

Research Paper

Why Men Rape- Resolving the Conundrum of Psychological Reasons and Role of Society

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ABSTRACT

Woman across the world irrespective of their ages had been raped by the Men across all countries and cultures being it by virtue of her husband, stranger, relative, family friend. In this article, we will be discussing the rape from an evolutionary psychological perspective of the Rapist a how the society plays a crucial role in developing the mindset of the rapist. The heuristic capacity of evolutionary psychology makes it possible to test new theories on difficult behaviors like rape. We suggest it could be helpful to categories rapists into different groups based on their individual characteristics and the contexts in which they are likely to commit rape. We will also be discussing the different kind of rapes, types of psychological conditions and mental state behind the rape and how the instigating factors in the urge to look for the satisfaction will be discussed in this paper along with the data concerning rape in India.

Keywords: Rape, Rape avoidance, Evolutionary psychology, Data

The maximum problem do exist in India is relating to sexual crime against women, which is rising at very fast rate (as per the report of NCRB 2013) It does rank in bottom five nation globally when it comes to safety of the women according to the recent Gallup poll. In order to decrease the crimes of rape, The Verma Commission also suggests various changes which had created swiftly for addressing the management of rapes and many other offences which are occurred sexually. The main focus was done on the justice of criminal issue relating to defining the law, enhancement of process, & increasing the punishment but it remained mum on the slew of approaches of health which are used in west & increasingly much closer to the home in the managing of the offenders of the sex. The article does aim for providing the overview of the mental health literature which is relevant to the assessments, taxonomies, diagnosis, theories for the complexities set of thought, attitude, feeling & behaviour which lead the crucial offence such as rape.

The article therefore, focus on the gender-specific rape i.e., crime which are committed on females by males; its diagnosis, understandability, assessment. It do not address various factors- criminology, cultural, societal, which facilitate & maintains the commission of the offence. It also does not deal in any sexual offence like paedophilia, exhibitionism, etc. It

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Received: April 18, 2025; Revision Received: July 24, 2025; Accepted: July 29, 2025

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also does not discuss any strategy & option of treatment arising due to the constraint of the space. Thus, the issues arise to the victim like trauma & many other psychiatric problems.

Rape- Definition

The rape is defined as the anal or vagina penetration without the consent of the female. The source of penetration like (finger, objects, penis), object of penetration like (oral, vagina, anal), gender of the perpetrator, & the victim & definition of the consent do vary from jurisdiction to jurisdiction. In many of the cases, the rape is considered to be done,

1. when the consent of the female is obtained by putting her in the fear of hurt or in the fear of death.
2. When the force is done by the girl aged below 16 years.

As per Section 375 of IPC, which states that if the woman consent to the sex, that consent will be treated as invalid and rape can also be considered to have taken place if such female is suffering from intoxication or unsoundness of mind under which the female is not able to know the consequences to which she provides the consent.

In the language of Law, following are types of Rape that do exist:

1. Gang Rape: When there is the engagement of more than one person in doing the rape of the victim such rape is called as Gang Rape.
2. Penetrative Rape: When the object like Penis, Finger or any other object inserted in Vagina, it is called as Penetrative Rape.
3. Male Rape: When man on man rape takes place, it is called as Male Rape.
4. Statutory Rape: When there is touch of Penis on Vagina, but insert of Penis do not take place, it is called as Statutory Rape. These types of Rape is found minimum in India.
5. Marital Rape: When the occurrence of rape arises within the marriage, the same is called as the Marital Rape.
6. Date Rape: These types of rape do occur with the romantic meeting between Woman and Man, the consequence arises when the intoxicating substance is mixed in the food or drink of Female Victim.

Socio-Cultural Factors

Attitude Towards Rape

The perception that respondents have of rape is the first topic that has surfaced as a result of this research. A lack of well-settled awareness and comprehension of women is related with the approach towards sexuality and the deeply ingrained notion that myth exists between individuals. This lack of awareness and understanding of women also contributes to problematic sexual behaviors. There are three subthemes that emerge in relation to the main subject, and these are: a lack of awareness, an attitude towards women and relationships, and a misconception of women.

Lack of Awareness

As per culture of India, it is believed that it is not customary to acknowledge when the person is not correct, mainly when the same is attributed regarding the topic of rape or sex. There are many individuals which are living in misconception instead of providing education to themselves, which may increase the probability of the criminal act which are happening on the women. It is therefore believed that general lack of awareness is the major factor for rape.

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It has been also stated that *the awareness is being lacked by Indian for understanding such wrongs. India is the country which is not tolerant of rape but the people of India do lack the awareness and courage for bringing it out.*

Many other views are also taken which are expressed as:

As the Person of India, there is much lack of knowledge related to sex within the people of India. This is the major issue why rape do happen due to lack of knowledge and awareness among people & due to non-providence of education related to sex.

