiving appreciation and sexual satisfaction from her boyfriend. This finding was supported by Ezarina et al., (2017), who found that feelings of love had caused the respondent to voluntarily give in to repeated sexual encounters in order to save the relationship with the boyfriend.

Besides that, adolescents were found to favour the fun element instead of the risks of sexual relationships itself and for them it is not a form of crime (Ezarina et al., 2017). This finding was supported by previous studies by Horvath and Giner-Sorolla (2007) and Sahl and Keen (2010; 2012). The most striking aspect in this study was obtaining entertainment and happiness, in which the participants stated that they felt happy when in the company of friends or their boyfriends, especially when having sexual relations.

Moreover, the aspect of power is also related to adolescent rape victims. When they were first raped, some participants were treated cruelly, such as being dragged, beaten, stepped on and sodomised, while some victims were threatened with injury, death etc. For example, P8 did not want to be raped, however, her boyfriend became violent and forced her, like pulling her hand and stepping on her chest because she fought back and rejected his advances to have sex. Besides that, P8 was also haunted by the father's shadows so much so that she was frightened of her boyfriend and condescended to all his wants. This finding was supported by Glasser (1998) and Wubbolding (2011), who had referred to power as the desire to obtain respect and appreciation. In this situation, adolescent rape victims were controlled either by

the perpetrator or members of their own family and they had no choice or freedom to escape from becoming rape victims. Overall, it was found that participants in this study, who were also adolescent rape victims, were vulnerable and easily controlled by the perpetrators because the victims were still young, and they were powerless to fight the perpetrators.

The last aspect was a survival. Most of the factors that influenced adolescents to become rape victims was the desire to carry on with a viable lifestyle mainly due to stressful surroundings, such as houses that were cramped, noisy, not peaceful, unhappy family atmosphere, parents who are busy working long hours as well as the values and attitudes of the adolescent. A negative surrounding like this, with the addition of peer influence, could actually expose adolescents to deviant behaviour.

In the context of this study, participants stated that they carried on with the relationship with the perpetrator after the first rape because they wanted to fulfil the needs of a viable life, such as sexual needs, a home and someone to depend on as well as daily needs. Therefore, it can be concluded that most participants in this study were not aware whether their actions were wrong and could bring about negative effects onto themselves. Hence, due to the pressure to fulfil basic needs, such as sexual needs, a home etc., they continued to let themselves to be raped until they became pregnant out-of-wedlock.

Conclusion

This study found that the problem of rape that befalls adolescents these days is influenced by five factors concerning basic needs, namely love, freedom, enjoyment, power and a viable life. Therefore, this matter warrants due attention because adolescent rape victims can be assisted in terms of counselling and guidance, religious education and moral support if the root of the problem can be identified. Accordingly, effective steps in the field of counselling psychology should focus specifically on efforts to plan modules for rape and sexual assault prevention and rehabilitation programs. Besides that, high impact studies would surely contribute new knowledge and provide a better understanding for all concerned, mainly adolescents, parents, teachers, government institutions, non-governmental organizations and society itself.

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