There are many persons that also commented that at the situation when the child is not enough capable with required information & discernment related to sex at the proper age or period, they forcibly learn themselves relating to sex from the sources that are unauthentic. The basic meaning for providing the knowledge of sex is that it helps to know the difference between abuse, exploitation and consent. The perpetrators of rape do have major or barbaric dream regarding the venereal exercise that can come from package to zero information related to assent & Intercourse.

Attitude towards women & relationship

In India the women are treated with huge respect or also treated as the female goddess, still the issues of gender to prevail in form of pre-defined gender roles, social construction which is firmly anchored in India socio culture fabrics which also have in depth historical root and culture. Therefore, it helps in understanding the way most men that have formed the attitude toward women & relationship for which the attack to the women are done.

Comparing with India, there is more freedom available to Women's in other countries. This is because of the reason that they don't mis-interpret if boy or girl sit together. Even the women alone can travel at night without any fear. But, In India if one women do reject the love of the men, he might get anger enough that the same shall be expressed in many ways which can cause danger to the life of the women. Acid Attack on the face of the women, Attempt to murder, or causing nuisance or troubling the women in different ways is what the things which are done to women in India.

Even in India, if the boy and girl do sit together the same is judged in different way and is treated wrong in the society which is reducing the ranking of India compared with other countries.

One of the major things is also Misperception which do includes Erroneous perception, lack of moral value, & judgment regarding relationships & gender. It is further also taken into note that the less time or value given to bond & relationship results into incremented indulgence in the abuse & violence. Any person who is in the knowledge regarding the feel of the women will never hurt them. It would neither be possible for him in any way.

Effects of Sexual Violence

After the sexual intercourse had been done on the women, there are many ill effects which are caused to the women. Generally, it can have emotional, physical or psychological effects on the female. The effects caused after sexual intercourse are not much easy to deal by everyone, but further on the same can be managed after right support and help. The survivors of rape do feel much difficult & emotions which are painful. Each and every survivor do respond traumatic event in their own way. The trauma effect is either short term or lasts for much long after the rape or sexual assault.

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The effects which are described are not exhaustive. If the reaction of the survivor does not match with the response which is common like no bodily/physical injury. It do not mean that everything which happened is not assault or sexual abuse. There is no one who is alone in the process of healing.

The diseases which can be make ill effect to women after sexual intercourse or rape are as follows:

1. Sexually Transmission Infections- These are the viral or bacterial infections which are passed from one to another person by the way of anal, oral or vaginal contact.
2. Self- Harm- Self Injuries are caused or self-harm is when the person does inflict the bodily harm on herself or himself, usually done in secret.
3. Dissociation- It is also the mechanism of defense which is used by the brain for coping up with trauma of Sexual Violence.
4. Disorders in Eating- The violence in sex may affect survivor in different way, which also include the perception of body & the feeling of controls.
5. Pregnancy- In many cases, pregnancy plays the role after the rape have been done. There are many concerns of becoming pregnant after the attack.
6. Disorders in Sleeping- It do includes staying asleep or trouble falling, further sleeping at day in unusual timings or long sleeping.
7. Suicide- The thoughts of suicides are not permanent; however, the suicide is preventable. There are many resources which can help the women and stopping them to commit suicide.
8. Panic Attacks- It is the situation of instant feeling of intense fear & anxiety which happen in the situation when there is no sudden danger. It may affect the people who have or are suffering from trauma or the stress which are of high level.
9. Adult Survivor of Child Sexual Abuse- There are many perpetrators of Sexual Abuse that are in the position of trusts or that are responsible for the care of child, like, member of family, teachers, coach or siblings.

Types of Rapists

There are various types of rapists which are discussed as below:

1. Opportunistic Rapist- These are the rapise who seizes any chances for sex gratification, like losing self-control on part of victim under any influence or may be due to the influence of Alcohol.
2. Sadistic Rapist- These are the rapist whose motivation is for degrading & humiliating victims.
3. Vindictive Rapist- These are the rapist that do have the aggression & anger which is directly focused toward the women. There are many rapists who themselves believes that they are permitted to attack sexually to women because they do feel that they had been hurt, or may be rejected by some other women in their past experience.

Rapist do deny after being raped their victim & frequently they try to justify their own actions. The person who committed rape tries to find the excuse for the offence they had done.

Assaulting women sexually is the act which is not excusable and is the criminal offense. Thus, there are lot of victims who remain mum so that they can't be blamed in the society, while on the other hand, the rapist are free to look other victim freely.

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Rape as Reproductive Strategy

Whatever the case may be, the ladies there are extremely picky, thus the males have been picked to discover a means to be chosen. The only way to achieve so is to have the attribute that women prefer; males with symmetrical body shapes are far more appealing to women, presumably because those qualities are an indication of health.

The other method that men gain access to women is by defeating other men in fights or other types of competitions. Thus, through gaining power, riches, and social standing, as well as many other attributes that women find appealing.

Rape is understood by the third type of “Sexual Strategy,” which is one of the other ways to acquire access to girls. Such a method can work through a variety of mechanisms. For example, men may resort for rape if they are socially disadvantaged and so unable to gain access to women due to their appearance, wealth, or status. Men, on the other hand, may evolve the practise of rape when it appears low cost- when, for example, the women is not protected by anyone or she is alone, or when women do have physical control over the women. At this time, many men are successful in passing on their genes by rape, therefore maintaining their behaviour. It is also possible that rape arose as an unintended consequence of another adaptation, such as increased “male sex drive and the male desire to mate with a variety of women”.

It can be well described in the case of men who can maintain sexual desire and copulate with unwilling women. Such qualities may pique the interest of researchers, but according to psychologist Margo Wilson of the University of Ontario and her colleagues, it is not a quality shared by all male animals. The presence of human males may indicate that they have evolved a psychological mechanism that specifically allows for forceful copulation, or in a nutshell, it may be an adaptation to rape.

Evolutionary Counseling

The perspective of evolutionary on rape may not only help in preventing rape but it may also lead to much effective counseling for the victim of rape. Therapy that focuses on the idea that men rape in order to exert power over women is unlikely to help victims understand why their attackers seemed to be motivated by sexual desire, why they are unable to focus for long enough to get anything done, or why the woman's husband or boyfriend might see the incident as evidence of infidelity. In addition, those who understand the historical context of their growing skepticism about a partner's rape allegations will be more equipped to adjust their responses accordingly.

Far Everyone has the same goal with regard to rape, which is to put an end to the practise. This is true regardless of where people stand on other social issues, such as abortion and the rights of homosexuals. The field of evolutionary biology provides information that is extremely lucid and precise, and it can be put to use by the society in the pursuit of such a goal. The field of social science is responsible for the dissemination of incorrect solutions because it fails to acknowledge that Darwinian selection has not only influenced human psychology but also human bodies, patterns of behavior, and learning, among other aspects of human life. The most important fact is also that, in comparison to women, men used to be considerably more aggressive, sexually forceful, ready to copulate, and not very discerning regarding the mates; these are characteristics that contribute to the occurrence of rape and are responsible for its prevalence.

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In order to handle the issue of rape, it is necessary to make a choice between knowledge and ideology, namely between the politically constructed answer of social science and the empirical answer of evolutionary biology. Both of these answers are vital. The researcher who might have aspirations to see rape eliminated from human life; it is hoped that the truth will eventually win out.

CONCLUSION

This study do result in highlighting the role of socio-culture factor in forming & maintaining the negative attitude, misconception & normalization of the tendencies which are criminal in nature and against the women, this is because the same is perceived by the population of young males. Further, the same can be understand on how the culture and society contributes towards the development of psychological problem of the survivors of rape. The result also do indicate that notwithstanding all the attempt regarding the establishment of equity between the gender, when it comes to the sexual violence, women do oftenly bear the brunt and getting suppressed at the different level, being the victim as well as one who get blame for another person mistake.

Our legal system's opacity raises questions about the extent to which citizens can express their sexual orientation, a problem compounded by the taboos and stigmas that exist as a result of ingrained social and cultural norms that discourage open displays of sexuality. The young generation's representative in a male-dominated society where women's needs are articulated by men also reported that many men find women's gestures and clothing annoying, especially when the female does adopt the unorthodox styles of dressing, which necessitates being overpowered with sexual coercion. The abuse of substance, faulty style of parenting & misusing the power which is provided by socially enhanced institutions such as religion do also emerged as the potential which act as the contribution for rape. There are also psychological factor that are connected with the offence of rape like “Unsatisfied sexual needs”, poor control of emotions, eccentric kind of attraction toward women, & poor functioning of psychology. There are many chances that the same also gets connect with trauma of childhood. Many psychological factor are the outcome of utmost social restriction on the natural sexual expression. The victims of the rape do also experience shame, low esteem, withdraw from society, fear, reduction in professional working, instability of emotions, or also suicidal tendency. Therefore, the current study finding do indicate that many men do become empathetic toward crimes related to females & do try to understand the factors possible which led to these crimes.

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Acknowledgment

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interest

The author(s) declared no conflict of interest.

How to cite this article: Gupta, S. (2025). Why Men Rape- Resolving the Conundrum of Psychological Reasons and Role of Society. *International Journal of Indian Psychology*, 13(3), 1026-1034. DIP:18.01.094.20251303, DOI:10.25215/1303.094